

### SGGPCP Updates:

#### Healthy Together Achievement Program

SGGPCP are delighted to report that we are one of six workplaces across the state that has achieved the benchmarks for two or more healthy priority areas.

We have achieved Recognition Point 2 of the Healthy Together Achievement Program by meeting the benchmarks for Physical Activity, Alcohol and Smoking.

As at April 2015, 772 Victorian workplaces have registered with the Achievement Program to take action around health and wellbeing.

We are currently working on our final two benchmarks in Mental Health and Healthy Eating.

Workplaces interested in Healthy Together Victoria can follow this link for [further information](#).  
Further information contact Robyn on P: 55518471 E: [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net)



#### The Rural People: Resilient Futures Project – Final Project Report Launch

The Rural People: Resilient Futures Project team would like to invite you to the Hamilton launch of the final project report. To be held on: Wednesday 10<sup>th</sup> June, 3:30pm to 4:30pm at: Mulleraterong Centre, opposite 59 Alexander Parade, Hamilton

If you would like to join us to celebrate and share the project outcomes and learnings contact **Jo Brown**, Manager Health & Wellbeing, Southern Grampians Glenelg Primary Care Partnership, **t:** 5551 8563 **f:** 5572 3692 **m:** 0428 310 280

#### Community Safety Fund

**Local community groups and Victorian Councils are invited to apply for grants of up to \$10,000 to support local crime prevention initiatives.**

Eligible projects can include:

- crime prevention awareness and education activities
- activities supporting communities to work together to identify crime prevention priorities and solutions
- initiatives for vulnerable groups at risk of offending and victimisation, particularly young people
- activities to encourage community use of public spaces
- installation of security equipment such as locks, vandal proof security lighting, alarms and fencing.

**Applications close 4:00pm on Friday, 10 July 2015.**

The grants are part of the Victorian Government's Community Crime Prevention Program which helps promote community safety and prevent crime in communities across Victoria.

Program information, including guidelines, examples of previously funded projects and links to the online application form can be found at: [www.crimeprevention.vic.gov.au/safetygrants](http://www.crimeprevention.vic.gov.au/safetygrants)

If after reading the guidelines you have further questions, please call 1300 221 249 from 8:30am to 5:00pm weekdays or email: [csfgrants@justice.vic.gov.au](mailto:csfgrants@justice.vic.gov.au)

#### The Seven Most Common Sleep Problems

<http://www.theage.com.au/lifestyle/life/the-seven-most-common-sleep-problems-20150525-gh9hns.html>

#### Southern Grampians 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)**

### National Reconciliation Week

27 May – 3 June **National Reconciliation Week** is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

29 May 11.30 am – 2.00 pm **Shire of Glenelg** free lunch time community event to celebrate National Reconciliation Week at the Portland Civic Hall. RSVP Grant Roberts P: 5522 2243 E: [GRoberts@glenelg.vic.gov.au](mailto:GRoberts@glenelg.vic.gov.au)

### Arthritis and Osteoporosis Victoria webinar:

#### Managing Back Pain in Primary Care: Incorporating New Research Findings into Clinical Practice

**Date and Time:** 7-8pm (AEST), Wednesday 17 June 2015

**Audience:** Health professionals of various disciplines across the musculoskeletal health and other sectors

**For further information about other webinars in our 'MSK Health' webinar series, [click here](#)**

### Psychosocial Aspects of Chronic Illness – Webinar

**Date and Time:** 1:00-3:00pm, Thursday 11 June

**Topics covered include:** maintaining relationships developing support networks, entitlements and planning for the future. This session will also provide an overview of the various types of Enduring Powers of Attorney, Guardianship and substitute decision making processes.

**Register online:** [click here](#) or contact: Andrea Salmon, P: (03) 98452700 E: [education@ms.org.au](mailto:education@ms.org.au)

### Top tips for ageing well

Don't want to get sick, frail or dotty as you age? There's a lot you can do to improve your odds of maintaining good quality of life as you get older. [Click here](#) (ABC Health & Wellbeing)

### Consumer and Friends Network - We want to hear your views!

#### Topic: Youth Services – where to from here?

Wednesday June 24th 2015, 4pm – 6pm, Blue Malt Cafe, Hamilton

Food and refreshments provided

**RSVP:** Kara Winderlich on telephone 5551 8458 or Email: [Kara.Winderlich@wdhs.net](mailto:Kara.Winderlich@wdhs.net)

#### About our Consumer Forums:

Consumer and Friends Network forums have been held every 3 months at Western District Health Service since 2010 with the aim of speaking directly with patients, clients and family members who have accessed services at WDHS.

Consumers play a key role in the care we provide. By holding forums we can seek input into how we can continue to improve the delivery of care, the planning of our services and how we can better connect with the community.

### Effects of moderate to vigorous physical activity on all-cause mortality in middle-aged and older Australians

Read about how different intensities of physical activity were associated with reduced risk of dying in new findings from the large scale 45 and Up Study. [Click here](#) (Heart Foundation)



### Food/Produce Swap

**Merino Produce Swap** – 2<sup>nd</sup> Saturday of month, 10am -11am Saturday 13<sup>th</sup> June, 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 31<sup>st</sup> May, 10am, Nareen Hall

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

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