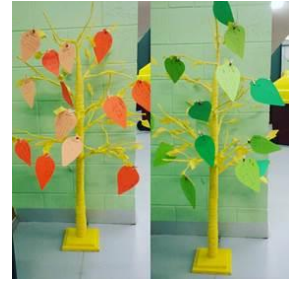


SGGPCP Updates:



Hamilton's very first Being Well Expo was held at HILAC over the weekend with a large crowd of 900 people attending workshops, talks and demonstrations from our local health, fitness and wellbeing service providers.

GenR8 Change had a booth at the expo, encouraging community members to contribute a leaf to the 'ideas forest' as a way of sharing information about existing and possible future community action towards '**making the healthier choice the easier choice**'. Thank you to everyone who contributed a leaf to our forest!
Congratulations to the Being Well Expo committee for organising this fantastic showcase of our local services!



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 P: 5551 8541 Facebook: [Click here](#)



MENTAL HEALTH COMMUNITY FORUM - Hamilton

Tuesday 4th October 7:30pm at Hamilton Lawn Tennis Club

Open to all in South West who would like some information on Mental Health issues in our community. Free Supper provided.



Stand up with Mental Illness

For individuals, families and friends affected by mental illness. Dinner or supper provided (subject to funding)
6:30pm Tuesday 11th 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 13th October between 11am and 3pm (registrations at 10:45am)

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



Ride2Work Day – Wednesday 12th October

Ride2Work encourages Australians to start riding to work and promotes commuting by bike as a regular habit.
For further details [click here](#)

Resources for staff working with the LBGTI Community

[Health Information Sheet - Inclusive Language Guide](#) - Respecting people of intersex, trans and gender diverse experience

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

Drop the Jargon Day – Tuesday 25th October 2016

Drop the Jargon Day – Health Literacy month is on the 25th October 2016.

Jump on board to spread the word and sign the pledge. The earlier we start talking about it and promoting it the better.

[Click here for further details](#)

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

Understanding Mental Illness Workshop

The Understanding Mental Illness Workshop is designed to provide a basic understanding of mental illness and recovery.

Who should attend: Anyone who want to know more about mental illness. This workshop is especially useful for community groups, sports/recreation groups, employers, year 11 and 12 school groups, carers and consumers.

- Wednesday 2nd November 2016, 12:30pm to 3:30pm, Frances Hewett Community Centre, 2 Roberts St, Hamilton

Or

- Wednesday 9th November 2016, 12:30pm to 3:30pm, South West TAFE, 154 Hurd St, Portland

Cost: Free - This program is funded by MI Fellowship

Registration is essential as places are limited – contact Barry P: 55603000 E: bclarke1@mifellowship.org

How Healthy are Australians in 2016?

Australia's health 2016 was released this week, and includes an overview of alcohol and illicit drug use in Australia.

[Read 'Australia's Health' here](#)

Upcoming Events

- **Understand Alzheimer's Educate Australia (4 week program)** - Fridays from 10am to 1pm – 7th, 14th, 21st & 28th October, Mpower, Warrnambool. Contact Jason Kelly M: 0418 352 383 or E: Jason.kelly@alzheimers.org.au
- **Strength Based Approaches to Community Engagement** – Mon 10th October, 9:30am to 1pm, Warrnambool. Information and bookings: l.clancey@deakin.edu.au P: 03 55633017
- **Mood & Emotions in MS – Reframing Perspectives – Webinar** - Wed 19 October, 10.00am–11.30am [LINK TO REGISTER](#) or contact: Andrea Salmon, P: 03 9845 2765 M 0427 864 074 E andrea.salmon@ms.org.au
- **Introductory Workshop Asset Based Community Development - ABCD** – 13th October, Melbourne. [Click here](#) to register
- **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
- **Glenelg Shire Council Youth Leadership Summit** – 25th & 26th October, Contact Hayley Dunning, Youth Development Officer, M: 0437218060 or E: hdunning@glenelg.vic.gov.au
- **Disability, Carers, Families and the System** – 28th 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 21st, 22nd & 23rd November and one in Warrnambool on 1st, 2nd & 3rd 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
- **2017 South Western International Women's Day Art Prize** - Entry closes 28th January 2017. [Click here](#) for details

Nareen Produce Swap – Cooking and Tasting with Belinda Jeffery

Sunday 20th November, 10am at Nareen Hall. Cooking Masterclass with renowned author, TV food presenter and cooking teacher – Belinda Jeffery. Included book signing "The salad book". Light lunch provided.

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 30th October, 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 9th October, 9am-2pm

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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