

SGGPCP Updates:

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



Video summarising workshop 1 – [click here](#)



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

For further information contact Clinton Thomas, E: Clinton.thomas@wdhs.net M: 0408623695

'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.

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

HURRY! Calling Nurses, Doctors, Veterinarians, Rural & Agricultural Professionals 2016 Scholarships Close 30th October!

Do you want to help the farmers and agricultural workers in your region? You should study HMF701 Agricultural Health & Medicine. Click here for unit details : <http://www.farmerhealth.org.au/page/education/what-is-hmf701>

Nine generous scholarships are being offered, ranging from \$1,500 to \$2,500, to assist students with the study and travel costs associated with attending the five-day intensive workshop, being held in Hamilton, Victoria, from 22nd - 26th February 2016.

For information please call: 03 5551 8533, or to apply please visit our website : www.farmerhealth.org.au

National Allied Health Conference Rural Allied Health Scholarships

Scholarships are available to rural and regional allied health practitioners to attend the National Allied Health Conference in Melbourne, 9 - 11 November. Further details [click here](#). The application form can be found [here](#).

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

THIS WILL CHANGE THE WAY YOU THINK ABOUT "HEALTHY" FOOD



THAT Sugar FILM

"A DEFINITE MUST-SEE" JAMIE OLIVER
DAMON GAMEAU

Tuesday 27th October
7:30pm
doors open at 7pm
Casterton Football Club
Rooms

Free Admission

Tickets available from
Casterton Secondary College
Casterton Memorial Hospital
The Kathleen Millikan Centre

More information
contact 0478 053 943

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

Defibrillators for Sporting Clubs and Facilities Program

Provides Victorian sporting clubs with the opportunity to acquire an automatic external defibrillator.

[Click here for details.](#)

National Youth Week Grants

Grants of up to \$2,000 are available to fund events that celebrate and recognise the contribution of young Victorians to their community.

Further details [click here](#)

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

SAFE in Oz will be presenting 'An Introduction To Working With Individuals Who Have Self-Destructive Behaviour' a 2 day workshop

- Bendigo 19th & 20th November 2015, in partnership with **Radius Disability Services**
[Link to Bendigo Training Workshop Flyer ...](#)
- Shepparton 26 & 27th November 2015, in partnership with **Wintringham Specialist Aged Care**
[Link to Shepparton Training Workshop Flyer ...](#)

SAFE in Oz aim to give workshop participants an insight into the headspace of a person who participates in self-destructive behaviour/s in order to better understand their 'real' world and life experiences. The training encapsulates individuals needs throughout their lifespan and is flexible and responsive to the workshop participants.

There are limited places for the workshops.

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



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