

**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:

### Release of Grampians Region Consumer Cancer Journey Study

A collaborative study, one of the largest of its kind in Victoria, researching consumer engagement in cancer treatment services, was initiated by Grampians Integrated Cancer Service (GICS) and conducted in collaboration with University of Ballarat and Central Highlands Primary Care Partnership.

The study conducted over a 12 month period set out to document the experiences of people affected by cancer, including patients, carers, family members, friends and volunteers. The study involved a series of community meetings with over 250 participants and involved some 50 in depth interviews throughout the Grampians region.

The study focused on what is working well and where there are gaps and there was a clear message that the community highly valued and appreciated the support given by health care workers, practitioners and doctors while recognising some service limitations and difficulties throughout the region and will inform future service planning and professional development.

The work has also incorporated looking at the ways that Support Groups can be assisted and in providing training for consumers as "advocates" as part of the process for further engagement of consumers in the Grampians region system development and supporting consumer involvement in the Ballarat Regional Integrated Cancer Centre.

The project was overseen by a Consumer Engagement Task Group comprised of consumers (regional and rural), GICS Executive members, and staff and palliative care to use the study to develop a Consumer Participation Plan for the GICS Executive which has recently been adopted and will be actioned over coming months.

The Executive Summary of the report is now available on the GICS website at [www.gics.com.au](http://www.gics.com.au) with the full report to be uploaded in coming weeks.

I would encourage you to look at the report to further understand the views and experiences of consumers in their cancer journey.

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.
- Blueearth
- Centacare
- Central Highlands General Practice Network
- Central Highlands Sports Assembly
- 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
- 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)
- St John of God Health Care
- UnitingCare Ballarat
- United Way Ballarat
- University of Ballarat
- Vision Australia
- Women's Health Grampians
- YMCA Ballarat

### Student Resilience in 2011 – What Works?

Millennial Parenting: What every parent needs to know

- Alcohol
- Online safety
- Sleep
- Other key issues

Keynote speaker Dr Michael Carr-Gregg. Michael is one of Australia's highest profile psychologists. He works in private practice in Melbourne and is a columnist for Girlfriend Magazine and Australian doctor.

Don't miss an exciting opportunity to hear this renowned professional.

Tuesday 5<sup>th</sup> April at Damascus College, 1412 Geelong Rd, Mt Clear.

4.00pm session for teachers, mental health workers and youth professionals, cost \$10.00pp.

7.00pm session for parents, students and members of the community, this is a free session.

For more information and booking details contact Leslee Jackson on 5331 6303 or email

[lesleej@bddgp.org.au](mailto:lesleej@bddgp.org.au)

### Highlands LLEN - Partnership Brokerage Funding Opportunities

The Highlands Local Learning and Employment Network Inc (HLEN) works to improve education, training and employment options for young people aged 10-19 years of age. We have a particular focus on assisting those at risk of making poor transitions from compulsory schooling to the next stage of their lives and careers.

We are committed to assisting our community to manage change and create sustainable partnerships that lead to improved outcomes for young people within our community. The HLEN acknowledges that in order to fulfill the obligation of the Partnership Broker program, we will be required to extend our networks, partnerships and activities to include primary schools, parents and families and a broader cross section of the community.

The Highlands LLEN is proud to announce partnership brokerage funding (up to maximum of \$5,000) is now officially open for 2011.

Applications close Friday 6th May, 2011.

For application guidelines and an application form please email [panderson@highlandslen.org](mailto:panderson@highlandslen.org)

### Research Matters

The March 2011 edition includes articles on:

- Long run patterns of house prices in Melbourne,
- The 2011 Census,
- Growth and change of metropolitan Melbourne's shopping centres 1983 - 2009, &
- Revisiting the 'Spike and the Shift' concept.

To view Research Matters, please follow this link [Research Matters #57 - March 2011](#)

### Get Active with Arthritis Workshop

This workshop will teach you about the many health benefits of exercise when living with a chronic musculoskeletal condition. We all know that exercise is important but getting started can be tough, especially when you have arthritis. This workshop will provide you with practical strategies to help you take the first steps to getting active.

Tuesday 5<sup>th</sup> April, 4pm – 6.30pm (Registration from 3.30pm). Ballarat Community Health, 10 Learmonth Road Wendouree.

Cost: \$10. RSVP: Friday 1<sup>st</sup> April 2011.

To enrol or for further information contact Arthritis Victoria on 8531 8000 or email

[programs@arthritisvic.org.au](mailto:programs@arthritisvic.org.au)

### Warm Water & Chair-based Exercise Leader Training

This course enables participants to develop their skills and knowledge to run safe and effective warm water and/or chair-based exercise classes for people with chronic musculoskeletal conditions. Participants may enrol in either one or both components of the course. The course is suitable for people with little formal exercise or health training who are working under the guidance and support of a qualified health or exercise professional or peer leader.

Tuesday 3<sup>rd</sup> May – Thursday 5<sup>th</sup> May (Initial training). Wednesday 15<sup>th</sup> June (Follow-up workshop). 9:30am-4:00pm at Central Wendouree Bowling Club, 1332 Gregory Street, Lake Wendouree.

For further information contact Jennifer Bates on 8531 8000 or email [programs@arthritisvic.org.au](mailto:programs@arthritisvic.org.au)

### 2012 Australian Public Service Indigenous Graduate Program

Looking for a great way to transition your studies into a career? The Australian Public Service has a range of positions available for Aboriginal and/or Torres Strait Islander people who have or will have completed an undergraduate degree by February 2012. The APS is made up of over 100 agencies. They work at the national level of government and are separate from state, territory and local government organisations. They have a wide range of responsibilities in a number of fields including community affairs, environmental protection and employment policy. Their workplaces are characterized by professionalism, diversity, learning opportunities and family-friendly cultures.

### Medical Companion Project

Travellers Aid Australia in partnership and funded by the Transport Connections Program is running a new pilot project to help regional and rural Victorian travellers get to their medical appointments in Melbourne safely and confidently. Commencing on 8<sup>th</sup> March 2011, the service will bring a dedicated team of Melbourne volunteers together with rural and regional Victorians in need, who are travelling to Melbourne for medical appointments. Medical Companion will meet travellers at Southern Cross Station or Flinders Street Station and then accompany them to and from their appointment in central Melbourne. Metropolitan people can also take advantage of this service.

The service will run from 8<sup>th</sup> March 2011 and is free. People wishing to use the service from this date can call 1300 700 399. Bookings are essential and 24 hours notice is required.

For further information or to volunteer with the Medical Companions Project, call Fran Henry, MCP Coordinator on (03) 9654 2600 or email [fran@travellersaid.org.au](mailto:fran@travellersaid.org.au) to discuss.

### Beaufort Loop

Beaufort Loop meetings will recommence as part of Youth Week Celebrations on Tuesday 5<sup>th</sup> April. With a new location, new time, new equipment and new Project Officer, Beaufort Loop promises to be bigger and better than ever before. All Pyrenees youth are invited to contribute and have a youth voice for their region. Beaufort Loop is produced wholly by young people for your community. It is a fantastic opportunity for you to have your work published, for you to build up a portfolio, and it may open doors to employment opportunities.

You can get involved in Beaufort Loop in a number of ways:

- Join our editorial team responsible for compiling and editing the articles for the monthly Loop page. Our Beaufort Loop editorial team will have access to a brand new Apple Laptop, Flip and Canon printer, which they can take home to create the Loop pages; or
- On a regular basis contribute an article, movie review or news update on the activities of your local youth group; or
- Become the Loop photographer or cartoonist or poet.

Tuesday nights, commencing April 5<sup>th</sup>, 4.00pm - 6.00 pm at Beaufort Resource Centre. After School food will be provided.

Contact: Lead On Ballarat for more information: [ballarat@leadon.com.au](mailto:ballarat@leadon.com.au)

### Mychild Website

A useful site which has fact sheets on Child Care benefit information. It has a search facility for childcare and a families & carers page with links to Playgroup Australia/Victoria, Play connect—autism program, programs for Indigenous families and Health and Wellbeing pages.

[www.mychild.vic.gov.au](http://www.mychild.vic.gov.au)

### Did you know??

Skiing is the only word with double i.

### Girls & Women with Asperger's Syndrome

Melbourne - Saturday 18<sup>th</sup> June

Presented by Professor Tony Attwood, Dr Michelle Garnett, Dr Louise Ford & Danuta

Bulhak-Paterson

This 1 day presentation will focus on and celebrate the unique presentation of girls and women on the autism spectrum. The seminar is designed to increase awareness and knowledge of the female presentation of Asperger's syndrome and share strategies and ideas found to be useful in clinical practice. Whilst paying careful attention to the many strengths that women on the autism spectrum share, the presenters will also explore the challenges that many of these women are faced with. The presenters will explore the difficulties associated with accurately diagnosing a female with an autism spectrum disorder. They will also discuss key areas of difficulty commonly reported by females with an ASD including

self-understanding, adolescent issues,

relationships, and expressing and managing emotions. The presenters will provide ideas and strategies that can maximise the possibility of successful outcome for girls and women on the autism spectrum.

Register online at [www.mindsandhearts.net](http://www.mindsandhearts.net)

### Personal Care Attendants and Palliative Care – Study Day

The Grampians Regional Palliative Care Team Present a Study Day, Personal Care Attendants and Palliative Care.

Topics will include:

• End of life care

### 3rd Rural & Remote Mental Health Symposium

#### Impacts & Outcomes

The Australian & New Zealand Mental Health Association would like you to join us in discussing and examining the impacts & outcomes of social, financial and environmental issues on Mental Health Clients and their Service Providers in Rural & Remote communities in Australia.

This symposium will explore ways to develop skills related specifically to the mental health needs of our rural and remote communities, and ways to effectively prepare mental and other health professionals to meet future challenges.

14<sup>th</sup> – 16<sup>th</sup> November 2011 at the Mecure Hotel and Convention Centre, Ballarat.

Registrations are now open

<http://anzmh.asn.au/RRMH11/registration.html>

Voice your thoughts on current issues and submit an Abstract to present at the Symposium. Abstract submissions close 27<sup>th</sup> June 2011. Submit your Abstract via

[http://www.anzmf.asn.au/RRMH11/call\\_papers.html](http://www.anzmf.asn.au/RRMH11/call_papers.html)

#### Did you know???

There are 31,557,600 seconds in a year

#### Green Gym Program

The Green Gym Program is funded by Parks Victoria and is managed by Conservation Volunteers Australia.

The program is focused at people who would benefit from increased physical activity and social interaction. Participants engage in a variety of conservation activities suited to a range of fitness levels.

Green Gym is a ½ day a week on either a Monday or a Friday over 10 weeks, and is ideal for young people aged 17 to 24 who are registered with Centre Link as a job seeker. The program delivers a Cert II in Conservation and Land Management.

For more information, please contact Gail on 5330 2600 or

[gweston@conservationvolunteers.com.au](mailto:gweston@conservationvolunteers.com.au)

#### Grant Funding – Adult Learners Week

Adult Learner's Week is in the First Week of September and the Federal Government have a grant pool of \$250,000 for Adult Learner's Week national projects. "How can our organisation get some of this money?" you ask yourself. Visit [www.deewr.gov.au/alw](http://www.deewr.gov.au/alw) and read the guidelines to see if your idea could gain some of their funding. Applications close on 8<sup>th</sup> April at 5pm AEST.

### Improving Cancer Services in the Grampians Region

If you are somebody who has been affected by cancer; a patient, partner, carer, family member or close friend - we are seeking your help on planning for improved cancer services in the Grampians Region.

Please let us have your views by completing a short web based questionnaire

<https://www.surveymonkey.com/s/GICSCancerServiceImprovement-ConsumerSurvey>

Improving cancer services in the region is a high priority for Grampians Integrated Cancer Service (GICS) and we rely on information provided by people who have experienced cancer.

#### Legal Information Sessions

Central Highlands Community Legal Centre & Ballarat Family Relationship Centre present Family Dispute Resolution, Parenting Plans & the Family Law Act.

34 Peel Street North, Ballarat on Wednesdays alternating between:

Morning Sessions: 9:30am to 10:45am

Evening Sessions: 6:30am to 7:45pm

Bookings are essential please call 1300 303 988 & ask to speak to a Duty Worker.

#### National Youth Week 1<sup>st</sup> – 10<sup>th</sup> April 2011

National Youth Week (NYW) is an opportunity for communities to celebrate and recognise the value of all young Australians. It provides an opportunity for young people to express their ideas and opinions, creativity and the important place they hold in our community.

NYW is the largest celebration of young people in Australia, with thousands of people aged 12-25 years all across Australia sharing ideas, attending live events and showcasing their talents. This year's theme is "Own It!"

To celebrate NYW 2011 Council and City of Ballarat Youth Services BYou will present a series of events for young people run by young people, the highlight of which will be a Block Party on the evening of Friday 8<sup>th</sup> April. The Block Party will feature live bands and an evening market.

The Block Party will be held at the Civic Skate Park from 4 - 7pm and entry is free.

For further information on NYW 2011 activities in Ballarat log on to

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

For further information on NYW 2011 visit

[www.youthweek.com](http://www.youthweek.com)

#### Quote of the week...

Our attitude toward life determines life's attitude towards us.

- Earl Nightingale

## Through the Eyes of a Child A Forum on Children and Homelessness

Save the Date: Wednesday 11th May 2011

Jasper Hotel, Elizabeth Street, Melbourne

Council to Homeless Persons, in partnership with Housing Sector Development, Department of Human Services and the Statewide Children's Resource Program Network is presenting a one day training and professional development forum for those who work with children and their families who are experiencing homelessness. For the purposes of the forum, children are defined as 0 - 12 years of age and accompanying a parent or caregiver in the homelessness service system. The program includes a keynote address by Alastair Nicholson, AO, former Chief Justice of the Family Court of Australia, as well as practice workshops on a range of topics designed to enhance knowledge and skills for workers in the homelessness, family violence and mainstream service sectors.

More information will be provided soon, including program and registration information or contact North West Regional Children's Resource Program on 9359-5493.

## 2011 Minister for Health Volunteer Awards

Call for nominations is now open.

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

Nominations close 6<sup>th</sup> April 2011

[www.health.vic.gov.au/volunteerawards](http://www.health.vic.gov.au/volunteerawards)

## CHPCP Contact Details...

Location & Postal Address

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

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## 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.

## April 2011

Monday 4 <sup>th</sup>	<b>Twilight Education Session – Breast Cancer</b> – 6.30pm – 8.30pm, Education Resource Centre Ballarat Health Services, Drummond St, Ballarat (315)
Monday 4 <sup>th</sup>	<b>Chronic Disease Leadership Group Meeting</b> – 9.10am – 10.30am, Queen Elizabeth Centre, ACAS Medical Administration Room 1, Ascot St Ballarat
Tuesday 5 <sup>th</sup>	<b>Student Resilience in 2011 – What Works?</b> – 4.00pm, Damascus College, 1412 Geelong Rd, Mt Clear (316)
Tuesday 5 <sup>th</sup>	<b>Get Active with Arthritis Workshop</b> – 4.00pm – 6.30pm, Ballarat Community Health, 10 Learmonth Rd, Wendouree (314)
Tuesday 5 <sup>th</sup>	<b>CHPCP Integrated Health Promotion Network Meeting</b> – 9.30am – 11.30am, CHPCP Meeting Room, 15 Violet Grove Wendouree
Thursday 7 <sup>th</sup>	<b>Administrative Professionals Breakfast</b> – 7.00am – 8.30am, Ballarat Golf Club, 1800 Sturt St, Ballarat (315)
Wednesday 6 <sup>th</sup>	<b>Chronic Disease Practitioners Group</b> – 1.30pm – 3.30pm, Child & Adolescent Mental Health Services, 111 Ascot St Sth, Ballarat
Wednesday 13 <sup>th</sup>	<b>CHADA Meeting</b> - 9.30am – 11.30am, BHS, Queen Elizabeth Centre, Seminar Room 2, Ascot St Ballarat
Wednesday 20 <sup>th</sup>	<b>Personal Care Attendants &amp; Palliative Care - Study Day</b> – 10.00am – 3.00pm, Education Centre, Stawell Regional Health, Sloan St, Stawell (316)

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.