

**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:

Integrated Health Promotion – Sexual & Reproductive Health

The Sexual and Reproductive Health Integrated Health Promotion Network recently met to revisit the plan to ensure it still reflected the core business and capacity for involvement by the members present. All those in attendance acknowledged the valuable work that has been done previously within this network.

Why focus on Chlamydia? The disease can be asymptomatic but still have devastating results. It can cause abdominal pain and infertility in both males and females.

What is known is that Chlamydia rates are increasing. Year to date figures indicate that the 15 – 19 age group are likely to report an increase from 2010. The total figures for 2010 in this age group for both males and females was 154 reported cases. In the 20 – 24 age group total numbers for 2010 were 284. There has been a corresponding increase in pregnancy and STIs for this age group.

It was decided that the Network should focus on the 20-24 age group, which has the highest levels of infection.

There were discussions on how best to target the two groups. It was felt that safe sex messages were not being heard, that media messages alone were not working. The simplicity of a urine test for Chlamydia was also not being received.

The network decided to focus on students attending University of Ballarat SMB campus as there is a wide variety of students, many from low socio economic groups, large number of CALD students and relatively large number of Aboriginal students.

Sexual Health programs in schools will continue, with particular emphasis on Chlamydia, to focus on the 15-19 age group.

Clair McKenna, Health Promotion Coordinator 5338 4775.

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.
- Blueearth
- Centacare
- Central Highlands General Practice Network
- Child & Family Services
- City of Ballarat
- Department of Health
- Department of Veterans' 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

Grampians Region Early Years Forum

'Turning Data Into Action'

Open to all early years professionals, particularly those with responsibility for planning the delivery of existing and new services. This session will be an interactive session providing an overview of the early years data sets currently available. The focus will be on understanding data in the local context, communicating knowledge about the data and engaging communities in this process.

Forum 1 – Thursday 15th September, 1.00pm – 3.00pm at Grains Innovation Centre, Natimuk Rd, Horsham.

Forum 2 – Friday 16th September, 1.00pm – 3.00pm at Alexandria on Lydiard, upstairs, 30 Lydiard St Nth, Ballarat.

RSVP by 9th September to Sharelle Knight, on 5337 8438 or email

knight.sharelle.y@edumail.vic.gov.au please advise if you require lunch prior to the session.

'Municipal Early Years Planning (MYEP) Framework'

Open to Local Government representatives only. This session will provide participants with an overview of the revised planning framework, provide some guidance regarding engaging community in the strategic planning process and provide advice about linking the MYEP Framework with broader social planning processes.

Forum 1 – Thursday 15th September, 10.00am – noon at Grains Innovation Centre, Natimuk Rd, Horsham.

Forum 2 – Friday 16th September, 10.00am – noon at Alexandria on Lydiard, upstairs, 30 Lydiard St Nth, Ballarat.

RSVP by 9th September to Sharelle Knight, on 5337 8438 or email

knight.sharelle.y@edumail.vic.gov.au please advise if you would like lunch and any key issue regarding implementing the MYEP framework that you would like addressed during the forum.

Project Community - Community Conversation 3

Project Community brings together schools and community to explore what makes us a community and how we can strengthen our connections through the eyes of our children.

Friday 2nd September, 11.30am—1.30pm, Redan campus, Ballarat South Community Learning Precinct.

Special guest host—George Otero

We invite you to come and to share in our children's experiences of our community and how we can work better together.

RSVP by 30 August by contacting Cheryl Vincent on 0459 979 315

Life after Cancer

Free workshop for people who have completed cancer treatment, their families and friends.

Wednesday 21st September 2011, 5.00pm – 9.00pm. Conference Room, Melton Health, 195-209 Barries Road, Melton West

This interactive workshop with health professionals will cover:

- coping with feelings after active treatment finishes
- returning to a 'new normal' after cancer
- exploring reactions and needs of those close to you.

RSVP is essential as places are limited. Please contact the Cancer Council Helpline on 13 11 20 to register your interest today.

When Cancer Won't Go Away

Free forum for people whose cancer has advanced, and their families and friends.

Wednesday 21st September 2011, 10.00am – 1.00pm. Conference Centre, Djerriwarrh Health Service, 35 Grant Street, Bacchus Marsh.

Topics include:

- treatments and medical support
- living with uncertainty
- financial and legal issues
- support services and open panel discussion.

RSVP is essential as places are limited. Please contact the Cancer Council Helpline on 13 11 20 to register your interest today.

Soup and Sandwich Luncheon

To aid asylum seekers and their families.

Topic – Afghanistan, asylum seekers and Australia. Presentation by Fr. Robert McCulloch at 1pm. Father Robert McCulloch is a Columban Missionary who has lived and worked in Pakistan for 32 years.

Tuesday 6th September, 12 noon onwards, at the home of Carmel Kavanagh, 30 Waller Avenue, Newington, Ballarat. Entrance \$10

For enquiries call Carmel on 0401 175 045 or 5332 2103 all welcome.

Survey for 18-25 Year Old Renters

Are you 18-25?

Have you or are you currently renting accommodation in the Ballarat area?

We are looking to gain an insight into the experiences of 18-25 year olds locally in rental accommodation.

Your feedback would be greatly appreciated.

Please spend 5 minutes completing the below survey

<http://www.surveymonkey.com/s/LCGFDF7> if you leave your contact details you can go in the draw to win an ipod.

25 New Grants to Support Men's Sheds

The Australian Government is funding new grants for 25 men's sheds across the country to purchase tools, conduct building and maintenance and employ shed coordinators.

A number of the sheds will be funded to employ a shed coordinator to assist with tasks such as overseeing and supporting projects to engage males in the shed environment or to facilitate discussions with relevant and interested groups. All Men's Sheds throughout Australia are eligible to apply for up to \$10,000 in Government assistance. Round Three of funding will open in late August 2011 and interested Sheds should monitor the Men's Shed website <http://www.mensshed.org> for updates.

New Report

Your Health: The Chief Health Officers Report 2010 has recently been released, view the report at www.health.vic.gov.au/chiefhealthofficer/health-status-of-victorians

Diploma Courses at Creswick Neighborhood House

Nationally Accredited Training is coming to Creswick. Two highly respected Melbourne Registered Training Organizations have formed a partnership with the Creswick Neighbourhood Centre to provide intensive training for local residents.

The courses will be at the higher end of the Australian Quality Training Framework including Diploma's and Advanced Diploma's which is a first in the area.

Initially courses that will be offered are:

- Diploma of Community Services Work (Welfare Worker)
- Diploma of Counselling (Counsellor)
- Diploma of Community Services – Alcohol and other Drugs (Drug and Alcohol Counsellor or Worker)
- Advanced Diploma of Management (Senior Manager)
- Certificate IV in Front Line Management (Team Leader or Supervisor)

Enrolments and enquires can be made through the Creswick Neighbourhood Centre on 5345 2356.

Quote of the week....

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste adversity, prosperity would not be so welcome.

~Anne Bradstreet

Myth Busters: 'Back to the Basics' Diabetes Forum

The CHPCP Diabetes Steering Group (DSG) wish to invite you to Myth Busters: 'Back to the Basics' Diabetes Forum.

For health professionals by health professionals. A Panel of CHPCP DSG Members will present information, answer your questions, and are interested in hearing your ideas to support your clinical work and improve health outcomes for people living with diabetes in the Central Highlands Region.

Program includes

- What is Type 1 Diabetes?
- What is Type 2 Diabetes?
- What is Gestational Diabetes?
- What is a Carbohydrate?
- What is the Cycle of care?
- What are the license requirements?

Wednesday 7th September, 2011, 7pm Nibbles and Registration. 7.30 – 9.30pm Forum. Lecture Theatre, Education Resource Centre, Ballarat Health Services, Drummond Street, Ballarat. To register contact Frances Riggs at Central Highlands Primary Care Partnership, on 5338 4773 or Email: icdm@chpcp.org

Winter Warm Up Dinner

Ballarat Regional Multicultural Centre are holding a Fundraising Dinner in September. 3 course meal \$25 per person BYO drinks.

Entertainments by Sweet Monas Gospel & Soul Group.

Friday 9th September, 7.00pm at Coinda Centre, Learmonth Rd, Ballarat.

RSVP by 4th September to Georgina Vagg on 0408 109 471.

Australian National Preventive Health Agency Strategic Plan 2011-2015

This Plan sets out ANPHA's vision, its mission, and the values and strategies that will underpin its work. To achieve its vision and mission ANPHA will collaborate with governments and with research, industry, media, non-government and community partners. ANPHA will work to enhance the exchange of knowledge, advice and support for prevention and health promotion efforts throughout Australia.

See:

<http://www.anpha.gov.au/internet/anpha/publishing.nsf/Content/strategic-plan>

Parent – Child Mother Goose Program

The Parent-Child Mother Goose Program (PCMGP) combines songs, rhymes and stories shared between a group of parents and their children under four years of age, supported by two teachers and an assistant. The songs and rhymes involve everyone. The stories are told between the adults sometimes with children and sometimes while the children are cared for by the assistant. The emphasis is on shared communication and there are no props. The whole communal process provides understated, subtle nurturing of the interactions between those engaged. The teachers are observant, responsive to participants and highlight the children's responses to their parents.

Participants will:

- learn about the Parent-Child Mother Goose Philosophy
- learn how to run sessions and how to reach target audiences
- learn rhymes, songs and storytelling techniques
- receive a package of resources and a delicious lunch

Thursday 22nd & Friday 23rd September, 9.30am – 4.00pm at YMCA Geelong, 25 Riversdale Road, Newtown. For more information and to book contact Michelle Booth on 9298 8000 or email Mother.goose@knox.vic.gov.au

Advanced Leadership Program 2012

The Advanced Leadership Program is designed to support the rapid advancement of high potential female leaders from all sectors and industries. During a career-defining 12 month journey, participants accelerate their own career progression and become part of an exclusive cohort of female leaders.

Scholarships of up to \$11,000 are now being awarded to women within the Health Services Sector to assist them in participating in the 2012 Advanced Leadership Program.

For enquiries regarding the WLA Advanced Leadership Program, please contact WLA on 1300 138 037 or visit www.wla.com.au

Bringing Up Great Kids Parenting Program

This practical one day seminar provides participants with the opportunity to learn how to successfully establish and run the Bringing Up Great Kids Parenting Program. Friday 7th October at the Mecure Hotel, 13 Spring St, Melbourne. Register online at www.childhood.org.au

The Campfire

'Share a cuppa and talk about our mental health system around the campfire.'

An invitation to long term psych users, families and mental health professionals to honour our unique journeys and build our hope for a better mental health system. To really understand the future we must talk today with the people who know the past.

Saturday 10th September, 6.30pm – late at Community Environment Park, Cnr Roberts and Stewarts St, Brunswick East. Bring a thermos and dinner nibbles.

Boccia – Come and Try Day

Boccia is a skilful, exciting and strategic sport that was developed specifically to cater to people with varying levels of physical impairment. Possessing pathways right through to Paralympic competition, Boccia is a truly inclusive sport that can be enjoyed by all!

The aim of this session is to introduce you to the sport of Boccia and provide a brief and accurate explanation as to how the sport is played. We are interested in working with organisations in this region to develop a sustainable Boccia program and provide ongoing opportunities for participation.

Wednesday 7th September, 12:30pm – 3:30pm (lunch provided) Ballarat Badminton Stadium – Dowling Street, Wendouree.

Please advise of your attendance by contacting Lachlan Smith on 5331 6966 or via email lachlan.smith@chsa.org.au by no later than Tuesday 6th September.

VHA Annual Conference

The Victorian Healthcare Association's annual conference will be held on Thursday 22nd and Friday 23rd September 2011, at the Melbourne Convention and Exhibition Centre.

The theme of this two day conference is Collaboration: The Key to Better Health, exploring the need for improved co-operation across the sector.

For more information, or to register please visit <http://www.vha.org.au/>

Primary Health Bulletin

New items have been added to the Primary Health Bulletin for 30th August 2011.

View the Bulletin at

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

Department of Premier and Cabinet Regional Offices

In July 2011, the Department of Premier and Cabinet (DPC) opened regional offices in Ballarat and Bendigo.

This nine-month pilot will enable DPC to work more closely with local government, communities and businesses in regional Victoria to help address local issues and improve the state government's understanding of regional matters.

DPC will also be able to work more closely with other departments and agencies in the regions to help enhance collaboration and coordination across government.

Through these actions, it is expected that the program will strengthen channels between the government and regional Victorians, facilitate DPC providing advice on regional matters and help shape government projects and programs.

An independent evaluation of DPC Regional will be conducted in January 2012. This will enable DPC to refine how these offices will operate before the program is expanded to any further locations.

If you would like to know more about the Ballarat pilot, raise any issues of concern or just meet the staff, feel free to drop in to 48 Sturt Street during business hours, or call on 5320 5919. More information about the role of DPC in government generally is available on its website, www.dpc.vic.gov.au

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.

September 2011

Friday 1 st – Thursday 8 th	Adult Learners Week – various activities, Haddon & District Community House (336)
Tuesday 6 th	Integrated Health Promotion Network Meeting – 9.30 – 11.30am, PCP Meeting Room, 15 Violet Grove, Wendouree
Wednesday 7 th	Myth Busters: 'Back to the Basics' Diabetes Forum – 7.30pm – 9.30pm, Education Resource Centre, Ballarat Health Services, Drummond St Ballarat (336)
Thursday 8 th	Integrated Health Promotion Network Sexual & Reproductive Health – 3.00pm – 4.00pm, Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat
Saturday 10 th	World Suicide Prevention Day – 5.20am, Rotunda at Pipers at Lake Wendouree (336)
Saturday 10 th	Asian-Australian Cultural Evening – 6.30pm, North Ballarat Sports Club, Creswick Rd, Ballarat (336)
Tuesday 13 th	GICS Annual Support Group Forum – 10am – 3pm, Gum Sum, Lambert St Ararat (336)
Tuesday 13 th	Residential Care Caring Together 9.00am – 3.00pm, Nazareth House, 218 Mill St Ballarat (356)
Wednesday 14 th	CHADA Meeting – 9.30am – 11.30am, Seminar Room 2, Queen Elizabeth Centre, Ascot St Sth, Ballarat
Wednesday 14 th	Chronic Disease Practitioner's Group Meeting – 1.30pm – 3.30pm, Child & Adolescent Mental Health Services, 111 Ascot St Sth, Ballarat
Monday 19 th	Diabetes Steering Group Meeting – 2.00pm – 3.00pm, Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat
Thursday 22 nd	CHPCP Full Alliance Meeting – 9.30am-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.