



Southern Grampians Glenelg Primary Care Partnership

Bulletin #7 – 15th March 2018



GenR8 Change Networking Event

All Welcome!

@ Hamilton Gray St Primary School
Thursday 26th April, 5:30 - 6:30pm

Meet and join forces with like-minded others



Share your ideas and actions



Hear from others making the healthier choice easier



Come and chat together about changes you've seen and new ideas to make the healthier choice the easier choice as our community continues to grow GenR8 Change! Everyone is welcome, bring a friend along!



Healthy nibbles provided!



Join the Facebook event @genr8change



For queries contact Ebony on 5551 8475

Building resilience and inclusion through social media

Do your clients use social media?

A new RMIT project, *Building resilience and inclusion amongst vulnerable populations through social media*, will examine how vulnerable people and emergency management organisations use social media during disasters. RMIT is seeking people to attend an individual interview of 30-60 minutes or a focus group session of 60-90 minutes focus group session. Participants will be provided with a small gift voucher (\$25 value) to compensate them for their time.

Email [Dr Mari Fitzpatrick](#) or [Professor Vanessa Cooper](#) for more information.



Active April

Any physical activity is better than none, all you have to do is get up and get moving! So, sign up with your workplace today and encourage your work colleagues to engage in some sort of physical activity. Some practical options for organisations could be participating in walking meetings, using the stairs instead of the lift, use of standing desks, or lunchtime walks around the block.

To register or for [more information/resources click here.](#)

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 T: (03) 555 18471



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Gender Equity in Action Workshop

Thursday 19th April, 10am to 4pm at Women's Health Victoria, Level 8, 255 Bourke Street, Melbourne

Cost \$220. Registration on [Eventbrite](#) or Check-out [Website](#) for more information

Enquiries to: Megan Budgen, Health Promotion Officer & Training Coord P: (03) 9664 9313, training@whv.org.au



~ Activators ~ a catalyst for change in rural and regional Victoria

Activators The Youth Affairs Council Victoria (YACVic) are currently recruiting up to 20 young people (aged 18-25) who live, study or work in rural or regional Victoria to join their new youth advocacy initiative ~ **Activators ~ a catalyst for change in rural and regional Victoria**. Designed with young people for young people, the Activators will be a group of aspiring change makers who we will work with to guide, collaborate on, and accelerate their advocacy projects responding to a topic or issue that's important to them and young people in their community.

For further details click for [facebook](#) link or [website](#)

Applications (2 page max) close at 5pm on Saturday 31 March 2018

Delivering a *GOOD Life* for every Victorian



Wednesday 13 June 2018
Arts Centre Melbourne

Held 'under the spire' at the iconic Arts Centre Melbourne, the VCOSS Summit will bring together leaders, strategic thinkers and workers in the community sector, government, business, and the media to explore a vision for a new Victoria – where everyone can live a good life defined by a decent living wage, a place to call home, equal opportunity, security, wellbeing and a sense of belonging.

Further details [click here](#)



Every year people and communities across Australia are impacted by emergencies and disasters. The National [Diversity in Disaster](#) conference will take place at the MCG from the 17-18 April 2018. The conference brings together Australian and international emergency services professionals and researchers to help build understanding around the unique risks and vulnerabilities that many people face during a disaster.

At the heart of Diversity in Disaster is the opportunity to explore the strengths and needs of people from a range of backgrounds. By participating, you can explore preparedness, response, relief and recovery for diverse communities and join with other individuals committed to inclusive and effective emergency management.

If you work in the emergency management, community services, urban resilience and diversity fields, we encourage you to [check out the conference program](#). Registrations will close Monday 16 April 2018. To register: <https://www.diversityindisaster.com/>.

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Funding Opportunities

- **Graffiti Prevention Grants** - Victorian Councils are invited to apply for grants of up to \$30,000 to partner with community groups to deliver local graffiti prevention initiatives. Applications close 4pm, Friday 20th April. For more information or to apply, visit www.crimeprevention.vic.gov.au/graffitigrants

Professional Development/Training and Other Opportunities

- **Mental Health First Aid for Suicidal Person** – 28th March, 12:30-4:30pm, Warrnambool. Contact Barry Clarke, Wellways T: 55 603019 M: 0408 527 587 E: bclarke1@wellways.org
- **Non Profit Master Class in Advanced Strategy, Risk & Governance** – 6th April, 8:45am-4pm, Lady Bay Resort, Warrnambool contact: Richard Zerbe, Phone: 0448 505 885 or Email: executiveofficer@communitysouthwest.com
- **Introduction to Auslan** - April 9, 16, 23 & 30, 10:30am to 12:30pm. At Hamilton Community House, Sedgewich St. Hamilton. For further information contact Erica Smith E: esmith@mpower.org.au P: 0355 618111 M: 0418392592 Bookings/ RSVP contact Debra King E: hamnh@bigpond.com or P: 03 55719780
- **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
- **No More Harm National Conference** - 12th & 13th 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 7th 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 P: 55618127
- **Everybody’s Business Forum: Prevention of Violence against women with disabilities and seniors** – 25th 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 P: 55618127
- **19th International Mental Health Conference** – 8th – 10th August 2018, Gold Coast, Queensland. Further details [Click here](#)
- **Health Promotion Symposium** – 23rd & 24th August, 8am to 5pm, Canberra [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](#)



- **Port Fairy Community Market** – March 24, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.com.au
- **Merino Produce Swap** – 10am-11am, Saturday 14th April, Merino Community Health Centre (2nd Sat of month)
- **Sandford Hall Community Market** – 9am to 1pm, Sunday 15th April (2nd Sunday of month)
- **Henty Annual Market** – Sunday 8th April at Henty Memorial hall
- **Farmers & Craft Market HIRL** – 9am to 12noon, Saturday 28th April, 333 North Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 25th March at the Nareen Hall. (Last Sunday of the month)



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