

SGGPCP Updates:

Glenelg Alcohol Health Promotion Planning Committee – Youth Survey Results

Reducing the supply of alcohol to underage young people 'The Youth Health & Wellbeing Survey' was conducted in nine schools across Glenelg Shire in 2014. Dr John Toumbourou, Professor and Chair in Health Psychology at Deakin University, presented the key findings and recommendations to a stakeholder forum in Portland on 26 February. The data confirmed that there is a significant issue of underage alcohol use, with relatively high rates of early age alcohol use - 43% of Year 6s and 58% of Year 8s have used alcohol in their lifetime. Parents are the main suppliers of alcohol. Using alcohol at an early age increases the likelihood that children will become heavy alcohol users and experience subsequent alcohol-related problems and disorders. Starting to use alcohol in early high school also reduces the likelihood of completing school.

In addition, the survey identified issues with school engagement and family management, but also found protective factors at work in our community. The findings have clear implications for the health and wellbeing of our young people and their educational outcomes.

Forum participants discussed evidence-based strategies which could be undertaken locally and the close alignment with the Beyond the Bell Education Attainment Project. There are many influences on young people from peers, family, school and the broader community. Hence the Glenelg Alcohol Health Promotion Planning Committee will be working with key stakeholders to lead a whole of community approach to address the issues to ensure we can help our young people reach their full potential.

For further information contact: Rowena Wylie E: rowena.wylie@wdhs.net m: 0419 143 652

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



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>

SGGPCP staff will be walking the Gray/Brown Street block at 1pm on Thursday 19th, leaving from laneway between library and Darriwill Farm.



Consumer and Friends Network - We want to hear your views!

Topic: Disability Access – report back on actions so far

Friday 27th March 2015, 2:00pm Forum followed by 3:15pm Community Hub Launch

Education Centre, Western District Health Service.

RSVP to: Kara Winderlich on telephone 5551 8458 or Kara.Winderlich@wdhs.net



Breast cancer survivor videos

When a woman shares her personal story as a breast cancer survivor, it serves as one of the most powerful ways to encourage other women to have a regular breast screen.

The stories of 8 breast cancer survivors were filmed late last year and can be viewed on the [BreastScreen Victoria website](#).

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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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

It's About Youth Conference 2015

Low cost professional development for: clinicians, school counselors, police, justice and health professionals working with young people.

Key topics:

- Harm reduction presentation by headspace
- Practical tools and resources – presentation by YoDAA
- Youth dual diagnoses
- Cannabis
- Genetic and or environmental risk factors

Friday 24th April 2015, 8:15am-3:20pm, Lighthouse Theatre Warrnambool. Cost: only **\$27.50** (inc GST)

High calibre international and national speakers.

Contact: Cathy Bligh on 1300 009723 or email on cathyb@wrad.org.au to register. Registration close 10th April 2015

Western District Health Service – Youth Holiday Program

Activities on offer these holidays include:

Tuesday 31st March > Go Karting & 10 Pin Bowling Warrnambool

Thursday 2nd April > Bounce Inc. Melbourne

Tuesday 7th April > Paintballing Mt Gambier

Thursday 9th April > Luna Park Melbourne

Please click on the document to view the full itinerary: [holiday program itinerary](#)

Please click on the document to view the registration form: [registration form](#)

For further information about the upcoming program or to be added to the **Youth Holiday Program Mailing List** please contact Holiday Program Coordinator via email: briana.picken@wdhs.net

DOMESTIC AND FAMILY VIOLENCE TRAINING

Lifeline South West will be delivering domestic and family violence training in Portland 20th and 21st May.

DV-alert (Domestic Violence Response Training) is Lifeline's free accredited training program that enables health, allied health and frontline workers to confidently:

- RECOGNISE signs of domestic and family violence
- RESPOND with appropriate care
- REFER affected individuals and families to relevant support services

[Find out more about the benefits of DV-alert.](#)

For further information contact: Megan Walsh, Manager Service Development, Lifeline South West Vic
P: 03 55590555



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

Nareen Produce Swap – last Sunday of month, next swap Sunday 29th March, 10am, Nareen Hall

Rowan's Garden Larder - Merino, Saturday 14th March, from 10am at Merino General Store

- Heywood, Friday 27th March, 5pm-6:30pm, Apex Park

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

Henty Annual Market – Sunday 29th March, 9am-1pm, at Henty Hall

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