

**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:

Health Promoting Schools Initiative

As part of a "revamp" of the Health Promotion plan earlier this year several members developed a new strategy to engage agencies in a collaborative project that had a clear plan of engagement and action. The Network decided on piloting an Integrated Health Promotion in Schools project based on the International Union for Health Promotion and Education concept. This is where schools apply "a health promotion lens" to the work they do within their school and broader school community.

The lead agencies responsible for engaging the schools were Ballarat Community Health, Djerrwarrh Health Services, Hepburn Health Services and Golden Plains Shire.

Network agencies determined a school selection process. These included: a school currently engaged with lead health service; commitment from school leaders; the school being located in a remote or socio-economically disadvantaged area. Four schools were chosen, with another school to join the pilot project in 2012. The schools are: Delacombe Primary, Clunes Primary, Trentham Primary and Haddon Primary. Djerrwarrh is currently in the process of school selection.

To ensure the initial success of the project University of Ballarat was engaged to evaluate the partnership process using the Vic Health Partnership Tool. The final report will be available in late November, which will outline the effectiveness of the collaborative process and recommendations for improvement. Preliminary data has shown that the renewed engagement has had very positive results for member agencies.

The project is progressing at various rates, depending on a range of factors. It is anticipated that representatives from all schools involved in the project, as well as the lead agencies, will attend the next workshop with Lawrie St Ledger, to be held early November.

Claire McKenna, Health Promotion Officer

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
- Djerrwarrh 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

Disability Sport and Recreation Festival

The 2011 Disability Sport and Recreation Festival is Victoria's premier event for the disability sport and recreation sector, taking place at Federation Square, Melbourne, on Friday 2nd December 2011. This year's theme celebrates *Diversity in Disability* with a focus on people with disability from diverse backgrounds such as Indigenous Australians, culturally and linguistically diverse communities, women and those living in regional and rural areas. This unique, interactive public event brings together the health and disability sector and the wider community to promote and celebrate physically active lifestyles through participation in accessible and inclusive sport and recreation initiatives. PLEASE NOTE: THE SUBMISSION DEADLINE FOR ABSTRACTS HAS BEEN EXTENDED TO 5PM MONDAY 3rd OCTOBER 2011.

Please do not hesitate to contact Disability Sport and Recreation if you require any further information or you can visit the official Festival website www.dsrf.org.au

New National Aged Care Information Line

Commonwealth Respite and Carelink Centres have begun the first phase of the implementation of a new 'front end' to improve information, intake and assessment for aged care.

The new national phone number will consolidate the range of existing 1800 numbers, and act as the new, single point to entry for people seeking information and access to aged care services. From the 1st of September 2011, the new number is 1800 200 422.

This new number will simplify the system and make it easier for older Australians, their cares and their families to find and access the aged care service they need.

Although the new national phone number has been developed the existing ways of entering the system will remain though the transition process of the implementation of the new 'front end'.

Please note in the Grampians region calls that were previously made to the Aged Care Helpdesk will now be diverted to the new 1800 200 422 number and will be answered by staff at the Direct2Care office.

If the Direct2Care staff are unable to assist you with your enquiry the call will then be transferred to the Canberra Aged Care Helpdesk.

Quote of the week....

'Go faster by yourself or further together.'
- African saying

Out and About in Ballarat

This years "Out and About in Ballarat" Festival aims to promote events that encourage the different generations to mix, this is what contributes to positive ageing.

The festival is endeavoring to shift the negative perception of seniors to a more positive and inclusive one and runs from 1st Oct to 16th Oct. With more than 40 events on offer, people of all ages are encouraged to get out and about in Ballarat during this annual festival. Most events are free which, together with free public transport (for those with a senior's card), makes the festival even more appealing. Concerts, exhibitions, dancing, sport, workshops, training opportunities, theatre and star gazing are just some of the events on offer as part of this year's exciting event program.

A sample of some of the events planned includes:

Jamie Redfern Concert with support act Ted Lewis Allstars

Friday 7th October from 1 - 3pm, Wendouree Centre for Performing Arts. Bookings essential on 5338 0980. Cost - \$5

Stepping Out – Seniors Variety Concert

Tuesday 11th October. Doors open 11.30am show starts 1pm. Ballarat & District Trotting Club Function Centre. Tickets sold at door, Cost \$10

Evergreen Faces Photographic Competition Exhibition

1st October to 16th October, Central Highlands Libraries – Ballarat Branch, 196 Doveton St Ballarat. Ph: 5331 1211

Seniors Star Quest Showcase Final

Sunday 16th October, Ballarat & District Trotting Club Function Centre.

For Further information contact Sandra Kennedy, Community Development Program Support Officer, City of Ballarat on 5320 5746 or Email sandrakennedy@ballarat.vic.gov.au Website: www.ballarat.vic.gov.au

Did you know???

In 1801, when the first complete world census was carried out, the world's population was 1 billion. China had 295 million people, India 131 million, Russia 33 million, France 27 million, Ottoman Empire 21 million, Germany 14 million, Spain 11 million, Britain 10 million, Ireland and the USA 5 million.

Information Session - Carer Respite & Support Services along with Alzheimer's Australia Vic

The Carer Respite & Support Services along with Alzheimer's Australia Vic, invite friends and families caring for a person with dementia and interested community members to a free information session. The topics will be, 'Research updates on dementia & genetics', presented by Dr Maree Farrow- Alzheimer's Australia Vic Research Fellow. Dr Farrow will discuss links between lifestyle & dementia, current research findings, also 'if I have a relative with dementia, does it mean I will get it too?'

Tuesday 11th October 10am (registration from 9.30am) – 12.30pm at Coinda Centre, 10 Learmonth Rd, Wendouree. To book call Faith at Carer Respite and Support Service on 5333 7104.

Grampians Region – Mental Health Week 2011

Annual Mental Health Trivia Night

A fundraiser for Grampians Mental Health Week Action Group.

Theme: "Melbourne Cup" (Prize for best table theme)

Friday, 4th November 2011, 7.00pm for 7.30pm commencement at Victoria Bowling Club, 231 Victoria Street, Ballarat.

COST: \$15.00 Per person (Pay at door)

Trivia quizmaster: PT (Paul Taylor), Host of 3BA's Big Breakfast Show.

Spot prizes throughout the evening.

Bar facilities available. (No BYO alcohol) BYO nibbles. Tea, Coffee & biscuits provided.

Sports Memorabilia Items to be auctioned.

For table reservations contact:

Nola Kervarec - 5333 7104 or nolak@bhs.org.au

Marilyn Gale – 5338 4500 or

marilyng@bchc.org.au

RSVP by October 24th 2011

City Of Ballarat Stakeholders Consultation A Vision for Public Library Services In the 21st century

As a stakeholder in your community we value your input to help create a new 5-year Strategic Plan for public library services

We invite you to join us in a stakeholder consultation

Friday 21st October, 8.30am – 1.30pm
(For 9am start - morning tea on arrival)

The Annex – Ballarat Art Gallery, 40 Lydiard Street North, Ballarat

Lunch provided. please RSVP to Claire Keith by 14/10/11 including any dietary requirements.

clairekeith@ballarat.vic.gov.au

A Celebration of Mental Health Week 2011

Ballarat Health Services Carer Respite Centre invites you to 'An Evening with Dr James McLure Author of Eight Stones, My Journey through Schizophrenia and Depression'

Friday 14th October, 6pm for a 7pm start at Horsham Golf Club.

Cost \$25.00 per head, includes a 3 course meal.

Dr James McLure is a young dynamic pharmaceutical research scientist at Deakin University Geelong who has been to hell and beyond with his struggle with Schizophrenia. It was a 4 year battle to overcome these demons and James has shared his story in a book he has recently published called "Eight Stones"

James also was a talented footballer, recruited by AFL clubs, Collingwood and Geelong as well as running out 101 games with Woodville West Torrens in the SANFL.

RSVP:-Friday 7th October, contact Lindy Muller 5381 9336.

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 & maintenance and employ shed coordinators.

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. Funding will open in late August 2011 and interested Sheds should monitor the Men's Shed website <http://www.mensshed.org>

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, nongovernment and community partners. ANPHA will work to enhance the exchange of knowledge, advice and support for prevention and health promotion efforts throughout Australia.

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

Websites of Interest

A number of Strategic Documents and reports have been recently released in the health and health promotion area.

The Australian National Preventative Health Agency (ANPHA) which is available at <http://www.anpha.gov.au/internet/anpha/publishing.nsf/Content/strategic-plan>

Victorian Government – Dept of Health: Public Health and Wellbeing Plan for Victoria - The plan is available at http://www.health.vic.gov.au/localgov/downloads/enviro_public_health.pdf

Health promotion and sustainability: transitioning toward healthy and sustainable futures – Final Report http://www.resourcesmart.vic.gov.au/documents/ENV054_Health_Promotion_Report_Final_Report_110622_sg.pdf

Did you know???

The percentage of people dreaming in black and white started decreasing after the spread of color TV!

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 30 th	Ballarat Hospice Fundraiser – Mousetrap – 7.30pm, SMB Courthouse Theatre, Lydiard St Sth, Ballarat (339)
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October 2011

Tuesday 11 th	Raising Teenagers Talk – 7.00pm – 9.00pm, Bacchus Marsh Secondary College (338)
Tuesday 11 th	Integrated Health Promotion Meeting – 9.30am – 11.30am, CHPCP Office, 15 Violet Grove, Wendouree
Wednesday 12 th	CHADA Meeting – 9.30am – 11.30am, Seminar Room 2, Queen Elizabeth Centre, Ascot St Sth
Wednesday 12 th	Chronic Disease Practitioners Group Meeting – 1.30pm – 3.30pm, CAMHS, 111 Ascot St Sth, Ballarat
Wednesday 12 th	Women's Health Grampians AGM – 11.00am, Grains Innovation Park, 110 Natimuk Rd, Horsham (338)
Monday 17 th	Diabetes Steering Group Meeting – 2.00pm – 3.00pm, BHS Education Resource Centre, Drummond St Nth, Ballarat
Tuesday 18 th	Heads Up - 7.30pm, The Humphrey Room, Ballarat Mechanics Institute (339)
Tuesday 18 th	Carers Week Expo – 9.30am – 1.00pm, St Patricks Cathedral Parish Hall, 3 Lyons St sth, Ballarat (339)
Wednesday 19 th	Rural & Regional Safety Conference 2011 – Art Gallery of Ballarat, 40 Lydiard St Nth, Ballarat (338)

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.