

SGGPCP Updates:

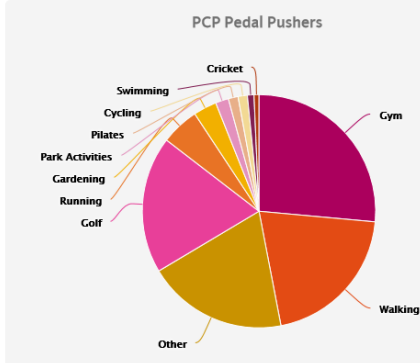


Staff members at SGGPCP have volunteered their time to weed and water the community Pocket Garden in the Hamilton CBD as part of their involvement with Healthy Together Victoria Workplace Achievement Program.

SGGPCP Executive Officer, Janette Lowe said *“We know that volunteering time to a community project is good for our mental health, and as an employer, the health and wellbeing of our staff is very important to us. One of the reasons why our staff selected the Community Pocket Garden as a project that they wanted to contribute to was because they are encouraged to spend time there as part of work. SGGPCP also encourages their staff to move more during the work day, and a quick walk to the garden, or meet someone there are some of the ways staff are encouraged to be active and productive at work.”*

SGGPCP staff are on the community garden roster to volunteer their services to weed and water a couple of times during the year. If any organisations or individuals are interested in volunteering some of their time they can contact Kylie McIntyre, Sustainability Coordinator, Southern Grampians Shire Council, Phone: 55730220, Email: KMclntyre@sthgrampians.vic.gov.au

Premier’s Active April



SGGPCP Staff have been actively engaged in Premier’s Active April. Our team is called PCP Pedal Pushers, although cycling is definitely not our top activity. Gym, walking and golf are currently leading the way.

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/>



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

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 13th 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

Enquiries about the workshop: Carolyn Gatti M: 0417 180047 E: Carolyn.gatti@diversitat.org.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 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

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
- Portland: Thursday 21st April 1pm to 4pm, SW TAFE, Hurd Street
Bookings email: 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

Writing Engaging Questions

Tips for writing engaging questions for community/civic/stakeholder engagement – [click here](#)

GrantSearch: Funding at Your Fingertips

GrantSearch is Australia's original and most comprehensive funding database, detailing \$8billion distributed to 18,000 recipients every year. Over 4,000 entries identify grants and scholarships for: study; travel; research; business and professional development; the arts; sport and recreation; & community groups. GrantSearch is the only service to actively seek funding sources offered by: all levels of government (Federal, State and Local); universities; foundations; the private sector; overseas sources specifying Australian applicants. For further details, [click here](#)

Upcoming Events

[4th National No. 2 Bullying Conference](#) – Event date: April 18th & 19th, 2016

[Advocacy Workshop – VIC Branch](#) – Event Date: April 19th 2016

[Bridges Out Of Poverty](#) – Grampians Community Health will be hosting Bridges out of Poverty training, 27th and 28th April, 9:30am to 4:30pm. For more information contact Alison Duxson P: 5358 7700

[3rd Eating Disorders and Obesity Conference](#): Event Date – May 17th & 18th, 2016

[Australian and New Zealand Addiction Conference 2016](#) – May 18th to 20th, 2016



Walk the Block is coming soon – Wednesday 18th 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 19th May at 10am. If you would like to join us please email Robyn, E: robyn.holcombe@wdhs.net
For further details or to register your own team - [Click here](#)

Food/Produce Swap

Merino Produce Swap – 10am-11am, Saturday 14th May, Merino Community Health Centre (second Saturday of month)

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

Portland Neighbourhood House Foodswap - 2nd Friday of each month, 10am – 12pm, 13th April, Portland WorkSkills

Nareen Produce Swap – Last Sunday of month, next swap Sunday 24th April, 10am to 11:30am, Nareen Hall

On Track Market – Sunday 24th 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



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