

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

### Human Services Directory Training

The Human Services Directory provides online information about Victorian providers of Human Services for practitioners and service providers. The department has an expectation that funded service providers will keep their information up to date. To support agencies in this training has been organised for delivery in Ballarat on Wednesday 15<sup>th</sup> September at Department of Health, 35 Armstrong Street South, Ballarat, Ground floor training room. 2 sessions of approx 1 hr duration will be held at 1.30pm & 3.30pm.

To book your place contact [jeff.dobell@dhs.vic.gov.au](mailto:jeff.dobell@dhs.vic.gov.au) Please include your name, position, agency, ph. and email & which session they prefer to attend.

Find the HSD at

<http://humanservicesdirectory.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)

## July 2010

Wednesday 28 <sup>th</sup>	<b>Feeling Good In Life</b> , 1.00pm – 3.00pm, Bloomsbury House, 101 Webster St Ballarat. Runs for 8 weekly sessions. (286)
Thursday 29 <sup>th</sup> & Friday 30 <sup>th</sup> July	<b>International Youth Mental Health Conference</b> , Melbourne Convention and Exhibition Centre, 1 Convention Centre Place, South Wharf, Melbourne (284)

## August 2010

Monday 2 <sup>nd</sup>	<b>Twilight Education Session – Conversions &amp; Calculations of Palliative Drugs</b> , 6.30pm – 8.30pm, Education Resource Centre, Ballarat Base Hospital, Drummond St, Ballarat (287)
Thursday 5 <sup>th</sup>	<b>CHPCP Integrated Health Promotion Network Meeting</b> , 9.30am – 11.30am, CHPCP Office, 15 Violet Grove, Wendouree.
Thursday 5 <sup>th</sup>	<b>Parent /Carer Epilepsy Education &amp; Support Program</b> , Epilepsy Foundation of Victoria, 7.30pm, Conference Room, Ballarat Regional Dept of Education & Early Childhood, 109 Armstrong St, Ballarat. (284)
Saturday 7 <sup>th</sup>	<b>BRMC Gala Ball</b> , Greek Hall, Humffray St Nth, Ballarat (286)
Tuesday 10 <sup>th</sup>	<b>Back Care Training</b> , 1.00pm – 4.00pm, Ballarat Community Health, Coinda Centre, Learmonth Rd, Ballarat. (286)
Tuesday 17 <sup>th</sup>	<b>Tenants Rights – Tenants Responsibilities. Supporting Clients With Tenancy Needs</b> , 10.00am – 1.00pm, Consumer Affairs, 206 Mair St, Ballarat (287)
Tuesday 17 <sup>th</sup>	<b>Grampians Regional Integrated Health Promotion Forum</b> , 9.30am – 4.00pm Halls Gap Valley Lodges, 406 Grampians Rd, Halls Gap (283)
Thursday 26 <sup>th</sup>	<b>CHPCP Full Alliance Meeting</b> , 9.00am – 10.30am, Ballarat & District Division of General Practice, 105 Webster St, Ballarat.
Tuesday 31 <sup>st</sup>	<b>CHPCP Child &amp; Family Platform Meeting</b> , 9.30am – 11.30am, CHPCP Office, 15 Violet Grove Wendouree

### **Posters for Regional Health Promotion Forum**

The Grampians Region Health Promotion Forum is shaping up to be a big event, and as you would be aware, we are encouraging agencies to take up the opportunity to have a conference-size poster (A0 size) printed out free of charge, so that you can showcase the work your organisation is engaged in on the day. If you would like to take up this opportunity, please forward your poster (in either jpeg or PDF file format) to Julian Harvey via email [julian.harvey@health.vic.gov.au](mailto:julian.harvey@health.vic.gov.au) by close of business Friday 30<sup>th</sup> July.

### **A Cultural Evening**

The Central Highlands Asian-Australian Association of Victoria invite you to come and enjoy the splendours of Asian food, dances and music. Saturday 11<sup>th</sup> September 2010, 6.30pm at Mercure Ballarat Hotel & Convention Centre (Eureka Ballroom), 613 Main Road, Ballarat 3350. Asian style dinner buffet, 45 per person Dress cultural or semi-formal. RSVP by Friday 27<sup>th</sup> August 2010 to Vivian on 5330 1556 or 0407 201 558; [bradvb@ncable.net.au](mailto:bradvb@ncable.net.au), Subatra: 5320 3806 (bh), Leah: 0409 659 873. NB: Payment is required when booking.

### **Youth Mental Health First Aid**

The course covers the following crisis situations and mental health problems: Suicidal behaviours, Self-harm, Acute stress reaction, Panic attacks, Acute psychotic behaviours, Mental Health problems covered: Depression, Anxiety disorders, Psychosis, Substance use disorders, Eating disorders. The Youth Mental Health First Aid Course looks at how the Mental Health First Aid Action Plan can be applied to a range of mental health problems and mental health crisis situations in adolescents. Its aim is to guide adults in how to provide initial support to adolescents and assist them to get appropriate professional help. Thursday 12th and Friday 13th August 2010, at Golden Grain Motor Inn, 6 Dimboola Road, Horsham. From 9am to 5pm. RSVP by 30th July 2010 to [pccadmin@grampianscommunityhealth.org.au](mailto:pccadmin@grampianscommunityhealth.org.au) Or phone 5362 1222.

### **Youth Workshop - Save the Date**

The CH RYAN are hosting a youth workshop, and invite participants from across the Grampians Region to attend. Presenter Maria Pallotta-Chiarolli. Thursday October 21<sup>st</sup>, 11.30am - 3.30pm. McCallum Community Centre, 29 Learmonth Street, Ballarat. Please stay tuned more information will follow in coming weeks.

### **Weerama Hub Variety Market**

A new reoccurring market in Wendouree will be held on the 1<sup>st</sup> Saturday of every month, 9.00am – 2.00pm, the next market date is Saturday 7<sup>th</sup> August. During the colder months the market is located in the Wendouree West Community Learning Hub, Violet Grove, Wendouree and once the weather warms up at Weerama Park, Cnr of Gillies & Norman Sts Wendouree. For more information contact Wellbeing Wendouree on 5339 4056.

### **City of Ballarat Community Development Grants Program**

This program helps groups in the Ballarat community to make things happen, strengthen our community and to work together for more engaged and healthy communities. Reminder that applications to Council's Community Development Grant Program 2010 Round 1 close this Friday, 30th July. If you are considering applying then please make sure you note this date, late applications cannot be accepted. If you can get your application in early we will be able to contact you if anything is missing etc. For more information, please contact Community Development on 5320 5746 or go to [www.ballarat.vic.gov.au](http://www.ballarat.vic.gov.au)

### **1-2-3- Magic**

Centacare presents 1-2-3- Magic a free program for parents of children aged 3 to 10 years. This program assists parents to control undesirable behaviour, encourage good behaviour, strengthen relationships with your children and reduce parental and child stress. Tuesdays 3<sup>rd</sup>, 10<sup>th</sup>, & 17<sup>th</sup> August, 7.00pm – 9.00pm at Rokewood Community Health Centre. Bookings are essential please phone the Linton Customer Service Centre on 5344 6444.

### **Twilight Education System**

The Grampians Regional Palliative Care Team present a twilight education session 'Conversions and Calculations of Palliative Drugs'. This session aims to educate participants on the correct calculation and conversion ratios for palliative drugs, including conversion from oral to parenteral routes. Dr Penny Cotton will discuss the GP role in prescribing medications for palliative care patients and information required for GPs to make informed decisions relating to ongoing patient management. Monday 2<sup>nd</sup> August, 6.30pm – 8.30pm at Education Resource Centre, Ballarat Base Hospital, Drummond St Nth. RSVP to Bernadette on 5320 3553.

### **Mental Health Hotline Opens!**

All Victorians now have access to a 24-hour Government Mental Health Advice Line. One in five Victorians are affected by mental illness each year and many more will feel its impact through family, friends and colleagues. The service is for people who can't put a name to their experience but know that something's not right and don't know where to get help and information.

For example, it could help a father who is concerned his daughter might have an eating disorder, or the daughter who doesn't know how to handle her dad's forgetful and erratic behaviour.

People who have a mental health issue or concern for their family or friends can call the line for fast access to reliable information and referrals from trained mental health professionals. The Mental Health Advice Line can be contacted on 1300 280 737 for the cost of a local call from anywhere in Victoria. Calls from mobile phones may be charged at a higher rate. Mental Health Advice Line Website: [www.health.vic.gov.au/mhal](http://www.health.vic.gov.au/mhal)

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

No one knows what happens to the seahorse during winter as it is only seen during the summertime

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### **Launch Of New Access To Justice Website**

Attorney General, Robert McClelland, has launched an innovative new website as part of a comprehensive package of measures to improve access to justice in the community.

"Increasingly, the experience of ordinary Australians dealing with the justice system is marked by confusion and complexity. People often don't understand legal events, what to do or where to seek assistance, while many are excluded because information is complicated or simply difficult to find," Mr McClelland said.

The new website, located at [www.accesstojustice.gov.au](http://www.accesstojustice.gov.au), will provide all Australians with seamless access to information about legal assistance and related services in their local area.

"All people need to do is punch in 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."

### **Veteran Best Practice: Working Well with Older Veterans, War Widows & DVA**

The Department of Veterans' Affairs (DVA) warmly invites you to attend an Aged Veteran Best Practice seminar. These popular seminars are conducted nationally for aged care providers and developed with industry input. The aim is to increase provider knowledge and awareness of older members of the veteran community, their health entitlements and services available.

The veteran community makes up a large proportion of aged care service recipients, and has been assigned Special Needs Status under the Aged Care Act.

The response to the seminars has been very positive, with creative approaches to veteran issues resulting from attendance. In many cases attendees have provided a valuable internal resource for their agency, with an increased knowledge of veteran issues and DVA services. An important outcome has also been increased awareness and appropriate usage of DVA contacts and resources. Participants will have the opportunity to discuss how to optimise support for veterans, and meet DVA representatives.

The seminar is suitable for community and residential aged care providers, discharge planners, allied health professionals, community nurses, practice and health managers and social workers.

Bookings are essential no later than two weeks prior to the seminar for venue planning purposes. You cannot register on the day. Venue numbers are limited & previous seminars have often booked out. All seminars run 9.00am -12.30pm. Program & venue details will be sent one week prior to the event. 2010 Seminars and dates - Ararat 24<sup>th</sup> Aug, Bendigo 16<sup>th</sup> Sep, Colac 30<sup>th</sup> Sep, Geelong 20<sup>th</sup> Oct, Geelong 27<sup>th</sup> Oct and Melbourne 1<sup>st</sup> Dec. To register send an email to [agedseminar@dva.gov.au](mailto:agedseminar@dva.gov.au)

With the Location & Date in the subject line (eg Ararat 24 August)

The email must contain:

1. All attendees names and position titles
2. Organisation name
3. Suburb or town
4. Contact telephone number

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### **Did you Know???**

- Roughly 70 percent of an adult's body is made up of water.
- At birth, water accounts for approximately 80 percent of an infant's body weight.
- Drinking too much water too quickly can lead to water intoxication. Water intoxication occurs when water dilutes the sodium level in the bloodstream and causes an imbalance of water in the brain. .

### **Tenants Rights—Tenants Responsibilities. Supporting Clients with Tenancy Needs**

Many Emergency Relief volunteers and community workers are seeing clients who are at risk of losing their tenancies or facing homelessness. You are invited to participate in the 3-hour training session, Tenancy Rights, Tenancy Responsibilities which is being presented by Community Information Victoria and Tenants Union of Victoria on behalf of Consumer Affairs Victoria.

Participants in the training will receive:

- Understanding of common tenancy issues
- Clarification on their role in providing tenancy support to clients
- Skills in recognizing when to seek expert advice and support
- Tips on how to help clients maintain their tenancy

To attend the FREE training in Ballarat on Tuesday 17<sup>th</sup> August at Consumer Affairs, 206 Mair St, from 10.00am to 1.00pm contact Helen Besley, at Community Information Victoria via email [helen@civ.org.au](mailto:helen@civ.org.au)

### **Shoe Shuffle**

Donate your RARELY worn good quality shoes!!! If you have a pair of shoes you have just had to have but not really worn then please think about donating for a really good cause.

The cost and access to good, affordable footwear is difficult for people who are experiencing financial difficulties. Children in particular often have to wear footwear that has been handed down or not appropriate for the purpose it is being worn for e.g. runners for physical education.

The Combined Welfare Group (Ballarat) has decided to make the focus of Anti-Poverty Week this year- footwear. With this in mind several strategies have been put in place across the Ballarat area and through the Hepburn Shire. Hepburn Health Service is coordinating the collection and distribution of RARELY worn good quality shoes. These shoes will be sold at a second hand shoe sale and also on eBay. Proceeds from the shoe sale and cash donations will be used to purchase footwear vouchers and the vouchers will be distributed to Hepburn Health workers and local school welfare personnel, to be provided to children whose families are experiencing financial hardship.

NB: No holey, dirty or smelly shoes will be accepted as these shoes are to be sold at a second hand shoe sale. There is a shoe donation box located at Child & Family Services, 115 Lydiard St Nth, Ballarat.

### **Community Events - Key Dates**

The key dates and events below are significant to Aboriginal people and communities.

#### *26 January - Survival Day*

Aboriginal Australians choose to mark Australia Day as a day to highlight the invasion of Australia by Europeans and to acknowledge the survival of their cultural heritage.

#### *26 May to 3 June - National Reconciliation Week*

This week begins with National Sorry Day on 26 May and ends with Mabo Day on 3 June.

#### *26 May - National Sorry Day*

This day marks the anniversary of the 1997 tabling of the Human Rights and Equal Opportunity Commission National Inquiry into the Separation of Aboriginal and Torres Strait Islander Children from their Families, Bringing Them Home (April 1997).

#### *3 June - Mabo Day*

This day commemorates the anniversary of the 1992 High Court decision in the case brought by Eddie Mabo and others, which recognized the existence in Australia of Native title rights. On the tenth anniversary of this day in 2002 there were many calls for the day to become a public holiday, an official National Mabo Day.

#### *First full week of July - NAIDOC Week*

The first Sunday of July sees the beginning of a week dedicated to Aboriginal and Torres Strait Island people to celebrate NAIDOC (National Aboriginal and Torres Strait Islander Day Observance Committee) Week. It is a celebration for Aboriginal and Torres Strait Island people of their survival. It is also a time for all Australians to celebrate the unique contribution of Aboriginal and Torres Strait Islander traditions and cultures and to bring issues of concern to the attention of governments and the broader community. Each year NAIDOC has a theme.

#### *August - National Aboriginal and Islander Children's Day*

This day was first observed in 1988 and each year it has a special theme. The Secretariat of National Aboriginal and Islander Child Care has always produced a poster to celebrate the day. More information about these events can be obtained by:

- contacting your local Aboriginal organisation
- viewing advertising in Aboriginal publications, such as the Koori Mail and the National Indigenous Times
- visiting web sites, such as the ABC's Message Stick

### **Technology in Healthcare Summit**

The 2nd Annual Technology in Healthcare Summit will be held at the Grand Hyatt in Melbourne on the 16th and 17th of November. The inaugural Summit in 2009 was a great success. Over 140 attendees enjoyed two days of case studies, policy analysis and expert insight, profiling e-health and health ICT initiatives from across Australia. The 2010 Summit will build on this, featuring a number of international case studies, providing insight into Australia's e-health journey and incorporating interactive sessions to allow for greater discussion amongst stakeholders.

Reserve your place now by calling (02) 8908 8555 or visit

[www.acevents.com.au/healthtechnology2010/fees.html](http://www.acevents.com.au/healthtechnology2010/fees.html)

Register before the 30th July and receive a pre-brochure discount of \$200.

### **Quote of the Week**

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these."

*George Washington Carver*

### **2010 Living Longer Stronger Annual Conference Reaching the "hard to reach"**

Council on the Ageing Victoria's (COTA's) Annual Living Longer Living Stronger Conference is an important professional development opportunity for everyone involved or interested in strength training for older people. 10am – 4pm Thursday 26th August 2010. Victoria University, L12 300 Flinders St. Melbourne. Accreditation: Pending ( Previously: 2 PDPs Kinect; 2 CECs Fitness Australia) Registration forms can also be downloaded from COTA's website at

[www.cotavic.org.au/healthyandactiveageing](http://www.cotavic.org.au/healthyandactiveageing)

or contact Mitsuko Penberthy on ph: 9655 2108

or email [enquire@cotavic.org.au](mailto:enquire@cotavic.org.au)

### **Australian Diabetes Society & Australian Diabetes Educators Association**

Annual Scientific Meeting 1st – 3rd September 2010, at Sydney Convention and Exhibition Centre, Darling Drive, Darling Harbour, Sydney, NSW, Australia.

For further information please visit:

<http://www.ads-adea.org.au/index.php>

or phone +61 (0) 3 5983 2400

### **Narcotics Anonymous**

Narcotics Anonymous now meet at 15 Violet Grove Wendouree. Meetings are held Monday – Friday at noon.

### **Cultural Strengthening Expression of Interest Now Open**

Expressions of Interest are currently sought from Aboriginal and Torres Strait Islander people living in Victoria. Three positions are available on a twelve person, all Indigenous Steering Group. The steering group will oversee the development of a conceptual framework and program methodology that will support Aboriginal and Torres Strait Islander Victorians to strengthen culture. Express your interest by completing the application form found on the website [www.aboriginalaffairs.vic.gov.au/](http://www.aboriginalaffairs.vic.gov.au/) Expressions of interest must be received by Friday 30 July 2010. If you have questions after reading the guidelines please contact Alana Marsh at [alana.marsh@dpcd.vic.gov.au](mailto:alana.marsh@dpcd.vic.gov.au)

### **Workplace Behaviour - Managing the Risks & Maintaining a Professional Workplace**

Do you know what to do to minimise the risk associated with poor behaviours in your workplace? Are you at risk now? This comprehensive workshop examines all the relevant HR legislation (including harassment and bullying), and is built around an Action Plan you write to minimise your businesses' risk moving forward. This hands-on workshop gets you involved to make real changes in your business. Thursday 5th August 2010, 9.30am – 4.00pm. Facilitators: Belinda Fyffe from Unlock Success, Rob Soar from Soaring Achievements, HR Coach Network Members. Venue: nCable Conference Centre, Greenhills Enterprise Centre, University Drive, Mt Helen. Cost: \$295 ex. GST, Lunch and morning tea provided. Bookings essential RSVP by Friday 30th July 2010 to 1300 851 707 or [business@unlocksuccess.com.au](mailto:business@unlocksuccess.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 on 5338 4774 or [admin@chpcp.org](mailto: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.