

**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: Service Co-ordination:

Grampians Region HACC Best Practice Forum.

Last week, HACC providers from across the region attended the annual **Grampians Region HACC Best Practice Forum**.

The two day forum was held in the pleasant surrounds of Halls Gap (complete with kangaroos and a short heavy downpour on day 2!). Presentations included a workshop with Lindsay Tighe (Inspirational Coaching) – **Challenge your thinking by asking better questions**. Lindsay's workshop was a great start to the forum, providing us with some insight into the power of questions. Einstein said "The way we see the problem is the problem" Reframing our questions can lead to solutions for ourselves and for others. Lindsay left us with a list of-

'The ten best questions to ask myself in my lifetime'.

1. *How can I have the greatest positive impact in my lifetime?*
2. *What do I want to be remembered for?*
3. *What can I do to create the life I really want?*
4. *What is it that I'm really here for?*
5. *Who are the most important people to me and how can I let them know?*
6. *How can I contribute to others more?*
7. *What is the greatest gift I can give my self?*
8. *What does being true to me really mean to me?*
9. *What matters most in my life?*
10. *What will I regret if I don't do it & how can I make it happen?*



Heather Russell, Manager HACC Assessment Department of Health provided an overview of the **Strengthening assessment and care planning guide**.

On day 2, Joyleen & Lyn from South Australia took us on a tour of the **Better Practice Project**. The project promotes a service model of the HACC service principles focusing on positive aging and enhancing the citizenship roles & life strengths of people in the HACC target group.

In the afternoon, a workshop took us through the guide book to the new **Community Care Common Standards**. The guide contains all the information needed to implement & audit progress towards achieving accreditation under the new framework.

Over both days, we also had some presentations highlighting some excellent work being done implementing ASM and Quality Improvement into **practice across the region**, by local agencies.

All presentations will soon be available on the new **HACC & Community Aged Care web site**, launched at the forum on Wednesday ([Click Here](#) to have a look at the site). Congratulations to Regional Office staff & all presenters for providing a valuable & enjoyable 2 days.

John Dixon, Service Co-ordination Industry Advisor johnd@chpcp.org | T: 5338 4772

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.
- Bluearth
- Centacare
- Central Highlands General Practice Network
- Child & Family Services
- City of Ballarat
- Department of Health
- Department of Veterans Affairs
- Djerriwarrh Health Services
- Glastonbury Child & Family Services
- Golden Plains Shire
- Grampians Integrated Cancer Services
- Hepburn Health Service
- Hepburn 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)
- Sports Central
- St John of God Health Care
- UnitingCare Ballarat
- United Way Ballarat
- University of Ballarat
- Vision Australia
- Women's Health Grampians
- YMCA Ballarat

CHPCP Newsletter

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Ballarat's Great Women

Each year Women's Health Grampians seeks nominations from the community for women for their contribution to Ballarat. These stories are collected and celebrated each year on International Women's Day. Nominations are open and should be submitted by the end of January 2011. All stories are edited and approved by the woman who is nominated or by a representative if this isn't possible.

Nominate a woman by calling Women's Health Grampians on 5322 4100 or through their website www.whg.org.au

Quote of the week

Christmas - Blessed is the season which engages the whole world in a conspiracy of love.

Hamilton Wright Mabi

Headspace National Office Position Vacant

Headspace National Office is looking for an individual with relevant experience to co-ordinate youth, family and carer participation strategies and community engagement activities for headspace centres.

The Service Participation and Community Engagement Consultant will be responsible for supporting community development and engagement strategies, as well as managing the youth participation strategy nationally.

A passion for working with young people and prior experience in youth participation and engagement strategies are essential. The applicant will be degree qualified and have a determined, yet cooperative style with an ability to manage a number of competing priorities whilst working with a broad range of people from a variety of backgrounds and experiences.

As a guide, remuneration of \$70,000+ FTE is offered, dependent on skills and experience; generous salary sacrificing opportunities are also available to the successful candidate. The role is offered until 30th June 2012.

Applications close: 5:00pm Monday 13th December 2010.

For more information: Contact Eric Tyssen on 03 9027 0100

Board Builder Conference

The annual Board Builder Conference is being held on Friday 18th February 2011 at the Moonee Valley Racing Club, McPherson St, Moonee Ponds.

The Board Builder Conference is the most relevant and informative event for all people who sit on a board, manage a board, work with a board, or want to get on a board.

Passion alone is not enough to provide good stewardship - modern community boards, whatever their size or style, need to be knowledgeable, responsible and, above all, adaptable.

Learn from those who've seen it all, been there and done that.

At the conference, you'll:

- gain a sound understanding of the principles and practices associated with successful modern governance in the community sector;
- learn about your individual roles and responsibilities, and those of the governance group as a whole;
- improve the dynamics of your board - its meetings, its outcomes, its recruitment & renewal strategies;
- learn how to oversee and better manage the leaders of your community group and improve board-staff relations;
- strengthen understanding of financial and risk management principles;
- get troubleshooting advice from the experts; and
- gain renewed energy for contributing to and building your organisation.

To find out more and to register for the conference go to:

www.ourcommunity.com.au/boardbuilder2011

Did you know???

If you received all of the gifts in the song "The Twelve Days of Christmas," you would receive 364 gifts.

Research Matters

The December 2010 edition of Research Matters, a quarterly publication from the Spatial Analysis and Research Branch of DPCD, is now available. Included in this edition are articles on Understanding the Dynamics of Industrial Land, How Much Does Housing Cost, The Changing Shape of Melbourne and Lake Boga Report Wins Award.

Click the link below to view the December edition of Research Matters.

<http://www.dpcd.vic.gov.au/home/publications-and-research/urban-and-regional-research/publications-and-resources/research-matters>

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=301110

In this edition:

Launch of the Victorian men's health and wellbeing strategy

The new strategy provides a valuable blueprint for government and health agencies to understand and respond to gender based health differences
 Read more...

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/launch-of-the-victorian-mens-health-and-wellbeing-strategy?src=email&id=301110

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Fostering Sustainable Behaviour Workshop

The founder of community-based social marketing, Doug McKenzie Mohr will be delivering a two-day workshop in Melbourne on how to foster sustainable behaviour
 Read more...

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/fostering-sustainable-behaviour-workshop?src=email&id=301110

Partners in Depression free training for professionals

Places for 100 Victorian professionals from the public, private and NGO Sector to undertake the free training in Partners in Depression program for people who love, live with or care for someone experiencing depression
 Read more...

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/partners-in-depression-free-training-for-professionals?src=email&id=301110

2011 Loddon Mallee Allied Health Conference

The 2011 Loddon Mallee Allied Health Conference (to be held on 4 March 2011) is calling for papers and posters
 Read more...

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/2011-loddon-mallee-allied-health-conference-call-for-abstracts?src=email&id=301110

Snapshots! - Changing the way we see People with Mental Illness

Misunderstanding and stigma have a major impact on people with mental illness. SANE Australia today launches a new initiative to help reduce this stigma – Snapshots – through which people can get to know people affected including family and others who care.

Reducing stigma makes an important contribution to improving the lives of people with mental illness –from better understanding and support from politicians and decision-makers, through to changed attitudes from neighbours, workmates and others, and genuine inclusion in society.

As part of continuing efforts to reduce stigma, SANE Australia, the national mental health charity, has developed Snapshots. Using interviews and photographs, Snapshots (www.sane.org/snapshots) invites you to get to know these ordinary – yet also extraordinary – Australians, who reveal what it is like to experience mental illness from the inside, and share their honest insights into recovery and the importance of connections with other people 'This initiative moves right away from the inaccurate stereotypes and shows people as they really are,' SANE's Executive Director adds. 'Snapshots aims to provide hope and encouragement by demonstrating how people can live full active lives when managing mental illness'.

To read the Snapshots stories visit www.sane.org

Early Years Forum

The Department of Education and Early Childhood Development invites you to participate in the inaugural DEECD Grampians Region Early Years Forum. Thursday 17th March 2011, 9.30am – 3.30pm at the Greenside Function room, Ballarat Golf Club, 1800 Sturt St Ballarat.

If you would like the opportunity to present on an initiative or activity that you or your organisation are undertaking to make positive changes for children and families that you work with, please forward an expression of interest to Louise Mifsud by email to mifsud.louise.l@edumail.vic.gov.au Expressions of interest must be received by Friday 4th February 2011 and include name of presenter, name of organisation, key contact details, title of presentation, estimated time of presentation, what are your audio visual requirements and an outline of your presentation in 50 words or less.

CHPCP Christmas Information

The CHPCP Office will close for the Christmas break on Friday 24th December 2010 and reopen on Tuesday 4th January 2011.

For Connecting Care assistance while the CHPCP office is closed phone 1800 300 012.



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Did you know???

In Australia, Canada and the United States Santa Clause brings gifts to children on Christmas Eve.

In many countries of Europe gifts are left on the feast of St Nicholas (Dec 6), the feast of St Steven (Dec 26) or the feast of the Epiphany (Jan 6). Below is a list of countries with the name of their Christmas gift bearer.

Belgium – St Nicholas

Brazil – Papai Noel

The Czech Republic – Svaty Mikalás

Denmark – Julemanden

Estonia – Jouluvana

France – Piere Noel

Germany – Der Weihnachtsmann

Italy – La Befana (female)

Netherlands – Sinterklaas

Norway – Julebukk

Russia – Grandfather Frost

Serbian – Grandfather Frost

Spain – Balthazar (of the three wise men)

Sweden – The Tomte (Christmas Gnome)

Notice for Volunteers:

Retail Coordinator – UnitingCare Opportunity Shops

UnitingCare are advertising this weekend for a Retail Coordinator to assist with the day to day dealings in their 4 clothing opportunity shops.

This role is for 20 hours per week, and will commence after the 18th January 2011.

UnitingCare is looking for someone with experience from a retail environment, a strong focus on customer service and who is able to be a good coordinator for the volunteers.

Applications are open to the general public, but current and past volunteers are also welcome to apply.

To apply for this position a copy of the position description should be obtained from UnitingCare HR or from the website

www.unitingcareballarat.com.au The position description will outline the selection criteria that is to be addressed on the application. Enquiries should be directed to 5337 2703.

Applications must be submitted prior to the 15th December 2010.

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.