

## SGGPCP Updates:

### Healthy Workplace Forum

SGGPCP is coordinating a 'Healthy Workplace Forum' to be held on Thursday 21<sup>st</sup> May, 10:30am to 2:00pm (Lunch included) at Education Centre, Western District Health Service, Foster Street, Hamilton.

*Are you interested in how to make and drive change within your workplace to support you and your colleague's wellbeing? Come along and be inspired, share stories and create your next steps towards being a healthier workplace. The forum will include information and stories from Brad Norris, and local workplaces that have started making changes. There will also be group work conversations about topics of interest to the group.*



**Guest Presenter: Brad Norris, Synergy Health NZ (via skype)**

*Brad has a Masters in Industrial and Organisational Psychology and a Diploma in Sports Studies and he has built his business, Synergy Health, from the ground up, over the last 15 years. Brad will share his experience in achieving behavior change within the workplace, the role of games and innovative wellness programs.*

Further information contact Janette Lowe, 0408 553 095, E: [Janette.lowe@wdhs.net](mailto:Janette.lowe@wdhs.net)

RSVP Essential: by Monday 18<sup>th</sup> May, ☎ 555 18471, 📧 [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net)

### CFA - South West Community Education Programs

CFA run free education programs in the following areas:

- Residential Home Fire Safety
- Early Fire Safe
- Isolated Elderly Program
- Fire Ready Victoria
- Bushfire Planning Workshops

If you require further information please contact Sharon Linke, Community Education Coordinator, South West Region  
P: 5551 1513, M: 0438 348 676, E: [s.linke@cfa.vic.gov.au](mailto:s.linke@cfa.vic.gov.au)

### Exercise Right Week Activity

Tuesday May 26<sup>th</sup> 2015 6.30-8.00pm, Fawthrop Centre, Bentinck St, Portland. Light supper supplied.

This free event will feature:

- Displays of exercise options in Portland
- Launch of the 'Exercise Right Portland Newsletter', a SEA Change initiative
- Interactive myth busters forum
- Free show bag for first 50 people attending
- Giveaways throughout the night

For more information, contact Shae Johnson, [sjohnson@activehealthportland.com.au](mailto:sjohnson@activehealthportland.com.au) Ph: 5522 1200



### 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 including:

- **Social Skills:** social understanding, Social Stories, Comic Strip Conversations, video modeling, social narratives
- **Behaviour and Organisation:** schedules, picture calendars, cue cards, first-then, timers, reward systems, choice making
- **Emotions:** emotional vocabulary and emotional regulation
- **Sensory:** auditory, physical and visual calming, deep breathing

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

**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

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)



## Domestic Violence Response Training (DV-alert)

DV-alert is a nationally-run accredited training that provides skills to recognise signs of domestic and family violence, respond with appropriate care and refer to best possible support services.

May 20 & 21, 2015, Westvic Staffing Solutions – Portland

Registration 8:45am, training from 9:00am to 4:30pm. No cost **Register online: [dvalert.org.au](http://dvalert.org.au)**

**For enquiries: Call Megan Walsh on 5559 0521 or email [megan@lifelineswv.org.au](mailto:megan@lifelineswv.org.au)**



## Free WheelTalk (Disability Awareness) Program

Thursday 21<sup>st</sup> May – 7:00pm to 8:30pm

WheelTalk aims to raise disability awareness and promote the benefits of a healthy lifestyle. A 30 minute presentation will be followed by a one hour practical component, where you get to test your skills in a game of wheelchair basketball.

Numbers are limited for this FREE session. Register your interest to HILAC P: 55514300 E: [enquires@hilac.com.au](mailto:enquires@hilac.com.au)

**The Wheelchair Rugby Hamilton Classic – Friday 22 & Saturday 23 May, at HILAC. Come and witness the excitement of Murderball in action!**

## Hamilton Blue Light Disco

Friday 22<sup>nd</sup> May, at Hamilton Senior Citizens Hall, Lonsdale Street, Hamilton, 6-7:30pm (5-8 years), 8-10pm (9-14 years)

Cost: \$5 Contact: Paula Cutler ([paula.cutler@police.vic.gov.au](mailto:paula.cutler@police.vic.gov.au))

## Emotion-Focused Therapy and Trauma – Warrnambool

The APS South-West Victoria Branch is pleased to offer its first study group to its members. Study groups are small interactive discussion groups and they are cost effective ways of gaining your CPD hours.

**Emotion-Focused Therapy and Trauma – Warrnambool** - Presented by Dr Melissa Harte MAPS

**Date/Time:** Monday 1<sup>st</sup> June, 2015, 9.30am-4.30pm

**Venue:** South West Healthcare, Level 1, Warrnambool Community Health, Koroit Street, Warrnambool

**Cost:** \$192.50 for APS members or students; \$231 for non-APS mental health professionals (prices include GST)

**Register now at:** <http://www.psychology.org.au/Events/EventView.aspx?ID=15666>

Enquiries: contact Study Group Network admin Jo Howard at [apsstudygroupnetwork@gmail.com](mailto:apsstudygroupnetwork@gmail.com)

## Changes at the Hamilton CBD Community Garden

The Hamilton Community Garden in Corriedale Lane, behind the National Australia Bank is having a major makeover. When completed, the garden will display two bronze sculptures from the collection, "Fred and Louise, the Hamilton Farmers", by renowned Australian sculptor Dean Bowen. Local architect Jake Kelly developed a design which will accommodate Fred and Louise and also includes a lawned area, outdoor furniture, raised garden beds for vegetables and herbs and a paved area which could be used for market stalls, food swap events or musical activities.

The Community Garden Group always welcomes new members and generally holds a working bee in the CBD garden on the second Saturday of every month, 10 am to 12 noon. For further information contact the Secretary, Helen Henry on 0428 42287 or catch up with Kylie McIntyre or Frank Verschuren at the Council.



## Food/Produce Swap

**Merino Produce Swap** – 2<sup>nd</sup> Saturday of month, 10am -11am Saturday 9<sup>th</sup> May, Merino Community Health Centre

**Heywood Food Swap** – last Friday of month, next swap Friday 29<sup>th</sup> May, 5pm-6:30pm, Apex Park

**Nareen Produce Swap** – last Sunday of month, next swap Sunday 26<sup>th</sup> April, 10am, Nareen Hall

**Henty Annual Market** – Sunday 31<sup>st</sup> May, 9am-1pm, at Henty Hall

*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)**