

ICE CHALLENGE GREAT SOUTH 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

H3O Challenge



Have you signed up to the #H3OChallenge yet?

5 lucky challengers from the Southern Grampians have already been drawn at random to win a \$100 voucher for Quinns Sportspower or Robinsons Sports scene, **BUT THERE ARE STILL 5 MORE TO GIVE AWAY!**

If you haven't done so already, head to www.h30challenge.com/lga/southerngrampians and register to take the challenge to swap sugary drinks for water for 30 days.

Just by registering you'll be in the draw! Hurry, entry closes 9am Friday 28th April.



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 McGennisken, Nurse Education Coordinator, WDHS, P: 5551 8343 E: chris.mcgennisken@wdhs.net

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.

Consumer Action Responsive Empowerment – Ideas Exchange



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

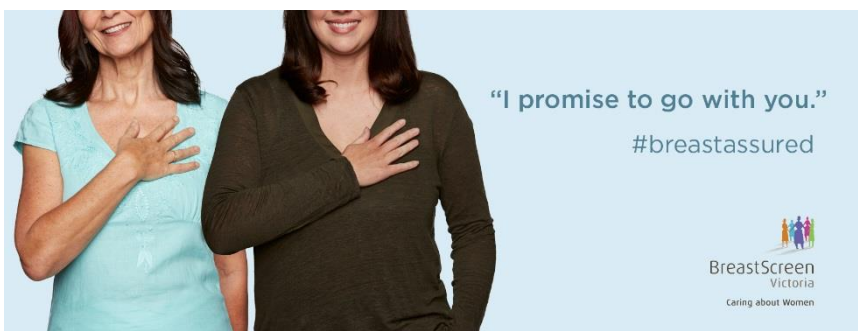
Thursday 4th May, 8:30am to 4pm, Ibis Melbourne Hotel & Apartments, 15-21 Therry St, Melbourne

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.



“Your support means a lot. Why not offer to take your mum to her next breast screen appointment?”

Helping victims of family violence with their pets

Women and children escaping family violence – and their pets – are finding relief through the \$100,000 Pets in Crisis program to house and protect at-risk animals.

Studies have shown that violence against animals has a similar psychological impact on a woman as if she was being abused herself. A fear of harm to pets can be a reason why women do not report – or delay reporting – family violence to police.

Animal abuse is considered a 'red flag' in family violence cases, with perpetrators who abuse animals likely to use more dangerous forms of violence and controlling behaviours towards their partners. Alarmingly, pets are often used as weapons by perpetrators of family violence, to punish and control women and children.

For the past year and a half, our sector partners at [safe steps Family Violence Response Centre](#) have been working with Lort Smith, the RSPCA and the Municipal Association of Victoria to help women, children – and their pets. Now at the halfway point, funding for the program is set to continue to the end of 2018-19.

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
- **Family Violence Workforce Census** - [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.**
- **Domestic Violence Response Training (DV-alert)** – May 18th & 19th, Portland. 9am to 4:30pm, Register online: <http://www.dvalert.org.au/> Enquiries: Megan Walsh P: 5559 0521 E: megan@lifelineswv.org.au
- **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