

SGGPCP Updates:

GenR8 Change – making the healthy choice the easy choice

Save the date: Wednesday 24th February – ‘Connect, Share, Learn’

As we all slowly return to our daily routines it's time to start taking action towards making the healthier choice the easier choice for the Southern Grampians. We would love you to join the GenR8 Change community at our first 'Connect, Share & Learn' event. Here we will celebrate achievements of our community so far that make the healthier choice the easier one, what a fantastic way to begin 2016! Be sure to put **Wednesday 24th February 5:30-7pm at the Melville Oval Grandstand** into your diaries, and help us celebrate these wins!

Stay tuned for a flyer invite to this event that will be shared later this week, Looking forward to you joining us on the 24th Feb!

For information on GenR8 Change contact Clinton: clinton.thomas@wdhs.net or Ebony: Ebony.jenkins@wdhs.net

 [Click here](#)



Governance Workshop for Board & Executives

Community Southwest is bringing Miriam O'Brien to Warrnambool for a Governance Workshop.

Join Miriam for a thought provoking, insightful and 'big picture' strategic workshop.

This seminar will provide learnings and understandings about monitoring organisational performance, reporting provided to boards and developing dashboard indicators.

- o Setting targets and direction
- o Monitoring organisational performance and reporting to boards
- o Dashboard indicators
- o High performing boards
- o Governance, roles and responsibilities
- o Complex board issues, "wicked" problems and decision making

Wednesday 24 February 2016, 5:00pm – 8:30pm, Lady Bay Resort, 2 Pertobe Street, Warrnambool

Who should attend: Board/Committee Members, Executives and Managers Cost: \$130 Food, Coffee & Tea provided

Contact: Richard Zerbe Ph: 0448 505 885 Email: executiveofficer@communitysouthwest.com



COMMUNITY GRANTS PROGRAM

The Glenelg Shire Council Community Grants Program (Round 1) 2015-2016 opens Monday 25 January 2016. The aim of the Community Grants program is to assist community organisations and groups to undertake activities and provide facilities for the benefit of residents of the Shire. Grants are available in the following areas: Recreation, Public halls, Tourism, Arts Culture and Heritage, Community Support and Community Plan Support. The 'Community Grants Guidelines (Round 1) 2015-2016' and 'Application Form' are available at Council Customer Service Centres in Casterton, Heywood and Portland. Alternatively the forms can be downloaded from the Glenelg Shire Council website: www.glenelg.vic.gov.au.

Potential applicants should refer to the 'Community Grants Guidelines (Round 2) 2015-2016' to assess their eligibility to apply. Applications close at 4pm on Wednesday 24 February, 2016. For further information or to discuss an application, please contact the relevant Council Officer as listed in the Guidelines.

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, Ebony Jenkins

Office Coordinator: Robyn Holcombe

W: www.sggpcp.com



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



deaf access - Hearing Loss Forums

What can help you hear more effectively? Hear from experts and share experiences

Assistive equipment

Guest speakers - Lance Hatley, **National Relay Service** & Georgina Cameron from **Australian Hearing**

Who would benefit in attending? **People with a hearing loss, family or carers**

No cost. Limited numbers.

7pm-9.30 pm Wednesday 27th January, Mpower Conference room; 71 Koroit St. Warrnambool

RSVP or information: Erica Smith, deaf Access coordinator, esmith@mpower.org.au or 55 61 8114

- Session 3; Making the most of your hearing aid - Wednesday 24th February 2016
- Session 4; Services and support - Wednesday 25th March 2016

MS

MS Professional Development 2016

The 2016 Program is now available. [Click here](#) to see the range of programs on offer this year.

Registration options have changed to allow for work places to register all their staff and benefit from receiving an Attendance Certificate for each staff member to contribute to their individual CPD points.

Further information contact: Andrea Salmon, Education Program Manager, MS Connect Team Services Innovation

T 03 9845 2765 M 0427 864 074 F 03 9845 2777 E andrea.salmon@ms.org.au W www.ms.org.au



Food/Produce Swap

Merino Produce Swap – 10am-11am, Saturday 13th Feb, Merino Community Health Centre (second Saturday of month)

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

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

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

On Track Market – Sunday 14th February, 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

Casterton Harvest Festival and Market, Saturday 19th March, Sandford Hall



Abstract Submissions Closing in 2 Weeks!

The 2016 Australian Health Promotion Association Conference Organising Committee invites you to submit your abstracts now. Do not miss out on the opportunity to participate in the Conference program.

Visit the Conference website for the abstract submission guidelines and templates: [click here](#)

Deadline to submit: Abstracts must be submitted via the online submission form by **Monday 1 February 2016**.

[CLICK HERE TO SUBMIT YOUR ABSTRACT](#)

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