

Rural Financial Counselling Service Victoria – Wimmera South West Inc.



Assistance is now available for small business.

Support and information can be provided in the following areas:

- Business Financial Health Checks
- Business Decision Making
- Centrelink Income Assistance

A community operated confidential support service for small business.

Contact: Sherryn Jennings, Small Business Financial Counsellor M: 0455 333 577 E: sherryn.jennings@swrcs.com.au

FEEDYOURINSTINCT

Are you concerned your child or teenager is developing a problem with eating, weight or body image?

Feed Your Instinct (FYI) is an interactive tool designed to support parents of children and young people experiencing different types of eating and/or body image problems.

FYI is an initiative of The Victorian Centre of Excellence in Eating Disorders, and is supported by the Victorian Government.

For further details [click here](#)



MS Art Exhibition 2016



Art with heart – MS Art Exhibition opens on Monday 8 August

The MS Art Exhibition is on again this August! More than 120 unique and inspiring pieces created by the amazing artists, who participate in our MS Social Support Day Program, will be on display and available for purchase.

Open: Weekdays Monday 8 August to Friday 19 August, 9am to 5pm

Where: The Nerve Centre, 54 Railway Road, Blackburn

[View the artworks](#) and learn more about the [MS Social Support Day Program](#)

Office of the Public Advocate – with Allan Elliott

Wednesday 3rd August, 10am to 12noon at Western District Health Service, Education Centre, Kitchener St, Hamilton

- This session will provide an overview of the role, function and services of the Office of the Public Advocate
- The role of the Victorian Civil and Administrative Tribunal in the appointment of guardians and administrators, reviewing the operations of powers of attorney and special procedures
- The requirements for the creating of powers of attorney in Victoria.

Who should attend: Allied Health Staff, Medical Staff, Nursing Staff, Community members

To register or for further details contact Patricia Cox, Social worker, Western District Health Service E: patricia.cox@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](#)



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.

Application forms must be received by MI Fellowship by 20th August 2016.

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

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



Are you interested in READING??? Do you love BOOKS????

You are invited to be part of the reading push that is growing greater readers in the Southern Grampians Region an exciting initiative of Beyond the Bell.

Please come along to our event to explore ways that we can promote reading in our community. Bring a friend!

Wednesday 3rd August, 1pm, conference room SW TAFE, 200 Ballarat Road, Hamilton

RSVP to Marg by 29/7/2016 for catering purposes M: 0490290304 E: margm@gsgllen.org.au

Suicide – Taking on the Last Taboo - Join the Ripple Effect

In a typical year, 2500 Australian will die by suicide. Too many of these are from the farming community. For every suicide and attempted suicide, a ripple effect impacts friends, family, colleagues and entire communities.

The Ripple Effect Project is an opportunity to talk, to share, to listen, to help, to watch and to learn.

Contact Alison on (03) 5551 8587, E: Alison.kennedy@wdhs.net for more information or log on to:

www.therippleeffect.com.au



GenR8 Change – making the healthy choice the easy choice

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

[Facebook Link](#)

[Website Link](#)

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

Upcoming Events

- **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
- **Action for Recovery Course (ARC)** - 1st & 2nd August, Portland, Contact: Wendy Howe, AOD Family Support Project Officer, Portland District Health, M: 0417 742 662 E: wendy.howe50@outlook.com
- **Healthy Change and Innovation Beyond 2016** – August 26th, Warrnambool
- **Dementia & Recreation National Conference** – August 17th & 18th 2016, Caulfield North
- **Port Fairy Women's Weekend** – 27th & 28th August Program available: www.portfairycommunityhouse.com.au
- **Sixth International Conference on Traffic and Transport Psychology (ICTTP2016)** – August 2nd to 5th 2016
- **Understanding & Managing High Conflict Personalities** – 30th August, Colac. Contact Natalie Hrabar M: 0499 800 035 E: nhrabar@ozchild.org.au

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 Caldows 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 Sat of month. Sat 13th Aug @ 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