

## SGGPCP Updates:

### New Chairperson for SGGPCP Executive Committee

We are pleased to advise that Nola McFarlane, Manager Community and Leisure Services at Southern Grampians Shire Council has accepted the Chairperson role for SGGPCP Executive Committee.  
We look forward to working closely with Nola and our Executive Committee.

### National Close the Gap Day

#### JOIN AUSTRALIA'S LARGEST CAMPAIGN TO IMPROVE INDIGENOUS HEALTH

[Winda-Mara](#) Aboriginal Corporation Hamilton and [Western District Health Service](#) invites you to celebrate National Close the Gap Day.

Thursday 19th March 2015, 4:30-6:00pm at Hamilton Botanic Gardens

Barbecue and light refreshments provided

*Proudly supported by: Western District Health Service, Winda-Mara Aboriginal Corporation, Southern Grampians Shire Council, Wannon Water, Southern Grampians Glenelg Primary Care Partnership and Greater Green Triangle*

### Portland and Hamilton Services Network Meetings

The BSW Family Law Pathways Network and the BSW Homelessness Network invite you to attend information sharing sessions about local services. This is an opportunity to share and gain knowledge about local services and supports to improve outcomes for people in your service. THESE SESSIONS ARE FREE: with light morning provided.

Bring along information about your service for example: business cards, brochures & referral forms.

Present a snapshot of what their service does and how it can be accessed. Network and enjoy morning tea.

Portland	Hamilton
Where: To Be Advised	Where: Frances Hewett Centre, 2 Roberts St Hamilton
When: Thursday 5th March, 9:30 - 11:30am	When: Wednesday 11th March, 9:30 - 11:30am
RSVP: Thursday 26th February	RSVP: Thursday 5th February

RSVP for catering purposes to Natalie Hrabar on 5560 3761 or by email: [VicPathwaysBarwonSouthWest@ozchild.org.au](mailto:VicPathwaysBarwonSouthWest@ozchild.org.au)

### Consulting Children Forum 2015

Consulting Children is an important part of many projects. This forum provides professionals from all sectors with the opportunity to learn more about engaging children in decision making using practical ideas and strategies.

Tuesday 17 March, Tabcorp Park, Melton. [Click here](#)



### Walk the Block – Thursday 19<sup>th</sup> 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>



### Healthy Little Smiles – an oral health resource kit for early childhood educators

A new resource will be available soon to support early childhood educators to embed oral health promotion in their services. Healthy Little Smiles – early childhood oral health resource kit has been developed by Dental health Services Victoria in partnership with professionals from the early childhood sector.

For further information contact:

- Kristen Gurney, Health Promotion Officer, (03) 93411196 E: [Kristen.gurney@dhsv.org.au](mailto:Kristen.gurney@dhsv.org.au) or
- Allison Ridge, Health Promotion Manager – Healthy Families, Healthy Smiles, (03) 93411144 E: [Allison.ridge@dhsv.org.au](mailto:Allison.ridge@dhsv.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

Office Coordinator: Robyn Holcombe

W: [www.sggpcp.com](http://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](mailto:robyn.holcombe@wdhs.net)

## Rural Financial Counselling Service Victoria – Wimmera South West Inc



We provide Free Confidential Support & Information in the following areas:

- Assist families assess & understand their financial position
- Identify options & develop a plan of action
- Prepare budgets & cash flows
- Assist with loan & refinancing applications
- Negotiations with financial institutions
- Access government & private assistance packages
- Succession Planning amongst other things

**Office Locations: Ballarat, Cobden, Colac, Hamilton, Horsham**

**Ph: 1300 735 578 Fax: (03) 5572 4240 Email: [admin@wswrcs.com.au](mailto:admin@wswrcs.com.au) Website: [www.wswrcs.com.au](http://www.wswrcs.com.au)**

*Supported by the Australian and Victorian Governments*

## Better Questions Workshop - For Health & Wellbeing, Aged and Disability Care Professionals

Do you want to make a bigger difference in people's lives by enabling them to manage their own health, wellbeing and lifestyle choices? You have the ability to achieve this through one conscious act...by changing the way you communicate with people. Communication typically consists of too much TELLING and not enough ASKING, which inhibits people taking responsibility for their own lives. The Better Questions workshop offers highly effective communication strategies and practical tips that will enable you to enhance your communication skills and professional practice.

This full day workshop is suitable for everyone providing Aged, Disability and Health & Wellbeing services including Assessment Officers, Case Managers, Care Workers, Project Officers, Specialist Healthcare Providers, HARP workers & Nurses who want to be able to have more empowered conversations with their clients to help them to be more resourceful.

**WORKSHOP DETAILS - 29th May 2015, 9am-3pm, Cost: \$250 pp + GST (includes workbook, morning refreshments and lunch)**

**Venue: Education Centre, Western District Health Service, Foster Street, Hamilton**

*Further information or to register contact: 1300 678 477 Or Email: [info@betterquestions.com.au](mailto:info@betterquestions.com.au)*

## Commonwealth Bank Community Grants

Are offering individual grants of up to \$10,000 to youth focused community organisations across Australia. [Click here](#)

## IOOF Foundation

Applications are now open for the IOOF Foundation. Community organisations working in the following areas are eligible to apply: Aged Care, programs that are committed to providing the quality of life for individuals and families with progressive neurological and physical diseases; disadvantaged families and disadvantaged children and youth. [Click here](#)

## Eldon & Anne Foote Donor Advised Fund

Has grants available in the following areas: Youth, Ageing, Homelessness, Environment, Community and Preventative Health and Arts and Heritage. Applications close March 2nd. [Click here](#)

## Besen Family Foundation

Provides grants of up to \$10,000 in the following areas Arts and Culture, Health and Welfare and Jewish Interests. Grants are made to support the immediate and long-term needs of the wider community in Victoria. [Click here](#)

## Strings of the Soul Tour

Soloist Santiago Canon Valencia, with the strings of the Melbourne Sinfonietta Leader Roger Jonsson

Kantor Music and Performing Arts Centre, Hamilton - Friday 10<sup>th</sup> April 2015, 7:30pm

Bookings: [click here](#)



## Food/Produce Swap

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

**Heywood Food Swap** – last Friday of month, next swap Friday 27<sup>th</sup> March, 5pm-6:30pm, Apex Park

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