

WORKSHOP: Sugary Drinks Shake Up – What is your role?

SGGPCP are conducting two workshops both featuring guest speaker Professor Anna Peeters

Workshop #1 is for leaders and champions who can drive change within their organisation

Workshop #2 is for community development/health promotion workers and community members

Workshop #1 – Organisational Leaders and Champions

How can we all make it easy for staff, clients & community to make the healthy drink choice?

Workshop will include:

- Guest speaker Professor Anna Peeters. Anna is Professor of Epidemiology and Equity in Public Health and Head of Obesity and Population Health at Deakin University.
- An interactive panel session of local sugary drink change leaders.
- Workshop how to support each other to make change



Thursday 20th July, 10am to 12noon followed by a 'Bush Tucker' lunch

Venue: Winda Mara, 21 Scott Street, Heywood

Registration is essential as there are limited place.

RSVP by: Tuesday 11th July, 2017 to Robyn Holcombe E: robyn.holcombe@wdhs.net P: (03) 555 18471

Workshop #2 – Community Development/Health Promotion Workers and Community Members

For anyone who lives and works in the community and wants to help their community *rethink the sugary drink*.

A workshop with guest speaker Prof Anna Peeters, examples of local stories and *workshopping* how to implement local action.

Thursday 20th July, 2.00pm – 4.00pm Glenelg Shire Council, 79 Cliff St, Portland.

Please RSVP to Jo Brown joanne.brown@wdhs.net by Tuesday 18 July (Places limited).

Nominations for 2017 VicHealth Awards are now open

The VicHealth Awards are a fantastic opportunity to have your health promotion work – from local projects to state-wide campaigns – recognised and celebrated by the health promotion sector, and beyond.

[Click here to hear about the benefits of entering the VicHealth Awards from past finalists and winners.](#)

The categories for the 2017 Awards are:

- Promoting healthy eating
- Encouraging physical activity
- Preventing tobacco use
- Preventing harm from alcohol
- Improving mental wellbeing
- Communications in health promotion
- Building health through sports
- Building health through arts
- Improving health equity
- Research into action

Nominations close at 5pm, Friday 4 August and should be submitted online at www.vichealth.vic.gov.au/awards where the full entry criteria is outlined.

Enquires: (03) 9667 1315 | Email: awards@vichealth.vic.gov.au

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

Battling Victoria's sugar addiction

One in nine Victorians drink sugary beverages every day. The exposure to these drinks starts early, with [advocacy group Parents' Voice](#) stating that almost half of all Australian children consume at least one sugary drink a day. Added to this, a new report published in Medical Journal of Australia has revealed that the total glucose concentration in Australian soft drinks is 22 per cent higher than similar beverages in the United States.

So what can we do to help shake our sweet tooth? [Click here for more information.](#)

Funding Opportunities

- **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...](#)
- **The Health Condition Support Grants program** provides one-off grants of up to \$5,000 per year over a two year period, to assist health condition specific peer-led support groups. Applications close 5pm Friday 14th July. [Click here for details](#)

Upcoming Events

- **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
- **Community Info Sessions – How to get NDIS ready** - Contact: 52727662 for further information
 - Warrnambool – Monday 17th July, 7pm-9pm, Lighthouse Theatre, 185 Timor St. [Click here](#)
 - Portland – Monday 24th July, 7pm-9pm, Portland TAFE, 154 Hurd Street [Click here](#)
 - Hamilton – Tuesday 25th July, 7pm-9pm, Hamilton Performing Arts Centre, 113 Brown St. [Click here](#)
- **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](#)
- **The Resilience Project – helping young Australians to be mentally healthy** – 22nd August, 7pm, Casterton Town Hall **Hugh van Cuylenburg**, *Founding Director/ Presenter*. Further information: <https://theresilienceproject.com.au/about-us/>
- **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 8th July, Merino Community Health Centre (second Saturday of month)
Farmers & Craft Market HIRL – 9am to 12noon, Saturday 29th July, 333 North Boundary Road, Hamilton
Nareen Produce Swap – 10am to 11am, Sunday 30th July 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



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