

## SGGPCP Updates:

### Community Wellness Network

The Health Promotion Reference Group has changed its name and Terms of Reference to better reflect the diversity of prevention work happening in the catchment. The newly named Community Wellness Network will be a forum to support health promotion, community engagement and community development professionals to use their collective knowledge and skills to build capacity and advise better health outcomes.

If you would like to be involved in the Community Wellness Network or receive the Keeping Well Newsletter, contact Jo Brown  
E: [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net) P: 555 18563 M: 0428 310 280



### SGGPCP has registered for Premier's Active April

If you would like to create a workplace team - it's as easy as 1-2-3:

1. Sign up now for Premier's Active April at [www.activeapril.vic.gov.au](http://www.activeapril.vic.gov.au)
2. Commit to 30 minutes of physical activity a day for the month of April
3. Receive fantastic freebies and the chance to win great prizes for you and your workplace

If you would like to join SGGPCP's team email [Robyn.holcombe@wdhs.net](mailto:Robyn.holcombe@wdhs.net)



### 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](mailto:Kara.Winderlich@wdhs.net)

### Photo and Poetry Competitions

In conjunction with each National Rural Health Conference, Friends of the Alliance hosts an amateur [Photographic and Poetry Competition](#) to celebrate life in rural and remote Australia. Through your photos and poems we want to capture the magic of life in the bush that illustrate the creativity, resilience and common sense of the people who live in rural and remote areas.

[Read more](#)



**Are you interested in improving your health & energising your life? Then join us at Heywood Rural Health for a HEAL™ program.**

The Healthy Eating Activity and Lifestyle (HEAL™) program helps people to develop lifelong healthy lifestyle habits. This nationally recognised program is supported by Exercise Sports Science Australia (ESSA) and the Department of Health & Ageing.

HEAL™ offers a two hour group session each week for 8 weeks, 1 hour of gentle exercise, 1 hour of lifestyle education. One on one health consultations: At the start of the program, after the 8 weeks of classes, 5 & 12 months after starting

People of all exercise levels and ages are welcome and sharing ideas and asking questions is encouraged.

- **Date:** Commences Monday, 27th April 2015, then weekly Monday **Time:** 1pm to 3pm
- **Venue:** HRH Primary Care Services Building, 21 Barclay Street Heywood
- **Facilitators:** Carolyn Millard, Tracy Stafford and Alecia Watson.
- **Cost:** FREE to concession card holders. All others-gold coin donation.
- **Who?** Anyone who wants to learn how to improve on healthy eating activity and lifestyle habits.

**Ring 1300 46 88 70 to express your interest and discuss the next steps. Assessments need to be completed prior to the first class.**

Get on board to create the new healthier you!

### 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)**

## South West Regional Carers Conference – Waves of Change

A conference to inform carers, families and people with disabilities about the changes to the aged, mental health, and disability sectors and to help them navigate the new systems.

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

Cost: Professionals - \$66 Carers/Parents/People with disability \$22

To register please purchase your ticket online via Trybooking: [Click here](#)

## 2015 Minister for Health Awards

**Do you have a volunteer who stands out from the crowd? Someone who should be recognised for the way they give to others?** Here is the chance to recognise them - 2015 Minister for Health Awards. Nominations close on the 27<sup>th</sup> March 2015

More information - <http://www.health.vic.gov.au/volunteerawards/index.htm>

## Barwon South Western Skate Park - Series Heat 9 at Hamilton & Official Skate Park Opening

For more information <http://www.skatepark.ymca.org.au/whats-on/upcoming-events/bsws-heat-9-hamilton.html>

Free BBQ and refreshments available. This is a fully supervised alcohol, drug and smoke free event.

Supported by Western District Health Service YOUTH, Southern Grampians FReeZA Program and Southern Grampians Shire Council

## Southern Grampians Youth Achievement Award

**If you know a young person between 12 and 25 years who has made a significant contribution to the areas of education, community work, sport, culture, the arts, youth leadership, volunteering or the environment you are invited to complete a nomination form.**

The monthly winner will be profiled in the local media and will go on to be nominated for the Southern Grampians Australia Day Young Citizen of the Year Award.

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

Please click on the document 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](mailto:briana.picken@wdhs.net)



## MOVIE NIGHT FUNDRAISER!

MOVIE: The Theory of Everything

Wednesday 25 March 2015, at Hamilton Cinema, 7:00pm (Movie starts at 7:30)

COST: \$25 ticket includes movie, drinks and nibbles on arrival

**Standing Tall** is a one-to-one school based mentoring program. We recruit, screen and train volunteer mentors from our local community who are matched with young people from local schools. Research shows that one-on-one relationships with a caring adult can be the key factor in keeping a young person engaged and in school.

To reserve your tickets please contact: **Nikki Sutherland** at [nsutherland@sthgrampians.vic.gov.au](mailto:nsutherland@sthgrampians.vic.gov.au) or phone **0418 995 634**



## Food/Produce Swap

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

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

**Nareen Produce Swap** – last Sunday of month, next swap Sunday 29<sup>th</sup> March, 10am, Nareen Hall

**Rowan's Garden Larder** - Heywood, Friday 27<sup>th</sup> March, 5pm-6:30pm, Apex Park

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

**Henty Annual Market** – Sunday 29<sup>th</sup> March, 9am-1pm, at Henty Hall

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