

### SGGPCP Updates:

Penny Fraser has been appointed to the role of Project Officer Systems Improvement for 2016, while Claire Nailon is on maternity leave. Penny will be continuing the work with Barwon South West Enhancing Care Coordination Project and will also be involved in the area of mental health. Penny is currently meeting with a number of stakeholders from across the region to familiarise herself with the current and future work of this important focus area.

Penny can be contacted on P: 555 18565 or E: [penny.fraser@wdhs.net](mailto:penny.fraser@wdhs.net)

### National Close the Gap Day

Winda-Mara Aboriginal Corporation Hamilton and Western District Health Service invite you to celebrate:

#### National Close the Gap Day

Thursday 17<sup>th</sup> March 2016, 4:00-5:30pm at Hamilton Botanic Gardens. Light refreshments, children's activities and music Proudly supported by: Western District Health Service, Winda-Mara Aboriginal Corporation, Southern Grampians Shire Council and Greater Green Triangle University Department of Rural Health

### Introduction to Gunditjmara Country

Professional Development for Agency staff, presented by Daryl Rose.

**Hamilton:** Tuesday 15<sup>th</sup> March, 1pm to 2:30pm, SW TAFE (formerly RMIT) Ballarat Road Campus

Bookings email: [margm@gsgllen.org.au](mailto:margm@gsgllen.org.au)

**Portland:** Wednesday 16<sup>th</sup> March, 1pm to 2:30pm, SW TAFE, Hurd Street

Bookings email: [Cathryn@gsgllen.org.au](mailto:Cathryn@gsgllen.org.au)



### Group Discussion on Breast Feeding

– **What works, what doesn't and how can we make breast feeding the easy option?**

Monday 21<sup>st</sup> March 2016, 9.30am to 11am, at Ted Kenna Room, Hamilton Performing Arts Centre, Brown Street, Hamilton

Regardless of your experience with Breast Feeding (good or not so good), whether you are a health professional or doctor, how long ago you may have had children or how new you are to being a parent, whether you are a mother or a father, we would love to know what worked for you, what didn't and any ideas on how you could have been better supported in feeding your baby.

With your help, we can help to make breast feeding babies the easiest choice within the Southern Grampians Shire.

**RSVP:** Kara Winderlich on telephone **5551 8458** or [Kara.Winderlich@wdhs.net](mailto:Kara.Winderlich@wdhs.net)

### Keep Kids Safe Workshop

One in four girls and one in seven boys are sexually abused by the time they are 18 in Australia. Let's learn and keep them safe. The new GP clinic - Hamilton Family Practice, have organised for a Keeping Kids Safe workshop to be held at the Hamilton Base Hospital Auditorium on Saturday 19<sup>th</sup> March, 10am-1:30pm.

To register call (03) 5572 5592 or email [reception@hamiltonfamilypractice.com.au](mailto:reception@hamiltonfamilypractice.com.au).

Dr Georgia Babatsikos will be presenting. Further information: [www.keepingkidssafe.net.au](http://www.keepingkidssafe.net.au)

### Sexting and the Law

This two hour session is open to parents/carers and their adolescents.

Wednesday 16<sup>th</sup> March, 6pm to 8pm, Portland Arts Centre, Cnr. Glenelg and Bentink Streets, Portland. Cost: Free

Booking are essential by Tuesday 15<sup>th</sup> March, 2016 to Marea, P: 03 5559 3000 E: [marea.sholly@centacarewarrnambool.org.au](mailto:marea.sholly@centacarewarrnambool.org.au)



Premier's Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, it's fun and it's part of the Victorian Government's commitment to get more people active and healthy.

Register today at: <https://www.activeapril.vic.gov.au/>



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*We actively encourage participants at our meetings to stand, move and/or stretch throughout the meeting to ensure sitting time is reduced.*

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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 14<sup>th</sup> & 15<sup>th</sup>** - 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](mailto:megan@lifelineswv.org.au)



### MI Recovery

MI Recovery is a program designed and lead by people with a lived experience of mental illness. 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 24<sup>th</sup> March 2016. Contact: Vanessa Slattery, Phone: 55 999211 E: [vslattery@mifellowship.org](mailto: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 12<sup>th</sup> April 2016. Contact: Sally Oprean, Phone: 55 603009 E: [soprean@mifellowship.org](mailto:soprean@mifellowship.org)



### Club Development Workshop Series

Based on feedback from our Club Survey, we are conducting a series of workshops across all 5 South West municipalities in April/May. We encourage all clubs to attend these workshops.

Municipality	Venue	Workshop 1	Workshop 2
Warrnambool	Archie Graham Centre, Timor St, Warrnambool	5 <sup>th</sup> April 2016 5:45pm-7:45pm	3 <sup>rd</sup> May 2016 5:45pm-7:45pm
Southern Grampians	Melville Oval Function Room (Grandstand), Market Place, Hamilton	6 <sup>th</sup> April 2016 5:45pm-7:45pm	10 <sup>th</sup> May 2016 5:45pm-7:45pm
Corangamite	Killara Centre, Manifold St, Camperdown	12 <sup>th</sup> April 2016 5:45pm-7:45pm	4 <sup>th</sup> May 2016 5:45pm-7:45pm
Glenelg	Reception Room, Glenelg Shire Council Offices, Portland	13 <sup>th</sup> April 2016 5:45pm-7:45pm	11 <sup>th</sup> May 5:45pm-7:45pm
Moyne	Port Fairy Community Services Centre, Atkinson St, Port Fairy	19 <sup>th</sup> April 2016 5:45pm-7:45pm	18 <sup>th</sup> May 2016 5:45pm-7:45pm

To book either/or both workshops go to [www.southwestsport.com.au/clubworkshops](http://www.southwestsport.com.au/clubworkshops)

For more information contact [marli@southwestsport.com.au](mailto:marli@southwestsport.com.au) or 5561 1689



### Food/Produce Swap

**Merino Produce Swap** – 10am-11am, Saturday 12<sup>th</sup> March, Merino Community Health Centre (second Saturday of month)

**Heywood Food Swap** – Last Friday of month, next swap Friday 25<sup>th</sup> March, 5:00pm at Heywood Apex Park

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

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

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

**On Track Market** – Sunday 27<sup>th</sup> 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 13<sup>th</sup> March, 9am-1pm

**Casterton Harvest Festival and Market**, Saturday 19<sup>th</sup> March, Sandford Hall

**Henty Annual Market**, Sunday 3<sup>rd</sup> 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](http://www.sggpcp.com)

T: (03) 555 18471



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