



SGGPCP Updates:

Farewell Penny – Penny Fraser has accepted one of the new positions funded from the NHMRC Grant for Obesity Prevention in the Great South Coast, with Deakin University. Penny has been with SGGPCP for seven years, commencing as Office Coordinator before moving into Project Officer work on Telehealth and Glenelg SAVES. Although we are farewelling Penny from SGGPCP we will continue working with Penny in her new role which is to support communities to undertake a systems approach to obesity prevention.



Welcome back Claire – Claire Nailon has returned to work from maternity leave. Claire will be continuing her Project Officer work on Integrated Disease Management, she is available Monday 10am – 2pm, Wednesday 8am – 430pm, Thursday 10am – 2pm, Email: Claire.nailon@wdhs.net

Enhancing Networks for Resilience



An introductory paper outlining the key concepts and definitions of Social Network Analysis (SNA) and its relationship to inter-organisational collaboration, disaster resilience and climate change adaptation has been published as part of the Enhancing Networks For Resilience Project. *Social Networks and Disaster Resilience: an introduction* recognises the complexity of SNA and breaks down the concepts to enable end users of SNA research better understand the methodology. Four case studies are also presented that illustrate the use of SNA in a variety of community resilience contexts. The paper will be available on our website, Enhancing Networks for Resilience page next week.

For further information contact joanne.brown@wdhs.net



GenR8 Change – making the healthy choice the easy choice



Last week over 100 primary and secondary school students from across the Southern Grampians participated in the Crazy Ideas College, formulating crazy ideas to improve the community we live in. GenR8 Change pitched a challenge to the students to formulate ideas to make the healthier choice the easier choice for our community. Some fantastic ideas were generated and our community is encouraged to check out the full list of crazy ideas, comment and vote on them here; <http://oursay.org/sthgrampians/crazyideas2016>.

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 Facebook: [Click here](#)



SEA Change Portland

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](#)



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: <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, 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>



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

Free Standard Mental Health First Aid Course – Heywood (12 hours)

This course teaches first aid skills for adult members of the public to give initial help to adults experiencing mental health problems, in a mental health crisis situation or in the early stages of a mental illness

Tuesday 11, 18 and 25 October, 10:00am-2:30pm (**registration essential as numbers are strictly limited**)

If you are interested in attending contact Robyn Holcombe, SGGPCP E: robyn.holcombe@wdhs.net P: 03 555 18471

Lake Bolac Bush Nursing Centre - Two 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 contact Wayne Heweston on 5535 8700, for more information: [Click here](#)

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.

12th & 13th September 2016, 5:45-9pm, Glenelg Shire Office, Cliff St Portland, Bookings: PH: 9573 1761 or E: fdh@sharc.org.au



Barwon South West Homelessness Network (BWSHN)

The BSW Family Law Pathways Network and the BSW Homelessness Network invite you to attend information sharing sessions about local services.

- **Warrnambool** – Wednesday 31st August, 9:30am-1:30am at Archie Graham Room, 118-130 Timor Street
- **Hamilton** – Tuesday 6th September, 1:30am-3:30pm, Frances Hewett Centre, 2 Roberts Street
- **Portland** – Tuesday 13th September, 1:30am-3:30pm, Portland Child & Family Complex, 94 Julia Street

The sessions are free with a light morning/afternoon tea provided. RSVP for catering purposes to Natalie Hrabar on 1300 361 680 or email: www.VicPathwaysBarwonSouthWest2ozchild.org.au

Upcoming Events

- **Healthy Change and Innovation Beyond 2016** – August 26th, Warrnambool
- **Understanding & Managing High Conflict Personalities** – 30th August, Colac
- **Understanding & Managing High Conflict Personalities** – 30 August, Colac. Contact Natalie M: 0499 800 035 E: nhrabar@ozchild.org.au
- **Are you right mate?** Men's Night featuring 'Dipper' Dipierdomenico: 31 August, Lismore Football Club Social Rooms, P: 5558 3000
- **Carers Week Celebrations** – 20th October, City Memorial Bowls Club Warrnambool, PH 1800 052 22
- **ASIST Training** – Warrnambool 6th -7th September at Warrnambool Football Club, Contact: P: 5559 0555 E: megan@lifelinewv.org.au
- **Disability Carers, families and the system** – Hamilton commencing 28th October, contact Mpower Inc P: 5561 8111



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 28th August, 9am-1pm

Informal Garden & Produce Swap Meet – Hamilton Pocket Garden (Corriedale Lane), 2nd Sat of month. Sat 10th Sept @ 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, Clinton Thomas, Claire Nailon, Ebony Jenkins

Office Coordinator: Robyn Holcombe W: www.sggpcp.com T: (03) 555 18471



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