

### SGGPCP Updates



**New local 2017  
Childhood  
Health Data**

Our community has worked hard over the past two years towards making the healthier choice the easier choice for people in the Southern Grampians, especially children – but are we making an impact?



**Join the GenR8  
Change Community  
Walk-Shop to find out!**



**Location: Hamilton Botanic Gardens (meet at the Rotunda)**

**Date/Time: Choose from either:**

**Friday 8<sup>th</sup> December, 12noon-1pm**

**OR**

**Tuesday 12<sup>th</sup> December, 5:15pm-6:15pm**

***A FREE Health BBQ lunch will be supplied at the conclusion of each event***

If you're worried about the term 'Walk-shop', don't be. The walking part is not essential! Children and prams are also most welcome.

If you are able to make it, please forward your RSVP to [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net), phone 5551 8475, or respond to the Facebook event for catering purposes.

Thanks and hope to see you on either the 8<sup>th</sup> or 12<sup>th</sup> of December as we gather to celebrate and learn about the health of our local kids!



### **SEA Change is having another healthy breakfast and you're all invited!**

SEA Change Portland is about the whole community coming together and making changes so that the healthy choice is the much easier choice, especially for children.

This is an ambitious approach and it needs your involvement to make it a reality, there has been some fantastic work being done in the Portland community.

Be part of the change you want to see in Portland and come along and join us for a healthy breakfast to hear about the great local actions, how health behaviours are trending and help take the lead to a healthy community.

Celebration details: Glenelg Shire Council, Reception Room – Cliff Street - Friday 1<sup>st</sup> December 2017, 7:30am – 9:00am

RSVP Essential: Call Kelly on 0437 043 550, or email RSVP to [lquartermaine.pdh@swarh.vic.gov.au](mailto:lquartermaine.pdh@swarh.vic.gov.au)

### **Summer Readiness Workshop for the Health and Community Sector**



Often the people who are the most vulnerable to extreme climatic events like heatwave and bushfire are participants in the services provided by the health and community sector. We can all play a major role in reducing this vulnerability.

SGGPCP will facilitate two key workshops in December, funded through the National Disaster Resilience Scheme as part of second phase of the Enhancing Networks for Resilience Project. The workshops have been specially designed with CFA and RMIT University to simulate real life situations enabling workshop participants the chance to identify the impacts of extreme climatic events on their service and service users, understand roles and responsibilities and recognise key actions.

**When:** Monday December 11<sup>th</sup> at the Hamilton District Skills Centre, 10.00am – 1.30pm

**Or** Tuesday December 12<sup>th</sup> at Winda-Mara, Heywood, 10.00am – 1.30pm

**Who should attend:** The workshops have been designed for anyone who works in a community or health service setting with people who may be considered vulnerable due to health and social circumstances.

Places are limited so rsvp is essential. Contact Jo Brown, Manager Health and Wellbeing, SGGPCP P: 555 18563 M: 0428 310280 E: [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)

**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](mailto:robbyn.holcombe@wdhs.net)**

### 2017/18 Summer Local Initiatives Grants Program

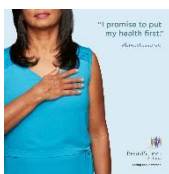


CFA Community Safety 2017/18 Summer Local Initiatives Grants are now open.

The Summer Local Initiatives Grants Program aims to empower community leadership, create awareness, build shared responsibility and self-reliance with the ultimate goal of creating more resilient communities. The program offers one-off funding to community organisation's and brigades to enable them to develop and trial locally-led engagement initiatives.

Contact the SLI team for more information: [sli@cfa.vic.gov.au](mailto:sli@cfa.vic.gov.au)

### Are you due for a breast screen?



Your local BreastScreen Victoria clinic at Portland District Health, Bentinck St. **Portland**, offers free breast screens for women aged 50 to 74.

Breast screens are **free, with a woman**, and only take **10 minutes**. They are the best way to detect cancer early, before any symptoms are noticed and when treatment is likely to be most successful.

To book an appointment visit [breastscreen.org.au](http://breastscreen.org.au) or call **13 20 50**

### The Municipal Association of Victoria (MAV) and Bank of Ideas present the 'Rebooting Democracy National Tour' with Cormac Russell 'Shifting from Government centric to Citizen-centric': implications for LG

#### Workshop Locations (all 10am to 3pm)

- Monday November 27: **Perth** (Metro Hotel, 61 Canning Highway, South Perth)
- Tuesday, November 28: **Adelaide** (Adelaide Bowling Club, 58 Dequetteville Terrace, Adelaide)
- Wednesday, Nov. 29: **Brisbane** (Aust. College of Tech. & Business, 100 Brunswick St, Fortitude Valley)
- Thursday, November 30: **Sydney** (Ultimo Community Centre, 40 William Henry St, Ultimo.)
- Friday, December 1: **Melbourne** (MAV office, level 11, 60 Collins Street.)

**Cost:** \$275. **Who should attend?** Councillors, CEOs, Managers in Community Development, Community Planning, Health Promotion, Strategic Planning, Corporate Planning, Human Resources, Change Agents and community leaders.

**Contacts:** John Hennessy P: 03 96675525, E: [jhennessy@mav.asn.au](mailto:jhennessy@mav.asn.au) Peter Kenyon P: 0417183719 E: [pk@bankofideas.com.au](mailto:pk@bankofideas.com.au)

**To register:** For online registration and workshop details go to [www.mav.asn.au/events](http://www.mav.asn.au/events) (click on 'upcoming events' and scroll down to November 27).

### Youth Participation: Engage, Embed, Repeat!

Are you committed to supporting the voice of young people? Maybe you need a little inspiration to start up your 2018 groups, programs and advocacy?

Free interactive sessions with Sam Champion, Participation and Development Coordinator at the Youth Affairs Council Victoria. Reengage your passion and fill up your toolbox for effective youth participation.

- Portland – Monday 27 November, 2-4pm, Glenelg Shire Offices Register: <http://bit.ly/2zgQVNz>
- Warrnambool – Tuesday 28 November, Pavilion Café, 9am-11am Register: <http://bit.ly/2z3tB4H>
- Camperdown – Tuesday 28 November, Corangamite Civic Centre, 12:15-2pm. Register: <http://bit.ly/2yV8K3Y>

For enquiries contact Karen Walsh YACVic Rural Development Coordinator: [rural.gsc@yacvic.org.au](mailto:rural.gsc@yacvic.org.au) or P: 0472 514870

### Getting Active – Upcoming Community Events

- **Hamilton Park Run** – Lakes Edge Adventure Playground, lake Hamilton, Rippon Road, Hamilton. Every Saturday at 8am [www.parkrun.com.au/Hamilton](http://www.parkrun.com.au/Hamilton)

### Professional Development/Training and Other Opportunities

- **Peter Quail Oration 2017 – Deakin University – The Social Determinants of Health and Collective Impact: Making the case for investment in prevention** - 20<sup>th</sup> November, 10-11:30am, Deakin Waterfront Campus, Geelong. Places are limited email [Christopher.loughnan@deakin.edu.au](mailto:Christopher.loughnan@deakin.edu.au)
- **CHASE Symposium 2017 ‘Promoting social inclusion through workplaces’ - November 22, Deakin Downtown, (Collins Street Melbourne) 10am to 4pm** - An exciting day of presentations and discussions around the theme of ‘Promoting social inclusion through workplaces’. The day will feature recent and ongoing work by CHASE members at Deakin University and partners in Victoria. [For more details click here.](#)
- **Family Violence Training - CRAF Risk Assessment (Practice Guide 2)** - Ballarat 5 December, Melbourne CBD 7 December - [Don't miss out, register today](#)
- **Stop Domestic Violence Conference Australia** – 4-6 December, Rydges Melbourne. [Click here](#)
- **The Future of Communities 2017 Power to the People Conference** – 5<sup>th</sup> & 6<sup>th</sup> December, Melbourne [Click here for more information and to register](#)

### Funding Opportunities

- **‘Look over the farm gate’** – is a series of community-led events which help rural communities to:
  - Look out for one another
  - Promote social inclusion
  - Create awareness about mental health
  - Reduce the impact isolation can have

Community groups can apply for grants up to \$1,500 to host an event which supports mental health.

Applications for round one grants are open until 20 December 2017. Visit <http://lookoverthefarmgate.org.au/> for more information or to apply for a grant.

- **Local Sporting Champions Grants** - To find out more including how to apply, click [here](#).

### Markets & Food/Produce Swaps

**Merino Produce Swap** – 10am-11am, Saturday 9<sup>th</sup> December, Merino Community Health Centre (second Saturday of month)

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

**Merino Community Festival** – 1pm onwards, Saturday 25<sup>th</sup> November at Merino Recreation Reserve followed by night entertainment 7pm to 11pm

**Nareen Produce Swap** – 10am to 11am, Sunday 26<sup>th</sup> 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

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)