

SGGPCP Updates:

Families swap traffic time for together time this October



Primary students from 15 schools within the Southern Grampians will be getting active as they walk to and from school for VicHealth's Walk to School month. Southern Grampians Shire Council is pleased to be supporting local schools and families by delivering local Walk to School activities and initiatives that support ongoing active travel.

With some great prizes, including bikes, helmets and a sporting equipment voucher up for grabs, Walk to School is a great way to contribute to the 60 minutes of exercise our kids need daily. Find out more at www.walktoschool.vic.gov.au or contact Ebony Jenkins on 5551 8475.



GenR8Change - One year on and going strong!



It's hard to believe that it's been 1 whole year since the initial GenR8 Change community workshops. Needless to say, the last 12 months have been absolutely incredible in the way the Southern Grampians community has responded to making the healthy choice the easy choice, especially for children. The depth and spread of community action has led the eyes of the world to watch us - but we really are only just beginning.

Join us on Tuesday October 18 as we take things to a whole new level with the GenR8 Change Planning Party.

- Bring your **ideas**
- Bring a friend – **everyone is welcome**
- **Connect** with other like-minded locals
- **Celebrate** the achievements of the last 12 months

Your **ideas, passion** and **energy** will make it happen!

We've got two options: 9am-11am or 6pm-8pm Venue - Hamilton Golf Club, Rippon Rd, Hamilton

A light snack will be provided and you can RSVP to Ebony on 5551 8475 or E: ebony.jenkins@wdhs.net

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has". - Margaret Mead

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](#)



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](#)

Understanding the impact of trauma from childhood sexual abuse

These workshops will increase community awareness and understanding of the impact of trauma from family violence and childhood sexual abuse, and build the capacity of professionals and our community to support survivors.

- **For professionals – Understanding and supporting survivors of childhood sexual abuse** – Mon 10th Oct, 4:30pm to 8pm at Deakin University, Warrnambool
Bookings essential – www.trybooking.com/227688 or E: childandfamily@warrnambool.vic.gov.au
- **For the community - Understanding the impact of trauma from childhood sexual abuse in our community** – Tues 11th Oct, 7pm to 8:30pm at Deakin University, Warrnambool.
Bookings essential – www.trybooking.com/227688 or E: childandfamily@warrnambool.vic.gov.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

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

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
- **Climate Resilience Forum for Community Service Organisations** – 11th October, 10am to 3pm, Melbourne. Registration and further information – [click here](#)
- **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-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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