

## SGGPCP Updates

### Plan, Prepare Lead Workshop at RMIT

The Rural People: Resilient Futures Project facilitated the Plan, Prepare Lead Workshop at RMIT on September 4<sup>th</sup> to provide a platform for agencies to work together to identify impacts of climate change on their service and clients and begin to develop strategies to reduce vulnerability. The workshop was attended by five health and community service agencies as well as community and policy leaders and provided further opportunity to share the findings of the Rural People: Resilient Futures Project so far. The Rural People: Resilient Futures Project was fortunate to receive extension funding to engage Luminescence Films to document the process and gathering local stories of resilience. For further information contact Jo Brown 555 18563 or [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)



### Portland District Health – Healthy Together Victoria Achievement Program

Congratulations to **Portland District Health** on receiving your Healthy Workplace Certificate, as part of the Healthy Together Victoria Achievement Program.

Workplaces interested in Healthy Together Victoria can follow this link for [further information](#).

### Next Consumer and Friends Network Forum

**TOPIC:** *WDHS Aged Care – What do we do well and how we can further promote Aged Care Facilities?*

**DATE:** *Wednesday 24th September 2014*

**TIME:** *2:00 pm to 4:00pm*

**LOCATION:** *Frances Hewett Community Centre, WDHS*

Further information available on the WDHS website or from Kara Winderlich on 555 18458 or [kara.winderlich@wdhs.net](mailto:kara.winderlich@wdhs.net)

### Medibank Community Grants are now open!

Applications are now being sought from not-for-profit organisations for the 2015 Medibank Community Grants program.

This year the Medibank Community Fund is again providing \$600,000 to support local initiatives throughout Australia and New Zealand that encourage healthy eating, physical activity and community connectedness. [>More](#)

### A GoodSports Message

It's Finals Time! But remember your club's duty of care to its players and members by not over-doing it with alcohol. Consider post-match recovery, taxi vouchers, free water or sports drinks, substantial food options (not just bar snacks), and above all, have fun, be safe and look out for each other!

For more ideas, see: <http://goodsports.com.au/around-the-ground/articles/tips-for-celebrating-the-end-of-season-safely/#read>

### Ride 2 Work Day 2014



Ride 2 Work Day 2014 will take place this year on Wednesday 15 October with a free breakfast for riders to be held at the Hamilton Indoor Leisure and Aquatic Centre (HILAC).

The event is organised by Southern Grampians Shire Council in conjunction with the Western District Health Service (WDHS) and the Southern Grampians and Glenelg Primary Care Partnership.

Free breakfast will be served between 7am and 9am in the foyer of HILAC and Vitality Health and Fitness will conduct a trial spin class from 7:30am – 8am. Exercise bikes will also be on display for use during the breakfast.

Ride 2 Work Day is promoted by Bicycle Network Victoria and aims to encourage people to make their way to work by bicycle, to improve fitness and reduce the environmental impact caused by motor vehicles.

Registration for Ride to Work Day can be completed on the Bicycle Network Victoria website [www.bv.com.au](http://www.bv.com.au) and riders are asked to RSVP for catering purposes to the Southern Grampians Shire Council on 55730256

### 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](http://www.sggpcp.com)

T: 03 55518471



### TAKE A STAND

Are you interested in increasing your workplace's productivity, reducing absenteeism, decreasing staff turnover and demonstrating leadership in building a respectful and equitable culture?

Take A Stand Against Violence: It's Everyone's Business (TAS) is a program that aims to prevent violence against women before it occurs. The program acknowledges the workplace as an effective setting to educate people about the prevention of violence against women, and that businesses are significantly impacted by it.

Join us to learn more about the **Take A Stand** program.

Thursday 18<sup>th</sup> September 2014, 10:00am for 10:30am start, Deakin on Timor, Civic Room, 165 Timor Street, Warrnambool  
RSVP to Nathalie Davis, E: [ndavis@womenshealthbsw.org.au](mailto:ndavis@womenshealthbsw.org.au) or phone: 0438 010 475 by September 10th

### Leadership Great South Coast

Ready to develop your leadership skills and contribute to the development of your region? Leadership Great South Coast is a challenging 12-month leadership program focused on expanding the knowledge, ethical decision making and leadership abilities of our leaders and emerging leaders.

Billed as "the ultimate personal and professional development program", Leadership Great South Coast was designed to challenge the thinking of participants, whilst giving them the knowledge and confidence to steer their team, organisation and region through the opportunities and challenges ahead.

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

Visit us [online](#) to learn more about the 2014 Program and download an application form.

First round applications for the 2015 program close September 25<sup>th</sup> 2014.

### Swype, Skype and so much more! - Digital Inclusion for Older Victorians

Enroll in our FREE sessions to learn more about digital media such as email, Skype, Mobile phones and much more. Sessions are available to all Victorians 65 years and over.

Beginning on Tuesday and Thursdays October 9<sup>th</sup> through until October 30<sup>th</sup>.

To book or for more details please contact Susan at Portland Neighbourhood Coordination Program, Phone 0355 231645

### Big winter energy bill? Come to our FREE Consumer Utilities Presentation

Topics that will be discussed; Energy Basics; Reading Bills; Concessions and Grants; Payment Difficulty; Disconnection Solving Problems and much more

Monday 20<sup>th</sup> October at 2.30pm.

To book or for more details please contact Susan at Portland Neighbourhood Coordination Program, Phone 03 55 231645

### Baby Music, Rhythm and Movement

Babies love music! Come along to an interactive music session.

Sing, dance and be active in a fun, relaxed atmosphere. Join in and share this great experience with your child.

Beginning Monday October 6<sup>th</sup>, classes are available from 10am and 11am

Bookings and enrolments to be made at Portland WorkSkills Offices, Shop 14 Pioneer Plaza, Phone: 03 55 231645

### Genealogy Workshops

Portland Neighbourhood Coordination Program is now offering Genealogy workshops.

During these workshops you will be assisted to research your family tree, heritage and stories.

All you need are some basic computer skills and a passion to learn about your family history

Every Monday for 6 weeks starting Monday October 27<sup>th</sup>, 1pm-3pm, Shop 7 Pioneer Plaza, Portland

Cost: \$35 (Includes all materials)

Bookings and enrolments to be made at Portland WorkSkills offices, Shop 14 Pioneer Plaza, Phone: 0355 231645



### 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** – 2<sup>nd</sup> Saturday of month, next swap Saturday 13<sup>th</sup> Sept, 10am-11am, Merino Community Health Centre

**Heywood Food Swap** – last Friday of month, next swap Friday 26<sup>th</sup> September, 5pm-6:30pm, Apex Park

**Nareen Produce Swap** – last Sunday of month, next swap Sunday 28<sup>th</sup> September, 10-11:30am at Nareen Hall

**Merino - Rowan's Garden Larder** – first Saturday of month, next date Saturday 4<sup>th</sup> Oct, from 10am at the Merino General Store. Locally-grown heritage, rare, unusual and old-fashioned fruit, veg & seeds.