

### SGGPCP Updates:



*The Executive Committee and Staff at Southern Grampians Glenelg Primary Care Partnership wish you all a very merry Christmas and a safe and happy new year.*

*The next issue of SGGPCP Bulletin will be 21<sup>st</sup> January 2016*

### SGGPCP 2015 Celebration of Achievements and Christmas



SGGPCP held their 2015 Celebration of Achievements and Christmas last week at Glenelg Shire Council.



The format included PechaKucha presentations from staff. PechaKucha is a simple presentation format where you show 10 images, each for 20 seconds. The images advance automatically and you talk along to the images.

Topics included:

- SGGPCP Updates
- Glenelg SAVES
- Alcohol
- Enhancing Care Coordination (ECC)
- Obesity – SEA Change and GenR8 Change
- Climate Change

Nola McFarlane, Chairperson, SGGPCP Executive and Glenelg SAVES Project Officer Penny Fraser presented Glenelg Shire Community Support Workers with certificates of appreciation for their valuable contribution to the Glenelg SAVES project to date.



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)

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

#### Save the date: Wednesday 24<sup>th</sup> February – ‘Connect, Share, Learn’

GenR8 Change are having a ‘Connect, Share, Learn’ evening on Wednesday 24<sup>th</sup> February, 5:30pm to 7pm at Melville Oval Grandstand, Hamilton. Further details to come.

For information on GenR8 Change contact Clinton: [clinton.thomas@wdhs.net](mailto:clinton.thomas@wdhs.net) or Ebony: [Ebony.jenkins@wdhs.net](mailto:Ebony.jenkins@wdhs.net)



[Click here](#)

### Wake up Rosie app for adolescent girls

Rosie Respect, a harm prevention website for teenage girls, has recently launched a free app for teenage girls called 'Wake Up Rosie' which harnesses art and music to fight mental health issues like anxiety and depression.

[Click here](#)

### DISABILITY EMPLOYMENT

The Australian Government wants to get more people with disability into jobs. We see a future where people with disability, like other Australians, can enjoy the economic and social gains work brings. Disability Employment Framework to improve employment outcomes for people with disability.

[read more →](#)

### Whole kids small seeds community grants

Supports grassroots organisations and groups that are working hard in their local communities to improve children's health and wellbeing through innovative and impactful projects. [Click here](#)

### Aussie Farmers Foundation Grants

These grants aim to support initiatives which will make a difference to the health and wellbeing of Australian rural and regional communities. [Click here](#)

### Cut down on salt, drink less and move more: Australia's blueprint to control chronic disease

Chronic diseases are responsible for nine out of ten deaths in Australia and for much of the public health expenditure that's causing governments so much concern. (*The Conversation*) [Click here](#)



### Food/Produce Swap

**Merino Produce Swap** – 10am-11am, Saturday 9<sup>th</sup> Jan, Merino Community Health Centre (second Saturday of month)

**Heywood Food Swap** – Last Friday of month, next swap Friday 29<sup>th</sup> January, 5:00pm at Heywood Apex Park

**Hamilton HIRL Farmers and Craft Market** – Saturday 27<sup>th</sup> February, 9am-12noon, HIRL, North Boundary Road

**Portland Neighbourhood House Foodswap** - 2nd Friday of each month, 10am – 12pm, 8<sup>th</sup> January, Portland WorkSkills

**On Track Market** – Sunday 10<sup>th</sup> January, 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

### Southern Grampians Glenelg Primary Care Partnership

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