

SGGPCP Updates:

New Arrival: Congratulations to Clinton and Jo Thomas on the arrival of their beautiful baby boy – Isaac George, little brother for Alec, Millie and Eli.



Glenelg SAVES Update (Seniors Achieving Valuable Energy Savings)

Home and Community Care (HACC) clients in the Glenelg Shire are starting to enjoy the benefits of the Glenelg SAVES project, as the implementation phase begins. Over 300 HACC clients across the shire will be receiving energy efficiency improvements in their own homes from the project, funded through the Department of Industry as part of the Low Income Energy Efficiency Program. The home improvements are customised to the needs of each client, following the completion of a *Home Energy Efficiency Assessment* on the home. Working with local contractors in each town, internal and external blinds are being installed, lighting improvements made, and appliances upgraded to more energy efficiency models.

For more information on this project contact Penny Fraser: P: 55518565 E: penny.fraser@wdhs.net

Rural People; Resilient Futures

The **Rural People; Resilient Futures** Project Team would like to **thank all those who participated in the project**. The wealth of knowledge we have gained from consulting with local services, individuals and community groups has been invaluable.

Rural People; Resilient Futures will be hosting a **Community Information Session on Tuesday 24th February (11.00am – 12.30pm)** at the **Hamilton Community House** and we warmly invite you to attend. The session will present **the information we have gathered, the key roles local agencies played, the positive impacts on the community, view the short film and discuss future opportunities**. A light lunch will be included.

Further information and RSVP contact **Melanie Russell**, Phone: 03 5551 8475 Email: Melanie.russell@wdhs.net

Tackle the Issue: ice, alcohol and other drugs forum – rescheduled 14 April

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 in **Hamilton on Tuesday 14 April**, at Hamilton Performing Arts Centre, 113 Brown Street. 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.

Anyone wishing to attend needs to book online at: www.goodsports.com.au/tackletheissue/forums

Tackling the Wicked Which's of the West Forum

You're invited to tackle the **Wicked Which's of the West Forum - 18th & 19th March 2015**, at Hamilton Performing Arts Centre, 113 Brown Street, Hamilton

Cost to attend the two daytime sessions: \$330 (inc GST). All workshop material, morning and afternoon tea provided.

Tickets available from Hamilton Performing Arts Centre. Phone: (03) 55730429 Web: www.hamiltonpac.com.au

Further information: www.wickedwhichs.com.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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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

When the going gets tough, how does your community keep going?

How do successful community groups continue to lead and build capacity after the initial wins, grants and project successes have faded into the distance? How do you manage your group once the gloss starts to wear off and life, change and time gets in the way? This free webinar will take you...[Read more](#)

Invitation - Youth Mentoring Hub Training, Hamilton

A new resource for youth mentoring - The Youth Affairs Council of Victoria is launching a brand new Youth Mentoring Hub website, and will be hosting training to introduce you to its content.

This is your opportunity to find out more about the new Hub, as well as be a part of a discussion on topics from the website and youth mentoring issues relevant to your region. You'll also have the chance to suggest potential questions to be discussed by a panel at the Youth Mentoring Hub Launch in March.

Who: Staff with an involvement with youth mentoring or the youth sector.

Date: Wednesday 25th February 2015, 10:00am – 12:00noon (includes tea/coffee and a light lunch).

Venue: RMIT Hamilton (Conference Room), 200 Ballarat Road, Hamilton.

RSVP: Please RSVP by **Wednesday 18/02/15** [here](#) or via the link at the base of the page.

Further information contact: **Claire East, Mentoring Hub Project Officer, Youth Affairs Council of Victoria**

Email: projects@yacvic.org.au Phone: (03) 9267 3714 (Wed, Thu)

South West Regional Carers Conference – 'Waves of Change'

A conference to inform Carers about the changes to the aged, mental health, and disability sectors and to help carers navigate the new systems to support the person they care for.

Thursday 23rd April 2015 at Lady Bay Resort and Quality Suites Deep Blue, 2 Pertobe Road, Warrnambool, 10:00am to 3:00pm

Registrations close – Friday 17th April 2015

Cost – Professionals \$66 (gst incl) Cost – Carers/Parents/People with disability \$22 (gst incl)

To register please purchase your ticket online via trybooking <http://www.trybooking.com/GVWC> or at Mpower on 55618111

VCOSS Regional Training Program: Ballarat session registrations now open!

VCOSS is delighted to provide rural and regional community organisations with practical management and capacity building training at six different locations. Each training day is organised around four themes: Governance and strategic planning, developing financial capacity, marketing and media, and the characteristics of highly successful community service organisations. Find out more [here](#). Registration is now open for: [Ballarat: 19 March 2015](#)

The Whitten Project 2015

Nominations for The Whitten Project 2015 have opened and will close Friday 27th February.

The Whitten Project is seeking community minded young people in years 9 and 10 to participate in a dynamic youth leadership program delivered by the Western Bulldogs Football Club in partnership with local councils.

The project is delivered over 6-months and is designed to inspire and educate the next generation of community leaders through high value experiential learning opportunities.

Further information : <http://www.westernbulldogs.com.au/whittenproject> or contact **Elly Murrell**, Youth Development Officer or Mark De Campo, Whitten Project Manager by phone 03 9680 6307 or email twp@westernbulldogs.com.au



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 27th February, 5pm-6:30pm, Apex Park

Rowan's Garden Larder - Merino, Saturday 14th February, General Store from 10:00am

Locally grown, heritage, rare, unusual and old fashioned fruit, vegetables and seeds

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