

SGGPCP Updates:

Barwon South West Enhancing Care Coordination Project Feedback

Did you participate in the Hardwiring Excellence training provided by Studer as part of the BSW Enhancing Care Coordination Project? At the beginning of October 2013, we invited participants to complete a survey about their own perceived accountability and that of their peers. Since this time, great efforts have been undertaken in implementing the Studer tools and philosophy into organisations across the BSW and we are again seeking your feedback. This short 10 minute survey will help us compare perceived levels of accountability from the beginning of the project with now, and also evaluate the Studer component of the Enhancing Care Coordination Project more broadly.

[Click here](#) for survey. Survey is open until April 30th 2015.

Active idea #1: Take a power walk

Did you know that taking a daily power walk can halve your risk of heart attack or stroke? Brisk walking gives your heart a work-out, improves body strength and releases tension. You will feel refreshed and revived!

If power walking isn't for you, just pick a pace that suits you. A gentle stroll will still do wonders for your health.

Check out [tips and a real life example](#)

It's About Youth Conference 2015 – Key Topic: Alcohol and Other Drugs

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

Key note speakers will be focussing on Youth Alcohol and Cannabis topics.

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

1-2-3 Magic and Emotion Coaching Program

1-2-3 Magic and Emotion Coaching program is an easy to learn, easy to use, down to earth parenting program to help parents gently and firmly manage the behaviour of children in the 2-12 year old age range.

Date: Thursday April 16th, 23rd, 30th Time: 10.30—12.30 pm Venue: St Mary's PS, Hiller Lane Hamilton

Cost: Free (\$6.50 Workbook) (Childcare can be arranged)

Register your attendance — phone Marea on 5559 3000.

Raising Teens

A program for parents of children in Years **6,7, 8 & 9**

A snapshot look at:

- Normalising behaviour
- Setting boundaries & building resilience
- Identifying at-risk behavior
- Communication
- Tips for maintaining a positive relationship with your adolescent

Date: **April 30th, 2015** Time: **1.30-3.00 pm** Venue: **St Mary's Hamilton**

Cost: **FREE!!!!**

Register your attendance, contact: **Marea: 5559 3000**

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

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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

Health Literacy Survey

You are invited to participate in an online consultation about the health literacy responsiveness of organisations, as a part of the Ophelia (OPTimising HEalth LiterAcy) project (www.ophelia.net.au).

This research aims to develop a practical tool and resources that will support organisations to understand the needs of their clients and communities, and systematically determine the organisational responses required to meet these needs.

To complete the survey, please follow the link: <https://www.surveymonkey.com/r/healthliteracyresponsive>

The survey closes on 20 April 2015.

The ethics committee of Deakin University has approved this research (Project ID 2012-295).

Glenelg Shire Youth Invited to Friday Chill

Friday Chill - a casual event specifically for young people to get together and wind down after the Easter holiday madness. The event is being hosted by Glenelg Shire Council for National Youth Week (10-19 April) and aims to help students ease back into term two of school.

This is a free event and includes complimentary snacks and drinks, live music from local band 'Since Tuesday', film screenings produced by ABC Open who worked with young people from South West Victoria, creative activities run by local artist and there will even be a photo booth!

Friday 17 April, 4-6pm at Bahloo Café (85 Cliff St, Portland).

Friday Chill is a drug, alcohol and smoke free event and is fully supervised.

For further information contact the Youth Development Officer Elly Murrell 5522 2329 or 0400 151 447 or email emurrell@glenelg.vic.gov.au or visit facebook.com/glenelgshireyouth

Portland Neighbourhood House Programs (Portland WorkSkills)

- **Demystifying Social Media**
- **Baby, Rhythm and Movement**
- **Talking History:** come along and enjoy two fascinating talks.
 - Significant women of the South West
 - Ships & Shipwrecks of the Portland Bay
- **Genealogy Workshops**
- **Digital Inclusion for Older Victorians**

For further information/dates times etc. regarding any of the above classes, please contact Portland Neighbourhood House Program on 5523 1645 or call into the Portland WorkSkills Office, Shop 4 Pioneer Plaza.

Nutritious and delicious: 5 steps to a healthy work lunch

Did you know that if you work full time you will eat around 260 lunches at work each year? That's 260 meals which can have a positive or negative affect on your health....

[Read more...](#)



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

Sandford Market – Sunday 12th April