

SGGPCP Updates



Facilitating Asset-Based Community Driven Action

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

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: Friday 21st November 2014, ☎ 555 18471, ✉ robyn.holcombe@wdhs.net

South West International Women's Day Art Prize 2015 – Call for entries

Proudly brought to you by Women's Health and Wellbeing Barwon South West & Warrnambool IWD Alliance
Launch Thursday, 5 March, The Artery, 224 Timor Street, Warrnambool. Exhibition continues to 22 March
Theme: Women and Place. Works in all medium are welcome, there will be a limit to the size of 3D pieces.

All entries must be submitted by Thursday 5 February, 2015

More information on website: www.womenshealthbsw.org.au

Postnatal Depression Awareness Week

This week is Postnatal Depression Awareness Week (November 16 - 22). It is an opportunity to raise community awareness about Postnatal Depression in men as well as women. [Click here for further details](#)

Bupa Health Foundation Grants Program - Expressions of Interest now open

The Foundation is interested in initiatives that focus on one or more of the Foundation's key strategic areas of wellbeing, chronic disease, healthy ageing, empowering people about their health or keeping healthcare affordable. Grants range from \$100,000 to \$500,000 for up to three years. [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

"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 the 25 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.

- November 25, 2014, 6:30pm-9pm, Western District Health Service Education Centre, Kitchener St, Hamilton
- COST: Free * REGISTRATION: <https://nellyhamilton.eventbrite.com.au> **BOOKINGS ESSENTIAL**

Consumer and Friends Network Forum Program



We want to hear your views!

Wednesday 3rd December 2014, 1:00pm to 2:30pm, Frances Hewett Community Centre, WDHS

Topic: What is the ultimate patient experience – when you are a patient in hospital?

RSVP to: Kara Winderlich on telephone 5551 8458 or Kara.Winderlich@wdhs.net

Portland Lighthouse Home Inc. - FAMILY FUN DAY

Fantastic day out for all families! Loads of stalls, fun activities for the kids, and a special visit from Santa!

1pm Charity Cricket Match between Portland Football and Portland Cricket teams.

Something for everyone!

Sunday November 23rd 10am-4pm, Hanlon Park (Portland netball football & cricket Club)

For more details please call Susan on 0417 370 255



Be Fire Ready – Free Bushfire Safety Advice

3 sessions to choose from: 9:30am – 10:30am, 2:00pm – 3:00pm, 6:00pm – 7:00pm

Free session covering

- Preparing a fire plan
- Keeping you and your family safe this summer
- What is an emergency kit?
- Travelling in grasslands and urban fringe during fire danger period (FDP)
- Restriction of Activities during FDP – Can I? Can't I?
- Staying informed of emergencies

➤ **Hamilton: Monday 24th November**, Ted Kenna VC Room, Performing Arts Centre

➤ **Warrnambool: Tuesday 25th November**, CFA Office, Walsh Rd

➤ **Portland: Thursday 27th November**, SW TAFE, 154 Hurd St

RSVP Message via  - CFA South West page, phone: CFA (03) 555 11515, email: t.heeson@cfa.vic.gov.au

Interested but unable to attend? CFA facilitators can speak at your workplace or community group on a day & time suitable to you – *minimum 5 people*

Contact Sharon Linke, CFA Community Education Coordinator, s.linke@cfa.vic.gov.au P: 0438 348676 to book a free session



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.

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