

SGGPCP Updates:

Healthy Workplace Forum

SGGPCP is coordinating a 'Healthy Workplace Forum' to be held on Thursday 21st 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

RSVP Essential: by Monday 18th May, ☎ 555 18471, 📧 robyn.holcombe@wdhs.net

National White Wreath Day - A day of remembrance for all victims of suicide

Friday May 29th 2015, Civic Green Warrnambool, 12:00 noon – 5:30pm

People are invited to come down to the Civic Green and lay a wreath, poem, flowers or sentimental memorabilia in remembrance of those who have passed away tragically by suicide.

For more information phone Lynny Mast 0417 169 073 or email lynnymast@gmail.com



World No Tobacco Day

Every year **World No Tobacco Day** on May 31, aims to raise awareness of the devastating toll of tobacco through smoking-related death and disease.

We encourage Australians to quit smoking together for World No Tobacco Day on Sunday 31st May 2015. Further information [click here](#)



Understanding Mental Illness Workshops

The Understanding Mental Illness Workshop is designed to provide a basic understanding of mental illness and recovery. Who should attend: Anyone who wants to know more about mental illness. This workshop is especially useful for community groups, sports/recreation groups, employers, year 11 and 12 school groups, carers and consumers.

When	Location	Cost
Wednesday 27 th May 10am to 1pm	MI Fellowship Aspire Services, Conference Room 505 Raglan Parade, Warrnambool	Free
Thursday 28 th May 10am to 1pm	Portland Library, Meeting Room 32 Bentinck Street, Portland	Free
Friday 29 th May 10am to 1pm	MI Fellowship/Westvic, Training Room 86 French Street, Hamilton	Free

Registration is a must, contact Mandy on 55603002, E: mvandenberg@mifellowship.org

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

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

Wednesday 27th May 2015 Registration: 9am, 9:15am – 3:15pm Free Training

Venue: Heywood Rural Health, 21 Barclay Street, Heywood, Victoria 3305

The training includes a mix of interactive activities, research presentations and small group work. GLHV trainers aim to provide a safe and non-judgmental environment for open discussion, and to build on the aged care sector's history of person-centred care.

Refreshments provided. Lunch – bring your own

Enquiries to the Education Centre on 03 55270526 (Tues & Thurs 9-4pm)

Challenges of breastfeeding in hospital and in the community

Thursday 28th May 2015

Session 1 - 12.30 pm-1.15 pm,

- **Identifying the at-risk woman antenatally**
- **Breastfeeding the late preterm infant – thinking differently?**

1.15pm -1.45 pm Light lunch

Session 2 - 1.45pm - 2.30 pm

- **Breastfeeding in the community: helping women reach their goals.**

Warrnambool Community Health, Seminar rooms 1 & 2- level 1, Koroit St , Warrnambool.

Registration to: Lynda Smith, South West Primary Care Partnership. E: lsmith@swpcp.com.au or P: 55645807

RSVP: Wednesday 20 May 2015 This event is free.

Catch up with the authors of the revised Victorian Breastfeeding Guidelines

Update for medical professionals, midwives, pharmacists, maternal and child health nurses and other health professionals. Your questions answered!

Associate Professor Lisa Amir from La Trobe University and Anita Moorhead from The Royal Women's Hospital will provide an overview of the new Victorian Breastfeeding Guidelines for health professionals.

These guidelines aim to protect, promote and support breastfeeding in a readily accessible format for health professionals.

Thursday 28th May 2015, 6pm-8pm. Light supper provided

Great South Coast Medicare Local, Bayside Plaza, 24-36 Fairy St, Warrnambool

Registration to: Lynda Smith, South West Primary Care Partnership. E: lsmith@swpcp.com.au or P: 55645807

RSVP: Wednesday 20 May 2015 This event is free.

Paying Attention To Self (PATS) - Facilitator Training

Paying Attention To Self (PATS) is an evidenced based peer support program for young people aged 13-18 years who have a parent with a mental illness. It provides participants with the opportunity to share their experiences and be supported by other young people in a situation similar to their own. PATS programs are facilitated by 1-2 workers and a peer leader who has previously participated in a PATS program and gone on to receive training in peer leadership. PATS programs are usually run as an 8 week, 2hr after school program or a 4 day holiday program.

- Thursday 18th and Friday 19th June, 9:30am to 4:30pm
- Warrnambool Community Health - Seminar Room, Level 1. Koroit Street, Warrnambool VIC 3280
- COST: \$350

Morning tea, lunch and afternoon tea provided. Please specify any dietary requirements to Rose Cuff via email.

For more information call Rose Cuff ph: 93855118/ 0423828321 e: r.cuff@latrobe.edu.au

To register for the Warrnambool training go to: <http://www.trybooking.com/HJQC>



Food/Produce Swap

Merino Produce Swap – 2nd Saturday of month, 10am -11am Saturday 13th June, Merino Community Health Centre

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

Nareen Produce Swap – last Sunday of month, next swap Sunday 31st May, 10am, Nareen Hall

Henty Annual Market – Sunday 31st May, 9am-1pm, at Henty Hall