

### SGGPCP Updates:

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### 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/](http://www.ssbtax.com/).

### 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

### The Café Style Support Program

The Café Style Support Program provides social support to carers and the person they care for, together supported, informal and relaxed environment.

The program aims to provide an opportunity for carers to connect with others caring in a like situation, to share experiences, gain support and minimise social isolation.

Access to information, connecting to community resources and participating in a range of activities such as reminiscence sessions, quizzes, themed events and outings are conducted as part of the Café Style Support program.

Café's are conducted in a warm and friendly, accessible environment, between 12.00pm and 2.30pm, with food, refreshments, good conversation and laughter provided!!

10 monthly sessions per year are held in Warrnambool, Hamilton, Portland and Camperdown.

Prior to attending the Café Style Support Program a Coordinator will arrange to meet with you to discuss the program and eligibility. The primary focus is on carers who are caring for a person living with early stages of dementia or memory loss.

If you are interested in participating call: Adele McKenzie, South West Carer Respite Program P: 5559 4976 or 0407 453 744

### STAY invites all community members to attend our FREE NDIS Planning Information Session



Presented by: Christine Scott

Thursday 23<sup>rd</sup> March, 9:30am to 12noon

Hamilton Performing Arts Centre, Ted Kenna Room, Brown Street, Hamilton

RSVP: To the STAY office, Phone: 55721028, by Friday 17<sup>th</sup> March

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

### Victorian Responsible Gambling Foundation - Prevention Partnership Program 2017-19

Applications for the Victorian Responsible Gambling Foundation's Prevention Partnership Program 2017-19 are now being accepted. The grants program aims to prevent and reduce gambling related harm within local communities across Victoria. Applications are welcome from community, not-for-profit organisations, social enterprise, local government or public health organisations.

For further information and to view the funding guidelines, go to [www.responsiblegambling.vic.gov.au/preventiongrants](http://www.responsiblegambling.vic.gov.au/preventiongrants). Applicants are required to contact Ms Niamh O'Brien, Senior Prevention Program Advisor, to discuss your project idea 9452 2636 or [niamh.o'brien@responsiblegambling.vic.gov.au](mailto:niamh.o'brien@responsiblegambling.vic.gov.au).

### Activities planned for our skate parks

**Make Your Mark @ the Park project - Coleraine:** Engagement session: 5:30-7pm Friday 24 March, Coleraine Skate Park  
Paint sessions: 10am-about 4pm, 10 & 11 April

**Make Your Mark @ the Park project - Hamilton:** Engagement session: 4-5:30 pm Thursday 23 March, Hamilton Skate Park  
Paint session: 10am-4pm (about) 4 & 5 April

#### **SW Skate League Competition - Workshops:**

**Coleraine** 11am-12:30pm Saturday April 8, Coleraine Skate Park / **Hamilton:** 2-3:30pm, Saturday April 8, Hamilton Skate Park

**Competition:** The competition will have three disciplines: Scooter, BMX and Skateboarding. Each discipline will have the following divisions: **Scooter:** 14 & under & 15 & over / **BMX:** 14 & under & 15 & over / **Skate:** 12 & under, 16 & under and Open's (male and female)

Sunday 9 April commencing at 10:30 am-around 4:30 pm @ Hamilton Skate Park.

Contact: **Julie Drechsler**, Recreation Coordinator, Southern Grampians Shire Council, **P:** 03 5551 4308 **M:** 0427 848 066

### Upcoming Events

- **Service Network Meetings** - 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.
  - Friday 31<sup>st</sup> March 2017, 9:30am-3:30pm, Main Theatre @ Lighthouse Theatre, Warrnambool. Cost: \$135For 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)
- **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

### 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 12<sup>th</sup> March at Hamilton Harness Racing Club, - every 2<sup>nd</sup> & 4<sup>th</sup> Sunday

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

**Nareen Produce Swap** – 10am to 11am, Sunday 26<sup>th</sup> March at the Nareen Hall. (Last Sunday of the month)

**Henty Annual Market** – Sunday 2<sup>nd</sup> April, further info contact Jason M: 0418 411 807



#### 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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