



### SGGPCP Updates:



A local breastfeeding forum, attracting over 40 community members was held at the Hamilton PAC Monday 21<sup>st</sup> March. The forum was very successful in opening up discussion about how breastfeeding can be made the easiest choice throughout the Southern Grampians. As a follow up to the forum, a survey will soon be made available for community members to provide further feedback and discussion anonymously.

The forum was an action that arose from the GenR8 Change community workshops. For more information please contact Ebony Jenkins, [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net)

### Population Health Planning - Lessons from Disasters

Friday 8<sup>th</sup> April 2016, 9:00am 4:30pm, NAB The Hall, 700 Bourke Street, Docklands  
This Forum will bring together PHNs, community health services and acute health services to explore the population health planning process and its role in future Commissioning.  
[Click here for further details](#)



BreastScreen Victoria would like to invite women aged 50-74 for a free breast screen at our mobile screening service in Hamilton. Located at Melville Oval, Lonsdale Street. Appointments are available from 29<sup>th</sup> March to 1<sup>st</sup> July. Book by [clicking here](#) or call 13 20 50.

### Cultural Awareness and Development Program

Do you have Koorie clients? Do you come in contact with Koorie people in your work?  
The Program is presented by Daryl Rose

- Hamilton: Wednesday 20<sup>th</sup> April 1pm to 4pm, SW TAFE (formerly RMIT) Ballarat Road Campus  
Bookings email: [margm@gsgllen.org.au](mailto:margm@gsgllen.org.au)
- Portland: Thursday 21<sup>st</sup> April 1pm to 4pm, SW TAFE, Hurd Street  
Bookings email: [cathryn@gsgllen.org.au](mailto:cathryn@gsgllen.org.au)  
Bookings essential as places are limited. Afternoon tea will be provided.

This program is designed to improve your understanding of Koorie history, issues and engagement. Participants will also explore the values and expectations in relationships between Koorie and non-Koorie

### 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/>



### Are you on the NHSD and is your information up to date?

The National Health Services Directory (NHSD) is a free comprehensive national directory of health services enabling consumers and health providers to access reliable and consistent health information. For consumers, the NHSD provides easy access to the services you offer including your organisation's contact details, opening hours and facilities available such as billing and accessibility options. For health providers, the NHSD facilitates the coordination of ongoing care for patients providing connection of care and referral pathway information. To register for the NHSD go to their [website](#).

### 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)



### 2016 Resilient Australia Awards

The 2016 Resilient Australia Awards are now open!

We're celebrating Australian communities that stand strong in the face of disaster. We want to hear how individuals, groups, businesses or government have made their community safer, stronger and better prepared.

If you or your organisation has an innovative project that makes communities safer, more resilient and better prepared for disasters, we encourage you to enter. Entries are open until 9 June 2016.

For further information, please visit the Resilient Australia Awards Portal [resilient.awardsplatform.com](http://resilient.awardsplatform.com) or contact national awards convenor via [ResilientAustraliaAwards@ag.gov.au](mailto:ResilientAustraliaAwards@ag.gov.au)

### Food/Produce Swap

**Merino Produce Swap** – 10am-11am, Saturday 9<sup>th</sup> April, Merino Community Health Centre (second Saturday of month)

**Heywood Food Swap** – Last Friday of month, next swap Friday 29<sup>th</sup> April, 5:00pm at Heywood Apex Park

**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 24<sup>th</sup> April, 10am to 11:30am, Nareen Hall

**On Track Market** – Sunday 10<sup>th</sup> April, 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

**Henty Annual Market**, Sunday 3<sup>rd</sup> April, Henty Hall



## Wishing everyone a safe and happy Easter

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)