

Great South Coast Change Leaders Forum



SGGPCP representatives joined other leaders from the region to be part of the Great South Coast Change Leaders Forum. Great South Coast Change is the name of the umbrella collective of all the communities mobilising in the Great South Coast to improve childhood health and reduce overweight and obesity including SEA Change Portland and GenR8 Change.

Peter Brukner OAM pictured here with SGGPCP Chair Fiona Heenan, opened the forum with his insight and correlations between sporting successes and leadership. Participants were involved in workshop session that resulted in key actions being developed and many participants committing to take action on these to accelerate change both locally and regionally.

For further information contact Janette Lowe, M: 0408 553 095 E: Janette.lowe@wdhs.net



Fantastic to see our GenR8 Change community in the spotlight on Inside Story - With State and Federal governments focused on big-ticket medical spending, can local initiatives fill the gaps?

Of course they can! "Some of the biggest change-makers are your passionate mums or people from the community who aren't necessarily in an organisation... It's about passionate people coming together to make change". Check out the article: [click here](#)



2017 Annual Men's Health Forum

Includes: Bush Tucker Dinner. Wednesday 23 August, 3pm-9pm, at Heywood Rural Health

Bookings essential: Men's Shed: 55270563 Barry: 0413 035987 or Terry: 0437 653720

Email: hms.hrh@swarh.vic.gov.au Entry by gold coin donation.

Wives/partners are welcome. Please advise dietary requirements when booking.

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.

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 accepted.



Do you care for someone with a mental health condition?

Are you over 18 years and living in the Group South Coast Region of Victoria?

Do you have 15 minutes to have your say about improving carer support?

Yes? Then we need you!

We recognise that a carer's role is incredibly valuable, but can also be challenging. This survey has been designed to better understand your needs as a carer. The outcome of this project will be a resource that will be presented to the Fight for Your Life working group to actively inform their work in supporting carers of people living with a mental health condition.

Complete our anonymous survey online www.surveymonkey.com/r/HRL2DH9

For more information, or to request a hard copy survey, email: info@leadershipgreatsouthcoast.org.au



Are you due for a breast screen?

Your local BreastScreen Victoria clinic is at Portland District Health, Bentinck St. **Portland**. Breast screens are **free for women aged 50 to 74, 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**

Mental Health First Aid Courses

Learn skills and gain confidence to assist friends, family and co-workers experiencing mental health problems.

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

Portland – 18th & 25th August, 9:30am to 4:30pm, Workskills, shop 14, Pioneer Plaza

Warrnambool – 31st August & 7th September, 9:30am to 4:30pm, Wellways, 505 Raglan Parade

Cost: \$120 Instructor: Suzi Stropin To register: P: 5560 3000 or E: bclarke1@wellways.org W: www.mhfa.com.au



Peaks and Trails 2017

Well done to Ebony Jenkins on completing her first Peaks and Trails 11km run on Sunday at Dunkeld. Ebony finished 4th in her event, a great effort considering the conditions over the weekend.

Upcoming Events

- **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/>
- **Applied Suicide Intervention Skills Training (ASIST)** – 24th & 25th August, 8:45am - 4:30pm at Lyndoch Living, Deakin Training Room, Hopkins Rd, Warrnambool. To register click [here](#) and return to Lifeline SWV via email by 16th August.
- **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
- **Rural and Emergency Care: Innovation and Research Conference** – 6th September in Geelong. For more information, including how to register, see flyer [here](#).
- **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](#)
- **'Speak Up and Be Safe from Abuse' Training** - 20th September, 9:30am - 4pm, DHHS Office, 2/109 Lava St, Warrnambool For more information, including how to register, see flyer [here](#).
- **9th Australian rural & Remote Mental Health Symposium** - 12th & 13th October, Albury NSW. Theme: Impacts & Outcomes: Putting People First. 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](#)
- **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](#).

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