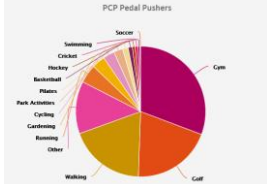


### SGGPCP Updates:



SGGPCP are very active with their twitter sharing, not only with what is happening at SGGPCP but with other organisations, feel free to follow us by [clicking here](#).  
You can also follow [GenR8Change](#) and [Sea Change](#)

### Premier's Active April



PCP Pedal Pushers are continuing their 'Active April' campaign, with staff aiming to do a minimum of 30 minutes of physical activity a day. It has been interesting watching the pie chart to see what we have all been up to.

### Engaging Gen Z

Would you like to get young people more involved with your club or organisation? Would you like to know how to communicate better with generation y and z?

Getting and keeping young people involved is important for the long term success of any community, group, or club. They have enthusiasm, energy and ideas... and are missing from many of our organisations. This puts the sustainability of groups at risk as their membership ages.

We're holding a **FREE workshop** with dynamic social entrepreneur Holly Ransom, who is renowned for her commentary on the inter-generational challenges that face organisations.

The workshop will cover

- **why youth engagement is important** for the future of the community and organisations, and
- **how to engage effectively** with young people, including how to communicate well and tailoring your message to appeal to gen-z and millennials

**Friday 6 May 2016, 10-11.30am** at South West TAFE in Portland. Morning tea, tea and coffee provided.

**RSVPs essential.** Contact Phoebe by Tuesday 3 May on 0437 218 060 or [pnagorcka-smith@glenelg.vic.gov.au](mailto:pnagorcka-smith@glenelg.vic.gov.au)

### BREAKTHROUGH: ICE EDUCATION FOR FAMILIES

*Topics include: Fact, Strategies and Help*

All family members attending the workshop will be given information on where to get help and support following the completion of the workshop and options for ongoing support activities.

**WHEN:** Tuesday, 24 May 2016 from 11:00am to 3:00pm

**WHERE:** Warrnambool – South West TAFE 193/197-205 Timor St, Warrnambool

Further information and registration [click here](#)

### Hamilton Professional Development Day

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

13<sup>th</sup> May, Frances Hewett Community Centre, 2 Roberts Street, Hamilton. 9:30am-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)

### 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)**

### Energy Efficiency at Home: Draught Proofing

As we head into Autumn and then Winter it is probably timely to think about the best way to draught proof your home. Draughts can not only leave your home uncomfortable but can increase heating costs by around 20%

For further details [click here](#)



### The Art of Facilitating Asset Based Community Drive (ABCD) Initiatives

A unique event featuring three of the global leaders in ABCD theory and practice – Jim Diers (Neighbor Power, USA), Cormac Russell (Nurture Development, UK) and Peter Kenyon (Bank of I.D.E.A.S., Australia)

Wednesday 18<sup>th</sup> May, 9.00am - 4.30pm (Coffee and registration from 8.30am)

At: The Municipal Association of Victoria, Level 11, 60 Collins Street, Melbourne, VIC, 3000

Cost: \$285 which includes a comprehensive set of ABCD training materials and resources, refreshments & lunch

*Workshop Goal: To draw upon best international practice to equip participants with skills, information, tools and motivation enabling them to facilitate programs and train others in ABCD perspectives and strategies.*

[Click here to register](#) Further information: Maria D'Souza, E: [md@bankofideas.com.au](mailto:md@bankofideas.com.au) P: (08) 6293 1848

### Upcoming Events

**Bridges Out Of Poverty** – Grampians Community Health will be hosting Bridges out of Poverty training, 27<sup>th</sup> and 28<sup>th</sup> April, 9:30am to 4:30pm. For more information contact Alison Duxson E: [alison.d@grampianscommunityhealth.org.au](mailto:alison.d@grampianscommunityhealth.org.au)

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

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

[Introduction to Research Methods](#) – May 19<sup>th</sup> 2016

[Introduction to Biostatistics](#) – May 20<sup>th</sup>, 2016

[The Engaging Men Male Health Promotion Program](#) – May 23<sup>rd</sup> to 27<sup>th</sup>, 2016

### Community Resilience Grants are now open

[Community Resilience Grants](#) are now open.

**Applications are open until 11.59pm on Sunday 15 May 2016, and must be received via the [electronic portal](#).**

Please ensure that you view the [YouTube video](#) and read the [Guidelines](#) before calling to discuss your application on 1300 366 356.

Please visit [www.dpc.vic.gov.au/CommunityResilience](http://www.dpc.vic.gov.au/CommunityResilience) for additional information.



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 1st July. Book by [clicking here](#) or call 13 20 50

### Food/Produce Swap

**Merino Produce Swap** – 10am-11am, Saturday 14<sup>th</sup> May, 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, 13<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 24<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

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