

SGGPCP Updates:

Is the Southern Grampians Community Obese? – Opportunity for Community Discussion



No doubt over the past fortnight you have observed both local and national media publicity around obesity in the Southern Grampians and a local push for a tax on sugary drinks. No matter what your stance is on a sugary drink tax, we want to hear your thoughts on these issues!



We'd love you to be an important part of the community discussion - **Is obesity really an issue in our community, and will a tax on sugary drinks help fix it?**

Join us next Thursday 6th April, 7:00pm-8:30pm at the Senior Citizens Rooms in Lonsdale St, Hamilton for the community discussion featuring Professor Steven Allender, Global Obesity Centre at Deakin University, supported by local panelists.

We're really keen to have you in the room, hear your opinions and insights and have the panelists answer any questions or concerns you have around these issues.

Further information contact Robyn 55518471, E: robyn.holcombe@wdhs.net or Ebony 55518475 E: ebony.jenkins@wdhs.net

H30 Challenge



Have you signed up for the H30 Challenge yet? VicHealth's H30 Challenge asks participants to swap sugary drinks for water for 30 days, are you up for the challenge?

The H30 Challenge within the Southern Grampians was officially launched on Friday 24th March at HILAC, followed by a second sign up evening that saw lots of the facilities users registering for the challenge.

If the numerous benefits of ditching sugary drinks aren't already motivating enough, there is also an extra incentive to register as ten lucky participants from within the Southern Grampians region will be chosen at random to receive a \$100 Quinns Sportspower or Robinsons Sports scene voucher! So what are you waiting for – follow the link to join the challenge: www.h30challenge.com.au/lga/southerngrampians



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/>

The NDIS is coming to this region

This Community Information Session – What is the NDIS? Will be delivered by the National Disability Insurance Agency (NDIA) staff and partners wanting to start raising awareness and understanding of the scheme for potential participants, family, providers and community members.

Hamilton – Thursday 6th April, Hamilton Performing Arts Centre, 113 Brown Street, Hamilton

- Session 1 – Community – 11:30am to 1:00pm
- Session 2 – Providers – 2:30pm to 4:00pm
- Session 3 – Community – 7:00pm to 9:00pm

RSVP: [Click here to register for sessions in Hamilton](#) or phone: (03) 5272 7662

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

The National Centre for Farmer Health has designed an online pathway called The Ripple Effect to understand and reduce stigma surrounding the discussion of mental health challenges. In doing so, The Ripple Effect aims to help prevent rural suicide in Australia and develop appropriate ways to address the issue.

The research phase of The Ripple Effect ends in a few short weeks, and we need as many people as possible to register and complete the pathway! We are particularly interested in understanding the experiences of rural Australian men aged 30-64, but anyone is welcome to register. All information that we receive is useful.

By contributing, participants will help researchers and government better understand rural suicide. This can help improve the delivery of support to those affected by suicide and a more informed approach to reducing rural Australian suicide.

Log on www.therippleeffect.com.au For further information contact Molly McNamara on (03) 5551 8587

Interactive tool to convert salt to sodium



The Heart Foundation have been working on a tool to convert salt to sodium. This interactive tool was developed to help consumers convert milligrams of sodium to grams of salt on product packaging, and to compare products and serving sizes.

The [Salt to Sodium Converter](#) is available on the Heart Foundation website.

Please note that this is a rough guide and not an exact measurement.

The inclusion of the **'teaspoon measurement'** is designed to re-enforce the following broad messaging;

Australians are consuming too much salt

- One teaspoon (6g) is the Recommended Daily Intake for the general population
- For those with high blood pressure we recommend 4g per day

South West Sport Sector News

The department (Victorian - Department of Health & Human Services) **encourages all Victorian sport and recreation clubs to access online training courses on allergies and anaphylaxis. Clubs should also be familiar with food safety requirements, particularly clubs involving children with identified allergies.**

Clubs should also be aware of the need to review the procedures on how to safely conduct camps involving children, including the safe provision of food to children with known food allergies.

The Australasian Society of Clinical Immunology and Allergy (ASCIA) provides an anaphylaxis e-training course. The course has been developed to provide ready access to reliable anaphylaxis education to the community throughout Australia and New Zealand, **at no charge.** To access the anaphylaxis e-training course visit <http://anaphylaxis.ascia.org.au>

Please refer to the following link for additional information from Sport and Recreation of Victoria about food safety and allergies and the free online training course. [Click here](#)

Upcoming Events

- **Disability Program: Carers, families and the system** – 4 sessions Wed 10th May to Wed 7th June, 10am to 1pm, Portland Cost – free. RSVP: By Tuesday 2nd May to Mpower Inc on: 5561 8111
- **Developing an Emergency Care Plan** - Thursday 27th April, 12noon - 3pm, Southern Way Direct Care Services, Warrnambool. Cost: free. RSVP 24th April to Mpower Inc 5561 8111

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 29th April, 333 North Boundary Road, Hamilton

Nareen Produce Swap – 10am to 11am, Sunday 30th April at the Nareen Hall. (Last Sunday of the month)

Henty Annual Market – Sunday 2nd April, further info contact Jason M: 0418 411 807



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



Southern Grampians Glenelg Primary Care Partnership

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A jointly funded initiative of the State Government of Victoria and the Australian Government



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