

Healthy Weight Week – 13th to 19th February 2017



The WDHS Nutrition and Dietetics department are celebrating Australia's Healthy Weight Week (AHWW) during the 13-19th February. The aim of the campaign is straight-forward: to encourage more Australians to cook at home as a way to help achieve and maintain a healthy weight.

We know that consuming a healthy diet contributes significantly to not only maintaining a healthy weight, but quality of life and wellbeing, and prevention of chronic disease and premature death.

An unhealthy diet has been long recognised as a key risk factor for overweight and obesity, and related diseases such as diabetes, cardiovascular disease and cancer.

Research shows that people who prepare food at home are more likely to eat smaller portions and take in fewer kilojoules and less fat, salt and sugar. And in turn, this is more likely to result in a healthy weight. To add to this, you have more control over the amount of vegetables you put into your meals!

Obesity and healthy eating in Australia

Promoting healthy eating is one of five strategic imperatives in the VicHealth Action Agenda for Health promotion. VicHealth recognises the many health benefits of healthy eating.

One in four Victorian adults are now obese, with that number set to rise dramatically if current trends continue. This evidence summary examines these trends and contributing factors such as health inequities. It provides information on how best to improve healthy eating patterns and reducing the burden of obesity and diet-related diseases across the population.

Further information [click here](#)

DV-alert (Domestic Violence Response Training)

Lifeline's DV-alert (Domestic Violence Response Training) is a national recognised training program that enables health, allied health and community frontline workers to confidently:

- RECOGNISE signs of domestic and family violence (DFV)
- RRESPOND with appropriate care
- REFER people experiencing or at risk of domestic and family violence to appropriate support services

March 8th & 9th 2017, 8:45am to 4:30pm, Foreshore Pavilion, Warrnambool.

For other workshop dates schedules, visit www.dvalert.org.au

The training fee is waived for health, allied health and community frontline workers. Lifeline will also cover reasonable costs of participants requiring travel, accommodation and staff backfill. Visit www.dvalert.org.au for more information.

Contact: E: megan@lifelineswv.org.au of P: (03) 5559 0521

'Opening the Doors' Foundation

The 'Opening the Doors' Foundation provides grants towards the funding of educational costs not otherwise funded from government or other educational funding sources to cover costs such as school uniforms, books, school camps and other school associated costs.

The Applicant (student) must be enrolled in an **independent educational institution located within the State boundaries of Victoria**. Applicants must be Aboriginal or Torres Strait Islander.

Please see hyperlink for further information an application for the 'Opening the Doors' Foundation.

<http://www.openingthedoors.org.au/aboriginal-education-scholarships/>

Funding available for community organisations

Thanks to funding from the Eirene Lucas Foundation, Jean Hailes is pleased to offer a unique opportunity for Victorian communities to invite a Jean Hailes' speaker to present on women's health at an event they are organising in their local area. The new project will enable ten Victorian organisations from community health, women's health, multicultural and Indigenous health, rural health, local government and other not-for-profit bodies to access an expert speaker to deliver a presentation that addresses local health information needs.

[Find out more apply here](#)

Key dates: Applications close 17 March 2017 and events must be held in Victoria between 1 April and 31 August 2017.

Contact Fiona Darling, Senior Project Officer: (03) 9903 8999 or E: fiona.darling@jeanhailes.org.au

Autism Spectrum Disorder and Asperger's Syndrome

Professor Tony Attwood

Thursday 30th March, 4:30pm-7:00pm, The Carmichael @ City Memorial Bowls Club, 50-58 Cramer St, Warrnambool. Cost - \$85
To register please purchase your ticket online at www.trybooking.com/247298

Friday 31st March 2017, 9:30am-3:30pm, Main Theatre @ Lighthouse Theatre, 185 Timor Street, Warrnambool. Cost: \$135
To register please purchase your ticket online at www.trybooking.com/247315

For further details, please contact Janet Collins, South West Disability Network on 0439 116092 or janetcollins@westnet.com.au

Injury Prevention Consultation Workshop

14th February 2017, 12:30pm - 3:30pm (please arrive 12:15 for registration as workshop will commence 12:30 sharp)

Venue: Deakin University City Centre, Collins Square, 727 Collins Street, Melbourne.

The workshop includes leading experts in public health prevention and will specifically focus on expanding on existing prevention science research by including a focus on injury prevention and safety promotion, in relation to children and young people.

This event is an incredible opportunity for anyone working in prevention or health promotion to be engaged in developing a stronger evidence base for young people and injury prevention and safety promotion at a National level.

Speakers include:

- **Professor John Toumbourou** Chair in Health Psychology, Deakin University
- **Dr Bridie Scott-Parker**, Leader and Senior Research Fellow, Adolescent Risk Research Unit (ARRU) Founder, Consortium of Adolescent Road Safety (CADROSA, cadrosa.org)
- **Dr Dale Hanson**, Adjunct Associate Professor, College of Public Health, Medicine and Veterinary Sciences, James Cook Uni

Registration is free – please RSVP to Barbara Minuzzo by 6th February to: barbara.minuzzo11@gmail.com

Supporting Resilient Workers - Addressing vicarious trauma, compassion fatigue and burnout

This training provides information, skills development and reflection exploring vicarious trauma and resilience for workers in helping roles.

Thursday 9th March at Warrnambool Bowls Club, 75 Timor Street, Warrnambool.

Cost: \$250 (includes lunch and refreshments)

Bookings: Fiona Meade Counselling & Group work M: 0452 040 997 E: fionameade@outlook.com



Tarerer Festival will once again be bringing Aboriginal culture alive along with other cultural mixes celebrating the diversity of culture in the South West. Going back to it's original venue Tarerer Festival, 'Sharing Cultures' 2017 will be held at Lighthouse Theatre, Saturday February 25th starting at 7pm

Headline Acts: Yirmal Marika, Johnny Lovett and Shane Howard

Supporting acts: Gunditjmara Karweeyn (our young Traditional Aboriginal Dance group), Philippine Traditional Dance Group, Likely Celts, Irish Dance Group, and Ann Norman (Shakuhachi player) and our house band directed by singer/songwriter Lee Morgan.

Link to Lighthouse Theatre Warrnambool for tickets – [click here](#)

Web: [Click here](#) Facebook: [Click here](#) Email: info@tarererfestival.com.au

Markets & Food/Produce Swaps

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

On Track Market – 9am-1pm, Sunday 12th Feb at Hamilton Harness Racing Club, - every 2nd & 4th Sunday

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, Ebony Jenkins

Office Coordinator: Robyn Holcombe W: www.sggpcp.com T: (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