

SGGPCP Updates

Plan, Prepare Lead – Workshop

SGGPCP together with Southern Grampians Shire Council and RMIT are very excited to present a workshop, Plan Prepare Lead facilitated by Alianne Rance to assist agencies and community services to plan for climate change. Supported through the Victorian Adaptation and Sustainability Partnership, this workshop is being made available as part of the Rural People: Resilient Futures Project. In order to reduce the impact of climate change on our community, health and community service agencies will play a vital role reducing the impacts on their services and their clients and consumers. This workshop provides a unique opportunity to plan together with expert facilitation and leadership.

Thursday 4 September, 10am – 2pm, RMIT University, Ballarat Road Hamilton

RSVP Jo Brown joanne.brown@wdhs or 555 18563

Find out more about the Rural People: Resilient Futures Project: http://sggpcp.com/?page_id=29

New Dental Health Website

The Department of Health - Dental Health Program has a new dental website. The Dental Health Program provides dental care to eligible Victorians.

The website contains up to date information on Victoria's Public Dental Health System including the contact details for public dental services, eligibility and priority of access criteria, fees for public dental services and key policies and guidelines.

Please visit the website: <http://www.health.vic.gov.au/dentistry/index.htm>

Victorian Health Promotion Foundation Awards 2014 - Nominations now open, closes Friday 29 August

If your organisation is working to make Victoria a healthier state, we want to hear from you.

From large programs with a broad reach, to the best health promotion ideas at a local level - all of Victoria's leading health promotion projects are encouraged to enter the Victorian Health Promotion Foundation Awards.

The Awards honour initiatives, projects, campaigns, health agencies, organisations and teams delivering innovative work to improve the health and wellbeing of all Victorians.

Find out the award categories, key dates and how to enter : http://www.vichealth.vic.gov.au/About-VicHealth/Health-Promotion-Awards.aspx?utm_source=VicHealth+Update&utm_campaign=VicHealth+Update+31%2f07%2f14&utm_medium=Email#_U9bk5vk0VcY

Benefits of attending conferences

The Australian Institute of Family Studies have published a list of tips to consider when seeking managerial or department approval to attend conferences.

See the full list here: <http://conference.aifs.gov.au/reasons-attend/>

Understanding Family Violence – Upcoming Training

- **Gender equity - Action to prevent violence against women – Monday 25th August, 4:00-5:30pm**
Old Council Chambers, Corangamite Shire Council Offices, Camperdown
- **Disclosure – responding to disclosures of sexual assault – Monday 1st September, 4:00-5:30pm**
Portland Children's Services Centre, Portland

BOOKINGS: <http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=92511> and enter the date of the session
QUESTIONS? Contact Steve Dawkins on 0418 546 394 or sdawkins@warrnambool.vic.gov.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

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T: 03 55518471





Managing MS Fatigue - Webinar

MS Fatigue is different from everyday fatigue. About 80% of people with MS experience fatigue as a major symptom. This session looks at the nature of MS Fatigue and strategies to help MS clients better manage this invisible yet pervasive symptom. We would like to offer you the opportunity to participate in this, our very first, professional development program by **webinar**.

View system requirements for webinars here: http://support.citrixonline.com/webinar/all_files/G2W010003

Tuesday September 9th, 10.00am – 12.30pm. The cost of this two and a half hour webinar is \$60 (GST inc)

To register for webinar on Managing MS Fatigue, there is a two-step process:

1. Pay using this link to Trybooking: <http://www.trybooking.com/95114>
2. Once you have paid, we will send you the handouts for the session and a link to register on the webinar system.

Andrea Salmon, Education Program Coordinator (Vic) T 03 9845 2765 E andrea.salmon@ms.org.au

Advising you of an important change to the BreastScreen Victoria program



The Commonwealth Government has expanded the BreastScreen target group to include women aged 70-74.

This means that women aged between 50-74 will now be receiving a two yearly BreastScreen invitation (with reminders no longer ceasing at 69 as they did previously).

While women aged 75 and over are still eligible to have a breast screen, we recommend they discuss this with their doctor as part of their overall health management plan.

We can assist the promotion of BreastScreen Victoria by:

- Providing information sessions on breast health and breast screening
- Sending out free resources and information
- Provide you with information and media stories for newsletters
- Offer group bookings so women can go to their appointments together (contact below for more info.)

Women can also watch a short video of a woman having a breast screen on our website: www.breastscreen.org.au

For more information: **Marg Lannen**, Health Promotion Officer, t 03 9660 6875, e mlannen@breastscreen.org.au

Integrated Chronic Disease Management (ICDM) Forum - Creating a Vision for Integrated Care

Monday 15 September, 9:00am – 1:00pm, Department of Health, 50 Lonsdale Street, Melbourne (Room 1.10)

The forum will provide an opportunity for the primary, sub-acute and ambulatory care sector to hear from international and local leaders in innovation and integration of chronic disease management.

Further details and registration information will be posted on the Department of Health ICDM PCP webpage.

Contact: Kate Boucher **Phone:** 9096 9407 **Email:** kate.boucher@health.vic.gov.au

SAFEMinds: Schools and Families Enhancing Minds

SAFEMinds is a comprehensive learning and resource package that will enhance the capacity of school communities to effectively identify children and young people with early signs of mental health issues, offer school-based interventions and refer appropriately when needed. More information on the program is available on the DEECD website:

<http://www.education.vic.gov.au/school/teachers/health/Pages/safeminds.aspx>

To register: Click here: <http://www.eventbrite.com.au/o/safeminds-schools-and-families-enhancing-minds-6359616863>



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 13th Sept, 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