



### SGGPCP Updates:

Keen to learn more about the fantastic health and well-being services available in our region? Join us at the 2016 Being Well Expo! This Sunday 25<sup>th</sup> September, 10am-3pm at HILAC.

The Being Well Expo was an original action arising from GenR8 Change community workshops late in 2015, and ever since a dedicated working group have been busy planning this wonderful event for our community.

GenR8 Change will be present at the expo, so come and visit us and share your ideas on how we can create a healthier and happier Southern Grampians community!

For more details check out the Being Well Expo Facebook page! [Click here](#)

### Service Provider Consultations - Rural Allied Health Services - Have your say!

**Great South Coast Region** - You are invited to a service provider consultation to help with the continued understanding of local primary health service needs of the Great South Coast Region.

This year, Western Victoria Primary Health Network (PHN) currently provides more than \$5.4 million dollars for rural primary health services, including \$915,696 for your communities. We are committed to maintaining the same levels of funding and want to ensure this investment is used in the best possible way.

Western Victoria PHN will host a series of sessions to collect valuable feedback about the services your region needs to support the management of the most common health conditions.

This is your opportunity to have a say and make a positive difference to your region's services.

**PORT FAIRY** - Mon 19 September 4pm-5.30pm, Moyne Health Service, 30-36 Villiers Street, Port Fairy

**Communities Invited:** Port Fairy, Koroit. **Funding amount:** \$47,365 Click to [register](#)

**COBDEN** - Tues 20 September 4pm-5.30pm, **Venue:** Cobden District Health Service, 5 Victoria Street, Cobden

**Communities Invited:** Mortlake, Terang, Camperdown, Cobden, Timboon. **Funding amount:** \$178,569 Click to [register](#)

**HEYWOOD** - Mon 03 October 4pm-5.30pm, Heywood Rural Health Service, 21-23 Barclay Street, Heywood

**Communities Invited:** Harrow, Balmoral, Casterton, Coleraine, Merino, Dartmoor, Dunkeld, Peshurst, Macarthur, Heywood. **Funding amount:** \$689,762 Click to [register](#)

**Open to:** GP's & General Practices, Private Allied Health, Health Services, Local Governments, Primary Care Partnerships  
Contact Kerriane at our Warrnambool office on (03) 5564 5888 or [kerriane.furusa@westvicphn.com.au](mailto:kerriane.furusa@westvicphn.com.au)

Western Victoria PHN aims to work with health service providers and community members to develop and improve access to quality primary health care.

### FEED YOUR INSTINCT

Are you concerned your child or teenager is developing a problem with eating, weight or body image?

Feed Your Instinct (FYI) is an interactive web based tool, devised to help parents determine if they should be worried about these changes, when to take action and what to do. For further information visit website: [www.feedyourinstinct.com.au](http://www.feedyourinstinct.com.au)



### Stand up with Mental Illness

For individuals, families and friends affected by mental illness. Dinner or supper provided (subject to funding)

6:30pm Tuesday 11<sup>th</sup> October 2016 at Portland Football Club, Portland

Guest: Arthur Bolkas, Criminologist, Motivational Speaker and Consultant. Please contact Vanessa Slattery: 0428 114 335



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

Thursday 13<sup>th</sup> 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

### 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

*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)**

### 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 10<sup>th</sup> October, 9:30am to 1pm, Deakin Corporate Centre, 163 Timor Street, Warrnambool.

Information and bookings: [I.clancey@deakin.edu.au](mailto:I.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 28<sup>th</sup> 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



### Glenelg Shire Council's Youth Leadership Summit: Strengthen – Discover – Connect

Are you aged 15-16 living &/or studying in the Glenelg Shire, A leader, change maker or ideas person?

Youth Leadership Summit is on 25<sup>th</sup> & 26<sup>th</sup> October 2016.

For more information contact Hayley Dunning, Youth Development Officer, M: 0437218060 or E: [hdunning@glenelg.vic.gov.au](mailto:hdunning@glenelg.vic.gov.au)

### Upcoming Events

- **WDHS Community Dementia Workshops** - 24<sup>th</sup> Sept – Memory Walk at Parkrun Hamilton, 8am at Lakes Edge Adventure Playground. Contact Diana Dixon: E: [Diana.dixon@wdhs.net](mailto:Diana.dixon@wdhs.net) or P: 55518458
- **2016 Peter Quail Oration – Alcohol, Violence, Policy and Politics: Can we make progress?** – Thursday 29<sup>th</sup> Sept, Geelong RSVP: Shannon Harris email: [hshannon@deakin.edu.au](mailto:hshannon@deakin.edu.au)
- **Understand Alzheimer's Educate Australia (4 week program)** - Fridays from 10am to 1pm – 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> October, Mpower, Warrnambool. Contact Jason Kelly M: 0418 352 383 or E: [Jason.kelly@alzheimers.org.au](mailto:Jason.kelly@alzheimers.org.au)
- **Introductory Workshop ABCD** – 13<sup>th</sup> October, Melbourne. [Click here](#) to register
- **Carer's Week Celebrations** – 20<sup>th</sup> October, City Memorial Bowls Club Warrnambool, Contact: 1800 052 22
- **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
- **Disability, Carers, Families and the System** – 28<sup>th</sup> October, contact MPower Inc P: 5561 8111
- **MATE Training – Active Bystander Training** - Two separate Train the Trainer sessions will be delivered, one in Geelong on 21<sup>st</sup>, 22<sup>nd</sup> & 23<sup>rd</sup> November and one in Warrnambool on 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> November. The training will be three days in duration and delivered by Shannon Murdoch from Griffith University. [Click here for website link](#) Contact Justine on 042191211

### Markets & Food/Produce Swaps

**Merino Produce Swap** – 10am-11am, Saturday 8<sup>th</sup> Oct, 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 25<sup>th</sup> September, 9am-1pm

**Informal Garden & Produce Swap Meet** – Hamilton Pocket Garden (Corriedale Lane), 2<sup>nd</sup> Sat of month. Sat 8<sup>th</sup> 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](http://www.sggpcp.com)

T: (03) 555 18471



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