


SGGPCP UPDATES:



GenR8 Change – making the healthy choice the easy choice



Ash Dunford from Charles Sturt University has been working closely with the GenR8 Change movement to evaluate the HILAC café against the Victorian Healthy Eating Advisory Service recommendations. Analysing current sales and stock data, it was revealed 81% of food and beverages sold at HILAC are categorised as 'red' foods that should be limited and only 7% of options were in the 'green' category as everyday foods. This week Ash presented his findings from the analysis and a community survey to Councillors, Council Members and staff from WDHS, SGGPCP & HILAC. The community is supportive of healthy change at the facility and some recommendations have been proposed to improve the health status of the café – making the healthier choice the easy choice! Following this presentation, guests enjoyed a sample of some fantastic healthy options recommended.

For more information contact Ebony Jenkins: E: Ebony.jenkins@wdhs.net P: 555 18475
or Clinton Thomas E: Clinton.thomas@wdhs.net or 5551 8541 [Click here](#) 

SEA Change



www.facebook.com/PortlandSEACHange and www.seachangeportland.com.au

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



Creating Thriving Tribes Workshop for Executives & Managers

South West Victoria Graeme Cowan Workshop – Building leadership resilience, engagement and performance
Wednesday 13th July 2016, 9:00am to 4:00pm at Lady Bay Resort, 2 Pertobe Road, Warrnambool
Attendance: Executive and Managers Cost: \$275 (GST inc)
Further information contact: Richard Zerbe, Mobile: 0448 505 885 Email: executiveofficer@communitysouthwest.com

The Road Home – a project to end homelessness locally

On any given night in Victoria over 20,000 men, women and children are homeless and don't have their own bed to sleep in. There is a steady increase in the often hidden places that people experiencing homelessness find themselves, such as sleeping temporarily with friends or families, in sheds, in overcrowded places and often in their cars. The Road Home aims to raise awareness of the plight of homelessness while providing essential items to those experiencing homeless. These products include things that we use daily but often take for granted such as women's hygiene products, soap and shampoo, deodorant and blankets. By asking the community to assist by donating these everyday items, a real difference is made to those experiencing homelessness in our community.

For further information visit the website: <http://www.theroadhome.net.au/> or contact Andrew Edgar, Regional Homelessness Networker on Mobile: 0418 522 800 or Email: aedgar@cah.vic.gov.au

Counselling Skills for the Accidental Counsellor

As a worker are you sometimes faced with propel in heightened emotional states or unexpectedly sharing personal problems, sounding off in anger or frustration, upset or distressed, tense or anxious or just desperate for a listening ear? Without training this can be a minefield and yet workers are faced with these situations every day. This workshop offers professional insight and practical skills to give you greater confidence in handling these situations with respect, wisdom, boundaries and grace. Friday 29th July 2016, 9:30am to 4:30pm at Deakin Warrnambool City Centre Civic Room, 165 Timor Street, Warrnambool. Cost: \$220. Enquiries and registration: Wendy Jones on 5561 8127 or wjones@mpower.org.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 29 March to 1 July. Book by [clicking here](#) or call 13 20 50

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

THE HEARING VOICES APPROACH – FREE TRAINING EVENT FOR PRACTITIONERS

This training is ideal for anyone working in the community services field or who may in their work or personal lives know someone who has experienced Hearing Voices, Visions, or other sensory experiences.

- Ararat Trade Training Centre – Tuesday 21st June 2016
- Portland TAFE - Wednesday 15th June 2016
- Hamilton TAFE - Thursday 16th June 2016

For further information or to register please contact: **Kelly Fletcher, Regional Coordinator – Hearing Voices**

📧 kellyf@wuc.org.au 📞 (03) 5362 4011 📠 0438275016



MI Fellowship

Gym Group

Finding it hard to get to the gym?

Join the social gym group! Supportive environment to exercise, have a coffee and a chat. Stay for as little or long as you like. Fitness instructors will be on site to create a personalised program if you would like to meet specific goals. Otherwise just come along and have fun during these winter months.

Wednesdays at 1:30pm at HILAC Gym, Hamilton Cost: \$5.50 per session

For expressions of interest contact Camilla (MI Fellowship) M: 0459 146 167 or Emily (Peer Facilitator) E: socialgym@gmail.com

Upcoming Events

[Youth Participation Practice Network \(YPPN\)](#) – 17 June, Warrnambool

Let's Nut it Out – hosted by Make a Change Australia – 19th June, Hamilton. Cost: Free (Valued \$125)

For bookings contact e: marketplaceadmin@sthgrampians.vic.gov.au P: 5573 0256

Mental Health First Aid – 23 & 30 June, 9:30am-4:30pm, Hamilton. Contact Barry Clarke P: 55603019 E: bclarke1@mifellowship.org or Alanna P: 5560 3014. Further information about Mental Health First Aid Australia, please visit website: www.mhfa.com.au

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

[Sixth International Conference on Traffic and Transport Psychology \(ICTTP2016\)](#) – August 2nd to 5th 2016

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 24th June, 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 26th June, 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 12th June, 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

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



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