

**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:

### Koorie Connections – Learning 2 Lead Project

This project funded through CHPCP Dept of Justice, Problem Gambling funding is now recruiting young aboriginal youth (males and females) to commence in the project early March. The project is designed to build resilience and a connection to their culture as well as leadership skills.

The project is being delivered with the assistance of Highlands Local Learning and Employment Network and includes a series of weekly workshops and culminates in a 10 day camp where the young people will visit aboriginal communities across Victoria. Throughout their journey digital storytelling will be recorded and a DVD produced which will show the young people's journey. If you know of any aboriginal youth in years 9 – 11 who would be interested contact Aaron Clark, Project Worker 0419 889 513 or [korieconnections@gmail.com](mailto:korieconnections@gmail.com) for further information or a registration form.

### Papscreen Project

Did you realise that pap screening rates in the Grampians region have declined since 2005 from 61.00% to 55.40% in 2009. (Victorian Cervical Cytology Register – Statistical Report 2003-2009).

Ballarat & District Division of General Practice (BDDGP) are lead in this project with funding provided to CHPCP through Papscreen Victoria. BDDGP is working with other agencies in seeking to increase access to Nurse Pap Screen Providers and screening services for women as well as promoting awareness in our women of how this simple screening test can be vital in the early detection of cervical cancer.

So to all you women out there – make sure you take a few minutes to either visit your GP or one of the many clinics available. If you are not sure where to get a pap test go to the BDDGP website at <http://bddgp.org.au/> and click on the pink button "Find a local Pap Test Provider" which will give you contact details to find out the next available clinic.

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.
- Bluearth
- Centacare
- Central Highlands General Practice Network
- Child & Family Services
- City of Ballarat
- Department of Health
- Department of Veterans Affairs
- Djerrivarrh Health Services
- Glastonbury Child & family Services
- Golden Plains Shire
- Grampians Integrated Cancer Services
- Heburn 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

## Department of Health & Ageing Project Funding

The Department of Health and Ageing is seeking applications for funding from eligible community based, non profit and non governmental organisations for national projects to reduce the impact of sexually transmissible infections and blood borne viruses in Aboriginal and Torres Strait Islander people. Applications close on 15<sup>th</sup> March 2011. The invitation to apply for funding can be viewed on the Department of Health and Ageing web site at:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/grantITA1501011>

Projects funded under this federal initiative could potentially link-in with regional efforts to address 'Healthy transition to adulthood' initiatives (i.e. sexual and reproductive health initiatives).

While the criteria is for projects with a national focus, they're also asking for projects that could provide a model for future national service delivery so this should not rule out Victorian-based initiatives. Should you require further information please email Maryanne at [Maryanne.Vincent@Health.gov.au](mailto:Maryanne.Vincent@Health.gov.au)

### Quote of the Week:

If you're trying to achieve, there will be roadblocks. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.

- *Michael Jordan*

## Six Degrees of Diabetes

Ballarat Eureka Diabetes support Group proudly presents Six Degrees of Diabetes, a play by award winning playwright Alan Hopgood AM. The play is a humorous performance about three middle aged men. The story picks up at a time when they need to make some hard decisions about their health. A panel of health professionals will take questions after the performance. Thursday 10<sup>th</sup> March, 7.15pm for a 7.45pm start at St Patrick's College, Old Collegians Pavilion, 1431 Sturt St, Ballarat. (enter via Wanliss Rd). Cost \$2 gold coin per head. RSVP 4<sup>th</sup> March to Diabetes Australia Vic on 1300 136 588.

## Learning 2 Lead

You are invited to the launch of the Young Koorie Connections – Learning 2 Lead Program to be held on Thursday 3<sup>rd</sup> March, 4.30 pm – 6.30pm at the BLX Conference Room, Ground Floor, 36 Camp Street, Ballarat. FREE BBQ will be provided. All participants who have or want to register and enroll will need to attend the launch. RSVP to Aaron Clark 0419 889 513 or email:

[koorieconnections@gmail.com](mailto:koorieconnections@gmail.com)

## Blokes Day Out

Blokes Day Out is happening again from Friday 25<sup>th</sup> March to Sunday 3<sup>rd</sup> April.

First launched in 2010 by Barwon Health, Blokes Day Out is a unique event in that celebrates what it is to be male. It's a fun, family friendly event for boys, men and older men of all ages and abilities.

Golden Plains Shire will be supporting Blokes Day Out by hosting a series of 'Come & Try' days at the Bannockburn Golf Club, Bannockburn Bowls Club and the Inverleigh Bowls Club.

Anyone can participate no matter of age, ability or experience. All participants will be taught by expert instructors and there will be a delicious BBQ lunch at all events.

For dates, locations and contact details visit [http://www.goldenplains.vic.gov.au/webdata/resources/files/Community\\_Connections\\_Update\\_Issue\\_1\\_2011.pdf](http://www.goldenplains.vic.gov.au/webdata/resources/files/Community_Connections_Update_Issue_1_2011.pdf)

## Interpreter and Translator Training Day

BRMC would like to invite all aged care service providers to a free Interpreter and Translator Day. The Cultural Diversity and Communication Awareness Programs create opportunities to providers of services in both the public and private sectors to enhance their cross-cultural communication skills and to assist them to operate successfully in a linguistically and culturally diverse environment. The objective of this program is to equip the participants with a range of strategies and skills, which will enhance their capacity to provide linguistically and culturally appropriate services. Wednesday 23<sup>rd</sup> March, 10.00am – 2.00pm at The Barkly Motor Lodge, 43-57 Main Rd, Ballarat. RESV 21<sup>st</sup> March to Kim Romeo on 5332 5941 or [cpp@brmc.org.au](mailto:cpp@brmc.org.au)

## Sanctuary – Stories from Ballarat Orphanage

'Sanctuary' is based on some of the stories from careleavers from the Ballarat Orphanage. Chris Dickins who is based in Ballarat and a renowned playwright wrote the piece through researching the area as well as workshopping the material. 18 months ago the play was performed at the Wendouree Centre for Performing Arts to general public and schools audiences. It received rave reviews and it has since been listed as a VCE theatre studies text. Another season of the play is coming to Ballarat. at the Wendouree Centre for Performing Arts on Friday March 11<sup>th</sup> at 11am and 7.30pm, March 12<sup>th</sup> 7.30pm and Sunday March 13<sup>th</sup> at 2pm. Bookings are through the venue. For more information visit

## Green Sages – Older People & Climate Change

Golden Plains shire & COTA Vic want to hear from older people about climate change.

- What environmental legacy do we want to leave future generations?
- What will be the biggest impact of climate change on us and our way of life?
- What is the most useful action we can take to cope with the effects of climate change?

Come and talk so we can listen!

Thursday 14<sup>th</sup> April, 12.00pm – 2.00pm at the Blue Room, Linton Recreation Reserve, Glenelg Hwy, Linton. For more information or to RSVP contact Di Ford on 9655 2139 or email

[consumers@cotavic.org.au](mailto:consumers@cotavic.org.au)

RSVP 11<sup>th</sup> April

## Closing the Gap Clearinghouse

Practical ways to overcome Indigenous disadvantage are the focus of three new resource sheets released by the Closing the Gap Clearinghouse. Experts in the fields of education and health were commissioned by the

Clearinghouse to write these resource sheets. One of the resource sheets, Anti-tobacco programs for Aboriginal and Torres Strait Islander people, by Dr Rowena Ivers, from the Graduate School of Medicine at the University of Wollongong, looks at the most effective ways to prevent smoking among Indigenous Australians.

[http://www.aihw.gov.au/closingthegap/documents/resource\\_sheets/ctgc-rs04.pdf](http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs04.pdf)

The other two resource sheets can be found at these addresses:

Teacher and school leader quality and sustainability -

[http://www.aihw.gov.au/closingthegap/documents/resource\\_sheets/ctgc-rs05.pdf](http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs05.pdf)

Closing the school completion gap for Indigenous students -

[http://www.aihw.gov.au/closingthegap/documents/resource\\_sheets/ctgc-rs06.pdf](http://www.aihw.gov.au/closingthegap/documents/resource_sheets/ctgc-rs06.pdf)

## Did you know???

The world's windiest place is Commonwealth Place Antarctica!

## Diversity & Social Cohesion Funding

A second funding round has been opened for the Diversity and Social Cohesion Program (formerly Living in harmony program). Funds of up to \$50 000 are available; the round closes on 31<sup>st</sup> March 2011.

<http://www.harmony.gov.au/dscp/dscp-grants/eligibility-apply.htm>

## Landshare Australia

The Landshare revolution has begun, it is our desire to open as much of this country as possible to food production, to have the average Australian be able to share the joys of growing and eating their own food, and help create some community spirit as they go.

There are already offers of land from around the country as word spreads.

Visit the site and register some brief details to create an account and then get involved by:

- Posting some spare land for others to use
- Posting that you are looking for land to grow food on, or
- Simply help out in the community forums by assisting other avid growers with their queries.

Visit [www.landshareaustralia.com.au](http://www.landshareaustralia.com.au)

## Brain Tumors - Twilight Education Session

Experts in this field will discuss the management of brain tumors. This will include both primary brain tumors and metastatic spread from primary locations. Primary management options will be discussed, including the role of chemotherapy and radiotherapy in this setting. End stage care including seizure management and cerebral agitation will be explored by the palliative care

team. Monday 7<sup>th</sup> March - 6.30pm to 8.30pm

Education Resource Centre, BBH, Ballarat Health Services, Drummond Street North, Ballarat.

To RSVP email [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au) or phone 5320 3553.

## Introducing Divisions of General Practice

General Practice Victoria is pleased to offer this introductory seminar for staff in the primary care sector who wish to build links with general practice by working through and with divisions. General practitioners play a vital role as a first point of contact to the health system and as a primary health care provider offering significant continuity of care. Divisions of general practice provide a convenient point of contact and co-ordination with GPs. This seminar will provide a general introduction to divisions and their relationship to general practice and will explore strategies for working collaboratively with divisions.

Wednesday, 23rd March, 10.00am to 1.00pm at General Practice Victoria, Level 4, 458 Swanston Street, Carlton.

### International Women's Day Events

Ballarat Business Women's International Women's Day Luncheon. Tuesday 8<sup>th</sup> March 2011  
More information:

[www.ballaratbusinesswomen.com.au](http://www.ballaratbusinesswomen.com.au)

A Celebration of Women's Strength, Courage and Diversity. Tuesday 8<sup>th</sup> March 2011. RSVP: WRISC: 5333 3666

The Zonta Club of Ballarat's International Women's Day Dinner, 2011. Tuesday 8<sup>th</sup> March 2011 More information: Hilary Pope: 0411 402 557 or [zontaballarat@yahoo.com.au](mailto:zontaballarat@yahoo.com.au)

Celebrating Women and their Heritage Tuesday 8<sup>th</sup> March 2011 More information: Cathy Thomas: 5335 6633

Hepburn Shire International Women's Day Women's Honour Roll Civic Function. Thursday 10<sup>th</sup> March 2011 RSVP: 5321 6423 or [lsheedy@hepburn.vic.gov.au](mailto:lsheedy@hepburn.vic.gov.au)

Celebrating International Women's Day. Tuesday 15<sup>th</sup> March 2011 Tickets: Georgina Vagg: 0408 109 471

WOW: The Wonder of Women, Celebrating International Women's Day in the Golden Plains Shire. Wednesday 16<sup>th</sup> March 2011 More information: Joan Coker, Haddon Community House: 5342 7050 or [coordinator@hchouse.org](mailto:coordinator@hchouse.org)

Harmony Fest Celebrations. Friday 18<sup>th</sup> March 2011 More information: Frances Salenga, City of Ballarat: 5320 5180

International Women's Day Ceremony. Tuesday 22<sup>nd</sup> March 2011 More info: Felicity Bolitho, Golden Plains Shire: 5220 7245 / 0427 835 706

Ballarat Business Women Breakfast Club. Thursday 24<sup>th</sup> March 2011 More information: Visionary Events: 5331 8036

### How to Get There Guide

The "How to get there guide Ballarat 2010" has been updated recently and is available at the following link -

[http://www.bchc.org.au/services\\_parth.php](http://www.bchc.org.au/services_parth.php)

### Did you know???

World firsts for Melbourne include a walk-through lion enclosure, blood transfusions, tramcar restaurants, McCafe and the ute...

### Women's Leadership Symposium

The Fifth Annual Women's Leadership Symposium will provide women at all stages of their career with an unparalleled opportunity to explore contemporary leadership and learn from some of Australia's best leaders and leadership experts.

The national program will feature over 60 of Australia's most inspirational leaders, trainers and academics as guest presenters – as well as critical skills development sessions, panel discussions and group activities all designed to help current and aspiring managers develop their leadership capability.

Melbourne will be the host city for the 2011 Victorian Symposium, and will attract dynamic women from across the state. The Melbourne Symposium will be held at Etihad Stadium on 23<sup>rd</sup> & 24<sup>th</sup> June.

To learn more visit

[www.wla.com.au/events/11/awls/Australian\\_Women's\\_Leadership\\_Symposium\\_2011.pdf](http://www.wla.com.au/events/11/awls/Australian_Women's_Leadership_Symposium_2011.pdf)

### Older Australians Work Bonus

New Legislation to commence on 1 July this year, will encourage older Australians to continue contributing their skills and knowledge by remaining in the workforce. Under Work Bonus new rules, age pensioners will be able to earn up to \$250 a fortnight without it being assessed as income under the income test and will also be able to build up any unused amount of their \$250 fortnightly bonus in an 'income bank' to a total of \$6,500. The 'income bank' can be used to exempt future earnings from the pension income test, so that a pensioner could earn up to \$6,500 a year extra without it affecting their pension.

### Women's Leadership Training

Our Community, Women's Leadership Institute Australia and Christine Nixon APM have joined forces to offer a half-day workshop designed for women in supervisory, management or leadership positions, and those who aspire to those roles.

The workshop will allow you an opportunity to:

- Share your experiences in leadership
- Learn how to implement change
- Learn ways to achieve goals, develop resilience and flourish.

Thursday 24<sup>th</sup> March & Wednesday 27<sup>th</sup> April at William Angliss Conference Centre, Building A, Level 5, 555 La Trobe Street, Melbourne.

Cost \$145 per person

For further information and registration form, please go to:

<http://www.ourcommunity.com.au/womenachieving>

### VHIA OH&S Training

VHIA Training is conducting a Five Day OHS course in 2011. This program is an approved WorkSafe Victoria course and is a practical program which has been customised to meet the needs of Health and Safety Representatives, OHS Committee Members, Managers and Supervisors in the health and community services sector. The course will enable participants to become familiar with OHS legislation and effectively perform their roles in improving health and safety in the workplace.

Five Day OHS Course for Managers, Supervisors & Health & Safety Representatives  
Commencing 5<sup>th</sup> May, 9.30am – 5.00pm at VHIA, 312 Kings Way, South Melbourne.  
Members: \$885.50; Non Members \$1140  
Bookings can be made by visiting [www.vhia.com.au](http://www.vhia.com.au)

### Arthritis Victoria Community Programs

Arthritis Victoria is pleased to announce the commencement of our 2011 Leader Training and Community Programs. We invite you to check out our calendars to find out about the range of programs we are offering in Victoria in 2011. Registrations are now open for all courses and activities. Click on services at [www.arthritisvic.org.au](http://www.arthritisvic.org.au) to find out more.

### 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

Thursday 24 <sup>th</sup>	<b>Reorient Express</b> – 9.45am – 5.00pm, Mecure Hotel & Convention Centre, 613 Main Rd, Ballarat. (309)
Thursday 24 <sup>th</sup>	<b>Film Premier &amp; Fashion Clearance</b> – 6.45pm, Regent Cinema, Lydiard St, Ballarat (310)
Friday 25 <sup>th</sup>	<b>Best Start Promoting Breastfeeding</b> – 10.00am – 1.00pm, Robert Clark Horticultural Centre, Ballarat Botanic Gardens, Gillies St, Wendouree. (309)

### March 2011

Sunday 6 <sup>th</sup>	<b>Ballarat Flood Appeal</b> - 2.00pm, Neil St Uniting Church (310)
Monday 7 <sup>th</sup>	<b>Volunteering Opportunity Information Night</b> – 7.00pm, Education Resource Centre, Ballarat Base Hospital, Drummond St, Ballarat (310)
Monday 7 <sup>th</sup>	<b>MS Australia Wellbeing Forum</b> - 9.30am – 3.00pm, Mecure Hotel and Convention Centre, 613 Main Rd Ballarat. (310)
Tuesday 8 <sup>th</sup>	<b>ASPREE Regional Clinic Trial</b> – 10.00am, Neighbourhood Cable Conference Centre, University Drive, Mt Helen. (309)
Thursday 10 <sup>th</sup>	<b>Moorabool Health &amp; Wellbeing Forum</b> - 12.00pm – 1.30pm, Public Hall, Supper Room, 213 Main St, Bacchus Marsh (310)
Tuesday 15 <sup>th</sup>	<b>BRMC International Women's Day Dinner</b> – 7.30pm, Inn of Khong Restaurant, Main Rd, Ballarat. (308)
Tuesday 15 <sup>th</sup>	<b>Focus on Eating Disorders</b> – 7.00pm – 8.30pm, Eastwood Leisure Complex, 20 Eastwood St, Ballarat. (309)
Thursday 17 <sup>th</sup>	<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.