

Walk to School Month is Here!



All 16 Southern Grampians Primary Schools are taking part in VicHealth's Walk to School Program this year which will run throughout the month of October. In addition to encouraging all students to walk to and from school as much as possible, some schools have implemented a drop off point, to enable children to complete the walk to school together, whilst others are also dedicating a special day in October to host a range of walking activities.

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.



To tell us how we can tailor a volunteer opportunity to you. No amount of time to give is too small. Some of the things our amazing volunteers currently do:

- Volunteer drivers, Op shop staff, meal and theatre buddies, fundraising, clerical, palliative care

Join us for nibbles, great conversation and information on volunteering at your hospital.

Thursday 19th October, 6pm to 7pm – Hamilton Base Hospital Learning and Development Centre

10 of the Best Mental Health Apps

1. **Reachout Breathe** – When you are feeling anxious or stressed, taking a few moments to focus on your breath can help to calm down your mind and body. By slowing down your heart rate, you can reduce the physical symptoms of anxiety, like shortness of breath and a feeling of tightness in the chest.
2. **Deep Sleep with Andrew Johnson** – Restful sleep is vital for your wellbeing – and anyone who has experienced insomnia knows how frustrating lack of sleep can be. This popular app provides guided meditations designed to help you relax, unwind and get the rest you need at night.
3. **Black Dog Snapshot** – Not sure if you need professional help right now, but want to keep track of your mental wellbeing? The Black Dog Institute has created an app to help you monitor your mood and wellness, so you can increase your awareness of your feelings and identify issues that you might want to work on.
4. **Mood Kit** – is packed with tools and activities to help you improve your mood, based on strategies used by psychologists. The exercises draw on the techniques of cognitive behavior therapy (CBT), one of the most scientifically supported methods of psychotherapy.
5. **Reachout Worry Time** – When a worrying thought pops up, record it on the app, then go back to your day knowing you can return to it later. This is also a helpful way to track what you are worrying about, so you can notice patterns and try to address recurring themes.
6. **Smiling Mind** – guides you through simple meditations exercises to get you started on your mindfulness journey. The app trains you to become more aware of your breath and your senses, so you can bring mindfulness into your everyday routine.
7. **Thought Diary Pro** – is designed to help you record and challenge the thoughts that cause you negative feelings. This is a simple tool that helps you capture your thoughts and thinking styles, and replace those distressing thoughts with a more realistic and productive way of thinking.
8. **iMood Journal** – is an easy way to keep track of how you are feeling. Use hashtags to help understand the connections between your mood and experiences, and look at patterns over time to identify what makes you feel your best.
9. **The Check-In** – Beyondblue created this app to help young people help each other. The Check-in app guides you through how to approach the topic of mental health questions you could ask, how to respond and what you could do to best offer support.
10. **MindShift** – provides strategies to help you relax, develop more helpful thinking styles, and take active steps to give you more control over your stress and worry. The app teach you how to face anxiety, offering specific tools to help you.

Upcoming Events

- **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
- **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](#)
- **How to write an ethics application** – 9th November, 9am to 11am, Barwon Health, Geelong. Enquiries and rsvp: Susan Streat Ph: 421534453, E: susandab@barwonhealth.org.au
- **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

Markets & Food/Produce Swaps

Merino Produce Swap – 10am-11am, Saturday 11th November, 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 28th 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:



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