

SGGPCP Updates:

Enhancing Networks for Resilience

SGGPCP are excited to announce a new project *Enhancing Networks 4 Resilience* which will follow on from the Rural People: Resilient Futures Project. *Enhancing Networks 4 Resilience* will seek to better understand the formal and informal networks that underpin rural Victorian communities. This understanding will be then used to enhance the most effective networks, by sharing knowledge, collectively planning and ultimately building the capacity of communities to plan for and respond to natural disasters. The project is funded through the National Disaster Resilience Grants Scheme for 12 months with the opportunity for a further two years, and is a collaboration with RMIT University.

For further information contact Jo Brown, M: 0428 310280 or Email: 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 29th 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 or jannette.lowe@wdhs.net for further information.



COMMUNITY GRANTS PROGRAM

The Glenelg Shire Council Community Grants Program (Round 1) 2015-2016 opens Friday 3 July 2015. The aim of the Community Grants program is to assist community organisations and groups to undertake activities and provide facilities for the benefit of residents of the Shire. Grants are available in the following areas: Recreation, Public halls, Tourism, Arts Culture and Heritage, Community Support and Community Plan Support. The 'Community Grants Guidelines (Round 1) 2015-2016' and 'Application Form' are available at Council Customer Service Centres in Casterton, Heywood and Portland. Alternatively the forms can be downloaded from the Glenelg Shire Council website: www.glenelg.vic.gov.au.

Applications close at 4pm on Friday 7 August, 2015. For further information or to discuss an application, please contact the relevant Council Officer as listed in the Guidelines.

Leadership Great South Coast

Do you have leadership aspirations and the potential for further professional and personal growth? **YES**...Do you have the potential to contribute significantly to your community? **YES**...Are you looking to progress to a senior position in your industry, business, community organisation, academia or government? **YES**

Do you have the ability to commit the required time and energy to a development program and to engage as an active learner?

If you have driven and passionate about your community and your growth...take a look at the LGSC Program for 2016 <http://www.leadershipgreatsouthcoast.org.au/> it could be the best decision you ever make!

Contact Leadership Great South Coast 0408 627 066 for more info. 2016 Scholarships available.

Unhealthy Lifestyle Now "Normal" for Many Victorians

Unhealthy lifestyle choices appear to have become "normal" for many Victorians, according to survey results from LiveLighter. Half of the 1,000 Victorians surveyed believed their diet was "healthy," but the majority had unhealthy behaviours including snacking on energy-dense foods, frequent takeaway meals, skipping breakfast and infrequent exercise. Almost 80% of those surveyed felt that overeating has become the new normal, and more than 85% believed occasional treats have become everyday foods. However, there are some positives from the survey, such as 58% of people regularly eating fruit as a snack. More details about the LiveLighter research [here](#).

Southern Grampians Glenelg Primary Care Partnership

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

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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

The Community Safety Fund and Public Safety Infrastructure Grants are now open

Community Safety Fund Grant

The Community Safety Fund grants of up to \$10,000 per project provide funding for communities in Victoria to implement locally based crime prevention projects.

Victorian councils and community groups are eligible to apply

Applications are open until 4.00pm on Friday 10 July

Public Safety Infrastructure Fund

The Public Safety Infrastructure Fund grants (Council infrastructure grants) of up to \$250,000 for any one council are for the development of public safety and security infrastructure to improve community safety and confidence in public places.

Applications are open until 4.00pm on Friday 21 August 2015

For further information please visit www.crimeprevention.vic.gov.au or telephone 1300 221 249.

Davo's Tradie-Talk About Mental Health

The latest campaign from *beyondblue* focuses on male blue-collar workers, with central character "Davo" taking a humorous (and occasionally profane) approach to "man therapy" for mental health issues. National advertising began this week, along with a revamp of the "Doctor Ironwood" website to incorporate the new campaign into the online resource

<http://www.mantherapy.org.au/davo>

Sleep deprivation: six ways being tired can damage your life

Doctors are just beginning to unlock the secrets of why sleep is so important to human health. (*ABC News Online*)

[Click here](#)



Women's Health Hub

A national central point to access information on women's health issues, including policy, research and good practice.

[Click here](#)

Happiness and the art of care and conversation on the cancer ward

The gift of time makes patients happy. (*The Conversation*) [Click here](#)

Research project in the health and welfare of people affected by ME/CFS

Emerge Australia and Federation University are conducting a research project examining the health and welfare of people living with ME/CFS. Participation in the survey is voluntary and closes on 31st July 2015.

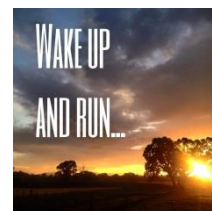
[Click here](#)

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

Hamilton Farmers & Craft Market at Hirl – Saturday 25th 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 26th July, 10am-11:30am, Nareen Hall



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