



# Southern Grampians Glenelg Primary Care Partnership

Bulletin #3 – 15<sup>th</sup> February 2018



Since GenR8 Change first came to fruition back in 2015 (yes, it's been that long!) our Southern Grampians community has worked hard in lots of settings, making changes big and small to shape an environment where the healthier choice is the easier one. And guess what - your actions ARE making an impact! Head over and check out GenR8 Change's latest blog post for more:

[http://www.genr8change.com/making\\_the\\_healthier\\_choice\\_the\\_easier\\_choice\\_is\\_having\\_an\\_impact](http://www.genr8change.com/making_the_healthier_choice_the_easier_choice_is_having_an_impact)

Are you a part of GenR8 Change? If not, the first step you can take to show your support is joining the GenR8 Change community at [www.genr8change.com/join](http://www.genr8change.com/join). Movement in a positive direction is great, but we can achieve so much more together! The approach is working, get on board!

## 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 26<sup>th</sup> 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](mailto:elissa.wray@adf.org.au)

## 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 5<sup>th</sup> March 2018. Applications: [www.southwestcommunityfoundation.org](http://www.southwestcommunityfoundation.org)  
Contact Karen Norris to discuss your project M: 0437 756 082 E: [info@southwestcommunityfoundation.org](mailto:info@southwestcommunityfoundation.org)
- **No Interest Loan Scheme** - 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](mailto: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](http://www.parkrun.com.au/Hamilton)

**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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## Professional Development/Training and Other Opportunities

- **Women with Disabilities Victoria** – All women who live with disability are welcome, 20<sup>th</sup> Feb, 10am, Archie Graham Seniors Room, Warrnambool. Guest speaker Rose Egerton. RSVP 13<sup>th</sup> February to Lou, E: [Lou.Hollis@wdv.org.au](mailto:Lou.Hollis@wdv.org.au) or M: 0408527670
- **2018 VicHealth Regional Roadshow – West Regional** - The VicHealth Roadshows aim to engage with local health promotion stakeholders and inform and support local health promotion priorities.
  - Ararat - Tues 27<sup>th</sup> Feb, 10am to 3pm. To register [click here](#)
  - Camperdown – Wed 28<sup>th</sup> Feb, 10am to 1pm. To register [click here](#)
- **Prepare your NDIS Plan** – Free information session to assist people with disability, their families and carers to prepare for the NDIS. 6<sup>th</sup> 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** – 15<sup>th</sup> and 22<sup>nd</sup> March , 9:30-4:30pm, Warrnambool. Contact Barry Clarke, Wellways T: 55 603019 M: 0408 527 587 E: [bclarke1@wellways.org](mailto:bclarke1@wellways.org)
- **Mental Health First Aid for Suicidal Person** – 26<sup>th</sup> March, 12:30-4:30pm, Warrnambool. Contact Barry Clarke, Wellways T: 55 603019 M: 0408 527 587 E: [bclarke1@wellways.org](mailto:bclarke1@wellways.org)
- **Standard Mental Health First Aid** - 23<sup>rd</sup> & 30<sup>th</sup> April, 9:30-4:30pm, Warrnambool. Contact Barry Clarke, Wellways T: 55 603019 M: 0408 527 587 E: [bclarke1@wellways.org](mailto:bclarke1@wellways.org)
- **Health Literacy Masterclass** – 22<sup>nd</sup> & 23<sup>rd</sup> March 2018, Docklands, Melbourne. Further details [Click here](#)
- **Prevention of Chronic Disease Forum** – 23<sup>rd</sup> March, The Alfred Hospital, Melbourne. Further details [Click here](#)
- **No More Harm National Conference** - 12<sup>th</sup> & 13<sup>th</sup> April 2018 at Melbourne. Further details [Click here](#)
- **19<sup>th</sup> International Mental Health Conference** – 8<sup>th</sup> – 10<sup>th</sup> August 2018, Gold Coast, Queensland. Further details [Click here](#)
- **National Eating Disorders and Obesity Conference** – 27<sup>th</sup>-28<sup>th</sup> September 2018, Twin Towns Services Club, Tweed Heads NSW. Further details: [Click here](#)
- **2018 Australian Road Safety Conference** – 3<sup>rd</sup>-5<sup>th</sup> October 2018, Sydney. Further details: [Click here](#)



- **Port Fairy Community Market** – Feb 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)
- **Sandford Hall Community Market** – 9am to 1pm, Sunday 11<sup>th</sup> March (second Sunday of the 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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