

### SGGPCP Updates:

#### Enhancing Care Coordination in the Barwon South West

Yesterday 14 public primary care service providers from across Barwon South West (BSW) agreed on a small initial set of goals and indicators to collect and share. These indicator reports will be the conversation starter at six monthly round table discussions with the aim of making improvements to the BSW primary care system that will result in an improved consumer journey and experience.

For further information contact Claire Nailon, M: 0418 552 592, E: [Claire.nailon@wdhs.net](mailto:Claire.nailon@wdhs.net)

#### Women's Health Week, 7 to 11 September 2015

Women's Health Week (WHW) is a unique national online event which encourages women to think about, learn and take action on their health so they can be healthy and well across the lifespan. WHW combines free e-learning options with community led events across Australia.

How WHW works is that women are encouraged to register via <http://www.womenshealthweek.com.au> so they receive daily messages during WHW which include evidence based information about a range of health topics. There are also free resources they can access, as well as a social media engagement campaign they can participate in.

Individuals or organisations can also register to run a community event, focused on local women's issues and priorities. They receive a range of free information and promotional resources from Jean Hailes to support their event. [Click here](#)

#### Woolly West Fest – Follow the Yarn Trail 2015



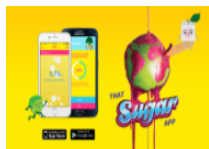
Join in on the wool theme throughout the Southern Grampians towns and businesses. The parking meters and trees in Hamilton are keeping warm, shop window displays, woolly tunes at the PAC, beanies of Balmoral, step into Byaduk, old yarns of Coleraine, A woolly community garden Glenthompson, knitted dolls and dolls clothes Penshurst or tea cosies with high tea at Tarrington. Plenty of fun for all.

For further information [click here](#)

#### Primary Health Network Map Locater

The Department of Health has developed the online PHN map locator below which allows the identification of a PHN by entering a street name, suburb/town or postcode. [Click here](#)

#### How much sugar do you consume? Keep track with That Sugar App



It's the 21st century way of tracking your sugar consumption.

Producers of the popular documentary *That Sugar Film*, in partnership with The George Institute of Global Health, have developed a smartphone application that helps consumers calculate the exact amount of sugar they are eating. The app converts the total grams of sugar in everyday food and drinks into teaspoons, that then goes to a daily tally that helps consumers track and moderate their sugar intake. [Click here](#)

#### 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

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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](mailto:robyn.holcombe@wdhs.net)

### South West Disability Network – Supporting the Disability Sector Through Change

The 17<sup>th</sup> annual conference of the South West Disability Network for Disability Support Workers. Understand the changes the national Disability Insurance Scheme will have for you, your agency and your clients. Expand your knowledge and skills in supporting people with disabilities. Friday 18<sup>th</sup> September 015, The Carmichael @ City Memorial Bowls Club, 50-58 Cramer Street, Warrnambool. 9:00am to 3:20pm, Cost: \$120. Registrations close Friday 11<sup>th</sup> September 2015. To register please purchase your ticket online at [www.trybooking.com/138859](http://www.trybooking.com/138859)

### What Women Want to Know – Pregnancy and Alcohol

The 'Women Want to Know' project encourages health professionals to routinely discuss alcohol and pregnancy with women and to provide advice that is consistent with the [National Health and Medical Research Council's Australian Guidelines to Reduce Health Risks from Drinking Alcohol](#).

The 'Women Want to Know' project was developed by the [Foundation for Alcohol Research and Education](#) (FARE) in collaboration with leading health professional bodies across Australia and is supported by funding from the Australian Government Department of Health.

### Breast Cancer Awareness Month – October

October is Breast Cancer Awareness Month and is a great time to leverage off the high levels of community awareness to promote screening. You can help promote the benefits of screening to staff at your organisation by ordering Breast Screen Victoria's [free resources](#). Larger organisations can book a talk by one of Breastscreen Victoria's Health Promotion staff. Download the [booking form here](#)

### Portland Neighbourhood House Programs

**Colour Your World!** Did you know colouring in is beneficial to your health and wellbeing? It turns out colouring can be beneficial for adults -- namely for its de-stressing power.

Friday 21/08/15 & 28/08/15 from 10am – 12pm. All materials supplied. \$5 per session

**Demystifying Social Media.** Social media is a wonderful way to connect and reconnect with your loved ones and enjoy your interests. These workshops are designed to teach you how to use social media in a safe and positive manner, to help you understand how it works, and showing what's available. 6 sessions beginning Monday 31<sup>st</sup> August.

**Historical Talk 'To Portland, to Portland'.** Come along and listen to an informative talk on significant early visitors to Victoria's first permanent settlement. A motley mix of adventurers, officials and others. Wednesday 29<sup>th</sup> July 2.15pm - 3.00pm

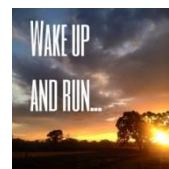
**Foodswap - 2nd Friday of each month 10am – 12pm August 14<sup>th</sup>, Portland WorkSkills**

For more information on any of the above courses call 55231645 or visit Portland Workskills at 14 Pioneer Plaza, Portland.

### 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 8<sup>th</sup> August, Merino Community Health Centre

**Hamilton Farmers & Craft Market at Hirl** – Saturday 29<sup>th</sup> August, 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 30 August, 10am-11:30am, Nareen Hall



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