

SGGPCP Updates

COMMUNITY LEADERS SEA CHANGE IN RESHAPING PORTLAND

Forty five of Portland's community leaders came together last Thursday with some of the nation's experts to determine what the Portland community can do to combat the rising levels of childhood obesity. This was the first workshop in a new approach to addressing the issue known as SEA Change Portland.

Community leaders across business, schools, kindergartens, clubs, community organisations, local Council and state government departments, with community champions, took on the task of determining Portland's response to supporting the community to achieve and maintain a healthy weight.

Glenelg Shire, Portland District Health, Dwauwurd-Wurrung Elderly & Community Health Service, and Southern Grampians Glenelg PCP have started the momentum in organising the process with the support of Deakin University. Following the second workshop to be held on 29th July the community will own their action plan for implementation.

For further information contact Clinton Thomas, E: Clinton.thomas@wdhs.net P: 555 18541



Peter Quail Oration 2014

Breaking New Ground in Disability Service Provision: A National Disability Insurance Scheme (NDIS) to support all Australians with a Disability as well as their Carers

What will the launch of the National Disability Insurance Agency (NDIA) mean for Australia and the Geelong Region? What will it mean for all Australians and carers facing the daily challenges of disability in their life?

Guest speakers:

- Mr David Bowen, CEO - National Disability Insurance Agency
- Professor Susan Balandin, - Chair in Disability and Inclusion, School of Health and Social Development, Faculty of Health Deakin University
- Ms Tina Gulino and Ms Krystyna Croft (Speakers with the lived experience of disability)

Tuesday 29 July 2014, 4:00pm to 5:30pm, Geelong Clinical School Lecture Theatre (behind Kitchener House) entry from 285 Ryrie Street, Geelong

Please note Video Link available in Warrnambool and Hamilton

Video link: **Warrnambool:** The Oration will be available for live viewing at Deakin University's Warrnambool Campus Rm A.3.41
Hamilton – Western District Health Centre, Education Centre

For Hamilton Session: RSVP to Sally Kinghorn: sally.kinghorn@wdhs.net

For Geelong & Warrnambool sessions: RSVP to Christopher Loughnan: Chris.Loughnan@dhs.vic.gov.au

Suicide Prevention Workshop

Wesley LifeForce will be conducting a **Suicide Prevention Workshop** at **Comfort Inn Grange Burn – 142 Ballarat Rd, Hamilton** on **Wednesday 20 August 2014** from **12 pm – 4.30 pm**.

There is no charge to attend the workshop.

The program helps participants recognise when a person may be having thoughts of suicide, and provides a simple strategy to intervene and assist them.

<http://www.eventbrite.com.au/e/wl-3157-wesley-lifeforce-suicide-prevention-4hr-workshop-hamilton-vic-tickets-12219365451>

The training is open to community members aged over 18 years.

Each participant will receive a certificate of attendance as well as support materials. Afternoon Tea will be provided.

Wesley LifeForce Suicide Prevention Program | Phone: 1800 100 024

Southern Grampians and Glenelg Primary Care Partnership,

Upper Level, 157 Gray Street (PO Box 283), Hamilton 3300

Executive Officer: Janette Lowe, Manager Health & Wellbeing: Jo Brown

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ADOLESCENT HEALTH RURAL LINKAGE PROGRAM

Do you work with young people? Want to build your knowledge in this area? Struggle to get to professional development?

The Centre for Adolescent Health is offering eight fully funded places in the Adolescent Health Rural Linkage Program (AHLRP) for women working with young people in the rural sector. Successful applicants come together in Melbourne for a 5-day program to upgrade their skills and knowledge around adolescent health and wellbeing.

Who is eligible to apply? Women from rural Victoria who work with young people; e.g. secondary school teachers, nurses, student welfare coordinators, youth workers, police and social workers.

When will the 5 day workshop be held? From Monday 15th to Friday 19th September 2014.

What is included? Full accommodation (four nights, Monday to Thursday) and some meals.

How do I apply? For a copy of application template contact:

Helen D'Cruz T: 03 9345 6671 E: helen.dacruz@rch.org.au or Andrea Krelle T: 03 9345 6676 E: andrea.krelle@mcri.edu.au

Applications must be postmarked on or before 28th July

ABC Open <https://open.abc.net.au/>

Project: Speak Your Mind <https://open.abc.net.au/projects/speak-your-mind-85bv3rx#/discover>

With one in five Australians experiencing mental health issues each year, it's vital that personal stories of survival and resilience are told. Let's share these stories, get talking and show that we're all in this together.

Tell us what it was like when you were in the middle of a mental health challenge. How did you cope? Who and what helped you through? Was help easy or hard to get? How do you deal with the stigma? How are you now? And how do you maintain a mentally healthy life?

We also want to hear from the families, carers and loved ones of those affected. How did you get through? Who did you talk to?

We hope that by sharing stories written by people that have experienced mental illness, we can increase awareness, reduce stigma and promote hope, which is what the **Speak Your Mind** project aims to achieve. The project will form part of an ABC campaign for Mental Health Awareness Week in October called 'Mental As..'

There are a few ways that people can share their story:

1. A person writes a 300-500 word story about how mental illness affects them or someone they know and care about. The story is published on the ABC Open website.
2. In late August or early September, we will introduce the option to contribute just a photo message using the 'message on hand' style, via upload to ABC Open or using an Instagram hashtag

For further information contact: Emily Bissland, ABC Open Producer, South West Victoria. P: 5560 3111 m: 0428 134 768

UNDERSTANDING AUTISM – Discover new perspectives with Malcolm Mayfield

The Understanding Autism Workshop will give you a fresh perspective on what it means to be autistic.

Wednesday 6th August, 10am to 2:30pm, Warrnambool Golf Club, Younger Street, Warrnambool

Cost: \$25 – parents, carers and individuals on the spectrum

\$65 – support workers

\$110 – Professionals, schools and government

For further information and registration: <http://bit.ly/1qFiEe8>



Food/Produce Swap

Bring along any excess produce that you have and swap for something you don't grow. Swaps are a great opportunity to share knowledge and skills.

Merino Produce Swap – 2nd Saturday of month, next swap Saturday 9th August, 10am-11am, Merino Community Health Centre

Heywood Food Swap – last Friday of month, next swap Friday 25th July, 5pm-6:30pm, Apex Park

Nareen Produce Swap – last Sunday of month, next swap Sunday 27th July, 10-11:30am at Nareen Hall