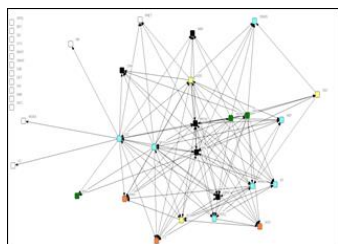


### Enhancing Network for Resilience Project (EN4R) – Second Phase Announced



SGGPCP is excited to announce that the recent application to the National Strategy for Disaster Resilience Grant Scheme has been successful to continue the Enhancing Networks for Resilience (EN4R) Project into the second phase. In the first year, EN4R used Social Network Analysis methodology to further understand the existing network of the SGGPCP, particularly in the context of disaster resilience. A comprehensive report and report on a page can be found at <http://sggpcp.com/projects/enhancing-networks-for-resilience/>. This second year of the project (EN4R#2) will focus on implementation of strategies to enhance SGGPCP networks for resilience working in partnership with RMIT University to identify, implement and evaluate the strategies. The project allows scope to share the results with other PCPs to test transferability and reach. Consultation with partner agencies to co-design the methodology will begin in September. For further information contact [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)



### GenR8 Change Postcards

Do you know of a change that's happened throughout the Southern Grampians that makes the healthier choice the easier choice? Has your sporting club, workplace or school made healthy change, or currently looking to take action? Share your story with us!



A number of GenR8 Change postcards have been placed around Hamilton this week, along with a box for their return. If you're passing through the [Hamilton Indoor Leisure and Aquatic Centre - HILAC](#), The [Greater Hamilton Library](#) or [WDHS \(Allied Health\)](#), check them out and take the time to tell us about the change you've seen, or alternatively just pass on your details so we can add you to the GenR8 Change community!

These little boxes will be on the move early September to three new homes across the region, so stay posted for an update on their whereabouts!

If your organisation or workplace would like to host a little box and postcards, or a GenR8 Change poster let Ebony know at [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net) or 5551 8475.

### Consumer Advisory & Volunteer Training

Heywood Rural Health is hosting an interactive workshop on Consumer Representation and Volunteering.

All interested community members are invited to attend.

The workshop will discuss:

- Expectations of consumer reps and volunteers
- How to draw on your lived experience and skills
- Working in partnership with your health service

Wednesday 6<sup>th</sup> September, at Wallace Alberts Meeting Room, Heywood Rural Health

🕒 10:00am – consumer representation

🕒 12noon – lunch provided

🕒 12:30pm – volunteer session

Facilitator: Nicky Barry, Consumer Support Coordinator, Health Issues Centre

Please register your attendance with Anita Lange on 55 270530 by Friday 1<sup>st</sup> September

### Walking for exercise. Is it enough by itself?



We all know we need to exercise to stay fit and strong, stave off disease and maintain a healthy weight. Walking is the most popular physical activity undertaken by Australian adults. It's free, easy, and can be done almost anywhere. [Read the full ABC article here.](#)

### Active Victoria – A strategic framework for sport and recreation in Victoria

Is a blueprint that sets out future Victorian priorities and strategies in the sport and recreation sector.

With Victoria's population booming, this is our game plan to ensure even more people will have the opportunity to tap into all the benefits that only sport and recreation can deliver. With 3.9 million participants, 16,000 sports clubs, 9,500 community sports facilities and 580,000 volunteers – sport and recreation is booming in Victoria. Read more about [Active Victoria here.](#)



### Upcoming Events

- **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
- **Social and Emotional Wellbeing Workshop** – Tuesday 5<sup>th</sup> September, 9:30am to 4pm, 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
- **Rural and Emergency Care: Innovation and Research Conference** – 6<sup>th</sup> September in Geelong. 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](#).
- **ACOSS National Conference, in partnership with VCOSS** – Australia 2030: What future do you want? 24 & 25 October. To register or further details [click here](#)
- **Stop Domestic Violence Conference Australia** – 4-6 December, Rydges Melbourne. [Click here](#)

### Funding Opportunities

- **Local Sporting Champions Grants** - To find out more including how to apply, click [here](#).
- **Small Grants for Rural Communities** - Provides funds for projects and activities that offer clear public benefit for communities with populations of 10,000 or less, living in small rural and remote locations in Australia. Opens 14 August and closes 27 September. [Click here for more details](#).
- **Homework Club Partnership Fund** - Funds organisations currently running or wanting to set up Homework Clubs, including in rural and regional Victoria, and specifically targeting students from socio-economic disadvantaged backgrounds. Grants of up to \$10,000 available (or \$20,000 in some circumstances). [Click here for more details](#)
- **Mercy Foundation Grants** - The Mercy Foundation Grants to End Homelessness are available for seeding initiatives, services, projects, advocacy and research that contribute to the goal of ending homelessness by supporting housing first & permanent supportive housing solutions. Grants are up to \$50,000. Closing date is 9 October 2017. [For more details 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)

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](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)