

SGGPCP Updates

Healthy Together Victoria Achievement Program – Creating a Healthier Workplace

SGGPCP have been working on Healthy Together Victoria Achievement Program benchmark for Alcohol.

Rowena Wylie put together a very good presentation which includes:

- What is risky drinking
- Local alcohol data
- Who is most at risk
- Impact on health
- What to do and where to get help

The presentation is available on our website: www.sggpcp.com Click here: [Alcohol Presentation](#) and [Fact Sheet](#)

What is happening in the space of SEA Change Portland?

Healthy Happenings at Portland South Primary School

Portland South Primary School is doing some tremendous things when it comes to healthy eating and physical activity.

They have used the clever strategy of interweaving two school policies so they complement one another: “The ‘Environment Policy’ and the ‘Healthy Lifestyle Policy’”. For further information [click here](#)

Invitation to participate: Forum on escalating Care in hospital when concerned

Western District Health Service is having a forum to explore how best to make it clear and easy for our consumers to raise concerns and get urgent attention to escalate care in hospital for themselves or a family member. We are seeking your valuable input.

Friday 14 November, 10 am – 11:30 am, at Clinical Skills Room at the Education Centre at Hamilton Base Hospital.

RSVP: To Judy Esson, Assistant Director of Nursing on 55518518 or judy.esson@wdhs.net by Monday 10th November

Consumer Engagement, Advocacy and Leadership Training

Tuesday 18 November 2014, 9.30am – 3.30pm, WDHS Education Centre, 20 Foster Street, Hamilton

Free workshop open to all community members, Light lunch and refreshments provided

Please join us for this exciting training session to increase your knowledge and skills in:

- providing feedback and advocating for service improvement
- working in partnership with health services to improve consumer experience
- identifying the best way to get your point across
- acting as a consumer advocate

This session aims to assist our many consumers and friends to continue to help us improve our health service. Your opinions and experiences are valued.

For more information or to register, please contact Sally Kinghorn at sally.kinghorn@wdhs.net or phone: 5551 8434.

Tools for Conversations with Kids and Parents

This one day workshop offers an array of resources and ideas for working with children from babies and toddlers through to pre-teens.

Child care workers, teachers, caregivers, family workers, counsellors, psychologists and other people who journey alongside children will take away a treasure trove of ideas, activities and inspiration for how resources can be used to engage with children.

Thursday 6th November 2014, 9:00 am - 5:00 pm at Warrnambool Football Club

COST: \$80 (includes, morning and afternoon tea and lunch)

RSVP: Natalie Hrabar, E: nhrabar@ozchild.org.au or VicPathwaysBarwonSouthWest@ozchild.org.au P: 1300 361 680

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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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

'ICE RUSH'

A FOUR CORNERS STORY ON THE ABC which focuses on the impact that the drug ICE is having on rural communities, titled 'ICE RUSH' is available online: [click here](#)

TACKLE THE ISSUE: ICE, ALCOHOL AND OTHER DRUGS FORUM

The Australian Drug Foundation's Good Sports program is holding a series of forums around Victoria to help you and your members learn how your sports club can support their members, families and the community to prevent and tackle drug use. Monday 10 November, 6:00pm to 8:30pm, at Lighthouse Theatre, 185 Timor Street, Warrnambool. Refreshments provided. For more information and to register www.GoodSports.com.au/tackletheissue/forums
Phone: (03) 96116100

Hamilton Vitality Fun Run

Saturday 8th November

42km marathon 21km ½ marathon 10km run/walk 4.2km run/walk 1.6km run for kids

For more information, or to register visit the website: www.hamiltonfunrun.com

RSPCA Warrnambool – Volunteer Information Session

If you are looking for the opportunity to have an active role in animal welfare, volunteering at the RSPCA could be a great move for you! To find out more, we invite you to book into our Volunteer Information Session.

- Monday 17 November 2014 at 4.30pm, at Where: RSPCA Warrnambool, 23 Braithwaite St., Warrnambool

Following the information session, you will be invited to attend an orientation session to be held on Tuesday 18 November from 4pm-5pm or 5pm-6pm.

Your attendance at the information session and orientation session will be required before you can commence volunteering.

Bookings are essential, contact Di Smith via email at dsmith@rspcavic.org.au or by telephone on (03) 9224 2501

Sport for Community Development

Sport contributes to community identity, serving as focal point for engagement, pride, and achievement. The diversity of sports and sporting activities (including social sport and physical recreation) offers the potential to reach men and women from every age-group, culture, and socio-economic background.

The community benefits of sport go beyond the personal benefits derived from sports participation. Sport is a popular focal point for strategies that underpin government policy for community development and social inclusion.

"Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. Sport can awaken hope where there was previously only despair. Sport speaks to people in a language they can understand." Nelson Mandela

[Click here](#) for link to article.

Weight Control and Conservative Management for Osteoarthritis

Weight control and conservative management for Osteoarthritis - part of the Musculoskeletal Health Webinar Series presented by Arthritis Victoria.

When: 7:00-8:00pm, Monday 24 November 2014 **For more information:** or to register, [click here](#)



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 8 Nov, 10am-11am, Merino Community Health Centre

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

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

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

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