

### SGGPCP Updates:

#### WDHS 2015 Excellence and Innovation Award – Non Clinical



Our team at Southern Grampians Glenelg Primary Care Partnership (SGGPCP) were very excited to be presented with the Western District Health Service (WDHS) 2015 Excellence and Innovation Award – Non Clinical at WDHS Annual General Meeting. The award was for achieving excellence and innovation in enhancing the health and wellbeing of our community.

#### SGGPCP welcomes new staff member



Welcome to Ebony Jenkins. Ebony has joined our team at Southern Grampians Glenelg Primary Care Partnership as Project Officer - Community Development. Ebony will be working with the GenR8 Change Community to make the healthy choice the easy choice within Southern Grampians, especially for children. The role is resourced by Western District Health Service as one part of their contribution towards GenR8 Change.

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



With the GenR8 Change workshops all completed, now is the time to get the ball rolling with implementing the changes that will make the healthy choice the easy choice.

To help this whole process, it is with some excitement that we can share with you the link to the new GenR8 Change website: [www.GenR8change.com](http://www.GenR8change.com).

This website has been developed to serve a couple of key functions:

- It's been designed to allow us to share all of the great work that is happening (this also includes if there is something that is already happening in making the healthy choice the easy choice – we want to know!)
- With GenR8 Change having so many people working on different ideas, it is important to ensure that we're being smart and consolidating our efforts. The more we can collaborate and minimise duplication, the better. So be sure to check out the "Community Action" section to see all that is going on.
- The GenR8 Change website is also designed to be a beacon of sorts that will help guide our efforts to ensure we're making informed decisions about the best available evidence and what we know has proven to work.
- Finally, it's an opportunity for us as community members to look at the work that is happening and to join up in areas we are passionate about or alternatively, if there is something missing, something we're passionate about, then this is the platform to get it aired, shared and heard.

So be sure to check out the site and keep following and sharing the blog so that we can get as many people as possible within the Southern Grampians community helping make the healthy choice the easy choice.

For further information contact Clinton at [clinton.thomas@wdhs.net](mailto:clinton.thomas@wdhs.net)



[Click 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, Ebony Jenkins

Office Coordinator: Robyn Holcombe

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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](mailto:robyn.holcombe@wdhs.net)

### HAMILTON CBD POCKET GARDEN LAUNCH



Southern Grampians Shire Council, together with the Hamilton Community Garden Association wishes to invite residents to the launch of the Hamilton CBD Pocket Garden. The opening will take place on **Friday 13<sup>th</sup> November at 5pm**, Corriedale Lane, Hamilton (behind the NAB bank). Southern Grampians Shire Councillors will be in attendance at the event and will be available to chat with residents.



### Hidden Harms - Foetal Alcohol Spectrum Disorder

Last week's ABC Four Corners episode was on the impact of alcohol use in pregnancy and Foetal Alcohol Spectrum Disorder (FASD). <http://www.abc.net.au/4corners/stories/2015/11/02/4341366.htm>

It shares the experience of three families dealing with FASD, including two adults with FASD. They face a range of problems, from behavioural issues to learning difficulties, known collectively as FASD.

The story also discusses the link between FASD and ADHD, the prevalence in white middle class families and the context of Australia's drinking culture.

For more information on FASD or to find support services: **Nofasd Australia 1300 306 238**. [www.nofasd.org.au/](http://www.nofasd.org.au/)

For health professionals, check out the 'Women Want to Know' project which encourages health professionals to routinely discuss alcohol and pregnancy with women and provide advice consistent with the NHMRC guidelines. <http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/wwtk>

### Farming women are invited to share their ideas on Sustainable Agriculture

The low numbers of women attending Glenelg Hopkins CMA's sustainable agriculture training events and workshops suggests we have not been successful in meeting the needs of farming women.

We would like to hear from farming women - How can we work together towards a more positive and sustainable future?

**Contact Marty for a chat or to arrange a time to share your thoughts and ideas over a cuppa (my shout):**

Call on 5551 3305 or email at [m.gent@ghcma.vic.gov.au](mailto:m.gent@ghcma.vic.gov.au)

Glenelg Hopkins CMA is not the first to recognise, we need to do a better job meeting the needs of women. Click on the links below see what rural women are doing in other CMA regions:

- North Central CMA – [click here](#)
- Corrangamite CMA – [click here](#)
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### 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](#)

### Food/Produce Swap



**Merino Produce Swap** – 10am-11am, Saturday 12<sup>th</sup> Dec, Merino Community Health Centre (second Saturday of month)  
**Heywood Food Swap** – Last Friday of month, next swap Friday 27<sup>th</sup> November, 5:00pm at Heywood Apex Park  
**Hamilton HIRL Farmers and Craft Market** – Saturday 28<sup>th</sup> November, 9am-12noon, HIRL, North Boundary Road  
**Nareen Produce Swap** – last Sunday of month, next swap Sunday 29<sup>th</sup> November, 10am-11:30am, Nareen Hall  
**Portland Neighbourhood House Foodswap** - 2nd Friday of each month, 10am – 12pm, 13<sup>th</sup> November, Portland WorkSkills  
**Coleraine Community Market** – Sunday 15<sup>th</sup> 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](mailto:coleraine.ps@edumail.vic.gov.au)  
**On Track Market** – Sunday 22<sup>nd</sup> 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



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