

SGGPCP Updates

Social Network Analysis Workshop



SGGPCP together with RMIT University facilitated a workshop last week on the theory and practice of Social Network Analysis. Social Network Analysis is based on complex mathematical methodology and the workshop was designed to unpack some of the theory used in SNA as well as some practical applications. Conducted as part of the Enhancing Networks For Resilience (EN4R) Project, workshop participants were able to take time to consider and map their perceptions of the SGGPCP network and review some of the preliminary social network maps developed as part of the EN4R project. The project is developing a short paper outlining the basics of SNA and the applications to



disaster resilience (available soon on the SGGPCP website) as well as a comprehensive report which will be completed end August.

Updates on EN4R here <http://sggpcp.com/projects/enhancing-networks-for-resilience/> Further information Joanne.brown@wdhs.net



GenR8 Change – making the healthy choice the easy choice



This week Tarrington Lutheran School joined the GenR8 Change movement and worked to develop action towards sustainable change that will make the healthier choice the easier choice within the school environment. This workshoping process was very beneficial, with actions now set under the key themes of food policy, active transport, home education and class education. We look forward to seeing sustainable change evolve within the school community!

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

Portland people 'put up their hands' to become SEA Change ambassadors at workshops held last week.

Steve Allender from Deakin University's Collaborating Centre for Obesity Prevention presented findings from the recent weighing and measuring of grades two, four and six children.

Approximately seventy-five people from schools, organisations and community attended the series of workshops aimed at accelerating SEA Change action and broadening the networks involved in making Portland and easy place to eat healthy food and be physically active.



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



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

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

Improving Outcomes for Women and Girls

Join the community consultation in Warrnambool, Friday August 5th 9:00-11:00am at the Lighthouse Theatre. Some discussions will include:

- Increasing the number of women in leadership and economic contribution of women through equal pay
- Enhancing flexible working hour and access to childcare
- Increasing women and girls participation in sport and recreation

For more information or to register email genderequality@dpc.vic.gov.au or PH: (03) 9637 3344

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

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

Are you Right Mate? Mens Night

Wednesday 31st August from 6pm at Lismore Football Club Social Rooms

- Come together for a social evening. Enjoy a free meal and hear from fantastic guest speaker Robert 'Dipper' Dipierdomenico

For further information and bookings, Lismore Community Health Centre, PH 5558 3000



Upcoming Events

- **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
- **Sixth International Conference on Traffic and Transport Psychology (ICTTP2016)** – August 2nd to 5th 2016
- **Dementia & Recreation National Conference** – August 17th & 18th 2016, Caulfield North
- **Healthy Change and Innovation Beyond 2016** – August 26th, Warrnambool
- **Port Fairy Women's Weekend** – 27th & 28th August Program available: www.portfairycommunityhouse.com.au
- **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 14th August, 9am-1pm

Informal Garden & Produce Swap Meet – Hamilton Pocket Garden (Corriedale Lane), 2nd Sat of month. Sat 13th Aug @ 10am

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