

SGGPCP Updates:

Passionate Southern Grampians community members came together last Thursday evening to share their insights about the health of our community.



We were fortunate to learn from Professor Steven Allender from the Global Obesity Prevention Centre at Deakin University, the extent of overweight and obesity in children across the Southern Grampians, its impacts, and evidence about potential solutions. Steven was joined by local panelists Dr Dale Ford, Rohan Fitzgerald and Janette Lowe to respond to questions and comments from the audience.

The bulk of community discussion was centered around how the community can now utilise this data and knowledge to respond to this important issue and protect the health of our children. More insights on particular themes from the evening will be discussed in the near future.

A big thank you to everyone who participated in this important community discussion, your input and commitment to a whole of community response is nothing short of amazing!



Managing Drug and Alcohol Issues

Western District Health Service and Portland District Health Service invite you to a CNME Study Day on **'Managing Drug and Alcohol Issues'**.

Thursday 18th May, 9:45am registration. 10am to 4pm, at Learning & Development (Education) Centre, Western District Health Service, Hamilton Base Hospital, 20 Foster St, Hamilton. Registration closes 4th May.

Contact: Chris McGennissen, Nurse Education Coordinator, WDHS, P: 5551 8343 E: chris.mcgennissen@wdhs.net

Domestic Violence Response Training (DV-alert)

Lifeline is committed to raising the awareness of domestic and family violence.

Lifeline is providing **free** accredited training called DV-alert or (Domestic Violence Response Training) across all states and territories in Australia. DV-alert is a nationally run accredited training that provides skills to recognise signs of domestic and family violence, respond with appropriate care and refer to the best possible support services.

May 18th & 19th, Portland SWTAFE, 154 Hurd Street, Portland. 9am to 4:30pm

Register online: <http://www.dvalert.org.au/> Enquiries: Megan Walsh P: 5559 0521 E: megan@lifelineswv.org.au

VCOSS research: Enhancing social connection and resilience in Portland

The Victorian Council of Social Service (VCOSS), the peak body for the community and social services sector in Victoria, is commencing a new project to identify the factors that enhance social cohesion and resilience in Victorian rural communities. VCOSS has identified Portland as one of the two communities it will research. Portland's location and history; its social issues including an ageing population, increases in migration and youth unemployment; its economic issues including changing industries, the threatened closure of the Alcoa Smelter and drought; and its vulnerability to natural disasters and other emergencies including bushfire, heatwave, flood and maritime emergencies make it an ideal community for investigation.

A forum will be held on at Quest Portland, Mackillop Room, 66 Julia St, Portland, **9.30am to 11.30am, Thursday 20 April 2017.**

VCOSS invite representative of organisations in Portland to attend the consultation forum to share views with other local community organisations on the factors that either help or inhibit social cohesion and resilience, and to help inform the VCOSS report.

To book your attendance, please go visit the forum's [Eventbrite](#) webpage.

Youth Carnival – Fun, Food & Ideas



Come and join the fun with food, drinks, activities, photo booth and even Mario cart on a big screen – Plus everything is free!

- **Friday 12th May, 4pm to 6pm at Hamilton PAC, Brown Street, Hamilton**

Information about health, employment and support services for young people aged 12-25 will be there too.

Proudly initiated and supported by the Southern Grampians Youth Network in partnership with YACVic Rural and Freeza, A Victorian Government initiative that supports young Victorian to get involved in their communities.

This is a fully supervised all-ages event; drug, alcohol and smoking free.

Expressions of Interest - Adaptive Leadership Masterclasses

The Master Classes will be provided by Liz Skelton from Collaboration for Impact on behalf of Beyond the Bell.

- Masterclass 1 - Hamilton 8 & 9 May
- Masterclass 2 - Camperdown 10 & 11 May

Are you interested in:

- Gaining an understanding of the Adaptive Leadership Framework and adaptive change
- Learning about the adaptive leadership model and how to use it in personal, organisational and community settings
- Developing practical skills in leading complex change
- Understanding how to manage conflict and collaborate with diverse stakeholders and partners
- Increasing awareness of participants own behaviour patterns and how they impact others
- Developing greater understanding of group dynamics
- Understanding systems change
- Building capacity in reflective learning
- Understanding developmental evaluation

Contact: Adele Kenneally, Beyond the Bell Planning and Liaison Support, P: 0419 354 022 or E: akenneally@greatsouthcoast.com.au

Consumer Action Responsive Empowerment – Ideas Exchange

Consumer participation in the alcohol and other drugs (AOD) sector event

Thursday 4th May, 8:30am to 4pm, Ibis Melbourne Hotel & Apartments, 15-21 Therry St, Melbourne

This is an opportunity for you to be part of the new Consumer Participation Network that is being developed on the day.

Click on this link to view the exciting line up for the day: <https://apsu-and-taskforce.eventbrite.com.au>

Cost: \$30 for service providers and \$15 for consumers (includes a sit down buffet lunch)

Registrations close Sunday 30th April.



Family violence workforce census now open



The Victorian Government is developing a 10 year Industry Plan as a key recommendation of the Royal Commission into Family Violence. But for this to be possible, we need a clearer picture of Victoria's family violence workforce. That's why the family violence workforce census has been developed.

The census is designed for **everyone** who plays a role in preventing and responding to family violence in Victoria. Are you a financial counsellor, psychologist, teacher or support worker? Or perhaps you work in housing, legal services, justice and corrections, education, migrant services or mental health? Whatever you do, there's a high chance it touches on family violence (and you may not even realise it) – so we need to hear from **you**. [Click here](#) to learn more and complete online. Participation is voluntary and you won't be asked for your name.

The census is open from 10 April to 5 May. Together we can make a difference.

Invitation – Design Forum 2017

Sustainability Victoria invites you to a unique Learning and Development, networking and innovative thinking event - no cost

A design forum is a two-day event that brings together a group of people to solve a shared problem. Attendees from a range of backgrounds are invited to participate and are facilitated through a series of carefully planned activities.

It's an opportunity to solve interesting challenges in collaboration with interesting people in a way that you may not have tried before. Participants are guided through the process from start to finish. They leave with a renewed appreciation for the challenges of waste and resource recovery, possibly some new contacts and new ideas for how resource recovery can be tackled.

[See what participants thought of last year's event.](#)

Tuesday 9 May & Wednesday 10 May, 9am to 5pm, Rydges on Swanston, 701 Swanston St, Carlton

RSVP: Monday 24 April [Click here to register: REGISTER](#)

More information: Laura Kotantonis, waste.education@sustainability.vic.gov.au P: 8626 8872 (Mon-Thurs)



My Recovery – Mental Health Education and Support

Wellways My Recovery is a 10 session education and support program for people experiencing mental health issues.

The program is led by peers – trained people who have their own lived experience of mental health issues and recovery.

Information session: 20th April 2017 at 12:30pm, Wellways Training Room, 505 Raglan Pde, Warrnambool. Cost \$50

To register contact Wellways on 5560 3000 or E: mvasandenberg@wellways.org

ICE CHALLENGE GREATSOUTH COAST

ICE – Get the Facts

ICE Forum – Portland, Presented by Great South Coast ICE Challenge & Glenelg Shire

ICE continues to present problems to the community, users, families and the courts. Best practice from across the world indicates that a “whole-of-community” approach is needed to effectively help tackle this issue. Data confirms that the prevalence and use of ICE across the Great South Coast is present challenges on many levels. To help raise awareness of the dangers of ICE and provide a better understanding of ICE....an ICE information forum

for the general community is being held in Portland.

Monday 15th May, 6pm to 7:30pm at Glenelg Shire Council, Council Chambers, Cliff St, Portland

Contact: Mayor Anita Rank, M: 0428 276 563, E: anita.rank@glenelg.vic.gov.au

For more information & resources: www.understandice.org.au www.icechallengegsc.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
- **South West Victoria – Team Building Challenge** - improving team performance through applying the practices of highly effective teams. Thursday 25 May, 8:45am–4:15pm, Warrnambool. Cost: \$195 (GST incl.)
Contact: Richard Zerbe, Ph: 0448 505 885 Email: executiveofficer@communitysouthwest.com

Funding Opportunities

- **2017 Men’s Shed Funding Round - now open** - Funding applications are due 16 June. Click [here](#) for more information.
- **Defibrillators for Sporting Clubs and Facilities Program 2015-19** - for eligible not for profit Victorian community based sport and recreation organisations. [Click here](#) for details. Applications close on **Wednesday, 3 May 2017**

Markets & Food/Produce Swaps

Merino Produce Swap – Celebrating their 4th birthday - 10am-11am, Saturday 13th May, Merino Community Health Centre (second Saturday of month)

On Track Market – 9am-1pm, Sunday 14th May 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)

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

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