

SGGPCP Updates:

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 10th 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 and Wellbeing, Southern Grampians Glenelg Primary Care Partnership

t: 5551 8563 f: 5572 3692 m: 0428 310 280



Mental Health Service Coordination in Southern Grampians

As part of SGGPCP's commitment to systems improvement, we have undertaken a small referral pathways mapping project to identify current services available, key referral pathways and opportunities to further develop partnerships in this area. Following interviews with some key Mental Health services providers in the region, this report outlines the services currently available, the strengths, challenges and opportunities of the mental health service system and recommendations to further enhance partnerships and working relationships in this sector.

For access to the full report and Mental Health Service Directory for Southern Grampians, [click here](#).

For further information please contact Claire Nailon, t: (03) 5551 8562 e: claire.nailon@wdhs.net

16th Annual Mental Health Conference

The 16th International Mental Health Conference will be held at the QT Hotel, Surfers Paradise from Thursday 13 August to Friday 14 August 2015. An optional half day of workshops will held on Wednesday, 12 August 2015.

The conference theme is "**Mental Health Future For All**" covering the broad spectrum of mental disorders including Anxiety, Depression, Post-Traumatic Stress Disorders, Bipolar, Dementia and Suicide.

[Click here for further details](#).

THE 14 HOUR ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID COURSE

This course teaches members of the public how to provide initial support to an Aboriginal or Torres Strait Islander experiencing a mental health crisis or developing a mental health problem.

The ATSI Mental Health First Aid course is recognised both national and international for being some of the best mental first aid training available for indigenous people and for individuals working with indigenous people.

The trainers details: Anne-Marie Banfield Ph: 0408948576 / Email: visiongraphics@bigpond.com

Public Health Careers Night

On Monday 15 June, 5pm to 8:15pm there will be a Public Health Careers Night, at Doherty Institute, 792 Elizabeth St, Melbourne.

Whether you are just thinking or have already decided, this is a great opportunity to get tips and advice from those already working in the field. The evening will consist of short presentations by each speaker followed by a brief panel discussion and breakout sessions that will give you the opportunity to ask further questions to professionals in specific fields.

For further information or to register [click here](#).

Southern Grampians Glenelg Primary Care Partnership

Upper Level, 157 Gray Street (PO Box 283), Hamilton 3300

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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

About our Consumer Forums:

Consumer and Friends Network forums have been held every three 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.

Advocacy Training for WDHS Consumers

Telling your story for quality improvement

Monday 29 June 2015, 9:30am to 3:30pm, WDHS Education Centre, Foster Street, Hamilton
Free training workshop open to all community members.

Light lunch and refreshments provided.

For more information or to register, please contact Sally Kinghorn E: sally.kinghorn@wdhs.net or P: 5551 8343

Join us for afternoon tea to celebrate the launch of the
WDHS Community Hub
Monday June 29, 3.00pm
WDHS Education Centre
(Entry via Kitchener Street)



The Community Hub is an informal space where consumers can seek information on WDHS services and provide valuable feedback

Excellence in Healthcare – Putting People First



For more information or to register, please contact Sally Kinghorn
E: sally.kinghorn@wdhs.net
or P: 5551 8343

2015 National LGBTI Ageing and Aged Care Conference

It's on again – The **National LGBTI Ageing and Aged Care Conference**. Information, registrations, and presentation submissions are now available through the Val's Café website for the Conference which will be held at the **Arts Centre Melbourne** on **26 & 27 October 2015**. Hosted by Val's Café, with a range of key national partners (*to be announced soon*), this year's Conference is shaping up to be even bigger and better.

For further information about the 2015 National LGBTI Ageing & Aged Care Conference click [HERE](#)

World Wide Knit in Public Day

Saturday 13th June 2015

Café Gray – 10:00am to 12noon, you are welcome to bring your knitting and knowledge, and have a tea/coffee and cake on us at 109 Gray St, Hamilton.

RSVP or further information: Phone – 55 719780

Alternate session at Hamilton library from 10:30 to 12noon.



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 26th June, 5pm-6:30pm, Apex Park

Nareen Produce Swap – last Sunday of month, next swap Sunday 28th June, 10am, Nareen 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