



# Southern Grampians Glenelg Primary Care Partnership

## Bulletin #26, 31<sup>st</sup> August 2017



### Health & Wellbeing Expo - You & Your Friends are Invited

Portland Women in Business participating in the SEA Change Initiative invite you to come along and enjoy the Health & Wellbeing Expo on 8th September 2017, an expo supporting 'Women's Health Week' (4th-8th Sept) dedicated to improving health of all women in Australia. Your contribution can make a big change to someone's life.



The aim of the event is to link women within the community to help support each other, share ideas, and raise awareness of current health issues to make healthy decision and link to local services.

Portland Business Hub, 33 Percy Street, Portland. 8:00am to 6:00pm

For more information contact: Kelly Edwards M: 0437 043550 E: [pwib@committeeforportland.com.au](mailto:pwib@committeeforportland.com.au)

### Southern Grampians Shire - Crazy Ideas College 2017

**Young people have good ideas. Communities need new ideas. Crazy Ideas College helps connect the creativity of young people with the leaders, influencers, movers and shakers of our region.**

On 9 and 10 August 2017 young people from around the South West gathered in Coleraine and Hamilton to come up with their CRAZY GOOD ideas for making positive change in their communities.

[Click here to read their ideas.](#)

If you like an idea vote for it. If you've got something to say or any further suggestions, then leave some comments. Young people and local leaders will gather together again on Wednesday 6 September at the Hamilton Performing Arts Centre to pitch their ideas, and win prizes. And who knows, today's crazy idea might just be tomorrow's next big thing.

### 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

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



BreastScreen saves lives  
[www.breastscreen.org.au](http://www.breastscreen.org.au) 13 20 50

### BreastScreen Victoria - 2014-16 Participation Statistics

The latest BreastScreen Victoria Participation Statistics are out with 422,209 women aged 50-74 accepting the well-being challenge to complete their regular screen. This has resulted in a statewide participation rate of 53.6% for 2014-16. [Read the media release here.](#)



### Deakin Health Literacy Masterclass – Using health literacy for health service improvement and community development

*A two-day intensive masterclass for managers, executives, health professionals, health planners, policy makers, researchers and those active in health promotion and community services. Using the latest health literacy research and practices, this masterclass will demonstrate how to develop fit-for-purpose interventions to reduce inequalities in health service access and engagement. The masterclass will introduce the Ophelia process (Optimising Health Literacy and Access), a structured process for identifying and responding to health literacy needs by co-designing locally relevant interventions. Measurement of health literacy will also be presented, including the widely used Health Literacy Questionnaire (HLQ) and its use in needs assessment, evaluation, and quality improvement.*

**Wednesday 11th and Thursday 12<sup>th</sup> October 2017** from 9am-5pm at **Deakin University Warrnambool**

The cost of the masterclass is \$750 + GST earlybird rate which closes on Monday 11<sup>th</sup> September 2017 at 5pm and the cost will then increase to \$950 + GST which includes morning and afternoon tea, lunch and all masterclass resources.

For more information contact Carol Wildey at (03) 9246 8971 or [htrain@deakin.edu.au](mailto:htrain@deakin.edu.au)

**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)**

### Upcoming Events

- **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 Waste Education Conference – Sharing Our Stories** – 12<sup>th</sup> & 13<sup>th</sup> September at Country Place Conference Centre in Kalorama. Further details: [Click here](#)
- **Victorian Homelessness Conference** – 13-14<sup>th</sup> September, 9am to 5pm. To register [click here](#)
- **CPR – First Aid** – 13<sup>th</sup> Sept, 9am-5pm, Warrnambool. Contact Karingal Training E: [training@karingal.org.au](mailto:training@karingal.org.au) P: 55627333
- **'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 30<sup>th</sup> September, 333 North Boundary Road, Hamilton

**Nareen Produce Swap** – 10am to 11am, Sunday 24<sup>th</sup> September 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)