

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

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.

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 21st	CH Regional Youth Affairs Network Meeting, Grampians DPCD, 3.00pm - 5.00pm, 111 Armstrong St, Ballarat.
Tuesday 27th	Carer Information Day, Carer Respite & Support Services 10.00am – 2.30pm, Barkly Motor Lodge, 43-57 Main Rd, Ballarat (281)
Wednesday 28th	Feeling Good In Life, 1.00pm – 3.00pm, Bloomsbury House, 101 Webster St Ballarat. Runs for 8 weekly sessions. (286)
Wednesday 28th	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 29th & Friday 30th July	International Youth Mental Health Conference, Melbourne Convention and Exhibition Centre, 1 Convention Centre Place, South Wharf, Melbourne (284)

August 2010

Thursday 2nd & Friday 3rd	Tai Chi for Arthritis Leader Training Workshop, 9.00am – 5.00pm, Ballarat Martial Arts Centre, 50 Curtis St, Ballarat (286)
Thursday 5th	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)
Saturday 7th	BRMC Gala Ball, Greek Hall, Humffray St Nth, Ballarat (286)
Tuesday 10th	Back Care Training, 1.00pm – 4.00pm, Ballarat Community Health, Cooina Centre, Learmonth Rd, Ballarat. (286)
Tuesday 17th	Grampians Regional Integrated Health Promotion Forum, 9.30am – 4.00pm Halls Gap Valley Lodges, 406 Grampians Rd, Halls Gap (283)

Foster Carers in the Southern Grampians Region

There is an urgent need for Foster Carers in the Southern Grampians Region. Child and Family Services, is a non-profit community based organisation, providing a range of services to support families, individuals and children in our community. One of our key programs is Foster Care.

Foster Care is where children and young people are cared for by accredited foster carers in their own homes, providing safe and nurturing care, until children can return to their families. Our challenge is in attracting a continuous flow of enquiries from potential foster carers from within our community, who have the capacity to meet the ongoing needs of caring for our children and young people. As an organisation we are continuously seeking ways to engage the community, to assist us in meeting this ongoing demand for foster carers.

For more information about becoming a Foster Carer, please don't hesitate to contact Cheryl or Glenn on 5337 3333 or email

fostercare@cafs.org.au.

Alternatively you can visit the Cafs website at:

<http://www.cafs.org.au/>

Feeling Good In Life

Feeling Good In Life is a fun and interactive group which looks at improving quality of life for people living with mental health issues. Feeling Good In Life looks at the multiple areas of wellbeing that affect how we feel about our lives. Feeling Good In Life is for people aged between 16 – 35 who may be experiencing, or are at risk of experiencing, mental health issues. People do not have to have a mental illness diagnosis in order to be part of this group.

The first Feeling Good In Life session commences Wednesday 28th July 2010 at 1.00pm, at Bloomsbury House, 101 Webster Street, Ballarat. The sessions will be run on Wednesdays for 2 hours, over an 8 week period. For more information contact Bloomsbury House reception between 9.30am - 3.00pm on 5320 2601 or Peta Seabrook between 9.00am -5.00pm on 5320 2610.

Did You Know ???

The attachment of the human skin to muscles is what causes dimples.

Tai Chi for Arthritis Leader Training Workshop

On successful completion of this two-day

intensive workshop, you will be provided with the necessary skills and knowledge to conduct safe and effective modified tai chi classes. Tai Chi for Arthritis is a program specially designed by Dr. Paul Lam in conjunction with rheumatologists and tai chi specialists. Based on the Sun style Tai Chi, it is easy to learn, effective and safe. It improves flexibility, muscle strength and integrates the mind and body. Scientific studies have shown this program significantly relieves pain and improves physical function. Suitable participants include: Occupational Therapists, Physiotherapist, Exercise Physiologists, Tai Chi teachers and advanced students, Nurses, Health professionals, Accredited Exercise Instructors, Certified Allied Health Assistants. Thursday 2nd & Friday 3rd September, 9.00am - 5.00pm at Ballarat Martial Arts Centre, 50 Curtis St, Ballarat. Cost: \$380 per person. Includes Tai Chi for Arthritis DVD, handbook and course notes. Registration deadline is 19 August 2010. Cancellation and late registration is subject to a \$20 administration fee.

Back Care Training

Back care training covers no lift policy, getting in and out of the car safely, bending, stretching & simple back care exercise. August 10th from 1.00pm to 4.00pm at Ballarat Community Health, Cooina Centre, Learmonth Rd Wendouree.

Presented by Juliette Choong. Suitable for all HACC staff . Cost \$11 for HACC staff.

RSVP to hacced@bdnh.com.au

BRMC Gala Ball

Ballarat Regional Multicultural Council are holding a Black Tie Ball fundraising event. Saturday 7th August at the Greek Hall, Humffray St Nth, catering by Giancarlo Faustini Eureka. The night will include a Dutch Auction, entertainment by Barry Currie & Friends, Filipino Dancers, University Highland Band of Ballarat and Greek Dancers from Melbourne. Tickets \$65 per person or \$650 for a table of ten. Dress black tie for men, after five for women. For tickets or more information contact Georgina Vagg on 0408 109 471.

Disability Access Issues Forum

The Wimmera Health Care Group invites you to attend a Community Forum to discuss disability access issues!

Are you interested in improving service accessibility for people with disabilities? Do you have any experience with disability issues? The Wimmera Health Care Group is in the process of creating a 'Disability Action Plan' and we need your input! This Plan will develop strategies to ensure that the Wimmera Health Care Group takes account of the needs of people with disabilities when planning and delivering services. The Plan will strive to ensure that people with a disability have full access to our services, infrastructure and employment opportunities. The Plan will also encourage full participation and inclusion for people with a disability.

Wednesday 4th August 2010, 10.00am – 11.30am (morning tea provided) at Horsham Sports and Community Club, 177 – 179 Baillie Street, Horsham. RSVP by Monday 2nd August for catering purposes to Tony Tuohey on 5381 9338 or Email Tony.Tuohey@whcg.org.au

Australian Social Inclusion Board Public Consultations

The Australian Social Inclusion Board is currently conducting research on cycles of disadvantage. You are invited to attend the consultation in your capital city to share your expertise, knowledge and experiences on cycles of disadvantage, and how people avoid or break out of disadvantage.

The Board was established in May 2008 as the main advisory body to the Government on ways to achieve better outcomes for the most disadvantaged. A key component of its role is also to consult widely with different members of the community to provide advice on how to improve social inclusion.

Consultations will be led by Patricia Faulkner AO, Chair of the Australian Social Inclusion Board. We are interested in hearing from people with experience and expertise on this topic, including providers of social welfare services, academics, researchers and particularly people who have experienced cycles of disadvantage themselves.

Friday 3rd September, 1.00pm – 4.00pm in Melbourne, venue confirmed on booking. To register your interest, or if you have any queries, please email to Laura at Laura.Backhouse@pmc.gov.au Please mention your name and contact details and which session you wish to attend. RSVP by 27th August 2010.

Media Secrets for Community Groups

This is a seminar for volunteers & staff on how to gain positive media coverage for your community organisation.

Media Secrets for Community Groups demystifies the media, giving you the practical skills to gain media coverage for your organisation and causes. It is created for community and not-for-profit sector people who may wear multiple hats – PR, marketing, communications – often working part time. You will learn:

- discover and develop media story ideas;
- develop your key messages;
- identify new media targets;
- build media relations from scratch;
- put together all the elements a journalists wants;
- pitch your story ideas to journalists;
- write media releases that get results;
- create coverage via case studies, surveys and speakers for your awareness weeks, events and campaigns;
- automatically find more media opportunities.

Friday 3rd September, 10:00am-3:00pm Jasper Hotel, 489 Elizabeth Street, Melbourne
Cost: \$295 first person \$150 for additional person from your organisation

For further information please contact Lisa Reed via email to lisar@ourcommunity.com.au or telephone (03) 9320 6820

Cystic Fibrosis Service Mapping Project

The Department of Health is holding a workshop in relation to access to services for people with Cystic Fibrosis, in particular adults, living in regional/rural Victoria. This workshop is part of the current 'Cystic Fibrosis Service Mapping Project'. The aim of the project is to identify best practice models of care and opportunities for improvement including service provision and developing improved and/or sustainable model of care options.

The purpose of the workshop is to provide an opportunity to consult with a number of different health/support services, on various areas such as the integration of local services to support CF care and ways of improving CF knowledge in rural/regional areas, as part of the development of model of care options for those with Cystic Fibrosis in rural/regional Victoria, in particular the adult population.

Wednesday 18th August 2010, 10.00am – 1.00pm at the Department of Health, 50 Lonsdale Street, Melbourne.

For further information regarding the project and workshops, please contact Gerard Fox on 9096 9208.

2nd Annual International Arts and Health Conference

Arts and Health Australia keenly promotes best-practice policy in arts and health, culminating each year with The Art of Good Health and Wellbeing international conference. The inaugural conference, held in 2009 in Port Macquarie, NSW, brought together Australian practitioners and many of the world's most influential thinkers in the arts and health movement. The Art of Good Health and Wellbeing, 2nd Annual International Arts and Health Conference will present best practice and innovative arts and health practice and programs, examples of effective healthcare promotion, methods of project evaluation and data from scientific research. This year's Conference will include a focus on arts and health programs and health promotion for children and youth; the built environment, design and health; while maintaining a core focus on mental health and creative ageing. Pre-conference training programs and workshops provide practical manuals for implementing arts programs in primary health and community settings, and more opportunities to connect with world authorities in arts and health, 16th – 19th November 2010, The Sidney Myer Asia Centre, University of Melbourne. For more information and to register visit www.apo.org.au/event/2nd-annual-art-good-health-and-wellbeing-international-arts-and-health-conference

Writing for Cross-Cultural Communication

Are your carefully-written brochures getting lost in translation?

This is an essential workshop for anyone who writes or prepares material for audiences with low English language proficiency. It will help you identify the right message for your target audience, craft reader-friendly content, prepare material for translation, and negotiate the minefield of the translation process.

You will identify:

- Benefits and limitations of translated materials
- The key steps for developing culturally appropriate content
- Ways to check the integrity of your content in English and in language
- How to resolve issues that arise from the translation process

Wednesday 20th October, 9.00am – 3.00pm
Cost: \$150 (lunch included) at the Centre for Culture, Ethnicity & Health, 81-85 Barry Street Carlton. For more information visit

<http://info.ceh.org.au/link/id/93416124c3155e089af5Pb627e62f0645f38fb9b5/page.html#30605114c31556eb9225>

Grampians Regional Mental Health Carer Conference 2010

Features of the conference:

- guest speakers: including Sandy Jeffs, author, poet, raconteur.
- massages, Tai Chi, health checks, poetry workshop.
- an emotive photographic display by a Horsham carer.

Friday 10th September 2010, 9.30am – 3.30 pm at Colonial Motor Inn, Halls Gap. RSVP by Wednesday 1st September 2010. Cost is \$10 per person.

For more information or to register your interest, contact Nola or Rita in Ballarat 5333 7104, or Lindy in Horsham 5381 9336.

ANZ Staff Foundation Grants

The ANZ Staff Foundation aims to fund small projects preferred amounts of up to \$5000 in the following areas:

Skills and independence: give people the skills to manage their lives and provide them with independence.

Environment: assist communities to conserve resources and protect the environment.

Local initiatives: innovative projects from local community organisations.

Capacity building: to assist organisations to build their capacity (especially in rural areas).

Further information can be found at www.anz.com.au/aus/aboutanz/Community/Programs/STaffFound.asp

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

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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.