

SGGPCP UPDATES:

Glenelg SAVES – Final Report and Short Film Premiere



Glenelg SAVES have held the 'Final Report' launch and Short Film Premiere – a fantastic celebration of this three year project, which has been a partnership between Glenelg Shire Council, Federation University and Southern Grampians Glenelg Primary Care Partnership. The short film can be viewed at <https://vimeo.com/167996900> and the Final Report and Executive Report (a concise summary) can be viewed at http://sggpcp.com/?page_id=386. If you would like a hard copy of the Executive Summary, please contact Penny Fraser, E: penny.fraser@wdhs.net



GenR8 Change – making the healthy choice the easy choice

The Great South Coast (GSC) Board has endorsed the "GSC Change - making the healthy choice the easy choice" project as a priority project for the Great South Coast.

For more information about GenR8 Change, contact Ebony Jenkins: E: Ebony.jenkins@wdhs.net P: 555 18475 or Clinton Thomas E: Clinton.thomas@wdhs.net or 5551 8541



SEA Change



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

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



Group discussion on Dementia

How can our community support dementia related changes in behavior and become a dementia friendly community?

Thursday 7th July, 2:00pm to 3:30pm, WDHS Education Centre, Kitchener Street, Hamilton

RSVP: Friday 1st July 2016 – Diana Dixon, P: 5551 8458 or Diana.dixon@wdhs.net



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

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

Stakeholders's Meeting – Services for Adults with Eating Disorders

- Great South Coast Region – Thursday 7 July, 3pm – 4:30pm, South West Healthcare, Warrnambool
Thursday 7 July, 6pm – 7:30pm, South West Healthcare, Warrnambool
South West Healthcare will be hosting staff from the Royal Melbourne Hospital Eating Disorders Specialist Services to meet with regional stakeholders involved in the care of adults with eating disorders living in the South West Coast Region of Victoria.
- Corangamite Shire – Tuesday 19 July, 3pm – 5pm, Camperdown Community Centre, Camperdown
This meeting of stakeholders in the Corangamite Shire, facilitated by CEED, aims to identify and build on existing eating disorders and pathways to care and care coordination.

Registration link: <http://www.trybooking.com/BXKG>

Enquiries: Belinda Horton, CEED, E: Belinda.horton@mh.org.au, T: (03) 8387 2674

Administrative enquiries: Amira Campana, E: amira.campana@mh.org.au T: (03) 8387 2673

Upcoming Events

The Hearing Voices Approach – Free training event for practitioners

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

Contact: **Kelly Fletcher**, Regional Coordinator – Hearing Voices kellyf@wuc.org.au ☎ (03) 5362 4011 📠 0438275016

[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

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),

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, 8th July, 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 26th 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 9th July @ 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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