

## Central Highlands Primary Care Partnership

15 Violet Grove, Wendouree 3355.  
Ph: 03 5338 4770 Fax: 03 5339 8419  
Postal: 15 Violet Grove, Wendouree 3355.

### Executive Officer - Helen Wade

Ph: 03 5338 4770 or [helenw@chpcp.org](mailto:helenw@chpcp.org)

### Service Coordination Industry Advisor – John Dixon

Ph: 03 5338 4772 or [johnd@chpcp.org](mailto:johnd@chpcp.org)

### Chronic Disease Coordinator – Vacant

Ph: 03 5338 4773 or [icdm@chpcp.org](mailto:icdm@chpcp.org)

### Health Promotion Coordinator – Anita Doyle

Ph: 03 5338 4775 or [healthpromotion@chpcp.org](mailto:healthpromotion@chpcp.org)

### Administration Support Officer – Alison Kerr

Ph: 03 5338 4774 or [admin@chpcp.org](mailto:admin@chpcp.org)

### Administration Support Officer – Sharna Kelly

Ph: 03 5338 4771 or [support@chpcp.org](mailto:support@chpcp.org)

Website: [www.chpcp.org](http://www.chpcp.org)

## Welcome to the Central Highlands Primary Care Partnership Newsletter.

This weekly newsletter is a vehicle for you to use to promote your agency's happenings to the Central Highlands.

Agencies are welcome to use the newsletter to showcase new programs, staff, projects and events. Information should be sent to [admin@chpcp.org](mailto:admin@chpcp.org) by **Fridays** for the next week's edition.

## Central Highlands Primary Care Partnership New Team Member

**We would like to welcome Frances Riggs our new Primary Health Coordinator who commenced on Monday 3<sup>rd</sup> May.**

Frances has worked across a range of areas and more recently in the disability sector. She looks forward to working with agencies in the near future.

Frances can be contacted on  
Ph: 03 5338 4773 or  
email: [icdm@chpcp.org](mailto:icdm@chpcp.org)

## Calendar of Events:

(180) e.g. This is the edition number and can be accessed on the website for the full details of the event.

[www.chpcp.org/newsletter](http://www.chpcp.org/newsletter)

## May 2010

Monday 3 <sup>rd</sup>	<b>Foster Care Information Session</b> , 1.30pm – 2.30pm & 6.00pm – 7.00pm, CAFS 115Lydiard St, Ballarat (273)
Monday 3 <sup>rd</sup>	<b>Grandparents Morning Tea</b> , 10.30am, Delacombe Community House, 102 Leawarra Crs, Delacombe (271)
Monday 3 <sup>rd</sup>	<b>The Last Days</b> , 6.30pm – 8.30pm, Education Resource Centre, Ballarat Health Services, Drummond St Nth, Ballarat (272)
Friday 7 <sup>th</sup>	<b>Board Members: Roles, Responsibilities, Liabilities and Protections</b> , 11.00am – 2.30pm, YHQ, 122 Armstrong St Sth, Ballarat (273)
Monday 10 <sup>th</sup>	<b>Flag Raising Ceremony – National Volunteer Week</b> , 10.00am, Trench Room, Town Hall, Ballarat (275)
Tuesday 11 <sup>th</sup>	<b>Carer Information Day</b> , 9.45am – 2.15pm, Barkly Motor Lodge, 43-57 Main Rd, Ballarat (274)
Tuesday 11 <sup>th</sup>	<b>Insulation and Solar Hot Water Information</b> , 7.00pm – 9.00pm, Central Highlands Library, 178 Doveton St Nth, Ballarat (271)
Wednesday 12 <sup>th</sup>	<b>Bowel Cancer Education Session</b> , 5.15pm, Baxter Theatre, Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat. (273)
Friday 14 <sup>th</sup>	<b>National Volunteer Week Expo</b> , 10.00am – 3.00pm in the Bridge Mall (275)
Monday 17 <sup>th</sup>	<b>Helping People Keep Gambling Under Control, Event Launch</b> , 11.00am Stockland Wendouree. (274)
Tuesday 18 <sup>th</sup>	<b>You Bet Forum</b> , 11.00am – 1.00pm, Brewery Theatre SMB Campus, Camp St, Ballarat (274)
Tuesday 18 <sup>th</sup>	<b>Understanding Mental Health and Wellbeing</b> . 10.00am – 3.30pm, BLX, 36 Camp St, Ballarat (269)
Sunday 23 <sup>rd</sup>	Hospice Care Inc Golf Day, 10.30am, Midlands Golf Club, Heinz Lane, Ballarat (268)
Tuesday 25 <sup>th</sup>	The Food Garden part 2 & Energy Efficient Appliances, 7.00pm – 9.00pm, BRACE, 602 Urquhart St, Ballarat, (271)

### **Inquiry into Aged Care Arrangements**

The Federal Government has announced that the Productivity Commission's will conduct a public inquiry into aged care, prompted by demographic forecasts that by 2050, nearly one-quarter of Australians will be over 65, compared with 13 per cent today. The inquiry has been charged with developing options for redesigning Australia's aged care system to ensure ongoing quality of care for an ageing population. The Productivity Commission is inviting concerned parties to register interest in contributing to the inquiry

[www.pc.gov.au/projects/inquiry/aged-care](http://www.pc.gov.au/projects/inquiry/aged-care)

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### **The World Elder Abuse Awareness Day Workshop**

Seniors Rights Victoria has announced the opening of Expressions of Interest for the World Elder Abuse Awareness Day Workshop 2010, which will be held at the Rendezvous Hotel, Flinders Street Melbourne on Tuesday 15<sup>th</sup> June. Based on feedback from last year's workshop, this year will provide greater opportunity for discussion and input from attendees, making for a dynamic and interactive day. To register your interest please email [srvadmin@cotavic.org.au](mailto:srvadmin@cotavic.org.au)

or telephone 1300 368 821. Cost \$110.00. The full workshop program will be available in mid-May.

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### **National Volunteer Week Website**

National Volunteer Week (NVW), 10th – 16th May, is the largest celebration of volunteers and volunteerism in Australia, and provides an opportunity to highlight the role of volunteers in our communities and to say thank you to the more than 5 million Australians who volunteer. Australian volunteers are essential to society, and many charities would struggle to survive without the support of their volunteers. Australian volunteers contribute more than 700 million hours of community service to so many areas of society, including community health care, heritage and arts, environment conservation, emergency services, education, social justice and sports. NVW provides a platform to pay tribute to these volunteers who donate their time and energy to help others. The NVW website will provide you with all the information you need to celebrate NVW whether you are a volunteer, volunteer organisation, or a corporate organisation seeking ways to help recognise and thank employees who are also volunteers. Check out the website for more information

[www.volunteeringaustralia.org/html/s02\\_article/article\\_view.asp?art\\_id=3884&nav\\_cat\\_id=357&nav\\_top\\_id=55](http://www.volunteeringaustralia.org/html/s02_article/article_view.asp?art_id=3884&nav_cat_id=357&nav_top_id=55)

### **National Volunteer Week Events**

#### **Flag Raising Ceremony:**

Monday 10th May at 10.00am.

This event is hosted by Cr Mark Harris in the Trench room @ Town Hall. The event begins with the raising of the Volunteer Flag in Sturt Street opposite the Town Hall followed by morning tea and certificate presentation.

#### **Expo:**

Friday 14th May. 10.00am - 3.00pm in the Bridge Mall.

The event is to encourage community members to become volunteers and highlights the options available. Sausage sizzle and entertainment including Police Band "Code 1", Delta Pet Partners and sing Australia will be in attendance to entertain participants.

#### **Volunteer Recognition Awards:**

Saturday 15th May commencing at 7.00pm.

The Awards will be hosted by Bruce Roberts. Bruce will also be entertaining us with some of his favourite songs. Special guests include Dianne Embrey from Volunteering Victoria and Robyn Morland from Pinarc. Both Dianne and Robyn will speak. Volunteering Ballarat is proud to bring the Awards to Ballarat for the first time and to celebrate with the Volunteers of Ballarat for their incredible contribution to the Community. Winners will be announced in the following categories:

Community Care, Emergency Services, Community Event, Community Organisation, Health Care Group, Health Care individual, Corporate Volunteer Group.

To finish the evening we will announce Ballarat's "Inaugural Volunteer of the Year."

For more information contact United Way Ballarat on 5331 5555.

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### **November Public Holiday**

The Ballarat City Council is calling for public feedback on the November holiday decision.

"The Ballarat Show and the Ballarat Cup are both quality local events with great social, economic and tourism benefits. Council is responsible for gazetting one public holiday for the entire municipality however we hope that the Ballarat community will heartily support these two popular annual events, regardless of the public holiday decision."

You can cast your online vote at:

<http://www.ballarat.vic.gov.au/public-holiday.aspx>

### **Myalgic Encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS)**

ME/CFS is a severe, complex, acquired illness with numerous symptoms related mainly to the dysfunction of the brain, gastro-intestinal, immune, endocrine and cardiac systems. All medical practitioners, allied health, people with ME/CFS, their friends, family and carers are invited to attend what will be a highly informative education session regarding the latest management and understanding of ME/Chronic Fatigue Syndrome. The information provided will be cutting edge. Two highly acclaimed experts will be presenting Dr Nicole Phillips and Dr Donald Lewis. Sunday May 16<sup>th</sup>, 2.00pm, Melbourne Town Hall. For more information visit [www.mecfs-vic.org.au/mecfs-awareness-week-2010-seminar](http://www.mecfs-vic.org.au/mecfs-awareness-week-2010-seminar)

### **Golden Connections Update**

The latest Golden Connections Update is available on the Golden Plains Shire Website. Please visit [www.goldenplains.vic.gov.au/site/page.cfm?u=520](http://www.goldenplains.vic.gov.au/site/page.cfm?u=520)

This edition has information on;

- 'Fun in the Sun' Torquay Trial Bus Service
- Rokewood to Ballarat Trial Bus Service
- Bannockburn Loop Trial Bus Service
- Geelong to Bannockburn Trial Bus Service
- Walk Safely to School Day
- Public Transport Tour for Seniors
- Opportunity to join the Golden Connections Steering Group

### **Culturally Responsive Elder Abuse Prevention Forums**

For aged care workers, managers and policy makers to improve:  
Knowledge about CALD implications in relation to elder abuse.  
How to identify elder abuse in ethnic communities.  
Culturally competent strategies for dealing with suspected elder abuse situations in ethnic communities.  
Culturally competent policy development for preventing elder abuse.  
Thursday 3<sup>rd</sup> June, 9.30am – 12.30pm, Ballarat Regional Multicultural Council (BRMC), 102 English St, Golden Point, Ballarat. RSVP to Kim at BRMC on 5332 5941 or email : [cpp@brmc.org.au](mailto:cpp@brmc.org.au)

### **Did You Know???**

Laughing lowers levels of stress hormones and strengthens the immune system. Six year olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.

### **Stronger futures for all young Victorians: Discussion paper on the youth transition system**

The Department of Innovation, Industry and Regional Development together with the Department of Education and Early Childhood Development have recently released a discussion paper entitled 'Stronger futures for all young Victorians: discussion paper on the youth transition system.' This discussion paper articulates:

- the strengths of our system
- the challenges faced by our system
- proposed ways forward
- a number of key questions.

This discussion paper has been designed to elicit the views of a wide range of people with an interest in improving youth transitions for all young Victorians. You are invited to respond to the questions in the paper, your feedback will help to refine the ideas in the discussion paper and inform the development of Victoria's Tertiary Education Plan.

The Departments will be hosting seven regional forums around Victoria on youth transitions. A copy of the discussion paper and details of the regional forums can be found at <http://www.education.vic.gov.au/about/consultation/strongerfutures.htm>

A copy of the Report advising on the development of the Victorian Tertiary Education Plan can be found at [www.skills.vic.gov.au/corporate/providers/universities/victorias-plan-for-tertiary-education](http://www.skills.vic.gov.au/corporate/providers/universities/victorias-plan-for-tertiary-education)

As well as attending a forum, you can respond to the discussion paper by making a written submission, written responses will be accepted until COB 11<sup>th</sup> June 2010 and can be sent to [stronger.futures@edumail.vic.gov.au](mailto:stronger.futures@edumail.vic.gov.au)

### **Victorian Homelessness 2020 Strategy - Consumer Consultations Grampians**

The Council to Homeless Persons are conducting consumer consultations for the development of the Victorian 2020 Homelessness Strategy. The target group for the Grampians Region is Singles and Families. We need assistance in recruiting 8 participants for a 2 hour focus group. We will also conduct a one on one interview with willing participants from the focus group in order to supplement any key findings with an individual personal story. Participants will be reimbursed a \$50 Voucher for their time/contribution and be provided with lunch.

If you have a client that is possibly interested please contact Maree Drennan Welfare & Support Services Manager, UnitingCare Ballarat, on 5337 2729 or email [mdrennan@ucare.org.au](mailto:mdrennan@ucare.org.au)  
Dates are yet to be advised.

### **Are you interested in contributing to Indigenous issues and reconciliation in Ballarat?**

The City of Ballarat's new Koorie Engagement Action Group (KEAG) was recently established to continue the previous work of the Unfinished Business Advisory Committee. The Group's aim is to enhance the opportunities for Indigenous residents of Ballarat to contribute, participate and benefit from Ballarat's community life.

Major priorities of the KEAG will be to:

- Advise the City of Ballarat on matters of engagement for Indigenous people in the region (not including cultural heritage issues)
- Oversee the implementation of a Reconciliation Action Plan.

Co-Chaired by the Mayor, Council will formally establish the Koorie Engagement Action Group as an Advisory Committee to Council with a fixed membership to be appointed on the recommendation of a selection panel.

Indigenous and non-indigenous people from health and wellbeing, welfare, education, heritage, employment, justice, arts and cultural sectors, as well as the broader community, are invited to apply for positions on the Committee. To nominate for a position on the Koorie Engagement Action Group, or for more information visit [www.ballarat.vic.gov.au/arts-and-culture/culture/koorie-engagement-action-group.aspx](http://www.ballarat.vic.gov.au/arts-and-culture/culture/koorie-engagement-action-group.aspx)

Applications should be forwarded The City of Ballarat People and Communities Unit, Helen McIntosh, PO Box 655, Ballarat 3353 by 5pm, Friday, 21 May 2010.

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### **Lead On Ballarat Project Information Session**

Wanted young people and mentors interested in Journalism, Photography, IT, Film, Youth Issues, Graphic Design or Music. Youth who want to learn a skill and mentors who want to share a skill should come along to an Information Evening about Lead On Ballarat and its projects. BLX Conference Room, 36 Camp Street, Ballarat on Friday 7th May, at 5.00pm.

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### **Rural Community Support Program Launch**

VicRelief Foodbank are pleased to invite you to the official launch of the Rural Community Support Program on Monday 10th May 2010 at 11am, Meredith Community Centre, 4 Russell St, Meredith (beside Primary School). Special Guest Speaker Gayle Tierney, MLC Western Victoria. RSVP to Trevor Barker Manager Rural Community Support VicRelief Foodbank on 0437001914 or email [trevorb@vrfb.com.au](mailto:trevorb@vrfb.com.au)

### **Australian Mobile Phone Numbers Going Public**

The Did You Know item on page 2 of last weeks newsletter caused a lot of discussion amongst our readers, please see below for clarification. The link to the Do Not Call Register was a correct link and the Register is a valid and useful resource.

*'Consumer Alert: Viral email with misinformation on release of mobile numbers to telemarketers & associated mobile charges.*

*The ACMA is aware of an email currently circulating providing misinformation about mobile numbers being made 'public' in the near future. It advises that as a consequence mobile users will be charged for calls made by telemarketing companies to their mobile service. While the email refers to the Australian Do Not Call Register website, it appears to have originated in North America a number of years ago and has been intermittently circulating since that time. The reference to consumers being 'charged' arises from the different charging regime for mobile calls in the USA, where often charges are incurred by mobile phone users for calls they receive. This charging regime does not apply in Australia.*

*Consumers can list their Australian fixed line and mobile numbers on the Do Not Call Register, provided the numbers are used primarily for private or domestic purposes, on [www.donotcall.gov.au](http://www.donotcall.gov.au).*

*Consumers can also register by phoning 1300 792 958.'*

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### **Did You Know???**

The average person who stops smoking requires one hour less sleep at night.

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## **DON'T FORGET TO PASS THIS INFORMATION ON**

### **Please print out a copy for your staff room**

To include items in the newsletter contact Alison 03 5338 4774 or [admin@chpcp.org](mailto:admin@chpcp.org)

The Central Highlands Primary Care Partnership newsletter is compiled from information provided by organisations and partner agencies. Information is received and published in good faith and whilst every effort is made to only publish current information, we cannot accept responsibility for the accuracy of the information provided to us.