

## Central Highlands Primary Care Partnership

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## 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.

### Men's Health & Wellbeing Strategy

The Department of Health is currently developing Victoria's first Men's health and wellbeing strategy. As part of this process a background paper has been prepared that proposes a framework and priority areas for the future strategy.

The aim of the Strategy will be to improve men's health by assisting services to better understand and meet the needs of men; supporting men to create healthier lifestyles; and increasing men's engagement with health services. The strategy will complement work being undertaken through the Women's health and wellbeing strategy and further build our understanding of the important interactions between gender and health.

The Victorian Government is now seeking your feedback and would like to invite you to make a submission before Monday 31st May. Electronic copies of the background paper, summary document and submission template are available from: <http://www.health.vic.gov.au/mhws/>

## 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

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>Multicultural Men's Sports Day</b> , 11.00am – 3.00pm, Ballarat Italian Association Hall (276)
Tuesday 18 <sup>th</sup>	<b>Understanding Mental Health and Wellbeing</b> . 10.00am – 3.30pm, BLX, 36 Camp St, Ballarat (269)
Wednesday 19 <sup>th</sup>	<b>Legal Lingo Bingo</b> , 4.30pm – 5.30pm, Youth Headquarters, 122 Armstrong St Sth, Ballarat (276)
Saturday 22 <sup>nd</sup> 29 <sup>th</sup> May & 5 <sup>th</sup> June	<b>Ballarat Youth Zine Project Workshops</b> , 10.00am – 12.00pm, Ballarat Learning Exchange, Camp St Ballarat (276)
Sunday 23 <sup>rd</sup>	<b>Hospice Care Inc Golf Day</b> , 10.30am, Midlands Golf Club, Heinz Lane, Ballarat (268)
Tuesday 25 <sup>th</sup>	<b>The Food Garden part 2 &amp; Energy Efficient Appliances</b> , 7.00pm – 9.00pm, BRACE, 602 Urquhart St, Ballarat, (271)

## June 2010

Thursday 3 <sup>rd</sup>	<b>Culturally Responsive Elder abuse Prevention Forum</b> , 10.00am – 1.00pm, Ballarat Regional Multicultural Centre, 102 English St, Golden Point. (276)
Friday 4 <sup>th</sup>	<b>Closing the Gap</b> – 10.30am, Formosa Garden Nursery, 104 Leith St, Ballarat (276)
Saturday 5 <sup>th</sup> 12 <sup>th</sup> & 19 <sup>th</sup>	<b>Great Kids need Great Parents</b> – 1.30pm – 4.30pm, Venue confirmed on booking (276)
Wednesday 9 <sup>th</sup> & Thursday 10 <sup>th</sup>	<b>Youth Mental Health First Aid</b> - Ballarat Learning Exchange, Camp St Ballarat (276)

### **Great Kids need Great Parents - Workshop**

The middle years- 6-12 year olds. They are the vital years, your window of opportunity to teach skills and build memories.

This course covers:

- Building Character, Self-Esteem
- Creating Traditions/Memories
- Emotional Intelligence
- Discipline
- Trust/Increasing Responsibility
- The "Tween-Age Years"

With the right tools anyone can be a great parent! If you're looking for practical parenting strategies, inspiration, and encouragement, you're sure to be interested in a Toolbox Parenting Group.

Toolbox parenting groups are a unique and fresh approach to parent education. In an informal and relaxed environment you'll be equipped with practical skills and strategies that can be immediately put to use. Over six sessions, key parenting principles are explored - you'll be encouraged in your parenting.

The course is facilitated by a trained volunteer who is passionate about parenting, enjoys working with people, comfortable in a group setting and committed to positive as well as fun learning.

Saturday, June 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>, 1.30pm - 4.30pm. Cost \$50 Includes manual and afternoon tea. Partners welcome free of charge. Facilitator Anne Buchanan. To register for this workshop to be held in the Ballarat area phone 5334 8020, venue confirmed on booking.

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### **Closing the Gap**

As part of the Community Partners Program, Ballarat Regional Multicultural Centre and their Intercultural Facilitators would like to invite you to have a free cup of coffee complimented by fantastic conversation. Our aim is to promote sustainable relationships between Ballarat's Health Support Services and the Multicultural Community. We would be delighted if you would be a part of it so please join us on Friday 4th June 2010, 10:30 am at Formosa Garden Nursery, 104 Leith Street, Ballarat. Please RSVP by 1st June 2010, to Kim Romeo at BRMC on 5332 5941.

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### **Multicultural Men's Sports Day**

This event is aimed toward older Multicultural Men, their carers and Multicultural men with Disabilities. Tuesday 18th May, Ballarat Italian Association Hall, 19 Recreation Rd Mt Clear 11.00 am – 3.00pm. To find out more & to book please call Jason on 5338 4303.

### **Mental Health and Mental Illness Workshops**

#### *Youth Mental Health First Aid*

Wednesday 9<sup>th</sup> and Thursday 10<sup>th</sup> June. BLX Camp St Ballarat.

Register via Central Highlands Primary Care Partnership 5338 4771.

#### *Understanding Mental Health and Wellbeing*

18th May BLX Camp St.

Register via Central Highlands Primary Care Partnerships on 5338 2771.

NOTE: This workshop introduces participants to the principles and concepts underpinning mental health promotion, prevention of mental ill-health and early intervention.

#### *Mental Health First Aid*

Tuesday 15<sup>th</sup> and Wednesday 16<sup>th</sup> June. Yuille Park Community College.

Register via Central Highlands Primary Care Partnership 5338 4771.

#### *Understanding Mental Health and Wellbeing*

Wednesday 19th May. Stawell RSL Scallan St Stawell.

Register via Grampians Pyrenees Primary Care Partnership on 5352 6227

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### **Free Ballarat Youth Workshops**

If you are aged between 14 & 16 years, then the Ballarat Youth Zine Project could be for you. Be part of something new, produce your own Zine.

Free workshops on design, writing and art will be taking place in the conference room at The Ballarat Learning Exchange on Camp St, 10.00am – 12.00pm over three consecutive Saturdays, 22<sup>nd</sup> May, 29<sup>th</sup> May and 5<sup>th</sup> June. Multiple copies of the Zines will be produced and exhibited in various locations around Ballarat. A documentary film is proposed to record the activity. A formal launch will be incorporated into the Ballarat Writers Festival, in September. For more information email [ballaratyouthzine@hotmail.com](mailto:ballaratyouthzine@hotmail.com) or phone Karl on 5342-9325.

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### **Ballarat Type 2 Diabetes Support Group**

This support group meet monthly at Ballarat Community Health, 260 Vickers St, Sebastopol. For more information contact the Support Group Co-ordinator Kathy Allen on 0418175880 weekdays after 3.30pm. Meetings are scheduled for the below dates 21<sup>st</sup> June, 12<sup>th</sup> July, 9<sup>th</sup> August, 13<sup>th</sup> September, 11<sup>th</sup> October, 8<sup>th</sup> November, 13<sup>th</sup> December.

### **Managing Falls in Residential Care Settings**

Clinicians and researchers come together to present the latest evidence and best practice strategies for managing falls in residential care settings. The workshop is designed for residential staff and managers. Monday 18<sup>th</sup> May and Tuesday 19<sup>th</sup> May 2010, at The Mental Health Research Institute, 155 Oak Street, Parkville. Cost: \$495 for 2 days. For more information, please contact: Lynette Bon phone 8387 2148 or email [l.bon@nari.unimelb.edu.au](mailto:l.bon@nari.unimelb.edu.au)  
For more information visit [http://www.nari.unimelb.edu.au/education/Education\\_programs.htm](http://www.nari.unimelb.edu.au/education/Education_programs.htm)

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### **Primary Health Weekly Bulletin**

The latest edition of the Primary Health Weekly Bulletin is now available at: [http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/\\_nocache?src=email&id=300410](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=300410)

In this edition:

*Workshop: World Elder Abuse Awareness Day 2010*

Seniors Rights Victoria is holding World Elder Abuse Awareness Day workshop on Tuesday 15<sup>th</sup> June.

*Training: Deaf awareness*

Deaf awareness training aims to provide the wider community, organisations, businesses, schools and services with appropriate and relevant information about deaf people and how they are part of a wider deaf community. Bellarine Community Health, in partnership with Vicdeaf, are offering free deaf awareness training on Thursday 17 June at Ocean Grove.

*Seminar: Sexual and reproductive health for young immigrant and refugee women*

The second Multicultural Centre for Women's Health seminar for 2010 will focus on sexual and reproductive health for young immigrant and refugee women in Australia. It will be held on Thursday 27 May in Collingwood.

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### **CHPCP Website**

Visit the CHPCP website to view: *Water Fluoridation Update.*

This update summarises activity undertaken in rural and regional Victoria between August 2009 and May 2010 as part of the Victorian Government's water fluoridation program. Also outlined are a number of new research outcomes from around Australia and internationally, with relevance to water fluoridation

The update can be found at [www.chpcp.org](http://www.chpcp.org)

### **Counting Sleep: Sleep & Young People, What you need to know**

Research in recent years has shown that adolescence is a time when the body clock experiences a significant shift. As a result, many young people are not getting enough sleep every night and are accumulating a BIG sleep deficit over time. Ongoing sleep deprivation can have a range of serious consequences on the health, wellbeing and behaviour of young people. The Centre for Adolescent Health, Royal Children's Hospital is holding its first forum for 2010 on this important issue and will provide a comprehensive overview on the impact of current sleep problems in young people and suggest a number of practical strategies for improving sleep patterns throughout adolescence. Thursday 27<sup>th</sup> May 2010, 9.00am – 12.00pm at Ella Latham Theatre, Royal Children's Hospital, Flemington Rd, Parkville

For enquiries please contact Lara Cullen on 9345 6671 or email [lara.cullen@rch.org.au](mailto:lara.cullen@rch.org.au)

For content information please contact Louise Scaffidi on 9345 6683 or email [louise.scaffidi@rch.org.au](mailto:louise.scaffidi@rch.org.au)

Registration \$75 +GST. DVD available after event \$25 +GST. For online registration and further details please visit [www.rch.org.au/cah/forum](http://www.rch.org.au/cah/forum)

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### **Women's Health Grampians Newsletter**

To view the April newsletter visit the Women's Health Grampians Website at [www.whg.org.au](http://www.whg.org.au) and click on the Newsletter link.

Topics include:

- Nurses' clinics provide another choice for women to have Pap tests.
- Launch of the 3rd edition of the successful young women's magazine "I'm Not Like Paris".
- Contact for set of Indigenous Family Violence Cards... (misprint for Lisa Lodge number on recently launched cards)
- Family Week 3-9 May 2010
- Heart Week 2-8 May 2010
- Grampians Pyrenees and Wimmera Women's Health Action Plan

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### **Congratulations!!!**

The CHPCP Team would like to congratulate our Health Promotion Officer Anita Doyle and her husband Chris Collett on their recent marriage!

Anita Collett can be contacted on the same phone number 5338 4775 and her email remains the same [healthpromotion@chpcp.org](mailto:healthpromotion@chpcp.org)

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

Bats always turn left when exiting a cave.

## **Journey beyond Road Trauma Online Community**

Behind every fatality and serious injury statistic there are thousands of stories. Around 1,600 people die on Australian roads each year and another 140 people are seriously injured every day, requiring ongoing care. Thousands more are affected by road trauma through their work in the emergency services, legal professions and disability sector.

Journey Beyond Road Trauma is a 'one-of-a-kind' online social network for those affected by road trauma, and has had people from all over the country joining up, demonstrating a huge need in the Australian community.

By joining Journey beyond Road Trauma, people can tell their story and connect with each other. Under the guidance of road safety experts, the community can channel their grief into positive action by collectively campaigning for road safety and showing support for one another.

[www.journeybeyondroadtrauma.org](http://www.journeybeyondroadtrauma.org)

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## **Go For Your Life Forum**

Healthy Eating and Physical Activity Forum  
Examining the policy and strategy context from national to local level. The forum will focus on national, state and local policies and strategies on healthy eating and physical activity. This forum aims to provide insight into the development and implementation of the strategies and policies, and discuss opportunities for engagement and implementation. A range of local government case studies will highlight examples of implementing strategies and policies at the community level.

Friday 28 May, 2010, 9.45am- 3.30pm (9.15 am Registration) at Melbourne Sports and Aquatic Centre (MSAC) Albert Park.

Please register by Tuesday 24 May by completing the form from:

[www.kinectaustralia.org.au/content/Public/InfoLine/InfoCentre/Forums/Upcoming\\_Forums.aspx](http://www.kinectaustralia.org.au/content/Public/InfoLine/InfoCentre/Forums/Upcoming_Forums.aspx)

There is no cost to attend this event. Places are limited, early registration is encouraged.

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## **Legal Lingo Bingo**

Do you have questions about Legal Issues or Police Powers?

Then come along to a fun, interactive game of Legal Lingo Bingo, hosted by Central Highlands Community Legal Centre.

Wednesday 19th May 4.30-5.30pm at YHQ, 122 Armstrong Street South, Ballarat.

For more information call Ben on 5331 5999.

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

Women blink nearly twice as much as men.

## **Ambassadors for Parents Families and Carers**

Bob Brown is a household name on environment issues. Noel Pearson is a household name on indigenous issues. The late Bernie Banton is still a household name on industrial health issues. But who is a household name on parent family and carer issues in Australia? Who deserves to be a household name?

Nominations of outstanding individuals are invited for appointment as Ambassadors of the National Federation of Parents Families and Carers. Ambassadors will be appointed at the National Summit of Parents Families and Carers in Melbourne on 24<sup>th</sup> & 25<sup>th</sup> May.

Nominations are sought of people who satisfy three criteria: potential to be recognised as an outstanding advocate for parents, families and carers; potential to be recognised by the media as an outstanding speaker and leader; ability to inspire others in changing their circumstances in positive ways.

The deadline for nominations is 5pm on Monday 17th May. For more information or to submit a nomination visit

[www.civilsociety.org.au/Summit.htm](http://www.civilsociety.org.au/Summit.htm)

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## **Clearinghouse Connector**

The May edition of the Clearinghouse Connector profiles information resources that explore the issue of women as carers. The Clearinghouse Connector can be found at [whv.org.au/publications-resources/clearinghouse-connectors/chc-women-as-carers](http://whv.org.au/publications-resources/clearinghouse-connectors/chc-women-as-carers)

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## **Singing in the Rain**

Ballarat District Nursing and Healthcare are the recipients of the charity opening night for 'Singing in the Rain' presented by BLOC Music Theatre on Wednesday 19th May 2010 at 8.00pm. All tickets sold will go towards supporting Ballarat District Nursing and Healthcare which is a not for profit organisation supporting the local community to remain independent by providing nursing care and support in the home.

Tickets \$35.00 adults, \$25.00 concessions available through MajesTix 5333 5888.

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## **Stronger, Fairer, Simpler**

The Australian Government has released the Australia's Future Taxation System Review Report (the Report). It also released its response to the Report, titled Stronger, Fairer, Simpler - a Tax Plan for our Future. Papers are at [www.futuretax.gov.au](http://www.futuretax.gov.au).

### **Music Workshops with John Foreman**

John Foreman is Australia's musical guru with more than seventeen years as musical director, record producer and television host. John's long associations with being the musical director for Australian Idol, Vision Australia's Carols in the Domain, the TV Week Logie Awards and Channel 10's 'The Morning Show' has enabled him to create music with many national and international artists.

On Tuesday 25<sup>th</sup> May John will be involved with 3 workshops held at the Wendouree Performing Arts Centre, 1220 Howitt St, Ballarat. This is a free event however bookings are essential

*Workshop 1* – Practical advice to aspiring

entertainers, questions & answers.

*Workshop 2* – Essential elements, tips and techniques.

*Workshop 3* – Rehearsal session 'Life is a Song'

[www.trybooking.com/Booking/BookingEventSummary.aspx?eid=2868](http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=2868)

### **The Victorian Population Bulletin 2010**

The Victorian Population Bulletin provides a valuable snapshot of information on population change and the basic drivers behind that change, as recorded by the Australian Bureau of Statistics. The Bulletin compares growth rates between the States and between the Local Government Areas of Victoria. It also covers the elements of population change – natural increase, comprising total births and deaths, overseas migration and interstate migration.

[www.dse.vic.gov.au/CA256F310024B628/0/78662D137748C182CA25771B00035E01/\\$File/VicPopBulletin10-revised19April.pdf](http://www.dse.vic.gov.au/CA256F310024B628/0/78662D137748C182CA25771B00035E01/$File/VicPopBulletin10-revised19April.pdf)

### **Office Space Available**

UnitingCare Ballarat has a number of serviced offices available for lease in Violet Grove, Wendouree. Suitable for organisations working in the local community or looking for a new home base. The offices are climate controlled with internet access and conference facilities. For further enquiries please call Leonie on 5338 4700.

### **A Fairer Victoria 2010**

A Fairer Victoria is a whole of Government social policy action plan to address disadvantage and promote inclusion and participation. This year A Fairer Victoria is targeting four priority areas. This re-focusing means a more concentrated effort in the key areas that will continue to make a difference to disadvantaged and vulnerable Victorians. View the report at

[http://www.dpcd.vic.gov.au/Web14/dvc/rwpgslib.nsf/GraphicFiles/A+Fairer+Victoria+2010/\\$file/A+Fairer+Victoria+2010.pdf](http://www.dpcd.vic.gov.au/Web14/dvc/rwpgslib.nsf/GraphicFiles/A+Fairer+Victoria+2010/$file/A+Fairer+Victoria+2010.pdf)

### **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, 10.00am—1.00 pm at Ballarat Regional Multicultural Council (BRMC) GPLACE, 102 English St. Golden Point, Ballarat. Lunch Provided.

RSVP: 28th May 2010 (Limited Seats) to Kim Romeo email: [cpp@brmc.org.au](mailto:cpp@brmc.org.au) or phone 5332 5941.

### **Active Ageing Network Practitioner Forum**

The AAN Forum is an opportunity to; Acquire knowledge to better service the needs of older adults in relation to physical activity. Improve links between organisations and resources.

Discuss issues, opportunities and gaps relevant to physical activity and older adults.

Network with other health, community and fitness professionals.

Who should attend? Health professionals, fitness professionals, local government, neighbourhood house coordinators, fitness centres - anyone with an interest in physical activity and ageing!

Thursday 27th May at Sale Baptist Church, Sale. 10.00am – 4.00pm. Cost: FREE (includes morning & afternoon tea, lunch)

Registrations close Wednesday 19th May. For further information please contact Rachael Dooley on 5143 8868.

### **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 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.