

### SGGPCP Updates:

#### RASNET

Rural Adjustment Support Network (RASNet) held a meeting recently to look at the seasonal situation and current impacts on our community. The Network evolved from the Southern Grampians and Glenelg Drought Committee which was formed November 2006.

Simone Dalton, Regional Drought Coordinator attended and provided some up to date information on what is happening in Wimmera area. The Network provides great opportunity to communicate with various organisations across Southern Grampians and Glenelg Shire.

If anyone is interested in further information on RASNet contact Robyn Holcombe, P: 555 8471, E: [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@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 17th 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



#### 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)

#### Healthy mouths healthy lives: Australia's national oral health plan 2015-2024

Oral health is fundamental to overall health, wellbeing and quality of life. A healthy mouth enables people to eat, speak and socialise without pain, discomfort or embarrassment. (COAG Health Council)

[Click here](#) for further information.

#### Applied Suicide Intervention Skills Training

An ASIST (Applied Suicide Intervention Skills Training) workshop is being held on 21-22 April in Ballarat. This workshop teaches participants how to conduct a suicide intervention and is essential for anyone working with people. For more information contact Anne Watson [anew@getmentalhealth.com.au](mailto:anew@getmentalhealth.com.au) or 0419 755 780.

[Click here](#)

#### 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)

#### 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



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](mailto:robyn.holcombe@wdhs.net)



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/>



### App designed to help cancer patients deal with information overload

Rare Cancers Australia has just released a new free mobile phone app called Can.Recall. It allows patients to record their first meeting with their specialist after initial or suspected diagnosis - whether it be an oncologist or surgeon. (ABC News) [Click here](#)

### Call to Honour Victoria's Health Volunteers

Victorians are being encouraged to nominate inspirational health volunteers for the 2016 Minister for Health Volunteer Awards. Click here for further details: <http://www.premier.vic.gov.au/call-to-honour-victorias-health-volunteers/>

### Our Fabulous Failures: Learning from the past for better consumer engagement

What do we learn when things don't go the way we imagined? Presented by the Health Issues Centre, Thursday 5<sup>th</sup> May, Melbourne. [Click here](#) for further details

### 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)

### Merino Produce Swap – Celebrating its third birthday

Merino Produce Swap will be celebrating its third birthday on Saturday 9<sup>th</sup> April.

The donations for coffee and cake provided at each swap has raised just over \$500, which has purchased medical equipment for the Merino Community Health Centre and provided seedlings, fertiliser, mulch etc for the community garden which is situated at the rear of MCHC, its produce is enjoyed by the participants of the different groups and the general community.



### 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, 8<sup>th</sup> April, 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

