

SGGPCP Updates:

Rural People: Resilient Futures



The Victorian State Government is sharing the work of the SGGPCP Rural People: Resilient Futures Project on the Victorian Climate Change Website. It is one of a small number of recommended resources. The work of agencies in this area is leading the way in climate change and health.

<http://www.climatechange.vic.gov.au/resources>

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

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



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!

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

 [Click here](#)



SEA Change newsletter ‘Celebrate’ – [click here for direct link](#)

Maintaining Resilience in Tough Times

Over the last few weeks many of our farming communities and individual farmers have been struggling to make ends meet mainly due to the drought like conditions currently being experienced throughout most of southwest Victoria.

A “Farmer wellbeing” type seminar has been organised to highlight issues and offer assistance to those who may be affected. The seminar will also feature a couple of other topics to maximise the audience participation and efficient use of time.

Wednesday 17th February, Alexandra Oval Community Centre: 1 Waratah Avenue, Ararat
4.30 pm start: complimentary BBQ provided: Drinks available at bar prices

PROGRAM

- Soil Moisture Probes - Using soil moisture probes & interpreting the results – Craig Sharam Agronomist Elders Bendigo
- 2015: Lessons from Australia and New Zealand
- Maintaining Resilience to Thrive Through Change and Challenge

RSVP by 16/2/16 : PPS Project Manager, Rob Shea 0438 521357 E: yadin@netconnect.com.au

Vic Health Active Club Grants 2015-2016



Round 2 of VicHealth’s 2015-16 Active Club Grants (ACG) program is now open, with applications closing on Friday 4 March 2016.

These grants offer funding to community sport and recreation clubs to increase or maintain participation through their club, by purchasing core equipment.

The program guidelines and application information can be found at www.vichealth.vic.gov.au/activeclub

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

Australia Post Handy Information



It's a well-kept secret, but Australia Post offers five free postage stamps each year to pensioners, health care card holders, seniors and veterans. The same people are eligible to buy up to 50 stamps each year at 60 cents per stamp (reduced from \$1).

To apply for the freebies and discounts, fill out a MyPost concession form at any post office or [online](#).

Prevention is Possible

Interested in the healthy development of children and young people or concerned about antisocial behaviour, alcohol and drug use or school drop-out? The Youth Survey of over 1,200 students has revealed strengths and challenges in schools, families and the community. Hear about the Community Profile and Action Plan being launched at this forum at the Lighthouse Theatre on 22nd Feb from 10 am until 3 pm. Prevention is Possible.

Venue: Lighthouse Theatre, 185 Timor Street, Warrnambool

Contact: Cameron Price, Email: cameron@ctcwarrnambool.com Web: Communities That Care P: 03 5561 8877

Safe Travel for All-TOCAN Professional Development Opportunity

The Transportation of Children and Youth with Additional Needs Partnership (TOCAN) will be hosting a one day professional development event for health professionals on March 18th 2016 at The Royal Children's Hospital, Melbourne.

The challenges that face families with children that are unable to fit into a complaint child restraint due to a physical, mental or emotional medical condition, are not straight forward. Assessment and possible modification to ensure they are safely restrained in a way that is appropriate for their age, size and medical condition is a challenge for all health professionals involved. This professional development day is aimed at clearing up some common questions surrounding these issues and helping those involved make clearer more confident decisions in cases surrounding the transportation of children and youth with additional needs.

For further information <http://www.rch.org.au/tocan/> or email: safety.centre@rch.org.au Phone: 03 93455085

2016 Safety Promotion Injury Prevention FREE Seminar/Webinar

The **Victorian Safe Communities Network** together with the **Australian Safe Communities Foundation** invites you to participate in the first of the **2016 Safety Promotion Injury Prevention FREE Seminar/Webinar series**.

Thursday 12:00 Midday (Victorian time) 4 February 2016

Registration URL: <https://attendee.gotowebinar.com/register/6714765161890732801>

After registering, you will receive a confirmation email containing information about joining the webinar.

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 26th February, 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
- Nareen Produce Swap** – Last Sunday of month, next swap Sunday 28th February, 10am to 11:30am, Nareen Hall
- 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

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