

**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: Chronic Disease Projects

### Grampians Region MBS Industry Advisor Project

Peter Larter has recently been appointed as the Industry Advisor who will be engaged to work with all Primary Health funded community health services across the region to help determine whether or not the use of MBS will present them with opportunities to engage client access to services. The IA is not that of a project worker. As Industry Advisor Peter will provide direction and specialised advice to support the agency to determine what model of care would work best for them, if any. Peter will commence working on this 12 month project two days a week in a few weeks time.

### Central Highlands Region Chronic Disease Innovation Project

CHPCP is one of two PCPs in Victoria invited to undertake one of the Department of Health Integrated Care Branch's Chronic Disease Innovation Projects for 2010- 2011. This invitation has come about from a combination of work in ICDM being undertaken by CHPCP members that has been noted as innovative from DH Central. This 12 month project involves the CHPCP and three publicly funded community health services working at different levels to engage with private allied health and mental health practitioners regarding care for clients with chronic and complex conditions. The work of the PCP and community health services will be strongly interlinked and may involve working collaboratively on the development of local care pathways and referral protocols within their specific areas of expertise.

The PCP will focus on engaging with private practitioners and, where relevant, allied health peak bodies to facilitate the adoption of Victorian service coordination and integrated chronic disease management practices by private providers that are likely to participate in joint team care with community health. This project will involve establishing communication mechanisms with local private providers or network of private providers to identify what is needed for these providers to be involved in service coordination and integrated chronic disease management practices. A key participant in the system-level engagement work with private practitioners will be the local division(s) of general practice. General Practice Victoria has been engaged by the department to facilitate a partnership between the PCPs and GPV's established allied health network that includes Allied Health Professions Australia and allied health peak bodies.

The three community health services will focus on developing and implementing local care pathways and referral protocols with private allied health/mental health practitioners and general practitioners, with a view to increasing MBS-funded services for community health service clients. This approach may also be combined with an internal MBS-billed allied health service model if the local service warrants this. A Project worker will be appointed. Initial discussions in relation to this project have commenced with potential partners.

Frances Riggs, Primary Health Co-ordinator, Ph: 5338 4773, Email: [icdm@chpcp.org](mailto: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 Veteran's Affairs
- Djerrivarrh 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

### Money Minded Basics

The Smith Family is seeking 30 people to participate in a no-cost program called Money Minded Basics. The purpose of the program is to better understand the relative importance of financial literacy and matched savings in changing savings behaviour and building financial capability. Participants would need to complete the course (equivalent to 4 workshops) and would participate in surveys with RMIT about their experience. Participants would be offered a retail voucher in recognition of their time in participating in this research. Participants recruited for this research should ideally be:

- Over 18 years of age
- Health Care Card or Pensioner Concession Card
- Preferably have some form of regular income from work
- Preferably be a parent or guardian of a child at school or returning to vocational education themselves
- Agree to participate in the sessions and be interviewed by RMIT about their experience and about issues related to money, savings

The program starts on Tuesday 9<sup>th</sup> August with a choice of afternoon or evening sessions.

For more information or to refer a participant contact Brenton Hancock, Team Leader Learning For Life, ph: 5339 2467 email

[brenton.hancock@thesmithfamily.com.au](mailto:brenton.hancock@thesmithfamily.com.au)

### Stadium Space for Hire

Doug Dean Stadium space for hire. The venue is suitable for meetings, functions and events. Facilities include kitchen, disabled access, toilets, multi-purpose room, tables, chairs & stadium court hire. Access is via Nandiriog Drive Delacombe. For more information please contact Stacey at Ballarat YMCA on 0434 743 993.

### Ballarat Telelink Information

Anyone who is lonely or isolated, due to frailty, disability or cultural isolation, can join a Telelink group. Telelink is an enjoyable way to make friends in the comfort of your own home. The telelink coordinator will ring Telstra and then will ring the group members (up to 10 people) to join the link. You can talk to each other for 45 minutes. A trained facilitator is the leader of each group and makes sure that everyone has a turn speaking, and that the conversation flows easily. The facilitator can also arrange for a guest speaker or an excursion, according to the wishes of the group members. Ballarat Telelink concentrates on people who speak languages other than English.

To join contact Virgie Hocking, Social Support/ Telelink Coordinator at BRMC Inc. Tel: 5332 5941 Email: [virgieh@brmc.org.au](mailto:virgieh@brmc.org.au)

### Transport Accessibility Community Reference Group

Community members are invited to join a Community Reference Group to work cooperatively with the Front SEEAT Transport Connections Project to address the transport needs of the community.

Being a part of the reference group will provide an opportunity to have a voice on community transport issues and be involved in the decision making process for the FrontSEEAT Transport Connections project.

Meetings are scheduled for 6.30pm in the Council Chamber, Ballan

on the following dates:

Tuesday 23<sup>rd</sup> August

Tuesday 25<sup>th</sup> October

Tuesday 20<sup>th</sup> December

If you would like to be a part of the Community Reference Group please contact Natalie Grero, Transport Connections Coordinator, Moorabool Shire Council on 5366 7100 or email [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

### Friendly Visiting Scheme

The Friendly Visiting Scheme is up and running in the Central Highlands and Grampians region. It is designed to relieve the loneliness and isolation of people who are housebound due to age or health problems, and whose mother tongue is not English.

All volunteers are fully trained, and the service is free to clients.

Perhaps you would love to have a visitor once a week who can speak in your own language or know someone who would like to have a visitor? Or maybe someone who would like to volunteer to be a visitor? If so, please contact Virgie Hocking, Social Support / Telelink Co-coordinator, on 5332 5941 (Tuesday, Wednesday and Thursday) or email:

[virgieh@brmc.org.au](mailto:virgieh@brmc.org.au)

### Primary Health Bulletin

New items have been added to the Primary Health Bulletin including

- New Pilot: Rheumatology Help Line
- Life is health is life: Aboriginal health promotion resource
- Advances in medical treatment and research understandings of ME/CFS—international visiting medical expert
- Combined Integrated Care/ Mental Health & Maternal & Newborn Clinical Network Forum.

View the bulleting online at

<http://www.health.vic.gov.au/pch/bulletin/index.htm>

### **Centacare Family Services Team – Positions Vacant**

An opportunity has arisen for two dedicated professional to join the Centacare Integrated Family Services team commencing August/September 2011.

#### **Family Support Worker Integrated Family Services**

(Fixed Term 0.8 EFT Maternity Leave Position)  
The Family Support Worker has a crucial role in promoting outcomes for vulnerable children and families and provides a range of service interventions with a whole of family focus.

The successful applicant will have -

- Demonstrated ability to develop and undertake holistic assessment processes
- Demonstrated excellence as a child/family services practitioner
- Proven professional qualifications

#### **Senior Family Support Worker Integrated Family Services**

(Fixed Term 0.8 EFT Maternity Leave Position)  
The Senior Family Support Worker has a crucial role in promoting outcomes for vulnerable children and families and provides a range of service interventions with a whole of family focus.

The successful applicant will have -

- Demonstrated ability to develop and undertake holistic assessment processes
- Demonstrated excellence as a child/family services practitioner
- Proven professional qualifications
- Demonstrated ability to provide support and consultation and direction to co-workers as needed

For more information about either position contact Kathy McEwan on 0418 377 985.

Please send your application addressing the key selection criteria and quoting reference number FSWB020711PT to [jobs@centacareballarat.org.au](mailto:jobs@centacareballarat.org.au) by 5.00 pm Friday the 15<sup>th</sup> of July.

### **Golden Guru - Youth Mentoring**

Supporting Youth Mentoring for a Brighter Future  
Are you over 50 and interested in truly connecting with your community?

The Victorian Youth Mentoring Alliance invites you to attend a free workshop to explore how to engage with young people and support your local youth mentoring program.

Tuesday 19<sup>th</sup> July, 10:00am-12:00pm at Craig's Royal Hotel, 10 Lydiard Street South Ballarat.  
RSVP: To Vicki Coltman at Lead On Ballarat on 5332 3896 or at [vickic@leadon.com.au](mailto:vickic@leadon.com.au)

### **Community Impact Grant Program & Positive Ageing Grant Program**

City of Ballarat is introducing The Community Impact Grant Program and the Positive Ageing Grant Program in 2011.

The program supports the activities of community groups and enhances community connectedness, health and general wellbeing in the community. Community groups are encouraged to apply for the funding of projects, programs and events. These grant opportunities are available to not-for-profit community groups for projects that support / provide services to enhance the quality of life for Ballarat residents.

Applications will be accepted from 1<sup>st</sup> July until 29<sup>th</sup> July 2011.

Community Impact Grant Guidelines and Positive Ageing Grant Guidelines can be downloaded from Council's web site: [www.ballarat.vic.gov.au](http://www.ballarat.vic.gov.au)

Or collected from the Phoenix Building, 25 Armstrong Street South, Ballarat.

Information Workshops will be held to provide support and assistance to groups interested in applying. Groups are encouraged to attend a workshop in the Trench Room at The Ballarat Town Hall:

5<sup>th</sup> July, 10.00–11.00am or 7<sup>th</sup> July, 5.00–6.00pm.

For further information please contact Community Development on 5320 5746.

### **VicHealth - Conference Support Scheme**

The Conference Support Grants Scheme provides limited support to conferences conducted by other providers. VicHealth is interested in supporting other organisations that are facilitating knowledge transfer in the field of health promotion and public health.

Applications close: 29<sup>th</sup> July 2011

Who can apply? Community groups, local governments, educational institutions, not-for-profit and non-government organisations, based in Victoria whose conferences will take place in Victoria. Small grants of \$1,000 - \$10,000 are available.

<http://www.vichealth.vic.gov.au/Funding-Opportunities/Funding-Open/Conference-Support-Scheme.aspx>

### **Quote of the week**

'Love and compassion are necessities, not luxuries. Without them humanity cannot survive.'

~ Tenzin Gyatso, 14<sup>th</sup> Dalai Lama

### TV Recycling Service

Many parts of regional and rural Victoria have switched from analog to digital transmission. As a result, high volumes of old televisions are being disposed of.

A national recycling program is planned but the implementation date is yet to be decided. In the meantime an interim free service to collect and recycle TVs and have provided funding for this initiative.

The service will commence on Thursday 30<sup>th</sup> June and close on Sunday 31<sup>st</sup> July 2011.

In Ballarat, all types of TVs (including digital) can be recycled at the waste transfer station in Gillies Street. Monday to Friday: 8am - 4pm  
Saturday, Sunday & Public Hols: 10am - 4pm

### Future Ambitions Program

BEST Futures / Options are running the highly successful Future Ambitions program for Semester 2 and are now taking applications. Future Ambitions is a pre-vocational program for young people aged between 15-21 (generally) aimed at providing participants with the skills to develop their future pathway in the areas of employment, education and training. The program is offered 2 days a weeks over a school semester and is suitable for students that are still attending school, may be in their last year of study, planning to leave school in the near future or are at risk of leaving school prematurely.

The program is very hands-on and delivered in a supportive and flexible manner, covers many concepts including –goal setting, confidence, budgeting, skill identification, resume development, interview skills, workplace visits, career investigation and heaps more.

Future Ambitions cost is \$1,200

The program starts on Tuesday 19<sup>th</sup> July 2011. Please call Baden Cutts on 5329 1726 for further information.

### Op Shop Ball

If you need an excuse to shop 'til you drop, love a bargain, to frock up and enjoy a night out on the town – Uniting Care Ballarat have the perfect night for you!

Friday 5<sup>th</sup> August will be the inaugural Op Shop Ball at the Victoria Bowling Club. The theme is (of course) Op Shop gear!

Local cover band Green with Envy will be entertaining attendees. Funds raised on the evening go towards buying a safe outside play area for children of Karrung residents.

Tickets will be on sale from 18<sup>th</sup> July at Uniting Care, Dana St, Ballarat.

### Programs at Ballarat Community Health

Ballarat Community Health are holding the following sessions during July -

#### No Falls Program

One hour exercise session for 15 weeks. Some weeks also include a 30 minute education session on footwear, continence, medications and diet. Fridays 11:00am-12:00pm at 260 Vickers Street, Sebastopol or 12:00-1:00pm at 10 Learmonth Road, Wendouree. Sessions starting 12<sup>th</sup> August 2011. Cost \$3 each session.

#### Life Program

Diabetes prevention program. Six sessions to support you to set healthy eating and exercise goals to prevent diabetes. Wednesdays 5.30pm-7.00pm at 260 Vickers Street, Sebastopol Starting 20<sup>th</sup> July 2011. No cost.

#### Better Health Self Management

Six week course to help people with chronic illness to manage in day to day life. You can bring a relative, friend or carer to support you for free. Wednesdays 10.30am to 1.00pm, starting 27<sup>th</sup> July 2011. Cost \$3 each session.

#### Caring for Diabetes

Eight week course to help people with diabetes to manage in day to day life. You can bring a relative, friend or carer to support you for free. Wednesdays 10.30am-1:00pm at 260 Vickers Street, Sebastopol, starting 20<sup>th</sup> July 2011 or Tuesdays 12:30pm-3:00pm. at 10 Learmonth Road, Wendouree starting 26<sup>th</sup> July Cost \$3 per session.

#### Making Healthy Choices at the Supermarket

Learn to read food labels to help make the choice of buying healthy food easier. Monday 18<sup>th</sup> July 1:00pm to 2.30pm, costs \$8 per person.

Phone Ballarat Community Health on 5338 4500 to book for any of the above sessions.

### Victorian 2011 Public Healthcare Awards

The Awards program has been expanded to ensure recognition occurs across all parts of the public healthcare system including health promotion and disease prevention, primary healthcare, secondary care and tertiary care. With 20 Awards to be bestowed, including the new Minister for Health Lifetime Achievement Award, seven Health Leaders Awards and six Better Health Awards there are opportunities for all organisations, irrespective of size, location or area of expertise to showcase their quality, innovation and excellence. Visit

<http://www.health.vic.gov.au/healthcareawards/>

## NoFalls Train the Trainer Course

This is a great opportunity to increase the number of Victorian falls prevention professionals who are approved to teach the NoFalls Leaders Training Course. Graduates will be able to train staff in their region to run NoFalls Exercise Groups.

The NoFalls Train the Trainer Course is usually held in Adelaide, and was last delivered in Victoria approximately eight years ago. A master trainer from Active Ageing Australia (South Australia) will present this course.

Applicants need to have a relevant qualification, for example physiotherapist, exercise physiologist or equivalent, and should ideally have experience in falls prevention and leading exercise groups. It is also preferable (but not compulsory) that they have completed the NoFalls Leaders Training Course and are experienced with running NoFalls Exercise Groups.

The cost of this course is \$1,050 per participant if there are five or six attendees. This price reduces if there are seven or more participants. Any fee reduction will be refunded once numbers are finalised. Lunch, morning tea, afternoon tea and study manual will be provided.

Further enquiries can be directed to Annette Biviano (Falls Prevention Physiotherapist / Project Officer) at [annette.biviano@kchs.org.au](mailto:annette.biviano@kchs.org.au) or phone (03) 9757 6270.

Please contact Annette for registration details.

## CHPCP Contact Details...

Location & Postal Address

15 Violet Grove, Wendouree 3355.

Ph: 03 5338 4770 Fax: 03 5339 8419

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

### Executive Officer – Helen Wade

Ph: 5338 4770 email: [helenw@chpcp.org](mailto:helenw@chpcp.org)

### Service Coordination Industry Advisor – John Dixon

Ph: 5338 4772 email: [johnd@chpcp.org](mailto:johnd@chpcp.org)

### Primary Health Coordinator – Frances Riggs

Ph: 5338 4773 email: [icdm@chpcp.org](mailto:icdm@chpcp.org)

### Health Promotion Coordinator – Claire McKenna

Ph: 5338 4775 email: [healthpromotion@chpcp.org](mailto:healthpromotion@chpcp.org)

### Administration Support Officer – Sharna Kelly

Ph: 5338 4771 email: [support@chpcp.org](mailto:support@chpcp.org)

### Administration Support Officer – Alison Kerr

Ph: 5338 4774 email: [admin@chpcp.org](mailto: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.

### July 2011

<b>Friday 8<sup>th</sup></b>	<b>Sleep Solutions</b> – 10.00am – 12.00pm & 1.00pm – 3.00pm Ballarat Community Health, 260 Vickers St, Sebastopol ( <b>327</b> )
<b>Monday 11<sup>th</sup></b>	<b>Golden Plains Reach Out – Connecting with Youth Information Session</b> – 6.30 – 8.30pm, Teesdale Community Hall, Teesdale. ( <b>327</b> )
<b>Tuesday 19<sup>th</sup></b>	<b>Golden Guru – Youth Mentoring</b> , 10.00am – 12.00pm, Craig's Royal Hotel, 10 Lydiard St Sth, Ballarat ( <b>329</b> )
<b>Tuesday 19<sup>th</sup></b>	<b>Being “Mum” &amp; “Dad”</b> 1.00pm – 3.00pm FRC, 34 Peel St Ballarat ( <b>328</b> )
<b>Wednesday 27<sup>th</sup></b>	<b>Golden Plains Shire - Connecting with Youth Information Session</b> – 6.30pm – 8.00pm Harrisons Reserve Hall, Enfield ( <b>327</b> )
<b>Thursday 28<sup>th</sup> &amp; Friday 29<sup>th</sup></b>	<b>Rural Social Workers Action Practice Group</b> – Mercure Ballarat Hotel & Convention Centre, Main Rd, Ballarat ( <b>325</b> )
<b>Friday 29<sup>th</sup></b>	<b>Body Image Self Esteem &amp; Sexuality Forum</b> – 10.00am – 12.00pm Seminar Rm 1 ERC Queen Elizabeth Centre, Ascot St Ballarat ( <b>328</b> )
<b>Saturday 30<sup>th</sup></b>	<b>Life in the Blender</b> – 10.00am – 4.00pm FRC, 34 Peel St Ballarat ( <b>328</b> )

### August 2011

<b>Tuesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup></b>	<b>Separation Recovery Men's Group</b> – 7.00pm – 9.00pm, FRC 34 Peel St Ballarat ( <b>328</b> )
<b>Thursday 4<sup>th</sup> &amp; Friday 5<sup>th</sup></b>	<b>The Appreciative Manager, Leading &amp; mentoring Your Team for Success</b> – 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.