

SGGPCP Updates:



GenR8 Change – making the healthy choice the easy choice

The GenR8 Change momentum continues as we work our way through the Community Workshop 2 series. The focus of the Community Workshop 2 series is to take the knowledge generated in the first workshops and to use this to create community action.

Approximately 50 community members were in attendance at the day session on Wednesday (28th October), from which a whole host of community actions were discussed and steps were made to begin their implementation. This coming Wednesday (4th November) we will be holding the evening session, 5pm to 7pm at Melville Oval Grandstand, to cater for anyone unable to make the day session to continue the community action.



For further information contact Clinton at clinton.thomas@wdhs.net or if you're interested in attending, email Robyn at robyn.holcome@wdhs.net.

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



[Click here](#)



Hamilton Vitality Fun Run – Sunday 8th November

Fundraiser for Western District Health Service – 42km run, 21km run, 10km run/walk, 4.2km run/walk
For further details or to register: www.hamiltonfunrun.com

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

Changing the culture of domestic violence

New ways forward to address the unacceptable levels of family violence in our community.

The 2015 Peter Quail oration presented by Deakin University. Thursday November 5th, 4pm to 5:30pm, Geelong

[Click here for details](#)

Defibrillators for Sporting Clubs and Facilities Program

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

[Click here for 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



Peer Training – Do you have a lived experience of mental illness and want to provide peer support and education in your local community?

We have a great opportunity for people with a lived experience of mental illness and/or carer of someone with a mental illness to complete a two day foundation based workshop focused on peer support. MI Fellowship have opportunities for people to work and train as peer volunteers, peer facilitators and potentially peer workers in the future. This training is free and is available to anyone in the community interested in peer work.

Please see attached flyer for program outline, information session dates and times. Please ensure people register to receive information session location details.

Training workshops will be based at MI Fellowship in Warrnambool on 3rd & 4th December 2015. Attendance at information sessions is a must to participate.

Any questions or queries please contact Mandy van den Berg, MI Fellowship: P: 5560 3000 E: mmandenberg@mifellowship.org

Health Prevention Forum

Tuesday 24th November, 9:30pm to 4:30pm at Ballarat. [Click here for details](#)

Consultations to inform the development of an End of Life Care Framework

In line with Parliamentary enquiry into end of life choices and the final year of the current palliative care policy, the Department of Health and Human Services will be developing an End of Life Care framework to guide improvement to services to meet growing demand, and to respond to people's end of life care preferences.

Community consultations will be held in the Grampians region as part of an extensive consultation process. Further details and information on how to register will be provided shortly, however in the interim, please save the date for the consultation to be held in your area.

Consultations will be held in Ballarat on Wednesday, 4 November 2015 from 1:30pm to 4:30pm and again in Horsham on Friday, 20 November from 1:30pm to 4:30pm. Registrations for the Ballarat session can be made [here](#).

For more information, visit the website www.betterendoflife.vic.gov.au

Small Town Transformations

Are you someone with plenty of ideas for your small town, but no means for realising creative projects? Small Town Transformations is offering \$350,000 for collaborative projects that will leave a lasting legacy of creativity and artistic passion for town with a population of less than 2,000 people.

[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](#)

Food/Produce Swap

Merino Produce Swap – 10am-11am, Saturday 7th Nov, Merino Community Health Centre (normally second Saturday month)

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 29th November, 10am-11:30am, Nareen Hall

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

Coleraine Community Market – Sunday 15th November, market day with home grown, homemade produce, new and used products, and lots more! Coleraine Primary School, Coleraine, 10am-1pm P: 03 5575 2057 E: coleraine.ps@edumail.vic.gov.au

On Track Market – Sunday 22nd November, showcase of local crafts, food, fresh produce, plants, music & kid's activities!

At Hamilton Pastoral Museum, Hiller Rd, Hamilton, 9am-2pm every second & fourth Sunday