

SGGPCP Updates

PCP Executive Committee met on Wednesday 8th October to determine the role of the Partnership in supporting members with innovation. Kieran Murrighy, Futurist from Foresight Lane guided the group through determining our innovation story and what people skills, structures and projects are needed to proceed. After documenting and confirming the outcomes we will take our first steps towards being an intentionally innovative partnership.

Ride 2 Work Day 2014 – Next Wednesday 15th October

Hamilton

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 7:15am and 9am in the foyer of HILAC and Vitality Health and Fitness will conduct a trial spin class from 7:00am – 7:30am. Exercise bikes will also be on display for use during the breakfast.

Riders are asked to RSVP for catering purposes to the Southern Grampians Shire Council on 55 730256

Portland

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 Portland YMCA from 7.00am – 9.00am

The event is organised by the Portland YMCA in partnership with the Glenelg Shire Council.

Riders are asked to RSVP for catering purposes to the Portland YMCA on 5521 7174.

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

Talk OUT Loud - Mental Health Education for Young People

Did you know that 1 in 4 young people will experience a mental health problem in any given 12 month period? The Red Cross, in partnership with *beyondblue: the national depression initiative*, has developed a training program to help young people provide support to peers who may be experiencing depression, anxiety or other mental health problems. For more information on this training please contact ajking@redcross.org.au or visit the [website](#).

Karingal BaLinks presents: Let's Get Mental

A free mental wellness and resilience seminar featuring a two course dinner and exceptional keynote speakers; Nelly Thomas, Comedian, Health Promotion and Hugh VanCuylenburg, CEO, The Resilience Project.

In addition to the keynote speakers, Laura Green, a local psychologist from the Treehouse Community and Darren Dorey from Mental Illness Fellowship Victoria will speak about signs and symptoms of mental health issues, resilience and recovery.

This event includes a free two course dinner. Places are limited so please RSVP early to secure your seat!

When: Thursday 23rd October, dinner from 6:00pm

Where: Portland Golf Club, Madeira Packet Road, Portland

RSVP: Karen Clark, Project Coordinator, Phone: 0408 191 927 Email: kclark@karingal.org.au

What would make a difference...to families where a parent has a mental illness?

This research project aims to determine what research should be conducted with family where a parent has a mental illness.

To take part in the survey and for more information, click [here](#)

Southern Grampians and Glenelg Primary Care Partnership,

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Executive Officer: Janette Lowe, Manager Health & Wellbeing: Jo Brown

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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

“THE TALK” - LIVE WITH NELLY THOMAS

“The Talk” Women's Health and Wellbeing Barwon South West is partnering with Western District Health Service to bring acclaimed comedian and health ambassador Nelly Thomas to Hamilton on Tuesday 25th November.

Nelly will be talking to parents about how to have The Talk with their kids. For parents/carers of grade 5/6 & secondary school students. The presentation is fun, informative and light-hearted and goes for 30-40mins, followed by a Q&A

Tuesday 25th November 2014, 7pm to 9pm at Western District Health Service Education Centre, Kitchener Street, Hamilton

COST: Free

REGISTRATION: <https://nellyhamilton.eventbrite.com.au>

The Café Style Support Program 2014 –2015

The Warrnambool City Council South West Carer Respite Program continues to work together with Alzheimer's Australia Victoria and local Service Providers. The program is designed to provide social support to people with early stages of dementia and memory loss.

The support enables the participants to enhance emotional wellbeing, support the care relationship and minimise social isolation. It provides opportunities for social connection, mutual peer support, encourages shared activities and provides access to information and community resources for the carer and carer recipient.

There will be varied activities throughout the program such as, reminiscence sessions, sensory activities, quizzes, themed activities, life stories, outings, games, poem's and of course a good old sing song!

The program will be run once a month for 10 months between 12.00pm and 2.30pm and held in **Warrnambool, Hamilton, Portland and Camperdown**. The venues are held in a warm and friendly environment, such as a café or restaurant. Food and refreshments provided.

Prior to attending the program the host will arrange to meet with you to discuss the program.

If you are interested in participating please contact Tina on 0434 682 952

Research and Quality Improvements Symposium – Wednesday 26th November 2014

The Barwon South Western Region Allied Health Leaders Network is providing free relevant professional development to allied health professionals and assistants in the region.

- Keynote speaker – Associate Professor Terry Haines from Monash University
- Local staff presenting their research and quality improvement projects

Only 50 places available so register now!

Five Star Function Centre, Leura Oval, 15 Adeney Street, Camperdown, 10am to 3pm, Wednesday 26th November 2014.

Registration by 14th November 2013; [Click here](#)

For further information contact Liz Womersley at Bellarine Community Health: liz.womersley@bch.org.au

Sunsuper's Dreams for a Better World Program

Sunsuper Dreams is all about doing something positive for the community in a really meaningful way. This Sunsuper initiative give individuals groups and organisations the opportunity to be awarded a \$5,000 grant to help realise a dream for a better world. [Click here for further details](#)

R E Ross Trust Grants

To provide funding for projects that have a positive impact on people's lives. The Ross Trust will direct resources towards projects and other activities that address disadvantage and inequity, encourage and promote social inclusiveness, community connectedness and health and wellbeing. [Click here for further details](#)



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 11th Oct, 10am-11am, Merino Community Health Centre

Heywood Food Swap – last Friday of month, next swap Friday 31st October, 5pm-6:30pm, Apex Park

Nareen Produce Swap – last Sunday of month, next swap Sunday 26th October, 10-11:30am at Nareen Hall

Merino - Rowan's Garden Larder – first Saturday of month, next date Saturday 1st November, from 10am at the Merino General Store. Locally-grown heritage, rare, unusual and old-fashioned fruit, veg & seeds.

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