

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

Service Coordination Industry Advisor – John Dixon

Ph: 03 5338 4772 or johnd@chpcp.org

Primary Health Coordinator – Frances Riggs

Ph: 03 5338 4773 or icdm@chpcp.org

Health Promotion Coordinator – Anita Collett (nee-Doyle)

Ph: 03 5338 4775 or healthpromotion@chpcp.org

Administration Support Officer – Alison Kerr

Ph: 03 5338 4774 or admin@chpcp.org

Administration Support Officer – Sharna Kelly

Ph: 03 5338 4771 or support@chpcp.org

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

Indigenous Leadership Program

FaHCSIA's Indigenous Leadership Program aims to develop the leadership capacity of Aboriginal and Torres Strait Islander men, women and youth. Participants on the program benefit from an interactive learning environment where they are supported to develop a vision for the future and encouraged to engage in planning to achieve that vision. They learn more about themselves, meet new people, share ideas, develop new skills and gain unique experiences to grow their potential as leaders.

Participants will have the chance to meet and work with Indigenous people from across Australia to participate in leadership activities, discuss Indigenous issues and develop important networks.

Register online for the 2010-11 National Indigenous Leadership Program at

www.fahcsia.gov.au/sa/indigenous/progserv/leadership/Pages/indigenous_leadership_development_opportunities.aspx

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

June 2010

Wednesday 9 th	Her Grief/His Grief: The Influence of Gender on Grief and Bereavement – 9.30am – 4.30pm, BEST Community Development 28 Victoria St Ballarat, (277)
Wednesday 9 th & Thursday 10 th	Youth Mental Health First Aid - Ballarat Learning Exchange, Camp St Ballarat (276)
Tuesday 15 th	Responding to Sexual Assault Level 1, CASA - 9.15am BHS Queen Elizabeth Centre, Seminar Room1 Ascot Street Ballarat (278)
Tuesday 15 th	Ballarat ICT Twilight Forum – 4.30pm, Barkly Motor Lodge, 43-45 Main Rd, Ballarat (280)
Wednesday 16 th	Tackling Depression in Men – 6.00pm – 8.30pm, Ludbrook House, 115 Lydiard St Nth, Ballarat (280)
Wednesday 16 th	HACC Positive Living Expo – 10.00 – 3.00pm, Cooina Centre, 10 Learmonth Rd, Wendouree (279)
Wednesday 16 th	Creative Ways to Care Program , The Carer Respite and Support Services, 6 session education program.(278)
Tuesday 22 nd June	Tabor House Youth AOD withdrawal Unit OPEN DAY , 10.00am – 12.00pm & 1.00pm – 3.00pm (278)
Saturday 19 th	African Day & Refugee Day Celebration – 6.00pm, Cooina Centre, 10 Learmonth Rd, Wendouree (280)
Saturday 19 th	12th Annual Vic Conference of Science & Medicine in Sport – 9.00am – 5.00pm, Mecure Ballarat Hotel and Convention Centre, Main Rd Ballarat (277)
Thursday 24 th	Beating The Binge – 7.00pm, Wendouree Performing Arts Centre, Howitt St, Wendouree (280)
Thursday 24 th	Obesity:Prevention, Early Intervention, Treatment and Care in the Grampians Region – 6.00pm – 8.30pm, Education Resource Centre, Ballart Health Services, Drummond St, Ballarat (280)

Tackling Depression in Men

1 in 8 men will experience depression at some time in their life.

Men & Family Relationships (a program of Child & Family Services) invites you to attend an informal & free discussion night focusing on the issues and challenges of depression in men. Including recognising depression, coping with depression, impact of depression on relationships, how & where to get support. Our guest speakers for the evening include a GP & a Clinical Psychologist who both have extensive experience and a strong interest in working with men.

Wednesday 16th June 2010, 6.00pm – 8.30pm. (supper provided) at Ludbrook House, 115 Lydiard St Nth, Ballarat.

Please RSVP by calling 5337 3333 and speaking to the men & family relationship team by 14th June.

African Day & Refugee Day Celebration

Come along on Saturday 19th June to celebrate refugee week with entertainment by Ballarat African Youth Group, Natasha Woods, Thursday Night Choir, Fr Peter Kunen's Youth Dance Group, Filipino Dancers, King Marong's Drumming Troupe. The celebration will be held at the Cooina Centre, 10 Learmonth Rd, Wendouree from 6.00pm. Tickets members and children \$5, non members \$10. For more information contact Wilbert Mapombere on 0431 754 510 or

Wilbert@wilbertmapombere.com

Obesity: Prevention, Early Intervention, Treatment and Care in the Grampians Region

Ballarat Health Services Futures Committee are holding a forum, Obesity: Prevention, Early Intervention, Treatment and Care in the Grampians Region, hosted by Andrew Hollo from Workwell Consulting with guest speakers Professor Peter Clifton, Director CSIRO Human Nutrition and Affiliate Professor of Medicine, University of Adelaide and Professor Joe Proietto, Sir Edward Dunlop Chair of Medicine, Austin Health & Northern Health, University of Melbourne.

Thursday 24th June, 6.00pm – 8.30pm, Lecture Theatre, Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat.

RSVP to Jen Pollard by Wednesday 16th June.

jenp@bhs.org.au

Did You Know???

Google is actually the common name for a number with a million zeros.

Mini-MEND is Coming to Ballarat!

Volunteers are required for a study designed to improve the health and wellbeing of preschool children. Parents of preschool children aged 24-36 months are invited to take part in a healthy-lifestyle program for preschoolers. This study is being conducted by Dr Helen Skouteris, Professor Marita McCabe and Professor Boyd Swinburn from Deakin University. If you agree to take part in this exciting study, you and your preschool child will take part in a 10-week free healthy lifestyle program this year or next year. If you are interested in participating in this vital research or would like more information about our study, please contact Briony Hill on (03) 9244 6538, email: bhill@deakin.edu.au

Demystifying Evidence Based Practice

This short course will provide health professionals with the What? Why? and How? of evidence based practice. It will be delivered over three, two hour group sessions including a practical computer search session. It includes an additional hour of personal mentoring from Monash research staff who will assist each participant with applying ongoing searches to their current practice.

- This course has RACGP approval for QA&CPD category 2 points
- A certificate of participation is awarded for 100% attendance

Session 1: Tuesday 13th July, 5.30pm - 7.30pm

Session 2: Tuesday 20th July, 2pm - 4pm

Session 3: Tuesday 27th July, 5.30pm - 7.30pm

Session 4: One-on-one mentoring hour, time to be negotiated

Venue: Gippsland Clinical School, Latrobe Regional Hospital, Princes Highway, Traralgon

Cost: \$290 Payment by cheque (to Monash University) or cash payable on 13th July, 2010

RSVP by Wed 7th July 2010 to:

Cathy Beamish, Department of Rural & Indigenous Health, Phone: (03) 5128 1022

Email: Cathy.Beamish@med.monash.edu.au

Beating the Binge

The impacts of alcohol and other drugs. If you had to look after a friend would you know what to do? Get your friends and parents together and join us for a fun and interesting evening with skits and a panel of speakers from your community discussing alcohol and other drug issues. Learn how to help your friends or children if they are in trouble. Thursday June 24, 2010 - 7pm start at Wendouree Centre for Performing Arts, Howitt Street Wendouree. For further information contact Ballarat Community Health on 5338 4500 or UnitingCare Ballarat on 5332 1286.

Centacare Family Relationship Services Program

Learning to Bloom – 4 sessions

Tuesday 6, 13, 20 & 27 July – 1.00 – 3.00 pm

For women who wish to gain more confidence in daily life. It is an opportunity to understand the past and to explore moving into the future.

Cost: \$30.00 per person

Teens Rule – 3 sessions

Wednesdays 14, 21 & 28 July – 7.00 – 9.00 pm

Who would think that your beautiful child would become a disagreeable, scowling, unsociable teen. Can you believe that one day they will become kind and caring adults? Come and find out.

Cost: \$30.00 per person

Life in the Blender – 1 session

Saturday 17 July – 10.00am – 3.00 pm

Sometimes Blended and Stepfamilies can feel like they are living in a blender! - whizzing and all shook up. Come along and enjoy some support and learning with others.

Cost: \$50.00 per person (Lunch included)

Baby Love – 2 sessions

Tuesday 27 July & 3 August – 9.30 – 11.30 am.

This program is about getting off to a great start with your baby. It's about your baby's communication with you.

Cost: \$20.00 per person

Booking & Inquiry: Call Sue at Centacare on 5327 7960

Venue: Confirmed on booking

Concession available

Childcare not provided

Stress Down Day

Help Lifeline Telephone Counsellors support people in crisis throughout Australia.

In its third year, Lifeline Australia's annual stress awareness and fundraising event is set to remind us all to take the time and de-stress our lives. Lifeline is asking everyone to throw them a lifeline and wear your slippers to work, dress up or dress down on Friday 23rd July and raise funds for Lifeline while stressing down.

You can register your workplace or school on

www.stressdown.org.au

UnitingCare New Staff Member

UnitingCare Ballarat welcomes Karen Riddel into the position of Children's Resource Coordinator. Karen has taken on the role left vacant by Leanne Nicholson. Karen can be contacted on 5337 2791 or email

kriddel@ucare.org.au

Victorian Public Healthcare Awards

Amid the constant challenges facing health, it's important to celebrate those shining stars who are changing the face of public healthcare in Victoria. There is no better time to enter the sixth annual Victorian Public Healthcare Awards, which celebrate Victoria's most outstanding health services, exceptional initiatives and most dedicated clinical, research and health workforce. The Victorian Public Healthcare Awards, which are carefully governed by a college of 100 judges, are bestowed to those making the biggest difference to the lives of Victorians. Each year the Awards seek out the innovations, public health campaigns, health services and approaches that celebrate our health champions and demonstrate the highest commitment to the patient experience in Victoria.

To view the award categories and criteria or submit a nomination visit

www.health.vic.gov.au/healthcareawards/index.htm

New Resources on the CHPCP Website

Karreeta Yirramboi Victorian Aboriginal Public Sector Employment and Career Development Action Plan 2010–2015.

Provisional Electronic Gaming Machine Licence Auction Allocation.

CAFY Youth Services Register.

Women and Diabetes, Gender Impact Assessment

www.chpcp.org/resources/index.aspx

Ballarat ICT Twilight Forum

This session will describe the HoneyNet Project, a global not-for-profit volunteer organisation that aims to study nefarious Internet activity (eg website defacements, botnets, spam, denial of service attacks, viruses and trojans) with a view to education and mitigation. In particular, you will see technologies used by the HoneyNet Project to study the effect of botnet armies which continually scour the Internet searching for unprotected systems to compromise.

The University of Ballarat Technology Park and Ballarat ICT Ltd events encompass Information and Communications Technology (ICT) professionals and other associates from Ballarat and the broader region.

Tuesday, 15th June 2010 at 4.30pm for light refreshments and beverages upon arrival Barkly Motor Lodge, 43 - 45 Main Road, Ballarat.

RSVP is essential prior to Friday, 11 June 2010, to Genevieve Daffy g.daffy@ballarat.edu.au

The Ministerial Taskforce on Aboriginal Affairs

The Ministerial Taskforce on Aboriginal Affairs has been created to focus government efforts on closing the 17 year life expectancy gap that exists between Indigenous and non-Indigenous Victorians. To find out more visit www.dpcd.vic.gov.au/aboriginaltaskforce

Golden Connections

The latest Golden Connections Newsletter Update is available on the Golden Plains Shire Website. www.goldenplains.vic.gov.au/site/page.cfm?u=520

A VOICe for Organic Women

Victorian Organic Industry Committee (VOICe), has successfully secured funding from the Federal Government to develop leadership skills for women in organic agriculture. With the assistance of a team of well known rural women leaders, VOICe plans to deliver a program supporting women develop their businesses and enable greater participation of women in the organic industry. The program will be designed around adult learning principles & include workshops & networking dinners.

Sunday 18th July - Wednesday 21st July 2010 at Central Springs Inn, Daylesford. Expression of interest close Friday 25th June. For more information, please contact Karen at My Beechworth Secretary on 03-57281924 or email contact@mybeechworthsecretary.com.au

Youth Development and Support Program

The Minister for Youth, Kate Ellis announced the opening of the Australian Government's 2010 funding round of the Youth Development and Support Program. The Youth Development and Support Program was launched last year and offers funding to eligible non-government or not-profit organisations to support projects that inspire young Australians to achieve their full potential. Funding allows community organisations the chance to build innovative projects that will support young Australians to become confident, skilled and engaged adults. This year organisations can apply for two streams of funding. Stream 1 offers grants of up to \$40,000 and is targeted at community-based organisations to provide opportunities for young people in their local communities. Stream 2 offers grants of up to \$70,000 and is open to national youth organisations operating in more than one jurisdiction.

Applications for funding close Friday 9th July. For further information about the Youth Development and Support Program, visit www.youth.gov.au

Have you heard of walking meetings?

Walking meetings are best suited to internal, one-on-one or small group meetings. These half hour wanders become a welcome opportunity to get some fresh air and exercise, and a chance to have real and open conversation. Meetings with staff in the office tend to be more formal and focused on KPI's and targets; whereas walking meetings tend to be 'below the line' discussions - allowing for a genuine conversation about 'what's really going on' for the person and the organisation.

In addition, going out for a walk is a really good way to remain connected to the local neighbourhood and to be in contact with what's happening around you. A stroll to the nearby park, local streets and shops is a chance to explore the suburb beyond the boundaries of the office. Walking meetings boost morale, help staff feel more connected to the organisation as well as to the local neighbourhood, and it gives your body a great workout while at work.

Rural Health Education Foundation June 2010

Osteoporosis: Clinical Guideline
Tuesday 22nd June 8.00pm (AEST) and Friday 25th June 12.30pm – simultaneous webcast and broadcast. This program outlines the identification, diagnosis, treatment and management of osteoporosis in line with the Clinical Guideline. It highlights the major risk factors for osteoporosis and the appropriate investigations. The assessment and interventions for osteoporosis after a fracture are also discussed.

Click here for more information about this program www.rhef.com.au/programs/program-1/?program_id=390

Rural Health Education Foundation
www.rhef.com.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.