

SGGPCP Updates:



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

An incredible response was received to the GenR8 Change – ‘*making the healthy choice the easy choice*’ Community Workshops held on Wednesday (the 14th).

With approximately 150 community members in attendance across the two workshops, there was a tremendous depth of discussion around how to make the healthy choice the easy choice for people living in the Southern Grampians.

The workshop commenced with Professor Steven Allender from Deakin University presenting the local data collected on the health status and behaviours of children within the Southern Grampians region. Following this, Professor Allender spent the next portion of the workshop highlighting and detailing what the best evidence is telling us about community based interventions and factors we need to consider in designing an approach for GenR8 Change.

On the back of the local data and best evidence, the workshop attendees set to work on generating ideas around what we as a community can do to make the healthy choice the easy choice. The ideas were then prioritised based on impact and feasibility (how big a change and how likely it is to happen) and the more popular ideas were grouped and themed in key areas.

With all of the “themes” created, at the end of the workshop, people had the chance to nominate which area that they are interested in, passionate about and willing to work on to ensure that their healthy choice becomes the easy choice.

The 12 themed areas consist of;

- Increase activity in the community (27 team members)
- Health Education at schools and other education settings (26 team members)
- Education of parents (18 team members)
- Marketing and communication of eating and activity (13 team members)
- Workplaces – healthy workplaces (parents/adults as role models) (6 team members)
- Increase water, decrease sugary drink consumption (15 team members)
- Community empowerment (including kids and families) (3 team members)
- Mental health/wellbeing (11 team members)
- Increase activity within school / early childhood education (and to school – active transport) (22 team members)
- Healthy eating in community and sports clubs (24 team members)
- Healthy food at school and no junk food (20 team members)
- Increase breast feeding friendly workplaces and community spaces (6 team members)

To turn the GenR8 Change ideas and concepts into a reality, a follow up workshop has been planned. At this workshop the focus will be on mapping out the actions and approaches for each themed area and then, to initiate action.

The GenR8 Change Community Workshop 2 is on Wednesday 28th October, 1:00pm to 3:00pm, at the Hamilton Performing Arts Centre, Brown Street, Hamilton. **See flyer at end of this bulletin**

For further information contact Clinton Thomas, E: Clinton.thomas@wdhs.net M: 0408623695, or Robyn Holcombe E: robyn.holcombe@wdhs.net P: 555 18471



[Click here](#)



ABC Open – Portrait Photography – SENIORS

ABC Open has a wonderful new **portrait photography** theme for Oct, Nov and Dec; SENIORS

The theme is **Seniors**; take an environmental portrait of one person over the age of 70 and share a little of their story with ABC Open. [Click here](#) for further details

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

Cultural Competence Workshop

Would you like to improve your cultural Responsiveness?

This interactive workshop provides participants with the opportunity to increase their understanding of cultural diversity. It explores the journey of people from Refugee and Migrant backgrounds and provides tools and resources to encourage people to be more culturally curious.

Monday 26th October, 1pm to 4pm at Portland Workskills, Shop 14 Pioneer Street, Portland – [click here to register](#)

Tuesday 27th October, 10am to 1pm at Hamilton Community House, 19 Sedgewick Street, Hamilton – [click here to register](#)

Cost: \$88

2015 Peter Quail Oration: Changing the Culture of Domestic Violence: New ways forward to address the unacceptable levels of family violence in our community.

Guest speakers:

- **Fiona Richardson MP**, Minister for the Prevention of Family Violence, Minister for Women, State Victorian Government
- **Professor Andrew Day**, School of Psychology, Faculty of Health, Deakin University

Date: Thursday 5th November 2015 **Time:** 4.00 to 5.30 pm

Venue: Geelong Clinical School Lecture Theatre (behind Kitchener House) entry from 285 Ryrie Street, Geelong

RSVP : Sally Kanno Email: sallyk@deakin.edu.au

Deakin Air Link: It is planned to film the Oration for viewing on Deakin Air

Video link to Warrnambool: The Oration will be available for live viewing at Deakin University's W/bool Campus Rm A.3.41

GUNDITJMARA Digital Storybooks Launch

You are invited to celebrate the launch of six interactive digital storybooks which tell the Creation Stories of the Gunditjmarra People in Dhauwurd wurrung, Peek wurrung, Keerray woorroong and English languages.

Monday 26th October, 10am at Deakin University's Warrnambool City Centre, 163 Timor Street, Warrnambool.

'Bringing up great kids' Training

The Australian Childhood Foundation presents 'Bringing up great kids' training for professionals, to be held at WDHS on 18 November. The training is ideal for all professionals wanting to learn how to set up and run this great parenting program.

Further information and registration: <https://www.eventbrite.com.au/e/bringing-up-great-kids-registration-18818095430>.

Because of the nature of the training, places are strictly limited and registrations close on 3 November.

Raising Confident and Respectful Sons – Transforming boys into gentlemen

The Regional Parenting Service, delivered by the City of Greater Geelong, together with Surfcoast Shire welcomes all dads, mums and those who support them to attend our FREE Parenting Forum to celebrate international Men's Day 2015.

Thursday 19th November, 7pm to 8:30pm, Surfcoast Hotel (Wyndham Torquay), 100 The Esplanade, Torquay

RSVP by Friday 13th November 2015, fsadmin@geelongcity.vic.gov.au or : 5272 4741 Limited places available

Food/Produce Swap

Merino Produce Swap – 2nd Saturday of month, 10am -11am, 14th November, Merino Community Health Centre

Heywood Food Swap – Last Friday of month, next swap Friday 30th October, 5:00pm at Heywood Apex Park

Hamilton HIRL Farmers and Craft Market – Saturday 31st October, 9am-12noon, HIRL, North Boundary Road

Nareen Produce Swap – last Sunday of month, next swap Sunday 25th October, 10am-11:30am, Nareen Hall

Portland Neighbourhood House Foodswap - 2nd Friday of each month, 10am – 12pm, 13th November, Portland WorkSkills



GENR8 CHANGE COMMUNITY WORKSHOP

MAKING THE HEALTHY CHOICE THE EASY CHOICE



The GenR8 Change momentum continues with Community Workshop 2.

It's time to build on the work that was done in the first workshop and start to map out the path forward with our key action areas.

Join us on Wednesday the 28th of October from 1-3pm at Performing Arts Centre.

RSVP: call Robyn on 5551 8471 or email robyn.holcombe@wdhs.net

WORKSHOP DETAILS

Where: Performing Arts Centre

When: October 28, 1:00-3:00pm

Do not wait to strike till the iron is hot; but make it hot by striking - William Buttler Yeats

RSVP Essential:

Call Robyn on **5551 8471** or email at robyn.holcombe@wdhs.net

For more information contact Clinton on **5551 8541** or email clinton.thomas@wdhs.net

To keep up to date with GenR8 Change, Like us on Facebook