

SGGPCP Updates

Rural People; Resilient Futures evaluation survey

A reminder that the **Rural People; Resilient Futures evaluation survey is still open**. A quick 5 minutes of your time will allow us to gain valuable feedback to evaluate and reflect on the project. 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.

[Click here for survey](#)

Thank you to those who have already completed a survey. **The survey will close Friday 6th February 2015.**

Feel free to contact us for any further details / comment.

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Sports clubs invited to upcoming expert forum to tackle ice and other drugs

Sports clubs are being invited to forums across the state to help build their capacity to lead the community response and tackle ice, alcohol and other drugs.

A series of 19 forums are being held by the Australian Drug Foundation's Good Sports program, supported by local community partners and youth drug support service Youth Support and Advocacy Service (YSAS).

One of these forums will be held on **Wednesday 18 February, 2015 in Hamilton.**

SGGPCP is encouraging all local sports groups and interested community members to attend.

The forums will feature drug and alcohol experts and will help clubs get informed about what they can do to help reduce the impact drugs have on their community.

The forum will begin at 6pm. Light refreshments will be provided, and anyone wishing to attend needs to book online at: www.goodsports.com.au/tackletheissue/forums

More information is available by contacting the Australian Drug Foundation on 03 9611 6100.

Victorian Alcohol and Drug Association 2015 Conference

The conference theme 'Evolution: Innovation and reflection in Victoria's alcohol and other drug sector' highlights the need for the sector to evolve after its recent recommissioning as new arrangements take shape. The conference provides opportunities to listen and learn as we build on existing strengths, identify and respond to limitations and highlight new innovative practices. To be held on 19th and 20th February, this is the key Victorian AOD treatment sector conference.

[Click here](#) for further details

The Domestic Violence Resource Centre Victoria presents:

Responding to women experiencing family violence – including risk assessment

This one day program will cover recognising, responding, and referring for family violence and incorporates risk assessment using the family violence risk assessment and risk management framework (CRAF).

Wednesday 25th February – 9:30am to 4:30pm at Colac Area Health, 2-28 Connor Street, Colac. Cost: free

Register online: <http://bit.ly/spec-craf> Registrations close 5pm, 19th February

For further information contact DVRCV Training Coordinator, Philippa Bailey on 94869866 or at pbailey@dvrvc.org.au

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

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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

Free beginner film making - 30-Second beginner phone / ipad film-making

These activities are intended to be a fun, easy intro to film making, with the goal of publishing a finished short video on ABC Open. Activities will include some simple and practical tips for filming, editing and uploading on your personal device (iphone, android, ipad etc). If you don't have such a device, you can still participate using a camera and laptop. The Single Session Workshops will include a 60min filming session where individuals will travel to a spot of their choice to film, then return to the workshop activity to complete the editing and upload process.

Port Fairy (must be able to attend both sessions)	Friday 30 Jan & Friday 6 Feb, 9:30am-12:30pm , Port Fairy Community House
Hamilton (must be able to attend both sessions)	Saturday 21 Feb & Sat 28 Feb, 9:45am to 12:30pm, Hamilton Library
Hamilton	Thursday 26 February, 10:00am to 2:30pm, Hamilton Library, Bring lunch
Warrnambool (must be able to attend both sessions)	Tuesday 3 Feb & Tuesday 10 Feb, 5:30pm to 8:00pm, ABC Office

Please reply to Emily Bissland via email: Bissland.Emily@abc.net.au to book your place. Please state the town, time and date that you are interested in attending. Let me know what you will be filming with too so I can get you started with some free apps to get your hands on. **(Please note, activities that don't have enough reservations may be cancelled, only those registered for the activities will be notified of cancellations)**

Well Ways MI Recovery Program

Would you like to learn more about mental illness and recovery with your peers? MI Recovery is a program designed and led by people with a lived experience of mental illness. MI Recovery supports participants to recognise personal strengths, find new ways to manage mental illness and plan for the future.

Hamilton

Information session: Tuesday 3rd February – 1pm Cost: Free
 Program: runs for 10 weeks, commencing 3rd March 2015, 11am to 2pm
 Location: Hamilton Institute of Rural Learning (HIRL), 333 Nth Boundary Road, Hamilton
 Contact: Vanessa Slattery PH: 03 5551 3470 E: vslattery@mifellowship.org

Camperdown

Information session: Thursday 12th February 2015, 11am Cost: Free
 Program: runs for 10 weeks, commencing 5th March 2015, 10am to 1pm
 Location: MI Fellowship Aspire Services, 154 Manifold Street, Camperdown
 Contact: Larry April, phone: 03 5557 0000 E: lapril@mifellowship.org

Cancer Education Workshop

Free two day cancer education workshop February 24 and March 3, 2015 – Warrnambool and Andrew Love Cancer Centre Geelong.

Cancer Council Victoria, South West Healthcare, Gunditjmara and Barwon Health are working together to provide a two day cancer education workshop. This workshop will be for health professionals in the Barwon region who work with the Aboriginal and Torres Strait Islander community.

Please fill out the [survey](#) so we can get a better understanding of what would work best for you in the workshop.
 Contact: Mardi Nestor, Aboriginal Health Promotion Officer, South West Healthcare, P: 03 55644 193 | M: 0417 001 787
mnestor@swh.net.au

Study finds lives and money to be saved from incidental exercise

A Melbourne study has found that incidental physical activity from active transport, such as walking to catch the train to work or cycling to the shops can save lives and money. (Deakin University) [Click here](#)



Food/Produce Swap

Merino Produce Swap – 2nd Saturday of month, 10am -11am Saturday 14th February, Merino Community Health Centre
Heywood Food Swap – last Friday of month, next swap Friday 30th January, 5pm-6:30pm, Apex Park

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