

### 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.

RSVP to [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net), phone 5551 8475, or respond to the Facebook event for catering purposes.

Thanks, we hope to see you on either 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)

### **When did lolly snakes replace oranges as the half-time snack? – Professor Anna Peeters**



**Aussies love sport and Aussies love food, and so often the two go together.**

**But when did sport become synonymous with junk food? And how do we turn back the tide so that healthy food, especially where our kids engage in sport, just makes sense? [Click here to read more](#)**

**WHITE RIBBON DAY**



Southern Grampians shire Council and Western District Health Service have once again joined forces to help raise awareness of White Ribbon Australia's work to end violence against women.

Over 100 people attended a luncheon in Hamilton in recognition of White Ribbon Day. Guest speakers Victoria Police Superintendent, Peter Greaney, provided both local and international perspectives on family violence and a presentation from Natalie Russell, VicHealth Principal Program Officer, discussed VicHealth's work in supporting a whole of community approach to family violence. All funds raised from the ticket sales were donated directly back to White Ribbon.

For more information on White Ribbon [click here](#)

**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)**

### 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

- **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](#)
- **Summer Readiness Workshop for the Health and Community Sector** – 11<sup>th</sup> December at Hamilton District Skills Centre, 10am to 1:30pm or 12<sup>th</sup> December at Winda-Mara, Heywood, 10am to 1:30pm.  
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, rsvp Jo Brown, at SGGPCP P: 555 18563 M: 0428 310280 E: [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)
- **No More Harm National Conference** - 12<sup>th</sup> & 13<sup>th</sup> April 2018 at Melbourne. Further details [Click here](#)

### 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.

- **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-engaged initiatives.

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

- **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 9<sup>th</sup> December, 333 North Boundary Road, Hamilton

**Nareen Produce Swap** – 10am to 11am, Sunday 28<sup>th</sup> January 2018 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



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