

Leadership Great South Coast



2017 Applications for Great South Coast Leadership positions are NOW OPEN with over 28k worth of scholarships available.

Are you ready to take the next step? be warned ... "This is not a standard leadership program. It's a community leadership experience and it's available to those who are ready to rise to the challenge." Corrinne Armour, LGSC Lead Facilitator



Applications Close 24/09/2016 - For more information visit <http://www.leadershipgreatsouthcoast.org.au/> or call 0408 627 066




GenR8 Change – making the healthy choice the easy choice



One of the actions arising from GenR8 Change community workshops late in 2015 was a **Health and Wellbeing Expo** for the Southern Grampians community. Since then, a committee has formed and planned what looks like a fantastic expo for **Sunday 25th September 2015 at HILAC**. Medical practitioners, specialists, allied health, fitness professionals, food experts, mental health professionals, spiritual practitioners, primary health organisations and retailers will all come together to promote the fabulous health and wellbeing opportunities within our community.

For more information, or to become a stall holder contact; beingwellhamilton@gmail.com or PH Caroline Avila, 5572 5955

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



Last fortnight, approximately seventy-five people from schools, organisations and community attended a 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. In the coming weeks, additional workshops will be held to further engage potential SEA Change Ambassadors and the broader community.

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

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

Royal Melbourne Hospital Eating Disorders Specialist Service

Information session for AMHS Eating Disorders Coordinators, mental health clinicians, community health services, private practitioners, GP's, Dieticians, nurses and school staff to:

- Build awareness of local eating disorders services and their relationships with Royal Melbourne Hospital
- Explore different service types for people with eating disorders



Thursday 8th September, 6:00-7:00pm in the Seminar Room Community Health Building Koroit St Warrnambool. To Register, visit <http://www.trybooking.com/BXKG>

Mental Health First Aid Training

FREE 2 Day Face-to-Face course teaching adults how to assist others who are experiencing a mental health problem. Places are limited and will fill fast!

Friday 18th & 25th November – Manifold Place Camperdown

Monday 5th & 12th December – Cobden District Health Service

More dates also available for early 2017. To RSVP or for more information contact Brianna on 5593 6000.

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. Submissions close 11th August 2016.



For further details [click here](#)

Working With Individuals Who Have Self-Destructive Behaviour



Safe in Oz is presenting a 2 day workshop 'An Introduction To Working With Individuals Who Have Self-Destructive Behaviour' in Shepparton, 22nd-23rd August 2016. Participants will gain insight into the headspace of a person who participates in self-destructive behaviour/s to better understand their 'real' world and life experiences.

For more information: <http://www.safeinoz.com.au/pdfs/Shepparton%20Flyer.pdf>

Conflict and Complicated Relationships Training

Training for legal, workplace, health, community and education practitioners on managing high-conflict disputes run by Megan Hunter, MBA. "I learnt how to assist people to solve their own problems rather than be pressured to fix it myself" – participant.

Tuesday 30th August 2016 at COPACC ,95 - 97 Gellibrand St, Colac. COST: \$60

To Register: nhrabar@ozchild.org.au

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

- [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 26th August, 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 28th August, 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

