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<th>Event</th>
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<tr>
<td><strong>Sale parkrun</strong>&lt;br&gt;A weekly 5km timed run or walk</td>
<td>Every Saturday at 8am commencing 18 April</td>
<td>Sale Botanic Gardens, Sale</td>
<td>Sale parkrun is a 5km run (or walk) - it's you against the clock. This is a free event but please register before your first run. Only ever register with parkrun once. Don't forget to bring a printed copy of your barcode (request a reminder). If you forget it, you won't get a time. We all run for our own enjoyment. Please come along and join in whatever your pace! <strong>Sale parkrun needs you!</strong> It is entirely organised by volunteers For further information, registration etc. follow link - <a href="http://www.parkrun.com.au/sale/">http://www.parkrun.com.au/sale/</a></td>
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<tr>
<td><strong>Walk and Talk</strong>&lt;br&gt;Rosedale</td>
<td>Every Friday at 10:00am</td>
<td>Depart from Rosedale Neighbourhood House 2-8 Cansick St, Rosedale</td>
<td>Want to boost your fitness but not sure where to start? Join Rosemary, a Heart Foundation Volunteer, for a weekly walk around Rosedale. It's a fun way to include some regular exercise into your life and is perfect for those who love a chat. All ages and fitness levels welcome. Phone: 5199 2595</td>
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| **Celebrating Wellington People and Community**<br>Australia Day Awards | Open until 31 October | [http://www.wellingt on.vic.gov.au/Enjo ying-Wellington/Events/Australia-Day-Awards](http://www.wellingt on.vic.gov.au/Enjo ying-Wellington/Events/Australia-Day-Awards) | Nominations are now open for the following awards:  
  - Australia Day Citizen of the Year  
  - Australia Day Young Citizen of the Year  
  - Community Event of the Year  
  - Community Group of the Year  
  Nominations close on Friday 31 October 2014. If you have any queries, please do not hesitate to contact Sharon Willison on 5142 3178 or email enquiries@wellington.vic.gov.au |
<p>| <strong>Youth Council</strong>&lt;br&gt;Nominations now open      | 21 September til 7 November | Wellington Shire                   | Wellington Shire Youth Council opens an avenue for 12-25 year olds to voice their opinions on youth issues and encourage active participation in community programs. Youth Councillors are instigators of positive change and act as role models and leaders within the community. An information session will be held on 14 October from 6-7pm in the Wellington Room, Port of Sale Business Centre. For further information please email <a href="mailto:youth.councillor@wellington.vic.gov.au">youth.councillor@wellington.vic.gov.au</a> or phone 5142 3044 or 0439 561 757. |
| <strong>DEEP (Formerly CARE)</strong>&lt;br&gt;De Escalation Engagement and | 25 September 9am-4:30pm      | LV CMHS, 20 Washington Street, Traralgon Building 3 | 1 Day Course (Annually) for Mental Health Inpatient, Consultation Liaison, Hospital Coordinator's Emergency Department, Administration and Security Staff ALL COURSE DATES SUBJECT TO - MINIMUM 6 |</p>
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<tr>
<th>Prevention</th>
<th>Conference Rooms 1&amp;2</th>
<th>PARTICIPANTS / MAXIMUM 12 PARTICIPANTS</th>
<th>For more information email: <a href="mailto:jgannon@lrh.com.au">jgannon@lrh.com.au</a></th>
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| **Partners in Depression**  
*a free workshop*                                                          | Lifeline Gippsland, 2 Fleming Street, Morwell | This workshop is for anyone over the age of 16 who lives, works with or supports an individual with depression.  
The workshop covers:  
• What is depression?  
• Treatment options  
• Self-care strategies  
• Communication skills and  
• When and how to access services  
If you would like to register or find out more please call 03 5136 3500 or email reception@llg.org.au |
| **Battle of the Bands**                                                  | VRI Hall Queens Parade Traralgon | Featuring Under Scarlet Skies as headliner with Aura, Suffering, I Stand and Strangers in the Yard and more! $1 entry. No pass outs. 8 Trophies (including peoples choice, most active crowd member, best breakdown and so on) and over $300 vouchers for the crowd. Drug, alcohol and discrimination free event.  
[https://www.facebook.com/events/437529919786529/](https://www.facebook.com/events/437529919786529/) |
| **Planes, Trains & Everything LEGO®!**                                   | Maffra Memorial Hall  | Featuring LEGO creations by LEGO enthusiasts including work from Australia’s LEGO Professional – Ryan McNaught.  
**Supporting Central Gippsland Health Service Dialysis Unit & MRI.**  
ENTRY FEE: $15.00 per family (2 + 2), Adults $6.00, Children $2.00  
CONTACT: 0419 480 313 for further details |
| **Work effectively with culturally diverse clients and co-workers**     | Traralgon RSL Function Room 109-116 Grey Street, TRARALGON | This unit of competence deals with cultural awareness and the skills required when working with people from diverse cultures.  
Working with volunteers, staff and clients from culturally and linguistically diverse backgrounds can add value to your organisation, create an inclusive environment, strengthen positive relationships with the local community, bring new perspectives and encourage people from different backgrounds to use the HACC services your agency provides.  
The primary purpose of this cultural awareness and cross-cultural training is to help avoid misunderstandings between clients, staff and volunteers who work with older people from Culturally and Linguistically Diverse (CALD) backgrounds.  
A great deal of literature explores the principles and practice of culturally-appropriate community services. The research outlines six over-arching strategies to make services culturally appropriate.  
| **Community Youth Fair – In your own way**                               | Kernot Hall Morwell  | Quantum Support Services is extending their invitation to services and organisations.  
This year the youth fair aims to: Connect attendees with |
services and organisations within their local community; Engage attendees with interactive and information stalls; and Create positive pathways

How can you become involved?
• Hold an Information stall – a great idea for informing the attendees on your services
• Interactive activities – engagement through hands on fun for attendees
• ‘Pay it forward’ – Get involved in our pay it forward concept

In Your Own Way will encourage positive social pathways where youth and young adults are able to connect, engage and create opportunities in their own way. Creating change and making a difference.

If you are interested in holding a stall, please contact: Belinda James (Youth Project Worker), QSS. Ph: 5120 2000 or 0488 323 996 Email: Belinda.James@quantum.org.au

| CARE for Carers program | 30 September from 10:30am until 1:30pm for 6 consecutive Wednesdays | Morwell Bowling Club | Latrobe Community Health Service invites you to attend the CARE for Carers program.
The program aims to increase your well-being by providing you with information and activities that promote healthy ageing, independence and empowerment.
Morning tea and lunch will be provided.
**RSVP:** Wednesday 16 September or for further information please contact the CARE Program Coordinator or the Events Administration Officer on 1800 242 696

| LivingWorks ASIST Applied Suicide Intervention Skills Training TWO DAY WORKSHOP | 1-2 October 8:30-4:30 | LV CMHS, 20 Washington Street, Traralgon | The two day training workshop is an intensive participatory course designed to help participants as care givers recognise and assess people at risk of suicide and to implement an effective suicide intervention model. Cost $275 (GST inclusive), Free for LRH MH staff and Lifeline Staff. Training materials, lunch and refreshments are provided on both days. More information: jgannon@lrh.com.au or 03 5128 0050

| Partners in Depression | 5, 12, 19 & 26 October | Monash Rural Health Building Latrobe Regional Hospital Princes Hwy Traralgon | This is a FREE four (4) week group program that aims to address the information and support needs of those who live with or love someone experiencing depression. The program covers a range of topics including:
• What is depression
• Treatments for depression
• Suicidality and self harm
• How do you best support someone with depression
• Communication strategies
Register your interest:
Susanne Lampitt, P: 5128 0063, M: 0417 377 094 or E: slampitt@lrh.com.au

<p>| DEEP (Formerly CARE) | 5 October | Latrobe Valley CMHS | 3 hour Course (Annually) For Community Mental Health Staff |</p>
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<td>20 Washington Street Traralgon</td>
<td>ALL COURSE DATES SUBJECT TO - MINIMUM 6 PARTICIPANTS / MAXIMUM 12 PARTICIPANTS For more information email: <a href="mailto:jgannon@lrh.com.au">jgannon@lrh.com.au</a></td>
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<td>Australian College of Midwives 19th Biennial Conference 2015</td>
<td>5-8 October</td>
<td>Gold Coast</td>
<td>The theme of the conference is Super Midwives - Making a Difference - recognising the amazing work that midwives do around Australia and across the world. Midwives make a difference to the lives of women, their babies and their families every day. More information at: <a href="http://acm2015.com/">http://acm2015.com/</a></td>
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<tr>
<td>Yarram Community Garden is growing</td>
<td>6 October</td>
<td>Rear of the Anglican Church,</td>
<td>This is the first stage of The Yarram Community Garden. Interested gardeners can sign up as a volunteer and get involved in improving the community, growing, share your skills or learn new skills or just catch up with others interested in gardening. BYO tools. To RSVP or for further information call Janne 5182 0233 or Nicole 5182 0270 <a href="mailto:community.health@ydhs.com.au">community.health@ydhs.com.au</a></td>
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<tr>
<td>Yarram Community Garden is growing</td>
<td>6 October</td>
<td>104 Commercial Rd Yarram</td>
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<tr>
<td>Organisational Health Literacy for managers, quality improvement and senior staff</td>
<td>7 October</td>
<td>Centre for Culture, Ethnicity &amp; Health, 23 Lennox St, Richmond</td>
<td>Health literacy is a state and federal health policy priority, and aims to improve individuals’ capacity to understand and apply health information. This workshop provides methods to embed organisation-wide health literacy strategies into systems, operations, planning and workforce development. Key learning outcomes:   - Identify organisational priority areas for health literacy action   - Contextualise health literacy within cultural responsiveness, quality improvement and diversity planning requirements   - Apply health literacy strategies relative to the organisation’s needs. Cost: $150 - cost includes morning tea, lunch and course materials. <a href="https://centreceh.wufoo.eu/forms/organisational-health-literacy-2015/">https://centreceh.wufoo.eu/forms/organisational-health-literacy-2015/</a></td>
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<td>ACMHN’s 41st International Mental Health Nursing Conference</td>
<td>7-9 October</td>
<td>Brisbane Convention Centre</td>
<td>This Conference challenges speakers and delegates to get involved in the future of the profession; to consider and discuss how the profession can be moved forward, how mental health nurses can move from the ‘bedside to the boardroom’. How do they collectively and individually operate to ensure the future of the profession? How do mental health nurses define, describe and advocate for the importance of mental health nursing knowledge and skills for consumers, their families, carers and the community more broadly? How do they recruit nurses into the mental health nursing specialty? How are they demonstrating and showcasing innovative models of care and workforce design to other key stakeholders within mental health? How do mental health nurses ensure that the profession is engaged as individuals, not just through the professional</td>
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<td>2015 Mental Health Research Symposium</td>
<td>8 October</td>
<td>Latrobe Regional Hospital Auditorium</td>
<td>A celebration of mental health research at LRH during Mental Health Week. RSVP to Jess Gannon <a href="mailto:jgannon@lrh.com.au">jgannon@lrh.com.au</a> by 1 October 2015.</td>
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<tr>
<td>Running Events in Latrobe Having Fun and Staying Safe</td>
<td>8 October</td>
<td>Nambur Wariga Room, Latrobe City Headquarters, Morwell</td>
<td>Come and join other community group representatives to find out what has changed in the world of events planning over the past few years. This workshop will benefit anyone involved in planning and carrying out events in the community. Contact: Abby Clavarino Telephone: 5128 5658 Email: <a href="mailto:abby.clavarino@latrobe.vic.gov.au">abby.clavarino@latrobe.vic.gov.au</a> by 1 October 2015.</td>
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<td>VHA Annual Conference 2015: Champions for change</td>
<td>8-9 October</td>
<td>Pullman Melbourne on the Park</td>
<td>This is the premier learning, sharing and networking event for Victorian public healthcare sector. Invited speakers who are leaders in their fields will inspire, share their expertise, and create a forum for discussion and debate. This two day agenda is aimed towards health professionals working within the Victoria hospital and health service arena, including CEOs, Board Directors, Executives, Senior Managers, and practitioners of primary health and community service organisations, policy professionals, academics, peak bodies, government officials and consultants. This event is open to VHA members and non-members. Early bird registration available until Friday 31 July. <a href="http://www.cvent.com/events/vha-annual-conference-2015-champions-for-change/event-summary-119eaea9b68c4889896e67fadd21bf9d.aspx">http://www.cvent.com/events/vha-annual-conference-2015-champions-for-change/event-summary-119eaea9b68c4889896e67fadd21bf9d.aspx</a></td>
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<td>Living with Bushfire: A Community Conference</td>
<td>9-10 October</td>
<td>Federation University Australia, Gippsland Campus, Auditorium Building 3E, Northways Road, Churchill</td>
<td>This conference is your opportunity to participate in a forum about living with bushfire. Presentations and panel sessions will be held with leading researchers, professionals and community members, as well as displays from a wide range of agencies and community groups. <strong>Day 1</strong> Friday 9th October Will feature ecological research, bushfire risk management and key note presentations by leading bushfire scientist Associate Professor Kevin Tolhurst from Melbourne University and senior fire managers. <strong>Day 2</strong> Saturday 10th October Will feature personal reflections and learnings from recent fire events, social research and keynote presentations by bushfire urban design researcher Justin Leonard (CSIRO) and CFA Chief Fire Officer Euan Ferguson. <strong>Cost</strong> Friday session (8:30am to 4:30pm) $20 Friday night conference dinner (6:30pm) Fed Uni $50 Saturday session (8:30am to 4:30pm) $20 <strong>For further information</strong> visit the webpage</td>
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| Gippsland Multicultural Services presents: Gippsland where we all belong festival | 10 October 1-4pm | Immigration Park Princes Highway Morwell | Join in and celebrate inclusive community in a fun filled afternoon with family and friends.  
- Kids activities  
- Food vendors  
- Fantastic multicultural entertainment  
For more information call GMS on 5133 7072 |
| Standard Mental Health First Aid                                     | 12 & 13 October | Quest Sale HACC Training @ Sale 180-184 York Street, SALE | This ‘Standard MHFA course’ equips HACC staff with the knowledge and skills necessary to assist someone who is in a mental health crisis.  
Participants will learn the signs and symptoms of the following mental health problems, where and how to get help and what sort of help has been shown, by research, to be effective:  
1. Depression  
2. Anxiety  
3. Psychosis  
4. Substance misuse  
5. Mental health crises covered: Suicidal thoughts and behaviours; - Non-suicidal self-injury; Panic attacks; Traumatic events; Severe psychotic states; Acute effects from alcohol or other drug misuse; and Aggressive behaviours.  
Course participants receive a copy of the Standard MHFA Manual to keep and a Certificate of Completion.  
https://hacc.chisholm.edu.au/Training/Mental__Health__First__Aid |
| Youth Council Nominations now open – information session            | 14 October 6-7pm | Wellington Room, Port of Sale Business Centre Sale | Wellington Shire Youth Council opens an avenue for 12-25 year olds to voice their opinions on youth issues and encourage active participation in community programs. Youth Councillors are instigators of positive change and act as role models and leaders within the community.  
For further information please email youth.councillor@wellington.vic.gov.au or phone 5142 3044 or 0439 561 757.  
Nominations open: 21 September til 7 November |
| The Voice of Gippsland fundraiser Have you got the voice?            | 17 October 6.30pm | Sporting Legends Sale | SAVE THE DATE: All proceeds go to the CGHS Oncology Unit redevelopment.  
All entries must be sent to PO Box 766, Sale. Entries close on 4 October. Tickets are $30 including a light supper. Drinks are available at bar prices. Tickets can be purchased from Central Gippsland Health Services Cashiers Desk or 0427 444 815. |
| Ask Better Questions                                                  | 20 October 9.30 am - 4.30 pm | Classroom 3, Alfred Medical Research & Education Precinct The Alfred | A one-day workshop covering highly effective communication strategies and practical tips that will enable you to enhance your communication skills and professional practice.  
With these strategies, you will be able to empower patients/clients in managing their own health and |
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<tr>
<td>Work with People with Mental Health Issues</td>
<td>20 October</td>
<td>9:30AM - 4:00PM</td>
<td>Quest Sale HACC Training @ Sale 180-184 York Street, SALE</td>
<td><a href="https://hacc.chisholm.edu.au/Training/Work__With__People__With__Mental__Health__Issues">https://hacc.chisholm.edu.au/Training/Work__With__People__With__Mental__Health__Issues</a></td>
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<td>Regional Peer Support Group Leader Forums</td>
<td>20 October</td>
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<td>Quality Inn La Trobe Convention Centre Traralgon</td>
<td><a href="http://us7.campaign-archive1.com/?u=0cea239b577482628f7b9be44&amp;id=9eca49974c&amp;e=8bd0c5ccd2">http://us7.campaign-archive1.com/?u=0cea239b577482628f7b9be44&amp;id=9eca49974c&amp;e=8bd0c5ccd2</a></td>
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<td>Pledge to Drop the Jargon</td>
<td>20 October</td>
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<td><a href="http://www.dropthejargon.org.au/">http://www.dropthejargon.org.au/</a></td>
<td>Drop the Jargon is a day for professionals in Australian health, community services and local government to challenge themselves to use plain language. 6 out of 10 of people in Australia have low health literacy. This means that the majority of people in Australia have difficulty accessing, understanding and using health information as well as difficulty navigating the health system. Using jargon, technical terms and acronyms contributes to low health literacy. By dropping the jargon, you are helping individuals understand and use information to make informed decisions and actions affecting their health and wellbeing. Click on the link to find out more: <a href="http://www.dropthejargon.org.au/">http://www.dropthejargon.org.au/</a></td>
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<td><strong>Motivational Interviewing (MI)</strong></td>
<td>21 &amp; 22 October 9:30AM - 4:00PM</td>
<td>Quest Sale HACC Training @ Sale 180-184 York Street, SALE</td>
<td>This two day workshop, conducted by VICSERV, is an introduction to motivational interviewing (MI), a client-centred and gently directive interaction style used to negotiate behaviour change. Motivational interviewing is a form of collaborative conversation for strengthening a person's own motivation and commitment to change. It is a person-centred counselling style for addressing the common problem of ambivalence about change by paying particular attention to the language of change. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. - See more at: <a href="http://www.motivationalinterviewing.org/#sthash.w2dtixfj.dpuf">http://www.motivationalinterviewing.org/#sthash.w2dtixfj.dpuf</a> Register at <a href="https://hacc.chisholm.edu.au/Training/Motivational_Interviewing">https://hacc.chisholm.edu.au/Training/Motivational_Interviewing</a></td>
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<td><strong>Senior Driver Road Safety Forum</strong></td>
<td>22 October 10.30 am – 2.30 pm</td>
<td>Sale Memorial Hall</td>
<td>Representatives from RACV, Victoria Police, Australian Hearing, Vision Australia, Access Rehabilitation Equipment and others will be present to share information and answer your questions. The day will include: 10.30am Free Hearing Tests – bookings essential! Morning Tea – Information Stalls 11.00am VicRoads Safe use of Motorised Scooters • What does the law say? • Make the right choice. 12–1pm Light Lunch – Have a go on a Mobility Scooter 1–2pm RACV Years Ahead – information session for Seniors 2pm Medications and Driving – local Pharmacist Book your hearing test and place before Thursday 15 October with Kate or Britt by phoning 5142 3013 so we can cater for everybody. If you need assistance to get there please contact Leanne Wishart, RuralAccess - Wellington Shire Council on ph: 5142 3179.</td>
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<td><strong>DV-alert (Domestic Violence Response Training)</strong></td>
<td>22 &amp; 23 October</td>
<td>Lifeline, corner of Church and Fleming Streets Morwell.</td>
<td>DV-alert is Lifeline's FREE accredited training program that enables health, allied health and frontline workers to confidently: • RECOGNISE signs of domestic and family violence • RESPOND with appropriate care • REFER affected individuals and families to relevant support services As an accredited training program, DV-alert is mapped out against the unit of competency CHCDFS001A - Recognise and Respond Appropriately to Domestic and Family Violence. Participants who complete the training and assessment will receive a Statement of Attainment.</td>
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<td>Latrobe Workplace Health &amp; Wellbeing Expo</td>
<td>27 October 8am – 9.30am</td>
<td>Kernot Hall, Cnr Princes Drive and Monash Way, Morwell</td>
<td>Meet local organisations that can support your staff health and wellbeing and boost productivity in your workplace. There will be lucky door prizes, light breakfast from local healthy caterers and the opportunity to network with other workplaces. Special guest presentation: At the expo, international speaker Merv Neal will talk about how to 'put the H back into OH&amp;S', before running a more detailed workplace wellbeing workshop from 9.30am-11.00am. Learn about what makes a successful health and wellbeing program. The expo and workshop are both free, but registration for the workshop is essential. Contact Catherine Hodgens at Latrobe Community Health Service on 5136 5382 or at <a href="mailto:catherine.hodgens@lchs.com.au">catherine.hodgens@lchs.com.au</a></td>
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<td>LivingWorks ASIST Applied Suicide Intervention Skills Training HALF DAY TUNE-UP WORKSHOPS</td>
<td>27 October 9.30 am – 1.30 pm</td>
<td>SNAP Sale</td>
<td>This workshop is suitable for participants who have previously completed a two day ASIST workshop and wish to keep their skills current. It is recommended that participants complete this course every two years. Training materials and morning tea are included. Participants need to have completed a Two Day ASIST Workshop After 2004. Cost: $55 GST inclusive. Free for LRH MH staff and Lifeline Staff More information: <a href="mailto:jgannon@lrh.com.au">jgannon@lrh.com.au</a> or 03 5128 0050</td>
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<td>DEEP (Formerly CARE) De Escalation Engagement and Prevention</td>
<td>29 October 9am-4.30pm</td>
<td>LV CMHS, 20 Washington Street, Traralgon Building 3 Conference Rooms 1&amp;2</td>
<td>1 Day Course (Annually) for Mental Health Inpatient, Consultation Liaison, Hospital Coordinator's Emergency Department, Administration and Security Staff ALL COURSE DATES SUBJECT TO - MINIMUM 6 PARTICIPANTS / MAXIMUM 12 PARTICIPANTS For more information email: <a href="mailto:jgannon@lrh.com.au">jgannon@lrh.com.au</a></td>
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<td>Standard Mental Health First Aid Course</td>
<td>9-10 November 8.30am – 5pm</td>
<td>Conference Room 2, Monash Rural Health, LRH campus Traralgon West</td>
<td>The 12-hour Mental Health First Aid course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis. The course curriculum is based on the MHFA Guidelines. Cost $160pp ($50pp for not for profit community groups/individuals) plus GST - BYO lunch &amp; snacks. You will be required to attend the full 14 hours in order to obtain a certificate of completion. All bookings to: <a href="mailto:jhollingsworth@lrh.com.au">jhollingsworth@lrh.com.au</a> or phone 03 5143 8970 <a href="https://mhfa.com.au/courses/public/types/standard">https://mhfa.com.au/courses/public/types/standard</a></td>
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<td>National Allied Health Conference 2015 Early Bird closes 30 September 2015</td>
<td>9-11 November</td>
<td>Crown Conference Centre Melbourne</td>
<td>The conference will explore the theme 'Allied Health: Front and Centre', and will highlight allied health's contribution in health continuum through a number of subthemes including: • Models of care • Advances in technology</td>
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| DEEP (Formerly CARE) De Escalation Engagement and Prevention | 10 November 9am-12:00pm | Sale CMHS Corner Palmerston and Cunningham Streets Sale | 3 hour Course (Annually) For Community Mental Health Staff  
ALL COURSE DATES SUBJECT TO - MINIMUM 6 PARTICIPANTS / MAXIMUM 12 PARTICIPANTS  
For more information email: jgannon@lrh.com.au |
| Annual CGHS Bicycle Relay | 14 & 15 November | Sale to Lake Tyers | It’s time to save the date and start thinking about forming your teams. Enjoy scenic ride from Sale through East Gippsland finishing at beautiful Lake Tyers Beach and return ride to Sale on the Sunday (about 350 kilometres on bitumen roads).  
Teams can consist of any number of riders and must have a support vehicle. All proceeds from the event go to CGHS. Registration forms will be released in September.  
If you need any early information, contact Shirley Mowat on 0488 045 484 / 51445484 or psmowat@netspace.net.au |
| Integrated disease management for patients with chronic heart failure | 18-20 November | Graduate House, 220 Leicester Street, Carlton | 18 CPD Hours  
This three-day program provides evidence-based information about integrated management of chronic heart failure to help practitioners develop individually tailored programs for patients. Both community-based group programs and home programs are addressed. Expert facilitators include a cardiologist, nurse, physiotherapist, dietitian and social worker.  
Topics include:  
- Identification and classification of CHF  
- Physiology and pathology  
- Identification and classification of CHF  
- Medications  
- Self-management and action plans  
- Supporting behavior change  
- Community-based group programs and home programs  
- Emotional responses to CHF  
- Palliative care  
- Outcome measures and evaluation  
Cost: $715.00  
Time: 8.30am - 4.30pm  
Includes: Program notes, USB, morning tea and lunch |
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| **Social Inclusion week**  
Collaborate, Connect and Celebrate! | 21-29 November | Wellington Shire | Wellington Shire Council is once again celebrating Social Inclusion Week, but this time we want to collaborate with community groups, clubs, businesses and individuals who would be interested in hosting a range of social inclusion events and activities together with Wellington Shire Council. One of the simplest things we can do to build caring and inclusive communities is to reach out those around us! To register with Wellington Shire Council please RSVP by: Friday 28th August 2015  
Catherine Vassiliou, Community Health Wellbeing Wellington Shire Council  
E: catherine.vassiliou@wellington.vic.gov.au  
P: 0351 423171 |
| **Connecting Women Across Gippsland** | 25 November | Lardner Park, Warragul | A women’s conference created to connect women across Gippsland. Designed to inspire, empower, include, educate, nourish, give, laugh. There will be presentations by Sarah Corbell of the Gippsland Preventing Men’s Violence Against Women strategy and Assistant Commissioner Lucinda Nolan who heads up the new Vic Pol family violence command. Gretel Killeen will also be attending as a Keynote Speaker. Additionally there is a conference pillar – Nourish – which addresses Healthy Eating. There will be opportunity for 470 to attend during the day and 400 for the dinner. It will be held at Lardner Park, Warragul and tickets will go on sale from 7 September. Buses are expected to run from East Gippsland and will have a stop in Sale. More information at [https://www.facebook.com/gippslandwomensforum](https://www.facebook.com/gippslandwomensforum)  
| **Therapeutic Landscapes Conference**  
Promoting Therapy through gardens and horticulture. | 27 November  
8.30am-4pm | University of Melbourne, Burnley Campus  
500 Yarra Blvd, Richmond | Bringing together people from a range of professions to explore the connections between nature, horticulture, health and well-being. Our thought-leaders in this space will identify pathways to make horticulture therapy a widely recognised, evidence-based health intervention in Australia. Cost $250 - book online: [www.trybooking.com/IFOA](http://www.trybooking.com/IFOA)  
For further details go to: [www.therapeuticlandscapesoz.org](http://www.therapeuticlandscapesoz.org) or contact: georgia@kevinheinzegrow.org.au  
P: (03) 9848 3695 |
| **DEEP (Formerly CARE)**  
De Escalation Engagement and Prevention | 27 November  
9am-4:30pm | LV CMHS, 20 Washington Street, Traralgon Building 3  
Conference Rooms 1&2 | 1 Day Course (Annually) for Mental Health Inpatient, Consultation Liaison, Hospital Coordinator’s Emergency Department, Administration and Security Staff  
ALL COURSE DATES SUBJECT TO - MINIMUM 6 PARTICIPANTS / MAXIMUM 12 PARTICIPANTS  
For more information email: jgannon@lrh.com.au |
| **DEEP (Formerly CARE)** | 7 December | Wonthaggi CMHS | 3 hour Course (Annually) For Community Mental Health Staff |

**https://www.heartresearchcentre.org/training/integrated-disease-management-for-patients-with-chronic-heart-failure**
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location/Address</th>
<th>Additional Information</th>
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<tr>
<td><strong>De Escalation Engagement and Prevention</strong></td>
<td>9am-12:00pm</td>
<td>Graham Street Wonthaggi</td>
<td>ALL COURSE DATES SUBJECT TO - MINIMUM 6 PARTICIPANTS / MAXIMUM 12 PARTICIPANTS</td>
<td>For more information email: <a href="mailto:jgannon@lrh.com.au">jgannon@lrh.com.au</a></td>
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<td>Choose one of the following options:</td>
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<td><strong>An Introduction To Working With Individuals Who Have Self-Destructive Behaviour</strong></td>
<td>7 &amp; 8 December 9am – 4.30pm</td>
<td>St Mary's Parish Centre, Parish Precinct 23 Pyke St, Bairnsdale</td>
<td>SAFE in Oz aim to give workshop participants an insight into the headspace of a person who participates in self-destructive behaviour/s in order to better understand their 'real' world and life experiences. The training encapsulates individuals’ needs throughout their lifespan and is flexible and responsive to the workshop participants.</td>
<td><a href="http://safeinoz.com.au">http://safeinoz.com.au</a></td>
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<tr>
<td><strong>An Introduction To Working With Individuals Who Have Self-Destructive Behaviours</strong></td>
<td>10th &amp; 11th December 9am - 4.30pm</td>
<td>MoeHope Christian Community Church 1 Fowler St MOE</td>
<td>SAFE in Oz aim to give workshop participants an insight into the headspace of a person who participates in self-destructive behaviour/s in order to better understand their ‘real’ world and life experiences. The training encapsulates individuals’ needs throughout their lifespan and is flexible and responsive to the workshop participants.</td>
<td><a href="http://www.safeinoz.com.au/pdfs/Moe%20Flyer.pdf">http://www.safeinoz.com.au/pdfs/Moe%20Flyer.pdf</a></td>
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<td><strong>World Congress on Active Ageing 2016 Call for Abstracts</strong></td>
<td>Abstracts must be submitted online via the Congress website by 15 December 2015. Conference: 28 June – 1 July 2016</td>
<td>Melbourne Convention &amp; Exhibition Centre</td>
<td>World Congress on Active Ageing (WCAA) is a global event that will be hosted by Victoria University’s Institute of Sport, Exercise and Active Living (ISEAL). Submissions are warmly invited for presentations at WCAA 2016. Submissions are sought for oral, poster and symposium presentations which address one or more of the following sub-themes: Oral and Poster • People • Policy • Practice Symposium • Active Ageing and the Older-Old • Behaviour Change and Correlates of Behaviour • Diversity • Policies and Guidelines • Psychological Well-Being • Sport, Exercise &amp; Recreation • Technology &amp; Tele-Health • The Environment • Translation and dissemination</td>
<td>Conference Registration: <a href="http://www.wcaa2016.com.au/registration.php">http://www.wcaa2016.com.au/registration.php</a> <a href="http://www.wcaa2016.com.au/call-for-abstracts.php">http://www.wcaa2016.com.au/call-for-abstracts.php</a></td>
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<tr>
<td><strong>DEEP (Formerly CARE) De Escalation Engagement and Prevention</strong></td>
<td>17 December 9am-4:30pm</td>
<td>LV CMHS, 20 Washington Street, Traralgon Building 3 Conference Rooms 1&amp;2</td>
<td>1 Day Course (Annually) for Mental Health Inpatient, Consultation Liaison, Hospital Coordinator's Emergency Department, Administration and Security Staff ALL COURSE DATES SUBJECT TO - MINIMUM 6 PARTICIPANTS / MAXIMUM 12 PARTICIPANTS</td>
<td>For more information email: <a href="mailto:jgannon@lrh.com.au">jgannon@lrh.com.au</a></td>
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<td><strong>Health Consumer Leadership and</strong></td>
<td>2015</td>
<td>Health Issues Centre</td>
<td>Health Issues Centre offer accredited, innovative training programs for consumer leaders and health service staff in</td>
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| **Engagement**  
**Nationally Accredited Qualifications** | **Level 8**  
255 Bourke Street  
Melbourne | 2013. For further information, including outline of courses and the registration form please visit [http://healthissuescentre.org.au/training-events](http://healthissuescentre.org.au/training-events)  
(03) 9664 9343 |
| --- | --- | --- |
| **Arthritis Victoria**  
**Training, Community Programs and Activities** | **2015** | Arthritis Victoria, an experienced training provider, is pleased to present various Tai Chi for Arthritis and Tai Chi for Osteoporosis Leader Training Courses and Updates during 2013!  
For further information contact:  
Programs Administrator, Phone: 03 8531-8000 Toll Free: 1800-011-041  
programs@arthritisvic.org.au  
Visit the website for courses:  
| **Our Community Training Calendar** | **2015**  
Melbourne | The Community Calendar lists nationally significant events focussed around a major community or advocacy/awareness issue and other key dates relevant to the community sector.  
| **SAFE in Oz** | **2015**  
Australia wide | SAFE in Oz addresses specialist mental health issues through training workshops and consultancy services. They offer training workshops for employees, supervisors, managers and employers.  
| **The Bouverie** | **2015**  
Melbourne | The Bouverie Centre, Victoria’s Family Institute is a unique public institute located within La Trobe University’s Faculty of Health Sciences. Their work focuses on the important role of the family and the power of relationships to foster social, emotional and mental wellbeing for at risk individuals and their families and for the community at large. A major focus is to support all Victorian mental health services (via training, supervision and consultation) to include families as part of their total approach to service provision.  
| **Australian Fostering Sustainable Behaviour Masters Workshop** | **7-10 March**  
Melbourne Town Hall  
90-120 Swanston Street  
Yarra Room  
Melbourne, | For over two decades Dr. McKenzie-Mohr, an environmental psychologist, has been working to incorporate scientific knowledge on behaviour change into the design and delivery of community programs. He is the founder of community-based social marketing and the author of three books on the topic. One of these books, “Fostering Sustainable Behavior: An Introduction to Community-Based Social Marketing,” has been recommended by Time Magazine and become requisite reading for those who deliver programs to promote sustainable behaviour. He has delivered workshops internationally for over 60,000 program managers. In addition, he has served as an advisor on a broad array of Australian programs, including water and energy efficiency efforts, sustainable transportation initiatives, marine and terrestrial conservation, healthy lifestyles, and waste reduction, among others. |
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<th>Event</th>
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<th>Details</th>
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<tbody>
<tr>
<td><strong>Australian Fostering Sustainable Behaviour Masters Workshop</strong></td>
<td>17-18 March</td>
<td>Melbourne Town Hall 90-120 Swanston Street Yarra Room Melbourne,</td>
<td>This unique workshop builds upon the introductory and advanced community-based social marketing workshops offered by Dr McKenzie-Mohr (having attended both the introductory and advanced workshops are mandatory prerequisites). The purpose of the Masters workshop is straightforward -- to ensure that each attendee gains the knowledge, experience and confidence that will allow them to successfully apply community-based social marketing to any behavioural change initiative.</td>
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| **Reforming NDIS: Fulfilling the Promise to Revolutionise Disability Services and Reforming Mental Health: Breaking the Inertia in Reform** | 21 March 2016 9.15am, - 5.00pm | The Angliss Conference Centre, Melbourne | NDIS was launched in July 2013 with a promise to Revolutionise Disability Services. Its brief is to fund the supports and services needed by people with disabilities to:  
- achieve individual goals  
- become as independent as possible  
- develop skills for day-to-day living  
- participate in the community  
- work and earn money  
NDIS commenced in four ‘trial site’ locations in 2013 so that feedback from users of services could shape the ongoing implementation of the scheme. The full national rollout of NDIS is due to be completed by 2018-19 at a cost estimated to be in the vicinity of $37billion. It is apparent that NDIS requires significant review, adjustment and reform if it is to achieve its stated goals. We have three years to make these changes. The main issues for review include:  
- Excessive bureaucracy and red-tape and insufficient flexibility  
- Too little scope for individuals and groups to innovate  
- Lack of person-controlled technology to assist individuals to self-direct  
- Doubts over the financial viability of an uncapped scheme and fears of service rationing  
- Concerns that small support organisations are disadvantaged in relation to big providers  
- Fears that Local Area Coordination will repeat the old provider-centred failings  
- Too little financial transparency in the costs/expenditures of the scheme  
- Concerns that provider-centred organisations and cultures are reappearing  
- Insufficient recognition of peer-based and family-based supports and networks  
Suggestions for reform of NDIS and its operations, processes and culture, are invited. People with disabilities, families, friends, support organisations, community groups and services are invited to contribute to this people-driven process to ensure NDIS delivers on the promise to  
https://register.cbsm.com/workshops/melbourne-victoria-2016 | 22 March 2016 9.15am, - 5.00pm |
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<tr>
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<td>World Congress on Active Ageing 2016</td>
<td>28 June – 1 July 2016</td>
<td>Melbourne Convention &amp; Exhibition Centre</td>
<td>World Congress on Active Ageing (WCAA) is a global event that will be hosted by Victoria University's Institute of Sport, Exercise and Active Living (ISEAL). This will be the 9th Congress held under the auspices of the International Coalition for Ageing and Physical Activity (ICAPA). In light of significantly increasing governmental focus on keeping their ageing populations more healthy and active, this conference will prove to be the largest gathering of experts and stakeholders in the field of Active Ageing ever assembled. They are anticipating that in excess of 1,000 international delegates will meet from more than 30 countries in July 2016. Conference Registration:</td>
<td><a href="http://www.wcaa2016.com.au/registration.php">http://www.wcaa2016.com.au/registration.php</a></td>
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*Revolutionise Disability Services.*

To register or to submit a proposal: [http://www.civilsociety.org.au/March2016RegistrationForm.htm](http://www.civilsociety.org.au/March2016RegistrationForm.htm)