



# Southern Grampians Glenelg Primary Care Partnership

## Bulletin #12 – 3<sup>rd</sup> May 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.

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 representative or \$30 – community member

To register [click here](#)

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



### GenR8 Change Networking Event

Thank-you to all whom gathered together for the GenR8 Change Networking Event last Thursday evening!

It was fabulous to have an array of people from different settings, and with different interest areas, together to learn from each other’s experiences in making the healthy choice the easy one. There were also some great ideas for further healthy change thrown around that our community champions are now building on. We know participants made some new and helpful connections and hope everyone went away feeling motivated to lead or support change in their respective environments!

For more information about GenR8 Change, please contact Ebony on 5551 8475, or email: [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net)

### Glenelg Youth Alcohol Project



SGGPCP was excited to host the first in a series of workshops in Glenelg Shire about alcohol and underage young people, in a bid to improve outcomes for young people. We are developing a new process which brings together the Communities That Care framework, systems thinking and local knowledge and action. The session was ably facilitated by Andrew Brown (Deakin Uni) with expert input from Prof John Toumbourou (Deakin Uni/ CTC Ltd) and local key stakeholders. The session drew on local knowledge, to demonstrate pictorially the complexity of the influences on underage drinking. This will enable us to better understand what prevention strategies will help bring about effective change.

The project is supported by funding from the Alcohol & Drug Foundation’s LDAT program.

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

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### Live4Life



The second year of Live4Life was launched in Portland this week. L4L works with all the secondary schools in Glenelg Shire to improve the mental health of young people.

Congratulations to the L4L crew and all those involved.



### Tipping the scales: sugar, politics and what's making us fat – 4 Corners ABC Episode

Today, 60% of Australian adults are classified as overweight or obese. By 2025 that figure is expected to rise to 80%. Many point the finger at sugar - which we're consuming in enormous amounts - and the food and drink industry that makes and sells the products fuelled by it.

Despite doctors' calls for urgent action, there's been fierce resistance by the industry to measures aimed at changing what we eat and drink, like the proposed introduction of a sugar tax.

Click here to see the 4 Corners Episode: <http://www.abc.net.au/4corners/>

### Save the Date – Workforce Champions – Prevention Practices



A forum for all workers to develop skills and capacity to engage your organisation in the prevention of violence against women.

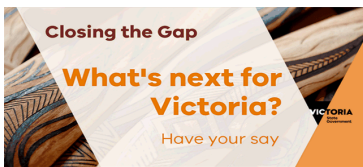
Amazing key note speakers including: Assistance Commissioner Luke Cornelius

Workplace best practice presentations.

An afternoon of practical workshops

- Managing backlash
- 16 days of activism
- Organisational Readiness

**Monday 28<sup>th</sup> May in Colac (flyer and booking details coming soon)**



### We are holding a meeting in your community

Join us at discussions in **Warrnambool and Portland** or other regional areas.

As many of you know, the national **Closing the Gap** agenda and the **Victorian Aboriginal Affairs Framework** are being updated this year. These are important documents. They **guide Aboriginal policy and funding** and say **how government will be held accountable**.

As part of the Victorian Government's commitment to Aboriginal self-determination, the refresh of these frameworks will be led by the Victorian Aboriginal community.

Attend a regional community forum near you – [click here for details](#).

- **Warrnambool - 8 May**, 11.00am - 2.00pm or 4.00pm - 7.00pm Place: Gunditjamara Aboriginal Co-Operative
- **Portland - 10 May**, Time: 10.00am -1.00pm, Place: Dhauwurd-Wurrung Elderly and Community Health Service

To RSVP, or if you have any questions, please contact the following staff at Aboriginal Affairs Policy

- Miranda Gaze: (03) 9651 0842, 0413 975 099, [miranda.gaze@dpc.vic.gov.au](mailto:miranda.gaze@dpc.vic.gov.au)
- Tim McCartney: (03) 9651 0096, 0427 488 424, [tim.mccartney@dpc.vic.gov.au](mailto:tim.mccartney@dpc.vic.gov.au)

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#### National Centre for Farmer Health Updates

NCFH Conference September 2018 (Abstract now open): <https://www.farmerhealth.org.au/conferences/conference-2018>

NCFH 'Farmer Health in a Changing World' National Photography Competition - now open for entries: <https://www.farmerhealth.org.au/farmer-health-changing-world-2018-photo-competition>

'From Inside the Farm Gate: Rural Women's Stories of Thriving and Surviving' - a collection of powerful digital stories from women who have navigated tough times are now available for viewing on the NCFH website, along with an invitation for people to provide comment about the stories via a very brief survey: <https://www.farmerhealth.org.au/inside-farm-gate>

#### Professional Development/Training and Other Opportunities

- **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](mailto: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](mailto:esmith@mpower.org.au) P: 5561 8111
- **Introduction to visual language, signing & Auslan** – 10<sup>th</sup> May (4 wks), Hamilton Community House, Contact Deb King 55719780 or 28<sup>th</sup> May (4 wks) Workskills Portland P: 55231645
- **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** – 28<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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### Funding Opportunities

- Pick My Project** - a community grants initiative, with \$30M available to fund local projects. Come up with an idea, vote for your favourites and make your community an even better place to live.  
 From May 2018, all you'll need is a project idea to improve your neighbourhood and an eligible partner such as a registered community organisation, school or local council to help deliver your idea.  
 More details at [www.pickmyproject.vic.gov.au](http://www.pickmyproject.vic.gov.au)

### Community Events/Activities

- Family Fun Run/Walk – Casterton Memorial Hospital – Sunday 6<sup>th</sup> 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 12 May, Railway Pl. Port Fairy. E: [market@portfairycitycommunityhouse.com.au](mailto:market@portfairycitycommunityhouse.com.au)
- Merino Produce Swap – ‘Celebrating its 5<sup>th</sup> Birthday’** – 10am-11am, Saturday 12<sup>th</sup> May, 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)
- Farmers & Craft Market HIRL** – 9am-12noon, Sat 26 May, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- Nareen Produce Swap** – 10am to 11am, Sunday 27<sup>th</sup> May at the Nareen Hall. (Last Sunday of the month)



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