

**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:

Well it's that time of year again with Christmas nearly upon us and this will be the final edition of the CHPCP newsletter for 2010. It's been a busy year for everyone with lots of changes and new work occurring.

At this time of year it is important to remember those who are not as fortunate as ourselves and are doing it tough or who may not have family and friends to spend time with and will spend Christmas alone. I would urge you to support the agencies including Centacare, Unitingcare and Salvation Army and others who are trying to provide support for those in need. On a personal level, if you know of someone nearby who doesn't have any family or friends perhaps make contact with them or invite them to be part of your celebrations.

I would like to take this opportunity to also thank the CHPCP staff team – John, Frances, Anita, Alison and Sharna for their work during the year and we look forward to continuing to work with you in 2011 to improve health and wellbeing outcomes for the community.

On behalf of the Team I would also like to thank all member agencies and staff for their involvement and participation in the work of CHPCP and believe that 2011 will be an exciting year with lots of work planned.

We wish all of you a very happy and safe Christmas and New Year.

Helen Wade
Executive Officer



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

Lead On Ballarat Christmas Celebration

Lead On Ballarat invite you to attend the launch of our Right Click Records & Loop Websites On Thursday 16th December then join us for a Xmas BBQ & Music.

Website launch at 5pm followed by our Xmas BBQ from 5.30pm, at Ballarat Learning Exchange, Camp Street Ballarat.

For catering purposes, reply to Vicki or Rebecca on 5332 3896 or 0417 304 782 or

ballarat@leadon.com.au

- Join our young people to launch the completion of their year-long projects: two fantastic new youth websites.
- On Loop read about youth issues, their music, gaming and film reviews and their sporting news.
- At Right Click Records download and listen to music by our talented local young musicians and see what the Right Click Records Committee of Management are up to.
- Then stay for our Christmas BBQ

Come and spend the evening with us and celebrate what has been a great year of ups, downs and in-betweens for Lead On. Talk to us about the roaring success of our great youth programs: Loop, Log On, L2P, Right Click Records and Get Reel and what we have planned for 2011.

How to get there guide Ballarat 2010/11

Ballarat Community Health would like to present the "How to get there guide Ballarat 2010/11" which aims to assist young people in finding their way around Ballarat.

Developed by the BCH Innovative Health Services for Homeless Youth (IHSY) program, the booklet has been created to help support workers and young people who are or may be at risk of homelessness find their way around the Ballarat area.

The guide will assist Ballarat homelessness workers and young people in gaining better access to health and other services or businesses, by making use of public transport simpler, and promoting independence in young people.

The guide also contains other valuable information on youth homelessness and will be a valuable resource for other organisations and businesses in the Ballarat region.

For a copy visit the BCH website under Youth services – IHSY, or contact Tom Inverarity tomi@bchc.org.au

Ballarat Begonia Parade

The 2011 Begonia Parade will be held on Monday 14th March from 11am, as a colourful conclusion to the Ballarat Begonia Festival activities. In 2011 the Ballarat Begonia Festival is celebrating its 59th year and will be held over the Labour Day long weekend from Saturday 12th – Monday 14th March.

The theme of this year's parade is 'Life on the Lake'. With Lake Wendouree almost full to capacity, the parade will be a celebration of life on and around the lake. Every day runners, walkers, rowers and coffee goers join swans and ducks to enjoy all that our beautiful lake has to offer.

To participate in the 2011 Begonia Parade, community members are encouraged to contact Andreas Litras at andreas@chatterboxcreative.com.au or phone 0438 671 809.

Registrations close on Friday 5th February 2011. For more information on the Ballarat Begonia Festival call 1800 656 374 or visit www.ballaratbegoniafestival.com

Kinship Care

Kinship Care is when children are cared for by Grandparents, Aunties, Uncles or friends of the family when the children's parents are unable to care for them.

Parents maybe unable to care for their children due to: mental illness, difficulties managing alcohol & drug use, homelessness or domestic violence.

We can assist by:

- Talking with you about children's behaviour & what traumatised behaviour looks & sounds like.
- Support in dealing with challenging behaviours.
- Linkages to services to assist you & the children you care for.
- Having a cuppa & just talking about what its like to be a carer

For more information contact CAFS—Child & Family Services, Ballarat Office, 115 Lydiard Street Nth. Phone 5337-3333 and ask to speak with the Information & Advice Worker—Kinship Care, or e-mail: csalmon@cafs.org.au

Welcome to Tune In Not

At Tune In Not Out you will find 24hr TV for life's challenges, such as alcohol, drugs, mental health, exams and relationships. The website is a great place for young people to find out tonnes of information on topics that interest them using great videos, clips, informative factsheets, blogs and plenty of discussion.

www.tuneinnotout.com/

ASPREE – Aspirin Trials

Can aspirin help increase the healthy lifespan of older people?

Healthy people over the age of seventy will be joining with their GP and universities Australia wide to answer this important question through participation in the ASPREE study.

ASPREE is a five year study that will enable doctors and researchers to understand the role of aspirin in preventing heart attacks, strokes, dementia and cancers such as bowel cancer.

For more information or to participate in the study please contact 1800 728 745 or visit

www.aspree.org

Pinarc Community Awareness Campaign

Proudly announcing the Pinarc Support Services community awareness campaign which launched on December 3rd International Day of People with a Disability.

<http://www.youtube.com/watch?v=VyciHjpYP6M>

If you are touched by it, please forward it on to others.

Bendigo & Adelaide Bank

Applications are now invited for the 2011 Bendigo and Adelaide Bank Scholarship. Applications are welcome until 4pm (AEDST) on Friday 28th January 2011.

We understand that many rural and regional families do it tough and will find it extremely difficult to support their children's tertiary education dreams, which is why the Scholarship was created. Since the Scholarship was launched in 2007, we have read about hundreds of students from across Australia who experience a variety of family circumstances and hardships.

To view the guidelines and apply visit

www.bendigoadelaide.com.au/public/in_the_community/2011_scholarships.asp

Victorian Multicultural Commission Community Grants Program 2011

These grants are for programs and projects held from July 2011 onwards. The Commission's Community Grants Program, aims to support Victoria's culturally and linguistically diverse communities. Encouraged to apply are new and emerging communities, for the purposes of developing and sustaining local community projects and programs that promote social, cultural and economic inclusion and encourage greater community participation, understanding and mutual respect. Complete your application online at www.multicultural.vic.gov.au/grants/application-forms

Case Notes and Record Keeping

VHIA Training's new course "Case Notes and Record Keeping" is a comprehensive and practical four hour workshop. It has been designed for direct care workers who are required to keep case notes and records, for example, people working in home and community care, Allied Health Professionals and Case managers.

The workshop covers:

- Why keep case notes and records? Including a discussion on professional and legal obligations)
- What is a record?
- Common mistakes when keeping case notes and records and how to avoid them
- How to write case notes and keep records in a way that is respectful of the client and allows the worker to discharge his or her professional responsibilities.

This session is industry relevant, is delivered by a qualified trainer who has high-level subject matter expertise and is an affordable way to meet organisational risk objectives.

Wednesday 23rd February 2011, 9.00am to 1.00pm, VHIA, 312 Kings Way, South Melbourne
Members - \$210.00; Non Members - \$260.00

On-line bookings can be made at

www.vhia.com.au.

Quote of the week...

Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall."

Larry Wilde

2011 Australian Family Friendly Workplace Seminar

Over two days this Seminar will feature Australia's foremost experts in the areas of family friendly workplace practice. Also, Australian organisations at the forefront of family-friendly practices will detail the design and implementation of their own proven strategies.

A \$900 Regional Access Grant is available to all regionally-based entities. A subsidy application form is included in the Seminar Overview

www.wtaa.com.au/events/11/ff/Family_Friendly_Workplace_Seminar_2011_RAG.pdf

For further information on the Australian Family Friendly Workplace Seminar – being held on 7th & 8th March in Melbourne – please click here

www.wtaa.com.au/events/11/ff/Family_Friendly_Workplace_Seminar_2011_RAG.pdf

Did you know???

The biggest selling Christmas single of all time is Bing Crosby's White Christmas... bet you start singing it!

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.



The CHPCP Newsletter will publish the final 2010 edition on Wednesday 15th December. The first 2011 edition will be distributed on Wednesday 2nd February. Please ensure any event details for January 2011 are sent to admin@chpcp.org prior to Friday 10th December 2010.

CHPCP Contact Details...

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Early Childhood Service Providers Survey

As part of our continuous improvement process the Grampians Department of Education and Early Childhood Development is undertaking a survey of all non-government early years organisations that provide services within this region. This survey seeks to obtain feedback from you regarding the standard of service the Department is providing generally but with a particular focus on the Early Childhood section. We seek your views on the things that we're doing well and offer you the opportunity to provide feedback on areas that you feel could be improved.

The information you provide is non-identifiable, however, it would be useful for us to know the location and sector within which you work. The survey will be open until MONDAY 20 DECEMBER 2010 and should not take longer than 10 minutes to complete. You are invited to follow the link below to the survey.

www.surveymonkey.com/s/PQKB76X

Ceremony of Remembrance

Ballarat Hospice Care are holding a ceremony of remembrance for families and friends of a child, of any age, who has died through any circumstances.

Reflections and releasing of helium balloons. Decorations will be available for the trees provided, but you are welcome to bring your own decorations. You are also welcome to bring a picnic basket to share with your family, before or after the ceremony.

Monday 20th December, 5.30pm. (if wishing to write on a helium balloon) allowing for a 6.00pm. sharp start. Ballarat General Cemetery, corner Lydiard & Norman Streets.

For more information contact: Theresia Sullivan 0417 573 834 or Brenda Rutherford 5341 3774.

CALD Problem Gambling Resources

You can now find some great online resources for clients from CALD backgrounds experiencing problem gambling.

<http://problemgambling.vic.gov.au/help-for-gamblers/in-other-languages>

or

<http://professionals.problemgambling.vic.gov.au/gamblers-help-services/cald-services>

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.