

**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: Health Literacy Workshop

Health literacy 'represents the cognitive and social skills which determine the motivation and ability of individuals to gain access to, understand and use information in ways which promote and sustain good health' (World Health Organisation).

Lower health literacy is associated with poor access and utilisation of health services. **People with lower health literacy are about 1.5 – 3 times more likely to experience a poor health event** (De Walt DA et al 2004). The health system cannot meet all needs so: community education, empowerment and self-management capacity are critical. **Health education, prevention and disease management programs continue to fail to engage and improve outcomes for people who are disadvantaged.** Understanding health literacy can inform decision making and planning and reduce the burden due to chronic disease, improve quality of care and health outcomes. Health literacy is more than reading and writing. Health literacy is the foundation of effective health education and empowering people to self-manage. The Health Education Impact Questionnaire (heiQ) for the evaluation of health education programs excludes people with low social status. The evaluation of self management programs "screen out" many low literate people and therefore induce social inequalities. The Public Health Innovation Unit (PHIU), Deakin University <http://www.deakin.edu.au/strategic-research/population-health/intro-phiu.php> are developing a new Health Literacy Tool.

Does your organisation want to adopt the PHIU New Health Literacy Tool and be part of a research project which follows organisations through the process of adoption and implementation of the health literacy measure?

The more organisations that participate the more complete the regional health literacy data we will gain. Please note: Organisations need to send representatives from senior management to the practitioner level.

The Public Health Innovation Unit, Deakin University: Professor Richard Osborne, Professor of Public Health, Director PHIU; Jenni Livingston and Yvonne Ginifer Senior Research Fellows will conduct a workshop which will involve you in: determining what actions are currently being taken to improve health literacy in the Central Highlands Region and what more could be done; what health literacy tool would be most appropriate to use and how do we implement it?

When: Wednesday 4th May 2011, 10am - noon

Where: Ballarat Learning Exchange, Conference Room, 36 Camp Street, Ballarat
RSVP: and for more information contact Frances Riggs, CHPCP Primary Health Co-ordinator, Ph: 5338 4773 Email: icdm@chpcp.org

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
- Hebpurn Health Service
- Hebpurn 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

Community Open Evening

Ballarat & District Aboriginal Co-operative is holding an open evening, come and see what's on offer. Tuesday 8th March 5.00pm – 8.00pm at the corner of Market and Armstrong Sts. BBQ, salads, drinks and kids activities will be provided.

“Youth Healthy Living Guide” Design Competition

A call is going out to all youth aged 12-25 to design an image or series of images that could be used for a Youth Healthy Living Guide card, website, screensaver or phone app.

This year is “The International Year of the Forest” and it is our aim to decrease the number of cards printed and increase the use of technology to care for both young people and the environment.

Four designs will be selected to become a part of the Youth Healthy Living Project. Prizes to be won!

Artists will be invited to the launch of the guide in May 2011 and they will be famous! For inspiration visit <http://www.un.org/en/events/iyof2011/>

Images (prints, drawings, photos etc) to be submitted with your full name, contact phone number and email address by Friday 21st March.

Submit entries either electronically to fiusco.sofia.d@edumail.vic.gov.au

or by mail to Sofi Fiusco, Ballarat South Community Learning Precinct, P.O. Box 49, Sebastopol, 3356.

For additional information please call Sofi or Tulsa on 5329 3293.

Tastes of Africa.....at Café Musyka

Celebrates cultural diversity in Ballarat with Ballarat-based business “Share Africa” has teamed up with funky new “Café Musyka” to serve up sumptuous Sudanese dishes served with hand-made cous cous and Sudanese flat bread followed by a delicious dessert.

22 seats only - don't miss out on this special feast and dance performance.

Saturday 19th March from 7pm at Café Musyka, Skipton Street end of South Street (next door to Dees Recycled Clothing).

Bookings: Call Arkie on 0408 471 769 or stop into the café during business hours. Cost \$30pp

Australian Disease Management Association National Conference

7th Annual National Conference: Partnerships for Chronic Care - Patients, Services, Policy Thurs 25th and Fri 26th August 2011.

National Convention Centre, Canberra, ACT Please find the link to the conference call for abstracts below. Deadline for acceptance of abstract submissions is 25th April 2011

<http://www.adma.org.au/>

Grampians Mental Health Conference

The Grampians Mental Health Conference will bring together mental health service providers and other generic organisations, primary care and general practitioners to inform, promote and educate on mental health service trends.

This conference is open to:

- Non-government organisations Public health services
- Private health services Private practitioners
- Nurses Psychologists
- General Practitioners Counselors
- Allied Health Psychiatrists
- Educational Institutions Local/State Governments

- Commonwealth Government Carer and consumer consultants

Tuesday 22nd & Wednesday 23rd March 2011, at Mercure Hotel & Convention Centre, Main Rd, Ballarat.

For general enquiries:

Kelvin Wilson Phone: (03) 5336 7900 Email:

kelvin.wilson@centacareballarat.org.au

Julie Constable Phone: (03) 5327 7900 Email:

julie.constable@centacareballarat.org.au

Did you know???

Blueberry juice boosts memory.

Community Heritage Grants

The National Library is calling for applications for the 2011 Community Heritage Grants. Grants of up to \$15 000 are available to community groups around the country to help preserve and manage locally held, nationally significant cultural heritage collections for future generations.

Community organisations such as historical societies, museums, public libraries, archives, Indigenous and migrant community groups which provide public access to their cultural heritage collections are eligible to apply.

A wide range of projects may qualify for grants, including: significance assessments; preservation needs assessments; conservation and preservation activities and collection management training.

Applications close on 6th May 2011.

For further information, please visit

<http://www.nla.gov.au/chg>

or phone the CHG Coordinator on 02 6262 1147

or email chg@nla.gov.au

2011 Minister for Health Volunteer Awards

Call for nominations

The Volunteer Awards will be presented by the Minister for Health during National Volunteer Week 9th -15th May 2011.

Nominations close 6th April 2011

www.health.vic.gov.au/volunteerawards

Employment Opportunity Project Officer

Lead On Ballarat is currently seeking a highly motivated project coordinator for its Loop Programs. (10 hrs per week for 4 months, with some afterhours work)

- You will have Effective communication skills and ability to engage youth and key stakeholders
 - As part of a team you will also be able to work autonomously
 - Applicants will require a Drivers Licence and Working With Children Check
- Ability to work across multiple offices and locations in the Ballarat and Pyrenees Shires.

For a full position description and all enquiries please contact Vicki Coltman at ballarat@leadon.com.au

Ballarat Aboriginal Co-Op & Authentic

Community Training

Presents a great opportunity not to be missed for Ballarat & Budja Budja men!

Empowering Indigenous Men 3 day Workshop

- Empower yourself, have fun and find greater direction in your life
- Increase your self esteem & motivation
- Improve relationships with Family, Children and Community
- Gain confident communication and social skills
- Tap into your personal strength and power
- Includes follow up skills training sessions

Venue: Camp Jungai Fri 18th – Sun 20th March,
For further details and to register call Brendan Edwards – Halls Gap/Budja 0409391479 /

53564751 or Greg Clark-- Ballarat 0459228126 /

53315344.

Women Achieving and Flourishing with Christine Nixon

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 and talk about ways of leading
- learn how to implement change
- learn ways to achieve goals, develop resilience and flourish.

Two Sessions 24th or 27th April 9.30am - 1pm at

The Mentor Bank Indigenous Leadership Network

The Indigenous Leadership Network in partnership with Aboriginal Affairs Victoria are working on establishing a mentor bank. The mentor bank is being developed in accordance with the recommendations made by Victorian Aboriginal Economic Group in the report Moonda Wurrin Gree Pathways to a Better Economic Future. The mentor bank will grow the pool of trained and culturally competent mentors and leaders available to support Aboriginal people to reach their aspirations.

The mentor bank seeks to engage people from a wide range of backgrounds and who are able to guide and support Aboriginal people in areas such as, but not limited to, businesses, workforce participation and transition from schooling to further education, training or employment.

The Australian Indigenous Leadership Centre will be delivering the two-day Diversity Mentoring Program at the Koorie Heritage Trust, 295 King Street, Melbourne, for 50 Aboriginal and non Aboriginal people who would like to formally develop their mentoring skills and support Aboriginal people. Two training sessions will be delivered between Wednesday 18th May and Thursday 19th May 2011 and between Friday 20th May and Saturday 21st May 2011. Follow up workshops will be held in November 2011.

Aboriginal Affairs Victoria will also cover travel and accommodation costs for those attending the training from regional Victoria.

Expression of interest close Friday 15th April.

Contact Ginette Anile at Aboriginal Affairs Victoria, GPO Box 2392 Melbourne, Victoria 3001, or email ginette.anile@dpcd.vic.gov.au for more information.

Leadership and Management for Health Professionals– Sharing the Experience

Friday 27th May 2011, NSW Parliament House, 6 Macquarie St, Sydney.

To register or to read the Leadership program by downloading it online visit:

http://www.changechampions.com.au/seminar/leadership-and-management-for-health-professionals--sharing-the-experience_112

The seminar aims to provide a forum:

- For tomorrow's rising stars to learn from healthcare leaders and managers who have already trodden the executive path
- For inspirational leaders and managers in health care to share "pearls of wisdom" from their experience working as health care executives and managers.

Salt and Men's Health

Did you know that the most common cause of

death among males aged 25-64 years is coronary

heart disease? In a rapidly changing society where processed and often salty fast food is cheap and readily accessible and is served in canteens, worksite restaurants and schools there is an urgent need to raise awareness of the dangers of a

high-salt diet in young men and provide knowledge

about healthier food choices.

World Health Awareness Week 2011 aims to make men more aware of the risks of a high salt diet and to make them more responsible for their own health.

Visit

www.worldactiononsalt.com/awareness/intro.htm

for more information.

Lead, Learn, Inspire, Achieve

Practical and affordable training for Staff, Volunteers and Board Members of Community Groups, has recently been released and is available from

www.ourcommunity.com.au/scheduledtraining

CHPCP Contact Details...

Location & Postal Address

15 Violet Grove, Wendouree 3355.

Ph: 03 5338 4770 Fax: 03 5339 8419

Web: www.chpcp.org

Executive Officer – Helen Wade

Ph: 5338 4770 email: helenw@chpcp.org

Service Coordination Industry Advisor – John Dixon

Ph: 5338 4772 email: johnd@chpcp.org

Primary Health Coordinator – Frances Riggs

Ph: 5338 4773 email: icdm@chpcp.org

Health Promotion Coordinator – Anita Collett

Ph: 5338 4775 email: healthpromotion@chpcp.org

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.

March 2011

Thursday 10 th	Moorabool Health & Wellbeing Forum - 12.00pm – 1.30pm, Public Hall, Supper Room, 213 Main St, Bacchus Marsh (310)
Thursday 10 th	Six Degrees of Diabetes – 7.15pm, St Patrick's College, Old Collegians Pavilion, 1431 Sturt St, Ballarat (311)
Friday 11 th	Sanctuary – Stories from Ballarat Orphanage – 11.00am & 7.30pm, Wendouree Centre for Performing Arts, Howit St, Wendouree (211)
Tuesday 15 th	BRMC International Women's Day Dinner – 7.30pm, Inn of Khong Restaurant, Main Rd, Ballarat. (308)
Tuesday 15 th	Focus on Eating Disorders – 7.00pm – 8.30pm, Eastwood Leisure Complex, 20 Eastwood St, Ballarat. (309)
Thursday 17 th	Early Years Forum – 9.30am, Greenside Function Room, Ballarat Golf Club, 1800 Sturt St, Ballarat. (308)
Saturday 19 th & Saturday 26 th	Bringing Baby Home – 1.30pm – 5.00pm, The Well, Smythesdale Business, Health & Community Hub. (312)
Sunday 20 th	Diamonds in the Dust – 10.30am – 4.00pm, Ercildoune Homestead. (310)
Wednesday 23 rd	Interpreter and Translator Training Day – 10.00am – 2.00pm, Barkly Motor Lodge, 43/57 Main Rd, Ballarat (311)
Wednesday 23 rd	Japanese Anime Family Film Night – 6.30pm, Regent Cinemas, Lydiard St Nth, Ballarat (310)
Tuesday 29 th	Victorian eHealth Network Forum – 10.30am, Conference Room, Ballarat Technology Park, University Drive, Mt Helen. (311)

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.