

Hamilton and Surrounds Mental Health Forum



Mental Health Community Forum will be held on World Mental Health Day – Tuesday 10th October, 7:30pm at Hamilton Lawn Tennis Club, Rippon Road, Hamilton.

The forum is not for just sufferers but friends, family, carers, anyone really who wants to listen, share and learn.

Anxiety, Panic, Depression, PTSD etc will be covered. Sharing your own story is optional.

Speakers include: Peter Green, Louisiana Hutchins, Jo Hartwich, Lisa Gonnet and Hamilton Police Community Engagement Unit covering mental health, drug, alcohol and suicide and what we can do to help ourselves. Supper provided.

For further information contact: Leonie Neylon E: leonieneylon@gmail.com M:0428 790200

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.

Training to be held in Hamilton on Tuesday 17th & Wednesday 18th of October. Cost is \$185 per person.

Registrations must be forwarded to accounts@lifelineswv.org.au by 5pm Wed 11th October.

For more information contact Lifeline South West Vic on (03) 5559 0555.



Carers Victoria Workshop – Communication with Professionals

Communication with professionals can be overwhelming for some carers. This workshop provides practical skills to help build your confidence when working with services.

Wednesday 11th October, 10am to 12noon, Portland Business Hub, 33 Percy Street, Portland

Free of charge.

For bookings and further information contact Mpower on 55 618 111. RSVP by Tuesday 3rd October

Carers Australia Vic – Disability Program: Carers, families and the system

This program explores changes in the disability support system and discusses future planning with a family-centred approach.

4 sessions – Tuesdays – 19th, 26th September and 3rd, 10th October – 6pm to 9pm

At Portland Business Hub, 33 Percy Street, Portland. Cost: free. RSVP: Monday 10th September to Mpower Inc: 55 618111

Carers Week Celebrations



The King, the Queen and a Whole Lotta Cash

Thursday 19th October, 10:30am to 3pm, City Memorial Bowls Club, 50-58 Cramer Street, Warrnambool.

Includes morning tea, two course lunch and afternoon tea.

RSVP by Thursday 12th October, contact Barwon Health Carer Support on 1800 052 222

Making Music4Film



Free workshop for music & film makers 15-25 y/o with experienced composers and musicians Jen Anderson and Craig Pilkington

Port Fairy Community House, Saturday 14 October, 10:30am-4:30am

Work with MIDI and audio using DAW software to inspire and develop your own work. Strictly limited numbers

Contact Karen; rural.gsc@yacvic.org.au to register or find out more

Supported by the Victorian Government through Creative Victoria, and YACVic Rural



Upcoming Events

- **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 Waste Education Conference – Sharing Our Stories** – 12th & 13th September at Country Place Conference Centre in Kalorama. Further details: [Click here](#)
- **Victorian Homelessness Conference** – 13-14th September, 9am to 5pm. To register [click here](#)
- **CPR – First Aid** – 13th Sept, 9am-5pm, Warrnambool. Contact Karingal Training E: training@karingal.org.au P: 55627333
- **'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](#).
- **Deakin Health Literacy Masterclass – Using health literacy for health service improvement & community development** – 11th & 12th October, 9am-5pm at Deakin University Warrnambool. For more information contact Carol Wildey at (03) 9246 8971 or hltrain@deakin.edu.au
- **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](#).
- **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 9th September, Merino Community Health Centre (second Saturday of month)
Farmers & Craft Market HIRL – 9am to 12noon, Saturday 30th September, 333 North Boundary Road, Hamilton
Nareen Produce Swap – 10am to 11am, Sunday 24th 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 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