

**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:

Putting Health Coaching into Practice

'Below the decision line techniques': you've done the work and training now let's put it into practice

CHPCP Chronic Disease Practitioners Group

Come and practice your health coaching techniques you've previously learnt through training and network with other health workers using health coaching.

When: Thursday 22nd September, 2011, 9 – 12.30

Where: Education Resource Centre, Ballarat Base Hospital, Ballarat Health Services, Drummond Street, Ballarat

Who can attend: anyone who has previously undertaken health coaching training

RSVP and more information: Frances Ph: 5338 4773 Email: icdm@chpcp.org

This is the second CDP Group Health Coaching C.o.P – you do not have to have attended the first session to attend the second session. A Forum will be held in November to share the learnings from the two C.o.P sessions with other health and community service professionals *who have not yet had the opportunity to participate in health coaching training.*

Evidence into Action – designing a delivery system that is evidence- based, client centred and works

Department of Health Central

When: Monday 29th August, 2011, 9am – 3pm

Where: Department of Health, 50 Lonsdale Street, Level 1 Conference Room 1.10

Who can attend: primary health practitioners, HARP practitioners, program managers and PCP staff are encouraged to attend.

For more information: Frances Ph: 5338 4773 Email: icdm@chpcp.org

RSVP: <http://forms.health.vic.gov.au/TakeSurvey.asp?SurveyID=5J2994K165IKG>

'The Art of Health Conversations' [Health Literacy]

Grampians Integrated Chronic Disease Management Community of Practice

Department of Health Grampians Region

When: Wednesday 19th October 2011, 11am – 3pm

Where: Stawell Health and Community Centre

Who can attend: health program managers and ICDM allied health and community staff

Program and registration details being finalized - program will include a guest speaker in the morning and con-current sessions in the afternoon on: written (tools, screening texts); conversation 'technique'; and complex needs clients.

Enquiries: Frances Ph: 5338 4773 Email: 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

School Based Traineeships

Commonwealth Bank School Based Traineeships are available for young Indigenous students. Currently across Victoria, Commonwealth Bank branches looking to get an Indigenous School Based Trainee on board are: Ballarat, Horsham, Warrnambool, Portland, Morwell, Traralgon, Mildura, Swan Hill, Shepparton and Wangaratta. The traineeships are a great way for students to learn new skills, become more confident, gain great customer service skills and earn an income.

While completing year 11 & 12, school based trainees:

- ... work one day a week in a Commonwealth Bank branch, while attending school on the other days
- ... earn money for the day they work in the branch
- ... achieve a National Certificate II qualifications in business
- ... & are supported by an Indigenous Mentor through AFL Sports Ready throughout their traineeship.

Applications close 30th July so hurry and apply!

To apply send your details and or a brief resume to Jade Colgan at

jade.colgan@afilsportsready.com.au

or by post to Jade Colgan at AFL Sports Ready.
PO BOX 305. Abbotsford VIC 3067.

Trauma and Children – Resiliency Considerstions

Presented by Ann Locarnini

The presentation will address the complex psychosocial needs of children after a disaster and the importance of the role of the family and the school. The role of the attachment figure is pivotal to the development of self-efficacy and resilience in the child. Discussion will include examination of the types of problems that may develop in children when selfefficacy is undermined by post disaster environments. Relevant therapeutic approaches will be noted briefly throughout the presentation.

Tuesday 2nd August, 7.30pm – 9.00pm at 4 Wiltshire St Richmond.

Prior registration is essential

Contact MHFA(V) to book your place 03 9427 0407

E: admin@mentalhealthvic.org.au

Cupcake Decorating Class

Let your creative side shine in this beginners cupcake decorating class. \$70 per person.

Tuesday 2nd August, 6.00pm – 9.30pm. Participants are required to bring their own apron, piping bag, star and petal tip nozzles and container to take home 4-6 cupcakes. Contact Ebony Armstrong at the University of Ballarat on 5327 8186 or email e.armstrong@ballarat.edu.au to secure your place.

Volunteer Exhibition - Expressions of Interest

The Hepburn Shire Council is pleased to invite you to register an Expression of Interest to participate in a Volunteer Exhibition which is being held on Thursday, 15 September (more details below). The exhibition is a joint initiative of the FrontSEEAT Transport Connections Project, Hepburn Shire Council and the Daylesford Neighbourhood House.

There is a wealth of volunteer organisations within the Shire, encompassing a broad array of interests and projects. The Volunteer Exhibition aims to showcase the plentiful opportunities to volunteer within our community, for our community. It will also provide the opportunity to explain to potential volunteers what your organisation is all about.

There will be opportunities during the promotion of the Volunteer Exhibition to increase your organisation's profile and be a part of media releases and advertising, as well as be included in the advertised program.

We have limited places available for a number of organisations to give scheduled presentations during the exhibition.

Could you please register your Expression of Interest by contacting Debra Shaddock, Visitor Services Coordinator, Hepburn Shire Council on 5321 6100 or via email:

dshaddock@hepburn.vic.gov.au by Friday 12th August, 2011.

Did you know???

lemons contain more sugar than strawberries

Ballarat Italian Film Festival

The Ballarat Italian Association in conjunction with The Ballarat Regent Multiplex Cinemas present the 2011 Italian Film Festival.

Friday 5th August 'La Prima Cosa Bella screening at 6.35pm

Saturday 6th August Baaria screening at 1.15pm

Saturday 6th August Cinema Paradiso screening at 6.35pm.

Please contact Carla Woodruff on 0417 108 559 or email carlabrian209@gmail.com

for ticket prices and sales. Tickets must be pre purchased from the Ballarat Italian Association.

Quote of the week....

Never regret a day in your life, "good day gives you joy while bad day gives you experience". Both are important for a successful life.

- *Unknown*

Grants of Interest

Optus Community Grants

Minimum \$1000. Max per grant \$5000. Closes: 5pm Friday 12th August.

Purpose: To assist not-for-profit groups develop programs which build social inclusion for disadvantaged people, connect disengaged communities and support disengaged youth in life, education and knowledge. For further information go to: <https://communitygrants.optus.com.au/>

The R E Ross Trust Grants:

Max \$ per grant: under \$30,000 to be used over 12 months.

Purpose: To provide funding for projects that will have a positive impact on people's lives. Further Information: <http://www.rosstrust.org.au/>

Guidelines:

http://www.rosstrust.org.au/docs/Ross_Trust_Grants_Guidelines.doc

Appl. Form:

http://www.rosstrust.org.au/docs/Ross_Trust_Application_Form.doc

Did you Know???

In a recent study from the University of Sydney, researchers found almost a quarter of TV food advertising targeted parents. This finding suggests advertisers may be changing their tactics. While we are all busy being concerned over the masses of junk food advertising targeting our children, we haven't noticed that we are being targeted ourselves.

Read more at

http://www.cancercouncil.com.au/cfac/junkfoodinjunction_aug2011.html#beware

Freedom Road Concert

Gospel music which arose in conditions of cruelty and oppression, is now the foundation of popular music throughout the world.

380 singers from all over Victoria will gather to share in a telling of the story of slavery and emancipation at Melbourne Town Hall on Sunday, August 7th.

This latest Melbourne Millennium Chorus project, the 14th since the events began in 1999, is driven by the Directors of Ballarat's Sweet Monas Choir, Stella Savy and Dani Fry.

Part of the production will be a narrative written and read by Ballarat based actor and writer, Barry Kay.

Sunday 7th August, 2pm at Melbourne Town Hall, Bookings: www.boite.com.au/bookings

Making it Real: Sexual Health Communication for Young People Living with Disadvantage

The Making it Real research aimed to identify best strategies in STI communication for marginalised young people and to provide an evidence base for the development of appropriately targeted STI communication strategies for these young people. The research report can be found at http://www.kcwh.unimelb.edu.au/_data/assets/pdf_file/0009/89838/MIR_report_Keys.pdf

SSMART Answers 3 Youth Have the Key!

SSMART (Surviving Substance Misuse and Alcohol Risk Taking) Answers –Youth Have the Key is the third community conference involving young people, health, education, alcohol and other drug workers and community members.

Parent Session

Thursday 11th August, 6.30pm – 9.00 pm at The Mining Exchange Call Room.

The event includes a photovoice exhibition, the chance to have your say and the opportunity to hear John Toubourou talk about Strategies for Parents to talk with their Young People about Alcohol and his work on planned behavior.

RSVP 1st August to Jodie Downey on 5320 5593 or email jodiedowney@ballarat.vic.gov.au

Professional Development Session

Wednesday 10th August, 4.00 – 6.00pm
Ballarat Mining Exchange (Call Room), Lydiard St Ballarat.

Free with a light supper and the opportunity to hear the latest research from Paul Dillon on adolescents and substance use issues.

I Can Do That

Did you know that your group has a fantastic opportunity to tap into online technology and have your own "space" on the internet – for FREE? The Dept. of Planning and Community Development website www.volunteer.vic.gov.au offers volunteer involving groups the chance to promote their group and recruit volunteers and have a "presence" online without the need to pay thousands of dollars to do so.

To find out more, talk to our Project officer, Michaela Crompton who can assist your group learn how to use this easy-to-access resource. Michaela can be contacted most Thursdays at Wimmera Volunteers. Phone (03) 5382 5607 or email her at portal@wimmvol.com.au

Self-Abuse Finally Ends

SAFE in Oz will be presenting 'An Introduction To Working With Individuals Who Self-Abuse' a 2 day training workshop in Geelong on 6th & 7th October 2011.

SAFE in Oz aim to provide workshop participants an insight into the headspace of one who self-abuses in order to better understand their 'real' world and experiences; focussing specifically on their thoughts, feelings and behaviours. Throughout the workshop we encourage participants to employ strength based practice, in collaboration with their clients and significant others, as a means to discovering a myriad of healthier alternative behaviours to use in response to their inner trauma.

As self-abuse does not impact solely on the physical aspect of an individual's life, we also link self-abuse to its impact on the, mind, spirit and social aspects of life and explore the related long term effects

Thursday 6th & Friday 7th October 9.00am – 4.00pm at All Saints Anglican Church Training Room, 113 Noble St, Newtown 3220 VIC. Cost \$360

For more information or to register contact safeinoz@wideband.net.au

Di Wines – 0417 303 505 or Annie Slocombe – 0433 085 367

CHPCP Contact Details...

Location & Postal Address

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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.

July 2011

Wednesday 27th	Golden Plains Shire - Connecting with Youth Information Session – 6.30pm – 8.00pm Harrisons Reserve Hall, Enfield (327)
Thursday 28th	SSMART Answers Parent Workshop – 7.00pm , The Trench Room, Ballarat Town Hall (330)
Thursday 28th	MAV Consultation – 5.30pm , BRMC, 102 English St Golden Point (331)
Thursday 28th	Residential Care – Time to Decide? 9.00am – 3.00pm , 'Sunways', 418 Wendouree Parade (300)
Thursday 28th & Friday 29th	Rural Social Workers Action Practice Group – Mercure Ballarat Hotel & Convention Centre, Main Rd, Ballarat (325)
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	DisabiliTEA - 10.00am – 11.30am , Art Gallery of Ballarat, Function Hall, 40 Lydiard St Nth (300)
Tuesday 2nd, 9th, 16th, 23rd	Separation Recovery Men's Group – 7.00pm – 9.00pm , FRC 34 Peel St Ballarat (328)
Thursday 4th	Mingle 2011 – 10.30am , Buninyong Golf Club, 613 Learmonth St, Buninyong (331)
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.