

SGGPCP Updates:

Healthy Workplace Forum

The 'Healthy Workplace Forum' held today provided a great opportunity for workplace champions to learn new ideas, share stories and create the next steps towards having a healthier workplace. The forum was well attended with a number of different workplaces represented.

There were presentations from:

- Brad Norris, Synergy Health NZ (via skype) – achieving behavior change within the workplace, the role of games and innovative wellness programs.
- Fiona Heenan, Portland District Health – Commitment to workplace wellbeing
- Jo Brown, SGGPCP – Behaviour change, reducing workplace sitting at SGGPCP
- Miryam Franjic & Kim Ayling, Southern Grampians Shire – Health and wellbeing in the workplace

If you like any further information contact Robyn Holcombe, P: 55518471, E: robyn.holcombe@wdhs.net



Free Course on Design Thinking

This is a free online course from the famous design studio IDEO. Design thinking is one of the methodologies often applied in innovation programs.

Registration closes May 26th and people can sign up through the link; <https://novoed.com/hcd-acumen>.

We will be setting up a small learning circle for those wanting to collaborate as they undertake the course. If you would like to be part of the learning circle please let us know in the comments section below or by emailing clinton.thomas@whds.net



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](#)

The H30 Challenge

What is it all about?

Well it's about you, and it's about water. It's about decreasing your health risks and increasing your body's performance. It's also about kick starting weight loss and saving money but most importantly it's rewarding you for taking on a challenge with a whole range of health benefits. The aim of the challenge is to help establish healthier eating habits, with water becoming the main choice of beverage in the long term.

The rules are simple – you just switch your sugary drinks for water for 30 days to reap the rewards. It doesn't cost you anything, and it's definitely not a fad diet. Signing up is easy You can choose your own start date. Join the H30 Challenge today <http://h30challenge.com.au/signup> and see how much better.

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

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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



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		



Celebrating Community' - Community Activity Funding Opportunity

Seniors week 2015 is a special time of celebration for Southern Grampians Shire seniors. Running in October 2015, events and activities are held across Southern Grampians Shire to acknowledge seniors and show our appreciation for their valued contribution to society.

Southern Grampians Shire Council invites community groups and organisations to apply for funding (up to \$500) to help meet the cost of hosting seniors week events and activities in Southern Grampians Shire.

Seniors Week 2015 Community Activity funding Applications are now open and close Friday 26th June 2015

Guidelines for the Greater Grants program are available on the Council website, or by contacting Customer Service on 5573 0444. If you would like to discuss your idea please contact: **Jane Coshutt or Carol Byrne, Southern Grampians Shire Council, 03 5551 8480**

Warrnambool: Have your say on how to improve Victoria's Charter of Human Rights

The *Charter of Human Rights and Responsibilities Act 2006* (the Charter) protects 20 rights and freedoms of all people in Victoria. It requires state and local government authorities to respect and promote human rights when they serve the community.

We're interested in hearing your views on:

- The human rights issues important to you and the Warrnambool community
- The relevance of the Charter in your day to day life
- How state and local governments can get better at human rights
- How the Charter could work better for you and your community
- How to get Victorians interested in human rights and the Charter

Come along and have your say in Warrnambool, Tuesday, 26 May 2015, 5:15-7:15pm, Warrnambool Art Gallery, 26 Liebig Street, Warrnambool.

Light refreshments will be available.

Register online at www.charterreview.vic.gov.au or contact us by: P (03) 8684 7512, E: charter.review@justice.vic.gov.au



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