

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.

2010 Service Coordination & ICDM Survey.

Information & resources to support Agencies including instructions, the survey questions and data collection tools are now available. The survey will be on-line from Oct & is to be completed by 29th Oct 2010. The questions remain the same as from last year, however in response to feedback from the sector; the way questions are answered has been changed. There is more flexibility to capture where organisations are actually at; i.e. you give an actual % of record compliance, rather than nominate a % range – which will allow for better accuracy in benchmarking. Where a number of criteria are required for a measure, you can nominate as partly met & detail which criteria you comply with. The data collection template – it is just that, a template, so there is no reason that you can't add to it, to make it more useful for you, if you want to use the process for other QA purposes. [click here](#) for more information or contact John Dixon: johnd@chpcp.org

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

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)
Monday 23 rd	Alcohol – A Part of our Lives, Information Session for Parents , 7.00pm, Robinson Centre, Ballarat High School, Sturt St, Ballarat (289)
Monday 23 rd	Central Highlands Koorie Education Network , 1.30pm – 3.30pm, Conference room, Ballarat Learning Exchange, 36 Camp St, Ballarat (289)
Wednesday 25 th	Living with Tweens , 7.00pm – 9.00pm, Smythesdale Business, Health & Community Hub, 19 Heales St, Smythesdale (289)
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	The Power of General Practice to Address Alcohol Related Problems , 6.30pm, Ballarat & District Division of General Practice, 105 Webster St, Ballarat (289)
Tuesday 31 st	CHPCP Child & Family Platform Meeting , 9.30am – 11.30am, CHPCP Office, 15 Violet Grove Wendouree

Grampians Regional Mental Health Carer Conference 2010

Carer Respite and Support Services invite you to attend the Grampians Regional Mental Health Carer Conference 2010.

Features of the conference:

- Guest speakers
- Sandy Jeffs - author, poet, lives with schizophrenia
- John McGrath AM – Deputy Chair beyondblue, carer.
- Garrett O'Dowd – grief & loss counsellor
- Activities: massages, Tai Chi, health checks, poetry workshop.
- An emotive photographic display by a Horsham carer.

Friday, 10th September 2010, 9.30am – 3.30pm at Colonial Motor Inn, Halls Gap. RSVP by Wednesday 1st September 2010. Cost \$10. For more information or to register your interest contact Nola or Rita in Ballarat - 5333 7104 or 1800 059 059 Or Lindy in Horsham - 5381 9336 or 1800 059 059.

Electronic Gaming Machine Community Policy - Draft

The City of Ballarat recognises Electronic Gaming Machine gambling as a legitimate recreational activity, enjoyed by a large number of residents. However, unlike many other recreational activities, gaming has the potential to generate negative social and economic impacts for the participant, their family and friends and the wider community.

In response, Council has developed a draft Electronic Gaming Machine Community Policy. The draft policy highlights Council's position in relation to a number of preventative responsible gambling strategies, machine numbers and community benefits. There are 7 policy positions for consideration.

Public comment in response to the draft Electronic Gaming Machine Community Policy is open until Friday 20th August 2010. Copies of the draft Electronic Gaming Machine Policy can be obtained from Customer Service, Phoenix Building, 25 Armstrong Street South or downloaded from Council's website:

www.ballarat.vic.gov.au

Written submissions are to be mailed to PO Box 655, Ballarat 3353.

For further information contact Pete Appleton, Manager Community Development, People and Communities on 5320 5627 or email

peteappleton@ballarat.vic.gov.au

Central Highlands Koorie Education Network (CHKEN)

You are invited to attend the next meeting of the CHKEN. The purpose of this network is to provide a professional platform for people working in education, training or employment or have a specific interest in Koorie education within the Highlands region.

We welcome all members of the local community.

Our next network opportunity is Monday 23rd August 2010, 1.30 pm – 3.30 pm. At Conference Room, Ballarat Learning Exchange (BLX), Ground Floor, 36 Camp Street, Ballarat Afternoon Tea provided.

For any suggestions on information to share, agenda items, interest or ideas please send to Pam Anderson at the Highlands Local Learning & Employment Network on (03) 5336 5010 or mobile 0400 564 839, email:

panderson@highlandslen.org

Ballarat Senior's Intergenerational Festival "Young and Old & In-between"

The focus for the 2010 senior's festival is to bring the different generations together and encourage innovative and creative events. The festival is a fabulous opportunity for the young, the old and all those in between to get together and see what they can achieve.

Intention of the Festival:

- Encourage generations to work together, share knowledge and learn from each other
- To reinvigorate a sense of community in Ballarat and have fun
- To support groups and individuals to create their own events & try something new
- To encourage some activities & events to locate in outlying areas
- To encourage creative and innovative ideas that work for everyone

Event Support:

City of Ballarat staff are keen to support groups with event planning to ensure they achieve the best possible outcomes. We are also keen to catch up with your group after the festival to look at what worked and what didn't work in preparation for next years festival. For further information please contact:

Jannie Alday

janniealday@ballarat.vic.gov.au

5320 5783 or Sandra Kennedy

sandrakennedy@ballarat.vic.gov.au

5320 5746.

Did You Know ???

The strawberry is the only fruit with seeds on the outside, the average strawberry has 200 seeds.

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/>

Alcohol – A Part of our Lives, Information Session for Parents

All Ballarat School communities are invited to an evening with Paul Dillon – Alcohol and drug researcher and educator. Listen to him give facts, dispel myths, provide strategies. He will also speak about when teens should be exposed to alcohol and the affect of alcohol on teen brain development. Monday 23rd August, 7.00pm at Ballarat High School, Robinson Centre.

The 2011 Australian RIRDC Rural Women's Award

The RIRDC Rural Women's Award is Australia's pre-eminent Award that recognises and encourages rural women's contribution to primary industries, resource development and rural Australia. The award provides an amazing opportunity to further your own professional development, to make a tangible difference and to inspire others. The award is open to all women involved in primary industries and resource development, the Award is a leadership and capacity building initiative that is designed to help build your skills and assist you to contribute more effectively to leadership and decision making in primary industries. Nominations close on World Rural Women's Day, Friday 15th October 2010. For more information and a nomination form contact Jocelyn Mason on 9658 4493 or email Jocelyn.mason@dpi.vic.gov.au

Quote of the Week

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.
Eleanor Roosevelt

Family Relationship Services Program Education & Skills Training

Time Out for Time Poor Couples – 1 session
Saturday 7th August, 10.00am – 3.00pm
When was the last time you had time to focus on just the two of you? How about making this one of those days.
Cost: \$30.00 per person

Dove Body Think TM – Day session
Saturday 14th August, 10.00am – 3.00pm.
An opportunity for mothers and daughters of any age to share a day together. The impact of the media on the self image of girls and women will be explored in a fun and interactive way.
Cost: \$50.00 per person. (Lunch provided)

Little Kids with Attitude – 2 sessions
Tuesday 24th & 31st August, 9.30am – 11.30am
We have all heard the phrase "the terrible two's". Why are toddlers so challenging? Why do they go from laughter to tantrums in a split second? What can parents do to stay in control? And, importantly how can we keep our cool and enjoy this stage.
Cost: \$20.00 per person

Knocked for 6! – 3 sessions
Wednesdays 1st, 8th & 15th September, 7.00 – 9.00 pm
This is a workshop for couples when a mental illness has been diagnosed and anxiety or depression is impacting on the relationship.
Cost: \$30.00 per couple

123 Magic – Day session
Saturday 4th September, 10.00am – 3.00pm
This is a popular structured program which aims to give control back to parents.
Cost: \$30.00 per person (Lunch provided)

Venue will be confirmed on booking
Booking & Inquiry call Sue at Centacare on 5327 7960
Concession available
Childcare NOT provided

Living with Tweens can be made easier! Learn how at free Tweens Parenting Session

Topics include:

- encouraging children to be their age
- best parenting for tweens
- challenges for them and you including health, hormones and hysterics.

This program is aimed for parents of children aged 6 – 12 years. Wednesday 25th August 2010, 7pm—9pm. The Well: Smythesdale Business, Health and Community Hub, 19 Heales Street, Smythesdale. Cost: Free however registration is essential on 5220 7135.

Calling All Young People In Out of Home Care & Alternative Education

We're looking for feedback from young people (12-21yrs) in Out of Home Care and Alternative Education about TECHNOLOGY as part of the BeNetWise cyber safety project...

Do you want more access to technology?

If you have ever been in Resi, Foster Care, Kinship care or Alternative Education, tell us about what technology means to you.

You can tell us:

online @

www.surveymonkey.com/s/youth_networking_survey

Or on the phone by calling Elissa at Berry Street on 9429 9266. The more you can tell us, the better we can send the message to the people who can make change happen! The stuff you tell us will help us to improve access to technology for you and others in care or alternative education.

Metlink Scooter and Wheelchair Travel Pass

A new free travel pass called Scooter and Wheelchair Travel Pass has been introduced.

The Metlink Central Pass Office is responsible for administering the Scooter and Wheelchair Travel Pass. To be eligible for the Scooter and Wheelchair Travel Pass the applicant must:

- have a permanent and severe disability (being for the term of their life and not expected to improve)
- depend on the use of a scooter or wheelchair for mobility outside of their home
- be a permanent resident of Victoria.

Applications for the Scooter and Wheelchair Travel Pass are available from:

- www.metlinkmelbourne.com.au/
- The Metlink Central Pass Office

The Scooter and Wheelchair Travel Pass entitles the pass holder to free travel on:

- Melbourne metropolitan trains, trams and buses
- V/Line ticketed services (including V/Line Link services within Victoria)
- Regional town buses
- Regional services that have a contract or service agreement with the Department of Transport.

The Scooter and Wheelchair Travel Pass myki is a blue plastic card with a unique number, photo and name. The back of the card is green and has the myki logo.

For more information visit

www.metlinkmelbourne.com.au/fares-tickets/free-travel-passes/scooter-and-wheelchair-travel-pass/

CO-OPS National Workshop

The 2010 CO-OPS National workshop is a unique event bringing together practitioners, researchers and funding bodies working in community-based obesity prevention to learn from each other, promote best practice and develop professional networks.

Run over two days at the Hilton in Sydney, the workshop is free to attend. This will be the biggest gathering of practitioners, researchers and funding bodies working in community-based obesity prevention in Australasia in 2010.

For more information visit the CO-OPS website at: http://www.co-ops.net.au/Pages/Public/2010_National_Workshop.aspx

Last year this FREE two day National Workshop was overbooked and people missed out. To ensure this doesn't happen to you submit your registration now. Registrations are processed on a first come first served basis.

Wednesday 20th & Thursday 21st October 2010. The 2010 CO-OPS National Workshop coincides with the Australian and New Zealand Obesity Society ANZOS annual conference 21st -23rd October "A Time for Change: Meeting the challenges of the future"

<http://www.eventc.com.au/ANZOS/index.html>

How Far Would You Go In The Pursuit Of Perfection?

To mark the start of 2010's Body Image and Eating Disorders Awareness Week, Eating Disorders Victoria presents a special screening of Beauty Mark: Body Image & the Race for Perfection. This courageous film examines popular culture's obsession with weight and looks through the eyes of former world-class triathlete Diane Israel.

The film will be followed by a panel discussion about why the pursuit of excellence in sport can become dangerous and how this might be avoided.

Panel featuring:

- Nicole Livingstone OAM, Olympic & Commonwealth Medallist; Channel 10 Sports Presenter; Chair of Victorian Positive Body Image Advisory Committee
 - Rob Anderson, CEO Wheelchair Sports Victoria
 - Erin Young, Director Real Girl Productions
 - Nicky Brown, YMCA Centre Program Director
- Sunday 5th September, 3.00pm for 3.30pm screening until 5.15pm. At Kaleide Theatre, RMIT, Building 8, Level 2, 360 Swanston St, Melbourne
(Refreshments will be served prior to screening)
Register Online:
<http://www.eatingdisorders.org.au/events.html>

2010 AAVA Volunteer Manager Award of Excellence

Nominations are now open for the 2010 Volunteer Manager Award of Excellence. AAVA annually recognises a manager of volunteers for his or her outstanding contribution to the profession of volunteer management.

The Australasian Association of Volunteer Administrators (AAVA) Volunteer Manager Award of Excellence is an opportunity to recognise outstanding volunteer managers. No matter whether the volunteer manager has been on the front line putting their lives at risk for the sake of their community or working in the community for sporting groups, the arts, local government, hospitals, environmental or community welfare organisations and the like, these people are ensuring the true value of volunteer contributions are felt.

Nominations are now open until the 10th September 2010. The winner will be announced at the 13th National Conference on Volunteering in October.

For more information please visit - <http://www.aava.asn.au/>

Steve Biddulph Returns to Present His Two Most Popular Talks

Steve Biddulph is an Australian psychologist and international best selling author. His books Secret of Happy Children, Raising Boys and Manhood are in four million homes and 27 languages. He has influenced the way we look at ourselves as men and especially the raising of boys. Over 150,000 people worldwide have listened to his talks on raising children. In 2000 he was voted Australian Father of the Year for his work in encouraging the roles of fathers.

Raising Boys

"An unforgettable night of laughter, tears and lots of practical help."

Wendouree Centre for Performing Arts, 1220 Howitt Street, Wendouree. 7.30pm, Wednesday 8th September, 2010.

For bookings call 5338 0980. Box office hours 9am – 1pm and 2pm – 4.30pm, Tuesday to Friday only.

The Road to Manhood

Funny, emotionally powerful, humble and plain speaking, Steve addresses how being a man can be a journey of love and accomplishment. Wendouree Centre for Performing Arts, 1220 Howitt Street, Wendouree. 7.30pm, Friday 10th September, 2010.

For bookings call 5338 0980. Box office hours 9am – 1pm and 2pm – 4.30pm Tuesday to Friday only.

ABC's Heywire

The ABC's Heywire project is looking for stories from young people (16-22) in rural and regional areas. This year we are making a particular effort to showcase stories from migrant and emerging communities about life in their neck of the woods. I would love any contacts you have in regional Victoria, especially for enthusiastic youth workers, teachers or others who have writing/media programs for young people.

This is how Heywire works:

- 1) Young people upload their story (300-500 words of text or a short video/audio piece) to abc.net.au/heywire and it is published online.
- 2) Each ABC station chooses a winner from their region (40+ ABC stations in Australia)
- 3) The 40 winners get their story professionally produced by the ABC and broadcast nationally.
- 4) The 40 winners get an all expenses paid trip to the Heywire Youth Issues Forum where they get media and leadership training and a reception at parliament house. For more information or to nominate someone contact Dan Hirst, Executive Producer, Heywire, on 9626 1861 or email hirst.daniel@abc.net.au

The Power of General Practice to Address Alcohol-Related Problems

Alcohol issues frequently present to General Practice in the form of minor injuries, absenteeism, family disharmony and so on. Your patients expect to be asked about alcohol use and how it impacts on their health and wellbeing. If you are an AOD Worker/AHP interested in building your confidence to use early intervention approaches in alcohol management, this workshop is for you. This also provides a great networking opportunity to meet other professionals and GPs working in this field. Tuesday 31st August 2010, at Ballarat & District Division of General Practice, 105 Webster Street, Ballarat. 6:30pm registration/dinner - 7:00pm session begins. RSVP for catering/preparation purposes christ@bddgp.org.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
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.