

SGGPCP Updates:

GenR8 Change – *making the healthy choice the easy choice*

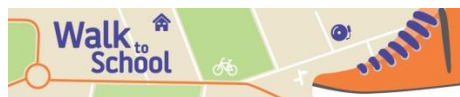
GenR8 Change Ambassador group and Deakin University have made a solid start in understanding some of the local factors influencing obesity in the Southern Grampians.

On Wednesday 14th October, GenR8 Change will be hosting two community workshops – one during the day and one during the evening – to further build on this work and to start developing plans on how we can make the healthy choice the easy choice in the Southern Grampians.

Both workshops will be conducted at the Comfort Inn Grange Burn, 142 Ballarat Rd, Hamilton

- Day workshop (9:30am – 2:00pm)
- Evening workshop (from 5:00pm)

If you would like to be involved in this exciting initiative, please register your interest to Robyn Holcombe at SGGPCP, P: 555 18471 or E: Robyn.holcombe@wdhs.net



Southern Grampians Shire Council is excited to be supporting VicHealth's Walk to School 2015! Council has received a VicHealth grant to deliver Walk to School activities and active travel initiatives to help local primary students and families walk, ride, or scoot to and from school more often.

The proportion of Victorian children walking to school has declined dramatically in recent decades and obesity levels are on the rise. Only one in five children aged 5-17 get the recommended amount of physical activity every day (ABS 013). According to the Department of Health and Ageing 2008, by 2025 one in three children will be overweight or obese.

If you would like to sign up for Walk to School 2015, please contact Kim Ayling: 55518484 or kayling@sthgrampians.vic.gov.au or get online to register at www.walktoschool.vic.gov.au to register for Walk to School and to order your free resources.

Consumer & Friends Network Forum

We want to hear your views!

Topic: Cancer Services at Western District Health Service

Date: Wednesday 23rd September 2015 **Time:** 1 pm to 2.30pm **Place:** WDHS Education Centre

Hosted by: Nic Van Zyl, Director of Medical Services and Usha Naidoo, Manager of Care Coordination

RSVP to: Kara Winderlich on 555 18458 or kara.winderlich@wdhs.net

If you can't join us for the forum, you may like to share your thoughts in another way. Please contact us to discuss how best we can gather your ideas.

2015/2016 Victorian Young Achiever Awards

Nominations for the 2015/2016 Victorian Young Achiever Awards are now open!

The Victorian Young Achiever Awards aim to recognise, encourage and reward the positive achievements of young Victorians. Making a nomination is easy! You can nominate someone and answer the questions on their behalf or you can simply fill in their name and contact details and save the nomination, give them a call and tell them you have nominated them! They can then fill in the details for their application, which often works well as they will be able to provide more detailed and accurate information.

Click [here](#) to go to our website and put in a nomination today.

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

Western Alliance - 2015 LUNCH AND LEARN SEMINAR SERIES



September – December, Four talks in four locations every month

Time: 12.30 PM – 1.30 PM

Trainers: LeeJenn Health Consultants

For details, dates and venues, download the 2015 seminar series flyer for your nearest location below:

[Ballarat](#)

[Geelong and Colac](#)

[Hamilton and Horsham](#)

[Warrnambool](#)

To register, follow the links in the seminar flyers above or visit the registration page for links [here](#)

FREE SEMINAR AND LUNCH, BOOKINGS ESSENTIAL

To download the 2015 seminar series synopsis [click here](#)

For further information, please contact Heidi Reynolds (Monday to Wednesday) on telephone 4215 2900 or email

heidireynolds@westernalliance.org.au

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 campaign will help young Australians realize their brains can 'have mind of their own'

Beyondblue has launched a major campaign to empower teenagers to take action if they are experiencing depression or anxiety. For further details [click here](#)



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

Due to overwhelming demand, the Centre for Rural, Regional Law and Justice at Deakin University and Victoria Legal Aid are repeating the workshop on *Sexting and the Law* on Thursday 17th September from 3pm to 5pm.

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?

Where: you can attend in person in Melbourne. Additional locations will be added on the registration site during the next few days. You can attend online via Skype for Business. You will receive information on how to connect after registration.

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

Bookings: Bookings are essential. Please register by Wednesday 16th September, [Click here](#)

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

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*

Hamilton HIRL Farmers and Craft Market – Saturday 26th September, 9am-12noon, HIRL, North Boundary Road

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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