

SGGPCP Updates:

New Project Announcement - Enhancing Networks 4 Resilience

We are very excited to announce funding to build on learnings from the Rural People: Resilient Futures Project. We found that social isolation was among one of the contributing factors to vulnerability, while in direct contrast having good social connection was seen as a factor in enhancing resilience. With this in mind we developed a submission in collaboration with RMIT University to the National Disaster Resilience Grants Funding Scheme. Our successful application, **Enhancing Networks 4 Resilience** will investigate social networks in a rural setting and seek to understand how these networks can be enhanced to support communities building resilience. In order to achieve this we will use social network analysis as the underlying methodology to map networks and understand the nature of the enablers and barriers to connections. Enhancing Networks 4 Resilience will start as a 12 month trial with the ability to extend over three years.

For further information contact Jo Brown, M: 0428 310 280 E: joanne.brown@wdhs.net

Rethink Sugary Drinks

You wouldn't eat 16 teaspoons of sugar in one hit, so why would you drink them all in one go?

Did you know there are about **16 teaspoons of sugar** in a 600ml bottle of regular soft drink? Or about nine teaspoons in a sports drink? Talk about having to work it off after you've already been working out! Over time all that extra sugar in sugary drinks starts to add up. If you're not burning it off, you could be drinking yourself fat, increasing your risk of type 2 diabetes, heart disease and some cancers.

So instead of grabbing a soft drink, why not try water, reduced-fat milk or unsweetened drinks instead?

Rethink Sugary Drinks - for a link to some great tips and resources [click here](#)

ICDM Chronic Care Forum 2015

The 2015 Integrated Chronic Disease Management (ICDM) Chronic Care Forum will continue to build the capacity of the Victorian health sector to deliver proactive, person centred and integrated care across a range of organisations.

Save the date: Monday 14th September 2015, 9:00am to 1:30pm

- Hear a selection of key note speakers from the 2015 Australian Disease Management Association (ADMA) Conference
- Learn about local experiences in supporting collaboration and integration to improve the quality and coordination of care for people with chronic conditions
- Build networks, share learning, and identify possible solutions to common issues
- Engage with subject experts

More details to come.



Mental Health Week Grants

Just a reminder that Mental Health Week Grants are due in by the 21st August 2015. The panel will meet straight away and are unable to accept late applications, so please be sure to have any grants you are working on in prior to this date.

All applicants are encouraged to visit the Mental Health Foundation of Australia (Victoria) website www.mentalhealthvic.org.au for further information about mental health week themes, activities and resources

For further information regarding grants please contact

Mandy van den Berg, Community Participation and Education Coordinator, MI Fellowship

T: 03 55 603002 | M: 0408 527 587 | E: mvandenberg@mifellowship.org | www.mifellowship.org

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

Medibank Community Grants

The Medibank Community Fund will support not-for-profit organisations and their projects with a one off grant to help encourage children and young people to move more and be physically active.

[Click here](#) for further details.

Domestic Violence Resource Centre Victoria – Training Opportunities

How to talk to babies - in refuge or the counselling room

Tuesday 18 August 2015, 9:30am–4:30pm, Melbourne Central CBD, \$125 SHS funded; \$300 non SHS funded
For enrolments: <https://dvrcv.wufoo.com/forms/how-to-talk-to-babies-htb815/>

Groupwork: women reclaiming their lives

Wed 26 August 2015, 9:30am–4:30pm, Melbourne Central CBD, \$95 SHS funded; \$250 non SHS funded
For enrolments: <https://dvrcv.wufoo.com/forms/groupwork-women-reclaiming-their-lives-gw815/>

If you have any question please contact Domestic Violence Resource Centre Victoria:

E dvrcv@dvrcv.org.au | T (03) 9486 9866 | F (03) 9486 9744 | W www.dvrcv.org.au

Moods and Emotions in MS – Webinar

Wednesday 26th August, 10:00am to 12:30pm, register online or email for a registration form and tax invoice.
Registration fee: \$70 Webinar (\$30 full time students)

For further information contact: Andrea Salmon, Multiple Sclerosis Ltd. P: (03) 9845 2700 E: education@ms.org.au

Pre-Loved Art Auction

Art auction for any art works you no longer have a place for. Maximum two items per person, a reserve can be negotiated, 30% commission to HIRL. Drinks and Nibbles supplied.

- Friday 21st August, viewing 3pm to 7.30pm, Auction 7.30pm
- Cost: gold coin donation
- Venue: Hamilton Institute of Rural Learning, North Boundary Road, Hamilton

Further information phone: (03) 5572 3861 Web: www.hirl.org.au



Victoria's Next 10-Year Plan for Mental Health

To be involved in the consultation process for Victoria's next 10-year plan for mental health, visit the website and register for online consultation or to attend a workshop or event. [Click here](#)

Cancer Mortality Trends and Projections: 2013 to 2025

This web-based release present mortality projections for selected cancers and all cancers combined from 2013 to 2025 based on mortality trends from 1968 to 2012. [Click here](#) (Australian Institute of Health and Welfare)

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 29th 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

Portland Neighbourhood House Foodswap - 2nd Friday of each month, 10am – 12pm August 14th, Portland WorkSkills

