

### SGGPCP Updates:

SGGPCP representatives were lucky to attend a forum with acclaimed author Margaret Wheatley at the Municipal Association of Victoria last week. Ms Wheatley is a leading authority on leadership, theories of change, mobilising community and learning organisation and author of several books. Her key message throughout the discussion centred around the theme that *there is no power for change greater than a community discovering what it cares about*. She shared her experiences and stories of community development with the group. She reminded us not to speed up solutions as this can risk anxiety in the community but to ensure rich learning processes, to value the “welcome” and to understand the inherent passion and capacity and assets existent in communities. For further information about Ms. Wheatleys work go to <https://margaretwheatley.com/>

### VicHealth 'Preventing violence against women: From policy to practice'

Women's Health and Wellbeing Barwon South West invites you to attend the VicHealth 'Preventing violence against women: From policy to practice' – Short course (1-day workshop) at Hamilton on Monday 16th October 2017 – 9am to 4:30pm  
Venue: Comfort Inn Grange Burn, 142 Ballarat Rd, Hamilton

\$125 p/p (includes catering) (+\$0.30 booking fee)

Online Registration & Payment ESSENTIAL – Registration closes 9th October 2017 – [Click here to register](#)

The short course is aimed at providing an introduction and overview of the policy and evidence base for preventing violence against women before it starts. The course will be valuable for people from a range of sectors seeking to integrate prevention into their daily work – for example in workplaces, local government, arts, sports and recreation, health and community sectors. The course provides practical tools and resources for planning and delivering prevention programs and for making prevention part of your core business.



TALKING  
POINTS

### And the winner is: Hamilton!

Rohan Fitzgerald, CEO of Western District Health Service, revealed the location for our next Symposium (2018) – **Hamilton** - and threw down the gauntlet for academic and clinician

researchers to really make a difference in rural and regional health care and research. Hope to see you all there!

### Great South Coast Regional Partnership - Your ideas, your future. Be part of the conversation



Register to attend the 2017 Regional Assembly - Unleash the Potential of the Great South Coast  
Come and join our 2017 Regional Assembly in Portland on 12 October. [Click here to register](#).

### Hamilton and Surrounds Mental Health Forum



Mental Health Community Forum will be held on World Mental Health Day – Tuesday 10<sup>th</sup> 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](mailto:leonieneylon@gmail.com) M:0428 790200



### Sleep: time to learn your A to Zzz

Did you know that research shows that women need more sleep than men? But how do we get a good night's sleep if we have trouble sleeping? And how does sleep benefit your health? [Click here for details](#)

### Upcoming Events

- **'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](#).
- **Carers Victoria Workshop – Communication with Professionals** - 11<sup>th</sup> October, 10am to 12noon, Portland Business Hub, 33 Percy Street, Portland. This workshop provides practical skills to help build your confidence when working with services. Free of charge. For bookings and further information contact Mpower on 55 618 111. RSVP by Tuesday 3<sup>rd</sup> October
- **Making Music4Film** - 14 October, 10:30am-4:30am, Port Fairy Community House. Free workshop for music & film makers 15-25 y/o with experienced composers and musicians Jen Anderson and Craig Pilkington. Contact Karen; [rural.gsc@yacvic.org.au](mailto:rural.gsc@yacvic.org.au) to register or find out more
- **Applied Suicide Intervention Skills Training (ASIST)** – 17<sup>th</sup> & 18<sup>th</sup> October, at Hamilton. Two day workshop that teaches participants to carry out life saving interventions for people at risk of suicide. Cost \$185 per person. Registrations to [accounts@lifelineswv.org.au](mailto:accounts@lifelineswv.org.au) by 5pm 11<sup>th</sup> October. Contact Lifeline South West Vic on (03) 5559 0555
- **Deakin Health Literacy Masterclass – Using health literacy for health service improvement & community development** - 11<sup>th</sup> & 12<sup>th</sup> October, 9am-5pm at Deakin University Warrnambool. For more information contact Carol Wildey at (03) 9246 8971 or [hltrain@deakin.edu.au](mailto:hltrain@deakin.edu.au)
- **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 8<sup>th</sup> October, 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)