

### GenR8 Change Infographic



Thanks to the insights and ideas from a focus group of community members and some lengthy discussion thereafter, we've finalised an infographic for the GenR8 Change community to share. The infographic aims to spread awareness and understanding of GenR8 Change and increase those people that are both involved and supportive of the great work that's happening throughout our Southern Grampians community.

The post card version of this graphic will be placed in a number of spots around Hamilton this week, along with a box for their return. These postcards pose an opportunity for people to leave their contact details on the back; we've decided to provide these as a way for those non-social media users to tell us what they've done or seen within the community that is making the healthier choice the easier choice, or simply to provide their email for our mailing list. If you have ideas for any spots for these postcards/return boxes, or our 'business cards' or posters in mind please let me know! J

If you have any comments, queries or ideas please contact Ebony Jenkins at SGGPCP, P: 555 18475 E: [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net)

### Social & Emotional Wellbeing

The purpose of this workshop is to build a collective understanding of key principals and components of social and emotional wellbeing frameworks and will examine opportunities and challenges for incorporating these frameworks into local communities.

A social and emotional wellbeing expo will be on display through out the day, to showcase local efforts from across our communities.

Tuesday 5<sup>th</sup> September, 9am for 9:30am start – 4pm (light lunch provided)  
At South Warrnambool Football Club Rooms, Friendly Societies Park, Warrnambool  
RSVP: [kfurussa@swpcp.com.au](mailto:kfurussa@swpcp.com.au) by Tuesday 29<sup>th</sup> August



### 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](mailto: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](mailto:bclarke1@wellways.org)  
**Grant application forms must be received by Wellways by 25<sup>th</sup> 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 15minutes 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](http://www.surveymonkey.com/r/HRL2DH9)

For more information, or to request a hard copy survey, email: [info@leadershipgreatsouthcoast.org.au](mailto:info@leadershipgreatsouthcoast.org.au)

### Mindfulness in Action Part 3

*Presented by Dr Craig Hassed MBBS, FRACGP*

Friday 25<sup>th</sup> August 2017, 1.00pm -5.00pm at Warranbool

**Cost:** \$110 for APS members or students; \$220 for non-APS mental health professionals

**Details and registration at:** <http://www.psychology.org.au/Events/EventView.aspx?ID=18797>

**Enquiries:** contact Study Group Network admin Karen Holst at [apsstudygroupnetwork@gmail.com](mailto:apsstudygroupnetwork@gmail.com)

### Upcoming Events

- **The Resilience Project – helping young Australians to be mentally healthy** – 22<sup>nd</sup> 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)** – 24<sup>th</sup> & 25<sup>th</sup> 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 16<sup>th</sup> August.
- **Mental Health First Aid Course** - 31<sup>st</sup> August & 7<sup>th</sup> September, 9:30am to 4:30pm, Wellways, Warrnambool.  
To register: P: 5560 3000 or E: [bclarke1@wellways.org](mailto:bclarke1@wellways.org) W: [www.mhfa.com.au](http://www.mhfa.com.au)
- **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** – 6<sup>th</sup> September in Geelong. For more information, including how to register, see flyer [here](#).
- **13<sup>th</sup> Annual ADMA Conference & 21<sup>st</sup> Chronic Diseases** – 11-12<sup>th</sup> September, Darwin Convention Centre. [Click here](#)
- **Integrated Care: Healthy Child to Healthy Ageing** – 11-12<sup>th</sup> September, Darwin Convention Centre. [Click here](#)
- **Victorian Homelessness Conference** – 13-14<sup>th</sup> September, 9am to 5pm. To register [click here](#)
- **'Speak Up and Be Safe from Abuse' Training** - 20<sup>th</sup> September, 9:30am - 4pm, DHHS Office, 2/109 Lava St, Warrnambool  
For more information, including how to register, see flyer [here](#).
- **9<sup>th</sup> Australian rural & Remote Mental Health Symposium** - 12<sup>th</sup> & 13<sup>th</sup> 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** - To find out more including how to apply, click [here](#).

### Markets & Food/Produce Swaps



**Merino Produce Swap** – 10am-11am, Saturday 9<sup>th</sup> September, Merino Community Health Centre (second Saturday of month)  
**Farmers & Craft Market HIRL** – 9am to 12noon, Saturday 26<sup>th</sup> August, 333 North Boundary Road, Hamilton  
**Nareen Produce Swap** – 10am to 11am, Sunday 27<sup>th</sup> August at the Nareen Hall. (Last Sunday of the month)



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### 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](http://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](mailto:robyn.holcombe@wdhs.net)