



# Southern Grampians Glenelg Primary Care Partnership

## Bulletin #3, 16<sup>th</sup> February 2017

### Springboard

#### A wellbeing project for people living with type 2 diabetes

Springboard, a digital health (self-help) intervention, is an NHMRC-funded study investigating the best way for people with type 2 diabetes to live full, happy and healthier lives. [Click here](#) for information for health professionals and potential participants.

### NDIS Scholarships

Does your organisation work in the social services sector?

Would you like to upskill your employees in preparation for the NDIS?

**Apply for a 2017 sector scholarship** - <http://www.futuresocial.org/sector-scholarships/>

### Nonprofit Masterclass in Advanced Strategy, Risk & Governance

- Create a Board, Executive and Staff culture of strategic awareness
- Develop the process of decision-making to ensure appropriate governance
- Integrate risk management that adds innovation and facilitates strategic awareness
- Structure the strategic plan process for success
- Implement public and internal techniques for accountability
- Implement a simple yet powerful risk management plan

Leading edge strategies and tactics for nonprofit Executives and Board members.

Wednesday 29 March 2017, 8.45am – 4.00pm, Lady Bay Resort, 2 Pertobe Road, Warrnambool

Attendance: Executives and Board Members. Cost \$295 per person

Contact: Richard Zerbe - Ph: 0448 505 885 or Email: [executiveofficer@communitysouthwest.com](mailto:executiveofficer@communitysouthwest.com)

### Dr Doug McKenzie-Mohr - Community-Based Social Marketing Workshop

Thursday 30<sup>th</sup> & Friday 31<sup>st</sup> March 2017 in the Hamilton area.

The two-day introductory workshop provides a comprehensive introduction to community-based social marketing and how it is being applied throughout the world to foster sustainable behaviours.

For further information contact Aggie Stevenson, Ph: 03 5571 2526 | 0435 537 443 or E: [a.stevenson@ghcma.vic.gov.au](mailto:a.stevenson@ghcma.vic.gov.au)

Cost for the two-day workshop will be *approximately* \$1000 per person.

For more information about Community-Based Social Marketing, visit Doug McKenzie-Mohr's website at [www.cbsm.com](http://www.cbsm.com)

### Glenelg Shire Council – Community Workshops

Glenelg Shire Council wants to hear from you! Have your say on Council's priorities for the next four years by attending one the Council Plan and Municipal Public Health and Wellbeing Plan Community workshops.

- Portland Drill Hall – Monday 20<sup>th</sup> February, 12noon–3pm & Thursday 23<sup>rd</sup> February, 6-9pm
- Heywood Council Offices – Monday 20<sup>th</sup> February, 6-9pm & Friday 24<sup>th</sup> February, 12noon-3pm
- Casterton Council Offices – Tuesday 21<sup>st</sup> February, 6-9pm & Wednesday 22<sup>nd</sup> February, 12noon-3pm

Finger food and refreshments provided.

Go to <https://yoursay.glenelg.vic.gov.au/> for more information or to have your say. Submissions close 5<sup>th</sup> March 2017

### VICTORIAN WOMEN'S BENEVOLENT TRUST 2017 - GENERAL GRANTS PROGRAM

In 2017, the Victorian Women's Benevolent Trust welcomes applications for projects benefiting women and girls, in particular we seek applications that:

***Promote social inclusion and community cohesion in regional Victoria addressing the needs of refugee and migrant families or women or girls who are experiencing socio-economic disadvantage, lack of educational or training opportunities, or who live with a disability or illness.***

Applications for the 2017 General Grants will open on Monday 30th January and close on 24th March 2017.

For more info go to: <https://www.vwt.org.au/applying-for-a-grant/>

**SGGCP 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)**

### Upcoming Events

- **My Recovery, Mental Health Education & Support** – Monday 20<sup>th</sup> & 27<sup>th</sup> Feb, 10am-4pm, Portland.  
Contact: Liz Andrews M: 0448061515 (Registration essential)
- **DV-alert (Domestic Violence Response Training)** - March 8<sup>th</sup> & 9<sup>th</sup> 2017, 8:45am to 4:30pm, Warrnambool  
Contact: E: [megan@lifelineswv.org.au](mailto:megan@lifelineswv.org.au) P: (03) 5559 0521 [www.dvalert.org.au](http://www.dvalert.org.au)
- **Supporting Resilient Workers - Addressing vicarious trauma, compassion fatigue and burnout** – Thursday 9<sup>th</sup> March, Warrnambool. Contact: Fiona Meade Counselling & Group work M: 0452 040 997 E: [fionameade@outlook.com](mailto:fionameade@outlook.com)
- **Service Network Meetings** - Hamilton – Wednesday 1<sup>st</sup> March, 9:30-11:30am, Salvation Army Church Hall, 89 Kennedy St. Or Portland – Tuesday 28<sup>th</sup> March, 9:30-11:30am, Salvo Connect, 33 Henty St.  
Contact: Andrew Phone: 5232 5176 or Email: [aedgar@cah.vic.gov.au](mailto:aedgar@cah.vic.gov.au)
- **Autism Spectrum Disorder and Asperger's Syndrome – Professor Tony Attwood**
  - Thursday 30<sup>th</sup> March, 4:30pm-7:00pm, The Carmichael @ City Memorial Bowls Club, Warrnambool. Cost - \$85. To register please purchase your ticket online at [www.trybooking.com/247298](http://www.trybooking.com/247298)
  - Friday 31<sup>st</sup> March 2017, 9:30am-3:30pm, Main Theatre @ Lighthouse Theatre, Warrnambool. Cost: \$135 To register please purchase your ticket online at [www.trybooking.com/247315](http://www.trybooking.com/247315)For further details, contact Janet Collins, South West Disability Network on 0439 116092 or [janetcollins@westnet.com.au](mailto:janetcollins@westnet.com.au)

### Fundraiser for WDHS Hamilton Base Bikers Murray to Moyne Team

Movie night fundraiser supporting Hamilton Base Bikers Murray to Moyne Team.

**LION** – five year old Saroo gets lost on a train traveling away from his home and family. Frightened and bewildered, he ends up thousands of miles away. He survives many challenges before being adopted by a couple in Australia; 25 years later, he sets out to find his lost family.

Frid 3<sup>rd</sup> March, 6:30pm, tickets \$20 (inc drinks & nibbles). Contact Kate: 55518683 or Leonie 55518231 E: [community.liason@wdhs.net](mailto:community.liason@wdhs.net)

### Fundraiser for Lifeline

**Join mentor Sally Beggs at a movie fundraiser night, supporting Lifeline.**  
**Sally has participated in the Boston Marathon, so this movie is close to her heart...**

**Patriots Day** is a 2016 American drama-thriller film about the 2013 Boston Marathon bombing and the subsequent terrorist manhunt.

Friday 10<sup>th</sup> March, 6:15pm, tickets \$25 (incl refreshments), at Hamilton Cinema

Tickets available from: Zenith Tiles & Lighting 199 Gray Street, Hamilton or Amy Wellner M: 0438 437 155

All proceeds to **Lifeline**



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 its original venue Tarerer Festival, 'Sharing Cultures' 2017 will be held at Lighthouse Theatre, Warrnambool Saturday February 25<sup>th</sup> at 7pm

**Headline Acts:** Yirmal Marika, Johnny Lovett and Shane Howard

**Link to Lighthouse Theatre for tickets – [click here](#) Web: [Click here](#) Facebook: [Click here](#) Email: [info@tarererfestival.com.au](mailto:info@tarererfestival.com.au)**

### Markets & Food/Produce Swaps

**Merino Produce Swap** – 10am-11am, Saturday 11<sup>th</sup> March, Merino Community Health Centre (second Saturday of month)

**On Track Market** – 9am-1pm, Sunday 26<sup>th</sup> Feb at Hamilton Harness Racing Club, - every 2<sup>nd</sup> & 4<sup>th</sup> Sunday

**Community House Market** – 9am to 12noon, Saturday 4<sup>th</sup> March, 19 Sedgewick Street, Hamilton

**Farmers & Craft Market HIRL** – 9am to 12noon, Sunday 25<sup>th</sup> March, 333 North Boundary Road, Hamilton

### 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](http://www.sggpcp.com) T: (03) 555 18471



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