

SGGPCP Updates:

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H3O Challenge

Southern Grampians Shire Council, Hamilton Basketball Association and GenR8 Change are encouraging everyone to sign up to VicHealth's H3O Challenge! The #H3OChallenge tests participants to swap sugary drinks for water for 30 days whilst offering a heap of support along the way! It's free, and your personal challenge can start at any time! If the several health benefits of ditching sugary drinks isn't motivating enough, there is an extra incentive to get you signed up - a lucky ten challenge participants from within the Southern Grampians region will be chosen at random to receive a \$100 Quinns Sportspower or Robinsons SportsScene voucher!

There is a H3O Challenge Launch happening on Friday 24th March from 4pm at HILAC, where there will be free fruit and water, loads of information and tips around how to get the very best out of your H3O Challenge, and roaming staff who will be able to assist with on the spot registrations. We hope to see you there! Alternatively, sign up NOW at, <http://h30challenge.com.au/lga/southerngrampians>



Sugar tax on sugar sweetened beverages (SSB)



It is great to see that national media outlets are highlighting Southern Grampians community taking action to improve children's health, and the e-petition to the Australian Government to implement a tax on sugar sweetened beverages and then invest the revenue raised into public health prevention initiatives. The story has featured in the Herald Sun, Prime News and Channel 7 Sunrise Program, and many high profile social media sites such as I Quit Sugar and That Sugar Film amongst other media outlets.

The petition organised by Western District Health Service as part of 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 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/

Community Crime Prevention - upcoming grants rounds in 2017-18

Program	Opening date	Closing date
Graffiti Prevention Grants	15 March 2017	12 May 2017
Community Safety Fund	15 May 2017	14 July 2017
Public Safety Infrastructure Fund	3 July 2017	25 September 2017

Please note that dates may be subject to change. For more information about the Community Crime Prevention (CCP) grant programs, click on the title of the grant in the table above. Current guidelines will be available once each grant program has opened.

Resources to assist the future planning of your project, such as working in partnership, building an evidence-base and gathering data and statistics, can be found on the [resources page of the CCP website](#).

Contact: Karen Glennen, Barwon & Western District Areas Childrens Resource Program: P: (03) 5232 5231 M: 0409 411 102 E: kglenn@cah.vic.gov.au

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



Presented by: Christine Scott
 Thursday 23rd March, 9:30am to 12noon
 Hamilton Performing Arts Centre, Ted Kenna Room, Brown Street, Hamilton
 RSVP: To the STAY office, Phone: 55721028, by Friday 17th 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



Southern Grampians Glenelg Primary Care Partnership

Bulletin #7, 16th March 2017



Premier's Active April is part of the Victorian Government's commitment to promote healthy and active lifestyles and get Victorians to join in the fun of increased physical activity.

Register today at: <https://www.activeapril.vic.gov.au/>



RURAL – Regional training initiative: culturally Competent Youth Practice

This training is relevant to a broad range of roles working with young people from any community.

Participants will improve their confidence and capacity to provide a culturally inclusive and responsive service for young people.

Thursday 23 March 2017, 11:30am to 3:30pm, Community and Youth Complex, 210 Timor Street, Warrnambool.

Cost: \$35 YACVic member / \$50 non-member (includes light lunch)

Contact Karen Walsh, YACVic Rural Development Coord Great South Coast, 0472 514870 or E: rural.gsc@yacvic.org.au for details.

Mental Health First Aid for the Suicidal Person

Do you know how to help a suicidal person? This NEW 4-hour specialised Mental Health First Aid course is now available
Who can attend?

Any interested adult can attend. This course is not a therapy or support group or a post-vention course, rather it is an education course and it is important that people undertaking the course are feeling relatively robust when they undertake it. It is not recommended for individuals recently bereaved by suicide.

Thursday 23rd March, 12:30pm to 4:30pm, at SEAL, 71 Hyland Street, Warrnambool. Instructor: Suzi Stropin Cost \$66

Registration or further information contact: Alanna Bond or Mandy van den Berg, P: (03) 5560 3000 E: abond@wellways.org

Amazon Sports Star Awards – Nominations now open

Nominations are now open for the 2016 Amazon Sports Star Awards. Clubs can nominate online: [click here](#)

Consider nominating a club volunteer, participant, team or your great club development activity.

Categories include: Junior Male, Junior Female, Open Male, Open Female, Athlete with a Disability, Masters, Elite Coach, Coach Development, Junior Team, Intermediate Team, Open Team, Volunteer, Achievement, Club Development, Inclusive Club Development.

Upcoming Events

- **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.
 - Friday 31st March 2017, 9:30am-3:30pm, Main Theatre @ Lighthouse Theatre, Warrnambool. Cost: \$135

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

Markets & Food/Produce Swaps

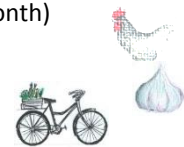
Merino Produce Swap – 10am-11am, Saturday 8th April, Merino Community Health Centre (second Saturday of month)

On Track Market – 9am-1pm, Sunday 9th April at Hamilton Harness Racing Club (2nd Sunday of the month)

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)

Henty Annual Market – Sunday 2nd 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 T: (03) 555 18471



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