

SGGPCP Updates:



Sugar tax on sugar sweetened beverages (SSB)

e-Petition finishes next Wednesday, don't miss your opportunity if you want to support this initiative.

The petition is available at www.ssbtax.com/



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/>

Disability Program: Carers, families and the system

Are you a parent of a child with a disability, or carer for a person with a disability? Do you want to know more about the National Disability Insurance Scheme (NDIS)? This program explores changes in the disability support system and discusses future planning with a family-centred approach.

4 sessions: Preparing for change; Adapting to change; Managing the change; Making your voice heard
Commencing Wed 10th May to Wed 7th June, 10am to 1pm, Portland Business Hub, 33 Percy St, Portland. Cost – free
RSVP: By Tuesday 2nd May to Mpower Inc on: 5561 8111

Developing an Emergency Care Plan

Who will pick up the pieces when you can't be there?

This training is aimed at sole carers and families who care for someone with disability or who is frail aged.
Thursday 27th April, 12noon to 3pm, Southern Way Direct Care Services, 181 Fairy Street, Warrnambool. Cost: free.
RSVP Monday 24th April to Mpower Inc 5561 8111

Community Crime Prevention - upcoming grants rounds in 2017-18

| Program | Opening date | Closing date |
|---|--------------|-------------------|
| Community Safety Fund | 15 May 2017 | 14 July 2017 |
| Public Safety Infrastructure Fund | 3 July 2017 | 25 September 2017 |

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](#).



Wiraka Mirring – Deadly Fun Run

**3km or 5km – Deadly Fun Run, Saturday 25th March 2017, commencing at 10:30am
Lake Condah Mission, 248 Condah Estate Road, Heywood. Fruit and water supplied**

Transport from Hamilton: if you require transport from Hamilton to Lake Condah Mission please contact Briana Picken at Windamara Aboriginal Corporation Hamilton by Thursday 23 March. Transport bookings are required. Please note transport will be leaving Windamara Aboriginal Corporation Hamilton at 9:30am sharp.

Further information contact Jessica Lovett-Murray on 03 5527 0000 or e: jesslovettmurray@windamara.com.

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.

Follow SGGPCP on facebook or twitter, or link into GenR8 Change or SEA Change, by clicking on icons below:





Youth Café

The Roxburgh café in Hamilton has agreed to open their doors on a regular basis to provide a place for young adults to come and meet up in a 'young people only' space. Commencing Friday 24th March, 4:00 to 5:30pm

Deaf Access Hearing Loss Training

deaf access, is available to run Hearing Loss training for organisations and facilities who work with older people or training organisations who train staff for this area of work.

The aim of **deaf access** is to introduce the material to organisations so in future organisations and facilities have the capability to incorporate it into their regular training schedules. Delivery of this **FREE** training is flexible
Deaf access is a DHHS and Mpower community building program.

Please contact Erica Smith at Mpower on esmith@mpower.org.au or 55618114 for interest in arranging or discussing this training.

Portland Neighborhood House Upcoming Programs

- **Food Cents – Meals on a budget. Cost: \$40**, 02/05/17 – 06/06/17, 6 sessions. Tuesdays 1pm – 4pm
- **Become a Better You. Cost: FREE**, 24/04/2017 - 29/05/2017, 6 sessions. Mondays 10am –12noon
- **Genealogy Workshops. Cost: \$55**, 02/05/17 – 06/06/17, 6 sessions. Tuesdays 9.30am–12noon
- **Felt and Color Craft. Cost: \$40**, Mondays 24/04/2017, 01/05/2017 & 08/05/2017, 4.15pm – 6.15pm
- **English as a Second Language Tutor Training. COST \$25**, Thursday 27/4/17 10.00am to 12.00pm

Further information contact: Susan Roll E: pnhp@workskillsemployment.com.au P: 03 5523 1645

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: \$135For 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 – Celebrating their 4th birthday - 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



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