

## 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.

### Women's Health and Wellbeing Strategy

The Victorian Government has identified the development of Victoria's third Women's Health and Wellbeing Strategy as an action in the 2010 Statement of Government Intentions. The development of this new strategy will support improvements in health status for Victorian women, provide leadership for the sector during the next four years 2010-2014, and build on work progressed via the previous two strategies ensuring that current effort is maintained in key areas.

A consultation process has commenced and you are invited to participate. Please visit the website for more information and to download a copy of the Consultation Paper and Response Form.

[www.health.vic.gov.au/vwhp/wellbeing/index.htm](http://www.health.vic.gov.au/vwhp/wellbeing/index.htm)

Closing date for submissions is Friday 5pm 25 June 2010. Submissions are to be sent to:

[diversity@health.vic.gov.au](mailto:diversity@health.vic.gov.au)

## 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)

## 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)
Monday 7 <sup>th</sup>	<b>Cancer Discussion</b> – 1.30pm, Wendouree West Community House, 12-14 Violet Grove, Wendouree (279)
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> – 9.30am – 4.30pm, BEST Community Development 28 Victoria St Ballarat, (277)
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>HACC Positive Living Expo</b> – 10.00 – 3.00pm, Coinda Centre, 10 Learmonth Rd, Wendouree (279)
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)
Saturday 20 <sup>th</sup>	<b>12<sup>th</sup> Annual Vic Conference of Science &amp; Medicine in Sport</b> – 9.00am – 5.00pm, Mecure Ballarat Hotel and Convention Centre, Main Rd Ballarat (277)

### **HACC 'Positive Living' Expo**

Centacare in conjunction with the Department of Health Grampians Region are hosting the 2010 HACC 'Positive Living' Expo on Wednesday 16<sup>th</sup> June, 2010 at the Cooina Centre, 10 Learmonth Road, Wendouree 10 am – 3.00 pm. The Expo will provide information and promotion of a wide range of Home & Community Care services within the Central Highlands region to assist in raising consumer and community awareness of the wide range of HACC services available and contribute to enhancing access to the relevant HACC services system and engage service users.

It will also provide a valuable opportunity to liaise with relevant stakeholders and network with other service providers.

The Expo will have a range of displays and information as well as provide activities, entertainment and demonstrations throughout the day. Refreshments will also be provided throughout the day as well as great door prizes. If you require any further information, please don't hesitate to call me on 5336 7945 or email [benita.marson@centacareballarat.org.au](mailto:benita.marson@centacareballarat.org.au)

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### **New GP Clinic at Cooina**

Ballarat Community Health is pleased to announce the expansion of their Doctor's Clinic Services with the commencement of a new clinic which will operate from the Cooina site in Wendouree. Opening at the end of May the clinic will operate Monday – Friday at 10 Learmonth Rd Wendouree, to make an appointment contact Ballarat Community Health on 5338 4500 or the clinic directly on 5338 4585.

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### **YMCA Tickets to Shrek 4 Premier**

The Ballarat YMCA Youth Services has managed to secure tickets for the Ballarat premier of Shrek 4 – Forever After in stunning 3D. These tickets will be available from Friday 28<sup>th</sup> May at reception at both the Ballarat Aquatic Centre and at YHQ in Armstrong Street South. Funds raised from this event will go to the Ballarat YMCA Open Doors fund.

Some of the programs currently funded by Open Doors are;

- Swimming and water safety lessons for newly arrived immigrants
- School holiday camps
- Pool and gymnasium memberships for young men and women leaving the youth justice system
- Young parents group
- Connect (weekly youth groups for boys and girls)
- Parentlink (sole parent social activity group)

### **BEST Futures Training Programs**

BEST Futures is offering a variety of programs for people with a disability or specific learning needs that are:

- Attending Secondary College – may be in last year of school or at risk of leaving school prematurely.
- Futures for Young Adults funding eligible.
- Individualised Support Package eligible.
- Youth / Community Services participants.
- General community.

BEST are currently taking enrolments for the following programs:

**Future Ambitions:** A pre-employment program for young people with a disability or specific learning needs that are in their last year of school, are at risk of leaving school prematurely or have already left school. The service program is offered 2 days per week (Tues and Thurs) 9am – 3pm for a semester (Semester 2).

The first term concentrates on learning about self, self esteem, confidence, skills, goal setting, career planning, budgeting and healthy eating. The second term covers pre-employment topics such as how to find jobs, job applications, application letters, resumes, telephone techniques, cold canvassing, interview skills, work place visits, community service visits and a one day practical work experience placement etc. Each session the group are responsible for cooking a meal for the other participants. All sessions are practically based and are delivered in a fun, flexible learning environment.

**Budget and Money Management (BAMM):** An interactive fun practical monetary skills program aimed at providing basic budget and money management skills to people with a disability or specific learning needs. BAMM is a service program that aims to provide monetary skills that will empower participants to become more independent, socially aware and in control and indeed more skilled. The 10 week program will be offered one day per week on a Friday commencing 16<sup>th</sup> July 2010.

BEST are taking enrolments now so if you would like to know more information or to secure a place please contact Amanda Kay, Disability Services Manager- BEST Futures BEST Community Development on 5329 1640 or email [Amanda.Kay@bestcd.org.au](mailto:Amanda.Kay@bestcd.org.au)

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

At any time there are some 44,000 storms occurring; lightning strikes the earth 100 times every second, and there are on average 35 earthquakes per day!

### **Conservation Volunteers Australia**

Conservation Volunteers Australia is Australia's leading practical conservation organisation. Conservation Volunteers Australia completes more than 2000 conservation projects across Australia each year. Some upcoming volunteer projects in this region are:

#### **Hepburn Shire – Mineral Springs**

31st May – 4th June

Step back in time to the Victorian Goldrush Era and enjoy a relaxing spa, as you help Shire staff to maintain the Hepburn Mineral Springs Reserve adjoining the historic Bath House, within the iconic township of Hepburn.

#### **Sovereign Hill Sound and Light Experience**

7th – 11th June

Step back in time to the Victoria Goldrush Era as the 1850s come alive at historic Sovereign Hill. The CVA team will assist staff with landscape, heritage restoration, weed removal, revegetation works & other general conservation works.

Volunteers participating for the whole week may have the opportunity to enjoy the township, have a period photo taken & see the sound & light show "Blood on the Southern Cross".

#### **Great Dividing Trail (Daylesford)**

14th – 18th June

Assist in the improvement of the Great Diving Trail which links the old gold rush towns at the heart of Victoria, as well as the forests, hills & lakes, straddling the Great Dividing Range. Some of the work involved in the Great Dividing Trail are removing & installing new marker posts, building bridges & boardwalks, creating new tracks for walkers & mountain bikes, some weed removal & track repairs.

If you would like to participate in one of these opportunities or for general information, please call Iain Wilson 5444 0777; Email: [iwilson@conservationvolunteers.com.au](mailto:iwilson@conservationvolunteers.com.au) or log onto [www.conservationvolunteers.com.au](http://www.conservationvolunteers.com.au) and follow the booking prompts for the "Conservation Connect" program.

#### **Disability Consultants Newsletter**

The current Disability Consultants Newsletter includes '10 top tips for creating an accessible event'. Visit their website [www.disabilityconsultants.com.au/news/](http://www.disabilityconsultants.com.au/news/) to view a copy of their newsletter

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

Every year more than 2 million cases of arson are reported, and more than a million trees are chopped just to make toothpicks.

### **Indigenous Remote Service Delivery (IRSD) Traineeships in Aged and Primary Health Care Services - Funding Round**

The IRSD traineeships provide an opportunity for aged and/or primary health care services in remote locations (population less than 100,000) to apply to receive funding to employ a trainee in administration or management. An open funding round for aged and primary health care services to employ Aboriginal and Torres Strait Islander trainees is currently open.

The grants round opened on 29 April 2010 and closes on 4 June 2010.

Applications will be assessed against the following selection criteria:

- capacity to support trainees;
- job role/description for trainees;
- capacity to recruit trainees; and
- capacity to retain trainees.

Successful Aboriginal and Torres Strait Islander aged or primary health care services will recruit their own trainees. The Department will not select individual trainees. Training will be delivered in block release with ongoing supports provided to the workplace. All expenses to attend training will be covered.

To apply please go to [www.health.gov.au](http://www.health.gov.au) and follow the link to tenders/grants page.

Note: the traineeships are under grants. Grants are at the bottom of the page so scroll right down to the bottom of the page.

If you have any queries, please contact Rebecca Thurbon on (02) 6289 3749 or email: [IRSDTraineeships@health.gov.au](mailto:IRSDTraineeships@health.gov.au)

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#### **Quote of the Week**

"You don't stop laughing because you grow old, you grow old because you stop laughing."  
Michael Pritchard

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#### **Have You or Someone Close to You Had Cancer?**

- Would you like to see changes in the way cancer services are delivered?
- Would you like to tell us what services worked well for you and which ones can be improved so better services could be developed for you?

If you've answered YES to either of these questions we would like to hear from you.

We want to meet and learn from anyone affected by cancer, recent and past, so if you are a patient, survivor, carer, family member or friend, tell us your thoughts and ideas. Monday 7<sup>th</sup> June, 1.30pm at Wendouree West Community House, 12-14 Violet Grove Wendouree. For more information or to RSVP contact Laura at the University of Ballarat on 5320 9841 or GICS on 5320 4782.

**Primary Health Weekly Bulletin - 27 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=270510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=270510)

In this edition:

### **New Better Health Channel**

Better Health Channel is the Victorian Government's award-winning health website. It has a great new look and new features to make finding reliable health information easier. Promote the Better Health Channel at your workplace or health event and go into the draw to win some great prizes.

Read more...

[http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/new-better-health-channel/\\_nocache?src=email&id=270510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/new-better-health-channel/_nocache?src=email&id=270510)

### **Resources to assist HWA clinical training funding proposals**

Health Workforce Australia (HWA) is calling for proposals from government agencies, universities and non government health and aged care providers to support the increase in clinical training for professional entry health disciplines from the 2011 academic year. To assist Victorian stakeholders apply, the Victorian Department of Health has produced online reference materials.

Read more...

[http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/hwa-clinical-training-funding-proposals/\\_nocache?src=email&id=270510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/hwa-clinical-training-funding-proposals/_nocache?src=email&id=270510)

### **Heywire – 2009 Open for New Stories**

Are you looking for a way to get your media story out to a wider audience?

Heywire is open to young people aged 16 – 22 years of age who create their own story about life in Australia outside the major cities. The story can be created in any form of media: text, video and audio. Successful stories are presented on the ABC through ABC Radio, triple j and abc.net.au and winners also attend the Heywire Forum in Canberra in February 2009. It's an OPPORTUNITY... for young Australians to create outstanding media content and be chosen to attend the prestigious Heywire Forum in Canberra. The Heywire Forum is a chance for the participants to develop outstanding ideas and proposals that will create change in their local communities. For more information visit

<http://blogs.abc.net.au/heywire/competition-heywire.html>

### **EXT1D - Exercise with Type 1 Diabetes**

Whether you're a newbie to exercise, an athlete wanting to improve your performance, or just wanting to drop those kilos, this is one new website you absolutely must check out.

Filled with lots of practical tips and tools, this Australian-based site aims to help people with Type 1 diabetes understand and enjoy exercise. Plus, it's been developed by someone who has Type 1 themselves!

The site's tools do have a yearly subscription cost, but you can 'try before you buy' with a free membership sampler. Make sure you check it out at [www.ext1d.com.au](http://www.ext1d.com.au)

### **National Disease Management Conference**

Key themes for the 2010 National ADMA conference "Chronic Disease Management and the Future of the Australian Health System" include:

Disease Management and the Health Reform Agenda; investment in DM by Australian States and Territories and the Private Sector; models of care (Chronic Care Model, Patient-Centred Medical Home Model, Guided Care); indigenous health initiatives; e-health and technology; building bridges between tertiary and primary care (super clinics, integrated care & community care centres); the consumer perspective. Other streams include: self-management; initiatives for elderly chronic disease patients and programs/ services which have demonstrated outcomes in quality, clinical outcomes, cost effectiveness and efficiency.

Thursday 19th and Friday 20th August, 2010  
Crown Promenade, Melbourne. For more information or to register you place visit [www.adma.org.au/Conference2010/2010ConfProgram.pdf](http://www.adma.org.au/Conference2010/2010ConfProgram.pdf)

### **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.