

### SGGPCP Updates:

#### Goal Directed Care Planning (GDCP) Workshop



SGGPCP organised a Goal Directed Care Planning (GDCP) workshop, in response to a need identified through the Enhanced Care Coordination project. Kate Pascale facilitated Day 1 of the workshop at Casterton on 16 February. It was a full-house with 27 participants from health services, local government and GP clinics.

The key to GDCPs is to ask the client what is important TO them – they are the experts! While we may have expertise in what's important FOR them to achieve good health outcomes, care planning will only be effective if the client (and carer, family) is an active participant in making decisions about their care. Kate provided

tools, templates, real-life examples and interactive activities to improve participants' understanding and skills in developing GDCPs.

A half day follow up session will be held in March once participants have a chance to put their learning into practice.

#### New Chairperson for SGGPCP Executive Committee



Fiona Heenan, Director of Primary and Aged Care at Portland District Health, has just been appointed as Chairperson for SGGPCP Executive Committee. The position became vacant as our previous Chairperson, Nola McFarlane, Manager Recovery, Southern Grampians Shire Council, was seconded to a new role within Southern Grampians Shire Council managing flood recovery. Due to this commitment, Nola was unable to continue her role as Chair of SGGPCP. The PCP would like to thank Nola for her contribution as Chair, Nola's advocacy and support has been greatly appreciated.

#### Southern Grampians Youth Expo

Expressions of interest are being sought from individuals, groups, businesses and organisations that would like to participate in the Southern Grampians Youth Expo 2017.

The Expo was initiated by the Southern Grampians Youth Network (SGYN) to inform young people in the Hamilton area of services, activities and opportunities available to them and provide a safe and enjoyable social event. There will be a youth committee organising and supporting the event and we want to make the event as interactive and interesting for young people as possible. The Expo is planned to take place at the Hamilton PAC on Friday 12 May 2017, 4-8pm.

For further information please Email: [bhealy@brophy.org.au](mailto:bhealy@brophy.org.au) Expressions of interest close on Tuesday 28 February.

#### VICHEALTH'S ACTIVE GRANTS

VicHealth's Active Club Grants are now open. Sports clubs can apply for grants of \$3000 and \$10,000 to help fund programs that promote female participation, and social and modified sports. More details [click here](#)

**AND**

Changing Our Game - Advancing Gender Equality in Sport for Women and Girls Program. More details [click here](#)

#### Regional Forum Hamilton – “The survey says keep asking”

These forums are for consumer representatives and staff of health related organisations.

Date: Wednesday 15<sup>th</sup> March 2017, 10:00am-4:00pm, Hamilton Performing Arts Centre, 13 Brown Street, Hamilton

For program [click here](#) [Register here](#) or contact (03) 9664 9343 for further information

#### Victorian Women's Health Atlas - a fabulous data resource

The Victorian Women's Health Atlas has been developed by Women's Health Victoria and other state-wide and regional health services as a tool to assist in the identification of gender impacts on key health areas. The Atlas provides a coordinated State approach to support Women's Health Services and other health planners, to enable comparison between LGAs, Regions and the State. The purpose of the Atlas is to increase the availability of reliable data for evidence based decisions about service design, emerging priorities and program planning. To view the [Atlas click here....](#)

*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](mailto:robyn.holcombe@wdhs.net)

### Glenelg Talks Event - Super Brain Train

Join us for a special Glenelg Talks event with Wellness and Nutrition coach and qualified trainer Maggie Flanagan. Super Brain Train is an educational workshop, which focuses on a holistic-health approach to our daily routines, to incorporate best practice for a brain-protective lifestyle.

This two-hour course incorporates a practical approach to dementia prevention delivered in an interactive hands-on style. Notes and reading lists will be provided to participants.

**Including: Brain Awareness Stress-less Skills; Socialising Movement; Feeding the Brain**

**Friday 31 March 2017, 10.30am-12.30pm, Portland Library. Cost \$10 per person (pre-paid). Light morning tea provided**

**Bookings essential, visit the Portland Library or phone 5522 2265 for enquiries**

### Upcoming Events

- **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)
- **Nonprofit Masterclass in Advanced Strategy, Risk & Governance** - Wed 29 March 2017, 8.45am – 4.00pm, Warrnambool  
Contact: Richard Zerbe - Ph: 0448 505 885 or Email: [executiveofficer@communitysouthwest.com](mailto:executiveofficer@communitysouthwest.com)
- **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)
- **Dr Doug McKenzie-Mohr - Community-Based Social Marketing Workshop** - 30<sup>th</sup> & 31<sup>st</sup> March 2017, Hamilton area.  
Contact Aggie Stevenson, P: 03 5571 2526 M: 0435 537 443 or E: [a.stevenson@ghcma.vic.gov.au](mailto:a.stevenson@ghcma.vic.gov.au)

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

**'LION'** - Movie night fundraiser supporting Hamilton Base Bikers Murray to Moyne Team.

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

### Fundraiser for Lifeline

**'Patriots Day'** – Movie night fundraiser for Lifeline

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

### 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

**Nareen Produce Swap** – 10am to 12noon, at the Nareen Hall. (Last Sunday of the month)

### 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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