

### SGGPCP Updates:



Congratulations to SGGPCP Project Officer, Ebony Jenkins on your graduation – Bachelor Health Science with distinction from Deakin University (Warrnambool Campus). Ebony's current key focus is GenR8 Change 'Making the healthy choice the easy choice'. For further details on this project please contact Ebony: Phone: 555 18475 or Email: [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net)



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 29th March to 1st 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 20th April 1pm to 4pm, SW TAFE (formerly RMIT) Ballarat Road Campus Bookings email: [margm@gsgllen.org.au](mailto:margm@gsgllen.org.au)
- Portland: Thursday 21st 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

### Hamilton Professional Development Day

- Culture and Cultural Competency
- Walking the Path of Asylum Seekers and Refugees
- Supporting CALD communities and clients with legal matters

Friday 13<sup>th</sup> May, Frances Hewett Community Centre, 2 Roberts Street, Hamilton  
9:30am to 3:30pm Cost \$90, volunteers \$55

To book your spot [click here](#) or email [Janelle.hearn@diversitat.org.au](mailto:Janelle.hearn@diversitat.org.au)  
Enquiries about the workshop: Carolyn Gatti M: 0417 180047 E: [Carolyn.gatti@diversitat.org.au](mailto:Carolyn.gatti@diversitat.org.au)



### Walk the Block is coming soon – Wednesday 18<sup>th</sup> May

Walk the Block is all about getting Victorian workers away from their desks and onto their feet. So go ahead, take a little time out of your day to create a happier, healthier workplace.

SGGPCP are planning to 'Walk the Block' prior to our next Executive Meeting,

Thursday 19<sup>th</sup> May at 10am. If you would like to join us please email Robyn, E: [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net)  
For further details or to register your own team - [Click here](#)

### 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 – Recipe of the Week



#### Berry French Toast

A healthy twist on a weekend favourite, with wholegrain bread, ricotta and fresh berries. It's a totally guilt-free and delicious treat that will take care of those sweet cravings.

[Read more...](#)



*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/>

### Portland Workskills Upcoming Workshops

- Genealogy Workshops
- My Story
- Autumn Arts
- Portland Tours - Two tours planned for Term 2, Sundays 2–3pm
  - TOUR1621: Old (North) Portland Cemetery Tour – Sunday April 17<sup>th</sup>, meeting at cemetery front gate.
  - TOUR1622: Ploughed Field Tour – Sunday 29<sup>th</sup> May, meeting at Ploughed Field (opposite Hospital)
- Learner's Permit
- Become a Better You
- Colouring Group
- Genealogy Social Group
- Culturally & Linguistically Diverse (CALD) Social Group
- Literacy & Numeracy Support
- English as a Second Language

For further information on any of the above courses please contact Susan Roll, Program Support Worker (Neighbourhood Coordination Program), Portland Workskills Inc  
Email: [pnhp@workskillsemployment.com.au](mailto:pnhp@workskillsemployment.com.au) Phone: 03 5523 1645

### Upcoming Events

#### [4th National No 2 Bullying Conference](#)

Event Date: April 18th, 2016 - April 19th, 2016

#### [Advocacy Workshop - VIC Branch](#)

Event Date: April 19th, 2016

#### [3rd Eating Disorders and Obesity Conference](#)

Event Date: May 17th, 2016 - May 18th, 2016

#### [Australian and New Zealand Addiction Conference 2016](#)

Event Date: May 18th, 2016 - May 20th, 2016

### 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

**Sandford Community Market** – Sunday 10<sup>th</sup> April, Sandford Football Reserve, 9am to 1pm

