

## SGGPCP Updates

### Local Voices Releases its Findings

Local Voices Shaping Local Services, a collaboration between Great South Coast Medicare Local, Southern Grampians Glenelg PCP and South West PCP, has released its findings on three important primary health areas within Great South Coast. The project gives, for the first time in the south-west, data-backed recommendations and priorities for action in the areas of obesity and type 2 diabetes, mental health/alcohol and other drugs, and respiratory diseases/smoking. More details [here](#).

### 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

### Mental Health Week – ABC Mental As...

Mental illness affects every Australian. Half of us will experience a mental health issue directly while many others, as carers, families, friends and colleagues will live with or witness its impact. It is an issue for us all.



To help kick-start a national conversation about mental health across the wider community, the ABC is launching **Mental As** ... The biggest ever cross-platform programming event conducted by the ABC, for Mental Health Week, 5-12 October 2014.

Across ABC TV, radio, online and mobile **ABC Mental As...** will take a look at mental health from all angles and perspectives, from comedy to documentary, entertainment to debate, as we aim to help join the dots on mental health in Australia. The week will culminate in a two-hour, live, TV fundraising event the **Friday Night Crack Up** on World Mental Health Day, Friday 10 October. Australia's biggest personalities – comedians, actors, sportspeople, and musicians – will show their support for Mental As... and encourage Australians to take action, start talking, and give to mental health research. For more information on <http://www.abc.net.au/mentaldas/>

### Walk for Wellness

All members of the Hamilton and surrounding communities are invited to attend and 'Walk for Wellness' as part of the Hamilton Mental Health Week promotion activities.

This event is aimed to promote awareness of mental health and wellbeing and associated resilience.

*Where: Lake Hamilton – at the Boat Shed barbecue area*

*When: Monday 6<sup>th</sup> October 2014, 10:30am registrations (11am start)*

Following opening the event participants will walk their way to wellness around the lake.

Light entertainment and a barbecue lunch provided.

For more information please contact: Mental Illness Fellowship Aspire Services Hamilton on 55719980 or Hamilton Mental Health Services 5551 8418



### Stand Up Australia featured on 60 Minutes

Recently 60 Minutes, Channel 9 featured a segment about the dangers and health effects of prolonged sitting. In case you missed it, click the link or image below to watch the 12 minute eye opening clip.

[60 Minutes Stand up Australia Video](#)

### 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)

## SONS & MOTHERS

Portland Arts Centre, Saturday 11 October, 7.30pm

SONS & MOTHERS is a love letter to mums. Swelling with heart and humour, six sons tell the stories of their mothers as they recount their lives from childhood to adulthood, and the stumbles and triumphs they encountered along the way.

Written, devised and directed by Alirio Zavarce with and for the 'Men's Ensemble of No Strings Attached', these are love stories, made all the more potent because of the disabilities the men live with, and their humbling take on the discriminations they've faced.

[Book online](http://www.glenelg.vic.gov.au/ticketing) at [www.glenelg.vic.gov.au/ticketing](http://www.glenelg.vic.gov.au/ticketing) or call the Portland Arts Centre on 5522 2263.



## Breaking the Silence on Mental Illness

It is estimated that almost one-in-two Australians will be affected by mental illness in their lifetime, and around 20% of us are affected by some form of mental disorder each year. Despite this, mental illnesses and those that are affected, continue to be subject to taboo and discrimination. To [view the video](#).

## THE H30 CHALLENGE

H30 is about decreasing your health risks and increasing your body's performance. It's about kick starting weight loss and saving money but most importantly it's rewarding you for taking on a challenge with a whole range of health benefits. The aim of the challenge is to help establish healthier eating habits, with water becoming the main choice of beverage in the long-term. It's the H30 Challenge and the rules are simple - you just switch your sugary drinks for water for 30 days to reap the rewards. It doesn't cost you anything, and it's definitely not a fad diet. Signing up is easy. You can choose your own start date and we'll support your progress with regular email updates to keep you motivated along the way. Join the H30 Challenge today and see how much better you feel in just 30 days.

To [find out more](#).

## Australia Vying to be world champion of inactivity

Australia tops the world for physical activity friendly built environments but ranks second last for levels of children's activity. (Source: The Conversation). [Click here](#)

## Sports Participation in Australia

Summary from the Clearinghouse for Sport on how increased levels of physical activity can bring wide-ranging health benefits that impact upon the population. [Click here](#)

## Tuning in to kids program – Emotionally Intelligent Parenting

This **FREE** parenting program is being delivered at Centacare Warrnambool, running on Wednesdays: October 22, 29 and November 5, 12, 19 & 26, 6:30pm to 9:00pm. Open to the general public.

*Tuning into kids is a six session program for parents of children aged 4-12 years. This program shows parents how to help their children develop emotional intelligence through improving skills in talking with and understanding their children, helping their children manage their emotions and deal better with conflict and consequently reducing potential behavior problems. Research tells us that emotional intelligence may be a better predictor of academic and career success than IQ.*

For further information, or make a referral or to RSVP to book your place contact Marea on 5559 3000.



## 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 31<sup>st</sup> October, 5pm-6:30pm, Apex Park

**Nareen Produce Swap** – last Sunday of month, next swap Sunday 26<sup>th</sup> October, 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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