

SGGPCP Updates:

Enhancing Networks for Resilience Project (EN4R)



The Enhancing Networks for Resilience Project has published a short bulletin to provide everyone with an update of the progress so far and can be accessed here <http://slides.com/joannebrown/deck-1>
So far over half of the SGGPCP Partner have participated in interviews during the first stage of the research. This has been to further understand the formal networks of the partnership. The next stage will focus on the informal networks that stem from SGGPCP.

For further information contact Jo Brown joanne.brown@wdhs.net or 555 18563

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



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!

RSVP or further 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](#)

Eating Disorders in General Practice

- *Did you know, almost one million Australians have an eating disorder?*
- *Nearly one third are male*
- *Binge Eating Disorder is the most common eating disorder*

This comprehensive education session delivered by experts in the field, will provide you with training to:

- Recognise the signs and symptoms of the different types of eating disorders
- Understand how to diagnose eating disorders
- Assess and manage physical risk in eating disorders
- Recommend suitable treatment and referral options for eating disorder patients

Wednesday 2nd March 2016, 6:30pm (registration and nibbles) 7:00pm-9:00pm
Training Room, PHN Western Victoria, 24-36 Fairy Street, Warrnambool

Audience: General Practitioners, Nurses and Allied Health Professionals **Cost:** Free

RSVPs close 29th February 2016, Contact Western Victoria PHN on 03 5564 5888 or E: Sherin.Halliday@westvicphn.com.au

For further information, please email: Karen.philippzig@eatingdisorders.org.au



Resource Assessment Grants
2015 - 2016

Applications for Energy Assessment grants close 4pm, Thursday 31 March 2016

Please refer to [Frequently Asked Questions](#). Or email grants.enquiries@sustainability.vic.gov.au or phone 1300 363 744
[Click here to download the guidelines and application form.](#)

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

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. 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 2016.

Understanding Mental Illness Workshop

The Understanding Mental Illness Workshop is designed to provide a basic understanding of mental illness and recovery. This workshop is aimed at anyone who wants to know more about mental illness and is especially useful for community groups, sports/recreation groups, employers, year 11 & 12 school groups, carers and consumers.

Wednesday 9th March 2016, 12:30pm-3:30pm at Frances Hewett Community Center, Activity Room, 2 Roberts St, Hamilton.

Cost: Free Registration is a must as places are limited.

Contact Barry: 55603000 E: bclarke1@mifellowship.org

Health Promotion Social Media School

Are you thinking about how you can use social media in your health promotion programs?

Are you confused about all the different platforms and which ones to use?

Do you want to learn from someone who understands the challenges and complexities of health promotion?

Do you want to upskill yourself and build your competencies for working in the digital age?

The Health Promotion Social Media School is a 6 week online course designed for health promotion, public health and community development practitioners.

For further details [click here](#)

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

Healthy/Unhealthy uses of music in mental health care

This symposium will present research and practices from the field of music therapy. Friday March 4, Melbourne.

Click here for further details: [Healthy/Unhealthy uses of music in mental health care](#)

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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