

2016 Mental Health Week Grants

South West Mental Health Week Grant Consultative committee are now welcoming applications for 2016 Mental Health Week Grant. These grants offer financial assistance to conduct events and activities that will increase the community's awareness of mental health issues, promote social connectedness, participation and social and emotional wellbeing that would not otherwise be possible. Mental Health week 2016 is 9th-15th October. All community groups and organisations are welcome to apply.



MI Fellowship

For an application form please contact Barry Clarke, MI Fellowship PH: 03 5560 3019 or E: bclarke1@mifellowship.org. Applications close STRICTLY Saturday 20th August

WRAD Action For Recovery course – NEW DATES

Do you have someone in your life with problematic drug and/or alcohol issues? The Western Region Alcohol and Drug Centre Inc have a program for family and friends. It is both educational and challenging, providing participants with knowledge and skills to better understand the complexities of addiction.

Where: Glenelg Shire Office, Cliff St Portland

When: 12th & 13th September 2016, 5:45-9pm

Bookings: PH: 9573 1761 or E: fdh@sharc.org.au



SEA Change Portland

The first of two ambassador workshops has taken place this week, providing a good foundation for the next workshop where ambassadors will develop actions moving forward.



The SEA Change Community Workshops are happening this Wednesday 17th August. Come along and be a part of this exciting movement to develop the healthy change YOU want to see in Portland!

There are two workshops available, 9am-12pm or 5pm-8pm (dinner included) at the Portland Football Netball Club. To RSVP, or for further details contact Clinton Thomas, E: Clinton.thomas@wdhs.net or 5551 8541

[Facebook Link](#)



[Website Link](#)

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



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](#)

Leadership Great South Coast



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

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



Royal Melbourne Hospital Eating Disorders Specialist Service

Information session for AMHS Eating Disorders Coordinators, mental health clinicians, community health services, private practitioners, GP's, Dietitians, 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>



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



Mental Health First Aid Training

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! Cost is \$30 pp.

- Tuesday 6th September 8:45am - 4pm & Wednesday 7th September, 9am – 4pm

To Register please contact Wayne Heweston on 5535 8700, for more information visit, [Mental Health First Aid Course - Lake Bolac Bush Nursing Centre](#)

Technology Savvy Seniors

Know an older person who wants to start embracing the growing world of technology but doesn't know where to start?

FREE hands-on technology training is available at all Glenelg Shire Libraries, with the following upcoming sessions scheduled for the Portland library;

- Saturday 27th August 10am-12pm, 'Social media & sharing photos'
- Wednesday 14th September 4-6pm, 'Smartphones'

More sessions also scheduled for Heywood and Casterton libraries. To find out additional session times or to make a booking, PH: 5522 2265



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>

Port Fairy Women's Weekend, 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.

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



Upcoming Events

- [Dementia & Recreation National Conference](#) – August 17th & 18th 2016, Caulfield North
- [Healthy Change and Innovation Beyond 2016](#) – August 26th, Warrnambool
- [Are you right mate?](#) Mens Night featuring 'Dipper' Dipierdomenico: 31st August, Lismore Football Club Social Rooms, for bookings PH 5558 3000
- [Understanding & Managing High Conflict Personalities](#) – 30th August, Colac. Contact Natalie Hrabar M: 0499 800 035 E: nhrabar@ozchild.org.au
- [Carers Week Celebrations](#) – 20th October, City Memorial Bowls Club Warrnambool, PH 1800 052 222
- [Understanding & Managing High Conflict Personalities](#) – 30th August, Colac.

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

