

### SGGPCP Updates

#### Breaking the Ice - ice and other drugs forum

Portland hosted **Breaking the Ice**, an Ice and Other Drugs forum last Thursday evening, organised by Glenelg Southern Grampians Drug Treatment Service (Quamby).

About 300 parents, professionals and community members heard from guest speakers Michael-Carr-Gregg, child and adolescent psychologist, and Julie Rae from the Australian Drug Foundation. There was also a panel for Q&A including Victoria Police, Ambulance Victoria, mental health and drug and alcohol workers. The audience heard the latest information on ice, where to get help and that numbers of ice users locally is quite small, though the impact on individuals, family and friends can be significant. Alcohol remains the biggest problem in our region across the whole age spectrum. We heard how young people, parents and the broader community can play a role in preventing alcohol-related harm. We were encouraged to help our young people to develop resilience, get enough sleep and be active and involved – in education, employment, sport, friendships, community. Parents and community members should be good role models, help change the drinking culture and create positive environments for young people such as the Good Sports Program which helps sporting clubs to manage alcohol responsibly.

For further information contact Rowena Wylie M: 0419 143 652 E: [Rowena.wylie@wdhs.net](mailto:Rowena.wylie@wdhs.net)



#### ACSO Information Sessions

As part of Mental Health Week 2014, Southern Grampians Glenelg PCP would like to invite you to an information session with ACSO, the organisation now providing intake services for Alcohol and Other Drug and Mental Health Community Support Services in our area. This will be a great opportunity to meet Jane, Chris and Aoife from ACSO, hear a bit about their role and learn how we can work together.

Wednesday 8<sup>th</sup> October:

- 11:00am – 12:00pm, Portland District Health Training Room
- 2:00pm - 3:00pm, Western District Health Service Ed Centre Classroom 2

Videoconferencing is available for the 2pm Hamilton session for those unable to travel.

Please RSVP to [claire.nailon@wdhs.net](mailto:claire.nailon@wdhs.net) telephone: 5551 8562

#### Victorian Young Achiever Awards 2015

Do you know an amazing young person under 28 years old? Nominations open for the Victorian Young Achiever Award on Tuesday 23<sup>rd</sup> September: <http://awardsaustralia.com/young-achiever-awards/vic>

#### Carers Week

Carers Week Celebrations – Tuesday 14<sup>th</sup> October 2014, 10:30am to 3:00pm (includes morning tea, lunch & afternoon tea)

One of Australia's most charismatic singers Wendy Stapleton, presents Dusty, Doris and Me.

City Memorial Bowls Club, 50-58 Cramer Street, Warrnambool

RSVP: Barwon Health Carer Respite & Carelink Services 1800 052 222 by Wednesday 8<sup>th</sup> October

#### Standing Tall in Hamilton – School Based Mentoring

##### Celebrating ten years of Standing Tall

Come and listen to local Olympic champion Melissa Tapper speak of her personal experiences in mentoring.

Thursday 23<sup>rd</sup> October, 5:00pm at the Hamilton District Skills Centre, 85 Mt Baimbridge Road, Hamilton

RSVP by 14<sup>th</sup> October to Standing Tall by phoning 03 5572 2788 or emailing [standingtall@baimbridge-co.vic.edu.au](mailto:standingtall@baimbridge-co.vic.edu.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](http://www.sggpcp.com)

T: 03 55518471



*SGGPCP is promoting health and wellbeing by reducing the amount of time spent sitting in the workplace.*

*We actively encourage participants at our meetings to stand, move and/or stretch throughout the meeting to ensure sitting time is reduced.*

**PLEASE FORWARD YOUR ITEMS FOR INCLUSION IN THE BULLETIN TO: [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net)**

## Start The Conversation

The new Start the conversation campaign encourages health professionals to have conversations with their patients regarding smoking. The campaign features a short video that demonstrates the life-changing conversations that health professionals had with their patients that led them to stop smoking.

Please take a few minutes to visit the website, watch the video and supporting material: [www.starttheconversation.org.au](http://www.starttheconversation.org.au)

Start the conversation is an initiative developed through the Supporting Patients to be **Smokefree** Project that is led by Alfred Health and funded by the Victorian Department of Health.

For further details please contact Kirstan Corben, Alfred Health on [k.corben@alfred.org.au](mailto:k.corben@alfred.org.au) or 9076 5318.

## Health Check: five foods to always avoid at the supermarket

Want to stack the nutrition odds in your favour? The key is good food so here are five things to never let into your shopping trolley: lollies, biscuits, sugar-sweetened drinks, potato crisps and processed meats.

To read the article [click here](#).

## Mental Health Services in Australia

[Mental Health Services in Australia](#) - updated web pages from the Australian Institute of Health and Welfare. These pages include updated information on Medicare Subsidised mental health related services, prescriptions, updates to the MBS and PBS data.

## WALK4WELLNESS – A Walktober & Mental Health Week Initiative

You are invited to join in on the Walk4Wellness, a Walktober and mental health week initiative.

Tuesday 14<sup>th</sup> October, 10:30am start Foreshore Pavilion, Warrnambool. 2km or 5km circuit. Free light lunch after the walk

Please register by calling Archie Graham Community Centre on 5559 4920

## Lung Health Promotion Centre at The Alfred - Victorian Respiratory Network Professional Development Day

**Monday 24<sup>th</sup> November 2014, 9:00 am starting at 9.30am – concluding 4:30pm**

Registrations close: 5pm **Monday 17<sup>th</sup> November**

**Registration Fee \$120.00 (inc GST) CPD Hours = 6**

**VENUE: Seminar Room, AMREP Education Centre; The Alfred, Commercial Rd Melbourne**

**Enquiries:** Judi Wicking M: 0407 562 097 or Adrienne James M: 0402 259 717 **To Register: Phone: (03) 9076 2382**

**MS**

## Sexuality – talking to your clients

Chronic illness impacts sexuality physically and psychologically.

What are the changes caused by chronic progressive illnesses such as MS?

Thursday 30<sup>th</sup> October, 9:30am to 12:30pm, at The Nerve Centre, 54 Railway Road, Blackburn

Register online or email for a registration form and tax invoice. <http://www.trybooking.com/EANO>

Contact Andrea Salmon P: (03) 9845 2700 E: [educationvic@ms.org.au](mailto:educationvic@ms.org.au)

## Obesity Prevention

**Health promotion practitioner's perceptions of effective engagement with vulnerable groups.**

Two day short course offered by CO-OPS.

30 & 31 October 2014, Cliftons Level 1, 440 Collins Street, Melbourne.

**For more information:** visit the [website](#)



## 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 11<sup>th</sup> Oct, 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.

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