

Walk to School 2017



It's not just term 4 that kicks off on Monday; Walk to School month is almost here! All Southern Grampians Primary Schools are taking part in VicHealth's Walk to School Program this year which will run throughout the month of October. The student recording the most walks from each participating school will win a brand new bike for ongoing active transport, so there are plenty of reasons to get walking!

A number of schools will be implementing a drop off point, to enable children to complete the walk to school together. Check with your school to see if a drop off point is in place, and if not, why not create one?

For more information on the Walk to School program, Contact Ebony on 5551 8475 or ebony.jenkins.wdhs.net or head to www.walktoschool.vic.gov.au to register your school or child.

Free Thunderstorm Asthma Community Education

The Asthma Foundation Victoria have been funded by the Department of Health and Human Services to deliver Epidemic Thunderstorm Asthma Community Education Sessions.

Thursday 12th October, 2:00pm – 3:30pm, Blue Malt Café, 106 Gray Street, Hamilton

These free community sessions can be attended by anyone, and will cover the following topics:

- What is Thunderstorm Asthma
- Who is at risk of Thunderstorm Asthma
- How do you respond to a thunderstorm event
- How to perform asthma First Aid
- The link between asthma and hay fever

Reserve your place here today: P: 55 719780 or E: hamnh@bigpond.com



Speak out for Mental Illness



Featuring guest speaker and criminologist – Arthur Bolkas
Free event, dinner included (drinks available at bar prices)
Wednesday 11th October, 6:30pm at Alexander House, Hamilton.
Seating is limited RSVP only to Vanessa on M: 0428 114 335

Mental Health and Wellbeing Expo – A Mental Health Week Event

Mental Health and Wellbeing Expo – Saturday 14th October, 1pm to 4pm,
Hamilton Institute of Rural Learning, 333 Nth Boundary Road, Hamilton
A place to come and learn about or connect to new activities, information and
community. This is a Free and Community Inclusive Event

Further details contact Vanessa on M: 0428 114 335 E: vsattery@wellways.org



Markets & Food/Produce Swaps

-  **Merino Produce Swap** – 10am-11am, Saturday 8th October, Merino Community Health Centre (second Saturday of month)
- Kyeema Spring Sale** – 10am to 2pm, Saturday 14th October, 50 Lalor Street, Portland
- Farmers & Craft Market HIRL** – 9am to 12noon, Saturday 38th October, 333 North Boundary Road, Hamilton
- Nareen Produce Swap** – 10am to 11am, Sunday 29th October 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:



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

Upcoming Events

- **Mental Health Community Forum** - being held on World Mental Health Day, 10th October, 7:30pm at Hamilton Lawn Tennis Club, Rippon Road, Hamilton. For further information contact: Leonie Neylon E: leonieneylon@gmail.com M:0428 790200
- **Blue Light Victoria and Victoria Police - 2017 Youth Conference** - 11th October, 8:30am to 4:30pm, Richmond. Click here: [BOOK NOW](#) Karen Burns, Victorian Blue Light Operations Manager M: 0421 992 532 www.bluelight.org.au
- **Great South Coast Regional Partnership - Your ideas, your future** – 12th October, Portland. [Click here to register.](#)
- **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 to register or find out more
- **VicHealth 'Preventing violence against women: From policy to practice'** – 16th October, 9am to 4:30pm, Hamilton \$125 p/p. Online Registration & Payment ESSENTIAL – Registration closes 9th October 2017 – [Click here to register](#)
- **Applied Suicide Intervention Skills Training (ASIST)** – 17th & 18th 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 by 5pm 11th October. Contact Lifeline South West Vic on (03) 5559 0555
- **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](#).
- **How to read to children and have them listen** - A workshop with Claire Jennings – 18th October, at Hamilton Library, 2-3:30pm or 4-5:30pm. RSVP by 10th October to Shirley Gregory by email on Gregory.shirley.d@gmail.com
- **Applied Gender Analysis Workshop** – 19th October, 9:30am-3:30pm, Melbourne. Learn the practical skills you need to design, deliver and evaluate gender sensitive programs and services. Further information and to register [click 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](#)
- **Integrating sexual health across settings & sectors to improve health outcomes for young people** - 13th November, 10am to 3:30pm, Warrnambool. Register via etouches: <https://www.eiseverywhere.com/cersh> Contact: Karen Walsh, YACVic, Great South Coast - M: 0427 514 870 E: rural.gsc@yacvic.org.au
- **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](#).
- **New Funding Stream to Make Water the Drink of Choice** - VicHealth is seeking to give sugary drinks the boot and make water the drink of choice at local sport and recreation venues with \$500,000 in new funding up for grabs. VicHealth's new [Water in Sport Initiative](#) will fund local councils to promote healthy drink options and reduce the availability and promotion of sugary drinks like soft drinks and sports drinks in kiosks and cafes at Victorian leisure centres and sports venues.
- **Festivals Australia Applications Open** - Regional artists, arts workers and organisation are invited to apply for Festivals Australia funding. This program funds festivals, parades and community celebrations in regional and remote areas. Applications close 20th October 2017. To view the guidelines and application form visit: www.arts.gov.au/festivals

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