

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

The Southern Grampians Shire is getting ready to tackle some wicked which's, and no, it's got nothing to do with Halloween. The two-day forum will explore and address some of the complex challenges facing community and agriculture in south west Victoria.

Under the Patronage of Sir Gustav Nossal, one of Australia's greatest ever scientific minds, Council will host a two-day forum to explore our ability to arrive at a shared understanding and a shared commitment for action against a number of identified issues.

In a major coup for our region, the forum has attracted some of Australia's best minds; and will feature presentations from recognised 'thought leaders' including:

- *Sir Gustav Nossal –Tackling global disease problems*
- *Dr Michael Hewitt-Gleeson - Education*
- *Ange Barry - Marketing regional produce in a global market*
- *Professor David Pennington – redefining drug and alcohol policy*
- *David Lord – Marketing regional produce in a global market*
- *Professor Kevin Smith – Innovation in farming systems*

The speakers will set the scene for a facilitated workshop on day two where they will join you to explore the topics in depth and to empower innovation.

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

Watch Your Portion Size

To be a healthy weight, you need to watch the amount of food that you eat to make sure you aren't eating too much.

Packaged food, take-away food and restaurant meals have been getting bigger and bigger over the last couple of decades, and are now served in very large portions.

We may think bigger serves are better value for money, but they're actually costing our health a great deal more!

Larger portions mean you consume more kilojoules. This is especially problematic when it comes to high-kilojoule foods and drinks such as soft drinks, take-away food and highly-processed snack foods.

To help keep to healthy portion sizes, use a smaller plate, avoid going back for seconds and freeze leftovers. Aim to fill half your plate with veg, one quarter with meat or meat alternatives (e.g: meat, chicken, legumes) and the last quarter with cereals and grains (e.g: rice, pasta, bread). Try and choose wholegrain options when possible.

Click here to find out what an ideal serving size is, and top-tips. <http://livelighter.com.au/top-tips/watch-your-portion-size>

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)***

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

A Framework for Understanding Poverty: Ten Actions for Educators

One day workshop – Friday 20th February 2015. Presented by Nairn Walker

A framework for Understanding Poverty: Ten Actions for Educators caters to the needs of teachers, ancillary and office staff as well as allied professionals in schools. 'Frameworks' can make dealing with children and their families much easier, in and out of school settings.

Portland Civic Centre, Bentinck Street, Portland

Registration: from 9:00am, 9:30am start – 4:30pm

Cost: Event is free to staff from Portland Hamilton Network schools (public and private) and alternate education providers. A charge to cover costs for other attendees of \$60 (GST incl.) applies

RSVP: by 6th February to Steve Turner: Email: sturner@brophy.org.au

An Introduction to Restorative Practices - Workshop

The workshop is focused on the importance of relationships and how to work 'with' young people in reflecting on their behaviour and the impact of this behaviour on themselves and others.

Workshops will be held:

- Portland – March 13th
- Mt Gambier – March 19th
- Hamilton – March 20th
- Horsham – April 24th
- Geelong – May 1st
- Warrnambool – May 8th
- Colac – May 15th

For further information and registrations, contact Jane Langley Email: jane.langley@optusnet.com.au or 0427 837 917

Grant Writing - Workshop

Do you need to know how to:

- write a successful grant application?
- communicate with potential funders?
- apply for grants at the right time and to the right organisation?

Moyne Shire Council is offering a series of workshops to help groups build strong partnerships, write successful grants, develop innovative marketing plans, learn social media engagement strategies, strengthen communities, and activate places and spaces. **February is grant writing.**

Sunday 15 February 2015, 2pm to 4pm, Mortlake Memorial Hall

or Sunday 22 February 2015, 2pm to 4pm, Port Fairy Community Services Centre

Tips and advice on: what makes a successful grant, building relationships, types of grants available, the value of networking, how to write about your project clearly

Registering your attendance is essential, please email Workshops Coordinator, Susie Lyons on slyons@moyne.vic.gov.au
For more information call (03) 5568 0555



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 January, 5pm-6:30pm, Apex Park

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

- Sandford, Sunday 8th February, Mechanics Hall from 10:00am

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

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