



Southern Grampians Glenelg Primary Care Partnership

Bulletin #11 – 19th 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 11th May, 9.30am – 2.00pm (light lunch provided)
At Port Fairy Community Services Centre, 16 Atkinson Street, Port Fairy

Cost: \$95 – organisation representative \$30 – community member

To register [click here](#) For further information please contact: joanne.brown@wdhs.net



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



Agriculture Victoria & Westvic Dairy – Pasture Recovery from Fire

One-on-one pasture recovery advice is now available to assist landholders affected by the March fires. Through this new service, extension officers from Agriculture Victoria and WestVic Dairy will provide tailored information about:

- The impact of fire on your pasture
- How your pasture might respond to an autumn break
- How you can best plan for getting pastures back into production

To speak to an extension officer about your situation and or to organise a free visit please contact:

- **Agriculture Victoria** - Michele Jolliffe on 0428 581 883
- **WestVic Dairy** - Helen Chenoweth on (03) 5557 1000
- If you need fodder for your livestock, please contact the VFF on 1300 882 833.

The Rural Financial Counselling Service is available to farmers, offering free and independent financial support to primary producers and non-agriculture related small businesses. The service can be contacted on 1300 735578.

Detailed information about recovering from fire, including a pasture recovery quick reference guide [click here](#)

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

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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



Together we are creating a healthy workplace achievement program. A jointly funded initiative of the State Government of Victoria and the Australian Government.



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Activators program is **still open!** for applications from young people 18-25 who are passionate about making change in their community. This is a funded opportunity to work and collaborate with YACVIC to develop and deliver an advocacy project on an issue that's important to young people. Get skills, experience, support and resources to make change happen in Southern Grampians Shire and beyond. <https://www.yacvic.org.au/yacvic-rural/activators-program>

2017 Amazon Sports Star Awards Open

South West Sport currently has its nomination process open for the 2017 Amazon Sports Star Awards. We encourage all clubs to consider nominating a volunteer/s or a club development program. Closing Friday 20th April. Awards to be held May 2018

South West Sport host the Amazon Sport Star Awards which are the region's premier sporting recognition Awards. The Awards recognise high achievers from across the South West in 16 Different categories; Junior Male & Female, Open Male & Female, Masters, Athlete with a Disability, Masters, Coach Elite, Coach Development, Junior Team, Intermediate Team, Open Team, Club Development, Inclusive Club Development, Volunteer, Achievement

Contact: Michael Neoh, CEO, South West Sport. M: 0419 537098 P: 03 5561 1689 E: mike@southwestsport.com.au

Funding Opportunities

- **Ancillary services grants** - second round of grant funding for ancillary support services to assist people, families and carers to manage the day-to-day activities associated with caring for someone with a terminal illness. The total funding pool available in the second funding round is approximately \$4.4 million.

By providing practical and timely support, ancillary services can play a part in ensuring that people are able to remain at home and in their local communities for as long as possible, often until death.

Grants can be used to provide supports such as (but not limited to): respite and carer support; help with transport and activities of daily living such as preparing meals; household maintenance; and social activities.

Organisations wishing to apply for funding should be not-for-profit non-government organisations that receive minimal or no state or Commonwealth government funding and comply with eligibility criteria.

More information, guidelines and an application form [click here](#) Applications close Monday 30 April 2018.

Community Events/Activities

- **Family Fun Run/Walk – Casterton Memorial Hospital** – Sunday 6th May at Island Park Casterton, 3, 6, 9 or 2.5km. Registration from 8am run commences 9am. Cost \$10, under 16 free. Enquiries or Pre-registration P: 555 42555



- **Port Fairy Community Market** – Sat 28 April, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.com.au
- **Merino Produce Swap – ‘Celebrating its 5th Birthday’** – 10am-11am, Saturday 12th May, Merino Community Health Centre (2nd Sat of month)
- **Sandford Hall Community Market** – 9am to 1pm, Sunday 13 May (2nd Sunday of month – note April market cancelled)
- **Farmers & Craft Market HIRL** – 9am to 12noon, Saturday 28th April, 333 North Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 29th April at the Nareen Hall. (Last Sunday of the month)

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Aussie BBQ classic proving a snag to good health

Australians are consuming 1500 tonnes of salt a year from eating the humble sausage in bread, according to new research from The George Institute for Global Health, VicHealth and the Heart Foundation. A snag in white bread with tomato sauce contains a whopping 2.35 grams of salt – nearly half of the recommended daily salt intake. Read the full article and for healthy BBQ tips that help to [cut back on salt, click here](#).



With a bit of planning, you can offer your barbeque favourites while promoting healthy eating. [Here are some great tips for](#) healthy barbeques from the Healthy Eating Advisory Service.

Professional Development/Training and Other Opportunities

- **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
- **Adaptive Leadership Masterclass (Beyond The Bell)** – 23 & 24 April, 9am-4pm, Deakin Wbool. RSVP: Ailiche info@btb.org.au
- **Collective Impact 101 (Beyond The Bell)** – 27th April, 9:30am to 11:30am, The Pavilion, Warrnambool. Come alone to build a shared understanding of what it means to work within a Collective Impact approach. Contact: Ailiche – E: info@btb.org.au
- **Wellways My Recovery** – 10 session education and support program for people experiencing mental health issues. 30th April, 12:30-3:30pm, Warrnambool Wellways Office. Contact Frank Mikhail P: 55603050
- **Understanding Social Enterprise** – 9 & 10 May, 9am to 4pm, PAC, Hamilton. 2 day workshop introduces you to the objectives, purpose, theories and practice of social enterprise. Contact: Pete Sacco, P: 57282916 E: peters@acre.org.au or to book on line [click here](#)
- **Writing Stories for Children** – 10 May, 4-6pm, Hamilton WDEA. Contact Erica Smith at esmith@mpower.org.au P: 5561 8111
- **Introduction to visual language, signing & Auslan** – 10th May (4 wks), Hamilton Community House, Contact Deb King 55719780 or 28th May (4 wks) Workskills Portland P: 55231645
- **Psychological Play Therapy for Working with Children** – 12th 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** - 21st & 22nd 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 5th 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
- **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](#)

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