



# Southern Grampians Glenelg Primary Care Partnership

Bulletin #10 – 5<sup>th</sup> April 2018

## Growing Community



SGGPCP is excited to bring another international expert to you.

### Growing Community

*Starting community action can be easy, keeping it going and growing is hard.*

Join Cormac Russell in a Masterclass where you will benefit from his world wide experience focusing on how to keep community action moving, adapting and growing.

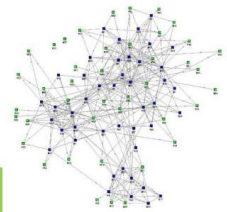
Cormac Russell is a world renowned expert on Asset Based Community Development (ABCD) and is Managing Director of Nurture Development, the leading ABCD organisation in Europe. He works with local communities, NGOs and governments using strengths-based approaches, in four continents and is excited to share his knowledge with our community in a small Masterclass style.

Date: Friday 11<sup>th</sup> May, 9.30am – 2.00pm (light lunch provided)  
At Port Fairy Community Services Centre, 16 Atkinson Street, Port Fairy

Cost: \$95 – organisation representatives \$30 – community members

To register [click here](#)

For further information please contact: [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)



## How Social Network Analysis (SNA) can benefit community led approaches

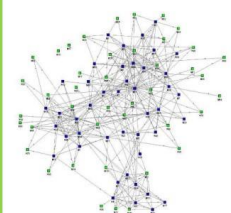
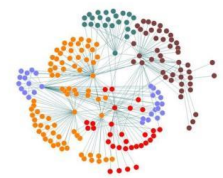
Presentation by Jaimie McGlashan, Global Obesity Centre, Deakin University

Hamilton - Monday 16<sup>th</sup> April, 12:30pm to 1:30pm  
At Southern Grampians Glenelg PCP, Board Room, Upper Level 157 Gray St, Hamilton

Portland – Tuesday 17<sup>th</sup> April, 12:30pm to 1:30pm  
At Glenelg Shire Offices, Committee Room, Cliff Street, Portland

A great opportunity to learn how Social Network Analysis can benefit you, with a future leading expert in the area.

RSVP: Essential for catering purposes E: [robbyn.holcombe@wdhs.net](mailto:robbyn.holcombe@wdhs.net) or P: 555 18471



Southern Grampians Glenelg Primary Care Partnership, Upper Level, 157 Gray Street, Hamilton 3300 (PO Box 283)

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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## SGGPCP currently has two students undertaking work placement



**Julia Nice** is a third year student studying a bachelor of public health, via distance with Central Queensland University. Julia's major is in health promotion and her minor is nutrition. Julia has a placement with SGGPCP for just over 6 months with a focus on GenR8 Change and engaging with sporting clubs to make the healthy choice the easy choice.

When Julia graduates she would like to remain in the area and give back to the community by using the skills she has gained to improve health of both the current and future generations.



**Rowena Smith** is a Deakin university student undertaking a placement with the SGGPCP over the next three months with a focus on GenR8 Change. Rowena is currently studying a Bachelor of Health Sciences majoring in Nutrition and Health Promotion through the Warrnambool Deakin campus. Rowena is kept busy in between studying and chasing after three children! Rowena has an interest in early childhood nutrition



### 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

Casterton Memorial Hospital

**\$10 PER PERSON 0-16 years FREE**

**FAMILY FUN RUN/WALK**

Including Colour Run to support Youth Week

**SUNDAY, MAY 6th AT ISLAND PARK**

Choose 3, 6 or 9 km or 2.5km Colour Run

REGISTRATION BEGINS 8AM  
RUN BEGINS AT 9AM

ENQUIRIES & PRE-REGISTRATION  
CSC AND CMH or phone 555 42 555

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## Southern Grampians Shire Council - Recreation and Leisure Strategic Plan – Club and Organisation Survey

Southern Grampians Shire Council (SGSC) is developing a Recreation and Leisure Strategic Plan to guide Council and the community in the provision and development of recreation and leisure facilities and services.

As part of this study we are seeking information from as many people as possible about the sport and recreation services and facilities currently used, future demand and how facilities can be improved in the future.

If you would like to have your say please complete an on-line survey at: <https://www.surveymonkey.com/r/SGSCpublicsurvey>

Please complete the survey by **Monday 23 April 2018**.

For further information or assistance with the survey please contact Southern Grampians Shire Council ( (03) 5573 0444 or Otium Planning Group (03) 9698 7300.

## Professional Development/Training and Other Opportunities

- **Diversity in Disaster** – April 17-18 at MCG, Melbourne. 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/>.
- **Gender Equity in Action Workshop** – April 19, 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
- **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)
- **No More Harm National Conference** - 12<sup>th</sup> & 13<sup>th</sup> April 2018 at Melbourne. Further details [Click here](#)
- **Psychological Play Therapy for Working with Children** – 12<sup>th</sup> May, 9am to 4:30pm, Quest Warrnambool. To register follow this link: <https://www.psychology.org.au/Event/19344?view=true>
- **Healthy Hospitals: Healthy Planet Forum** - 21<sup>st</sup> & 22<sup>nd</sup> May, Western Centre for Health Research and Education, St Albans. Cost \$50 per day. Download the event [flyer here](#). To register: [Click here](#)
- **World Environment Day Public Forum – South West Healthcare** - This forum aims to increase dialogue about topics related to environmental sustainability and healthcare. Tuesday 5<sup>th</sup> June, 2:30-4pm at ACE Radio Lecture Theatre, Level 1, SWH Warrnambool Base Hospital. RSVP: 31 May to Elvira Hewson, P: 5563 4068 E: [ehewson@swh.net.au](mailto:ehewson@swh.net.au)
- **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](#)
- **Health Promotion Symposium** – 23<sup>rd</sup> & 24<sup>th</sup> August, 8am to 5pm, Canberra [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](#)

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- **Port Fairy Community Market** – Sat 14 April, Railway Pl. Port Fairy. E: [market@portfairycommunityhouse.com.au](mailto:market@portfairycommunityhouse.com.au)
- **Merino Produce Swap – ‘Celebrating its 5<sup>th</sup> Birthday’** – 10am-11am, Saturday 14<sup>th</sup> April, Merino Community Health Centre (2<sup>nd</sup> Sat of month)
- **Sandford Hall Community Market** – 9am to 1pm, Sunday 13 May (2<sup>nd</sup> Sunday of month – note April market cancelled)
- **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 29<sup>th</sup> April at the Nareen Hall. (Last Sunday of the month)

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