

## 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.

### Parliamentary Inquiry into the Potential for Schools to Become a Focus for Promoting Healthy Community Living.

The Parliament of Victoria's Education and Training Committee is conducting an inquiry into the potential for schools to become a focus for promoting healthy community living. During the inquiry the World Health Organisation's Health Promoting Schools framework has emerged as the predominant model for health promotion in schools worldwide. This model was trailed in a Department of Education/VicHealth pilot in Victorian Schools between 1997-2000. The Committee is investigating whether the Health Promoting Schools framework can be easily and effectively implemented in schools or whether better models exist. Written Submissions or comments should be sent by 2<sup>nd</sup> June to

The Executive Officer  
Education & Training Committee, Parliament House  
Spring St, East Melbourne 3002

Or email [etc@parliament.vic.gov.au](mailto:etc@parliament.vic.gov.au)

Further information about the Committee or inquiry process can be obtained by calling 03 8682 2827 or on the web [www.parliament.vic.gov.au/committees](http://www.parliament.vic.gov.au/committees)

## 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

Saturday 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)
Thursday 27 <sup>th</sup>	<b>The Epilepsy Foundation of Victoria Afternoon Get Together</b> , 1.30pm at The Ballarat Specialist School, 25 Gillies St Ballarat (278)
Friday 28 <sup>th</sup>	<b>Factors that Influence Health with a Particular Focus on Social Inclusion, Gambling and Mental Health</b> - 10.30am – 2.00pm, Bacchus Marsh Hospital, Grant St, Bacchus Marsh. (277)
Saturday 29 <sup>th</sup>	<b>Pistahan</b> – 6.00pm Sebastopol Secondary College. (277)

## June 2010

Tuesday 1 <sup>st</sup> - Thursday 3 <sup>rd</sup>	<b>Separation Recovery, Managing Strong Emotions 1 session, Relaxation and Survival Techniques and Little Kids with Attitudes 1 session Centacare</b> Venue to be confirmed on booking (278)
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)
Monday 7 <sup>th</sup>	<b>Palliative Care Standards, Twilight Education Session</b> – 6.30pm – 8.30pm Ballarat Health Services Education Resource Centre, Drummond St Ballarat. (277)
Wednesday 9 <sup>th</sup>	<b>Her Grief/His Grief: The Influence of Gender on Grief and Bereavement</b>
Wednesday 9 <sup>th</sup> & Thursday 10 <sup>th</sup>	<b>Youth Mental Health First Aid</b> - Ballarat Learning Exchange, Camp St Ballarat (276)
Tuesday 15 <sup>th</sup>	<b>Responding to Sexual Assault Level 1, CASA</b> , 9.15am BHS Queen Elizabeth Centre, Seminar Room1 Ascot Street Ballarat (278)
Wednesday 16 <sup>th</sup>	<b>Creative Ways to Care Program</b> , The Carer Respite and Support Services, 6 session education program. (278)
Tuesday 22 <sup>nd</sup> June	<b>Tabor House Youth AOD withdrawal Unit OPEN DAY</b> , 10.00am – 12.00pm & 1.00pm – 3.00pm (278)

## **Centacare**

### **Family Relationships Service Programs Education & Skills Training**

#### **Separation Recovery (Men's Group) – 4 sessions**

To be held Tuesday 1, 8, 15 & 22 June - 7.00 - 9.00 pm

For People whose relationship has ended  
Topics Include: Understanding the separation process, managing strong emotions, improving communication skills relaxation and survival techniques

Cost: \$30.00 per person

#### **Little Kids with Attitude – 1 session**

Thursday 3 June – 7.00 – 9.00 pm

For parents of toddlers and pre-schoolers  
Topics Include: Enjoying your child positive messages and discipline, developmental stages Taking care of yourself

Cost: \$10.00 per person

Venues: Confirmed on booking

Booking & Inquiry: Call Sue at Centacare  
5327 7960 Concession available

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#### **'CREATIVE WAYS TO CARE' PROGRAM**

The Carer Respite and Support Service are facilitating a program called "Creative Ways to Care- strategies for carers of people living with dementia"

'Creative Ways to Care' is a 6 session education and training program providing strategies and resources for carers of people living with dementia. It gives family carers the opportunity to learn and experience a range of divisional strategies to use at home.

The program aims to equip carers with additional knowledge, skills and resources that support them, and the person they care for to live positively with dementia. Prevent or minimize behaviour's of concern, for example: wandering or repetitive questioning. Improve the quality of life of carers and people living with dementia, by giving them positive and effective ways of responding to changed behaviours. The Program commences 16<sup>th</sup> June.

For further information, please call Faith or Alyssa on 5333 7104

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#### **Did you know???**

If you add a pinch of Cayenne powder to food and drink or even a few grains mixed into foods this will increase body temperature and blood circulation.

The second health tip is Mustard, Ginger & Cayenne powder added to your bath. Add ½ to 1 tablespoon of this mixture to running bath water. This remedy is helpful to those suffering with colds and flu. The diaphoretic (sweating) action of these warming herbs balances the circulation. (In other circumstances, they are also valuable for 'sweating out' a fever.)

## **FREE FINANCIAL WORKSHOPS**

### **Management Bendigo for Seniors Victoria University on behalf of the Victoria Government is running free practical workshops for senior Victorians.**

The workshops are open to people who have retired, or are about to retire, and those keen to know more about: • Budgeting • Financial Planning • Retirement Planning • Superannuation • Preparing Wills • Housing Options workshops will be held at BRIT (City Campus), bordered by McCrae, Hargreaves, Mundy and Chapel Streets, Bendigo . To register or for further information contact Christopher Leach Phone (03)9919 1868 or Email [christopher.leach@vu.edu.au](mailto:christopher.leach@vu.edu.au).

If you are unable to attend this series of workshops, session times in other areas are available by contacting the registration number 03 99191868

Wednesday 9<sup>th</sup> June 2010,

10.00am – 12.30pm Tracking your money – budgets and budgeting 1.30pm – 4.00pm Developing a financial plan – making money work for you

Friday 11<sup>th</sup> June 2010 10.00am – 12.30pm Managing money, managing credit, managing debt 1.30pm – 4.00pm Scams, swindles and safety

Wednesday 16<sup>th</sup> June 2010,

9.00am – 11.30am Retirement planning – financial matters 12.30pm – 2.00pm Superannuation 2.30pm – 4.30pm Reverse mortgages

Thursday 17<sup>th</sup> June 2010,

9.00am – 10.30am Funerals – bonds, insurance and prepaid plans

Thursday 17<sup>th</sup> June – Continued  
10.30am – 1.00pm where there's a will ... and other estate planning considerations 2.00pm – 4.30pm Going guarantor and loans to family and friends – pitfalls and problems

Friday 25<sup>th</sup> June 2010

10.00am – 12.00pm Where, what and how? Housing and accommodation options 1.00pm – 3.00pm Carers and financial care

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#### **Tabor House Youth AOD withdrawal Unit OPEN DAY**

To be held on 22<sup>nd</sup> June

Two sessions - 10am-12pm OR 1-3pm

Please RSVP to Darren Cutts – Withdrawal Nurse 533 48177

(Please leave a message if phone not manned)

If unsure where Tabor House is please ask Darren when you RSVP

**The Epilepsy Foundation of Victoria welcomes you to join us for an afternoon get together**

The inaugural meeting will be held on Thursday 27<sup>th</sup> May 2010 at 1.30-3.30pm at the Ballarat Specialist School, 25 Gillies Street, Lake Gardens, afternoon tea will be provided.

For catering purposes please call or email by Tuesday 25<sup>th</sup> May 2010

For information contact Colleen Wier, Epilepsy Foundation of Victoria, 400 Pakington Street, Newtown VIC 3220 Ph: (03) 5223 1645 or 0438 931 114, Email [cweir@epilepsy.asn.au](mailto:cweir@epilepsy.asn.au)  
Web [www.epinet.org.au](http://www.epinet.org.au)

**Responding to Sexual Assault Level 1 CASA**

To be held Tuesday the 15<sup>th</sup> June, 2010.

9:15 am Registration for 9.30 am Start – 12.30pm Finish. To be held at BHS Queen Elizabeth Centre (QEC) Education Resource Centre (ERC) Seminar Room 1, Located upstairs in the Main George Skerritt Building, Ascot St Ballarat

Cost: \$40pp (Incl. of GST) Morning tea provided.

Bookings: Ballarat CASA, Ph: 03 5320 3933. Please RSVP by Friday 4<sup>th</sup> June, 2010

**Autism Victoria – Conference 2010**

Autism Victoria is proud to announce the Victorian Autism Conference 2010, to be held on the 5<sup>th</sup> and 6<sup>th</sup> of August in Melbourne and ten regional venues state-wide.

Registration is now open!

Please visit our website for location and registration details:

[www.victorianautismconference.com.au](http://www.victorianautismconference.com.au)

The Victorian Autism Conference 2010 is aimed at enhancing the practices of families and professionals in dealing with individuals with an Autism Spectrum Disorder. Strategies designed to meet the needs of an individual across the life-span will be provided, and will cover themes relating to early childhood, primary years, adolescence and adulthood.

For information visit

[www.victorianautismconference.com.au](http://www.victorianautismconference.com.au)

**Wakaid Girl Lyndhurst kid by Diat Alferink**

Presented by La Mana and Loose Canon Art Services for Reconciliation Week 2010

A funny moving story about a family and love of country, a story about growing up in a black & white world. To be held Wednesday 26<sup>th</sup> May – Sunday 30<sup>th</sup> May at 6.30pm. Book at

[www.lamama.com.au](http://www.lamama.com.au) or call 03 9347 6142

**Tuesday 29 June – Selkirk Roosters' Super School Holiday Clinic!**

**Eureka Stadium Ballarat**

On behalf of the North Ballarat Football Club, Harcourt's & The Tracey Group, An invitation is extended to attend our Annual Selkirk Roosters' Super School Holiday Clinic 2010, to be held on Tuesday 29<sup>th</sup> June.

Places are limited and the clinic is well attended so I encourage you to book early.

For registration forms, please contact Michelle Longhurst at Eureka Stadium on 5339 0907 if you require further details.

Please fill in the registration form and return via email, fax and mail or in person at the Sports Club reception.

**Walking in Autistic Shoes**

**an interactive Question-Answer forum with renowned international author, lecturer and autism consultant - Donna Williams**

One of the two most well known authors diagnosed with autism in the world, Donna Williams was born in Melbourne in 1963.

Thought deaf and assessed as psychotic at the age of two, Donna Williams acquired functional speech in late childhood and was diagnosed with autism in her 20's.

Her first book "Nobody Nowhere" was the first of two international best sellers (now in pre-production as a major Hollywood film) and paved the way for Donna to become the author of ten books in the field of autism, an international public speaker and autism consultant, and artist and musician.

Donna's show, *Footsteps of a Nobody* takes us on that journey and the interactive Q-A forum (Walking in Autistic Shoes) that follows the show allows the audience to directly ask their autism related questions and is guaranteed to provide a fascinating insight into the world of Autism as someone who has actually been there.

To be held Friday May 21st, 2010

(Immediately following the show, *Footsteps of a Nobody*)

7.00pm - 8.30pm (show 7.00pm- 8.00pm. Q-A forum 8.00pm - 8.30pm)

At the Wendouree Centre for Performing Arts, Howitt St, Wendouree, Ballarat, 3350

Cost: (includes show + Q-A forum):

Full Price \$20, under 18s \$5.00

Phone Bookings & payment direct to Booking Office -03 5338 0980

Hours- Tues-Fri -9.00am -1.00pm and 2.00 – 4.30pm.

For inquiries contact Kris

[kks@netconnect.com.au](mailto:kks@netconnect.com.au)

## Primary Health Weekly Bulletin - 21 May 2010

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=200510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=200510)

### Stakeholder Forum: Clinical Training Funding

Health Workforce Australia is conducting a Request for Proposals process to inform the allocation of funds to support clinical training across Australia. To this end, the Victorian Department of Health is hosting a forum: "Preparing for Growth: Facilitating a Coordinated Approach to Clinical Training Proposals" on Monday 24 May in Melbourne.

[Read more...](#)

[http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/clinical-training-funding/\\_nocache?src=email&id=200510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/clinical-training-funding/_nocache?src=email&id=200510)

### Financial Management Workshops for Older Victorians

Victoria University, on behalf of the Victorian Government's Office of Senior Victorians, is running free financial management workshops for older Victorians.

[Read more...](#)

[http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/financial-management-workshops-for-older-victorians/\\_nocache?src=email&id=200510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/financial-management-workshops-for-older-victorians/_nocache?src=email&id=200510)

### Conference Update: 'Walking the Talk Together – Partnerships for Health Promotion

The Conference Organising Committee is excited to provide an update on the finalised program and what you can expect from the 2010 Melbourne Australian Health Promotion Association Conference.

[Read more...](#)

[http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/walking-the-talk-together/\\_nocache?src=email&id=200510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/walking-the-talk-together/_nocache?src=email&id=200510)

### 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 Vic deaf, is 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. To be held on Thursday 27 May in Collingwood.

## Department of Health

### Quality and Risk Forum – Grampians Region

To be held Friday 11<sup>th</sup> June, 9.30am – 4.30pm at the Gum San Event Hall, 31-33 Lambert St (Western Hwy) Ararat.

Please register by email before 31<sup>st</sup> May 2010 to [maxwell.watson@health.vic.gov.au](mailto:maxwell.watson@health.vic.gov.au). There are a limited number of places available.

## The Search is on for Local Achievers Regional Achievement & Community Awards City of Ballarat

The Regional Achievement & Community Awards search is on for individuals, businesses, environmental groups, young people, local heroes and community groups that are making a difference in our local community through hard work, dedication and community involvement. Cr Judy Verlin Mayor of City of Ballarat invites community members to think of someone or a group who are helping to reshape and inspire our community. If you know an individual or group making a real difference in our community, why not nominate them for an award. Great prizes are up for grabs including television exposure on Prime TV or \$2000 Award Saver Accounts from Commonwealth Banks.

Entry forms are available from Council, Commonwealth Bank Branches, Klean Heat Gas Houses, Parks Victoria, Batecard, RACV Offices, Regional Development Victoria, Prime Television, through coupons in the Weekly Times Newspaper or by contacting the Awards Office on 03 9870 0622 or by nominating online at [www.awardsaustralia.com/](http://www.awardsaustralia.com/)

Nominations close Wednesday 14<sup>th</sup> July 2010.

For further information, any questions you have or if you wish to know more about what category to enter someone into contact the Awards office on 03 9870 062

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### Quote of the Week

Too often we underestimate the power of a touch, a smile, a compliment, or a small act of caring, all of which have the potential to turn a life around.

## 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). 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.