

### SGGPCP Updates:

## Commissioner Launches Rural People; Resilient Futures Report



The Victorian Emergency Services Commissioner, Craig Lapsley launched the Rural People; Resilient Futures Report at RMIT University on Wednesday. The report documents the work the findings of the project defining vulnerability in the Southern Grampians Shire as well as investigating opportunities to increase capacity of agencies to enhance resilience. Commissioner Lapsley noted the significance of the rural networks established through the PCP and the importance of connection.

Dr Hartmut Fuenfgeld, Alianne Rance (RMIT) and Jo Brown (SGGPCP) presented the report findings and next steps.

The Rural People; Resilient Futures project was a collaboration between SGGPCP, RMIT and Southern Grampians Shire Council supported by the Victorian Department of Environment, Land, Water and Planning.

Link to report: [Click here](#)

Further information contact Jo Brown, Health & Wellbeing Manager, SGGPCP, M: 0418 552 592 E: [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)

## Save the Date

The Barwon South West Enhancing Care Coordination Project invites you to a regional forum of Primary Care Leaders to continue the conversation around: **Co-creating goals and indicators to enhance care coordination in the BSW**

**Facilitated by Roger Hastrich**

**Wednesday 29<sup>th</sup> July 2015, 10:00am – 2:30pm, Camperdown Golf Club, Lake Bullen Merri Rd, Camperdown  
Lunch Provided**

This will be an opportunity to come together as leaders in primary care and discuss the regional vision for the BSW, your contribution would be greatly appreciated. Further details will follow shortly.

Please do not hesitate to contact [claire.nailon@wdhs.net](mailto:claire.nailon@wdhs.net) or [jannette.lowe@wdhs.net](mailto:jannette.lowe@wdhs.net) for further information.

## NAIDOC Week Celebrations

**Join us for NAIDOC week celebrations!**

Tuesday 7<sup>th</sup> July 2015, 10am-12noon at Community Hub, Western District Health Service

Official launch of the WDHS aboriginal Employment Plan

Morning tea provided – All welcome

RSVP by 29/6/15 to Melanie Russell, P: (03) 5551 8028 / E: [Melanie.russell@wdhs.net](mailto:Melanie.russell@wdhs.net)

or Michelle Ellis, P: (03) 5572 5715 /E: [michelleellis@windamara.com](mailto:michelleellis@windamara.com)

## Calling for 2016 applicants

Leadership Great South Coast has been formed to provide an innovative leadership development program to support a thriving and resilient Great South Coast region. Focusing on the region's future and expanding the knowledge, ethical decision making capacity and leadership ability of our leaders and emerging leaders.

This program is designed to challenge your thinking, increase your knowledge in key areas and give you confidence to steer our region, your organisation, business or team through the challenges ahead.

For further details [click here](#)

## Southern Grampians Glenelg Primary Care Partnership

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

Executive Officer: Jannette 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)

### Breastfeeding Forum

Do you want to help create an environment that is supportive of breastfeeding, where breastfeeding is considered normal? Are you; a health professional, a breastfeeding mother, someone who is keen to support and promote breastfeeding? You are invited to participate in an interactive Breastfeeding Forum  
Wednesday 8<sup>th</sup> July, 10:30am to 12:30pm, at DWEC, 18 Wellington Road, Portland  
Baby and child friendly. Morning tea provided. RSVP by 30<sup>th</sup> June 2015 to: [lindy.stuchbery.pdh@swarh.vic.gov.au](mailto:lindy.stuchbery.pdh@swarh.vic.gov.au)  
Further information: Lindy Stuchbery, Health Promotions Officer, Portland District Health, Phone: (03) 5522 1197

### How Can Governments Support Healthy Food Preferences?

The food system is an interconnected network of producers, industry, and institutions. But at its heart is the individual. Policy can affect all parts of the network, influencing a cultural shift towards healthier food preferences.

[Infographic](#) Source material: *The Lancet: Obesity 2015*

### Sleep Well with MS – Webinar

There are many reasons why a person with multiple sclerosis might experience poor sleep – living with chronic illness, physical symptoms, location of lesions.

Sleep Well with MS Webinar – Thursday 30<sup>th</sup> July, 10:00am to 12:30pm. Cost: \$70 (\$30 for full time students)

Register online [click here](#)

For further information: Andrea Salmon, P: (03) 9845 2700, E: [educationvic@msaustralia.org.au](mailto:educationvic@msaustralia.org.au)

### The 2015 Lancet Commission on Health and Climate Change

The Lancet Commission on health and climate change 2015 have released a briefing for healthy policymakers and health professionals. The 2015 landmark report, launched in Melbourne by Nobel Laureate Professor Peter Doherty on 23rd June, is the first of a series of rolling events around the world, provides **comprehensive new evidence showing responses to mitigate and adapt to climate change have significant direct and indirect positive health benefits** – from reducing air pollution to improving diet – making concerted efforts to tackle climate change one of the greatest opportunities to improve global health this century. The summary report concludes that it is clear that climate change poses a major threat to health and that action can have co-benefits of environment and health. [Read the report](#)

### Great new courses at the Casterton Courthouse!

Starting in July an exciting series of digital literacy courses are planned for the next six months at the Old Courthouse Community Centre in Casterton. Some of these courses will also run in Merino at the Community Health Centre.

Courses include basic computer, Windows 8, Word, Powerpoint, Excel, Outlook and a digital photo course.

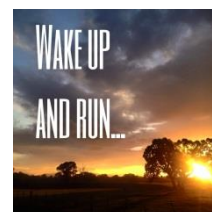
For further information call 03 5581 2139 or drop in to the Old Courthouse Community Centre to pick up the latest course brochure or email [och.admin@hotmail.net.au](mailto:och.admin@hotmail.net.au) for information.

### Mosaic to Mountain (M2M) Fun Run – Dunkeld

Sunday 2<sup>nd</sup> 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** – 2<sup>nd</sup> Saturday of month, 10am -11am Saturday 11<sup>th</sup> July, Merino Community Health Centre

**Hamilton Farmers & Craft Market at Hirl** – Saturday 25<sup>th</sup> July, 9am to 12noon, Nth Boundary Road, Hamilton

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

**Nareen Produce Swap** – last Sunday of month, next swap Sunday 28<sup>th</sup> June, 10am, Nareen Hall

**N A R E E N PRODUCE SWAP** - Presents guest speaker - **Michelle Shanahan**, Kitchen Gardener - Royal Mail Hotel, Dunkeld

**When:** Sunday 28<sup>th</sup> 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

