



# Southern Grampians Glenelg Primary Care Partnership

Bulletin #4 – 22<sup>nd</sup> February 2018

## International Women’s Day – Women in Sport Breakfast

South West Sport with the Glenelg Shire invite you to attend the International Women’s Day Women in Sport Breakfast ‘Active for Life’ - Thursday 8<sup>th</sup> March 2018, 7:15am – 8:30am

Guest speakers: Hear from locals on their sporting journeys: Taylah Nelson, Jess Lovett-Murray, El Zeunert

Portland RSL Memorial Bowls Club, 17 Cape Nelson Road Portland.

Bookings – Cost \$15 [www.trybooking.com/TRDM](http://www.trybooking.com/TRDM)

More information: [www.southwestsport.com.au](http://www.southwestsport.com.au) IWD Women in Sport Breakfast or call Judi or Mark on (03) 55 611689

## My Recovery – Mental Health Education & Support

Wellways My Recovery is a 10 session education and support program for people experiencing mental health issues. The program is led by peers – trained people who have their own lived experience of mental health issues and recovery.

Wednesday 28<sup>th</sup> February, 11:30am to 2:30pm (continuing Wednesdays)

At Hamilton Institute of Rural Learning, 333 North Boundary Road, Hamilton. No cost.

Contact Barry Clarke at Wellways on 55603019 or contact Warrnambool office: 55603000 or Hamilton office 55999210



## Nonprofit Masterclass in Advanced Strategy, Risk & Governance

Community Southwest is bringing Steven Bowman to Warrnambool for a Nonprofit Masterclass

Join Steven for a very engaging and compelling masterclass, which provides a lasting impact for your organisation.

This workshop will provide learnings to build advanced strategy, risk and governance into your organisations.

- Create a Board, Executive and Staff culture of strategic awareness
- Develop the process of decision making to ensure appropriate governance
- Integrate risk management that adds innovation and facilitates strategic awareness
- Structure the strategic plan process for success
- Implement public and internal techniques for accountability
- Implement a simple yet powerful risk management plan

Friday 6<sup>th</sup> April, 8:45am to 4pm, Lady Bay Resort, Warrnambool

Further information contact: Richard Zerbe, Phone: 0448 505 885 or Email: [executiveofficer@communitysouthwest.com](mailto:executiveofficer@communitysouthwest.com)

## 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. Closes 23<sup>rd</sup> February 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).

**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



A jointly funded initiative of the State Government of Victoria and the Australian Government



# Southern Grampians Glenelg Primary Care Partnership

Bulletin #4 – 22<sup>nd</sup> February 2018

## Professional Development/Training and Other Opportunities

- **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 here](#)
- **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](#)
- **World Elder Abuse Awareness – Gerard Mansour, Ambassador for Elder Abuse Prevention and Commissioner for Senior Victorians** – Thursday 7<sup>th</sup> June – Open to all people with disability including mental ill health, seniors, carers, family, health, community, justice and family violence workers. E: [wjones@mpower.org.au](mailto:wjones@mpower.org.au) P: 55618127
- **Everybody's Business Forum: Prevention of Violence against women with disabilities and seniors** – 25<sup>th</sup> June, W'bool  
Open to all people with disability including mental ill health, seniors, carers, family, health, community, justice and family violence workers. E: [wjones@mpower.org.au](mailto:wjones@mpower.org.au) P: 55618127
- **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@portfairycitycommunityhouse.com.au](mailto:market@portfairycitycommunityhouse.com.au) P: 5568 2681
- **Merino Produce Swap** – 10am-11am, Saturday 10<sup>th</sup> March, Merino Community Health Centre 2<sup>nd</sup> Sat of month)
- **Sandford Hall Community Market** – 9am to 1pm, Sunday 11<sup>th</sup> March (2<sup>nd</sup> Sunday 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)



**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

