

SGGPCP Updates:

Sugar tax on sugar sweetened beverages (SSB)

A south-west Victorian petition calling for a sugar tax to reduce the consumption of sweet drinks in Australia is taking on a new national direction.

The petition organised by GenR8 Change, a community driven movement that seeks to make the healthy choice the easy choice in the Southern Grampians Shire, is being expanded to a national online audience to tackle Australia's rising rates of obesity.

Obesity is recognised as one of the biggest public health threats facing Australia. Sugar is a major driver of obesity and one of the most common sources is sugar-sweetened drinks. A tax on sugar-sweetened drinks is also supported by the Australian Medical Association, Australian Healthcare and Hospitals Association, World Health Organisation and is being introduced in countries across the globe, including the UK, US and France

The petition is now available at www.ssbtax.com/.



Glenelg SAVES highlighted at International Conference

The Glenelg SAVES Project was presented by Jo Brown at the Improving Residential Energy Efficiency International Conference in Wollongong last week. The conference showcased some of projects funded under the Federal Government Low Income Energy Efficiency Projects Scheme as well as work from a wide range of practitioners from diverse fields including engineering, architecture, sustainability, welfare, and health and wellbeing. Many of the conference presentations focused on not just the financial benefits of energy efficiency but more so the impacts on comfort and health. For further information on access to papers and presentation go to <http://iree.org.au/>

Balmoral Fire Connect



SGGPCP together with Balmoral Bush Nursing Centre (BBNC), CFA and RMIT are leading a short research project - Balmoral Fire Connect. Founded upon learnings from the *Enhancing Networks for Resilience* Project, Balmoral Fire Connect is investigating the flow of fire safety information in the Balmoral Community originating from the BBNC. Two strategies form the basis of the research: a) *Pass the Parcel* whereby a parcel of fire safety information is passed around in the community and b) *The notion of two hats* whereby the flow of safety messages stemming from fire safety training with staff at BBNC will be tracked. Both strategies will be analysed using Social Network Analysis and a report developed to inform future direction. For further information contact Jo Brown joanne.brown@wdhs.net

National Close the Gap Day



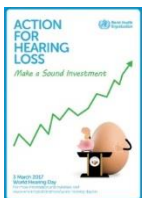
Winda-Mara Aboriginal Corporation & Western District Health Service invites you to celebrate National Close the Gap Day on Thursday 16th March 2017, 4:00-5:30pm, Hamilton Botanic Gardens.

Light refreshments, children's activities & music.

National Close the Gap Day is an opportunity to show support, to talk about, to spread the word, and to take action to improve Indigenous health. Aboriginal and Torres Strait Islander people still die 10-17 years younger than other Australians.

For further information please contact Winda-Mara Aboriginal Corporation on 5572 5715

World Hearing Day



Friday 3 March is World Hearing Day - Presented by World Health Organization (WHO)

The theme is Action for hearing loss: make a sound investment.

World Health Organization creates advocacy materials including a theme poster, infographic and banner. Visit the WHO website <http://www.who.int/pbd/deafness/world-hearing-day/en/>

Download suggestions here for planning activities for the week leading up to the World Hearing Day.

Suicide – Taking on the Last Taboo – Join the Ripple Effect

If we are going to turn back the tide of suicide on farms we need to know what people on farms are thinking. We need to know what you are thinking. We want you to sign up for an anonymous survey – if you are aged over 18 please help you and your community.

It does not take much time and can be done where and when it suits you. But we need people from every state and territory to sign up.

The survey results will enable planners, researchers and government to fully realize the extent of the problem – and start developing ways to address it.

Log on www.therippleeffect.com.au

For further information contact Alison on (03) 5551 8587

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: robbyn.holcombe@wdhs.net

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 15th 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

Upcoming Events

- **DV-alert (Domestic Violence Response Training)** - March 8th & 9th 2017, 8:45am to 4:30pm, Warrnambool
Contact: E: megan@lifelineswv.org.au P: (03) 5559 0521 www.dvalert.org.au
- **Supporting Resilient Workers - Addressing vicarious trauma, compassion fatigue and burnout** – Thursday 9th March, Warrnambool. Contact: Fiona Meade Counselling & Group work M: 0452 040 997 E: fionameade@outlook.com
- **Service Network Meetings** - Portland – Tuesday 28th March, 9:30-11:30am, Salvo Connect, 33 Henty St.
Contact: Andrew Phone: 5232 5176 or Email: 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
- **Autism Spectrum Disorder and Asperger's Syndrome – Professor Tony Attwood**
 - Thursday 30th 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
 - Friday 31st 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
For further details, contact Janet Collins, South West Disability Network on 0439 116092 or janetcollins@westnet.com.au
- **Dr Doug McKenzie-Mohr - Community-Based Social Marketing Workshop** - 30th & 31st March 2017, Hamilton area.
Contact Aggie Stevenson, P: 03 5571 2526 M: 0435 537 443 or E: a.stevenson@ghcma.vic.gov.au
- **Glenelg Talks Event – Super Brain Train** - Friday 31 March, 10.30am-12.30pm, Portland Library. Cost \$10 per person.
Bookings essential, visit the Portland Library or phone 5522 2265 for enquiries

Fundraiser for WDHS Hamilton Base Bikers Murray to Moyne Team

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

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

Fundraiser for Lifeline

'Patriots Day' – Movie night fundraiser for Lifeline

Friday 10th 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 11th March, Merino Community Health Centre (second Saturday of month)

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

Community House Market – 9am to 12noon, Saturday 4th March, 19 Sedgewick Street, Hamilton

Farmers & Craft Market HIRL – 9am to 12noon, Saturday 25th March, 333 North Boundary Road, Hamilton

Nareen Produce Swap – 10am to 11am, Sunday 26th March 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 T: (03) 555 18471



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