

SGGPCP UPDATES:



GenR8 Change – *making the healthy choice the easy choice*



We have been busy coordinating a short video clip about 'making the healthy choice the easy choice', using the fantastic example of Western District Health Service removing the sale of sugary drinks. The video clip should be finalised by the end of next week.



For more information about the recent GenR8 Change workshops in schools, or to register your interest for a workshop contact Ebony at ebony.jenkins@wdhs.net or 5551 8475. [Click here](#)



SEA Change newsletter 'Celebrate' – [click here for direct link](#)

Low Income Energy Efficiency Program (LIEEP) Conference – Adelaide



Last week Penny Fraser attended the final conference for the Low Income Energy Efficiency Program (LIEEP) and presented the Glenelg SAVES Project. Funded through the Australian Government Department of Industry and Science, the Glenelg SAVES Project used a participatory training approach with Glenelg Shire Council Home and Community Care workers to increase their capacity to assist low income households become more energy efficient.

Penny was presented with an award for the most concise and comprehensive presentation. Congratulations Penny.

Hamilton Indoor Leisure and Aquatic Center (HILAC) Community Survey



This survey is designed so that you can give your opinion on the café at the Hamilton Indoor leisure and Aquatic Centre. It will also help Southern Grampians Shire Council to gauge the interest of the community in implementing a healthier menu with an easy way to identify the healthy choices through a traffic light system.

We want to hear from both regular HILAC users and those people who don't use the venue.

This is a very short survey and will take less than 5 minutes to complete

Survey link: [Click here](#)

The survey will be open until Wednesday the 25th of May.

Let's Nut it Out



Let's Nut it Out is a network, resource building and critical skill development workshop for leaders, progress associations, event organisers and visionaries of all kinds.

It will be an interactive event for those who want to develop ideas and may have specific projects they want to realise.

The day will be facilitated and hosted by Make a Change Australia www.makeachange.org.au with yummy food and good vibes promised!

Sunday 19th June 2016 at Hamilton and Alexandra College, Kantor Music and Performing Arts Centre, Hamilton

Cost: Free (Valued \$125)

For bookings and information contact customer service email marketplaceadmin@sthgrampians.vic.gov.au or call 5573 0256.

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



Walk the Block – 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](#)

Hamilton Sustainable Living Expo – 'The Best of Your Back Yard'



Saturday 21st & Sunday 22nd May, Hamilton Institute of Rural Learning 333 North Boundary Road, Hamilton

- Saturday afternoon, 1pm to 5pm, Workshops – vegie gardening, beekeeping, jam making, pruning fruit trees and more

- Saturday night – 5pm to 9pm, Bandicoot walk and interactive talk

- Sunday – 10am to 3pm, Seminars, specialist exhibits, recycled fashion parade, electric car

Gold coin entry

For further information, visit www.sthgrampians.vic.gov.au or phone: 03 5573 0220 or E: kmcintyre@sthgrampians.vic.gov.au

DEMENTIA + RECREATION NATIONAL CONFERENCE 2016



For Conference information inc. Registration Form, [click here](#)



August 17-18 2016 (Wednesday & Thursday) at Main Grandstand, Caulfield Racecourse, Caulfield North

Cost: \$726 inc. GST per delegate for full conference attendance

For all enquiries, please contact: Wayne Woff, Manager P: 03 95715606 M: 0422 484 209

E: office@totalagedservices.com.au W: www.totalagedservices.com.au

Upcoming Events

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

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

[Breakthrough: ICE Education for Families](#): Tuesday 24th May 2016, 11am to 3pm, Warrnambool

[The Art of Facilitating Asset Based Community Drive \(ABCD\) Initiatives](#) – May 18th, 2016

[Introduction to Research Methods](#) – May 19th 2016

[Introduction to Biostatistics](#) – May 20th, 2016

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



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

Markets & Food/Produce Swaps

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 27th May, 5:00pm at Heywood Apex Park

Portland Foodswap - 2nd Friday of month, 5pm-7pm, 13th May, Warratah Centre, 38 Warratah Cres, Portland

Nareen Produce Swap – Last Sunday of month, next swap Sunday 28th May, 10am to 11:30am, Nareen Hall

On Track Market – has moved venues until the end of August – now at the **Hamilton Harness Racing Club**, 21 Caldows Road, Hamilton - every second & fourth Sunday, next market is Sunday 22nd May, 9am-2pm

Informal Garden & Produce Swap Meet – Hamilton Pocket Garden (Corriedale Lane), held on the 2nd Saturday of each month.

The next one is Saturday 14th May @ 10am

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