

SGGPCP UPDATES:



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

GenR8 Change Ambassadors group had a fast paced workshop last Friday, where they developed the big ticket agenda items that they will drive to accelerate changes in Southern Grampians.

Five items were developed and Ambassadors are currently in teams to scope them further in readiness to share with the whole community.

There was a fantastic demonstration of positive leadership that will result in big changes across Southern Grampians.

For more information contact Clinton Thomas: E: Clinton.thomas@wdhs.net or 5551 8541  [Click here](#)



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

Mental Health First Aid

This course teaches first aid skills for adult members of the public to give initial help to adults experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

Thursday 23rd & 30th June 2016, 9:30am-4:30pm at South West TAFE, Hamilton Campus, 39 Hammond Street \$150 (inc GST) including morning and afternoon tea.

For further information/registration contact Barry Clarke P: 5560 3019 E: bclarke1@mifellowship.org or Alanna P: 5560 3014

For further information about Mental Health First Aid Australia, please visit website: www.mhra.com.au



Walk the Block

SGGPCP staff participated in 'Walk the Block', in cool, breezy conditions. It was a great opportunity to get away from our desks and onto our feet. Back to work with clear heads and feeling invigorated. Certainly a great way to maintain a happy, healthy workplace.



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.

Western Victoria PHN Stakeholder Information Session

As a valued stakeholder please join us to discuss the identified regional health priorities identified through our needs assessment process and our plan to work with health services, in the right place, at the right time.

Monday 30th May, 7pm for 7:30pm start to 9pm, Western Victoria PHN, Bayside City Plaza, 24-36 Fairy Street, Warrnambool

For more information please go to www.westvicphn.com.au

RSVP by Friday 27 May register [online](#), E: info@westvicphn.com.au or P: 5222 0800

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

For Staff and Community - All welcome

Wednesday June 1, 11am-2pm at Western District Health Service Auditorium, Hamilton

Aim: To improve the health and wellbeing of LGBTI people in our community through: education, information sharing, engagement and agreed actions. **To Register: Call Diana on 5551 8458**

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.

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

Upcoming Events

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

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

[Free 2016 Safety Promotion Injury Prevention Webinar](#) – 1st June 2016, 10:30am-11:30am

[Dementia & Recreation National Conference](#) – August 17th & 18th 2016, Caulfield North

[Sixth International Conference on Traffic and Transport Psychology \(ICTTP2016\)](#) – August 2nd to 5th 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 29 March to 1 July. Book by [clicking here](#) or call 13 20 50

Feldenkrais Method Workshop - "The Hip Workshop"

Saturday 18th June, 10:00 till 12:30 at HIRL "The Hip Workshop" cost \$40.

This workshop aims to provide practical information about the Feldenkrais Method interspersed with three movement lessons, aiming to improve balance, co-ordination and flexibility.

For bookings and more information contact Jenny Williams M:0428114804 E: feldenkraisinwarrnambool@gmail.com

Markets & Food/Produce Swaps

Merino Produce Swap – 10am-11am, Saturday 9th July, Merino Community Health Centre (second Saturday of month), (note June swap is cancelled because of the long weekend and Casterton Kelpie Muster)

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, 10th June, Warratah Centre, 38 Waratah 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 29th May, 9am-1pm

Informal Garden & Produce Swap Meet – Hamilton Pocket Garden (Corriedale Lane), held on the 2nd Saturday of each month. The next one is Saturday 11th June @ 10am

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