



The Resilience Project – Teaching Young Australians to be Mentally Healthy

Community information night – Tuesday 22nd August, 7pm (Supper provided) at Casterton Town Hall

Mental Health is as important as our physical wellbeing. Learn about methods to support a healthy mind from the founder of the Resilience Project – Hugh van Culenburg

For bookings phone: 5581 1588 www.resilienceproject.com.au

Carers Victoria Workshop

Tuesday 8th August, at The Flying Horse, Princes Highway, Warrnambool (Free of charge)

- **10am to 12noon - Decision making support**
- **12:45pm to 2:45pm - Enduring Powers of Attorney**

For booking and further information contact Mpower on 55 618 111 – RSVP Friday 21st July 2017

2017 Mental Health Week Grants

The Mental Health Week Grant is to assist local mental health week event committees, registered organisations and groups with financial assistance to conduct events and activities that will increase the communities awareness of mental health issues, promote social connectedness, participation and social and emotional wellbeing that would not otherwise be possible. All community groups and organisations are welcome to apply.

For a copy of the guidelines and application form contact Barry Clarke T: 03 55 603019 E: bclarke1@wellways.org
Grant application forms must be received by Wellways by 25th August 2017. Late applications will not be excepted.

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

Applied Suicide Intervention Skills Training (ASIST)

Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop that teaches participants to carry out life-saving interventions for people at risk of suicide. Anyone over the age of 16 can undertake the training. Participants MUST complete both days to receive the LivingWorks ASIST certificate.

24th & 25th August 2017, 8:45am - 4:30pm at Lyndoch Living, Deakin Training Room, Hopkins Rd, Warrnambool

To register, download form [here](#) and return to Lifeline SWV via email by 16th August - details are on the form.

'Speak Up and Be Safe from Abuse' Training

This training is specifically aimed at Disability Support Workers who work with or would like to work with people who can use some pictures and/or key word signs to communicate. Participants will learn how to use new communication aids and support people with communication difficulties to identify and report abuse.

For more information, including how to register, see flyer [here](#).

Wednesday 20th September 2017, 9:30am - 4pm, DHHS Office, 2/109 Lava St, Warrnambool

Local Sporting Champions Grants

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state, national or international sporting championships, or a school sport Australia state or national championships.

To find out more including how to apply, click [here](#).

Rural and Emergency Care Conference

The Centre for Rural Emergency Medicine is convening the Rural Emergency Care: Innovation and Research Conference on Wednesday 6th September in Geelong and is a satellite conference to the 2017 Western Alliance Symposium. This conference aims to showcase ideas to uncover the components and building blocks from which small rural hospitals can construct a safe, efficient and sustainable future and their integration with rural prehospital care.

For more information, including how to register, see flyer [here](#).

Upcoming Events

- **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/>
- **Motor Neurone Disease (MND) 101** - Thursday, 31 August, 2.00pm - 3.00pm **Register for this webinar [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](#)
- **Integrated Care: Healthy Child to Healthy Ageing** – 11-12th September, Darwin Convention Centre. [Click here](#)
- **Victorian Homelessness Conference** – 13-14th September, 9am to 5pm. To register [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](#)

Funding Opportunities

- **Strong and Resilient Communities (SARC) grants** - Applications for Inclusive Communities grants and Community Resilience grants are open until 2pm AEST on 23 August 2017. [Click here for further details](#)

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 26th August, 333 North Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 27th August 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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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