

## SGGPCP Updates

### Facilitating Asset-Based Community Driven Action



#### A great opportunity for our region – Asset Based Community Development (ABCD) Workshop presented by Peter Kenyon

Asset-Based Community Development (ABCD) is based on the principles of appreciating and mobilising individual and community talents, skills and assets (rather than focusing on problems and needs) and it being community driven development rather than development driven by external agencies.

This workshop is aimed at community enthusiasts, community leaders, and community builders with an interest and commitment to Asset Based Community Driven (ABCD) philosophies and methodologies, and a desire to further their facilitator skills. Participants will receive a set of ABCD training materials and resources, refreshments and lunch.

**Wednesday 26<sup>th</sup> November, 9:30am to 2:30pm, Portland Golf Club, Madeira Packet Rd, Portland 3305**

**Cost: \$100 per person (includes lunch) Bookings essential via Trybooking: <http://www.trybooking.com/111503>**

**Registrations close: Friday 21<sup>st</sup> November 2014**



#### Facilitator: Peter Kenyon – Bank of IDEAS

Peter Kenyon is a social capitalist and community enthusiast. Over the last two decades he has worked with over 1500 communities throughout Australia and overseas seeking to facilitate fresh and creative ways that stimulate community and economic renewal. He is motivated by the desire to create healthy, caring, inclusive, sustainable and enterprising communities and local economies.

For further information contact: Robyn Holcombe, ☎ 555 18471 ✉ [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net)

## SGGPCP ANNUAL GENERAL MEETING

**Thursday 27<sup>th</sup> November 2014, 11:00am-12noon followed by light lunch  
at Hamilton Golf Club, 170 Rippon Road, Hamilton**

#### Guest Speaker: Peter Kenyon, Bank of I.D.E.A.S.

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**RSVP Essential: Thursday 20<sup>th</sup> November 2014, ☎ 555 18471, ✉ [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net)**

## Rural People: Resilient Futures - Short Film Launch

Jill Parker, member of the Ministerial Advisory Committee for the Victorian Adaptation and Sustainability Partnership launched the Rural People: Resilient Futures short film at the Hamilton Cinema on Friday. The film showcases the essential role that health and community service agencies play in reducing the vulnerability of their community to climate change.

After the film launch a group of enthusiastic representatives from local agencies work shopped strategies to integrate into their agency operations and policy to reduce climate change impacts.

The film link can be found at <https://www.youtube.com/watch?v=AxG1pZ5EuGk&noredirect=1> and further project information at [http://sggpcp.com/?page\\_id=241](http://sggpcp.com/?page_id=241)



## 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.*

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### NOMINATIONS OPEN FOR 2015 AUSTRALIA DAY AWARDS

Southern Grampians Shire Council is encouraging residents to take the opportunity to acknowledge community effort, participation and contribution through nominating residents for an Australia Day Award.

Nominations are invited in the categories of Citizen of the Year, Young Citizen of the Year, and Community Event of the Year, along with Council's own Community Recognition Awards.

Nomination forms are available from the Council's Brown Street Business Centre, 111 Brown Street Hamilton, Council's Market Place Business Centre, 1 Market Place Hamilton, Progress Associations throughout the Shire and on Council's Tourism and Events website [www.visitgreaterhamilton.com.au](http://www.visitgreaterhamilton.com.au). Nominations close on Wednesday 19 November 2014.

For further information on Australia Day celebrations or awards, please contact Council's Events Marketing and Development Officer Kathy Annett on 5573 0239 or via email [kannett@sthgrampians.vic.gov.au](mailto:kannett@sthgrampians.vic.gov.au)

### The Mental Health Act (A Musical Comedy)

The Mental Health Act is a musical comedy about the changes in compulsory mental health treatment with the introduction of the new Mental Health Act.

The Mental Health Act is was created by artists who have experienced compulsory treatment, working in collaboration with members of the Mental Health Tribunal, directed by John Chaplin-Fleming (Scared Weird Little Guys) and produced by Wild@heART Community Arts.

**Thursday 27 November, 3:00pm - Community Health Centre, Seminar Room, Koroit Street, Warrnambool (gold coin donation)**

**Thursday 27 November, 7:00pm – Café Lava, 235 Lava Street Warrnambool (\$5 entry)**

### ASIST - Applied Suicide Intervention Skills Training

Most people thinking about suicide signal their pain and intentions - they offer us opportunities to respond. Suicide first aid learned in ASIST can help all of us see, hear and respond to these signals. It prepares us to work with and help persons at risk to increase their immediate safety and to get further assistance and support. Lifeline Ballarat is offering ASIST training to members of the community on Tuesday 18th and Wednesday 19th November.

For more information please contact Kellie Dunn 5322 4951 [kdunn@lifelineballarat.com.au](mailto:kdunn@lifelineballarat.com.au) or Anne Watson 5364 2977 [annew@getmentalhealth.com.au](mailto:annew@getmentalhealth.com.au)

### MyALLY

Applications are now open for the next round of MyALLY, the mentoring program for allied health in regional Victoria.

[Click here](#)

### Arthritis: A Real Pain for Rural Australia

The National Rural Health Alliance has released a Fact Sheet, jointly prepared with Arthritis Australia, on arthritis in rural Australia. [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** – 2<sup>nd</sup> 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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