

SGGPCP Updates:

SGGPCP Farewell Melanie Russell



Melanie Russell has finished in her role as project officer for Rural People; Resilient Futures. Thank you Mel for your wonderful contribution to this project, you will be missed at PCP.

Mel has been appointed as a part-time project support officer for the Aboriginal Employment Plan implementation with Western District Health.



Victoria has new outdoor smoking bans

Smoke-free building entrances

Victoria has new outdoor smoking bans. From 13 April 2015, under the *Tobacco Act 1987* smoking is prohibited within four metres of an entrance to all Victorian children's indoor play centres, public hospitals, registered community health centres and certain Victorian Government buildings. For further details click here: <http://www.health.vic.gov.au/tobaccoreforms/>

Eating Disorders and Obesity Conference 2015

The 2nd Annual Australian & New Zealand Eating Disorders and Obesity Conference will be held at Outrigger, Surfers Paradise, May 18-19, 2015. The conference will continue to examine the common ground between Eating Disorders and Obesity which are becoming more prevalent in Australia and require urgent attention. It will cover assessment, prevention, treatment and recovery.

Further details: [Click here](#)

Addiction Conference 2015

The Australian and New Zealand Addiction Conference will be held at Outrigger Surfers Paradise in Queensland on the 20 – 22 May 2015 with separately bookable workshops on Wednesday 20 May.

The conference will address the treatment and recovery of alcohol, other drugs and behavioural addictions

Further details: [Click here](#)

Addictions do not discriminate across genders, age or culture. Addiction represents one of the areas of health care, mental health and medicine that is least understood, yet generates an enormous burden on society, the healthcare profession, families, carers and individual sufferers.



That Sugar Quiz

There is growing concern over the amount of sugar we are eating and how much this is affecting our health. What do you know about sugar, the foods that it is found in and its health impacts? (*ABC Health and Wellbeing*)

[Click here to do That Sugar Quiz](#)

World Health Day 2015 – Food Safety

Every year the World Health Organisation selects a priority area of global public health concern for World Health Day, which falls on April 7, the birthday of the organisation. The theme for 2015 is Food Safety.

[Click here for details](#)

Men's Health Community Grants

Grants of up to \$2,000 are available to plan, implement and evaluate a health promotion activity, to raise health awareness for men in your local community. For further details: [click here](#)

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

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

Advocacy Training for WDHS Consumers - *Story telling for quality improvement*

Monday 13 April 2015 at 9.30am to 3.30pm - WDHS Education Centre, 20 Foster Street, Hamilton

Free Training Workshop open to all community members. Light lunch and refreshments provided

Join us for this exciting session to increase your knowledge and skills in:

- Developing and telling “my story”
- Participating in quality improvement with health service staff
- Advocacy skills
- Identifying the best way to get your point across

This session aims to assist our many consumers and friends to continue to help us improve our health service.

For more information or to register, please contact Sally Kinghorn at sally.kinghorn@wdhs.net or call 5551 8343

It's About Youth Conference 2015

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

Friday 24th April 2015, 8:15am-3:20pm, Lighthouse Theatre Warrnambool. Cost: **\$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



Healthy Little Smiles – Oral Health Education Event for early childhood professionals

Professionals from long day care, kindergarten and family day care are invited to participate in the pilot of the Healthy Little Smiles early childhood oral health resource kit.

The resource kit and training session have been developed to support early childhood professionals to promote oral health within their service environment and at home.

Wednesday 22nd April, 5:30pm to 8:00pm, Heywood Shire Offices, Edgar Street, Heywood. Cost: Free of charge

To register contact: Jodi Nepean, Glenelg Shire Council, P: 5522 2213 E: jnepean@glenelg.vic.gov.au by Tuesday 14th April.

Communities in Control Conference 2015

Think differently; ideas that change communities.

May 25th & 26th, Moonee Ponds – Communities in Control conference, Australia's most inspiring social movement and biggest and best annual not-for-profit sector gathering.

[Click here for full program and registration](#)



Health Literacy Workshop

This workshop introduces strategies and tools to improve client/patient understanding of written and verbal health information and provides methods to embed organisation wide health literacy strategies into systems, operations, planning and workforce development. For further details [click here](#)



Food/Produce Swap

Merino Produce Swap – 2nd Saturday of month, 10am -11am Saturday 11th April, Merino Community Health Centre

Heywood Food Swap – last Friday of month, next swap Friday 24th April, 5pm-6:30pm, Apex Park

Nareen Produce Swap – last Sunday of month, next swap Sunday 26th April, 10am, Nareen Hall

Henty Annual Market – Sunday 26th April, 9am-1pm, at Henty Hall

Rowan's Garden Larder - General Store Saturday 4th April

Sandford Market – Sunday 12th April

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