

SGGPCP Updates:

Healthy Glenelg – a healthy future for our young people

We are very pleased to announce SGGPCP and partners have been selected to be part of the Alcohol and Drug Foundation's Local Drug Action Team (LDAT) Program. We will work in partnership across Glenelg Shire to determine and develop locally driven solutions to reduce the harm from alcohol, ice and other drugs and keep communities safe. SGGPCP and partners Portland District Health, Glenelg Shire Council and Heywood Rural Health will work with other key stakeholders including Victoria Police, GSG LLEN, health services, education and the broader community.

The project aims to increase the health and wellbeing of local children, young people and their families. It will build on our action over the last three years to prevent alcohol-related harm to underage young people. We will use the Communities That Care (CTC) framework adapted for our local context. It will improve understanding and skills in the local community and service sectors to deliver effective prevention programs which address the underlying causes of the issues rather than just managing the behaviour outcomes. Individual communities will help shape the action plan and strategies to be implemented within their community, tailored to meet their strengths and needs and designed to create lasting change.

For more information contact Rowena Wylie m: 0419 143 652 or e: rowena.wylie@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? Registrations are still open until 5pm on Friday 28th April, and the winners of the 10 X \$100 sports vouchers will be drawn after that.

So what are you waiting for – follow the link to join the challenge: www.h30challenge.com.au/lga/southerngrampians

Active April

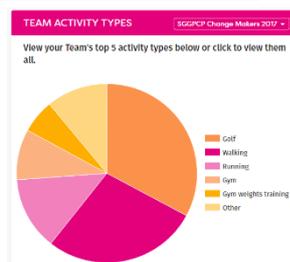


SGGPCP Staff have taken on the Active April Challenge, and after 5 days it looks like golf is the most popular activity to date.

Our team is called SGGPCP Change Makers 2017.

It's not too late to join in Active April – just follow the link below:

<https://www.activeapril.vic.gov.au/>



2017 Men's Shed Funding Round - now open

\$879,000 is now available for communities across Victoria, who can apply for funding to build a new shed or refurbish an existing shed through the Men's Shed Program.

Men's sheds enhance the health and well being of both individuals and communities as a whole by reducing social isolation and promoting social inclusion.

Community groups are encouraged to apply, especially those from rural and Aboriginal and Torres Strait Islander communities, and areas that are experiencing significant economic and social change.

Funding applications are due 16 June. Click [here](#) for more information.

April Falls Day - A Falls Prevention Promotion

Every one of us knows someone who has been injured as the result of a fall. Unintentional injury is the biggest issue in community safety and when it comes to unintentional injury the most common injury will result from falling.

Falls are the cause of more hospital admissions and injury statistics than any other safety issue. But falls draw less media attention than most other safety issues. Public awareness about the risk and frequency of falls, and the extent of injury and impairment that can result is alarmingly low.

To draw attention to this important issue the Victorian Safe Communities Network (VSCN) is declaring April 3 as **April Falls Day**.

Further information is available on the VSCN website at www.vscn.org.au and on the [website of the Clinical Excellence Commission of NSW](#).

South West Sport Sector News

Defibrillators for Sporting Clubs and Facilities Program 2015-19 for eligible not for profit Victorian community based sport and recreation organisations.

Successful applicants to the program will be allocated a defibrillator package. The package includes a high quality defibrillator, some basic training and six years of essential maintenance.

Full details: <http://www.sport.vic.gov.au/grants-and-programs/defibrillators-for-sporting-clubs-and-facilities-program>

Applications close on **Wednesday, 3 May 2017**

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



Southern Grampians Glenelg Primary Care Partnership

Bulletin #10, 6th April 2017

Women's Health and Wellbeing Barwon South West invites you to attend VicHealth 'Preventing violence against women: From policy to practice' – Short course (1-day workshop)

Tuesday 16th May at Camperdown Golf Club, (8.45am sharp for registration – 5pm). FREE TRAINING – Catering provided

- Online Registration ESSENTIAL – [Click this link to register](#) (Places limited)

The short course is aimed at providing an introduction and overview of the policy and evidence base for preventing violence against women before it starts. The course will be valuable for people from a range of sectors seeking to integrate prevention into their daily work – for example in workplaces, local government, arts, sports and recreation, health and community sectors. The course provides practical tools and resources for planning and delivering prevention programs and for making prevention part of your core business.

VicHealth is only offering this course FREE until the end of June 2017, don't miss chance to undertake the training at no charge. ***This is the ONLY VicHealth 'Preventing Violence Against Women' short-course currently scheduled outside of Melbourne***



The Team Building Challenge

South West Victoria – Team Building Challenge, improving team performance through applying the practices of highly effective teams

- Understand the importance of setting and communicating a clear vision
- Design conditions for effective communication between team members
- Improve processes and create a climate which fosters innovation and creative thinking
- Develop mutual co-operation and team work including working to team strengths
- Challenge your team to take its performance to the next level through experiential learning.

Thursday 25 May, 8:45am–4:15pm, Lady Bay Resort, 2 Pertobe Road, Warrnambool. Cost: \$195 (GST incl.)

Attendance: Board, Executive, Management and Front Line Teams

Contact: Richard Zerbe, Ph: 0448 505 885 Email: executiveofficer@communitysouthwest.com

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)

Sandford Market – 9am-1pm, Sunday 9th April at Mechanics Hall, Sandford

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)

Bush Tucker Family Day – Dartmoor Village Green, Sunday 30th April 12:30pm onwards, \$10, M: 0417 281391 P: (03) 5528 1463



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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