

Gender and Disability Professional Development

This training will inspire participants to think deeply about the experience of living with a disability.
Tuesday 4th August 2014, 10:00am to 4:00pm, at Deakin Warrnambool City Centre, Civic Room, 165 Timor St, Warrnambool
Cost: free Registration: contact Mpower on 55 618 111
RSVP: by Wednesday 29th July 2014
Further information: Wendy Jones P: 55 618 127 or E: wjones@mpower.org.au

Climate Change – The Greatest Health Threat or the Greatest Health Opportunity?

A global launch of the Lancet Commissions' 2015 Report on Climate Change and Health.
Tuesday 23rd June 2015, 6-8pm, The Auditorium, Ground Floor, Peter Doherty Institute, 792 Elizabeth St, Melbourne
For further details or to register [click here](#).

Australian Health Survey: Nutrition – State and Territory results, 2011-2012

This publication summarises eating habits of Australians for each State and Territory. It presents results from a 24 hour dietary recall of foods and beverages from the 2011-12 National Nutrition and Physical Activity Survey (NNPAS). It contains general information on dietary behaviours, and consumption of selected foods and nutrients. [Click here](#)



Who's in Charge?

Does your child hurt, intimidate or abuse you? Do you feel you are losing control? Want to handle conflict better? The Who's in Charge? Group is an 8 week program for parents or carers of young people (8 to 18 years) who are out of control, violent or defiant.
Free information session – Monday 22nd June, Day: 2-3pm or Evening: 6-7pm at Portland Football Netball Club, Portland
8 week program commences in Portland on Monday 20th July, 11am-1pm (venue to be confirmed)
For enquiries or bookings phone: 55 618 888

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

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 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

Applied Suicide Intervention Skills Training Workshop – ASIST in Sports

FREE ASIST is an internationally recognised course normally charged at \$300 per person. Through local sponsorship this workshop is being provided at no cost to your sporting club.

Thursday 9th & Friday 10th July 2015 at West Vic Staffing Solutions, 190 Koroit Street, Warrnambool. 8:45am to 4:30pm

Further information or to register contact Lifeline South West Vic. P: 555 90555 E: megan@lifelineswv.org.au

RSVP: by Monday 6th July 2015

Victorian Curriculum and Assessment Authority (VCAA)

Developing Thinking Skills through Engagement in the Arts

Early years twilight seminar – How the Arts can contribute to innovative teaching and learning practices.

24th June, 5:30pm – 7:00pm. The seminar is being streamed via video conference to the Port Fairy Community Services Centre, Corner Atkinson and Campbell Street, Port Fairy.

To attend the video conference, please register by [clicking this link](#).

Dry July

Dry July is a fundraiser that challenges you to go booze-free for a month to support adults living with cancer. It helps you get healthy and clear your head while also raising funds for an important cause. Dry July improves the wellbeing of adult cancer patients by providing funds to create better services and environments for them and their families.

Taking part in Dry July gives you the chance to also focus on yourself – notice your own drinking habits and the value of a healthy, balanced lifestyle.

For further details visit the Dry July website: google: dry july 2015

Winter Solstice Fun Run – Portland

Sunday 21st June – 5km, 9km, 15km – run/walk

The Portland Winter Solstice Fun Run incorporates three challenging scenic runs and achievement walks, a carnival finish line with food, facepainting, live music, and a free 1km Kid's Dash. Portland Runners Club proudly donates \$2 per entry to South West Relay-For-Life, with great prizes on offer.

[Click here](#) for further details

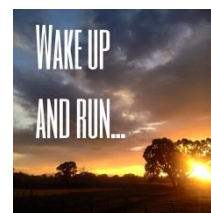


Mosaic to Mountain (M2M) Fun Run – Dunkeld

Sunday 2nd August - tracks include a 4.7km run/walk, 10km road run, 21.5km trail run and 26km Sturgeon Summit Challenge trail run.

M2M is a picturesque run starting and finishing in the heart of Dunkeld. There is a run for all running levels taking in beautiful views of the Grampians.

For further details: [click here](#) or link to [facebook site](#)



Food/Produce Swap

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

Heywood Food Swap – will take a winter break and re-convene in September

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

NAREEN PRODUCE SWAP - Presents guest speaker - **Michelle Shanahan**, Kitchen Gardener - Royal Mail Hotel, Dunkeld

When: Sunday 28th June 2015 **Where:** Nareen Hall, at 10am **Morning tea provided**

What: Produce Swap as normal then stay and listen to Michelle's gardening tips and stories.

A great opportunity to ask lots of questions and learn more about paddock to plate!

More details: Sardie 0478 053943

