

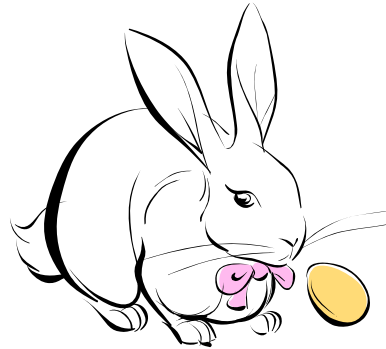
**Welcome to the
Central Highlands
Primary Care
Partnership
Newsletter.**

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:



Please note:

The CHPCP Office will close at 5pm on Thursday 21st April and will re open on Thursday 28th April.

There will not be a CHPCP newsletter for the week 25th – 29th April 2011.

We wish you all a safe and happy Easter!

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
- 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

The City of Ballarat's Intercultural Advisory

Committee in collaboration with Diverse People Solutions are working with the community to initiate a women's program that will develop and celebrate leadership capacity of women by focusing on three areas: (1) promote equal representation, (2) improve access to resources and opportunities (3) eliminate gender disparity and empower women. This program seeks to work with the community within the Ballarat targeted region to initiate a series of projects that will develop and celebrate the leadership capacity of 12 women. There will be four teams formed with three women assigned to a team. Each team will build their project around women within the community. This funded workshop is intended for those who have no or very little knowledge in Project Management and/or community projects.

Who are encouraged to apply?

- Open to any female 15 years of age and above, living within the Ballarat Western Region
 - An Australian citizen or permanent resident
 - Nominees willing to complete all workshops to include presenting their project on Day 5 in person and completing all required assignments, meetings linked to their community project
 - Nominees have to be willing to work within a team
- Application criteria and forms are available from FrancesSalenga@ballarat.vic.gov.au
Applications close 4.00pm Tuesday 10th May 2011.

Building Disability Inclusive Organisations

This May the Office for Disability is offering a number of free, one day regional workshops in regional Victoria aimed at increasing the capacity of local organisations and communities to address the barriers to access and participation of people with disabilities.

If you want to know more about inclusion and want to be a more inclusive organisation or business then come to this workshop.

- Explore the important steps and stages to developing inclusive actions and plans within your workplace and community
 - Explore and build partnerships and networks for increased outcomes in your organisation and community
 - Discover what inclusion projects are underway in your region that you can utilise and benefit from.
- Thursday 26th May, 9.30am – 4.00pm in Ballarat.
For more information including venue and registration details visit
<http://ballarat.eventbrite.com>
password: ballarat

Quote of the week

To every disadvantage there is a corresponding advantage.

-- W. Clement Stone

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. Although there is no organization that will automatically take over your caring role, 'Thinking about the Future' highlights a range of legal, financial and care services that will help you create a plan tailored to the future needs of the person you care for.

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

After the program, Respite and Support Services staff will offer Carers support to create a document that records their current details and wishes. They'll also help you pursue any other goals and plans you require.

'Thinking about the Future' is available to Carers who are approaching or over the age of 60 (or 45+ 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.

Phone Ruth-Cheryl on 5333 7104 or Freecall 1800 059 059 now to register for our upcoming programs.

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

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. The March edition of Parity, "Children and Homelessness" will be launched at the forum. Registration information...

The registration fee is \$50 AUD (GST included). To register, please visit the following link:

<http://childrenandhomelessness.eventbrite.com/>

Contact Anne Cabrie at the Council to Homeless Persons with any questions anne@chp.org.au or (03) 9419 8699.

Employment Opportunity Partnership Development Coordinator

Full Time contract until June 30, 2012
Salary Range up to \$60,000 per annum, generous salary packaging available through the employing agency.

The Grampians Pyrenees Primary Care Partnership is seeking to recruit an enthusiastic person who is capable of coordinating partnership initiatives, can work collaboratively and is passionate about rural health.

The Partnership Development Coordinator will focus on the Integrated Management of Chronic Disease (including Early Intervention in Chronic Disease) and Coordinating Services across the three local government areas of Pyrenees Shire, Ararat Rural City and Northern Grampians Shire. Ideally suited to someone with tertiary qualifications in allied health, nursing, health promotion, public health, community, welfare or disability services; this is an exciting opportunity to be part of a small dynamic and high functioning team based in Ararat.

Reporting to the Executive Officer, the Partnership Development Coordinator will work closely with the current Health Promotion Coordinator in continuing to foster partnerships which work to redress health inequities.

The position requires travel throughout the catchment area. A car is provided for work related travel.

All applications should address the Key Selection Criteria, cite two current referees and be received by 5.00pm on May 4th 2011

A position description can be obtained by contacting Chantal Thomas, Executive Officer ph. 0407 548 553 or email

chantal.t@grampianscommunityhealth.org.au

Mentors Needed

Mount Clear College is Seeking Mentors to assist their International Students. They need just an hour of your time per week for the School Term 3. If you are interested to make a difference please ring the Student Wellbeing Coordinator of Mt Clear College, Fiona Wooller on 5330 1500.

4th Annual Preventive Health Summit

The latest in population health education and intervention strategies tackling harmful activities that lead to chronic conditions in Australia.

Thursday 26th and Friday 27th May in Sydney. Speakers include Jayne Stinton the reduce2two Coordinator from Ballarat & District Division of General Practice.

For more information visit

www.iir.com.au/preventhealth

Biggest Palliative Care Breakfast

Would you like to join us in celebrating National Palliative Care Week 2011?

Do you have any unanswered questions about palliative care?

Would you like to learn more about your local palliative care service?

A complimentary breakfast will be provided at Bacchus Marsh, Horsham, Ararat & Ballarat on Wednesday 25th May from 7.30 am to 9.00 am. Sites will be video-linked.

Bring your questions and/or conversation topics along to the Biggest Palliative Care Breakfast. Bookings may be made by contacting one of the following

Carita Potts, Ballarat Hospice Care
admin@ballarathospice.com or 5333 1118

Grampians Regional Palliative Care Team
bernadette@bhs.org.au or 5320 3553

The Ballarat breakfast will be held at The Boardroom, 1st Floor, Queen Elizabeth Centre, 102 Ascot Street Sth, Ballarat

RSVP: 18.05.11 Please note admission is free - bookings are essential.

Santa Maria Film Night

Thursday 12th May 2011 at Regent Multiplex, Lydiard St, Ballarat.

To raise money for Damascus College's Sister School in Santa Maria (Ainaro, East Timor) The feature movie is Water for Elephants starring Reese Witherspoon, Robert Pattinson and Christopher Waltz

\$15.50 per ticket. Tickets must be purchased in advance. All proceeds go straight to Santa Maria
Contacts: Jemma Mathers on 0400 078 363

jemmamathers@hotmail.com

or Tony Haintz t.haintz@damascus.vic.edu.au

Travellers Aid

Travellers Aid in Melbourne is coordinating a new pilot project to assist people to attend medical or hospital appointments, particularly older people or those with disabilities.

They are providing a group of volunteers who will meet regional or metropolitan travellers at either Flinders Street or Southern Cross Station platforms or bus terminals and accompany them to attend medical appointments at any of the inner Melbourne hospitals or specialist medical clinics. Bookings are essential and volunteers will be trained in sighted guide.

This service is up and running now.

For more information, or to make a booking, the number is 1300 700 399.

For more information on Travellers Aid, please visit www.travellersaid.org.au

Sound of Music Fundraiser

Ballarat District Nursing & Healthcare would invite you to join us at the Opening Night of "Sound Of Music". This well loved musical will take place at Her Majesty's Theatre and we are very fortunate to have obtained a Charity Night for Wednesday, 18th May, which is the opening night of this production.

All seats booked for that performance will return \$5.00 to our fundraising campaign.

Help us to raise some additional funds towards our building renovations and at the same time enjoy another marvellous production by BLOC Music theatre who are renowned for the excellence of their productions, and the amazing talent of their performers.

Tickets are available directly from Her Majestys Theatre, 5333 5888 so book early for opening night and help a good cause.

Did you know???

The word 'uncopyrightable' is the is the only 15 letter word that can be spelled without repeating any letter.

Heart Foundation Walking Area Coordinator Training

Are you a professional interested in administering walking groups in your area?

Or would you like some additional support to make your existing groups more sustainable and less time intensive? We can help you to set up and maintain walking groups in your local community.

Heart Foundation Walking is Australia s largest network of free community based walking groups and is looking to partner with local governments, health services and workplaces to expand this network.

Monday 6th June 2011, 10.00am - 2.00pm, Light Lunch provided, at Heart Foundation Level 12, 500 Collins Street, Melbourne
 RSVP: Wednesday 1st June 2011 to Tara Henderson, Walking Project Officer, Heart Foundation on 9321 1515 or email tara.henderson@heartfoundation.org.au

Fashion Parade Fundraiser

Fundraiser with Style!

Saturday 14th May, 7.30pm start at Webbcona Bowling Club Hall, Grevillea Road, Wendouree.
 \$5 per person, supper provided and drinks available at bar.

For more information or to book please call 5339 5069.

Supporting Wendouree West Community House & Learning Centre.

Family Relationships Services Program Separation Recovery (Women's Group) –

4 sessions

Tuesdays 10th 17th 24th & 31st May, 7.00 – 9.00pm

This is a program for people whose relationship has ended. Support is given through understanding the process of separation, and by focusing on the recovery journey.

Cost: \$30.00 per person

Venue: FRC. 34 Peel Street North.

Learning to Bloom – 4 sessions

Thursdays 5th 12th 19th & 26th May, 1.00 – 3.00pm

This is a group for women who wish to gain more confidence in daily life. It is an opportunity to understand the past and to explore moving into the future.

Cost: \$30.00 per person

Venue: FRC. 34 Peel Street North.

Little Kids with Attitude – 2 sessions

Fridays 6th & 13th May, 7.00 – 9.00pm

We have all heard the phrase "the terrible two's". Why are toddlers so challenging? Why do they go from laughter to tantrums in a split second? And, Importantly how can we keep our cool and enjoy this stage? This program is for parents of 1 – 3 year olds.

Cost: \$20.00 per person

Venue: FRC. 34 Peel Street North.

Tuning In to Kids TM – 6 sessions.

Wednesdays 11th 18th 25th May & 1st 8th & 15th June, 7.00 – 9.00pm

Tuning In to Kids is a parenting program that helps parents to help their children understand and regulate their emotions. Suitable for parents of 3-12 year olds.

Cost: \$30.00 per person

Venue: Our Lady Help of Christians School, Gillies Street, Wendouree.

Tweens – 2 sessions

Fridays 20th & 27th May, 9.30 – 11.30am

Children aged 6 – 11 years have their own special needs. This program explores the modern challenges of health, hormones, hysterics, and encouraging kids to be their age.

Cost: \$20.00 per person

Venue: FRC. 34 Peel Street North.

For all bookings & inquiries call Sue at Centacare on 5327 7960.

Concession available however childcare is NOT provided.

Regional Achievement and Community Awards

The launch of the 2011 Regional Achievement and Community Awards will be held on Wednesday 4th May at the Town Hall, Sturt Street in Ballarat. Cr Craig Fletcher, Mayor, City of Ballarat will be officially launching the call for nominations.

All business and community minded people are invited to attend, to hear about the categories open for nominations and the great prizes on offer. The categories open for nomination are:

- Beaurepaires Road Safety Award
- Regional Development Victoria Business Achievement Award
- Parks Victoria Environment and Sustainability Award
- BlueScope Distribution Leadership and Innovation Award
- Medibank Healthy Participation Award
- Regional Development Victoria Trade and Career Award
- Parks Victoria Regional Achiever Award
- Fonterra Dairy Leadership Award
- Prime Super Community Group of the Year Award
- Department of Sustainability and Environment Water

Nomination forms and posters will be available to take away with you

Please RSVP for catering purposes to 9720 2277 or email vic@awardsaustralia.com

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.

May 2011

Monday 2nd	Respecting Patient Choices Program - 5.00pm, Lecture Theatre, Education Resource Centre, Ballarat Base Hospital, Drummond St Ballarat (318)
Tuesday 3rd	Integrated Health Promotion Network – 9.30am – 11.30am, CHPCP Office, 15 Violet Grove, Wendouree
Thursday 5th	Residential Care – Time to Decide? - 9.00am – 3.00pm, Sunways, 418 Wendouree Parade (318)
Friday 6th	Chronic Disease Practitioners Group – 1.30pm – 3.30pm Child & Adolescent Mental Health, 111 Ascot St Sth, Ballarat
Wednesday 11th	CHADA – 9.30am – 11.30am, BHS, Queen Elizabeth Centre, Seminar Room 2, Ascot St Sth, Ballarat
Wednesday 11th	Chronic Disease Practitioners Group – 1.30 – 3.30pm, Child & Adolescent Mental Health, 111 Ascot St Sth, Ballarat.
Thursday 12th	IHP Sexual & Reproductive Health Meeting – 3.00pm – 4.00pm, ERC, Ballarat Base Hospital, Drummond St, Ballarat.
Saturday 14th	Ballarat city Masquerade Ball – 7.30pm, The Alexandria, Lydiard St Sth. (318)

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.