

SGGPCP Updates:



You're Enough – VicHealth Awards Finalist

SGGPCP is very excited to announce that we have been selected as a finalist for **You're Enough**, in the **Preventing Harm from Alcohol** category for the 2016 VicHealth Awards.

The You're Enough campaign sends a positive message to young people under 18 to believe in themselves – you're enough to be able to have fun without alcohol. It also encourages adults not to supply underage young people with alcohol. The tagline 'not drinking is fine' challenges a community culture of alcohol being part of every event and celebration.

Congratulations to everyone involved in the development and roll out of the campaign with SGGPCP; Glenelg Shire Council, Portland District Health, Victoria Police, Heywood Rural Health, DWECH, Department of Education & Training, Glenelg Southern Grampians LLEN, Glenelg Beyond the Bell Action Group and RMIT students. Thanks also to Beyond the Bell and the Department of Justice and Regulation for financial support.

We will join international and Victorian dignitaries in government and health promotion at the awards ceremony on **Thursday 1 December**, where the winners will be announced.

For more information on this project contact Rowena Wylie M: 0419 143 652 E: Rowena.wylie@wdhs.net



GenR8 Change Update



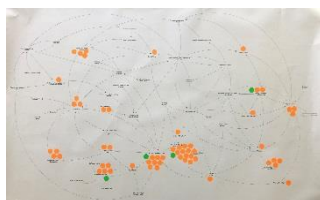
During the last fortnight, the GenR8 Change community gathered for two 'Planning Party' sessions. On top of planning a number of powerful future actions that will make the healthier choice the easier choice within the Southern Grampians, the group also put their heads together to brainstorm over 40 changes they have observed during the first 12 months of the GenR8 Change movement. Check these out: [click here](#)

The GenR8 Change community is excited to share these achievements! Every single change, no matter how big or small, deserves to be recognised, as together these changes make a BIG impact.

If you know of any further changes that have been made throughout the Southern Grampians that make the healthier choice the easier one, we want to know about them! Email Ebony at ebony.jenkins@wdhs.net and let us know about it so we can build upon this fantastic list!

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](#)



Ripple of Change Systems Map

Grants package to kick off National Youth Week

The Andrews Labor Government is helping young Victorians get active and involved in National Youth Week 2017 with a \$210,000 grants package. Organisations can apply for grants of up to \$2000 to support their National Youth Week activities. In 2017, National Youth Week will run from 31 March to 9 April.

Grant applications are open until Friday 11 November 2016. [Click here](#) to apply or for more details.

Save the date and get in shape for the
Hamilton Vitality Fun Run
Sunday November 6
Lake Hamilton & the Grangeburn track

4.2km run / walk
10km run / walk
21km run
1.6km run for kids



Register now at www.hamiltonfunrun.com to run or walk on the day.

All proceeds are going to the redevelopment of cancer treatment facilities at Hamilton Base Hospital.

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

The Future of Suicide Prevention in the Great South Coast

The forum will discuss: What services are currently available? Where are the gaps/opportunities?

Who should attend?

- Program and service coordinators working in schools, sporting clubs, community service agencies
- Health professionals and service providers
- Emergency services
- LGA's – Senior Managers
- Community Leaders

This forum will provide the framework to develop a Suicide Prevention Strategy.

Wednesday 9th November, 9:30am-3pm (morning tea & lunch provided), City Memorial Bowls Club, Cramer St, Warrnambool

Cost: free. RSVP: Friday 4th November to Kerriane Furusa on (03) 5564 5806 or kfurusa@swpcp.com.au

Well Ways Snapshot

Are you a family member, carer or friend of someone with a mental illness wanting information and support?

Well Ways Snapshot is a brief two session education program designed to assist family members, carers and friends to increase their knowledge of mental illness and access to ongoing support. The program is facilitated by trained and experienced carers and includes a presentation from someone with a lived experience of mental illness and recovery.

Tuesday 8th and 15th November, 1 to 4pm, Wellways, 505 Raglan Parade, Warrnambool. Cost : free.

Registrations a must: contact Tracey Morriss M: 0417 777 016 or E: tmorriss@mifellowship.org

YACVic and Youthlaw training opportunity: failure to disclose and failure to protect

Port Fairy – Charlie's On East, Port Fairy Surf Life Saving Club, Wednesday 7 December, 11.30am – 2pm

New criminal offences have been introduced to improve responses to child sexual abuse. What are they and how do they affect youth workers and the youth sector?

Youthlaw and YACVic have partnered to deliver interactive training sessions across the state that will cover: 'Failure to disclose' offence, 'Failure to protect' offence, Mandatory reporting

\$35 for YACVic members, \$55 for non-members Light lunch provided by YACVic Rural. To register [click here](#)

Upcoming Events

- **MS CPD Education – Managing Cognition & Behaviour Change, 2 part webinar** – Wednesday 16 & 23 November, 10am to 11:30am Click here to register – [Part 1](#) or [Part 2](#)
- **2017 South Western International Women's Day Art Prize** - Entry closes 28th January 2017. [Click here](#) for details

Markets & Food/Produce Swaps

Merino Produce Swap – 10am-11am, Saturday 12th Nov, Merino Community Health Centre (second Saturday of month)

Heywood Food Swap – Last Friday of month, next swap Friday 25th November, 5:00pm at Heywood Apex Park

Nareen Produce Swap – Last Sunday of month, next swap Sunday 27th November, 10am to 11:30am, Nareen Hall

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. Light lunch provided.

On Track Market - Hamilton Harness Racing Club, - every 2nd & 4th Sunday, next market is Sunday 13th November

Informal Garden & Produce Swap Meet – Hamilton Pocket Garden (Corriedale Lane), 2nd Sat of month. Sat 12th Nov @ 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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