

**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:

Expressions of Interest sought for Mental Health First Aid Training:

Over many years CHPCP has provided a range of mental health first aid courses to build the capacity of the workforce and community in understanding those who may be at risk of developing a mental illness. We are seeking expressions of interest from people who would be interesting in attending either a Youth Mental Health First Aid (24 & 25 August) or the standard Mental Health First Aid (14 & 15 September) both of which are 2 day courses. There is no cost for these courses which will be provided through funding from the Child & Youth Service System Re-Design Project which is a key body of work supported by CHPCP and its member agencies.

“Mental Health First Aid (MHFA) is the help given to a person who is developing a mental health problem or in a mental health crisis. This help is provided until appropriate professional treatment is received or until the crisis resolves. In the Standard MHFA course (for those working with the 18 years and older age group) mental disorders covered include Depression, Anxiety Disorders, Psychoses and Substance Use Disorders. The Youth version of the course (for those working with the 12 to 18 year old age group) adds Eating Disorders to the above. Examples of crises covered in the workshops include suicide, anxiety/panic attack, acute stress reaction, overdose, and psychotic states. The MHFA program has solid evidence for its effectiveness from randomized controlled trials and qualitative studies. It increases knowledge, reduces stigma and, most importantly, increases supportive actions.

Should you wish to register your interest in attending either course please contact Sharna Kelly, CHPCP 5338 4771 or support@chpcp.org providing names, contact information and which course you are interested in.

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 Veteran's Affairs
- Djerriwarrh Health Services
- Finding Futures
- Glastonbury Child & family Services
- Golden Plains Shire
- Grampians Integrated Cancer Services
- Hepburn Health Service
- Hepburn Shire Council
- Hesse Rural Health Service
- Karden Disability Support
- 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

Djerriwarrah Health Service – Chronic Disease Health Coach/Community Health Nurse - Permanent Full Time Position

A position description and key selection criteria is available from www.djhs.com.au or call Faye Nance on 5367 2000.

Please quote job reference DJH55/11.

0.6 EFT Health Coach. 0.4 EFT Community Health Nurse. Applications Close Friday 1st July 2011

Body Image, Self-esteem and Sexuality Forum

This is a free forum for people with a chronic illness and their partners.

Join the Grampians Integrated Cancer Service and sexuality and cancer expert Dr Amanda Hordern, Director of the Cancer Council Victoria's Cancer Information and Support Service to learn how to build sexual confidence after a chronic illness diagnosis.

Discover how to cope and enhance your relationship within a safe environment.

The workshop will discuss:

- Building confidence and increasing intimacy after a chronic illness
- Sexuality and intimacy issues faced by patients living with cancer or a chronic illness.

Friday 29th July, 10.00am - 12.00pm. Seminar Room 1, ERC, Queen Elizabeth Centre, 102 Ascot Street, South Ballarat.

Registration is essential as places are limited.

Morning tea will be provided.

Please RSVP to Robyn McIntyre (03) 5320 4782 or robynmc@bhs.org.au by 18th July 2011.

Evaluation Officer Wimmera Primary Care Partnership

PART TIME 0.4 EFT to June 30th 2012

Wimmera Primary Care Partnership is seeking an evaluation officer to join our team. This position will lead, support and build evaluation capacity of Wimmera PCP and its partner agencies. To undertake this role successfully you will need to have knowledge and experience in the planning, delivery and evaluation of health promotion and/or community development programs. You will also require experience in capacity building as well as excellent verbal and written communication skills.

To find out more or for a position description contact: Executive Officer Mandi Stewart, on 03 5362 1223, or email mandi.s@grampianscommunityhealth.org.au

Applications close: Monday 11th of July 2011
www.wimmerapcp.org.au

RHCE2 - Round Two - NOW OPEN

The 2011 RHCE2 program, funded by the Australian Government through the Department of Health and Ageing, supports qualified health professionals working in rural and remote Australia to undertake continuing professional development and inter-professional learning activities – see RHCE2 website

<http://rhce.ruralhealth.org.au/>.

RHCE2 is being administered for the Department by the National Rural Health Alliance for three years (April 2010-June 2013). Total funds available for RHCE2 project grants are approximately \$630,000 per annum, with the final round in 2012-13. Information on the allocation of grants in Round One (2010) is at

<http://rhce.ruralhealth.org.au/grant-allocation>.

RHCE2 grants are available for organisations and groups of individuals to access, develop or provide continuing professional development, continuing professional education, multi-disciplinary training or inter-professional learning and orientation activities that meet the needs of: Aboriginal and Torres Strait Islander Health Workers, allied health professionals, general practitioners, or nurses and midwives practicing in rural and remote areas of Australia.

The program will support cost-effective training that can encourage increased collaboration between professions and support the attraction and retention of health professionals in rural and remote areas.

For details see the Guidelines page of the RHCE2 website. Please read the guidelines carefully before applying online for a grant. Multiple applications will be accepted but given the strongly competitive nature of the RHCE2 grants, no single entity will be given more than one grant. In 2011, priority will be given to funding gaps in existing arrangements for continuing professional development and supporting initiatives that are demonstrated by evidence based research as needing urgent intervention.

Support can only be provided for programs that are: accredited or endorsed by the relevant professional body or bodies, directly relevant to the current employment of intended program participants in a rural or remote area.

If you have any comments or questions regarding the information above please contact the RHCE2 Program Manager, Wendy Downs, on (02) 6162 3374 or 1800 987 440 or email rhce@ruralhealth.org.au

Did you know??

Coughing can cause air to move through your windpipe faster than the speed of sound - over a thousand feet per second!

Working Well with Older Veterans & War Widows

The Department of Veterans' Affairs (DVA) offers a warm invitation to representatives of your organisation to attend a free half-day Aged Veteran Best Practice seminar. These popular seminars are conducted nationally for health providers after development with industry input. The seminars aim to improve provider knowledge & awareness of the older veteran community & their health entitlements & to promote links between DVA & health providers. The veteran community makes up a large proportion of aged care service recipients & has been assigned Special Needs Status under the Aged Care Act.

The response to the seminars has been very positive, with creative approaches to veteran issues resulting from the program. In many cases attendees have provided a valuable internal resource for their agency, with an increased knowledge of veteran issues & DVA services. An important outcome has also been increased awareness & usage of appropriate DVA contacts & resources. Participants will learn about DVA clients & funded services, have the opportunity to discuss how to optimize support for veterans, & meet DVA representatives.

The seminar is suitable for community & residential aged care providers, discharge planners, allied health professionals, community nurses, practice & health managers & social workers.

Tuesday 16th August, 9.00am-12.30pm at the Sebastopol Bowls Club.

Bookings are essential no later than one week prior to the seminar. You cannot register on the day. Previous seminars have booked out & we will establish a waiting list for later seminars if full.

Program & venue details will be sent one week prior to the event. Registration is online only. For further information and registration go to www.dva.gov.au click on Service Providers then Aged Care Issues or click on or enter the link below.

<https://reg.eventarc.com/event/view/3235/aged-veteran-best-practice-ballarat>

10th Biennial National Rural Remote Social Work Conference- Resilient, Healthy, Rural and Remote Communities

Where: Ballarat, Mercure Ballarat Hotel and Convention Centre, Main Rd Ballarat

When: Thursday 28th and Friday 29th July

For more information: Visit

<http://www.aasw.asn.au/events/category/vic>

The Annual FReeZA Push Start Battle of the Bands

The Annual FReeZA Push Start Battle of The Bands will be on Friday 1st of July, Karova Lounge, 5.00pm – 9.00pm.

The competition will showcase young and emerging Ballarat performers aged 15-21. The winner of each heat goes on to compete in one of the nine FReeZA Push Start Regional Finals, which run from October to December.

The winners go on to compete at the FReeZA Push Start Grand Final at The Push's annual all ages music festival Push Over held on the Sunday of the Labour Day Long Weekend in March 2012. FReeZA Push Start Grand Final Winners receive a major prize including things like recording, mastering and publicity.

Applications are closed but all are welcome to attend the competition, if you require any further information please to contact

LarelleKuczer@ballarat.vic.gov.au

'Thinking about the Future' – A Support Programme for Older Family Carers.

Carer Respite and Support Services will be running a session of workshops for Carers in Moorabool Shire.

'Thinking about the Future' is a FREE 5 session practical support program designed to help older family Carers, caring for a loved one with a disability or ABI, consider all the supports that would need to be put in place should ill-health or unforeseen circumstances prevent them from continuing in their caring role.

The program helps Carers obtain information about accommodation and respite, financial and legal information, and care options available to them as they put in place plans for the future care needs of their loved one.

Wednesday 3rd, 10th, 17th, 24th & 31st August 2011. (1 day a week for 5 consecutive weeks) 10.00am – 2:30pm at Darley Neighborhood House, 33 Jonathon Drive, Darley, Bacchus Marsh.

For further information or details on eligibility, contact Carer Respite and Support Services on 5333 7104 or FREECALL 1800 059 059.

Did you know???

Fingernails grow nearly 4 times faster than toenails and fingernails grow fastest on the hand you favor.

Full Time Practice Nurse Required

Ballan District Health and Care is seeking to recruit a highly motivated and experienced Practice Nurse to work within our recently built, state of the art medical practice located within Australia's first GP Super clinic.

- Not for Profit Community owned Health Service
- Full Time Position based in Ballan
- Previous experience in a primary healthcare setting preferred

▪ Clinical duties include triage, immunisations, collection of pathology samples, wound management, ECG's and assisting doctors with minor procedures

▪ Division II Nurses with medical endorsement encouraged to apply

With over 20+ other health services delivered from the same site, this is an exciting opportunity for you to be part of a large multi-disciplinary team that prides itself of providing a wide range of primary health services to the local community. For a position description or further information please contact Wendy Grayland, Director of Nursing on 03 5366 7910 or wendyg@bdhc.com.au

Please forward your written application including a current CV outlining qualifications and relevant work experience by close of business (5pm) Friday 1st July 2011

Combined Integrated Care/Mental Health & Maternal & Newborn Clinical Network Forum

This forum brings together a range of professionals working with pregnant women with complex needs to:

- share knowledge and experience
- show case innovative practice
- support collaborative work across all sectors

Tuesday 30th and Wednesday 31st August 2011 at the Olympic Room, Melbourne Cricket Ground. Registration from 8.30am for a 9.30 start.

Clinicians/ Practitioners working with women with complex needs particularly those working in the following settings: community health, allied health, mental health, maternity, Aboriginal health, child protection, early parenting, and enhanced maternal child health.

RSVP: COB 15th July 2011 - Places are strictly limited and filling fast!

No cost to participants, however if you register and do not attend there will be a charge of \$100. To register email

clinicalnetworks@health.vic.gov.au

For further information please contact Debbie Rogers 0421684984 or Lisa Oro 0409573916

Family Relationship Services Program

Being 'Mum' & 'Dad' – 1 Session

Tuesday 19th July, 1.00–3.00pm

If you are solo parenting children from 0-16 years as a mother or father, this program may be for you.

Cost: \$10.00 per person

Venue: FRC. 34 Peel Street North, Ballarat

Life in the Blender – 1 Session

Saturday 30th July, 10.00am–4.00pm

Blended and stepfamilies can sometimes feel like they are in a blender! – whizzing around and all shook up. If you don't have the kids on this day, come along and enjoy some support and learning from others.

Cost: \$50.00 per couple (Lunch included)

Venue: FRC. 34 Peel Street North, Ballarat.

Separation Recovery Men's Group – 4 Sessions

Tuesdays 2, 9, 16 & 23 August, 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 focussing on the recovery journey.

Cost: \$30.00 per person

Venue: FRC. 34 Peel Street North, Ballarat.

For booking & inquiries call Sue at Centacare on 5327 7960 Concession available.

Childcare is NOT provided.

All Terrain Wheelchair for Hire

Mark Thompson has an all terrain wheelchair available for use. It would be great to use for the beach, snow, mud, rocks, sand and water. Even to go horse-riding, mushrooming, fishing, sailing and canoeing. These activities are now possible options because the all-terrain wheelchair can be used to access farms, paddocks, lakes and rivers. This light-weight, all-terrain wheelchair has opened up so many more doors for people of all abilities. It's easy to take apart and pack in any car. The wheels and footplate come off by taking split pins out and reassembly is a breeze.

It can be borrowed out most days. For more information please contact Mark on 03 5339 9053 after 7 PM.

Quote of the week....

There is little difference in people, but that little difference makes a big difference. That little difference is attitude. The big difference is whether it is positive or negative.

~ W. Clement Stone

Ballarat & District Aboriginal Co-operative Position Vacant

Baarinjan Medical Clinic, Chronic Disease Nurse - Division 1. Permanent – hours negotiable.

The Baarinjan Medical Clinic is seeking a Nurse with chronic disease experience to provide clinical care within a primary healthcare setting. We require someone with dynamic people skills and who genuinely wants to make a difference to the health outcomes of our local Aboriginal community. The clinic is made up of a diverse team of Doctors, Practice Nurses, Aboriginal Health Workers, Mental Health Practitioners and Allied Health Services. The applicant should have an understanding of Aboriginal culture or demonstrated ability to work with people of diverse backgrounds and complex needs, minimum 5 years experience as a Div 1 nurse and current registration.

Key duties include:

- Development of Chronic Disease Care Plans for individual clients
- Client support, referral & regular reviews of health needs
- Education & preventative care
- General Nurse duties eg. pathology collection, immunisation, triage, ECG.

For further information please contact Katrina Hishon - Health Program Manager on (03) 53315344

For selection criteria contact Renee Bray on (03) 5331 5344 or email: RBray@badac.net.au

Closing date: 8th July 2011

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 – Vacant

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.

June 2011

Wednesday 29th	Youth Participation Workshop 10.00am - 3.00pm Lethbridge Recreation Reserve, Stephenson St, Lethbridge (327)
Thursday 30th	Attracting Young People to Volunteering – Bendigo 10.00am – 1.00pm Quills Restaurant, Lake View Resort Napier St Bendigo (327)

July 2011

Friday 1st	The Annual FReeZA Push Start Battle of the Bands 5.00pm - 9.00pm, Karova Lounge Ballarat (328)
Monday 4th	The Grampians Regional Palliative Care Team “Twilight Education Session” 6.30pm – 8.30pm Education Resource Centre, Ballarat Health Services Drummond St Ballarat (327)
Tuesday 5th	Refugee Health Forum – 10.00am – 2.30pm at Foundation House Brunswick (326)
Friday 8th	Sleep Solutions – 10.00am – 12.00pm & 1.00pm – 3.00pm Ballarat Community Health, 260 Vickers St, Sebastopol (327)
Tuesday 19th	Being “Mum” & “Dad” 1.00pm – 3.00pm FRC, 34 Peel St Ballarat (328)
Wednesday 27th	Connecting with Youth Information Session – 6.30pm – 8.00pm Harrisons Reserve Hall, Enfield (327)
Friday 29th	Body Image Self Esteem & Sexuality Forum – 10.00am – 12.00pm Seminar Rm 1 ERC Queen Elizabeth Centre, Ascot St Ballarat (328)
Saturday 30th	Life in the Blender – 10.00am – 4.00pm FRC, 34 Peel St Ballarat (328)

August 2011

Tuesday 2nd, 9th, 16th, 23rd	Separation Recovery Men’s Group – 7.00pm – 9.00pm, FRC 34 Peel St Ballarat (328)
Thursday 4th & Friday 5th	The Appreciative Manager, Leading & mentoring Your Team for Success – Pyrenees House Ararat (326)

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.