

SGGPCP Updates:

GenR8 Change: Making the healthy choice the easy choice

Taking some key learnings from the work that has started in the obesity prevention space with SEA Change Portland, movement has also started to occur in the Southern Grampians region with initiation of a similar approach to tackling this wicked problem.

The title of the approach being used across the Southern Grampians region is **“GenR8 Change: Making the healthy choice the easy choice”**.

Currently a working group comprised of representatives from key stakeholder agencies are meeting on a fortnightly basis to establish a plan to move this approach forward.

As it stands, the next stages in this approach will be centered around bringing the community together, understand the magnitude of the issue at hand and to also help paint a picture on all of the local factors that influence healthy eating and activity options within the Southern Grampians region.

For further information contact Clinton Thomas, M: 0408 623695 E: Clinton.thomas@wdhs.net



5th International Conference on Building Resilience

Jo Brown presented the Rural People: Resilient Futures Project in Newcastle at the 5th International Conference on Building Resilience. The collaborative work of SGGPCP partner agencies, RMIT University and Southern Grampians Shire Council gained the interest of delegates from around the world. The conference highlighted social resilience as a key theme with papers presented by leading academics and practitioners reinforcing the key role of agencies and community in resilience. For further information about the conference contact joanne.brown@wdhs.net



LIFELINE'S Stress Down Day

Every year Lifeline celebrates Stress Down Day – an annual day of fun and fundraising. It is an easy way to reduce your stress levels while raising awareness and funds for Lifeline. Everyday Lifeline receives 1,250 call from Australians in need of support. Sadly up to 50 of these calls are from people at high risk of suicide. Funds raised through Stress Down Day help Lifeline to continue to save lives. This year Lifeline is encouraging organisations to choose the time of year that suits best to laugh lots and stress less.

For further information or to register contact Carly Dennis, Manager Community Engagement, M: 0411 747 010 or E: carly@lifelineswv.org.au



Applied Suicide Intervention Training (ASIST)

Lifeline South West Vic and its partners are proud to offer the FREE Applied Suicide Intervention Training (ASIST) two-day workshop to the Corangamite community.

ASIST is a two-day interactive workshop in suicide first-aid. It teaches participants to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.

Anyone aged 16 or older, regardless of prior experience or training, can become an ASIST-trained caregiver.

Monday 3rd and Tuesday 4th August 2015, Leura Oval, Adeney Street, Camperdown, 8:45am to 4:30pm

For more information or to register contact Lifeline, P: 55590555 E: megan@lifelineswv.org.au

Southern Grampians Glenelg Primary Care Partnership

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Executive Officer: Janette Lowe, Manager Health & Wellbeing: Jo Brown

Project Officers: Rowena Wylie, Penny Fraser, Clinton Thomas, Claire Nailon

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Public Transport Victoria – Review of Services in Regional Victoria

Public Transport Victoria (PVT) is undertaking a review of services in regional Victoria to help form a Network Development Plan. Hamilton's workshop will be held on July 28th 2015, from 5pm to 7pm at the Hamilton Exhibition and Conference Centre. People interested or who have concerns regarding our public transport system are encouraged to attend.



SEX, YOUNG PEOPLE AND THE LAW: A MUST FOR YOUTH WORKERS AND EDUCATORS

Are you a teacher, well-being coordinator, youth worker, adolescent health nurse or community legal educator? Do you know the law related to 'sexting'? Do you want to learn more about available legal education kits and resources on legal education related to sex, social media and young people?

Join the Centre for Rural, Regional Law and Justice at Deakin University and Victoria Legal Aid for an interactive workshop on Sexting and the Law as part of the Sex, Young People and the Law (SYPL) education programme.

Visit our [website](#) for more information about the Centre and our activities.

Bookings: Bookings are essential. Please register by Tuesday, 25 August, [Click here](#)

Hamilton session is being held at RMIT Hamilton.

Download the kit: [Sex, young people and the law](#)

MS Art Exhibition 2015

The MS Art Exhibition features artists from our Social Support Day Programs. Our artists have created some amazing works, many of which have received awards and been featured in exhibitions both locally and overseas. All of our artists have a progressive neurological condition such as Multiple Sclerosis, Huntington's Disease or Motor Neurone Disease.

Official Opening by Damien Hodgkinson, Executive Director of Melbourne International Comedy Festival and Board Member of Arts Project Australia

11am Friday 7 August 2015, The Nerve Centre, 54 Railway Road, Blackburn

RSVP for the Official Opening by 30 July 2015, Phone: Jill Davis on 03 9845 2714

The MS Art Exhibition is also open for viewing via our website [click here](#) or at the Nerve Centre from Monday 10 August to Friday 19 August, 9am to 5pm

Opportunities for Young People

Heywire Competition

If you're aged between 16 and 22 and live outside the big cities, enter the Heywire competition to be heard. Tell your story using video, audio, photos or text. Winning stories will be featured on the ABC.

Entries close September 16. <http://www.youth.gov.au/sites/youth/news/pages/heywire-2015-is-open>

Explainer: can you be addicted to food?

Food can prompt behaviours and brain responses similar to those seen in more traditional forms of addiction. (*The Conversation*) [Click here](#)

Food/Produce Swap

Merino Produce Swap – 2nd Saturday of month, 10am -11am Saturday 8th August, 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

