

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 by **Fridays** for the next week's edition.

Climate Community Grants

The Climate Community Grants Program is a Victorian Government initiative designed to promote and support local actions to tackle climate change. It provides local groups across Victoria with information, advice and grants of up to \$50,000 to take practical action on climate change in their own communities. The grants program will help to link existing community networks centred around local councils, service clubs, schools and government groups. It will also encourage and support the establishment of new groups who wish to take environmental action at local level.

For more information and to apply visit www.climatecommunitites.vic.gov.au/grants

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

May 2010

Wednesday 19 th	Legal Lingo Bingo - 4.30pm – 5.30pm, Youth Headquarters, 122 Armstrong St Sth, Ballarat (276)
Friday 21 st	Australia's Biggest Morning Tea - Futurescoffee House, 626 Sturt St, Ballarat (277)
Saturday 22 nd 29 th May & 5 th June	Ballarat Youth Zine Project Workshops - 10.00am – 12.00pm, Ballarat Learning Exchange, Camp St Ballarat (276)
Sunday 23 rd	Hospice Care Inc Golf Day - 10.30am, Midlands Golf Club, Heinz Lane, Ballarat (268)
Tuesday 25 th	The Food Garden part 2 & Energy Efficient Appliances - 7.00pm – 9.00pm, BRACE, 602 Urquhart St, Ballarat, (271)
Friday 28 th	Factors that Influence Health with a Particular Focus on Social Inclusion, Gambling and Mental Health - 10.30am – 2.00pm, Bacchus Marsh Hospital, Grant St, Bacchus Marsh. (277)
Saturday 29 th	Pistahan – 6.00pm Sebastopol Secondary College. (277)

June 2010

Thursday 3 rd	Culturally Responsive Elder Abuse Prevention Forum - 10.00am – 1.00pm, Ballarat Regional Multicultural Centre, 102 English St, Golden Point. (276)
Friday 4 th	Closing the Gap – 10.30am, Formosa Garden Nursery, 104 Leith St, Ballarat (276)
Saturday 5 th 12 th & 19 th	Great Kids need Great Parents – 1.30pm – 4.30pm, Venue confirmed on booking (276)
Monday 7 th	Palliative Care Standards, Twilight Education Session – 6.30pm – 8.30pm Ballarat Health Services Education Resource Centre, Drummond St Ballarat. (277)
Wednesday 9 th	Her Grief/His Grief: The Influence of Gender on Grief and Bereavement
Wednesday 9 th & Thursday 10 th	Youth Mental Health First Aid - Ballarat Learning Exchange, Camp St Ballarat (276)

Workshop – ‘Factors that influence health with a particular focus on Social Inclusion, Gambling and Mental Health’

The Central Highlands Primary Care Partnership Integrated Health Promotion Network proudly presents the highly recommended workshop ‘Factors that influence health with a particular focus on Social Inclusion, Gambling and Mental Health’

This workshop will cover

- What is health?
- Information on the Social Determinants of Health and how they relate to problem gambling and mental health
- How health is created outside of the health sector
- Where problem gambling fits in to the bigger picture
- Information on what we know about problem gambling in our local area
- Factors that influence health with a particular focus on Social Inclusion, Gambling and Mental Health

This 3 hour workshop with lunch provided will be held on Friday 28th May 2010, 10.30am - 2.00pm. At the Conference Centre Board Room, Bacchus Marsh Hospital, Djerrivarrh Health Service, Grant Street, Bacchus Marsh
RSVP by 14th May to

healthpromotion@chpcp.org

The Integrated Health Promotion Network has representatives from CHPCP member organisations and welcomes non-member organisations from across the Central Highlands Region (Golden Plains Shire, Moorabool Shire, Hepburn Shire and the City of Ballarat) who have a commitment to or interest in Integrated Health Promotion

For further information about the Integrated Health Promotion Network contact

Anita at healthpromotion@chpcp.org

or phone 5338 4775.

Biggest Morning Tea Event

Join us for a BIG CUPPA at Futures Coffee House, 626 Sturt Street Ballarat, on Friday 21st May. Come in any time throughout the day for a cuppa and a chat, and help us find a cure for Cancer.

Bring a friend, or make some new ones! Don't miss out on your chance to win a trip to Europe!

We will donate \$2.00 for each coffee or tea & slice deal sold. With grateful thanks for the support of Brumby's Bakery.

Palliative Care Standards, Twilight Education Session

This twilight session will explore two themes relating to palliative care. The first theme relates to the palliative care standards that guide our practice. The Ballarat Hospice Care Inc team will discuss the standards relating to clinical practice, psychosocial care and volunteer involvement within the palliative care setting.

The second theme will include an expert panel - Regina Kendall, Nurse Practitioner Candidate; Dr Greg Mewett, Palliative Care Physician; Dr Penny Cotton, Palliative Care Registrar and Bill Weidner, Grief Services Coordinator and will explore the role of interdisciplinary teams and the benefits relating to improved patient/carer outcomes. This session will be facilitated by The Health & Socialcare Interprofessional Network (HSIN), Monash University.

Monday 7th June 2010, 6.30pm – 8.30pm.

Drinks & nibbles provided. Education Resource Centre, BBH, Ballarat Health Services, Drummond Street Nth, Ballarat

Cost: Grampians Region \$15.00, Other \$25.00

RSVP 2nd June, ph: 5320 3553 or email

bernadette@bhs.org.au

Co Morbidity as the Norm, Not the Exception

What you should know about problem gambling and mental health.

Research has emphasised the links between problem gambling and poor mental health. Problem gambling rarely exists on its own by rather is commonly associated with poor mental health, and in particular, both mood and anxiety disorders, as well as other high burden health problems such as excessive alcohol use. Learn from an expert and share your understanding with others at this important forum. Thursday 27 May 2010 10.30am - 12.30pm, followed by lunch at Bethany Community Support, 1 Gibb St, North Geelong. RSVP by 24th May 2010 to kryan@bethany.org.au or ph:5278 8122.

ConnectingCare

The Connectingcare webservice was updated on Monday 17th May to sort out the referral issues some have been having over the last couple of months. The site update went well and everything seems to be working as normal. If anyone has any issues then please let me know; also if anyone notices things being actually better then let me know that too. John Dixon johnd@chpcp.org

Pistahan

The Filipino-Australian Association of Ballarat and The City of Ballarat present Pistahan, a celebration of Filipino tradition and culture through music, dance and food. Join in and discover more about the Philippines on Saturday 29th May 6.00pm at Sebastopol College. Tickets: Adults \$25, Children under 16 \$15. RSVP to Sherley Hart on 5338 14266 or Cathy Porter 5339 4312.

Her Grief/His Grief: The Influence of Gender on Grief and Bereavement

This one day workshop will engage participants in an exploration of the gendered nature of grief and bereavement. It will expand upon and challenge taken for granted assumptions about 'men's grief and women's grief'. The workshop will offer frameworks and strategies for understanding and working with bereaved and grieving individuals in a way that honours their personal grieving style.

Designed for Professionals working with men and women who are experiencing grief or bereavement, such as, social workers, teachers, counsellors, nurses, therapists, psychologists and other allied health professionals psychologists and other allied health professionals.

Wednesday 9th June, 9.30am – 4.30pm, registration from 9.00am. BEST Community Development, 28 Victoria Street, Ballarat
Cost (includes GST) Standard \$220.00, ACGB Member \$180.00. Includes morning tea, lunch & afternoon tea. Registration closes Wednesday, 26th May 2010. For more information and to register contact Australian Centre for Grief and Bereavement on 03 9265 2100, email info@grief.org.au or visit their website www.grief.org.au

SunSmart Survey

SunSmart is conducting a survey of health professionals to determine knowledge, awareness and practices related to ultraviolet radiation (UV) exposure and the promotion of vitamin D messages.

Please complete the survey by 28th May 2010, it should take approximately 10 minutes. People who complete the survey have the chance to win one of three Myer vouchers worth \$100. The winning names will be drawn on 4th June 2010

To complete the survey go

<http://www.surveymonkey.com/s/vitD>

For more information about SunSmart go to www.sunsmart.com.au

Monash University Short Courses for 2010

The Department of Health Social Science introduces four Short Courses to run in 2010. Conducted by Academics with strong professional experience. These Short Courses are aimed at professionals and students who wish to add to or build skills in a specific area of Health Science.

HEALTH LITERACY

9th - 11th June, Monash Caulfield Campus

EVALUATION IN HEALTH PROMOTION

17th & 18th June, Monash Caulfield Campus

HEALTH PROMOTION

21st - 25th June, Monash Caulfield Campus

HEALTH IMPACT ASSESSMENT

27th - 30th July, Monash Conference Centre

Further information on these courses or to register your application please visit the schedule on the department website;

www.med.monash.edu.au/healthsci/shortcrse/schedule-2010.html

You may also contact the Short Course Administrator via email:

healthsocialscience@med.monash.edu.au

Or call on 03 990 31680

An Evening with Kate

Kate Owen has recently returned home after living in and working with the Ainaro community for almost 2 years. She has initiated and supported many wonderful projects for this local community. This dinner is your opportunity to learn about her journey.

An Evening with Kate is an East Timor fundraising dinner being held at Sails on the Lake, Wendouree Pde, Ballarat, Friday 28th May, 6.30pm for a 7.00pm start. Tickets \$45 if pre purchased, \$50 on the night, includes a two course meal, entertainment and a public address by Kate Owen. Contact 5320 5831 for bookings and enquiries.

12th Annual Victorian Conference of Science and Medicine in Sport and Exercise

'Into the Future: Exercise for Health in the New Decade'

Mercure Ballarat Hotel and Convention Centre
Sunday 20th June 2010, 9.00am – 5.00pm.

For the first time ever – a public forum on sports injury prevention and return to play!

The conference features Key Note Speaker Steve Moneghetti.

For more information visit www.vic.sma.org.au

or contact Tamara Christmas, Event Coordinator on 03 9674 8707 or

tamara@vic.sma.org.au

To register visit www.vic.sma.org.au

Creating Sustainable Foodshare Programs Avoca Workshop

VicRelief Foodbank is pleased to invite you to attend this free four hour workshop developed to help small communities learn all about how to plan and develop a local small to medium size Foodshare program. In this interactive workshop you will learn the key aspects required to plan and create a local Foodshare program from the ground up. Not only what's required to do the work, but lots of great information about the various models across Victoria and how to develop a model that suits your community.

This is a hands on, how to do workshop and by the end of the half day workshop you will have a plan that details each step required to go from a great idea to a new program.

Facilitated by Trevor Barker who manages VicRelief Foodbank's rural community support program, this workshop has been used to help many communities start up successful Foodshare programs that have helped rural communities provide for the needs of families experiencing tough times.

Wednesday 26th of May, 10.00am – 2.00pm at Avoca Transaction Centre, 122 High Street, Avoca. For more information contact Martin Butler on martinb@vrfb.com.au

Helping Pregnant Smokers to Quit

Smoking Intervention and Cessation Training for community health professionals who work with pregnant women.

This training focuses on ways in which pregnant smokers can be encouraged and supported to quit. Topics include:

- The important role community health professionals play in smoking cessation
- The 5As framework for smoking cessation
- Understanding smoking behaviour and pregnancy-why people smoke and how they can quit
- Barriers/challenges to addressing smoking cessation and overcoming these
- The health effects of smoking and the health benefits of quitting during pregnancy and staying smoke free post birth
- Quitting strategies to give you the skills to motivate pregnant women who are finding it difficult to quit, stay quit or who have gone back to smoking
- Quit support resources and services (training materials are provided).

Wednesday 7th July 9.30am – 1.30pm, Ballarat Community Health, 206 Vickers St, Sebastopol. RSVP by June 30th to

Judith.perkins@health.vic.gov.au

Young People in Nursing Homes

This forum is specifically designed for family members/carers who have a young person (under 65 years) living in a nursing home/aged care facility or are at risk of entering an aged care facility.

There will be presentations from local and statewide disability services followed by a discussion, which will give you and your family a chance to ask questions, hear about the current plans for young people in nursing homes and have your say in providing advice on the steps forward to improve the situation for young people. You will hear from others about their experiences, and meet other people who live in your region.

Tuesday 25 May, 10:30am - 1:30pm, at BEST, 28 Victoria Street, Ballarat

RSVP: Helen Harrington at the Summer Foundation on 03 9894 7006 or send an email to helen.harrington@summerfoundation.org.au

RACV Retail Network Community Youth Group Challenge

RACV are providing your Community Youth Group the opportunity to receive a Rebel Sports Voucher to the value of \$1400!

Does your Community Youth Group fit into the category of:

- * Training and Development
- * Environmental Programs
- * Health and Wellbeing
- * Mobility and Transport

If your Community Youth Group can demonstrate the need for a Rebel Sports Voucher and how it will be utilised in 100 words or less, prepare your submission now! For more information contact Roger Henstridge Retail Shop Manager, Royal Automobile Club of Victoria (RACV) Ltd. 20 Doveton Street North, Ballarat Victoria 3350, (03) 5332 1946 or email Roger_Henstridge@racv.com.au

Dream Time Indigenous Men's Forum 2010

Gather with Indigenous men from around Victoria to share culture and plan for the future. Following the success of last year's forum this is a not to be missed opportunity

Etihad Stadium, Wurundjeri Way Docklands on Friday 21st of May, 9:30 am – 3:00 pm.

Accolade Room (On the city side)

\$12 Early Bird Parking at Etihad Stadium

Morning Tea, Lunch and afternoon tea provided

To attend contact Troy Austin: 0419 764 772 or Alan Thorpe: 0408 591 289

Young Victims Strategy Ballarat Round Table

The round table session is part of the Victims Support Agency's Young Victims Strategy to engage with secondary school students and secondary schools regarding young people who are victims of crime. It will take place at the Department of Education and Early Childhood Development in Ballarat on Wednesday 9th June 2010. 109 Armstrong Street North, Ballarat 2.00pm – 4.00pm

The session will involve professionals such as psychologists, student wellbeing officers and student counsellors, who work with students from Government and Catholic secondary schools in the area. Also attending will be the local VACP, a number of youth community organisations, police, family violence and the courts.

The aim of the information session is to:

- provide information on victim services and criminal justice agencies
- encourage a collaborative response for young victims of crime
- develop local links between schools and educational institutions and the Victim Assistance and Counselling Programme agencies
- foster community awareness.

North Ballarat Roosters Survey Monkey

The North Ballarat Roosters, we are conducting some research into the community values on the club and future development of Eureka Stadium. The anonymous survey takes no longer than 10 minutes. Your opinion is of great importance to us and we appreciate and thank you for your time.

Please click on or copy and paste the link into your browser to begin the survey.

<http://www.surveymonkey.com/s/D936LZF>

Central Highlands Koorie Education Network (CHKEN)

You are invited to attend the first meeting of the CHKEN. The purpose of this network is to provide a professional platform for people working in education or have a specific interest in Koorie education in the region.

It is anticipated that this will be an opportunity provided on a monthly basis in the local area. For any suggestions on information to share, interest or ideas please send to Pam Anderson at the Highlands Local Learning & Employment Network on (03) 5336 5010 or email:

panderson@highlandslen.org

Our first network opportunity is Monday 24th of May 2010, 2.00pm – 3.30pm. At the Ballarat Learning Exchange (BLX), 36 Camp St, Ballarat.

Victorian Road Trauma Memorial

Feedback is invited on an initiative exploring the establishment of a permanent memorial in Victoria for the victims and families affected by death or serious injury on the roads. Road Trauma Support Services Victoria and the Uniting Church Synod of Victoria and Tasmania are currently receiving submissions.

Contact Andy Calder, Project Manager

andy.calder@victas.uca.org.au

Foundation Course in Child & Family Development

Centacare Ballarat is offering this course presented by Dr Ruth Schmidt Neven from the Centre for Child and Family Development.

The course will include –

A Psychodynamic approach to Child Development, Emotional Milestones: From Birth to Adulthood, The Impact of Separation, Loss and Trauma, Applying a Developmental Approach to Behavioural Problems in Childhood and Adolescence, including Attention Deficit Disorder, Depression and Youth Suicide.

Developing Assessment, Diagnostic and Case Management Skills, Promoting Therapeutic Communication with Children, Adolescents and Parents, Improving Inter-Professional Communication.

The two day course will be held on Wednesday 26th and Thursday 27th May 9.00am – 5.00pm.

At the Ballarat Family Relationships Centre, 34 Peel St Nth, Ballarat. Cost \$300.

To register contact Sue Lanyon on 5327 7960 or email sue.lanyon@centacareballarat.org.au

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 Information needs to be sent by Fridays for inclusion the next week's edition.

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.