

**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](mailto: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:

**Please note** – Due to the storm last Friday the PCP office phones are not working, the problem is currently being rectified, if you are unable to reach the PCP via the landlines please use the mobile numbers for Helen 0419 116 457, John 0407 025 446 or Frances 0428 449 549.

2011 is shaping up to be a busy year for CHPCP and the Committees are starting to meet and will be reviewing their plans and work to occur during the year. The following provides the dates for meetings commencing in February:

CHADA - 9<sup>th</sup> February

Child & Family Platform - 15<sup>th</sup> February

Integrated Health Promotion - 15<sup>th</sup> February

Chronic Disease Leadership Group - 14<sup>th</sup> February

Full Alliance and Executive – 24<sup>th</sup> February

Regional Youth Affairs Network – Whole of region workshop 23<sup>rd</sup> February

Diabetes Steering Group – 21<sup>st</sup> February

Please put these dates in your diary or if you would like to be involved in the work of any of these committees please contact 5338 4774 for further information.

### E-Care Planning Project:

This project with funding provided by Dept of Health is piloting the Primary Care Sidebar and Team Care Sidebar system with General Practice with the first implementation at the Ballarat and District Aboriginal Cooperative Baarlinjan Medical Clinic. The system provides opportunities for shared e-communication on patient careplans between the practice and other practitioners.

### Koorie Learning 2 Lead Project

CHPCP received funding through the Dept of Justice, Problem Gambling area. The project will promote aboriginal youth leadership and increase connection with their culture to build resilience and confidence in local aboriginal youth. Highlands Local Learning and Employment Network are a project partner with problem gambling services and other aboriginal services.

Helen Wade, Executive Officer, Central Highlands PCP

## 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
- Heburn Health Service
- Heburn 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

### Winning Grants Seminar

You are invited to attend a Winning Grants Seminar With Patrick Moriarty, Director of Training & Development Our Community.

Patrick will present an inspirational seminar on how to win the most grants ever for your community organisation across the Grampians region.

Numbers are limited, please book early to avoid disappointment.

Tuesday 22<sup>nd</sup> February in Ballarat at 12:30 pm

Tuesday 22<sup>nd</sup> February in Ballarat at 4:30 pm

Wednesday 23<sup>rd</sup> February in Ararat at 4:00 pm

Thursday 24<sup>th</sup> February in Horsham at 10:30 am

A detailed pack including the venue details will be sent to you upon registration.

To register contact Vicki Colman

[vickic@leadon.com.au](mailto:vickic@leadon.com.au) before Friday 18<sup>th</sup> February include date, location and time of your choice.

### Multicultural Arts Victoria Community Grants Program

Community Grants Program 2011 is now open.

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](http://www.multicultural.vic.gov.au)

### City of Ballarat Disability Advisory Committee

The City of Ballarat is currently seeking applications for the next tenure on their Disability Advisory Committee.

The Disability Advisory Committee provide advice

to Council on long term strategic and systemic

issues that impact on the lives of people with a

disability, their families and their participation in

community life.

The committee consists of members of the

community, consumer groups, representatives of

service providers and people with expertise in the

area of disability that can collectively contribute

towards outcomes on a broad range of access and

inclusion issues. Further information regarding the

Disability Advisory Committee can be provided by

contacting Council's RuralAccess Coordinator

Craig Donaldson on 5320 5500 or email

[craigdonaldson@ballarat.vic.gov.au](mailto:craigdonaldson@ballarat.vic.gov.au)

Applications must be received by Friday 11<sup>th</sup>

February 2011.

### Help for Gamblers and their Families

The Office of Gaming & Racing is releasing a new problem gambling campaign under the

Problem Gambling Strategy. The campaign to be

released on the 20<sup>th</sup> of February named Talk to

us before you talk to them campaign encourages

significant others, who often bear considerable

stress, to call Gambler's Help or visit Gambling

Help Online for advice about having a

conversation with a loved one who may have a

problem with gambling. The campaign will run on

television and radio, online, in magazines, and in

the bathrooms of shopping centre's and

restaurant areas of gaming venues.

Please contact Lisa Crawford Jones on

[lisa.crawfordjones@justice.vic.gov.au](mailto:lisa.crawfordjones@justice.vic.gov.au) if you

have any queries or would like further

information.

### School Focused Youth Service~ 2010 Projects Showcase & 2011 Brokerage Information Workshop

If you are considering applying for SFYS funding in the 2011 Brokerage Round, then this is a great

workshop to come along to.

You will:

- see some outstanding 2010 Projects highlighted & meet the people who instigated them,

- develop much needed partnerships for your project,

- learn what the Local Advisory Group (LAG)

Panel looks for when considering project

applications, and

- have access to a range of resource materials that will assist with your project development.

Monday 21<sup>st</sup> February, 9.30am – 12.30pm at

Robert Clark Horticultural Centre, Meeting Room

Ballarat Botanic Gardens, Gillies St, Wendouree.

Bookings are essential

RSVP attendance and dietary requirements by

14th February to Jodie Rykers, SFYS

Coordinator, CAFS Ph: 5337 3369 or email

[jrykers@cafs.org.au](mailto:jrykers@cafs.org.au)

### Funding for Small Communities

Applications are now open for the latest round of the Foundation for Rural and Regional Renewal's

Small Grants for Small Rural Communities

funding program.

Individual grants of up to \$5000 are available

under the program, which offers about \$900,000

per year over two funding rounds, with priority

given to communities with populations less than

10,000. For more information visit

<http://www.frrr.org.au/programsDetail.asp?ProgramID=4>

Applications close 31<sup>st</sup> March 2011.

### Health Reform Update

Lead Clinicians Groups – design and implementation consultations. The Australian Government has committed to consulting stakeholders throughout the design and implementation of national and Local Lead Clinicians Groups (LCGs).

As the first step in a multi-stage consultation process, a discussion paper “Lead Clinicians Groups: Enhancing Clinical Engagement in Australia’s Health System” has been posted on the yourHealth website. This discussion paper is designed to provide a basis for further discussion to inform the design of Lead Clinicians Groups. Submissions in response to the discussion paper can be made until 12pm AEDST on 20<sup>th</sup> February 2011.

View the discussion paper [Lead Clinicians Groups: Enhancing Clinical Engagement in Australia’s Health System](#)

### Bringing Baby Home Program

This program is designed for new parents experiencing the transition to parenthood, for expectant couples and those with children up to 12 months of age. The program assists to strengthen a couples communication and relationship satisfaction during their transition to parenthood. Saturday 19<sup>th</sup> and 26<sup>th</sup> March, 1.30pm – 5.00pm at ‘The Well’ Smythesdale Business, Health and Community Hub. This is a free program and afternoon tea will be provided. Bookings are essential by 4<sup>th</sup> March. To register your place contact the Golden Plains Shire Linton Customer Service Office on 5344 6444.

### Focus on Eating Disorders Ballarat

In 2011 Eating Disorders Victoria will be joining forces with Ballarat Health Services to host a community awareness evening busting myths relating to eating disorders. With a panel of mental health experts and recovered sufferers, the panel will hold a question and answer session to help correctly inform the community.

How often have you heard that eating disorders only affect teenage girls? Or that it is just a fad which will pass? The community awareness evening aims to dispel these myths amongst others, and it’s hoped it will help people acknowledge the high number of sufferers and the severity of eating disorders, which is often overlooked. By overlooking the numbers and severity, many sufferers can go unnoticed.

Tuesday 15<sup>th</sup> March, 7pm to 8.30pm - Eastwood

Leisure Complex, 20 Eastwood Street Ballarat

### Best Start Promoting Breastfeeding

In late 2004, a working group was formed as part of the Ballarat Best Start project, to look at the issue of promoting breastfeeding in Ballarat. The goal for the ‘Promoting Breastfeeding in Ballarat’ project was to increase breastfeeding rates in the City of Ballarat to achieve the national targets for exclusive breastfeeding.

In order to achieve this, a 5 year Action Plan (2005-2010) for the Best Start Ballarat Breastfeeding Project was developed. This identified a range of barriers, goals and actions to promote breastfeeding in Ballarat. This Action Plan has now finished.

An evaluation of the project has been completed and whilst there have been many positive outcomes there are a number of recommendations that have emerged which need further consideration. A Future Direction Planning Day will be held on Friday 25<sup>th</sup> February, 10.00am – 1.00pm at Robert Clarke Horticultural Centre, Meeting Room, Ballarat Botanical Gardens. RSVP to Lisa Thorneycroft on 5320 5676 or email [lisathorneycroft@ballarat.vic.gov.au](mailto:lisathorneycroft@ballarat.vic.gov.au)

### Family Friendly Workplace Seminar

The annual Australian Family Friendly Workplace Seminar is the most highly attended event of its type for Australian employers and HR practitioners. The 2011 Seminar will be held in Melbourne and will feature Australia’s foremost experts in the areas of family-friendly workplace practice. Australian organisations at the forefront of family-friendly practices will detail the design and implementation of their own proven strategies.

For further information on the Australian Family Friendly Workplace Seminar – being held on 7<sup>th</sup> & 8<sup>th</sup> March in Melbourne visit

[www.wtaa.edu.au/events/11/ff/Family\\_Friendly\\_Workplace\\_Seminar\\_2011\\_RAG.pdf](http://www.wtaa.edu.au/events/11/ff/Family_Friendly_Workplace_Seminar_2011_RAG.pdf)

There is also a Regional Access Grant for attendance at the Seminar available for registrations made prior to Friday 25<sup>th</sup> February – granting recipients a \$900 Subsidy, more information is detailed in the above web link.

### ASPREE Regional Clinical Trial

Monash University invites you to attend the ASPREE Regional Clinical Trial Centre Ballarat Launch on Tuesday 8<sup>th</sup> March, 10.00am at the Neighborhood Cable Conference Centre, University Drive, Mt Helen. RSVP by 1<sup>st</sup> March to Susan Conway 0457 704 128 or Theresa Grace 0417 743 104 or email

[aspree.ballarat@gmail.com](mailto:aspree.ballarat@gmail.com)

### Reorient Express

Barwon South West & Grampians Region present Reorient Express..... Get on Board Forum.

Innovative approach to providing more choice, control and flexibility for people with a disability.

Thursday 24<sup>th</sup> February 9.45am – 5.00pm at Mecure Hotel & Convention Centre, 613 Main Rd, Ballarat. For more information and to register contact SkillsConnection on 5231 2333 or email [mbrady@skillsconnection.org.au](mailto:mbrady@skillsconnection.org.au)

### Did you know??

There are only four words in the English language which end in '-dous': tremendous, horrendous, stupendous, and hazardous.

### 'Facing the Challenge' A Chronic Disease Conference

Bendigo Health Hospital Admission Risk Program (HARP) invites you to:

'Facing the Challenge' a chronic disease conference

Topics covered include asthma, COPD, home 02 therapy, renal management, diabetes, podiatry, heart failure, occupational therapy and psychosocial management of chronic disease  
Wednesday 23<sup>rd</sup> March 2011, 8:30am registration, 9am to 5pm at Bendigo Club, 22 Park Street, Strathdale. Morning tea, lunch and afternoon tea will be provided.

For more information please contact:  
Ellen Wilson manager HARP/PAC and Community Health at Bendigo Health on 5454 6410 or Email:

[ewilson@bendigohealth.org.au](mailto:ewilson@bendigohealth.org.au)

### Epilepsy Parent Support Group

The Epilepsy Foundation of Victoria has a Parent Support Group that meets regularly in Ballarat with next meeting scheduled for: Thursday 17<sup>th</sup> February, 10am-12pm at Meeting room –Futures Coffee House, 626 Sturt St Ballarat. Morning tea provided, new members & children welcome.

The Foundation is also looking at commencing an Adult Support group if enough people are interested.

If you have people that may benefit from this service, contact Sue King, Epilepsy Counsellor/Educator Barwon Sth West/Grampians Epilepsy Foundation of Victoria Ph 03 5223 1769 mobile: 0438 931114 or email

[sking@epilepsy.asn.au](mailto:sking@epilepsy.asn.au)

### Quote of the week

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

- Thomas Jefferson

### Fair Work Act 2009/Modern Awards (Private) - Health Professionals & Support Services 2010; Nurses Award 2010 and National Employment Standards

This 2.5 hour session will assist managers, supervisors, personnel staff and others with the interpretation and implementation of the relevant terms and conditions. Topics covered during the session include:

- the Modern Awards;
- EBAs and their relevance;
- minimum employment standards
- general changes to the Fair Work Act 2009
- the major clauses of:
  - the Health Professionals and Support Services Award 2010
  - the Nurses Award 2010

The session is recommended for Departmental Managers; Supervisors who roster & manage staff; Human Resources/Employee Relations staff; Payroll staff who use awards.

Tuesday 22<sup>nd</sup> February 2011, 10.00am - 12.30pm, Sebastapol Bowling Club. 213-219 Albert Street Sebastapol.

Members \$225; Non members \$281.25

Bookings can be made online at [www.vhia.com.au](http://www.vhia.com.au)

### Borderline Personality Disorder Training

This is an introductory workshop program for Mental Health workers, Alcohol and other Drug workers and other staff. The workshop provides a comprehensive introduction to concepts and interventions relevant to treatment and support for individuals with a diagnosis of borderline personality disorder.

This one day workshop is presented by Robert Trett, Deputy Director: Spectrum.

Content Includes:

- Understanding of the context and meaning of the diagnosis Borderline Personality Disorder (BPD) and why we should support and treat people with this diagnosis.
- Overview of the relationship between early trauma and neglect and key BPD symptoms.
- Address the meaning of self harm and how to work with people who are prone to self harm in ways likely to help.
- Explore the idea of stimulus entrapment and what this means for supporting people with Borderline Personality Disorder.
- Develop some helpful ideas on how to work with clinical services.

Friday 18<sup>th</sup> February, 8.30am – 4.45pm at Sunways, 418 Wendouree Parade, Ballarat. Entry at rear off Gregory Street. Cost \$175.00. RSVP by 14<sup>th</sup> February to Ms Mandy Hammond at Centacare, ph 5336 7900 or email:

[mandy.hammond@centacareballarat.org.au](mailto:mandy.hammond@centacareballarat.org.au)

### National Bowel Cancer Screening Program

The National Bowel Cancer Screening Program is a Commonwealth Government initiative to help detect bowel cancer early and reduce the number of Australians who die each year from the disease. This particular project is being conducted in Moorabool and Horsham LGAs in 2011, and aims to conduct concentrated local initiatives to improve education and awareness of the National Program, as well as bowel screening in general. Djerriwarrh Health Services will offer free information sessions to community groups and clubs within the region. A trained health educator will provide information about the program, bowel cancer, how to do an FOBT, and preventative suggestions such as healthy eating and regular physical activity.

Multicultural groups, Indigenous communities, interest groups, service organisations, and any other clubs and associations, are invited to book an information session.

Anyone aged 50 and above living in the Moorabool Local Government Area is encouraged to participate in this very important opportunity to improve the health of people living in this community.

For further information or to book a session, please contact Andrea Orlinski, Health Promotion Coordinator, on 9361 9360.

### Thinking about the Future

What happens when I can't care anymore? Ballarat Health Services' Carer Respite and Support Services 'Thinking about the Future' program helps make sure the person you care about will be looked after as you get older.

The FREE, five week program covers:

- Finances (Centrelink), Legal Planning/Power of Attorney
- Accommodation Options, Respite
- Available services and funding
- Communication
- Carer wellbeing
- Aids and equipment
- Advocacy

'Thinking about the Future' is available to carers who are approaching or over the age of 60 (or 50+ years for carers from an Indigenous background), looking after a person under 65 with a physical, intellectual, sensory disability or acquired brain injury, and living in the Central Highlands region. The program runs from Monday 21<sup>st</sup> March - Monday 18<sup>th</sup> April 2011 (5 consecutive Mondays). Places are limited, to register, call Ruth-Cheryl on 5333 7104 or Freecall 1800 059 059.

### Koorie Night Market & Koorie Heritage Trust - Certificate III in Arts Administration.

The Koorie Heritage Trust offers specifically designed training for Indigenous students. Each training program is developed in consultation with Indigenous organisations and community to specifically address the individual needs of students. This training has been developed specifically for Koorie Night Market. It will connect your work as an artist with your involvement in the Koorie Night Market to make both your arts practice and your stall deadly. This qualification is from the Visual Arts Training Package and is designed to give students the skills needed to work in a broad range of arts administration roles. The qualification is applicable to a range of industry situations including small business, galleries, museums, theatres and community arts centres.

The course will be delivered in 5 blocks of 3 days. Over the duration of the full course students will each complete • 90 hours in class & 420 out of class hours including reading and assessments. All out of class hours will be completed with the support of the Koorie Night Market.

Contact Koorie Night Market for more information phone 9490 1468 or email:

[office@koorienightmarket.com.au](mailto:office@koorienightmarket.com.au)

Website: [www.koorienightmarket.com.au](http://www.koorienightmarket.com.au)

### Australian Health Survey News Update

Progress on the Australian Health Survey is continuing steadily, with commencement of the Survey still on target for early 2011.

For a brief update on the progress of the Survey, please go to either the Australian Bureau of Statistics or the Department of Health and Ageing websites:

<http://www.abs.gov.au/australianhealthsurvey>

<http://www.health.gov.au/nutritionmonitoring>

If you'd like any further information on the Survey, for example information on the Survey for briefing purposes, you can contact the Department of Health and Ageing at

[aushealthsurvey@health.gov.au](mailto:aushealthsurvey@health.gov.au)

### Public Transport Guides

Available now - a street directory specifically designed for public transport users. The current edition covers, Ballarat, Maryborough and surrounds, including rural and suburban services. The recommended retail price is \$14.95 and is available in all good newsagents, bookshops and post offices. Visit

<http://publictransportguides.books.officelive.com/default.aspx> for more information.

### Digital TV Information Booklet

Analogue TV signals are being switched off around Australia, region by region, between 2010 and 2013. After May 5<sup>th</sup> this year, Ballarat and regional Victoria will receive digital TV signals only.

For everything you need to know about this change, an Australian Government Information resource booklet is available to you.

In addition to English, the information is available in the following languages:

Albania, Arabic, Chinese, Croatian, Dari, Dinka, Dutch, French, German, Greek, Italian, Japanese, Karen, Korean, Macedonian, Polish, Spanish, Thai, Turkish and Vietnamese.

Please drop by the Phoenix Building, 25 Armstrong St Sth, Ballarat, for your copy of this booklet, if you need one.

### National Volunteer Week - 9th - 15th May

This years National Volunteer Week shares the theme "Inspiring the Volunteer in You" alongside your long celebrations marking the United Nations 10th Anniversary of the International Year of Volunteers.

Groups and Organisations involving volunteers are invited to order lapel pins and promotional posters in preparation for National Volunteer Week. These supplies are available through

[www.volunteeringaustralia.org/html/s02\\_article/default.asp?new\\_top\\_id=55&new\\_bot\\_id=257](http://www.volunteeringaustralia.org/html/s02_article/default.asp?new_top_id=55&new_bot_id=257)

### CHPCP Contact Details...

Location & Postal Address

15 Violet Grove, Wendouree 3355.

Ph: 03 5338 4770 Fax: 03 5339 8419

Web: [www.chpcp.org](http://www.chpcp.org)

**Executive Officer – Helen Wade**

Ph: 5338 4770 email: [helenw@chpcp.org](mailto:helenw@chpcp.org)

**Service Coordination Industry Advisor – John Dixon**

Ph: 5338 4772 email: [johnd@chpcp.org](mailto:johnd@chpcp.org)

**Primary Health Coordinator – Frances Riggs**

Ph: 5338 4773 email: [icdm@chpcp.org](mailto:icdm@chpcp.org)

**Health Promotion Coordinator – Anita Collett**

Ph: 5338 4775 email: [healthpromotion@chpcp.org](mailto:healthpromotion@chpcp.org)

**Administration Support Officer – Sharna Kelly**

Ph: 5338 4771 email: [support@chpcp.org](mailto:support@chpcp.org)

**Administration Support Officer – Alison Kerr**

Ph: 5338 4774 email: [admin@chpcp.org](mailto: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.

### February 2011

<b>Saturday 12<sup>th</sup></b>	<b>International Dinner Night</b> – 6.30pm, St Peters Anglican Church Hall, Sturt St West, Ballarat. (308)
<b>Friday 18<sup>th</sup></b>	<b>Borderline Personality Disorder Training</b> – 8.30am – 4.45pm, Sunways, 418 Wendouree Parade, Ballarat (309)
<b>Monday 21<sup>st</sup></b>	<b>School Focused Youth Service – 2010 Projects Showcase &amp; 2011 Brokerage Information Workshop</b> – 9.30am – 12.30pm, Robert Clark Horticultural Centre, Ballarat Botanic Gardens, Gillies St, Wendouree. (309)
<b>Tuesday 22<sup>nd</sup></b>	<b>Winning Grants Seminar</b> – 12.30pm or 4.30pm, venue details available on registration. (309)
<b>Thursday 24<sup>th</sup></b>	<b>Reorient Express</b> – 9.45am – 5.00pm, Mecure Hotel & Convention Centre, 613 Main Rd, Ballarat. (309)
<b>Friday 25<sup>th</sup></b>	<b>Best Start Promoting Breastfeeding</b> – 10.00am – 1.00pm, Robert Clark Horticultural Centre, Ballarat Botanic Gardens, Gillies St, Wendouree. (309)

### March 2011

<b>Tuesday 8<sup>th</sup></b>	<b>ASPREE Regional Clinic Trial</b> – 10.00am, Neighbourhood Cable Conference Centre, University Drive, Mt Helen. (309)
<b>Tuesday 15<sup>th</sup></b>	<b>BRMC International Women's Day Dinner</b> – 7.30pm, Inn of Khong Restaurant, Main Rd, Ballarat. (308)
<b>Tuesday 15<sup>th</sup></b>	<b>Focus on Eating Disorders</b> – 7.00pm – 8.30pm, Eastwood Leisure Complex, 20 Eastwood St, Ballarat. (309)
<b>Thursday 17<sup>th</sup></b>	<b>Early Years Forum</b> – 9.30am, Greenside Function Room, Ballarat Golf Club, 1800 Sturt St, Ballarat. (308)

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.