

### SGGPCP UPDATES:



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

The Western District Health Service has provided a fantastic example of how the community can rally together to make a change, 'making the healthy choice the easy choice', by removing the sale of sugary drinks.

Youtube link to video clip: [click here](#)

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



#### SEA Change Workshop – Water vs Sugary Drinks

The taste and availability of Portland's water and local consumption of sugary drinks was explored during a recent workshop. Deakin University health research fellow Andrew Brown facilitated the discussion with a number of Portland health and wellbeing advocates. The workshop built models that helped map out potential relationships between the taste of water and drinking of unhealthy sweetened and sugary drinks.

A further session building on the first workshop is expected in the next month or so.

The workshop was run as a part of the SEA Change Portland obesity prevention program. SEA Change stands for Sustainable Eating and Activity.

People interested in keeping up to date with the program can go to [www.facebook.com/PortlandSEACHange](http://www.facebook.com/PortlandSEACHange) and [www.seachangeportland.com.au](http://www.seachangeportland.com.au)

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

#### Join next phase of local action to prevent violence against women

Organisations as diverse as schools, councils, sporting clubs, faith groups and businesses are being encouraged to put their hand up to join the latest round of strategy planning for the prevention of violence against women and children in this region.

The Great South Coast Prevention of Violence Against Women Strategy is now embarking on a new phase of planning after completing its first action plan, with a planning workshop in Port Fairy on Friday, June 3. Register online to take part in this free event: [visit eventbrite.com.au](http://visit.eventbrite.com.au) and search for "GSC PVAW Strategy Workshop".

For more information call Ms Lee-Ack on 0401 282 522.

The workshop will provide the ideal opportunity to:

- Learn more about the issue of family violence and how your organisation can take action to prevent it;
- Find out about tools, resources and support for your organisation to take action;
- Hear about the evaluation of the strategy to date, including the programs and initiatives that have been successful;
- Connect with others in the region to take collective action and learn from the experience of others.

#### Managing COPD Professional Development Day – Warrnambool

Tuesday 7<sup>th</sup> June, 9:00am registration for 9:30am start till 4:00pm

ACE Lecture Theatre, Level 1 SWH, Warrnambool Base Hospital, Ryot Street, Warrnambool

Registration fee \$185, South West Health Care subsidised group \$100

Enquiries: Toinette Hutchins, South West Health Care, P: 5564 4208 – pager no. 823 [thutchins@swh.net.au](mailto:thutchins@swh.net.au)

Janet Williams, Lung Health Promotion Centre P: 9076 2382 M: 0412 531 914

Registration: [Managing COPD \(Warrnambool\)](#)



#### Asthma Workshop Professional Development Day - Hamilton

Wednesday 8<sup>th</sup> June, 9:15am registration for 9:30am start till 4:30pm,

Education Centre, Western District Health Service, 20 Foster Street, Hamilton

Registration fee \$185, Region four CNE group \$100

Enquiries: Chris McGennissen, Western District Health Service P: 555 18266 or 555 18343

Janet Williams, Lung Health Promotion Centre P: 9076 2382 M: 0412 531 914

Registration: [Asthma Workshop \(Hamilton\)](#)



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We actively encourage participants at our meetings to stand, move and/or stretch throughout the meeting to ensure sitting time is reduced.

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### NDIS Information Sessions

MI Fellowship are holding four NDIS information sessions relating to the NDIS and those with Mental Health Issues and their supports.

- Monday 6<sup>th</sup> June, Francis Hewitt Centre, 2 Roberts Street, Hamilton, 1pm to 2:30pm
- Monday 6<sup>th</sup> June, Portland Art Centre, 4 Glenelg Street, Portland, 7pm to 8:30pm
- Tuesday 7<sup>th</sup> June, Warrnambool City Memorial Bowls Club, 50-58 Cramer Street, Warrnambool, 10am to 11:30am
- Tuesday 7<sup>th</sup> June, Cooina Terang Inc, 35 Dow Street, Terang, 2pm to 3:30pm

Everyone welcome. Tea and coffee provided. RSVP Tracey P: 0417 777 016 or Betti P: 0418 659672 or office: 5560 3050

### 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 23<sup>rd</sup> & 30<sup>th</sup> 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](mailto:bclarke1@mifellowship.org) or Alanna P: 5560 3014

For further information about Mental Health First Aid Australia, please visit website: [www.mhra.com.au](http://www.mhra.com.au)

### 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](http://www.makeachange.org.au) with yummy food and good vibes promised!

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

Cost: Free (Valued \$125) For bookings contact customer service e: [marketplaceadmin@sthgrampians.vic.gov.au](mailto:marketplaceadmin@sthgrampians.vic.gov.au) P: 5573 0256



### Lesbian, Gay, Bisexual, Transgender and/or Intersex (LGBTI) Information Session

**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**

### Upcoming Events

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

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

[Sixth International Conference on Traffic and Transport Psychology \(ICTTP2016\)](#) – August 2<sup>nd</sup> to 5<sup>th</sup> 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



### Markets & Food/Produce Swaps

**Merino Produce Swap** – 10am-11am, Saturday 9<sup>th</sup> 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 27<sup>th</sup> May, 5:00pm at Heywood Apex Park

**Portland Foodswap** - 2nd Friday of month, 5pm-7pm, 10<sup>th</sup> June, Warratah Centre, 38 Waratah Cres, Portland

**Nareen Produce Swap** – Last Sunday of month, next swap Sunday 28<sup>th</sup> 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 29<sup>th</sup> May, 9am-1pm

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



### 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



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