

The Big Green Bus is Coming to Casterton

Get ready for the MAD FOOD SCIENCE PARENT EVENT!

Monday 13th November, 7pm to 8:30pm at the Kathleen Millikan Centre, Casterton (Free Seminar)

Come and learn how to continue the conversation at home with your children about eating healthy food.

You will also learn how to turn your child's lunchbox into a healthy feast that will give their brains and bodies the nutrients and energy they need.

At this seminar, there will be something for everyone, with no judgement, regardless of where you are on your health journey.

What will be covered:

- *The key messages from The Mad Food Science Program*
- *Why healthy lunchbox food is so important*
- *About additives and preservatives*
- *How to understand food labels*
- *What to do if you're short on time*
- *How to deal with fussy eaters*
- *How to overcome lunchbox stress*
- *What to pack in a healthy lunchbox*
- *How to ensure your kids LOVE their lunch.*



Getting Active – Upcoming Community Events

- **Wheelchair Basketball Corporate Cup – Warrnambool:** Friday 24th November, 5:30pm to 8:30pm. This event is being launched to help raise awareness for the need of wheelchair sports in the region, and to help raise funds for the purchase of more, and of better quality, sport chairs to support the current and future participants of Wheelchair Basketball in Warrnambool. Contact: Louise Brown 0488-770-114
- **Lifecycle 55+ Gourmet Ride:** Saturday 25th November, 10:00am – 4:00pm. Life Cycle 55+ is a cycling program designed to encourage people aged 55 or over to get on their bikes, regardless of their level of experience. This particular event will take in the breathtaking Rail Trail from Cobden to Timboon. Including a visit to Twelve Apostle Food Artisan Festival. Contact: Artisan Festival - Josh Walker, Timboon Distillery 03 5598 3555 or Gourmet Ride – Mark Drehlich, Cycling Victoria 0418 127 792. [Click here for further details](#)
- **Fast 4 Tennis & HotShots:** Sunday 5th November, 10am. As part of the South West Games, the Hampden Tennis Association will host a Fast 4 Tennis & Hotshots day at the Lakeside Complex in Camperdown. Fast 4 Tennis is a shorter and more social form of the game which was launched by Lleyton Hewitt and Roger Federer in 2015 at the Australian Open. There is no advantage played, lets are played, and scoring is a simple 1,2,3 – to three sets. The Hampden Tennis Association will run a doubles competition, and Tennis Victoria will be on hand to introduce people to the rules, as well as run a HotShots kid zone with different tennis related activities and giveaways. For further details: Jake Dunn – Tennis Victoria 03 8420-8434
- **Give Golf A Go:** Sunday 12th November. Hamilton Golf Club in conjunction with Professional Ben Roberts are running 3 clinics – Juniors (aged 8-14) at 9:30am, Adult Beginners - Give Golf a Go at 10:30am or general golfers short game (chipping & putting) at 11:30am. Each session runs for 50 minutes. Contact Veronica at Hamilton Golf Club 55712644
- **Fox & Lilly Rural Vitality Fun Run:** Sunday 12th November at Lake Hamilton. More details: <http://hamiltonfunrun.com/>



Professional Development/Training and Other Opportunities

- **YACVic Youth sector consultations** - 10 November at Warrnambool, 1pm–3pm or Teleconference on 2 Nov, 10–11.30 am Register to take part in the consultations in [Melbourne](#), [Warrnambool](#), or by [teleconference](#).
- **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
- **Innovation in Community Engagement** – 13th & 14th November, Sydney. www.collaborationforimpact.com Register: <http://www.collaborationforimpact.com/event/innovation-in-community-engagement-conference/>
- **Pharmaceutical Risk and Response Seminar – Western District Region** - Seminar is being held at Portland District Hospital on 14th November, 2:30pm – 4:30pm. To register visit: <https://prrs-westerndistrictportland.eventbrite.com.au>
- **Peter Quail Oration 2017 – Deakin University – The Social Determinants of Health and Collective Impact: Making the case for investment in prevention** - 20th November, 10-11:30am, Deakin Waterfront Campus, Geelong. Places are limited email Christopher.loughnan@deakin.edu.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.
- **Applications Open To Engage! Young Victorians** - Applications have opened for grants to engage young people and help them reach their full potential and connect with their local community. The grants of between \$90,000 and \$150,000 also aim to help young people aged 12 to 25 take part in local decision making and other community initiatives. Applications close on Friday, 10 November 2017. To apply or for more information visit www.youthcentral.vic.gov.au/

Markets & Food/Produce Swaps



Merino Produce Swap – 10am-11am, Saturday 11th November, Merino Community Health Centre (second Saturday of month)

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

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A jointly funded initiative of the State Government of Victoria and the Australian Government



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