

### SGGPCP Updates:

#### Crazy Ideas Pitch Day

Early in August GenR8 Change was involved in the Crazy Ideas forum, where over 100 local young people came together to come up with some crazy ideas for positive change within our community. Many of these ideas revolved around improving the health and well-being of our community which is GREAT!

You can view all the ideas here, [www.oursay.org/sthgrampians/crazyideas2016](http://www.oursay.org/sthgrampians/crazyideas2016).

Vote for your favourites and provide some feedback that will assist the students to further develop their ideas!

Interested in hearing what our young people have to say? Come to the Crazy Ideas Pitch Event, Friday 9 September 2016, 12.30-2.00pm, Hamilton Performing Arts Centre to hear more.

For more information contact Ebony Jenkins: E: [Ebony.jenkins@wdhs.net](mailto:Ebony.jenkins@wdhs.net) P: 555 18475



#### September Dementia Workshops

During the month of September WDHS are pleased to offer the following community events focusing on Dementia.

Thursday 1<sup>st</sup> Sept – Residential Care at WDHS, Community Forum, 1pm at WDHS Education Centre

Tuesday 6<sup>th</sup> Sept – Introduction to Dementia, Community Workshop, 10am at WDHS Education Centre

Monday 12<sup>th</sup> Sept – Dementia Friendly Communities, Community Workshop, 11:30am at Frances Hewett Community Centre

Thursday 15<sup>th</sup> Sept – Coping with changes in behavior, Community Workshop, 2pm at Frances Hewett Community Centre

Saturday 24<sup>th</sup> Sept – Memory Walk at Parkrun Hamilton, 8am at Lakes Edge Adventure Playground

Workshops are open to all community members. 20 places per workshop available. Contact Diana Dixon for further information or to secure your place today. [Diana.dixon@wdhs.net](mailto:Diana.dixon@wdhs.net) or (03) 55518458

#### Know your AOD lingo

Slang, street names and different cultural names are often used by clients to describe drugs. This can be confusing for AOD workers as one drug can have many different names depending on the client.

To help make sense of the many different specialized terms you will encounter in your work, we have developed an article on the different aspects of terminology specific to the AOD sector.

[Read and download the AOD Sector Terminology article](#)



#### ACRRM Telehealth Provider Directory

The Australian College of Rural and Remote Medicine provides a comprehensive overview of Telehealth Guidelines and a Telehealth Provider Directory listing more than 1,000 telehealth providers across Australia.

Follow the link to find out more: <http://www.ehealth.acrrm.org.au/>

#### 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](mailto: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 6<sup>th</sup> September 8:45am - 4pm & Wednesday 7<sup>th</sup> September, 9am – 4pm

To Register contact Wayne Heweston on 5535 8700, for more information: [Click here](#)

### ADMA 2016 Conference & Workshop - 12<sup>th</sup> Annual National Chronic Disease Management Conference

Person centered healthcare: achievement and challenges  
20<sup>th</sup> to 21<sup>st</sup> October 2016, Melbourne Conference and Exhibition Centre  
[Click here](#) for further details

### 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 8<sup>th</sup> September, 6:00-7:00pm in the Seminar Room Community Health Building Koroit St Warrnambool.

To register, visit <http://www.trybooking.com/BXKG>



### 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.



12<sup>th</sup> & 13<sup>th</sup> September 2016, 5:45-9pm, Glenelg Shire Office, Cliff St Portland, Bookings: PH: 9573 1761 or E: [fdh@sharc.org.au](mailto: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.

- **Hamilton** – Tuesday 6<sup>th</sup> September, 1:30am-3:30pm, Frances Hewett Centre, 2 Roberts Street
- **Portland** – Tuesday 13<sup>th</sup> 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: Natalie Hrabar on 1300 361 680

### Survey on learning needs for staff working with vulnerable children

Australian Healthcare and Hospitals Association (AHHA) in conjunction with DHHW has developed a short survey aimed at staff working with vulnerable children and their parents. For more information [Click here](#)

### Upcoming Events

- **Carers Week Celebrations** – 20<sup>th</sup> October, City Memorial Bowls Club Warrnambool, PH 1800 052 22
- **ASIST Training** – Warrnambool 6<sup>th</sup> -7<sup>th</sup> September at Warrnambool Football Club, Contact: P: 5559 0555 E: [megan@lifelinewv.org.au](mailto:megan@lifelinewv.org.au)
- **2016 Power to the People Conference** – Sept 14-15, Melbourne, E: [jhennessy@mav.asn.au](mailto:jhennessy@mav.asn.au) or Peter Kenyon M: 0417 183719
- **Disability Carers, families and the system** – Hamilton commencing 28<sup>th</sup> October, contact Mpower Inc P: 5561 8111

### Markets & Food/Produce Swaps

**Merino Produce Swap** – 10am-11am, Saturday 10<sup>th</sup> Sept, Merino Community Health Centre (second Saturday of month)

**Heywood Food Swap** – Last Friday of month, next swap Friday 30<sup>th</sup> September, 5:00pm at Heywood Apex Park

**Nareen Produce Swap** – Last Sunday of month, next swap Sunday 25<sup>th</sup> September, 10am to 11:30am, Nareen Hall

**On Track Market** - Hamilton Harness Racing Club, 21 Caldows Road, Hamilton - every second & fourth Sunday, next market is Sunday 11<sup>th</sup> August, 9am-1pm

**Informal Garden & Produce Swap Meet** – Hamilton Pocket Garden (Corriedale Lane), 2<sup>nd</sup> Sat of month. Sat 10<sup>th</sup> Sept @ 10am

**Sandford** – Friends of community market, Sunday 11<sup>th</sup> Sept, 9am to 1pm at Sandford Recreation Reserve

### 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](http://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](mailto:robyn.holcombe@wdhs.net)