

SGGPCP Updates

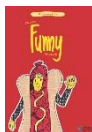
You're Enough – underage alcohol message revealed



A covert operation to reduce underage alcohol use has now been revealed. Posters featuring three brightly-coloured characters, Quirky, Daring and Funny, have been appearing in Portland, Heywood and Casterton over recent weeks, sparking curiosity as to their origins.



The campaign sends a positive message to young people under 18 to believe in themselves – You're Enough to have fun and fun to be around without drinking. The other tagline 'Not drinking is fine' challenges a community culture of alcohol being part of every event, celebration and commiseration.



The campaign was developed by the PCP, Glenelg Shire Council, Victoria Police, Portland District Health, the Glenelg Southern Grampians LLEN and Glenelg Beyond the Bell. We worked with RMIT University students to develop a new message supported by a playful and vibrant set of artworks.



For further information contact Rowena Wylie, M: 0419 143 652, E: Rowena.wylie@wdhs.net

VicHealth – Bright Futures for Young Victorians Challenge Grants

VicHealth's Bright Futures for Young Victorians Challenge grants will provide funding for projects which promote community and young people's (12–25 years old) resilience, social connection and mental wellbeing.

For further details [click here](#)



Port Fairy Women's Weekend, Saturday 27th & 28th August

The Women's Weekend aims to build the skills and confidence of women in order to participate more fully in further education or employment, while enjoying a really fun bunch of activities in a safe and supportive environment. It is subsidised by the Department of Education and Training. In the past MI Fellowship and South West Carers Respite Network have covered the registration fees for a number of their clients.

The details and program are available on website: www.portfairycommunityhouse.com.au



Mental Health Week, 9th – 15th October 2016



The aims of Mental Health Week are to **activate**, **educate** and **engage** Victorians around mental health and related issues through the organisation of a variety of events and activities.

The Mental Health Week Grant is to assist local mental health week event committees, registered organisations and groups with financial assistance to conduct events and activities that will increase the communities awareness of mental health issues, promote social connectedness, participation and social and emotional wellbeing that would not otherwise be possible. All community groups and organisations are welcome to apply.

For a copy of the guidelines and application form contact Barry Clarke on 55603019 E: bclarke1@mifellowship.org

Regional Diversity in Action - Hamilton



Same sex attracted, intersex and gender diverse young people – inclusive practice, best practice
Hamilton – 26th 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

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 1st & Tuesday 2nd 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, M: 0417 742 662 E: wendy.howe50@outlook.com

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



GenR8 Change – making the healthy choice the easy choice



On Saturday July 9th a passionate group of Southern Grampians Family Day Care Educators joined the GenR8 Change movement and worked together to develop action towards sustainable change that will make the healthier choice the easier choice for children in Family Day Care. This workshop process was very beneficial, with four actions for change now set under the key themes of increasing physical activity and empowering parents. A core group of educators has been formed to work together towards these goals.

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 [Click here](#) 



SEA Change

SEA Change continues to make significant changes in the Portland community. Portland South Primary School in partnership with Daly's IGA supermarket, have developed a 'how to read food label cards' based on the 'traffic light system' of food labelling. The cards, which indicate which foods fall into the healthiest or 'green' category, according to their sugar, fat and salt content per 100gms are modelled on a resource developed by the Obesity Prevention Coalition of Australia and VACCHO and can be found attached to food aisles in the supermarket.

School principal Vicki Fisher said the school had been working to help children and families understand what constitutes a healthy lunchbox. The school joined SEA Change in 2015 to engage parents and the school community to develop a healthy eating program. Other activities have included establishing a vegetable garden, a healthy eating tips cookbook and introduction of healthy foods in the canteen.

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

Upcoming Events

Families and Recovery Conference – South West Healthcare - 22st & 22nd July 2016, Warrnambool, Cost: \$80
For further details and registration contact Rochelle Hine E: rhine@swh.net.au P: 03 5561 9100

Counselling Skills for the Accidental Counsellor - 29th July 2016, 9:30am to 4:30pm, Warrnambool. Cost: \$220. Enquiries and registration: Wendy Jones on 5561 8127 or wjones@mpower.org.au

Healthy Change and Innovation Beyond 2016 – August 26th, Warrnambool

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 20th August, Merino Community Health Centre (second Saturday of month),

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

Portland Foodswap - 14th October, 5pm-7pm, Warratah Centre, 38 Waratah Cres, Portland

Nareen Produce Swap – Last Sunday of month, next swap Sunday 31st 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 Caldwells Road, Hamilton - every second & fourth Sunday, next market is Sunday 24th July, 9am-1pm

Informal Garden & Produce Swap Meet – Hamilton Pocket Garden (Corriedale Lane), 2nd Saturday of month. Saturday 11th 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



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