

**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:

Mental Health for Children & Youth Family & Carer Consultation

Grampians Region Child & Youth Mental Health Service Redesign Demonstration Project are holding a number of focus groups to gather the views and experiences of family and carers on accessing and being supported by the mental health service system for your child.

The focus of the Redesign Project is on early intervention for children, 0-14 years, and youth, 15/25 years. This exciting project is looking at making the mental health service system more responsive to the needs of children, young people and their families and carers.

Families and carers are invited to attend a focus group to hear what the project is about and have your say on the future direction of mental health services for children, youth and families.

Ballarat – Wednesday 18th May, 7.00 – 9.00pm
Thursday 19th May, 11.00am – 1.00pm

Stawell - Monday 16th May, 1.00 – 3.00pm
Monday 16th May, 7.00 – 9.00pm

Horsham - Tuesday 17th May, 1.00 – 3.00pm
Tuesday 17th May, 7.00 – 9.00pm

Session location details will be provided upon registration.

RSVP by 11th May 2011 to –
Anne Watson on 5320 3054 or anew@bhs.org.au or
Michelle Harper on 5320 3060 or michellehar@bhs.org.au

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

Hepburn L2P Project

Do you want to make a positive contribution to your local community?

Do you enjoy spending time with young people?

Do you have an hour to spare each week?

Why not consider becoming a Volunteer Mentor with the Hepburn L2P Program?

The Hepburn L2P Program assists 16-21 year old Learner Drivers who need support to obtain the driving practice required to move from 'L' plates to 'P' plates.

Full training and support is provided. For further information contact: Janine Fleming
Hepburn L2P Project Coordinator, Hepburn Health Service 5321 6556 or 0457 851 953.

Good2gr8 Coaching

Good2gr8 Coaching is introducing a fortnightly community support group for parents who's children are affected by bullying. We will be using our coaching methodology "Neuro-Semantics" to assist, support and provide strategies for dealing with this experience.

It's called "FAB!" Families Affected By Bullying. It is a positive approach to helping you and your family deal with bullying.

First meeting: Monday 9th May 2011, 7.30-8.30pm
Central Highlands Regional Library - Ballarat Branch, 178 Doveton St Ballarat.

Gold coin donation to cover room hire cost.

RSVP essential: Sue 0417 052 739.

Quote of the Week...

"If you're not failing every now and again, it's a sign you're not doing anything innovative"

- Woody Allen

Volunteers Needed

Ballarat Health Services is seeking volunteers to work one to one with patients in a new program "BUDDY UP- Helping yourself, helping others". Volunteers will be trained to use strategies for managing patients with memory and thinking problems, such as providing regular orientation to time and place, ensuring the wearing of visual and hearing aides and engaging the person in activities that decrease boredom and assist in maintaining their alertness during hospitalisation. Training provided free of charge.

An Information session is to be held on Wednesday 18th May, from 6.00-7.00pm in the Groups room, Queen Elizabeth Centre, 102 Ascot St. Sth.

To register for the session, or for more information contact Sue 53206931, email sueja@bhs.org.au or Anna 0400190288, email annaw@bhs.org.au

Guys & Dolls Performance

Ballarat Claredon College would like to invite Ballarat /senior Citizens to a special free preview performance of Ballarat Clarendon College's Senior Musical "Guys and Dolls".

The preview will be held on Saturday 21st May, 2.00pm at 1870 Founders Theatre at the University of Ballarat. This free performance is open to all senior citizens, carers and associated staff. If you would like to attend the preview or organise a group booking, please call Angie on 5330 8288 giving your name, contact number and number of seats required. There is no limit to how many seats you can book.

Enhancing Not-For-Profits Annual and Financial Reporting

Click the link below to go to the Institute for Chartered Accountants media release for its updated Report entitled Enhancing NFP Annual and Financial Reporting.

<http://www.charteredaccountants.com.au/Industry-Topics/Reporting/Current-issues/Not-for-profit/New-and-updates/The-Institute-continues-its-support-of-the-not-for-profit-sector.aspx>

It contains a great guide to preparing Annual Reports with a check list and some recommendations around the new reporting requirements.

What are the Chances?

Hear the David Schwarz story, listen to the experts and find out 'what are the chances'. As part of Responsible Gambling Awareness Week the Ballarat Responsible Gambling Committee are please to bring David Schwarz, elite sportsman, informed sports commentator and highly regarded public speaker to Ballarat. Thursday 26th May, 9.15am – 11.30am, Cinema 1 Regent cinemas, Lydiard St Nth, Ballarat. Book your spot today by contacting Sandra Kennedy at the City of Ballarat on 5320 5746 or email sandrakennedy@ballarat.vic.gov.au

Choral Festival 2011

Sunday 22nd May, 1.30pm at St Andrew's Uniting Church, Sturt St Ballarat. Presenting Senior & Junior Choirs and Massed Choir. Admission is free thought donations welcome for the Christchurch earthquake recovery.

Did you know???

Brazil borders every country in South America except Chile and Ecuador.

Local Community Campaigns Grant Funding

The Australian Government is providing \$14 million in funding for Local Community Campaigns from 2011 – 2013. Local Community Campaigns are grass roots campaigns delivering healthy lifestyle messages to tackle chronic disease. This funding is for communities to develop their own Local Community Campaign project to promote and reinforce messages about healthy lifestyle choices within their community. Grants Guidelines for the Local Community Campaigns to Promote Better Aboriginal and Torres Strait Islander Health program are now publicly available. Take a look at the Grant Guidelines and start thinking about a Local Community Campaign project for your community.

For more information on Local Community Campaign funding, contact Cox Inall Ridgeway on 1800 661 961 or email:

livelonger@coxinallridgeway.com.au

Project Management for Women and their Communities

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

Applications due on or before 4.00pm 10th May 2011.

For more information, and application guidelines please contact Frances Salenga on 5320-5853 or francesalenga@ballarat.vic.gov.au

Multicultural Youth Sports Partnership Program

The Multicultural Youth Sports Partnership (MYSPP) Program is an initiative of the Australian Government and forms a key part of Australia's multicultural policy. The objective of the MYSPP Program is to create sustainable opportunities for youth from new and emerging communities and culturally and linguistically diverse backgrounds to participate in sport and physical activity within local communities

Grants of between \$5,000 and \$50,000 are available to eligible organisations that can demonstrate a capacity to develop strong partnerships to deliver sustainable sport participation programs for youth from a culturally and linguistically diverse background, and assist in integrating them into sporting and physical activities. For this purpose, youth is defined as those up to and including 30 years of age.

Online applications for the program close on Friday 27th May 2011. For application guidelines visit

www.ausport.gov.au/participating/all_cultures/get_involved/grant

Did you know???

The Canary Islands were not named after a bird called the canary. They were named after a breed of dog!

Consulting with Children Forum

Wednesday 22nd June, 9:30am – 3:30pm

Venue: Will be in central Ballarat (To be confirmed depending on response).

Presented by Dr Jonathon Sargeant the forum will provide broader understanding of

- the importance of consulting with children
- what children are saying about themselves, families, communities and world
- the things that influence children
- the ethics of consulting with children (why and when)
- different ways to consult with children (how).

The forum would be of interest to: Early year's workers (possibly more management positions); Family support workers; Family violence workers; Recreation sector (open space / playground officers); Community development workers; Community health workers; School teachers / early years co-ordinators; Council staff across many sections.

For registration contact: Merran Fleming at The City of Ballarat on 5320-5773 or email

merranfleming@ballarat.vic.gov.au

**** Places are filling fast with over 50 people registered, so be quick to secure your place.

'Liveable and Just' Workshops 2011

Helping local governments build community resilience to climate-related challenges
Join us for an entertaining and practical event, and learn how our 'Liveable and Just' toolkit can help you build community resilience in the face of complex climate-related challenges. The toolkit responds to the social and equity impacts of climate change, addressing a range of vulnerabilities. These include not just the potential for more frequent natural disasters, but also a greater exposure to food insecurity, rising household energy and transport costs, and community health challenges.

Thursday 19th May Town Hall, Sturt St, Ballarat.

For a registration form, go to <http://registerforliveablejust.vlga.org.au>

For further information, please contact Philip Schier: philip@vlga.org.au or (03) 9349 7999.

Applied Suicide Intervention Skills Training (ASIST)

Are you ready willing and able to intervene in a suicide?

Do you need to learn suicide first aid?

A two day intensive participatory course is being held which is designed to help participants recognize when someone may be at risk of suicide and respond in ways that help increase their immediate safety.

Monday 23rd & Tuesday 24th May, 9.00am – 5.00pm at Deakin Tutorial Rooms, Ballarat Health Services, Drummond St, Ballarat.

For further information and to register contact Anne Watson on 5320 3030 or email anew@bhs.org.au

Lifeline's Online

Lifeline's Online Crisis Support Chat service aims to fill the gaps currently on the internet by offering online support to anyone experiencing a crisis. It is very much like an electronic version of our 24-hour telephone crisis line, 13 11 14.

Lifeline Online Crisis Support Chat offers one-to-one sessions with a trained online crisis supporter. Using chat technology, people can chat about issues ranging from mental health, stress and relationship breakdown to suicide. This online service is saving lives by offering people who may not be comfortable calling Lifeline's telephone service a different medium to connect anonymously with trained volunteers.

If you or someone you know is experiencing a crisis call Lifeline on 13 11 14 or access our online chat service from 8pm to midnight every day.

www.lifeline.org.au/Find-Help/Online-Services/crisis-chat

Junkbusters Website

Junkbusters says no to misleading food ads
Fed up with junk food marketing that targets kids?
Are you annoyed by the unhealthy food ads on TV, the pester power when you shop, the sneaky promotions now bombarding our kids on the web?
Junkbusters is a brand new website for people who are concerned about food marketing aimed at children. Junkbusters is a one stop shop for information on Australian government regulations and industry self-regulation covering all forms of media. Junkbusters helps concerned people take action against specific food marketing practices. Visit junkbusters.com.au/

Primary Health Weekly Bulletin

New items have been added to the Primary Health Bulletin including

- Nationally Recognised Qualifications in Health Consumer Leadership and Engagement
- Arthritis Victoria - Alice O'Brien Musculoskeletal Research Scholarship
- Implementation of Primary Health Reform: Medicare Locals - a one-day forum
- Australian Governance and Service Quality Conference
- The 'Live Longer' campaign and chronic disease among Aboriginal and Torres Strait Islander people
- Primary care infrastructure grants
- Health Literacy Forum 11 May 2011
- ICDM Status Report 2008–10

View the bulletin at

www.health.vic.gov.au/pch/bulletin/index.htm

3rd Australian Rural & Remote Mental Health Symposium Impacts & Outcomes

On behalf of the Conference Committee you are invited to join us in November 2011 when we will examine the impacts & outcomes of social, financial and environmental issues on Mental Health Clients and their Service Providers in Rural & Remote communities in Australia.

14th – 16th November 2011 at the Mecure Hotel Ballarat.

Voice your thoughts on current issues and Submit an Abstract to present at the Symposium. Abstract submissions close 27th June 2011. Submit your Abstract

http://anzmh.asn.au/RRMH11/call_papers.html

iTaNGO Project

iTaNGO empowers community service organisations to work with new technologies effectively

If you have asked yourself how your organisation is going to best:

- Understand the IT requirements of your organisation
- Create an ICT framework that aligns and supports your organisational objectives
- Integrate ICT plans into governance structures
- Find the right hardware and software to fit your needs
- Harness online tools to improve productivity
- Bring your online communications and social media strategy up to speed
- Troubleshoot future ICT issues

iTaNGO will assist you to break down the barriers and drive your organisation's ICT setup forward. Information session for CEOs and other participants will be held in Ballarat on Tuesday 10th May to provide you with an introduction to the iTaNGO project. This session will demonstrate how leadership is vital in the ICT planning process and provide insight to how digital proficiency can benefit you, detail the help available through iTaNGO and allow you the chance to flag the areas in which you feel your organisation needs assistance most. Tuesday 10th May, 2.15pm – 4.45pm at DHS Offices, Room 1.02, 35 Armstrong Street Sth Ballarat.

For more information visit

www.eventbrite.com/event/1507183025

CHPCP Contact Details...

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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.

May 2011

Thursday 5 th	Residential Care – Time to Decide? - 9.00am – 3.00pm, Sunways, 418 Wendouree Parade (318)
Friday 6 th	Chronic Disease Practitioners Group – 1.30pm – 3.30pm Child & Adolescent Mental Health, 111 Ascot St Sth, Ballarat
Wednesday 11 th	CHADA – 9.30am – 11.30am, BHS, Queen Elizabeth Centre, Seminar Room 2, Ascot St Sth, Ballarat
Wednesday 11 th	Chronic Disease Practitioners Group – 1.30 – 3.30pm, Child & Adolescent Mental Health, 111 Ascot St Sth, Ballarat.
Thursday 12 th	Santa Maria Film Night, Water for Elephants – Regent Cinemas, Lydiard St, Ballarat (319)
Thursday 12 th	IHP Sexual & Reproductive Health Meeting – 3.00pm – 4.00pm, ERC, Ballarat Base Hospital, Drummond St, Ballarat.
Saturday 14 th	Fashion Parade Fundraiser – 7.30pm, Webbcon Bowling Club Hall, Greilles Rd, Wendouree (319)
Saturday 14 th	Ballarat city Masquerade Ball – 7.30pm, The Alexandria, Lydiard St Sth. (318)
Monday 16 th	Diabetes Steering Group Meeting – 2.00 – 3.00pm, Ballarat Health Services, Education Resource Centre, Drummond St, Ballarat.
Wednesday 18 th	Sound of Music Fundraiser – Opening night performance at Her Majesty's Theatre, Lydiard St, Ballarat. (319)
Wednesday 25 th	Biggest Palliative Care Breakfast – 7.30am – 9.00am, The Boardroom, 1 st Floor, Queen Elizabeth Centre, 102 Ascot St Sth, Ballarat (319)
Thursday 26 th	CHPCP Full Alliance Meeting – 9.00 – 10.30am, Ballarat & District Division of General Practice, 105 Webster St, Ballarat

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.