

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. Due to the large volume of information we receive it is generally only possible to include an item in the newsletter once.

YMCA Open Doors Ballarat YMCA Youth Services Recycled Clothing SALE

To be held
Friday 9th July and Saturday 10th July
At
11.00am - 2.00pm

Upstairs at
YHQ
122 Armstrong St South, Ballarat

FOLLOW THE SIGNS

For information contact Ballarat YMCA Youth Services on 53292 805 or Wallace.martin@ymca.org.au or visit www.ballarat.ymca.org.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

July 2010

Wednesday 7 th	Helping Pregnant Smokers Quit , 9.30am – 1.30pm Ballarat Community Health, 206 Vickers St, Sebas (277)
Thursday 8 th	Connecting Culture Thru Our Stories , 11.00am – 3.00pm, BLX, 36 Camp St, Ballarat (283)
Saturday 10 th	Rainbow Dance Party, The Bright Sparks 7.30pm – 11.30pm, Eastwood Leisure Centre, 20 Eastwood St, Ballarat (281).
Wednesday 14 th	Central Highlands Aged & Disability Alliance (CHADA) Meeting , 9.30am – 11.30am, Queen Elizabeth Centre, Seminar Room 2, Ascot St, Ballarat.
Monday 19 th	Diabetes Steering Group Meeting , 2.00pm – 3.00pm, Ballarat & District Division of General Practice, 105 Webster St, Ballarat.
Tuesday 20 th	CHPCP Full Alliance Meeting, Planning Dinner 1.00pm – 6.00pm Mecure Convention Centre, Main Rd Ballarat.
Wednesday 21 st	CH Regional Youth Affairs Network Meeting, Grampians DPCD , 3.00pm - 5.00pm 111 Armstrong St, Ballarat.
Tuesday 27 th	Carer Information Day, Carer Respite & Support Services 10.00am – 2.30pm, Barkly Motor Lodge, 43-57 Main Rd, Ballarat (281)
Wednesday 28 th	Bowel Cancer: Polyps and All, Cancer Council Victoria 6.30pm (tour) 7.00pm – 9.00pm (workshop), Baxter Theatre, ERC Ballarat Health Services, Drummond St, Ballarat (284)
Thursday 29 th & Friday 30 th July	International Youth Mental Health Conference , Melbourne Convention and Exhibition Centre, 1 Convention Centre Place, South Wharf, Melbourne (284)

August 2010

Thursday 5 th	Parent /Carer Epilepsy Education & Support Program, Epilepsy Foundation of Victoria , 7.30pm, Conference Room, Ballarat Regional Dept of Education & Early Childhood, 109 Armstrong St, Ballarat. (284)
Tuesday 17 th	Grampians Regional Integrated Health Promotion Forum , 9.30am – 4.00pm Halls Gap Valley Lodges, 406 Grampians Rd, Halls Gap (283)

International Youth Mental Health Conference

The First International Youth Mental Health Conference is to be held in Melbourne on 29th and 30th July 2010. The conference will bring together local and global experts to inform the wider community of best practice developments and interventions in Youth Mental Health.

The conference program features international and national speakers, focussing on research and evidence based best practice across the sixteen dedicated concurrent streams.

Keynote speakers have been confirmed the full conference program is now available at www.iymhconference.com.au

The conference will appeal to mental health and allied health specialists including psychologists, social workers, educators, psychiatrists, nurses, occupational therapists, youth workers, counsellors, policy makers and anyone interested in young people's mental health.

Community Development Grants Program

City of Ballarat Community Development Grants Program helps groups in the Ballarat community to make things happen, strengthen our community and to work together for more engaged and healthy communities. The City of Ballarat allocates funding to local not-for-profit organisations, groups and associations every year. The maximum allocation per organisation is \$10,000 although the majority of applications range between \$500 and \$5,000. Whilst the City of Ballarat encourages applications from new groups, Council also recognises the value of supporting small local groups who traditionally apply for grants around \$500. For more information, please contact Community Development on 5320 5746 or go to our website www.ballarat.vic.gov.au.

New GP Clinic at Coinda

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 Coinda site in Wendouree.

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.

Did you know???

No piece of normal sized paper can be folded in half more than 7 times. This is actually logical. The reason for this is that every time the paper is folded in half, the thickness is doubled.

Launch of New Access to Justice Website

An innovative new website has been launched as part of a comprehensive package of measures to improve access to justice in the community. The new website, located at www.accesstojustice.gov.au will provide all Australians will seamless access to information about legal assistance and related services in their local area. All people need to do is enter their postcode or suburb and they will get comprehensive information and contact details of local legal services such as Legal Aid, Community Legal Centres, Family Relationship Centres, and Dispute Resolution Services. The website will also provide a link to lawyers who operate in each State and Territory as well as relevant laws to enable people to understand their options early, in order to prevent or resolve their disputes before they escalate or become entrenched.

Self-Abuse Finally Ends

SAFE in Oz Consumer Program Workshop

"... I now know this would be the most important decision I have made in my life. It gave me my life" said Juliet, 27 years of age "I have not hurt myself since February 2002"

SAFE in Oz will present...

An Introduction to Working with Individuals Who Self Abuse'

\$330 (Inclusive of GST]) which is a pre-requisite for a three day workshop 'Facilitating the SAFE in Oz Consumer Program'. Throughout Victoria Chirnside Park – 12th & 13th July 2010

Foster – 15th & 16th July 2010

Benalla – 4th & 5th August 2010

Langwarrin – 12th & 13th August 2010

Narre Warren – 16th & 17th August 2010

Melton – 19th & 20th August 2010

Who should attend the training workshops?

Mental health workers, carers who work with individuals who self-abuse, youth workers, drug and alcohol workers, student counsellors, teachers, GP's, psychologists, counsellors, and anyone who wishes to better understand self-abuse.

There are limited places available for these workshops, therefore, it is advisable to register and finalise payments early. For details and costs and a registration form visit the website at www.safeinoz.com.au and view our Newsletter – 'Hope, Help & Hanging Out'.

We would greatly appreciate your support in forwarding this email throughout your networks and/or distributing this invitation to pertinent professionals in the pursuit of self-abuse finally ending.

SHREK 3D FOR YMCA OPEN DOORS

Have you got your tickets yet?
Would you like to DONATE a ticket?
Some people who are unable to attend the Shrek 3D movie night have bought tickets and are donating them back to Open Doors for people who are unable to afford a ticket. This will enable some of our young parents or some of the young people from our Connect Youth Groups who rarely go to the movies to have a night out. So if you can't go, would you like to provide the opportunity for someone less fortunate the chance to have a night out at the movies? Tickets are available from the Ballarat Aquatic Centre reception or at YMCA YHQ reception at 122 Armstrong Street South.

HACC – Intro to First Aid Courses

The first course for Semester 2 is Intro to First Aid for Mental Health on July 15th in Ballarat, July 22nd in Horsham.

To ensure this course goes ahead, registrations must be received by 9am Thursday 8th July for Ballarat and 9am Tuesday 13th July for Horsham. Should this course need to be postponed, it could not be offered again until at least November. Details are as follows:

Intro to First Aid for Mental Health

Presented by Paula Duffy, Mental Health Works Consultancy

Ballarat – Thursday July 15th, 9.30am – 4.30pm

Venue: Sebastopol Bowling Club – Balcony Room, 213-219 Albert St, Sebastopol (upstairs, enter via Yarrowee St)

Horsham – Thursday July 22nd, 9.30am – 4.30pm

Venue: Wimmera Hub – Conference Room, 39 Urquhart St, Horsham

This program will cover the symptoms, risks and management strategies for Depression, Anxiety, Psychosis, and Personality Disorders, in order to provide an understanding of behavioural indicators towards mental health issues that may confront HACC workers.

Target: Suitable for all HACC workers including Volunteers

Fee: HACC staff \$33.00 (Inc GST)

Full catering provided

Please advise of any dietary requirements on registration.

Did you know???

-Mosquito repellents don't repel. They hide you. The spray blocks the mosquito's sensors so they don't know you're there.

-The elephant is the only animal in the world with 4 knees.

-A queen bee lays 1500 eggs a day.

-Apples, not caffeine, are more efficient at waking you up in the morning.

ADVANCE NOTICE

The 2010 Grampians Regional Integrated Health Promotion Forum

The 2010 Grampians Regional Integrated Health Promotion Forum will be held on Tuesday 17th August, 9.30am – 4.00pm at Halls Gap Valley Lodges, 406 Grampians Rd, Halls Gap. RSVP your attendance by 26th July to julian.harvey@health.vic.gov.au

The keynote speaker will be Peter Gordon. Peter is a VicHealth Board Member, former President of the Western Bulldogs Football Club and a lawyer who has fought against the likes of the big tobacco and alcohol industries. Peter recently spoke at the Australian Health Promotion Conference about his experiences of identifying and building partnerships with bodies that have collateral interests in health. Please note the date in your diary as this is one that you won't want to miss!

Managing Falls In the Community

As part of this workshop, clinicians and researchers to come together to present current evidence, best practice and practical strategies for managing falls in the community.

This workshop provides the opportunity to listen to presentations, work in small groups and join an interactive Falls Prevention Training Expo. It will be held on Tuesday 20th and Wednesday 21st July 2010.

For more information please contact Lynette Bon

03 8387 2148 (except Thursdays) or email l.bon@nari.unimelb.edu.au or view the website at

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/workshop-managing-falls-in-the-community/_nocache?src=email&id=170610

Gender Impact Assessment:

Women and Diabetes

Diabetes Mellitus (Diabetes) is a chronic, degenerative disease which causes considerable mortality and morbidity in the Australian population.

Type 2 diabetes is a gendered issue because women's lives are different to men's. Reasons to consider diabetes and women separately from men include the dominance of young women developing type 2 diabetes and increasing prevalence of older women with diabetes due to their greater life expectancy. For copies of the paper or more information, please contact:

Rebecca Tipper on 03 9662 3755 or email Rebecca.Tipper@whv.org.au or view the website at

http://whv.org.au/static/files/assets/8b4b094e/Diabetes_GIA_May_10.pdf

Parents/Carer Epilepsy Education & Support Program

Epilepsy Foundation of Victoria

Dr Michael Hayman will present an evening program designed to address the many questions you may have regarding the support of young people living with epilepsy. Michael is a well-known Paediatric Neurologist practicing at the Royal Children's Hospital and Monash Medical Centre. He also has a monthly clinic in Ballarat.

To be held Thursday 5th August 2010, 7.30pm at the Conference Room, Ballarat Regional Dept of Education & Early Childhood, 109 Armstrong Street North, Ballarat.

Cost: No charge. Donations gratefully accepted. RSVP is essential. Supper will be provided.

For catering purposes please call or email by Tuesday 3rd August 2010 to Jan Burns or Colleen Weir on (03) 5223 1645 or 0438 931 114 email cweir@epilepsy.asn.au or visit www.epinet.org.au

Australian Volunteers International We Want Volunteers Overseas!

Join our public information session in Ballarat and hear stories from returned volunteers.

To be held at the Ballarat Town Hall, the Trench Room, 225 Sturt Street, Ballarat on Thursday 29th July at 6.00pm – 7.30pm

RSVP: via AVI's website

www.australianvolunteers.com

For more information call Toll Free 1800 331292

Ballarat Regional Multicultural Council Extend the hand of friendship

Ballarat Regional Multicultural Council is running a 'Friendly Visiting Scheme' in the Central Highlands and Grampians region. It is designed to relieve the loneliness and isolation of people who are housebound due to age or health problems, and whose mother tongue is not English.

All volunteers are fully trained, and the service is free to clients.

If you know someone who could benefit from the program or someone who would like to volunteer to be a visitor and is able to share their skills or interest for at least once a week.

Please contact Virgie Hocking, Social Support / Telelink Co-coordinator, on 5332 5941

(Tuesday, Wednesday and Thursday) at Ballarat Regional Multicultural Council, 102 English Sts, Golden Point Cultural & Learning Centre, Golden Point or via email:

virgieh@brmc.org.au

Did you know???

Today is the 188th day of the year and it is only 171 days until Christmas 2010

Bowl Cancer – Polyps and All

Prevention, screening, diagnosis and management of bowel cancer workshops for General Practitioners and other Health Professionals.

Almost 90% of bowel cancers can be cured if detected at an early stage.

Despite this more than 1,000 Victorians lose their lives to the disease each year – a figure that is over three times the state road toll.

The workshop will answer questions like: What is the National Bowel Cancer Screening Program? What role does general practice play in the NBCSP? How effective are FOBTs in detecting bowel cancer? What are the current clinical practice guidelines for colorectal cancer? What are potential clinical issues around treatment and investigation of bowel cancer? How can we communicate and promote prevention messages to patients?

Guest speakers will include Mr Bruce Stewart – Colorectal Surgeon, Dr Ian Hamilton – Gastroenterologist and Jacqui Harvey, Community Health Nurse.

To be held at the Baxter Theatre, ERC Ballarat Health Services, Base Hospital, Drummond St North Ballarat on Wednesday 28th July, 6.30pm sharp (tour of colonoscopy facilities) 7.00pm – 9.00pm (workshop).

RSVP by Thursday 23rd July to Philippa Davis, Cancer Council Victoria on 9635 5049 or Philippa.Davis@cancervic.org.au

Please advise of any dietary requirements upon registration.

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 on 5338 4774 or admin@chpcp.org

Information needs to be sent by Fridays for inclusion the next week's edition. Due to the large volume of information we receive it is generally only possible to include an item in the newsletter once.

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.