

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

SGGPCP are conducting two free 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?

- 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, at Winda Mara, 21 Scott Street, Heywood

Registration is essential as there are limited place.

RSVP by: Friday 14th 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.

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

eSafety Women – free workshop

The **free two hour workshop** equips **frontline and specialist staff and support workers in the domestic violence field** with critical skills and up-to-date knowledge to support women and families experiencing, or at risk of, technology facilitated abuse.

Geelong – Monday 17th July, 1:20pm for 1:30pm start. Finish 3:30pm, City Hall, 30 Gheringhap St

Warrnambool - Tuesday 18th July, 9:20am for 9:30 start. Finish 11:30am, Warrnambool Football Club, Cramer Street

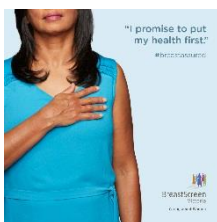
Participants are encouraged to bring along their own device ie smartphone or tablet with them on the day, as it will be useful during one of the activities in the workshop.

You will find further information about the workshop [here](#). Please also find the following attached workshop outline for your reference.

Beyond the Bell Great South Coast – Survey

Beyond the Bell Great South Coast is conducting a survey to gauge community awareness of its work in our region.

Link to survey: <https://www.surveymonkey.com/r/BeyondtheBellGSC>



Are you due for a breast screen?

Your local BreastScreen Victoria clinics at St John of God Hospital, 136 Botanical Rd. **Warrnambool** & Portland District Health, Bentinck St. **Portland** offer free breast screens for women aged 50 to 74.

Breast screens are **free, with a woman**, and only take **10 minutes**. They are the best way to detect cancer early, before any symptoms are noticed and when treatment is likely to be most successful.

To book an appointment visit breastscreen.org.au or call **13 20 50**

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

Stress Down Day

Every year, Lifeline celebrate Stress Down Day - an annual day of fun and fundraising. It is an easy way to reduce your stress levels while raising funds and awareness for Lifeline.

Stress Down Day is held on July 24 (24/7) to bring attention to the 24 hour, 7 day a week telephone crisis support service 13 11 14. While this date is suggested, it can be varied to suit your business, school or organisation. It is an opportunity for friends, family, schools, community groups or work colleagues to get together and stress less to raise vital funds for Lifeline's crisis support and suicide prevention services.

Whether you want to wear slippers all day, go to work in your pyjamas or have a stress free morning tea, the possibilities are endless.

If your organisation would like to participate in Stress Down Day, please contact Sam McMahon at Lifeline South West Vic on 5559 0514 or via [email](#).

9th Australian Rural & Remote Mental Health Symposium

You are invited to Albury NSW on Thursday 12th & Friday 13th October 2017, for the 9th Australian Rural & Remote Mental Health Symposium. This year, the theme will be Impacts & Outcomes: Putting People First. The symposium is designed for consumers, carers, clinicians, managers and all those working in rural mental health. It is applicable to Primary Health Networks, Aboriginal and Torres Strait Islander mental health, non-government organisations, government health services and private providers. It is a great conference to establish and develop links across these service types and work together to advance rural mental health.

For further information, visit the conference website [here](#).

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 12th August, 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

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Project Officers: Rowena Wylie, Clinton Thomas, Ebony Jenkins

Office Coordinator: Robyn Holcombe W: www.sggpcp.com T: (03) 555 18471



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