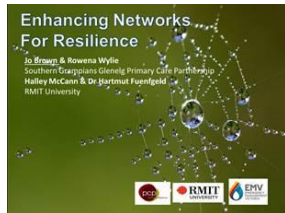


SGGPCP Updates:



Jo Brown presented the *Enhancing Networks for Resilience* Project at the 6th International Conference on Building Resilience in Auckland last week. The work of SGGPCP around networks and disaster resilience was very well received and many new links were made as a result. The conference is part of a series that explores resilience as a useful framework for analysis for how society can prepare for and cope with the threat of natural and human induced disasters.

For further information contact joanne.brown@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.

Two separate Train the Trainer sessions will be delivered, one in Geelong on the 21st, 22nd and 23rd of November and one in Warrnambool on the 1st, 2nd and 3rd of November. The training will be three days in duration and delivered by Shannon Murdoch from Griffith University. There are only 25 positions in each region.

[Click here for website link](#)

Call Justine on 042191211 for further information

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

Strength-Based Approaches to Community Engagement

Wanting to empower the community to engage with local planning, policies and programs?

This free seminar explores theories of asset-based community development and builds upon this to consider ways local governments can more effectively engage with local communities for planning and building social connections.

Monday 10th October, 9:30am to 1pm, Deakin Corporate Centre, 163 Timor Street, Warrnambool.

Information and bookings: l.clancey@deakin.edu.au P: 03 55633017. Bookings essential as places are limited



2017 South West International Women's Day Art Prize – Call for Entries Now Open

Female artists: we are excited to announce that the Call for Entries is now OPEN for the "2017 South West international Women's Day Art Prize"! Entry is open until Saturday 28th January 2017, so now is the time to get started!

See your work in an exhibition – chance for great cash prizes

Please click on flyer for all the details on entry, terms and conditions



Understand Alzheimer's Educate Australia

This program is for family carers who are ready to reflect on their new role and relationship with their family member living with dementia, and who can participate in a longer (4 week) group program.

Fridays from 10am until 1pm – 7th, 14th, 21st & 28th October at Mpower Conference Room, 72 Koroit St, Warrnambool.

This is a free program, bookings essential. Contact Jason Kelly M: 0418 352 383 or E: Jason.kelly@alzheimers.org.au

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

2016 Peter Quail Oration

Alcohol, Violence, Policy and Politics: Can we make progress?

Guest speaker: Professor Peter Miller, School of Psychology, Faculty of Health, Deakin University

(Professor of Violence Prevention and Addiction Studies)

Peter will be speaking about the combined results of these studies and the need to adopt a public health approach to alcohol-related violence, both in terms of research and advocacy.

Thursday 29th September 2016, 4:00 to 5:30 pm, Geelong Clinical School Lecture Theatre, 285 Ryrie Street, Geelong

RSVP: Shannon Harris email: hshannon@deakin.edu.au

Deakin Air Link: It is planned to film the Oration for viewing on Deakin Air

Video link to Warrnambool: The Oration will be available for viewing at Deakin University's Corporate Centre, 163 Timor St Warrnambool

Counselling Skills Workshop

This three day experiential workshop provides an opportunity for AOD clinicians to review, practice and build on the underpinning evidence based counselling skills commonly used throughout the alcohol and drug sector.

Wednesday 14th Sept, 5th Oct & 26th Oct, 9am to 4pm. Morning tea & lunch provided. Cost \$120 incl GST.

Contact Michelle, P: 1300 009 723 to register

Introductory Workshop ABCD: October, 2016 – Melbourne

An introductory half-day workshop is being held in Sunbury, Victoria for community enthusiasts and community builders with an interest and commitment to Asset Based Community Driven (ABCD) philosophies and methodologies and, who want to gain a deeper understanding of how to utilise the ABCD approach to build and strengthen community from the inside out. The workshop will provide participants with the theoretical grounding to shift the mindset from 'client' to 'citizen' and motivate residents to start asking the right questions around what they can do for themselves and their community. The workshop is being organised by the Bank of I.D.E.A.S and will be facilitated by Jim Diers, an Associate of the ABCD Institute in Chicago, USA. [Click here](#) to register.

Upcoming Events

- **WDHS Community Dementia Workshops** - 24th Sept – Memory Walk at Parkrun Hamilton, 8am at Lakes Edge Adventure Playground. Contact Diana Dixon: E: Diana.dixon@wdhs.net or P: 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 8th Oct, 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 25th September, 9am-1pm

Informal Garden & Produce Swap Meet – Hamilton Pocket Garden (Corriedale Lane), 2nd Sat of month. Sat 8th Oct @ 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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