

SGGPCP Updates:

Many of the Mental Health Service Providers in Southern Grampians area met last week to discuss the results from service provider and consumer consultations undertaken in 2014. Some of the key areas for working together to improve the system included supporting the community to uptake technology to access more services, simplifying information on what services are available in Southern Grampians and exploring opportunities to co-ordinate services better at local levels.

For further information contact Claire Nailon, P: 55518562 or E: Claire.nailon@wdhs.net

beyondblue - 'Take 1 Step' for better mental health

beyondblue and Great South Coast Medicare Local invite you to the 'Take 1 Step' for better mental health knowledge and network session.

Join us for a discussion on ways to support our local community to 'Take 1 Step' towards better mental health. This session will include an overview of *beyondblue* programs, resources, campaigns and services to support local communities, as well as information on community events occurring in the Great South Coast region as part of the *beyondblue* National Roadshow visit.

Warrnambool	Hamilton
Date: Wednesday 25 March	Date: Thursday 26 March
Time: 3.00pm-4.00pm	Time: 10.30am-11.30am
Location: Great South Coast Medicare Local 24-36 Fairy Street, Warrnambool	Location: The Auditorium, Education Centre, Hamilton Base Hospital, Foster Street Hamilton

Presentations by Andrew Johnston, *beyondblue* General Manager, Workplace and Discrimination
Please RSVP by Wednesday 11 March to Matthew Sheehan at admin@gscml.com.au or (03) 5564 5888.

Find out more about the National Roadshow at www.beyondblue.org.au/take1step and www.twitter.com/beyondblueBus

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

Dinner with Sir Gustav Nossal

South West Community Foundation Cordially invites you and your guests to:

Dinner with Sir Gustav Nossal

A black tie charity fundraiser for the establishment of The Greater Hamilton Sub Fund of South West Community Foundation
Wednesday, 18 March 2015, 6pm for 6:45pm start

Exhibition and Conference Centre, Horner Street, Hamilton

Further Information: Contact Linda Grant, Executive Officer, South West Community Foundation on phone 0437 756 082 or email info@southwestcommunityfoundation.org

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

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

Southern Grampians Region Youth Achievement Awards

The awards aim to recognise and celebrate young people who have demonstrated excellence within their peer group, have contributed to the community or have been an inspirational role model to others around them. The Youth Achievement Awards also aims to encourage young people to develop a sense of responsibility to their community.

These awards are open to a young person aged between 12 and 25 years of age.

Please click to view the nomination guidelines: [Nomination Guidelines](#)

Please click to view the nomination form: [Nomination Form](#)

Supported by Western District Health Service together with Blue Light (Hamilton Police), Glenelg & Southern Grampians LLEN and Standing Tall Mentoring Program and supported by The Southern Grampians Youth Network

For more information please contact Briana Picken on 03 55518450 or email briana.picken@wdhs.net



MS Library Update: For Health Professionals

Did you know there is a regular email update for health professionals working with people with multiple sclerosis?

MS Library Update emails are sent out monthly and include details of upcoming MS programs, useful online resources, MS-related news items and research news.

If you would like to be included on this list, we would encourage you to subscribe: [Click here](#)

Certificate IV in Tertiary Preparation

RMIT are now offering Certificate IV in Tertiary Preparation in Hamilton. This course will be suitable for people returning to study, career changers who may need tertiary qualifications or for Year 12 students who may have missed out on their preferred course.

For further information contact RMIT on 5572 0500.



Walk the Block – Thursday 19th March

Walk the Block is all about getting Victorian workers away from their desks and onto their feet.

So go ahead, take a little time out of your day to create a happier, healthier workplace.

Click here for further details: <http://www.victoriawalks.org.au/walktheblock>



Food/Produce Swap

Merino Produce Swap – 2nd Saturday of month, 10am -11am Saturday 14th March, Merino Community Health Centre

Heywood Food Swap – last Friday of month, next swap Friday 27th February, 5pm-6:30pm, Apex Park

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