



# Southern Grampians Glenelg Primary Care Partnership

Bulletin #5 – 1<sup>st</sup> March 2018



PCP staff can get up to some interesting things in their spare time.....

SGGPCP project officer Clinton Thomas along with his team mates Jacinta Hedley and Craig Steel will be on this week's episode of Australia Spartan. (Sunday at 7pm on channel 7). Good luck Clinton.

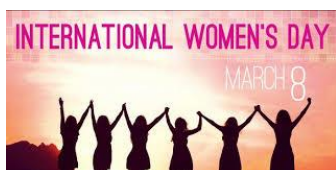
Further information on this story [click here](#)



## VicHealth Roadshow

Several PCP staff and member agencies staff attended the VicHealth Roadshow in either Ararat or Camperdown this week. It was a valuable event to attend to get a reminder of the highly valuable information resource that VicHealth has available on-line and people you can access. The session also included good feedback discussion to VicHealth about how to improve the value of VicHealth to our rural community. They also introduced their upcoming campaign 'This Girl Can' which is targeting improving women participation in sport and discussed how our local work can build on this campaign. If you want to watch a great 2 minute clip to get you thinking outside the box about social marketing and advocacy click [here](#) to see how community saved the Troy Library.

For further information about the VicHealth Roadshow session contact, Janette, Rowena or Ebony at SGGPCP.



## International Women's Day Thursday 8<sup>th</sup> March



### Portland – 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

### Hamilton – International Women's Day Luncheon

Guest speaker – Nadia Tucker, businesswoman and former Hamilton Local.

Nadia cofounded a business which is being celebrated world-wide for disrupting the status quo in the active wear and fitness industries. She has been recognised for empowering women to love and look after their bodies for the right reasons – health, happiness, energy and enjoyment.

Thursday 8<sup>th</sup> March, 12:30pm-2pm in The Tim Murray Room, at the Hamilton and Alexandra College.

Tickets available online click here: [Purchase Tickets](#)

### Warrnambool – Food & Fun, Music, Talk & Film

Women's Health and Wellbeing BSW present an event to recognise, inspire and celebrate women.

Thursday 8<sup>th</sup> March, 5:30pm, Capitol Cinema, Warrnambool. Tickets \$15 from: [www.trybooking.com/TUTK](http://www.trybooking.com/TUTK)

- Food & Fun – supper provided by Fishtales, goodie bags and door prizes
- Music – live music from Gabby Steel and the Red Tent Singers
- Talk – inspiring guest speaker Katie Burt from Pulse CPR
- Film – a special screening of Battle of the Sexes (PG)

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## Prevention violence against women and family violence - Survey

The below survey is funded by the *Victorian Government* and collects essential information in follow-up to the *Family Violence Workforce Census*, which ran from March to May 2017.

The Victorian Government is aware of the great diversity of those contributing to plans and actions to prevent family violence and violence against women across Victoria. This recognition is a strong focus of the recently released 10-Year Industry Plan for Family Violence Prevention and Response – *Building from Strength*. In order to best support the successful implementation of this Industry Plan, the following survey investigates key findings of the 2017 Census and collects further details to inform the roll-out of workforce development initiatives within regions. This includes support for skill and knowledge development, as well as health, wellbeing and sustainability measures that will adequately provide for the workforce into the future.

- **Survey open and close dates:** opens Thursday 15<sup>th</sup> February 2018, ***closes midnight Wednesday 14<sup>th</sup> March***
- **Accessible at:** <http://tiny.cc/WHAVworkforcesurvey>
- **Participants:** All workers who in some way contribute to preventing violence against women plans, activities, programs and any other actions, whether within their own organisation/project or within regional networks, committees or other groups
- **Time required:** It is expected that participants will require 15 minutes to complete the survey. The majority of questions are in multiple choice format, the survey contains 30 questions. For convenience, the survey can be completed in parts, saved and returned to.
- **Confidentiality:** Findings will be collected by an external company and collated. Results will not identify individuals or organisations.
- **Findings:** A summary of findings will be available through your local Women's Health Service in early April.

**Further information:** Vanessa Born, Women's Health Association of Victoria, T: 9418 0927 E: [vanessa.whav@mcwh.com.au](mailto:vanessa.whav@mcwh.com.au)



## 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.

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

- **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).

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## Professional Development/Training and Other Opportunities

- **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** – March 24, Railway Pl. Port Fairy. E: [market@portfairycommunityhouse.com.au](mailto:market@portfairycommunityhouse.com.au)
- **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)
- **Henty Annual Market** – Sunday 8<sup>th</sup> April at Henty Memorial hall
- **Farmers & Craft Market HIRL** – 9am to 12noon, Saturday 28<sup>th</sup> April, 333 North Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 25<sup>th</sup> March at the Nareen Hall. (Last Sunday of the month)



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