

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.

Expansion to Doctor's Clinics at Ballarat Community Health

If you find yourself without a current doctor, then we have the answer for you! Ballarat Community Health (BCH) is pleased to announce the opening of our new Doctor's Clinic in Wendouree.

Situated at the Coinda Centre, 10 Learmonth Rd, Wendouree, the clinic operates Monday to Friday and is open to everyone in the community. Appointments are necessary

For more information or to make an appointment: Please call Ballarat Community Health on 5338 4500 or the Doctor's Clinic directly on 5338 4585, or visit our website: www.bchc.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

August 2010

Thursday 5 th	CHPCP Integrated Health Promotion Network Meeting , 9.30am – 11.30am, CHPCP Office, 15 Violet Grove, Wendouree.
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)
Saturday 7 th	BRMC Gala Ball , Greek Hall, Humffray St Nth, Ballarat (286)
Tuesday 10 th	Back Care Training , 1.00pm – 4.00pm, Ballarat Community Health, Coinda Centre, Learmonth Rd, Ballarat. (286)
Tuesday 17 th	Tenants Rights – Tenants Responsibilities. Supporting Clients With Tenancy Needs , 10.00am – 1.00pm, Consumer Affairs, 206 Mair St, Ballarat (287)
Tuesday 17 th	Grampians Regional Integrated Health Promotion Forum , 9.30am – 4.00pm Halls Gap Valley Lodges, 406 Grampians Rd, Halls Gap (283)
Sunday 22 nd	Cloud Street Reading , 2.00pm & 4.00pm, Portico, Dana St, Ballarat (288)
Wednesday 25 th & Thursday 26 th	Applied Suicide Intervention Skills (ASIST) , 9.00am – 5.00pm, Seminar Room 2, Queen Elizabeth Centre, Ascot St, Ballarat (288)
Thursday 26 th	CHPCP Full Alliance Meeting , 9.00am – 10.30am, Ballarat & District Division of General Practice, 105 Webster St, Ballarat.
Friday 27 th	Grief – The Elephant in the Room , 4.00pm – 6.00pm, Eastwood Leisure Centre, Eastwood St, Ballarat (288)
Tuesday 31 st	CHPCP Child & Family Platform Meeting , 9.30am – 11.30am, CHPCP Office, 15 Violet Grove Wendouree

Sleep Workshop for Carers

Ballarat Health Services & Carer Respite and Support Services present a Sleep Workshop for carers. Do you sleep well or are you.....

- Having difficulties falling asleep?
- Waking during the night?
- Waking too early in the morning?
- Not able to switch your thoughts off in bed?
- Worrying about not sleeping?
- Feeling fatigued or stressed?
- Not feeling rested or rejuvenated after sleep?

If you answered "YES" to any of these questions and you are a carer you are invited to attend our Sleep Workshop run by a qualified psychologist from Sleep Solutions. This will be followed by some practical and simple ways to look after yourself.

Monday 23rd August 2010, 9.45 am – 2.30 pm.
Carers will need to complete and return a registration form to attend this workshop. For registration phone: Carer Respite & Support Services 5333 7104 or free call 1800 059 059.

Certificate II in Indigenous Leadership (for members of Stolen Generations)

The Australian Indigenous Leadership Centre (AILC) is a Registered Training Organisation (RTO) offering nationally recognised training. The AILC now invites applications for the above course from Aboriginal and Torres Strait Islander people who identify as members of Stolen Generations. To mark the second anniversary of the Apology to Indigenous Australians the Australian Government will be sponsoring 25 places in this new leadership program which will assist members of Stolen Generations to continue their journey of healing and also become inspirational leaders for their children and their children's children.

The Certificate II in Indigenous Leadership (for members of Stolen Generations) will give participants a toolbox of skills to work effectively in a business environment, and will also build skills in advocacy, good governance, network building and leadership.

Course location: Canberra

Course dates: 21st – 27th September 2010. The closing date for applications is 30th July 2010.

For further information, including application forms, please check the AILC website at

www.indigenousleadership.org.au

contact the AILC on 02 6251 5770,

email ailc@indigenousleadership.org.au

write to AILC, GPO Box 4110 Kingston ACT 2604 or fax to 02 6251 6312.

Parents of Newborns Offered Free Whooping Cough Vaccine

Parents of newborn babies are being encouraged to protect their babies by protecting themselves with a free vaccine against whooping cough. Easily spread and often underestimated, whooping cough can be deadly, especially for newborn babies. The number of babies under six months old catching whooping cough, also known as pertussis, has increased dramatically in Victoria over the last five years. Around one in every 200 babies under six months old who catch whooping cough will die. Some will suffer permanent disability from brain and lung damage. The main way babies catch whooping cough is from infected parents and family members.

To combat this rise the Department of Health is offering a free whooping cough vaccine to parents of babies under six months old. The vaccine is available from your doctor or healthcare professional free until 30 June 2011. Other ways to protect your baby from whooping cough:

- If you are planning to become pregnant or your partner is pregnant get vaccinated now.
- Vaccinate your baby on time.
- Make sure all your children are up-to-date with whooping cough vaccines. Booster doses are required at four and 15 years of age.
- Anyone regularly in contact with your baby (grandparents, childcare and healthcare workers) should be vaccinated.

More information is available online regarding the free vaccine and whooping cough or by contacting the department's Immunisation Team on 1300 882 008.

Position Vacant - Executive Officer

Ongoing full time or 0.9EFT negotiable.

An exciting senior position in a growing community agency providing highly regarded services to women and their children experiencing family violence. Energetic, committed women with experience in management invited to apply. Salary is negotiable depending on experience. Salary sacrificing, employee wellbeing program and flexible working conditions apply. Applications close 5.00pm on Monday 9th August 2010. For a PD or more information contact Anita Koelle, Business Manager, WRISC Family Violence Support Services on 5333 3666 or email anitak@wrisc.org.au Indigenous women are encouraged to apply.

EEO exemption A104/2010.

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 15th 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 Please include your name, position, agency, ph. and email & which session they prefer to attend. Find the HSD at <http://humanservicesdirectory.vic.gov.au/>

VCE Summer School 2011

Run by students for students at The University of Melbourne

- Friendly and encouraging environment
- Introduction to VCE course material
- Small class sizes
- Opportunity to strengthen understandings of key concepts
- Tips on exam preparation
- One-on-one focus tutoring sessions

A variety of subjects will be offered including: English, Sciences, Accounting, History, Arts & LOTE.

Includes a range of workshops, social activities and seminars. Residential Program
Accommodation available at a college on the Melbourne University campus.

Applications Close: 11 December 2009

Cost: Day Program: \$160, Residential Program: \$470. 10th -21st January 2011. For more information visit

union.unimelb.edu.au/summerschool

Primary Health Weekly Bulletin

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=220710

Community Learning+

Community Learning+ offers young people from refugee and migrant backgrounds a venue in which they can develop their academic abilities and feel personally supported in a time of transition. Community Learning+ is on the hunt for volunteer tutors, so if you are interested in volunteering, please attend the FREE Tutor Training session at Delacombe Community House, 102 Leawarra Crescent, Delacombe 3356 on Tuesday 3rd August 2010. 4.00-5.30pm. Phone Pam on 5336 5010 to register your attendance.

Cystic Fibrosis Service Mapping

The Department of Health is holding a workshop in Melbourne as part of a service mapping project for people, in particular adults, living with Cystic Fibrosis in rural/regional Victoria. We would like to extend an invitation for your service to participate in this workshop, as part of;

- a) exploring ways to improve access to local services and
- b) ultimately informing the development of an integrated model of care for this group of people.

People with Cystic Fibrosis require access to a variety of health and support services at a local level in addition to specialist care. Input by both levels is essential in developing ways to support people in a community setting and developing an integrated service. The aim of this workshop is to bring these services together to discuss how this may be achieved and what role local services may perform around specialist care. Details are as follows: Date: 24th August
Location: 50 Lonsdale Street, Room 1.10
Time: 2 – 5 (afternoon tea will be provided).

Cloud Street

Yarrowee Productions presents a reading of Cloud Street. Adapted by Nick Enright and Justin Mojo from the novel by Tim Winton. Keep warm on a Sunday afternoon while enjoying this great yarn brought to life by wonderful local performers and with a live sound track. Presented in two parts

Book for both parts with afternoon tea and dinner for just \$40.

Other packages available for play only or with afternoon tea and dinner. Packages which include meals must be pre-booked. Portico, Dana Street, Sunday 22 August, 2pm & 4pm
For bookings contact 03 5331 2174 or verity@dw.com.au

Koorie Job Fairs

2010 Career Gatherings – Making Deadly Connections. MC Kutcha Edwards, performance by Indigenous Hip Hop Project, information stalls, interactive activities, workshops and prizes to be won.

Ballarat Tuesday 24th August,
Melbourne Friday 27th August,
Warrnambool Tuesday 31st August,
Geelong Tuesday 7th September,
Mildura Tuesday 12th October,
Morwell Monday 25th October,
Lakes Entrance Tuesday 26th October.

For more information call the Koorie Justice Unit on (03) 8684 1765.

GRIEF-The Elephant in the Room

A Creative Arts based Workshop for children aged 5-12 yrs

Grief for children is not only experienced as a death of a loved one or family pet. Grief can also involve significant life changing events such as: chronic illness, injury, a brain injury, disability, separation & divorce, unemployment, changing schools, moving house /country, emotional and physical deprivation etc. When these losses happen in families with children, their suffering can be just as intense as if it were a death. How do we explain and support a child during this time?

This special workshop for children & their caregivers will offer support to your child, helping them express & acknowledge their grief through different creative art activities.

Friday August 27th 2010, 4.00pm – 6.00pm at Eastwood Leisure Centre, Eastwood St Ballarat.

Gold coin donation. Limited to 50 children,

Registrations are essential by 17th Aug

Please register by the email

brendajru@optusnet.com.au or

Phone- 0407 744 258.

Auspiced by the Ballarat Bereavement Network & National Association of Loss & Grief.

Active Communities, Active Democracy

The Victorian Electoral Commission (VEC) is working with local government and community sector organisations to ensure that all communities understand the electoral process and that people of all backgrounds have the opportunity to exercise their right to vote. In partnership with the VEC, the VLGA is hosting a forum for councillors, council officers and community organisations working with CALD, Aboriginal, disability, youth and homeless communities.

Join us for an overview of VEC resources and outreach services including CALD, Aboriginal, disability, youth, homeless, and electronically assisted voting. You'll hear from people with experience in utilising the VEC's outreach service and have the opportunity to participate in an interactive workshop.

Wednesday 11th August, 10am-2pm (a tasty morning tea will be provided!)

Venue: VLGA rear meeting rooms, Ground Floor, 60 Leicester St, Carlton

RSVP before Monday 9th August to

vlga@vlga.org.au or call (03) 9349 7999. This

is a free event, but bookings are essential for catering purposes.

Did You Know???

Recycling one ton of paper saves about 17 trees

Quote of the Week

"We are continually faced by great opportunities brilliantly disguised as insolvable problems."

Lee Iacocca

2010 Community Safety Awards

Nominations

Do you know of an individual or group whose actions have helped to improve the safety of our community? The 'Ballarat, a safe city' Community Safety Awards are an opportunity to acknowledge and reward these efforts.

This year the awards will be aligned with the development of new Community Safety Action Plan. Nominations are welcomed by individuals, organisations and groups in the following categories:

- Partnerships
- Community Strengthening
- Urban Design for Safe and Healthy Environments
- Safer Roads, Access and Movement
- Alcohol Related Harm
- Family Violence Prevention

Entries should focus on one or more of the following:

- Reduction of crime
- Injury prevention
- Enhancing positive perceptions of safety
- Community building; and/or
- Active citizenship and participation

Enclosed is information to assist in the promotion of the awards, with a poster and nomination form, you can also visit the City of Ballarat's website www.ballarat.vic.gov.au to print more nomination forms or fill out an online nomination. Nominations close Friday 10th September 2010 at 5.00pm. The winners of the 2010 Community Safety Awards will be announced at an official function on Tuesday 5th October, 2010.

If you would like any further information about the 'Ballarat, a safe city' Community Safety Awards, please call 5320 5804, or email paularoozenburg@ballarat.vic.gov.au.

The Ballarat Foundation Community Grants

2010 Community Grant applications are closing on August 13th.

Details and application forms are available on the website www.ballaratfoundation.org.au

Telstra Country Wide Ballarat Community Fund Grants

Round 11 grant applications are closing on September 17th.

Details and application forms are available on the website www.ballaratfoundation.org.au

Applied Suicide Intervention Skills (ASIST) Version X

A two day intensive, participatory course is being held which is designed to help participants recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety. Most people considering suicide signal and share their pain, Training can help us see, hear and respond to these invitations. It can provide the confidence to ask about suicide if we are concerned about someone's safety.

Wednesday 25th & Thursday 26th August, 9.00am – 5.00pm at Seminar Room 2 Queen Elizabeth Centre, Ascot St Ballarat. Cost \$220.00. To register please contact Anne Watson annew@bhs.org.au or phone 5320 3030.

Monash University Department of Health Social Science Health Literacy Short Course 2010

The Monash University three-day Health Literacy Short Course is now open for registration. Places are limited, so register now!

The course will introduce and explore the concept of health literacy; examine how health literacy is related to enhanced individual, community and system outcomes; provide insight and examples about how health literacy outcomes can be enhanced; and examine current approaches to the implementation and/or development of best-practice health literacy practices and programs. There will also be ample opportunity for networking and sharing experiences; working on your own material and policies, and what this may mean for your own practice and approach to policy and planning.

Follow the link below for more information about the Health Literacy Short Course to be conducted 15th – 17th September 2010.

<http://www.med.monash.edu.au/healthsci/shortcourse/health-literacy/health-literacy-index.html>

Professional Skills Workshops: focus on behavior change

Enabling Change: this enjoyable 2-day workshop delivers everything you need to design a professional behaviour change program in the areas of health promotion, injury prevention, nutrition and more
Melbourne: 22nd - 23rd September
Cost: \$495 incl GST

Facilitation Skills: builds your skills productively facilitate almost any group in almost any situation.

Melbourne: 24th September

Cost: \$395 incl GST

For full details:

www.enablingchange.com.au/training.html

Is Bullying Affecting Your Child's Health?

Many children suffer silently when it comes to bullying. Recent Australian research has shown that victims of bullying often suffer ill health. Sue Anderson from Good2gr8 Coaching offers one on one coaching for children aged 7-18 years affected by bullying. She covers topics such as self esteem, building resilience, developing social skills, belief in self and self awareness, just to name a few.

Coaching focuses on empowering the individual to be the best they can be. Children respond well to Sue's style of coaching as it is based on questioning rather than "telling".

If you would like to hear what parents and children are saying about Good2gr8 Coaching, please visit our website at

www.good2gr8.com.au

Or e-mail us on info@good2gr8.com.au

or phone Sue on 0417 052 739.

Tips for communicating appropriately with people with a disability

- Place the emphasis on the person not the disability. Remember that people with disabilities are as diverse as others.
- Ask an individual about the best way to communicate if you are unsure – don't stare at or avoid looking at a visible disability.
- Speak directly to a person with a disability, even if he or she is accompanied by a person without a disability.
- Don't assume someone with a speech or hearing impairment has an intellectual disability.
- Don't tell an individual you admire his or her courage or determination or express sympathy for the individual – they just wanted to be treated like anyone else.
- Offer assistance if it appears necessary but don't assume he or she will accept it.

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.