

SGGPCP Updates

Congratulations to Deakin University/WHO Collaborating Centre for Obesity Prevention in partnership with SEA Change Portland, for receiving funding from the Western Alliance Grant-in-Aid Research and People Support Program. The funding will support Deakin to work with SEA Change Portland and potentially other communities across the Great South Coast, to measure changes within Portland to make healthy eating and being active an easy choice and measure the impact of these changes on children.

For more information contact Janette Lowe, SGGPCP, P: 55518452 M: 0408553095 E: janette.lowe@wdhs.net



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 26th 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 21st 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

SGGPCP ANNUAL GENERAL MEETING

**Thursday 27th 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.

RSVP Essential: Thursday 20th November 2014, ☎ 555 18471, ✉ robyn.holcombe@wdhs.net

Health Literacy Development Course 2015

The Centre for Culture Ethnicity and Health (CEH) invites Victoria's health and community service providers to participate in the Health Literacy Development Course 2015. [Click here for further details](#)

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

T: 03 55518471

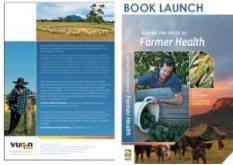


SGGPCP is promoting health and wellbeing by reducing the amount of time spent sitting in the workplace.

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

Sowing the Seeds of Farmer Health Book Launch



Edited by Susan Brumby, Alison Kennedy and Bianca Todd

Guest speaker: **Hugh Macdonald**, NCFH and WDHS board member, Agri Banker, Western District farmer

Thursday 4th December 2014, 12:30pm (Light lunch provided)

At Ashworth Gallery, Hamilton Art Gallery, Brown Street, Hamilton

RSVP Essential: Diana Dixon, National Centre for Farmer Health, (03) 5551 8533 E: diana.dixon@wdhs.net

By Monday 24th November for catering purposes

Book cost: \$39.95

Rural communities face a range of health risks...The brilliance of Sowing the Seeds of Farmer Health is that it not only improves our understanding across different levels of risk factors, but begins to explore the process by which rural Australians make sense of, and respond to, them. (Professor Anthony Shakeshaft, National Drug and Alcohol Research Centre, University of NSW)

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

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.

Glenelg Shire International Day of People with Disability Celebrations



The Glenelg Shire Council would like to invite you to celebrate International Day of People with a Disability (IDoPwD).

At Portland Civic Hall, Bentinck Street Portland

Friday 28 November 2014, 10:30am to 3:00pm



For further information or to RSVP please contact Brad Charman Community Development Officer (Access & inclusion) Glenelg Shire Council on 5522 2359 or 0466 004 704 or by email on bcharman@glenelg.vic.gov.au



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 13 Dec, 10am-11am, Merino Community Health Centre

Heywood Food Swap – last Friday of month, next swap Friday 28 November, 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 6 Dec, from 10am at the Merino General Store.

Locally-grown heritage, rare, unusual and old-fashioned fruit, veg & seeds.

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