

BE YOUR BABY'S HERO, TAKE ZERO



THE PREGNANT PAUSE www.pregnantpause.com.au 

Pregnant Pause: Be a hero, take zero

'Pregnant Pause' is an innovative health promotion campaign encouraging Australians to go alcohol free during their pregnancy or the pregnancy of a loved one.

Pregnant Pause is an initiative of the Foundation for Alcohol Research and Education (FARE), and takes a novel approach to promoting [Australia's guidelines](#), which state that for women who are pregnant or planning a pregnancy, no alcohol is the safest option.

The campaign reinforces the advice given by health professionals and raises awareness of the risks associated with alcohol consumption during pregnancy, including miscarriage, still or premature birth, low birth weights, and Fetal Alcohol Spectrum Disorders (FASD).

Friday 9 September (at 09:09am) is International FASD Awareness Day, dedicated to increasing the profile of the leading preventable cause of non-genetic developmental disability in Australia. You can get involved and show your support on social media by using the hashtag #FASDAwarenessDay. To find out more or to register for a Pregnant Pause, visit www.pregnantpause.com.au, [like Pregnant Pause on Facebook](#), or [follow @PregnantPauseAU on Twitter](#).



R U OK Day – Thursday 8 September

R U OK? Day is an annual day in September dedicated to remind people to ask family, friends and colleagues the question, "R U OK?", in a meaningful way, because connecting regularly and meaningfully is one thing everyone can do to make a difference to anyone who might be struggling.

For further information visit **R U OK Website:** <https://www.ruok.org.au/>

Foster Care Week – Sunday 11 to Saturday 17 September

For more information about foster care [click here](#)

National Child Protection Week – Sunday 4 to Saturday 10 September

National Child Protection Week invites all Australians to play their part to promote the safety and wellbeing of children and young people. "Protecting children is everyone's business." For further information [click here](#)



SEA Change Portland

In recent weeks, two workshops for Portland community leaders have been undertaken with the intention to help drive the strategic direction for SEA Change Portland.

At the workshops, great discussion was had within the group, with a number of key areas identified as "Big Ticket" areas will be the focus moving forward;

1. Remove/reduce sales of unhealthy 'red' foods to children in school uniforms during school crossing hours
2. Increasing the rates of active transport to and from schools
3. Increasing the healthy menu choices with hospitality retailers
4. Developing uniformed healthy eating policy across all care and education settings
5. Community grant program requirements and Council Tenancy requirements to include health living considerations
6. Engage more Ambassadors (SEA Change community leaders) across all community sectors

Anyone interested in joining SEA Change Portland and helping to drive one (or a number) of the "Big Ticket" areas are invited to contact Clinton Thomas on clinton.thomas@wdhs.net.

Mental Health Week Activity for Hamilton – 'Walk for Wellness'

Thursday 13th October between 11am and 3pm (registrations at 10:45am)

Lunch provide. Meet at Lake Hamilton Pavillion. For further information phone: 5599 9210 or 5551 8418



MATE TRAINING

Women's Health and Wellbeing Barwon South West is very excited to offer professional development in active bystander training. This training will allow you to deliver the MATE active bystander workshops (previously Mentors in Violence Prevention). [CLICK HERE TO VIEW THE FLYER](#)

Bystander training is an innovative approach to the prevention of violence against women. MATE workshops can be delivered within your organisation or externally to give people tools to stand up and challenge behaviours and attitudes that contribute to violence, such as sexist language, stereotyping, sexual harassment and disrespect. Workshops can be tailored to meet the needs of various age groups and cohorts.

[Click here for website link](#)

Call Justine on 042191211 for further information

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



Gen8 Change – making the healthy choice the easy choice Making the healthier choice the easier choice at HILAC



The Hamilton Indoor Leisure and Aquatic Centre in partnership with South West Sport and the Gen8 Change initiative has made some fantastic changes recently to their selection of drinks at the centre, making it much easier for patrons to make a beverage healthy choice. What was once a fridge full of sugary drinks is now stocked mostly full of water and other healthy choices, and whilst some soft drink, flavoured milk and sports drinks are still offered, serving sizes are smaller and these products are not actively promoted or displayed at eye level.

The changes follow recent community consultation through surveying that consistently indicated

HILAC users were interested in and receptive to healthier food and beverage options at the centre.

HILAC are to be congratulated on this change, hopefully the centre is the first of many locations across the Southern Grampians to implement changes that make the healthier choice the easier choice for our community.

For more information about Gen8 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](#)

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

Upcoming Events

- **Crazy Ideas Pitch Day** – 9th September, 12:30pm-2pm, Hamilton Performing Arts Centre, Contact: Ebony.jenkins@wdhs.net Phone: 555 18475
- **WRAD Action for Recovery Course** - 12th & 13th September 2016, 5:45-9pm, Glenelg Shire Office, Cliff St Portland, Bookings: PH: 9573 1761 or E: fdh@sharc.org.au
- **BSW Homelessness Network Information Session** - 13th September, 1:30am-3:30pm, Portland Child & Family Complex, 94 Julia Street, Portland. Contact: Natalie Hrabar on 1300 361 680
- **WDHS Community Dementia Workshops** - 12th Sept – Dementia Friendly Communities, 15th Sept – Coping with changes in behavior, 24th Sept – Memory Walk at Parkrun Hamilton, 8am at Lakes Edge Adventure Playground. Contact Diana Dixon Diana.dixon@wdhs.net or (03) 55518458
- **Carer's Week Celebrations** – 20th October, City Memorial Bowls Club Warrnambool, Contact: 1800 052 22
- **12th Annual National Chronic Disease Management Conference** - Person centered healthcare: achievement and challenges, 20th to 21st October 2016, Melbourne Conference and Exhibition Centre, [Click here](#) for further details
- **Disability, Carers, Families and the System** – 28th October, contact MPower Inc P: 5561 8111



Markets & Food/Produce Swaps

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

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

Nareen Produce Swap – Last Sunday of month, next swap Sunday 25th 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 11th September, 9am-1pm

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

Sandford – Friends of community market, Sunday 11th 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 T: (03) 555 18471



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