

Walk to School Month



The end of Walk to School month is looming! Students from all 16 Southern Grampians Primary Schools have been eagerly walking and tracking their efforts on classroom charts. VicHealth's official Walk to School month wraps up this Friday 3rd November, and bike and voucher prizes are ready to be distributed.

Both Schools and families have worked hard to increase the number of children actively commuting to and from school, and we don't want this to stop here. A number of schools have begun utilising a drop off point and encouraging children to walk the remainder of the way together, and are planning to continue this trend across the warmer months!

For more information about those schools utilising a drop off point, or any enquiries regarding the Walk to School program, please contact Ebony Jenkins at ebony.jenkins@wdhs.net or 5551 8475.

2017 Fire Awareness Awards

ORDINARY PEOPLE. EXTRAORDINARY ACHIEVEMENTS.



SGGPCP in partnership with CFA, RMIT and Balmoral Bush Nursing Centre are excited to see that the project: Balmoral Fire Connect - has been chosen as a finalist in this year's Fire Awareness Awards! The Project is a case study of social networks and the diffusion of bushfire preparedness information in a rural community. The winners will be announced on December 4th 2017.



We are inviting Victorian rural farming women to participate in a digital storytelling workshop telling their personal story of managing tough times—including socio-economic disadvantage, natural disaster or challenges to health or social and emotional wellbeing. These often 'invisible farmers' will be empowered to work together to validate their experience and create personal stories in a safe, trusted, peer supported environment—facilitating emotional expression without judgment, building self-confidence, a sense of achievement and encouraging positive social contact. The resulting stories will be publicly exhibited to rural and urban audiences—giving voice to an unheard group of inspiring Victorian women, promoting communication and encouraging mutual reflection, empathy and understanding.

You can read more on our website [click here](#)

Heywood Hero's Murray to Moyne Team – Movie Night



Heywood Rural Health's Murray to Moyne Team are holding a movie night fundraiser on Friday 10th November, 6pm at CEMA Art Centre, Heywood. Tickets are available from front reception at Heywood Rural Health. P: 55270555

Getting Active – Upcoming Community Events

- **Wheelchair Basketball Corp Cup – Wbool:** Friday 24th Nov, 5:30pm to 8:30pm. Contact: Louise Brown 0488 770114
- **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 South West Games, Hampden Tennis Association will host a Fast 4 Tennis & Hotshots day at Lakeside Complex, Camperdown. Contact: Jake Dunn – Tennis Victoria 03 84208434
- **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/>



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: robbyn.holcombe@wdhs.net

Professional Development/Training and Other Opportunities

- **YACVic Youth sector consultations** – 10th November at Warrnambool, 1pm–3pm. Register: [Warrnambool](#)
- **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
- **The Big Green Bus is Coming to Casterton** - 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.
- **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](#).
- **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

Friends of Community Market – 10am to 1pm, Sunday 5th November at Bahgallah Hall

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

Sandford Hall Country Market – 9am to 1pm, Sunday 12th November at Sandford Hall

Farmers & Craft Market HIRL – 9am to 12noon, Saturday 25th November, 333 North Boundary Road, Hamilton

Merino Community Festival – 1pm onwards at Merino Recreation Reserve followed by night entertainment 7pm to 11pm

Nareen Produce Swap – 10am to 11am, Sunday 26th November 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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