

SGGPCP Updates:

SGGPCP 2015 Celebration of Achievements and Christmas



SGGPCP invites you to attend our 2015 Celebration of Achievements and Christmas



Thursday 10th December
12 noon to 1:00pm, including lunch

At: Glenelg Shire Council, Reception Room, 71 Cliff Street, Portland

RSVP Essential: by Friday 4th December 2015

Contact Robyn: ☎ 555 18471 ✉ robyn.holcombe@wdhs.net



GenR8 Change – making the healthy choice the easy choice

WDHS helps it's community re-think that sugary drink!



WESTERN DISTRICT HEALTH SERVICE IS TAKING A STAND AND DISCONTINUING THE SALE OF SUGARY DRINKS TO MAKE THE HEALTHIER CHOICE THE EASIER CHOICE

There will no longer be any sugary drinks or soft drinks sold in cafeterias or vending machines across all WDHS campuses. As the first hospital in Victoria to implement this policy, WDHS is acting as a national leader in addressing our growing obesity problem. With more than two thirds of the Australian population overweight or obese it is necessary for organisations to implement these compelling policies. WDHS Chief Executive Officer Rohan Fitzgerald explains, "As a health promoting organisation, we felt it is very important that we take the next step so that we could support people in terms of understanding some of the implications of their decision making."

WDHS is a valued contributor to the GenR8 Change movement, and by making this change they provide an excellent example as to how the healthy choice can be made the easy choice.

The GenR8 Change movement is all about collaborating as a community to create sustainable change throughout the Southern Grampians. It involves generating solutions to the obesity problem that we can ALL be accountable for!

For further details, you can read the full story that appeared in the Hamilton Spectator on November 28: [WDHS helping people rethink sugary drinks](#)

If you're part of the action making the healthy choice the easy choice, we'd love to hear about it and share your story. Click [Take Action](#) to let us know what is happening.

For further information contact Clinton at clinton.thomas@wdhs.net or Ebony.jenkins@wdhs.net



[Click here](#)

Regional Health and Wellbeing Forum

Regional Health and Wellbeing Forum will be held on Tuesday 8th December 2015, 9:45am to 3:30pm at Five Star Function Centre, Adeney Street, Camperdown.

Speakers will include: Professor Steven Allender (Deakin University)
Monica Evans (City of Greater Geelong)
Kelly Horton (VicHealth)

The forum will be an opportunity to share information regarding local priorities and approaches with VicHealth. This is a free event and lunch will be provided. Please register your attendance by 30th November.

To register: [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

Enhancing Networks 4 Resilience

After extensive consultation with SGGPCP partners and stakeholders, the EN4R research plan for the first stage is about to be implemented. Through this project we have an amazing opportunity to understand the SGGPCP and wider networks in more detail. We are really lucky to have the EN4R Research Assistant for RMIT lead interviews with SGGPCP agencies in December (14th – 18th) and in again late January. The interviews will seek to capture more information about partnerships such as who works with who, what on, why, what motivates partnerships and the enablers and barriers etc.. and start to inform the next stage of research by adding a lens of climate change adaptation and disaster resilience. It is our hope that all SGGPCP partners will be involved in the interview phase to allow for a rich picture of the partnership to be created. For further information contact joanne.brown@wdhs.net

6 Strategies for Successful Online Public Engagement

There are many benefits to online engagement: it is accessible 24/7, cost efficient, environmentally-friendly, and has the potential to reach a greater audience than the “usual suspects” who turn up to town hall meetings.

[Click here for further details](#)

Small Town Transformations

Small Town Transformations invites you to be ambitious in imagining what transformation might mean for your town – now and into the future.

We’re supporting impactful artistic projects that are connected to community and place, for and by small Victorian towns with fewer than 2,000 people. [Further details click here](#)



Why we need to tell stories

A good story has power. The power to inspire. The power to energize, and the power to move people to action. Good stories have the power to build understanding, to entertain, to teach, to humanize the big picture. Most importantly, good stories have the power to be remembered.

[Link to: A Guide to Storytelling for Non Profits](#)

Perpetual Impact Grants

The Impact Philanthropy grants program is now open, attracting applicants from the fields of medical research, addiction, disability, homelessness, domestic violence, mental health, poverty, kids, youth, international development education and more. What the successful applicants have in common is that they maximise their impact.

<https://www.perpetual.com.au/Advice-and-Trustee-Services/IMPACT-Philanthropy/IMPACT-Funding>

Making Partnerships Work in Health

In health we often talk about partnerships and collaboration like they are homogenous entities to be applied liberally across public health services. ([Croakey.org](http://croakey.org)) <http://croakey.org/making-partnerships-work-in-health/>

Food/Produce Swap

Merino Produce Swap – 10am-11am, Saturday 12th Dec, Merino Community Health Centre (second Saturday of month)
Heywood Food Swap – Last Friday of month, next swap Friday 18th December, 5:00pm at Heywood Apex Park
Hamilton HIRL Farmers and Craft Market – Saturday 12th December, 9am-12noon, HIRL, North Boundary Road
Portland Neighbourhood House Foodswap - 2nd Friday of each month, 10am – 12pm, 11th December, Portland WorkSkills
On Track Market – Sunday 13th December, 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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