

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



Professor Anna Peeters from Deakin University's Global Obesity Centre gave an engaging presentation at our two recent workshops, held at Winda Mara, Heywood and Glenelg Shire, Portland. Approximately 50 people attended and it was a great opportunity to discuss sugary drink consumption and to learn how other organisations have made positive changes in their workplaces.

For further information on what is happening in this space visit [GenR8 Change](#) or [SEA Change Portland](#)



GenR8 Change – making the healthy choice the easy choice

For more information about GenR8 Change, contact Ebony Jenkins: E: Ebony.jenkins@wdhs.net
P: 555 18475 or Clinton Thomas E: Clinton.thomas@wdhs.net or 5551 8541 Facebook: [Click here](#)



SEA Change Portland

Facebook: [Click here](#)

Website: [Click here](#)

SEA Change newsletter 'Celebrate' – [click here for direct link](#)

New water fountains promote health and wellbeing



Wannon Water has installed three new drinking water fountains in Hamilton to promote community health and wellbeing.

The fountains will also help make it easy for people to Choose Tap, providing an environmentally friendly and low-cost alternative to bottled water or other drinks.

The \$17,000 project was funded by Wannon Water as part of a partnership with Southern Grampians Shire Council and the GenR8 Change program. It aims to encourage people to cut down on sugary drinks for a healthier lifestyle.

New fountains have been installed at Pedrina Park and at the corner of McGuigan Lane and Gray Street in the CBD. An existing fountain at the Hamilton Skate Park has also been replaced with a new unit.

The new fountains feature a drinking fountain, a bottle refill station and a dog bowl.

The Choose Tap campaign, promoted by Wannon Water, is designed to educate the community about the benefits of drinking tap water. Key messages include:

- Tap water is about 1,500 times cheaper per litre than bottled water
- Australians spend more the \$500 million per year on bottled water
- One litre of bottled water typically costs between \$3 and \$4. For the same price, a one litre bottle can be refilled from the tap every day for about two-and-a-half years
- More than 50 per cent of bottles sold in the bottled water market end up in landfill or as litter
- More than 90 per cent of the cost of a bottle of water can be traced back to the bottle, lid or label
- It can take up to three litres of water to produce one litre of bottled water
- Staying hydrated is crucial for good health and sporting, mental and academic performance

People wanting further information can visit www.wannonwater.com.au

Introduction to My Gov program

The My Gov program assists people to set up and access their My Gov accounts to its best potential. The program is run by a friendly peer facilitator who will assist people to discover what is available via My Gov including how they can access, Centrelink, Medicare, tax and NDIS in the future. We provide Ipad's to use or people can bring their own ipad or laptop.

This is a free program funded by Adult Community Further Education

Wednesdays 4pm to 6pm, commencing 9th August 2017 for 5 weeks. At Purro Gunya, 279a Lava Street, Warrnambool

Contact: Barry P: 5560 3000 E: bclarke1@wellways.org to register

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>

Global Obesity Centre – Systems Thinking and Collective Impact

The Global Obesity Centre (GLOBE), based at Deakin University, is pleased to host a two-day workshop on how systems thinking can be used to address complex problems and achieve collective impact. The workshop will cover how STICK-E, a software for visualising complex health problems like obesity, mental health, or violence prevention, can be used to promote systems thinking to begin a community-based approach to health promotion. The workshop will cover the basics of systems thinking, facilitation of community-based systems workshops, how to use STICK-E to aid in systems thinking, and how to translate systems thinking into action.

Date and time: Wednesday, 9 August 9 am–5 pm and Thursday, 10 August 9 am–4 pm

Cost: \$1000 (includes a 1 year subscription to STICK-E)

Location: Deakin Downtown, Level 12, Tower 2, 727 Collins Street, Melbourne Victoria 3008

Workshop Presenters: Professor Steven Allender, Andrew Brown, and Dr. Josh Hayward

Registration closes on 1 August. [Click this link to register](#)

Upcoming Events

- **[SEXrurality Conference 2017](#)** – 1-2 August 2017, Grange Cleveland Winery lancefield. [Click here](#) for further details
- **[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, 4th August and should be submitted online [click here](#) where the full entry criteria is outlined.** Enquires: 03 9667 1315 Email: awards@vichealth.vic.gov.au
- **[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](#)
- **[9th Australian rural & Remote Mental Health Symposium](#)** - 12th & 13th October, Albury NSW. Theme: Impacts & Outcomes: Putting People First. The symposium is designed for consumers, carers, clinicians, managers and all those working in rural mental health. 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](#).
- **[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

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

together we are creating a
healthy workplace
achievement
program
A jointly funded initiative of the State Government of Victoria and the Australian Government



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