

Western Victoria Primary Health Network (PHN)

Western Victoria Primary Health Network (PHN) is committed to having a dedicated regional Clinical Council and Community Council in each of the four sub-regions who will have a key role in service planning and evaluation.

PHN is currently recruiting for members.

For further information contact: Bridget Caird, Adviosry Group Project Coordinator E: bridget.caird@westvicphn.com.au

P: 03 53316303 M: 0402 424152 or visit the website: <http://www.westvicphn.com.au/>



Ice education for families in Hamilton - Thursday 10 March, 11am to 3pm at WDHS Conference Centre, Kitchener Street, Hamilton. Family members can register their interest here: <http://www.turningpoint.org.au/Education/breakthrough.aspx>



Lifeline is committed to raising the awareness of domestic and family violence.

Lifeline is providing free accredited trainings called DV-alert or (Domestic Violence Response Training) across all states and territories in Australia. DV-alert is a nationally-run accredited training that provides skills to recognise signs of domestic and family violence, respond with appropriate care and refer to the best possible support services.

April 14th & 15th - SWTAFE Hamilton Campus, Sign in at 8.45am training from 9 am - 4.30pm

Register online: <http://www.dvalert.org.au/>

For enquiries: Call Megan Walsh on 5559 0521/0407 621 235 or email megan@lifelineswv.org.au



One in five young Australians aged 8 to 17 are cyber bullied each year.

Cyber bullying is a serious problem for young people that can cause long-term damage to victims as well as bullies. Equipping people working in the youth sector to assist and guide young people experiencing cyber bullying is vital.

The Centre for Rural, Regional Law and Justice at Deakin University, in collaboration with Victoria Legal Aid, the Dispute Settlement Centre of Victoria and the Office of the Children's eSafety Commissioner is hosting an interactive workshop on cyber bullying, a topic in the *Sex, Young People and the Law (SYPL)* education program.

Visit our [website](#) for more information about the Centre and our activities.

Monday 7th March, 3:30pm to 5pm at Hamilton, Portland or Warrnambool. Bookings are essential, [register](#) by Friday 4 March.

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

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.

Sessions are being held at Hamilton and Warrnambool - 10 sessions held weekly for up to three hours.

Hamilton: 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: vslattery@mifellowship.org

Warrnambool: Dates: 19/4/16 to 14/6/16 at MI Fellowship office, 505 Raglan Parade, Warrnambool

Information session: 12:30pm, Tuesday 12th April 2016

Contact: Sally Oprean, Phone: 55 603009 E: soprean@mifellowship.org

Knitting nannas and guerrilla grannies

One of the great success stories of the 2015 Woolly West Fest was the collaboration with some of our older residents. Last year Jacinta worked with Grange Residential Care, the WDHS Planned Activity Group, and various Senior Citizens Groups to produce the weft and weave scarves for the Grange Residential fence, tea cosies, dolls, parking meter covers, and many other sundry Yarn Trail items. In 2016 Jacinta will again be partnering with the Grange, the Birches and the WDHS PAG to create a range of new public wool-craft installations.



Woolly
West Fest

www.facebook.com/woollywestfest

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 25th March, 5:00pm at Heywood Apex Park

Hamilton HIRL Farmers and Craft Market – Saturday 26th March, 9am-12noon, HIRL, North Boundary Road

Portland Neighbourhood House Foodswap - 2nd Friday of each month, 10am – 12pm, 11th March, Portland WorkSkills

Nareen Produce Swap – Last Sunday of month, next swap Sunday 27th March, 10am to 11:30am, Nareen Hall

On Track Market – Sunday 27th March, 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

Friends of the Community Market, Sandford Mechanics Hall, Sunday 13th March, 9am-1pm

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

Henty Annual Market, Sunday 3rd April, Henty 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

W: www.sggpcp.com

T: (03) 555 18471



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