

SGGPCP Updates

SEA Change Portland (Sustained Eating & Activity Change)

The second SEA Change Portland Workshop was held last week. In this workshop the Portland Community identified and prioritised Portland specific action ideas that will enhance healthy eating and active living opportunities.

It was exciting to see enthusiastic attendees at the workshop identifying what they are willing and able to do to commence taking action on the rising levels of childhood obesity in Portland. For further information contact Clinton Thomas, E: Clinton.thomas@wdhs.net P: 555 18541



Shape It! grants kick-starting change in rural and regional communities - now open!

Applications for the second round of Shape It! grants are now open! The grants provide one-off seed funding for youth advisory groups in rural and regional Victoria to kick-start a project to create positive change in their local area.

Part of the Victorian Government's \$3.2 million Shape It! strategy, the grants are all about helping young people living in regional and rural Victoria get involved and engaged in decisions that affect them. They aim to help you create a positive change in your community on an issue you care about.

Who can apply? Youth advisory groups such as youth councils, youth advisory committees or youth action groups are already creating change in their local community in rural and regional Victoria. These grants will give more young people a chance to have a say in future community directions, strengthen connections and develop new skills.

To apply for a grant, simply download and complete an application form from www.youthcentral.vic.gov.au/shapeit or www.theexchange.vic.gov.au and return it via email to shapeit@dhs.vic.gov.au.

Applications close 29 August 2014.

For more details about Shape It! you can call the Department of Human Services' Community Inclusion Unit on (03) 9096 1392 or email shapeit@dhs.vic.gov.au.

Looking for the skills to get the dollars you need for your next community project or club? Then this session is for you...

Free Grant Seeking Session - An Interactive Workshop for Community Groups and Sporting Clubs

Increase your grant success by gaining the tools, resources and skills

Topics Include:

- Getting Grant Ready
- Grant Givers
- Grant guidelines and eligibility criteria
- Grant Writing

Monday 11 August 2014, 6:30-9:00 pm (light tea provided), at Ted Kenna Room, Hamilton PAC, Brown Street, Hamilton

RSVP by Friday 8 August: Julie Drechsler, Community Planning Coordinator, Southern Grampians Shire Council, 03 5573 0243 or jdrechsler@sthgrampians.vic.gov.au



Better Questions Workshop

For Health and Wellbeing, Aged and Disability Care Professionals

Do you want to make a bigger difference in people's lives by enabling them to manage their own health, wellbeing and lifestyle choices? You have the ability to achieve this through one conscious act...by changing the way you communicate with people.

Tuesday 12th August, 9:00am to 3:00pm, \$250, at Education Centre, Hamilton Hospital

If you would like to register for this workshop please phone: 1300 678 477 or email to info@betterquestions.com.au

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

Project Officers: Rowena Wylie, Penny Fraser, Clinton Thomas, Claire Nailon, Mel Russell

Office Coordinator: Robyn Holcombe

W: www.sggpcp.com

T: 03 55518471



Everybody's Business: Taking action to prevent and respond to violence against women with disabilities

An important forum for all staff and management of South West Carer and Respite Services Network member organisations, carers, people with disability and organisations interested in taking collaborative action.

To book a place in this **FREE** forum, contact **Mpower 5561 8111**

Thursday 14 August, 10am-4pm at 'The Ball Room', The Quality Suites Deep Blue Warrnambool, 16 Pertobe Road, Warrnambool

Keynote Speaker Stella Young

For further information contact: Wendy Jones, Coordinator South West Carer & Respite Services Network

Phone 5561 8127 Email: wjones@mpower.org.au RSVP Monday 11th August

National Drugs Strategy Household Surveys (NDSHS)

The use of tobacco, alcohol and illicit drugs is associated with increased risks of preventable disease, injury and mortality. Harmful use of tobacco, alcohol and other drugs is a significant public health concern in Australia, as are its considerable impacts on economic and social participation.

The National Drug Strategy Household Survey (NDSHS) collects information on alcohol and tobacco consumption, and illicit drug use among the general population in Australia.

It also surveys people's attitudes and perceptions relating to tobacco, alcohol and other drug use. Survey findings relate mainly to people aged 14 years or older.

To access highlights from the 2013 survey go to: <http://www.aihw.gov.au/alcohol-and-other-drugs/ndshs/>

Leadership Great South Coast 2015 Program Applications Now Open – Over \$15,000 scholarships available*

Ready to develop your leadership skills and contribute to the growth and development of your region? Challenge yourself with the ultimate professional and personal development program - Leadership Great South Coast.

Learn more about the 2015 Program and download an application form: <http://www.leadershipgreatsouthcoast.org.au/application-2/>

Leadership Great South Coast has been formed to provide an innovative leadership development program to support a thriving and resilient Great South Coast region. Click here for more info: <http://www.leadershipgreatsouthcoast.org.au/>

Our annual leadership development program is aimed at emerging and new leaders sourced from the diversity of business, government and community sectors within the region.

How Do I Apply? Visit www.leadershipgreatsouthcoast.org.au for program and speaker information, FAQ's, application forms and application submission details.

First Round applications close 25 September 2014. All scholarship applications are advised to submit by this date.

**Scholarship information and criteria are available upon request.*

For further information contact Leadership Great South Coast Executive Officer, Amanda Hennessy on 0408 627 066

Hamilton Community Garden Association – Movie Screening – 'Hundred Foot Journey'

You are invited to a very special screening of this great movie 'Hundred Foot Journey' to raise funds for the Hamilton Community Garden Association.

Saturday 16th August at the Hamilton Cinema, 7.00 pm for drinks and yummy home-made nibbles

Movie starts at 7.30pm. \$20 per person

Film preview: <http://www.dreamworkstudios.com/films/the-hundred-foot-journey>

Contact Kylie McIntyre, Southern Grampians Shire Council T: (03) 55730220 Email: KMclntyre@sthgrampians.vic.gov.au



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 29th August, 5pm-6:30pm, Apex Park

Nareen Produce Swap – last Sunday of month, next swap Sunday 31st August, 10-11:30am at Nareen Hall