

### Action For Recovery Course (ARC) – Portland

Portland District Health is providing an opportunity for workers, volunteers and the general community to access training to support families of people with drug and alcohol issues. The Action For Recovery Course (ARC) will be offered in Portland on Monday 2<sup>nd</sup> & Tuesday 3<sup>rd</sup> August. The sessions are from 6-9pm and the training is free. Supper will be provided and the venue will be confirmed in the near future.

The Course is open to all in the community, especially family and friends of those who are on their recovery from misuse of alcohol and other drugs.

Please register your expression of interest to ensure your place.

Contact: Wendy Howe, AOD Family Support Project Officer, Portland District Health,  
Mobile: 0417 742 662 Email: [wendy.howe50@outlook.com](mailto:wendy.howe50@outlook.com)

### You're Enough – underage alcohol message revealed

Concerns at the level of underage alcohol use were confirmed with the findings of the '2014 Glenelg Shire Communities That Care' youth survey which found significant levels of drinking among Year 6 and Year 8 students.

The campaign has engaged young people as creative partners, with local young people currently developing their own characters and artwork, ensuring that the campaign will continue to grow and evolve.



For further information on this project contact Rowena Wylie,  
E: [Rowena.wylie@wdhs.net](mailto:Rowena.wylie@wdhs.net) M: 0419143 652

### Your Say Glenelg



[Your Say Glenelg](#) is the Glenelg Shire Councils online community engagement hub where you can provide real input and direction into the projects and initiatives affecting the future of the Glenelg Shire. For us to provide a successful service to our community, we need input and direction from you. To participate, all you need to do is [register](#). This is important because as a registered member you will have access to the full experience of our online engagement hub and the range of feedback tools offered. You will also receive updates informing you of activities related to your areas of interest. Most importantly, we can respond to your individual questions and comments directly and update you on topics that you're interested in.

This is what makes [Your Say Glenelg](#) a true engagement hub. Register today and help us improve the Glenelg Shire now and into the future.

To see a list of all current projects on Your Say Glenelg [click here](#).

### Regional Diversity in Action - Hamilton



Same sex attracted, intersex and gender diverse young people – inclusive practice, best practice  
Hamilton – 26<sup>th</sup> July 2016, 9:30am to 4pm, Hamilton Base Hospital Auditorium, Entry via Kitchener Street  
This is a free event and lunch is provided. To register [click here](#)  
For more information call Jami Jones (03) 9479 8870

### Community attitudes towards suicide in the Great South Coast - short survey

If you live in the Great South Coast region, and you are aged 18 years or over, please take part in this short survey to inform local suicide prevention research by Deakin University, in collaboration from Lifeline, South West.

It's a really short survey - please take 5 mins to participate ..... [Click here](#)

For more information contact Lifeline on P 03 5559 0505 M 0408 334 112

### Families and Recovery Conference – South West Healthcare

22st & 22<sup>nd</sup> July 2016, 9:00am to 4:00pm at Warrnambool Community Health Seminar Room, Warrnambool  
Cost: \$80 For further details and registration contact Rochelle Hine E: [rhine@swh.net.au](mailto:rhine@swh.net.au) P: 03 5561 9100

### Warrnambool City Council – Art of Volunteering

Free adult art workshops for volunteers and carers.

- Sunday 17<sup>th</sup> July 10:30am to 12:30pm (Gouache/Acrylics)
- Sunday 17<sup>th</sup> July 2:00pm to 4:00pm (Cardboard Relief Sculptures)

Limited spaces – bookings essential, contact: Ella Webb – 0401 877 365, Pavilion Café and Bar / La Bella Room, Warrnambool



### Creating Thriving Tribes Workshop for Executives & Managers

South West Victoria Graeme Cowan Workshop – Building leadership resilience, engagement and performance

Wednesday 13<sup>th</sup> July 2016, 9:00am to 4:00pm at Lady Bay Resort, 2 Pertobe Road, Warrnambool Cost: \$275 (GST inc)

Further information contact: Richard Zerbe, Mobile: 0448 505 885 Email: [executiveofficer@communitysouthwest.com](mailto: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 29<sup>th</sup> 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](mailto:wjones@mpower.org.au)



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

For more information about GenR8 Change, contact Ebony Jenkins: E: [Ebony.jenkins@wdhs.net](mailto:Ebony.jenkins@wdhs.net) P: 555 18475

or Clinton Thomas E: [Clinton.thomas@wdhs.net](mailto:Clinton.thomas@wdhs.net) or 5551 8541

[Click here](#) 

### SEA Change

Portland YMCA's Vacation Care Program includes healthy eating and physical activity in it's regular programming. One activity is the preparation and cooking of a healthy lunch. The advantage of having the children prepare a dish is endless such as learning cooking skills, understanding that cooking a meal is not so simple. It is important for children to appreciate the effort that is put in by parents to ensure their children are given a healthy balanced meal.

As well as healthy cooking, the children enjoyed the YMCA's pool party and the 'Come-and-try gymnastics'. Our scavenger hunt was great fun, with the children excited to find items that occurred naturally in the environment.

It's a great program, incorporating science, nature, sport, craft, cooking and social interaction.

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

### Markets & Food/Produce Swaps

**Merino Produce Swap** – 10am-11am, Saturday 9<sup>th</sup> July, Merino Community Health Centre (second Saturday of month),

**Heywood Food Swap** – Last Friday of month, next swap Friday 29<sup>th</sup> July, 5:00pm at Heywood Apex Park

**Portland Foodswap** - 2nd Friday of month, 5pm-7pm, 8<sup>th</sup> July, Warratah Centre, 38 Waratah Cres, Portland

**Nareen Produce Swap** – Last Sunday of month, next swap Sunday 31<sup>st</sup> July, 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 10<sup>th</sup> July, 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 9<sup>th</sup> July @ 10am

**Friends of the Community Market (Sandford):** Sunday 10<sup>th</sup> July, 9am to 1pm, at Sandford Football Netball Ground

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



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](mailto:robyn.holcombe@wdhs.net)