



Southern Grampians Glenelg Primary Care Partnership

Bulletin #2 – 8th February 2018

Tackling Illegal Drugs at your Sports Club



Illegal drug use is widespread and can affect any sports club - chances are somebody at your club has been touched by this issue. Whilst a tricky issue, being prepared is the best way to tackle illegal drugs at your club.

The Tackling Illegal Drugs program is an initiative funded by the Australian Government and run by the Alcohol & Drug Foundation's Good Sports Program (GSP).

Over 12 weeks, [Good](#) Sports will work with GSP clubs to develop and implement an illegal drugs policy. The program kicks off with a forum, which is a great opportunity to learn more about tackling illegal drugs and why it's such an important issue for your club to prioritise.

Monday 19th February, 7.00pm-9.00pm at Warrnambool Football Netball Club, Cramer Street, Warrnambool

In attendance will be representatives from the Warrnambool police, local council, local AOD and health agencies.

There is a follow up workshop on Monday 26th March 2018 (7.00pm to 9.00pm) at Warrnambool Football Netball Club.

Register Now - <https://www.eventbrite.com.au/e/tackling-illegal-drugs-the-forum-warrnambool-tickets-41397074765>

For more information: [Click here](#) or contact elissa.wray@adf.org.au

2018 VicHealth Regional Roadshow – West Regional (Camperdown)

The VicHealth Roadshows aim to engage with local health promotion stakeholders and inform and support local health promotion priorities.

Wednesday 28th February 2018, 9:45am arrival and morning tea for a 10am start to 1pm (lunch provided)

Location: Camperdown Golf Course, Sadlers Road, Camperdown.

To register [click here](#)

Tryfor5



Tryfor5 is an annual campaign developed by Nutrition Australia to encourage Australians to increase their vegetable consumption to the recommended 5 serves per day.

Discover new ways to add veg to your day!

For further details follow this link: <http://www.tryfor5.org.au/>

No Interest Loan Scheme (NILS)

The No Interest Loan Scheme is a community based program that enables people on low incomes to access affordable, fair, safe, equitable credit for the purchase of essential goods and services. NILS is available through Brophy Family & Youth Services.

For information on NILS, including referral information, contact hnils@brophy.org.au.

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

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Manager Health & Wellbeing: Jo Brown,

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Office Coordinator: Robyn Holcombe W: www.sggpcp.com T: (03) 555 18471



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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
- **Women with Disabilities Victoria** – All women who live with disability are welcome, 20th Feb, 10am, Archie Graham Seniors Room, Warrnambool. Guest speaker Rose Egerton. RSVP 13th February to Lou, E: Lou.Hollis@wdv.org.au or M: 0408527670
- **Prepare your NDIS Plan** – Free information session to assist people with disability, their families and carers to prepare for the NDIS. 6th March, 4-6pm at South West TAFE, Ballarat Road, Hamilton. To register your attendance click on this link <https://pypndishamilton2018.eventbrite.com.au>
- **Youth Mental Health First Aid** – 15th and 22nd March, 9:30-4:30pm, Warrnambool. Contact Barry Clarke, Wellways T: 55 603019 M: 0408 527 587 E: bclarke1@wellways.org
- **Mental Health First Aid for Suicidal Person** – 26th March, 12:30-4:30pm, Warrnambool. Contact Barry Clarke, Wellways T: 55 603019 M: 0408 527 587 E: bclarke1@wellways.org
- **Standard Mental Health First Aid** - 23rd & 30th April, 9:30-4:30pm, Warrnambool. Contact Barry Clarke, Wellways T: 55 603019 M: 0408 527 587 E: bclarke1@wellways.org
- **Health Literacy Masterclass** – 22nd & 23rd March 2018, Docklands, Melbourne. Further details [Click here](#)
- **Prevention of Chronic Disease Forum** – 23rd March, The Alfred Hospital, Melbourne. Further details [Click here](#)
- **No More Harm National Conference** - 12th & 13th April 2018 at Melbourne. Further details [Click here](#)
- **19th International Mental Health Conference** – 8th – 10th August 2018, Gold Coast, Queensland. Further details [Click here](#)
- **National Eating Disorders and Obesity Conference** – 27th-28th September 2018, Twin Towns Services Club, Tweed Heads NSW. Further details: [Click here](#)
- **2018 Australian Road Safety Conference** – 3rd-5th October 2018, Sydney. 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](#).



- **2018 Granting Round Now Open** - Grants of up to \$5,000 will be available for charitable projects that build stronger communities within the local government areas of Colac Otway, Corangamite, Moyne, Glenelg, Southern Grampians and Warrnambool. Applications close: Monday 5th March 2018.

Guidelines and application: www.southwestcommunityfoundation.org

Contact Executive Officer, Karen Norris to discuss your project M: 0437 756 082 E: info@southwestcommunityfoundation.org

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- **Port Fairy Community Market** – Feb 10 & 24, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.com.au P: 5568 2681
- **Merino Produce Swap** – 10am-11am, Saturday 10th February, Merino Community Health Centre (second Saturday of month)
- **Sandford Hall Community Market** – 9am to 1pm, Sunday 11th February, enquiries: Lez – 0402169808 or Rodger – 0408703746 (second Sunday of the month)
- **Farmers & Craft Market HIRL** – 9am to 12noon, Saturday 24th February, 333 North Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 25th February at the Nareen Hall. (Last Sunday of the month)



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