

**Welcome to the
Central Highlands
Primary Care
Partnership
Newsletter.**

This weekly newsletter provides an opportunity for staff and agencies to showcase new programs, staff, projects and upcoming training and events.

Information must be sent to admin@chpcp.org by Fridays of each week 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. We also reserve the right to précis information.

CHPCP News:

This week's newsletter reflects some changes we have made to the format and structure of the newsletter. We have added an additional section which will highlight some of the work occurring each week through the Central Highlands Primary Care Partnership whilst retaining the promotion of activities, training and items occurring in and for our region.

We welcome your feedback on the new format and your comments can be sent to admin@chpcp.org

Child & Youth Mental Health Service System Re-Design Project:

This large project focuses on early intervention, early identification of those at risk and of those with a mental illness in the 0 – 25 year age group across the Grampians region. A consortium of 16 agencies across the region are working with consumers and carers on the development of an integrated mental health service system for this age group.

A new Project Lead has just been appointed – Adrienne Annear who commenced on 2nd August which is exciting as the project has just finalised its Regional Action Plan which articulates the work to occur across the coming year. This plan will shortly be available on the PCP website but copies can be requested by emailing either the PCP or Adrienne Annear, adrianea@bhs.org.au

Regional Health Promotion Forum – 17th August.

This week saw 70 people involved in a regional health promotion forum which provided professional development and showcasing of health promotion initiatives from across the three regional PCPs. The theme of the forum was around partnerships with guest speakers from VicHealth.

Each week we will highlight some of the activities that CHPCP agencies and the staff team are working on.

Hope that you have a great week
Helen Wade, Executive Officer, CHPCP.

CHPCP Member Agencies:

- Ballan & District Health & Care
- Ballarat & District Aboriginal Co-operative
- Ballarat & District Division of General Practice
- Ballarat Community Health
- Ballarat District Nursing & Healthcare
- Ballarat Health Services
- Ballarat Hospice Care Inc.
- Blueearth
- Centacare
- Central Highlands General Practice Network
- Central Highlands Sports Assembly
- Child & Family Services
- City of Ballarat
- Department of Human Services
- Department of Veterans Affairs
- Djerriwarrh Health Services
- Glastonbury Child & family Services
- Golden Plains Shire
- Grampians Integrated Cancer Services
- Heburn Health Service
- Hesperon Shire Council
- Hesse Rural Health Service
- Karden Disability Support Foundation
- McCallum Disability Services
- Moorabool Shire Council
- PINARC
- Relationships Australia Vic
- Salvation Army Karinya
- Southern Cross Care (Vic)
- St John of God Healthcare
- Unitingcare Ballarat
- United Way Ballarat
- University of Ballarat
- Vision Australia Foundation
- Women's Health Grampians
- YMCA Ballarat

Ballarat Aboriginal Sports and Netball Carnival

VAYSAR Statewide Senior Football Netball Carnival is being held in Ballarat on the 1st, 2nd, and 3rd October. Nominations close Friday 27th August and places are filling fast. For more information contact Tony 0402 655 983 or email vaysaycarnivalballarat2010@hotmail.com Supported by Aboriginal Community Justice Panel and Grampians Indigenous Family Violence Regional Action Group.

Did You Know???

There are more than 600 million telephone lines today, yet almost half the world's population has never made a phone call.

SWOT-ing the Health System

VHA Member Agencies receive one complimentary ticket to this forum. Presentations include Effective Service

Planning – do we need a long term strategy?
Victorian Ambulance Services and The HealthSMART Strategy – Successful? By whose measure?

Who Should Attend?

- Chief Executive Officers
- Health Service Executives
- Board Members

Friday 20th August 2010, 10.00am – 3.30pm at RACV Club, 501 Bourke St, Melbourne.

Additional tickets for Member Agencies \$110 inc. GST or Non Member Agencies \$176 inc. GST. For information or enquiries phone 03 9094 7777 or register online www.vha.org.au

Better Care for Older People Conference

The conference will showcase outcomes of Victoria's implementation of the Council of Australian Government Long Stay Older Patients (COAG LSOP) initiative, and of the Improving Care for Older People and People with Complex Care Needs Scholarships, awarded in 2009 and funded through the COAG LSOP initiative.

Friday 10th September 2010, Hilton on the Park Hotel, Melbourne. No cost to attend.

Please contact Katherine Utry, Senior Project Officer for further information on 9096 9403 or email Katherine.utory@health.vic.gov.au www.health.vic.gov.au/older/conference2010.htm

Quote of the Week...

Jumping at several small opportunities may get us there more quickly than waiting for one big one to come along.

-Hugh Allen

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. For more information contact John Dixon: johnd@chpcp.org

Vitamin D and Sunshine – getting the balance right

New resources have been developed collaboratively with the Health Protection Branch to provide clear and consistent messages about vitamin D deficiency. Vitamin D guidelines emphasise the importance of getting the balance right with healthy exposure to sunshine for all Victorians. Inadequate exposure to sunshine can lead to vitamin D deficiency, causing bone and joint deformity and preventable fractures. Too much exposure to sunshine is a well known risk for skin cancer. In collaboration with the University of Melbourne, SunSmart and community stakeholders a range of resources have been developed enabling health workers to pass on a consistent and accurate message to Victorians about vitamin D so they get the right balance between skin protection and adequate sun exposure. Resources are available at www.health.vic.gov.au/chiefhealthofficer/publications.htm

Supportive Care in Cancer Discussion Board

The Supportive Care in Cancer Victoria project has launched a discussion board facility on their website. If you would like to contribute to the online community forum established for the use of people involved in the provision of supportive cancer care you can register at the website www.supportivecancercarevictoria.org/PublicPages/ResourcesForum.html

Traveling to Melbourne?

Don't have a car or want to leave it at home and go by train. Want to get some exercise and tour Melbourne? Follow the links and check out the Bike share locations, pricing, FAQs e.t.c.

www.melbournebikeshare.com.au

www.melbournebikeshare.com.au/stationmap

Primary Health Weekly Bulletin

The latest edition of the Primary Health Weekly Bulletin is now available at...

www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=120810

Lawyer at YHQ

There is a free lawyer program operating at Youth Headquarters (YHQ), 122 Armstrong St Sth on Wednesday afternoons 4.00-5.00pm.

This is a service for young people 12-25 years and is a pilot program between the Central Highlands Community Legal Centre and City of Ballarat Youth Services. If you have any legal questions you can come along & ask in a confidential setting!

CHPCP Diabetes Information Resource

Please find attached the recently revised version of the Central Highlands Primary Care Partnership Diabetes Information Resource.

This revised version of the Diabetes Information Resource will be loaded onto the Central Highlands Primary Care Partnership website shortly at

www.chpcp.org/servicecoord/chronicdisease/diabetesgroup/index.aspx and also on the Ballarat and District Division of General Practice

<http://bddgp.org.au/diabetes> and Connecting Care <http://connectingcare.com/>.

Please feel free to circulate this valuable resource widely.

Online Survey for Rural Health Services

The Rural Doctors Association of Australia and National Rural Health Alliance are urging all people who live in rural and remote Australia to fill out a five minute online survey about access to health services in their communities. The national survey aims to determine the level of access to health services available to those who live in the bush and their expectations about access to healthcare. The survey can be accessed via

www.ultrafeedback.com.au/survey/994

Autism Noticeboard

A place for information and contact details of organizations and professionals specializing in Autism Spectrum Disorder services in Australia.

www.autismnoticeboard.com.au/index.html

Community Learning +

The first session for 'Community Learning +', a homework club for students from a migrant background was held last week. It was a great start, with 14 primary school aged children in attendance. There were lots of smiles and positive vibes from both the students and the tutors. But one thing that we hadn't thought of was the access to references – such as dictionaries. Yes, we have two computers that tutors could assist the students to access, but it's not quite the same. The students still need to know how to access books and to use them – such as a dictionary, thesaurus etc

So if you have recently cleaned out the book case, or your children have finished their studies in the last 12 months could you consider donating them to the Delacombe Community House to support this fantastic initiative. For more information about the program or to arrange your donation contact Tracey Steiner on 5335 6633.

UnitingCare Community Op Shop

UnitingCare Ballarat are opening a new Op Shop at 11 Violet Grove, Wendouree. Donations of good quality saleable items such as clothes, bric a brac and books are needed. There are also opportunities for volunteers to work in the shop and gain some valuable retail experience. The Op Shop will be open Monday – Friday 10.00am – 3.00pm. To donate, volunteer or for more information contact Leonie on 5338 4700. Grand opening Wednesday 1st September.

Preventing Violence Against Women Conference

This inaugural state-wide conference at the MCG on 26th August is the first of its kind to showcase innovative sector specific strategies local government and community partners are using to prevent violence against women.

The Conference will showcase the promising role Local Government and community partners can and do play in preventing violence against women. Local Governments will present a range of prevention strategies across education, sports, media, arts and popular culture, community settings and as a workplace.

For more information visit

www.lgpvaw.net.au/admin/file/content2/c7/A4_flyer_REV.pdf

Did You Know???

The average person laughs 13 times a day!

Dementia Care Essentials

This national, competency based, accredited training is designed to assist workers caring for people with dementia. Strategies are explored to assist with good communication, planning and developing appropriate activities and understanding behaviours in people with dementia. Thursday 12th, 19th & 26th August 2010, 9.30am – 4.30pm (3 x 6 hours sessions) at Ballan District Health & Care, 33 Cowie Street, Ballan. For enquires or bookings please contact Jennifer Rice on 9815 7839 Email: jrice@alzvic.asn.au

Twilight Education Session

Mr Don Moss – Urologist.

Mr Moss will present on the diagnosis and treatment options available to clients with prostate cancer. He will also discuss disease trajectory and management options during the palliative care phase.

Lions Eye Donation Service

A representative from the Lions Eye Donation Service will discuss how to communicate with families at end of life when considering tissue donation.

Monday 6th September 2010, 6.30 pm – 8.30 pm
Drinks & nibbles provided. Education Resource Centre, Ballarat Health Services, Drummond Street Nth, Ballarat. Cost: Grampians Region \$15.00, Other \$25.00. RSVP by 31st August to Bernadette on 5320 3553 or email bernadette@bhs.org.au

Volunteer @ Royal South Street Competitions

Royal South Street Society (RSSS) is an iconic organisation in Ballarat – its mission is to conduct Australia's foremost Eisteddfod, promoting, fostering and encouraging participation and interest in performing arts. It is a not-for-profit organisation that has been around for over 130 years. The Society relies heavily on the support of a wonderful group of volunteers. The competitions run for approximately 3 months where some 10,000 talented young people perform in a range of disciplines including Calisthenics, Dance, Vocal, Pianoforte, Brass bands, Instrumental, Speech and Drama and more.

This is a great opportunity to help in the community and be a part of this wonderful organisation.

Currently RSSS is looking for more volunteers to help – if you have the time or know a relative or friend who would like to meet people and assist, please contact the RSSS office on 5332 1054 or email info@royalsouthstreet.com.au

Gamblers Help Peer Connection Volunteers Needed

We're looking for volunteers within the following two groups:

- People who have successfully managed their own gambling and have not gambled for a minimum of 12 months, and
- Friends, partners and family members who have successfully managed the impact of someone else's gambling problem.

Please contact the Peer Connection Service access hotline on 1300 133 445 or email PCintake@bchs.org.auto register your interest for our information session on 10 August, 2010.

The Peer Connection Program

Peer Connection is a telephone peer support service that puts people in touch with others who have had a similar problem gambling experience or who have experienced and had to deal with the consequences of a close family member's problem gambling.

To be eligible to be a Peer Connection Volunteer an individual must have experienced a problem with gambling and to have successfully regulated that behaviour. This means that if they still gamble, they gamble in a controlled way and are able to maintain and set limits that ensure they don't create problems. They need to have been free of their problem gambling for a minimum period of 12 months. Alternatively, an individual needs to have been closely related to someone who had a gambling problem, and consequently had to deal with the damage and repercussions resulting from that gambling behaviour. They also need to be in the process of constructively recovering from the impact of the close other's gambling.

Peer Connection Volunteers will undergo an initial 8 session training program. The training is developed in a systematic way which ensures Volunteers are provided with the skills needed to function in their role. The Lifeline accredited training has been tailored to meet the needs of all areas of telephone counselling and support, specifically relating to Gambling related issues. The units of competency will deliver a service consistent with the organisation's mission and value to undertake telephone counselling. Once the training is complete, trainees complete a 3 month probationary period. During this time a minimum of 5 telephone sessions are directly supervised. We ask that volunteers commit to being involved in the program for a minimum of 1 year.

MEND – Mind Exercise Nutrition Do It!

Ballarat Community Health are running two MEND programs in term 4 -

- Preschool ages 2 - 3½ years

Parents of preschool children aged 2 - 3½ years are invited to take part in a healthy-lifestyle program for preschoolers at Delacombe Primary School. This study is being conducted by Dr Helen Skouteris, Professor Marita McCabe and Professor Boyd Swinburn from Deakin University.

- Children 7 to 13 years old

Free fun program for kids to become fitter, healthier and happier! Do you have children 7 to 13 years old? Are you worried they might be unhealthy or even overweight? The MEND Program gets kids healthy and fit in only 10 weeks - and helps them stay that way!

Find out about other children having fun on the MEND Program by visiting

www.mendprogramme.org or phone Demelza Russell at Ballarat Community Health on 5338 4500.

Free Hearing Test for Volunteers

Australian Hearing will be conducting free hearing tests for volunteers. If any of the volunteers in your organisation would like their hearing tested please contact Helen Irving at United Way Ballarat on 5331 5555. The hearing test will be conducted on Wednesday 20th October at United Way Ballarat.

CHPCP Contact Details...

Location & Postal Address

15 Violet Grove, Wendouree 3355.

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Administration Support Officer – Sharna Kelly

Ph: 5338 4771 email: support@chpcp.org

Administration Support Officer – Alison Kerr

Ph: 5338 4774 email: admin@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.

AUGUST 2010

Sunday 22nd	Cloud Street Reading , 2.00pm & 4.00pm, Portico, Dana St, Ballarat (288)
Monday 23rd	Alcohol – A Part of our Lives, Information Session for Parents , 7.00pm, Robinson Centre, Ballarat High School, Sturt St, Ballarat (289)
Monday 23rd	Central Highlands Koorie Education Network , 1.30pm – 3.30pm, Conference room, Ballarat Learning Exchange, 36 Camp St, Ballarat (289)
Wednesday 25th	Living with Tweens , 7.00pm – 9.00pm, Smythesdale Business, Health & Community Hub, 19 Heales St, Smythesdale (289)
Wednesday 25th & Thursday 26th	Applied Suicide Intervention Skills (ASIST) , 9.00am – 5.00pm, Seminar Room 2, Queen Elizabeth Centre, Ascot St, Ballarat (288)
Thursday 26th	CHPCP Full Alliance Meeting , 9.00am – 10.30am, Ballarat & District Division of General Practice, 105 Webster St, Ballarat.
Friday 27th	Grief – The Elephant in the Room , 4.00pm – 6.00pm, Eastwood Leisure Centre, Eastwood St, Ballarat (288)
Tuesday 31st	The Power of General Practice to Address Alcohol Related Problems , 6.30pm, Ballarat & District Division of General Practice, 105 Webster St, Ballarat (289)
Tuesday 31st	CHPCP Child & Family Platform Meeting , 9.30am – 11.30am, CHPCP Office, 15 Violet Grove Wendouree

Don't forget to pass this information on, Please print a copy for your Staff Room.

If you would like to subscribe or unsubscribe to this newsletter please send your email address to admin@chpcp.org

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.