

SGGPCP Updates:

Southern Grampians Community Wellbeing Stakeholder Workshop

Last Friday we facilitated the first stakeholder workshop for the Southern Grampians Community Wellbeing Plan and our Strategic Plan in partnership with Southern Grampians Shire Council. There was 40 hardworking participants from a diverse range of backgrounds, who developed a systems maps to describe the relationship between factors that influence community wellbeing. We were lucky enough to have the support again of GLOBE at Deakin University who have built our skills in this systems mapping process.

The magic happened when the groups examined their systems map and started to identify different ways of clustering/theming the actions needed to address multiple health issues.

The next workshop will be held on May 26th and will focus taking these first preliminary themes and discussing the capacity within Southern Grampians to act on them and then what are the outcomes and measures we are trying to achieve. Thank you so much to everyone who participated and gave so freely their knowledge and passion into the process.

The next stakeholder workshop will be on Friday 26th May, 9am to 2pm at Hamilton Golf Club.

If you would like any further information please contact Janette Lowe, P: 0408 553 095 or E: janette.lowe@wdhs.net



H₃O Challenge™

 an initiative of
VicHealth™

Did you enter
the H₃O
Challenge?



CHECK
YOUR
EMAILS!

Mandy and Harry are just 2 of our winners so far!

**10 challenge participants have been randomly selected
to receive a \$100 sports voucher!**

Check your inbox today for a message from VicHealth, and if you're one of the lucky ones, contact Ebony on 55518475 to collect your voucher.



National Reconciliation Week

Each year National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. The dates that bookend the week are two significant milestones in the reconciliation journey; the 1967 referendum and the historic Mabo decision.

This year's theme is 'Let's Take the Next Steps', which reminds us that all big changes take persistence and courage.

The 2017 program of events in the Glenelg Shire are as follows:

- **Symbolic walk & partnership yarns** - Friday 26 May, 10.30am – 1.00pm
- **Narrawong reconciliation gathering** - Friday 26 May, 4.00pm – 9.00pm
- **Football game** - Heywood v Tyrendarra, Saturday 27 May, 2.30pm at Heywood Football Oval
- **Winda-mara community dinner** - Wednesday 31 May, 5.30pm – 8.00pm
- **School activities** - Local Aboriginal Language & Traditional Aboriginal Games - Thursday 1 June, 10.30am – 1pm
- **Film screening & supper** - 'Zach's Ceremony', Friday 2 June, 6.00pm – 8pm at Heywood Community Hall

For further details on any of the above events contact Elly Murrell: phone 0466 532 722 E: emurrell@glenelg.vic.gov.au

Or visit: www.glenelg.vic.gov.au/Civic_Events



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



Turning Point is running a free education session called "BreakThrough" for families of people who use ice in the south west region next month.

Camperdown - Monday 15 May, 6.30-9.00pm at Camperdown Football Club, "Leura Oval", Adeney Street
To find out more and to register, [click here](#) (light refreshments provided)

Hamilton - Wednesday 17 May, 6.30-9.00pm, at Hamilton Base Hospital, Kitchener Street Education Centre
To find out more and to register, [click here](#) (light refreshments provided)

Portland - Monday 22 May, 6.30-9.00pm at Glenelg Shire Council, Cliff Street, Portland
To find out more and to register, [click here](#) (light refreshments provided)

Warrnambool - Tuesday 23 May, 6.30-9.00pm at Quest Warrnambool, 15-19 Liebig Street, Warrnambool
To find out more and to register, [click here](#) (light refreshments provided)

Harmed, drunk and dangerous: Aussies concerned over Australia's drinking problem

Aussies are growing increasingly worried about the negative impacts of alcohol, with the majority believing Australia has a problem with alcohol abuse.

Now in its eighth year, the *Annual alcohol poll 2017: Attitudes and behaviours* – takes an in-depth look at Australian attitudes towards alcohol, their drinking behaviours, and their perspectives on key alcohol policies. Check out the infographics including for the number of people affected by alcohol-related violence, children harmed by others' drinking, how much people are drinking, attitudes to alcohol advertising, closing times and more.

<http://fare.org.au/2017/04/annual-alcohol-poll-2017-attitudes-and-behaviours/>

Are you feeling confused or worried about the National Disability Insurance Scheme?
Come along to a Wellways forum to find out more.

- Warrnambool Forum – Tuesday 16 May, 5:30-7:30pm, Wellways Training Room, 505 Raglan Parade, Warrnambool
- Portland Forum – Wednesday 17 May, 11:30am-1pm, venue: to be confirmed
- Hamilton Forum – Wednesday 17 May, 2:30-4pm, Dunworth Centre, 23 Dinwoodie Street, Hamilton

Please RSVP to Wellways on 55603000

For further information contact Sally on 5560 3009

YACVic Rural Conferences 2017

The Youth Affairs Council Victoria present two exceptional professional development and networking opportunities for people who work with young people in rural and regional Victoria

- Echuca 21 & 22 June – Health and wellbeing focus
- Halls Gap 28 & 29 June – Employment and education focus

Click here for further details: <http://www.yacvic.org.au/news/events/736-yacvic-rural-conferences>

Family Violence Workforce Census



Victoria's first [family violence workforce census](#) is live – and **anyone** whose work intersects with family violence is encouraged to participate.

If you think this survey is relevant to you, then it is.

If you think it isn't – it probably *still* is!

Many Victorians encounter family violence through their work, beyond those who are specialists. This includes people workers in roles broadly across the health, education, justice and community sectors.

We need to hear from you. The census is an important chance to have your say on how you currently work to prevent or respond to family violence, and what you think you need to support you in your current line of work when encountering patients/clients/consumers touched by Family Violence. Your input will help government to plan for the future, and to understand and address workforce challenges.

The census will take around 15 minutes to complete and you won't be asked for your name. You can complete it at work, from home or on your mobile. The census closes 19 May.

[Have your say now](#)

For further information, FAQs, and information about support services, [please see here](#)

If you have any questions about the survey or are experiencing technical issues contact KPMG [by email](#) or call 03 9838 4750.

LGBTI Equality Roadshow

Victoria's first Gender and Sexuality Commissioner, Ro Allen, is undertaking an LGBTI Quality Roadshow across rural and regional Victoria.

This roadshow aims to reduce discrimination against lesbian, gay, bisexual, transgender and intersex (LGBTI) people, and promote their inclusion in everyday life.

Barwon South West Region – 29th May to 2nd June 2017

Further information: <https://engage.vic.gov.au/lgbti>

Changes to the Working with Children Act 2005

On 1st August 2017, a number of important amendments to the *Working with Children Act 2005* (the Act) will come into effect. In its report titled "Working with Children Checks", the *Royal Commission into Institutional Responses to Child Sexual Abuse* made several recommendations aimed at strengthening the protection children receive through Working with Children Checks. To view the report, click [here](#).

For detailed information about the amendments, please visit the website [here](#).

Victorian Regional Achievement & Community Awards 2017

Nominations are now open for the 2017 Victorian Regional Achievement & Community Awards.

The awards are designed to encourage, acknowledge and reward the valuable contributions individuals, communities and businesses are making throughout regional and rural Victoria.

If you would like to recognise an individual, group or organisation who is making a difference in our communities, click [here](#) to view award categories and nomination criteria. Nominations close 12th July 2017.

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 McGennicken, Nurse Education Coordinator, WDHS, P: 5551 8343 E: chris.mcgennicken@wdhs.net



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

Upcoming Events

- **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.

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 27th May, 333 North Boundary Road, Hamilton

Nareen Produce Swap – 10am to 11am, Sunday 28th May at the Nareen Hall. (Last Sunday of the month)



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

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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