



Many of us have a bit of a thing for sugar – it's sweet, comforting and makes us feel great for a while. Not surprising since we're hardwired to seek out sugary foods as fuel to give us bursts of quick energy (handy in the jungle or the gym but less so for everyday life).

Alarming, Australian teens are consuming nearly 40 teaspoons of added sugar per day; a lot more than the 6 teaspoons a day recommended by the World Health Organisation. Too much added sugar is linked to a range of major health problems – tooth decay, type 2 diabetes, obesity and heart disease to name a few.

6 Spoons in June is about being brave and freeing ourselves from our dependence on sugar. Using the tools on our website we can gradually reduce our sugar intake over four weeks, and swap over-sweetened food for healthier foods that are just as tasty.

6 Spoons in June is not about giving up the occasional biscuit, chocolate or fruit juice: we know these are sugary treats and not everyday foods. It's about becoming more aware of the hidden added sugars in your life; taking a closer look at what's in the food you choose for yourself and your family.

No matter what your shopping or cooking skills are like, **6 Spoons in June** has tools and tips to help you on the journey towards a new daily target of 6 teaspoons of added sugar or less. For further details [click here](#)

Simple tips to save money while you stay warm this winter



Keep your home warm and comfortable this winter without blowing your budget using a few simple tips from Sustainability Victoria.

Did you know draughts could be costing you an extra \$160 a year and every degree over 20°C on the thermostat adds 10 percent to your heating bill? Find more ways to stay warm and save on our website.

[Get the tips](#)

Warrnambool NOW and 2040 Survey

My colleagues and I are on a mission to inform Council's *health, housing, recreation and community planning* for the next decade or two by getting more than 1000 people to complete the **Warrnambool NOW and 2040** survey. Please complete this survey, and if you have friends & family who live, work or study in Warrnambool (especially those under 25 years or over 70 years) please encourage them to participate as we want to hear from people of all ages.

Click on this link to go to the survey <https://www.surveymonkey.com/r/w2040>

By completing the survey you will go into the draw to win 1 of 10 prizes with a total value of \$2000 to thank you for your time and for sharing your views about our City.

Thanks in anticipation!

Lisa Mcleod, Community Policy & Planning, Warrnambool City Council M: 0400921078 E: lmcleod@warrnambool.vic.gov.au

The Resilience Project – helping young Australians to be mentally healthy

Save the date: 22nd August 2017 at Casterton Town Hall, 7:00pm

Hugh van Cuylenburg, Founding Director/ Presenter. For further information: <https://theresilienceproject.com.au/about-us/>

Funding Opportunities

- **2017 Men's Shed Funding Round - now open** - Funding applications are due 16 June. Click [here](#) for more information.
- **Community Safety Fund grants** - Community Safety Fund grants provide funding for communities in Victoria to implement locally based crime prevention solutions. Applications close 4pm on Friday 14 July 2017 [For more details click here...](#)
- **The Victorian Regional Achievement & Community Awards** are designed to encourage, acknowledge and reward the valuable contributions individuals, communities and businesses are making throughout regional and rural Victoria. **Nominations Close: 12 July 2017.** For more [details click here...](#)

Upcoming Events

- **South West Sport Club Workshop – Effective Club Committee Meetings** - 6:00pm to 7:30pm. To book [click here](#)
 - Camperdown – Wednesday 14th June, Killara Centre, Manifold Street, Camperdown
 - Port Fairy – Tuesday 20th June, Community Services Centre, Atkinson Street, Port Fairy
 - Portland – Wednesday 21st June, Glenelg Council Reception Room, Cliff Street, Portland

Contact Mark Taylor, Club Development Officer, South West Sport. P: 55611689 E: mark@southwestsport.com.au
- **YACVic Rural Conferences** - 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>
- **Understanding Mental Illness Workshop**
 - **Hamilton** – Tuesday 20th June, 10am-1pm, Southern Grampians Adult Education & Community College, 48 Thompson St
 - **Warrnambool** – Friday 23rd June, 10am-1pm, Wellways Training Room, 505 Raglan Parade
 - **Camperdown** – Thursday 29th June, 10am-1pm, Camperdown Community House, 6 Gunner Street
 - **Portland** – Friday 30th June, 10am-1pm, Portland Library, 32 Bentinck Street

Places are limited. To register contact: Mandy on 5560 3000 or e: mvandenberg@wellways.org
- **Digital Storytelling Workshop (NCFH)** – Wednesday 5th July to Friday 7th July, Swinburne University, Hawthorn
Contact Alison Kennedy, NCFH. PH: (03) 5551 8587 E: alison.kennedy@wdhs.net www.therippleeffect.com.au
- **Mental Health Program: Carers, families & the NDIS** – Warrnambool, 4 sessions commencing Tuesday 18th July, 9:30am to 12:30pm. RSVP by Wednesday 12 July to **Mpower Inc** 5561 8111
- **SEXrurality Conference 2017** – 1-2 August 2017, Grange Cleveland Winery lancefield. [Click here](#) for further details
- **4th National Eating Disorders and Obesity Conference** – 7-8 August, Mantra on View Hotel, Gold Coast. [Click here](#)
- **Port Fairy Women's Weekend** - 26 & 27 August, contact Port Fairy Community House on 03 5568 2681
- **13th Annual ADMA Conference & 21st Chronic Diseases** – 11-12th September, Darwin Convention Centre. [Click here](#)
- **Stop Domestic Violence Conference Australia** – 4-6 December, Rydges Melbourne. [Click here](#)

Markets & Food/Produce Swaps

Merino Produce Swap – 10am-11am, Saturday 10th June, Merino Community Health Centre (second Saturday of month)

Farmers & Craft Market HIRL – 9am to 12noon, Saturday 24th June, 333 North Boundary Road, Hamilton

Nareen Produce Swap – 10am to 11am, Sunday 25th June 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

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