

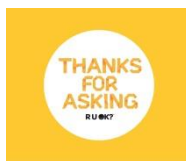
SGGPCP Updates:

GenR8 Change - 'make the healthy choice, the easy choice'



GenR8 Change held a breakfast workshop with their Ambassadors, a group of enthusiastic community leaders. The workshop was led by Professor Steven Allender, Deakin University and started to build a base 'Obesity Systems Map' for the Southern Grampians that paints a picture on factors influencing the healthy eating and activity choices in our community. The Ambassadors will meet again to review the Obesity Systems Map and build on it before it is expanded on by the Southern Grampians Community members.

For further information about GenR8 Change contact Clinton Thomas, M: 0408 623695, E: Clinton.thomas@wdhs.net



World Suicide Prevention Day & RUOK? Day – Thursday 10th September 2015

World Suicide Prevention Day 2015 is Thursday 10 September. It is also RUOK? Day in Australia. In 2015, the international theme of World Suicide Prevention Day is: **Preventing Suicide: Reaching Out and Saving Lives.** For further information [click here](#)

Join Lifeline South West Vic on World Suicide Prevention Day as we walk Out of the Shadows and into the Light. Show your support and commitment to preventing suicide and remember those lost to suicide by joining us on our walk. Thursday 10th September, Warrnambool Foreshore Pavilion "La Bella" Room
Registrations 6:15am, walk commences 6:30am
RSVP: Online: [click here](#) or phone Carly 55590505
For more information contact Carly 5559 0505 carly@lifelineswv.org.au

Hearing Awareness Week – 23rd to 29th August 2015

As it is **Hearing Awareness Week** there is already a number of posts on the **DeafAccess-Warrnambool Facebook** page.

If you are interested in receiving information and finding out about deaf access activities and training or Zara the Hearing dog's news please check them out and become a friend.

Please check out <http://www.hearingawarenessweek.org.au/too-loud> and find out if what you are listening to is harming your hearing

Erica Smith, Deaf Access, Barwon South West Coordinator, P: 03 55618114; M: 0418392592 text; E: esmith@mpower.org.au

New stats reveal 50% of Australian's are battling chronic disease

The need for Primary Health Care reform has been highlighted with the release of new statistics that show half of all Australians have at least one chronic disease. (Minister for Health) [Click here](#)

Opportunities for prevention and management of chronic disease in rural Australia

People living in rural and remote areas of Australia generally experience poorer health outcomes and die younger than their counterparts in the major cities. The National Rural Health Alliance has examined some of the underlying reasons in its recent Submission to the *House of Representatives Standing Committee on Health Inquiry into Chronic Disease Prevention and Management in Primary Health Care.* [Read more](#)

Southern Grampians Glenelg Primary Care Partnership

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

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Australia's Third Population Health Congress

Happening in beautiful Hobart from 6-9 September 2015

Come and contribute to three days of national and international experts presenting the latest knowledge on Healthy Places and Spaces, Research and Knowledge Transfer, Engagement and Advocacy Action, Vulnerable Populations, Grand Challenges and Wicked Problems and Advancing Healthy Public Policy.

As well there are many workshops, panel discussions, concurrent sessions, an inspiring oration and a fabulous social program and networking opportunities.

Click [HERE](#) for details and to Register online

Get safety social – early bird registrations now open



Should your safety campaign utilise Twitter or Facebook? Instagram or Snapchat?
Get safety social – early bird registration now open
Thursday 1st October, 8:30am to 1:30pm, The Royal Children's Hospital (Vic)
[Click here](#) for further details

MS Professional Development

- **Promoting Physical Function** – Webinar - Thursday 10th September, 10am to 12noon. To register [click here](#)
- **MND 101** – Webinar - Wednesday 22nd September, 2pm to 4:30pm. To register [click here](#)

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

Carers Week Celebrations

Carers please join our Carers Week Celebrations, Thursday 15th October 2015, 10:30am to 3:00pm

Includes morning tea, sit down lunch and afternoon tea

City Memorial Bowls Club, 50-58 Cramer Street, Warrnambool.

RSVP and further information contact: Barwon Health Carer Respite Services on 1800 052 222, by Wednesday 7th October

Nine Foods to Ease Arthritis

Foods that can make a difference. (The Food Coach) [Click here](#)

Food/Produce Swap

Merino Produce Swap – 2nd Saturday of month, 10am -11am Saturday 12th September, 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 September 11th, Portland WorkSkills