



# Southern Grampians Glenelg Primary Care Partnership

Bulletin #1 – 1<sup>st</sup> February 2018

## SGGPCP Updates:

### ALLready Project



SGGPCP is excited to announce that the partnership with CFA Summer Fire Safety Initiatives will continue with funding secured through the 2017/2018 funding round.

This opportunity will be used to develop a short animated film based on the findings of the Balmoral Fire Connect Project. The short film will be developed in consultation with the community health sector and CFA.

Dissemination will be later in the year to coincide with pre-summer education and rely heavily on distribution through networks and partnerships. For further information contact [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)

### Start this year on a healthy foot



Many Victorians are settling back into routines of work and study after a well-earned summer break. But don't let unhealthy old habits follow you into 2018!

Extended periods of sitting can increase your risk of type 2 diabetes and heart disease. Check out Vic Health's tips for [getting active at work](#) to see how small changes can make big impacts on your wellbeing.

When you're reaching for an ice cold drink on these hot summer days, choose water instead of sugary drinks to avoid excess sugar. It'll keep you better hydrated too! Check out VicHealth's [H30 Challenge](#) website for some top tips to boost our water intake, including some great recipes to make your drinks more interesting.

And for even more ways to feel better this year, see [Vic Health's top 10 tips for improving your health and wellbeing in 2018](#).

### Prepare for your NDIS plan

Free information session to assist people with a disability, their families and carers to prepare for the NDIS.

4pm to 6pm, Tuesday 6<sup>th</sup> March 2018 at South West TAFE, Ballarat Road, Hamilton.

To register your attendance click on this link <https://pypndishamilton2018.eventbrite.com.au>

### Get the facts on mental health help

While mental health services in rural and remote parts of Australia are substantially more limited than in metropolitan areas, the good news is that there is an increasing number of telephone and online services that people can access to receive immediate, free and specialised assistance.

The Alliance has recently updated its Mental Health Help Sheet to include the full range of services available to people living in rural and remote areas of Australia.

[Click here for link](#)



### Women with Disabilities Victoria Invites YOU

All women who live with disability are welcome

Tuesday 20<sup>th</sup> February, 10am at Archie Graham Seniors Room (all access venue), Warrnambool

Guest speaker Rose Egerton. Morning tea and conversation to follow

RSVP to Lou by 13<sup>th</sup> February - [Lou.Hollis@wdv.org.au](mailto:Lou.Hollis@wdv.org.au) or 0408 527 670

**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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## Expression of Interest for Flying Doctor Telehealth

Travelling to access specialist services often places a large burden for patients in Rural areas. Flying Doctor Telehealth offers the opportunity for patients to access specialist services, without leaving their community.

Flying Doctor Telehealth offers access to Bulk Billed Endocrinology, Respiratory, Cardiology and Psychiatry specialists on a secure platform. Features of the service include an easy to use online booking system, low wait lists and expert support from the Flying Doctor Telehealth team.

This service is available to all GP practices, community and health services in Rural Victoria at no cost. If you are interested in accessing the Flying Doctor Telehealth service please complete an Expression Of Interest (EOI) form on the Flying Doctor Telehealth website and an RFDS staff member will contact you to discuss. [Click here for details](#)

## 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

- **Field Research Methods: 5 day short course** - 14th-16th February & 22nd-23rd February at Deakin's Warrnambool campus. Click on link <http://bit.do/DEAKIN-FRM> for further information
- **No More Harm National Conference** - 12<sup>th</sup> & 13<sup>th</sup> April 2018 at Melbourne. Further details [Click here](#)

## Funding Opportunities

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



- **Round two now open.** The second round of Southern Grampians Shire Council's Greater Grants program for 2017/18 is now open. There are a range of categories available to support your project or event. To find out more about who to contact and how to apply, click here: [grants and funding page](#).



- **Port Fairy Community Market** – Feb 10 & 24, Railway Pl. Port Fairy. E: [market@portfaircommunityhouse.com.au](mailto:market@portfaircommunityhouse.com.au) P: 5568 2681
- **Merino Produce Swap** – 10am-11am, Saturday 10<sup>th</sup> February, Merino Community Health Centre (second Saturday of month)
- **Farmers & Craft Market HIRL** – 9am to 12noon, Saturday 24<sup>th</sup> February, 333 North Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 25<sup>th</sup> February at the Nareen Hall. (Last Sunday of the month)



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