

SGGPCP Updates:

GenR8 Change – making the healthy choice the easy choice



The GenR8 Change event “Connect, Share and Learn” held recently was an opportunity to celebrate the success and shared key steps and learnings of some tremendous local work being undertaken in the Southern Grampians community to make the healthy choice the easy choice.

Speakers included:

- Rohan Fitzgerald, CEO WDHS – how Western District Health Service has become the first health service in Australia to discontinue the sale of sugary drinks.
- Penny Fraser – Dunkeld Bike Bus, which is a community initiative that has children from all across Dunkeld riding to school.
- Bryan Barrera – Hamilton Park Run, which has been an incredible success and the broad sweeping health and community implications it is having.
- Amanda Adamson – spoke about all of the work being undertaken to make the breast feeding the easier choice, including safe community spaces for breastfeeding and families, the local café breastfeeding support program and a consumer forum on breastfeeding.
- Rosemary Anderson – presented on the fantastic incremental changes that the Gray Street Outside School Hour Care (OSCH) service is making.



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

 [Click here](#)



Students lead healthy café initiative



Students at Bayview College are creating their own café culture including its very own “laneway.” Australia’s cafe culture is proving a hit with a growing number of young people and it seemed timely to introduce a space where the students of Bayview College can come together to bring healthy meals from home to eat whilst sharing conversation with friends.

Over the school holidays the space was refurbished by Bayview College staff along with Parent and Friends (P&F) to give it a fresh lift. Tables and chairs were purchased and art hung on the walls.

A team of students, on a rotating roster will provide support and access to microwaves, fridges, food warmers and sandwich presses. The laneway was opened up on the first day of school and is already proving to be extremely popular.

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



Webinar - 'Welcome to the board'

Have you just joined a charity board? Our next webinar is designed just for you. Our March webinar will take you through the role of the charity board member, the responsibilities to the ACNC, and tips on good governance practices. If you would like to join us for the free webinar on 8 March, register now. [Webinar Register Online](#)



The 2016 Granting Round is Open!!!

Monday 1 February to Monday 7 March 2016

Grants of up to \$5,000 are available for charitable projects that have a clear public benefit and contribute to building sustainable communities in Southwest Victoria.

All applicants are strongly encouraged to talk to Executive Officer, Karen Norris about their project prior to filling in the application form.

The 2016 Application Form and Guidelines are available at www.southwestcommunityfoundation.org

Questions? Contact Executive Officer, Karen Norris on 0437 756 082 or email info@southwestcommunityfoundation.org

Join Sallyanne Pisk for a mindful eating experience

Sallyanne will explore mindful eating as a way of finding what suits your personal requirements.

Eating mindfully is for everyone interested in food and wellbeing, as well as those wishing to make changes for their health.

Wednesday 16th March, light refreshments from 5:30pm, workshop including meal 6pm to 8pm, Hamilton Community House, 19 Sedgewick Street, Hamilton. \$25 includes meal. E: Sallyanne@eatingforyou.com.au M: 0412 075 324

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

bethany

Gamblers Help Service

Gambler's Help counselling services at Bethany are provided by therapeutic and financial counsellors. The counsellors specialise in providing services to assist people experiencing problems associated with gambling. Services are provided face-to-face, by telephone and on-line.

The Service is based at Bethany's Warrnambool Office, first floor, 26 Fairy Street, Warrnambool. Counsellors provide outreach services in communities across South West Victoria, including those living in; Southern Grampians Shire; Glenelg Shire; The City of Warrnambool; Moyne Shire; and Corangamite Shire.

Confidential specialist counselling services are provided at no cost to the user. Self referral is encouraged. Referrals may be made to the Staff at the Warrnambool Office Monday to Friday 9.00am-5.00pm. If you make a referral on behalf of another, the person being referred needs to consent.

The contact number for referrals is 1300 510 439

After business hours contact the Statewide 24 hour service on 1800 858 858

Further information concerning this public health issue is available on the following link Victorian Responsible Gambling Foundation website www.gamblershelp.com.au

MI Recovery

MI Recovery is a program designed and lead by people with a lived experience of mental illness.

MI Recovery supports participants to recognize personal strengths, find new ways to manage mental illness and plan for the future.

10 sessions held weekly for up to three hours. Dates: 11/4/16 to 20/6/16, at MI Fellowship Office, 86 French Street, Hamilton
Information session: 10am, Thursday 24th March 2016.

Contact: Vanessa Slattery, Phone: 55 999211 E: vsattery@mifellowship.org

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



Food/Produce Swap

Merino Produce Swap – 10am-11am, Saturday 12th March, 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, 11th 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 28th 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



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

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