

**EXTREME CARDIOVASCULAR ISSUES – FULL DAY WORKSHOP**

- **WHEN:** Friday 21st May 2010
- **WHERE:** Royal North Shore Hospital Level 5, Kolling Research Building, Pacific Highway, St Leonards
- For more details or to obtain a registration form, please contact **Nicole McKechnie** on **0428 472 593** or email [cranswact@bigpond.com](mailto:cranswact@bigpond.com)

**FREE ANXIETY DISORDER SUPPORT GROUP IN GORDON**

- This new Facing Anxiety program is a free support group for people living with an anxiety disorder and their family and friends
- Designed for people living with generalised anxiety disorder, panic/agoraphobia, obsessive compulsive disorder, social phobia
- **WHEN:** 3rd Thursday of each month at 7.30pm
- **WHERE:** Ku-ring-gai Library, 799 Pacific Highway, Gordon. Cost: Free
- For more information about the Facing Anxiety program, phone the Mental Health Association NSW on **1300 794 992** or email **Julie Leitch** at [jleitch@mentalhealth.asn.au](mailto:jleitch@mentalhealth.asn.au)
- For information visit **Mental Health Association NSW** at [www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

**FREE IN-LANGUAGE WORKSHOPS TO HELP SENIORS UNDERSTAND MEDICINES ISSUES**

- More than 150 workshops will be held across Australia over the next three months to help seniors from non-English speaking backgrounds understand medicines use issues
- Available in six different languages – Cantonese, Mandarin, Greek, Italian, Arabic and Vietnamese, workshops have been funded by the National Prescribing Service in partnership with the Federation of Ethnic Communities
- The workshops will cover two specific topics - 'safe and wise use of medicines' and 'sleep & ageing'.
- For more information including workshop dates and times contact **Jackie Stephenson**, NPS project officer, on **8217 8756** or email [multilingualqum@nps.org.au](mailto:multilingualqum@nps.org.au)

**WORK SAFE PRIVATE DWELLINGS & EXTERNAL LOCATIONS (FRONTLINE)**

- **DATE:** 11 May 2010
- **TIME:** 9:30am-4:30pm
- **COST:** \$20 HACC service workers, \$60 Non-HACC services workers (M/tea, lunch & a/tea included)
- For more information or to register for this workshop email HACC Development Officer at [ns-hacco@nsforum.org.au](mailto:ns-hacco@nsforum.org.au) or phone **8405 4444**

**CERTIFICATE OF THE AUSTRALASIAN COLLEGE OF SKIN CANCER MEDICINE**

- Two day interactive workshops covering treatment options for NMSC, melanoma management and dermoscopy. Also includes practical sessions for delegates using pig trotters, introducing surgical techniques with simple flaps.
- **WHEN:** 19-20 June, 2010
- **WHERE:** Eligible for 2 day procedural grant in surgery
- This workshop has been approved by RACGP (40 Category 1 points) and ACRRM (25 points)
- For further information visit [www.skincancercollege.com](http://www.skincancercollege.com) or contact **Karen** on **0414 910 355** or email [admin@skincancercollege.com](mailto:admin@skincancercollege.com)

**GENERAL CANCER SUPPORT GROUP LEADER TRAINING WORKSHOP**

- Learn about: Small group facilitation techniques, Group dynamics, Strategies for dealing with challenging situations, Looking after yourself & your needs, Resources & where to find useful info
- **DATE:** Friday 13 August 2010
- **TIME:** Registration at 8:45am with arrival tea and coffee workshop will commence at 9am to 5pm
- **VENUE:** Cancer Council NSW 153 Dowling St, Woolloomooloo
- **COST:** Workshops are fully funded by Cancer Council NSW
- To register for this workshop please contact **Kim Pearce**, Project Coordinator Local Support on **9334 1846** or email [kimp@nswcc.org.au](mailto:kimp@nswcc.org.au)

**EATING DISORDERS: MEETING THE CHALLENGE - GP MENTAL HEALTH SKILLS TRAINING**

- An Eating Disorder MHST workshop has been incorporated into Day 1 of Eating Disorders: Meeting the Challenge conference. GPs are invited to register for the Eating Disorder MHST workshop alone, or for 2 or 3 days of the conference
- **WHEN:** 27 MAY, 2010
- **WHERE:** Novotel Sydney Olympic park
- This program has been approved for 40 Category 1 RACGP Active Learning Module points for members of the RACGP. It has also been approved by the General Practice Mental Health Standards Collaboration (GPMHSC) as a Mental Health Skills Training (MHST) program
- To register for this workshop or for more information please visit [www.cedd.org.au/conference/mhst](http://www.cedd.org.au/conference/mhst)

**GET HEALTHY INFORMATION AND COACHING SERVICE**

- Free, confidential service developed by NSW Health which helps patients to make lifestyle changes
- Telephone and web based services which provide information and ongoing support in relation to healthy eating, physical activity and achieving and maintaining a healthy weight, for adults at risk of developing chronic disease
- Participants will receive up to 10 telephone based coaching calls over a 6 month period and will be supported through printed materials, emails and access to a secure website where they can keep track of their goals and monitor their progress
- Patients can self-refer, however GPs, Practice Nurses and Allied Health Professionals are encouraged to refer any client they think would benefit. In some cases patients may need to get medical clearance from their GP before beginning
- Visit [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au) or phone **1300 806 258** Monday to Friday 8.00am - 8.00pm

**MENTAL HEALTH SKILLS TRAINING (MHST) LEVEL 1**

- If you still need to attend a course accredited with MHST, in order to be eligible to claim Medicare Item No. 2710, the two courses below are scheduled. These workshops are free for GPs to attend
- **WHEN:** Saturday 28 August
- **WORKSHOP:** Troubled Teens: Managing: Adolescent Mood Disorders in General Practice
- **WHEN:** Saturday 23 October
- **WORKSHOP:** Demystifying Depression: Managing Depression in General Practice
- **WHERE:** Black Dog Institute, Randwick, NSW
- This is a Category 1 training workshop attracting 40 QA&CPD points and MHST
- To register for this workshop or to see what is available in your area contact **Katie Denton** on **9382 8518** or email [k.denton@blackdog.org.au](mailto:k.denton@blackdog.org.au) or visit [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

**WOUND MANAGEMENT AND SKIN INTEGRITY SYMPOSIUM – ALREADY 80% FULL!**

- An essential symposium for nurses, pharmacist and other health professionals. It will provide an accurate update of the fundamentals of effective wound care.
- This workshop has been approved for 9.5 RCNA CNE points.
- **WHEN:** 17 - 18 May
- **WHERE:** UTS, Sydney
- **COST:** \$451
- Register at [www.ausmed.com.au](http://www.ausmed.com.au) or call **03 9375 7311**

**THE MENTAL HEALTH PROFESSIONALS NETWORK (MHPN)**

- Genevieve Moore, Psychologist will present a collaborative mental health care initiative workshop targeting practitioners working in North Ryde and surrounding areas. Workshop Code: NSW7244
- **WHEN:** Thursday 3rd June, 2010 – Bookings close Tuesday 1st June, 2010
- **TIME:** 6.15pm – 9.30pm
- **WHERE:** Stamford Grand North Ryde, Epping Road, Macquarie Park
- Numbers are limited, to reserve your place for this workshop visit [www.mhpn.org.au](http://www.mhpn.org.au)