

SGGPCP Updates:

2015 Service Coordination Survey

The Department of Health and Human Services is conducting the 7th annual Service Coordination Survey for Primary Care Partnership member agencies. This is an opportunity to measure how Service Coordination is practiced or progressed by your agency, for example: timely identification of consumer's needs, shared care planning practices, communication with General Practice and feedback about the Service Coordination Template Tools. The survey consists of 12 questions and will involve auditing of files to provide accurate representation of your service coordination practice. Your organisation will be provided with a report summarising the responses, and the aggregated responses from the Southern Grampians Glenelg PCP, Barwon South West region and across the State.

For any organisations interested in participating in the survey, please contact Claire Nailon for further information:
claire.nailon@wdhs.net; P: 5551 8262

Farewell and thank you to Carolyn Millard

SGGPCP would like to thank Carolyn Millard for her contribution on our Executive Committee over the past two years. Carolyn was Heywood Rural Health's representative on our Executive and her input has been greatly appreciated. We wish Carolyn all the best for the future.



Careers Day



Western District Health Service and Winda-Mara Aboriginal Corporation invite you to attend our 'Careers Day', *opening the door to real opportunity...*

Who can attend? Aboriginal and Torres Strait Islander job seekers and students
Tuesday 22nd September 2015 at Western District Health Service, Foster Street, Hamilton
9:30am to 12:30pm (9:30am please meet at front reception, via Foster Street)

For more information or to register your attendance please contact: Melanie.russell@wdhs.net / 03 5551 8028 or
Michelleellis@windamara.com / 03 5572 5715

New Plan For A Healthier Victoria

The Andrews Labor Government has released its vision to create a healthier Victoria.

The Victorian Public Health and Wellbeing Plan 2015-2019 outlines the Government's key priorities over the next four years to improve the health and wellbeing of all Victorians, particularly the most disadvantaged.

The Plan identifies six key areas for action:

- Healthier eating and active living;
- Tobacco free living;
- Reducing harmful alcohol and drug use;
- Improving mental health;
- Preventing violence and injury; and,
- Improving sexual health and reproductive health.

Further work will now be undertaken by the Government and key partners to identify and develop priority health promotion initiatives in line with the Plan.

Under the Victorian Public Health and Wellbeing Act 2008, a statewide public health and wellbeing plan is required every four years. The Plan was developed in consultation with over 200 people from leading health organisations, local governments and healthcare service providers.

The Plan is available at www.health.vic.gov.au/prevention/vphwplan.htm

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



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](#)

Show Australia the power of a conversation.

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

BreastScreen Victoria Update



Victorian women aged 70 to 74 are now invited and reminded to have a free breast screen every two years. This means that women aged between 50-74 will be receiving a two yearly BreastScreen invitation (with reminders no longer ceasing at 69 as previously).

Women 75 years of age and over *are still eligible for free screening* mammograms, however they will not receive an invitation to attend.

To make an appointment call 13 20 50 or book online at breastscreen.org.au

Your Energy Savings

Your Energy Savings provides information about saving energy, saving money and available government assistance. <http://www.yourenergysavings.gov.au/>

Webinar - Exercise Prescription for the Prevention of Osteoporosis

Tuesday 15 September 2015, 7-8pm

Webinar overview: Exercise is widely recommended to prevent osteoporosis and reduce the risk of falls and fractures, but not all forms are equally effective. This webinar will provide an overview of the latest evidence with regard to the optimal type and dose of exercise that can enhance bone health and muscle function to simultaneously reduce the risk of osteoporosis, falls and fractures.

Presenter: Prof Robin Daly, Chair in Exercise and Ageing, Centre for Physical Activity and Nutrition Research, Deakin University, Melbourne.

Audience: Health professionals of various disciplines across the musculoskeletal health and other sectors

For further information and to register, click here: <http://tinyurl.com/nosv86p>

N.B. This webinar is supported by TAC and WorkSafe Victoria.

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



Food/Produce Swap

Merino Produce Swap – 2nd Saturday of month, 10am -11am Saturday 12th September, Merino Community Health Centre

Heywood Food Swap – will take a winter break and re-convene in September

Nareen Produce Swap – last Sunday of month, next swap Sunday 27th September, 10am-11:30am, Nareen Hall

Portland Neighbourhood House Foodswap - 2nd Friday of each month, 10am – 12pm September 11th, Portland WorkSkills

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