

SGGPCP Updates



SGGPCP held its' Annual General Meeting last Thursday. The attendees all enjoyed Bank of IDEAS Director, Peter Kenyon's enthusiastic presentation on the principles of Asset Based Community Development and provided a lot of food for thought on how we can all work with community differently to achieve greater outcomes.

A copy of Peter's presentation is available on our website: [Click here](#)

Most importantly was the election of our Executive Committee and we are very privileged to have the following members.

PCP Member Organisation	Representative Name
Dhauwurd-Wurrung elderly & Community Health Service Inc.	Mo Connolly
Southern Grampians Shire Council	Nola McFarlane
Glenelg Shire Council	Ann Kirkham
Portland District Health	Fiona Heenan
Heywood Rural Health	Carolyn Millard
Casterton Memorial Hospital	Mary-Anne Betson
Western District Health	Rosie Rowe

For further information contact Janette Lowe, P: 555 18452 E: janette.lowe@wdhs.net

Rural People: Resilient Futures

The **Rural People; Resilient Futures evaluation survey is now open**. We would love to hear feedback from you - even if your interaction with the project was very small (receiving a bulletin) through to attending workshops and working more closely with the project team to start to embed change. A quick 5 minutes of your time will allow us to gain valuable feedback to evaluate and reflect on the project. <https://www.surveymonkey.com/s/VLGKQMK>

Feel free to contact Jo Brown for further information about the project on 555 18563 or joanne.brown@wdhs.net

GROGWATCH - 5 key findings – new national alcohol stats released



Last week the [Australian Institute of Health and Welfare](#) released its 2013 National Drug Strategy Household Survey **full report**.

Conducted every 2 or 3 years, the Survey collected information from almost 24,000 people in the last half of 2013.* It asked people about their use, attitudes and opinions on alcohol, tobacco and illicit drugs.

Many of the key results of the strategy were released a couple of months ago (read [GrogWatch – Less under 18s drinking alcohol but more to be done](#)), but the full report includes a much more detailed breakdown of who are using what drugs where, as well as more comprehensive information about what people think about drug alcohol and drug policies. It makes fascinating reading for anyone interested in health promotion in this country, but at 150 pages plus data tables, it's a big job getting your head around it. **GrogWatch's have picked out 5 interesting findings.** [Click here for further information](#)

Healthy life expectancy in Australia: patterns and trends 1998 to 2012

Between 1998 and 2012 life expectancy at birth has risen by 4 years for boys and nearly 3 years for girls (Source: Australian Institute of Health and Welfare). [Click here](#)

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



Tess Howells - Living with Purpose

Tess Howells will be speaking on the subject of her new book "Change your Thinking, Change your Life: Proven techniques for finding happiness and meaning in your life".

Tess Howells is a practicing Psychologist who has had a long-held interest in the science of happiness, neuroscience, ethics, and environmental medicine, and has read extensively in these fields.

In this talk, Tess will explore the modern day malaise, the currently high levels of depression and anxiety disorders throughout the Western world, the impact of social technological and environmental change in the last fifty years and the loss of connection, meaning and purpose that many feel.

The concept of brain plasticity will also be explored, explaining how thought can affect the biological structures of our brains and our experiences.

What is happiness really, and how can it be achieved? Happiness and positive psychology are defined, and the factors that are necessary for achieving life-long, sustainable happiness will be revealed.

11am, Saturday 13 December 2014, Portland Library

Free event. For bookings or enquiries, please contact the library on 55222265 or email: library@glenelg.vic.gov.au



Health & Well-being Day (Moynayana Festival)

The Health and Well-being day hosted by Moynay Health Services in partnership with the Moynayana Festival Committee and local service providers is open to all community members and visitors to our region. The Health and Well-being day aims to motivate, educate, and provide healthy lifestyle tips and information to members of the general public. The key objective is to provide opportunities for a happier, healthier and more active life.



The event will be held on Friday 23rd January 2015 from 10am to 3pm in Port Fairy. Activities will be held on the Village Green, in addition to information booths relating to various health and well-being services and products. A series of Health Promotion Presentations will also be held in the Lecture Hall throughout the day.

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Mental Illness Fellowship / Aspire has moved and now co-located with WestVic Staffing Solutions – French Street. New Phone Number: 5551 3470

An ounce of prevention? A toolkit for evaluating preventive health measures

This paper offers a toolkit to assist in the evaluation of preventive health proposals, in the form of eight questions to ask.

[Click here](#)

Exercise or face rapid health decline in old age: expert warns gerontology conference

Older people must exercise regularly or face the prospect of an often rapid decline in their health, a national conference on ageing has heard. [Click here](#)

Life story on iPad for people with dementia

A Perth based occupations therapist has developed a new app for people with dementia that can record their life stories and be used as a tool to guide Person Centre Care. [Click here](#)

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