

## SGGPCP Updates:

### SGGPCP 'Walk the Block'

SGGPCP staff participated in 'Walk the Block' recently. Walk the Block is all about getting Victorian workers away from their desks and onto their feet.

As a society, we don't walk as often, or as far, as generations before us did. There's hardly a modern issue that walking doesn't touch: it can improve health, strengthen social and community connections, reduce the cost of living, contribute to safer and more liveable communities and even help save the planet.

Aside from the obvious physical and mental health benefits, you may be surprised to discover that the simple act of more people walking can make neighbourhoods safer and boost local economies.



### 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)

### MENTAL HEALTH SERVICE COORDINATION IN SOUTHERN GRAMPIANS

Following on from a recent meeting with MH service providers in the region, SGGPCP is looking to undertake some further mapping of referral pathways for the area.

The overall objective of this work is *"To enhance the journey for mental health consumers and their carers in Southern Grampians by improving service coordination and partnerships across the mental health care continuum"*.

The project aims to identify current services available, key referral pathways and opportunities to further develop partnerships in this area. The project will involve:

- Interviews with a range of stakeholders (including consumers) from the mental health sector
- Assessing pathways and ease of access to services
- Identifying key referral linkages and opportunities to enhance these linkages.

We are seeking input from as many service providers and consumers as possible and will be touching base with a range of agencies throughout March and April. If you would like to participate in a brief interview at your convenience or require any further information, please contact Claire Nailon (Project Officer) [claire.nailon@wdhs.net](mailto:claire.nailon@wdhs.net); (03) 5551 8562.

[Link to project on a page](#)



### The iPad App Guide to Autism

Discover how apps can make a difference in supporting a child with autism to learn.

Learn about the most effective apps for teaching a wide range of skills.

**Friday 15 May 2015, 8:30am – 3:00pm, Lighthouse Theatre – Studio, 185 Timor Street Warrnambool**

**Attendance:** Parents and professionals supporting children in the primary school years

**Cost:** \$170 Scholarships are available for parents and carers who would otherwise have difficulty attending the workshop.

**Contact:** Richard Zerbe, Ph: 0448 505 885 Email: [executiveofficer@communitysouthwest.com](mailto:executiveofficer@communitysouthwest.com)

### 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)

## Tackle the Issue: ice, alcohol and other drugs forum – HAMILTON

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](http://www.goodsports.com.au/tackletheissue/forums)

## UPCOMING WORKSHOP – An Aboriginal Healing Journey

The workshop is an opportunity for individuals and organisations to grow their knowledge, skills and confidence in working with Aboriginal people.

The content focuses on Aboriginal cultural norms, history, Strong Spirit model, cultural identity, and spiritual experiences, understanding and working with symptoms of anxiety, depression and suicide from an Aboriginal perspective.

- 5<sup>th</sup>-6<sup>th</sup> May 2015, 8:45am to 4:30pm (morning tea, lunch and afternoon tea provided)
- Mid City Motel, 525 Raglan Parade, Warrnambool
- Cost: \$640 (includes all workshop resources)

To register for the workshop please visit: <http://www.culturalconsultancygroup.com.au>

For further information contact Janine Cattanach, M: 0430 418 823 E: [janine@culturalconsultancygroup.com.au](mailto:janine@culturalconsultancygroup.com.au)

## Women's Health Victoria - Women living well – healthy, empowered, equal

Publication available: [Priorities for Victorian women's health 2015-2019](#)

## Obesity Prevention, Complex but Conquerable

### CO-OPS National workshop

This year's workshop will focus on the complexity of obesity and the need to develop integrated multi-agency responses that deliver a portfolio of strategies across multiple settings. 19 - 20 May, Melbourne. [Click here](#)

## HEALTHY EATING ADVISORY SERVICE - TRAINING WORKSHOP - WARRNAMBOOL MAY 2015

This is an expression of interest to establish the most suitable day and time for a training workshop by the Healthy Eating Advisory Service (HEAS) which will be held at South West Healthcare's Warrnambool Community Health centre. Further instructions will follow to register with HEAS for participation. **Please [click here](#) and respond by no later than Friday 27<sup>th</sup> March (end of term 1)**

*The HEAS delivers an advisory service to early childhood services, schools and retail outlets in order to help them meet relevant nutrition policies and guidelines. In order to build the knowledge, skills and capacity of staff working in school canteens and long day care's, the Healthy Eating Advisory Service will be offering a training workshop in Warrnambool.*

*The workshop is relevant for directors, management, cooks, canteen managers, school representatives and staff/volunteers working in canteens and will cover a range of topics including healthy eating in children/students, the role of the service to promote healthy eating and will equip participants to plan menu's and overcome challenges.*



## 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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