



Southern Grampians Glenelg Primary Care Partnership

Bulletin #14 – 17th May 2018

Full House at Cormac Russell Masterclass – Growing Community



Last week’s community building masterclass in Port Fairy was a resounding success, with more than 60 people braving wild weather to learn from Irish community development expert, Cormac Russell.

“We were thrilled with feedback from the event, with the full house and buzz of conversation in the room confirming the interest in growing and supporting our communities,” said SGGPCP Manager of Health and Wellbeing, Jo Brown. “As well as being an exceptional storyteller, Cormac has a knack for enabling and opening conversations about community assets, and helping people focus on what is strong, not what is wrong.”

The masterclass attracted individuals and organisations from across the Great South Coast and offered participants an opportunity to learn from one of the world’s leading community development experts. The managing director of Nurture Development, Cormac was in Australia to present at a Perth conference.

His Port Fairy masterclass was one of the many initiatives undertaken by the SGGPCP in their campaign to support the community to thrive.

For more information on this Masterclass contact Jo Brown E: joanne.brown@wdhs.net

SGGPCP Welcomes new staff member – Maya Eats



Maya Eats recently joined the SGGPCP team as communications coordinator, helping boost the organisation’s media and online presence. A journalist by trade, Maya previously worked in economic development and media for Northern Grampians Shire Council, communications for Glenelg Shire Council and privately within the public relations field. She lives in Narrawong with her husband Jason and their three children. In her spare time, when she’s not curled up with a good book, Maya can be found working on her debut rural fiction novel and blogging under her maiden name, Maya Linnell.

16,692km away, London is learning from the GenR8 Change community!



On Wednesday 25th April, [GenR8 Change](#) ambassador Janette Lowe delivered a presentation via video to The City Food Symposium hosted by the University of London about the activities and impact of the GenR8 Change community to date.

Feedback from the audience via twitter has repeatedly labelled the GenR8 Change community as inspirational! The short YouTube video is linked here if you are keen to see what the Londoners are so excited and inspired about. <https://www.youtube.com/watch?v=GlyCPSGus7A>

Let's keep working towards making the healthier choice the easier one!

SGGPCP Presenting Community Achievements at National Conference



The stories and community achievements of both SEA Change and GenR8 Change were shared with a national audience recently at the Australian Public Health Prevention conference in Sydney. Ebony Jenkins from SGGPCP presented a series of learnings from implementation of the SEA Change process to date, whilst Deakin University’s Kristy Bolton presented information around the entire WHO-STOPS approach to Childhood Obesity prevention across the Great South Coast region, with a focus on the Southern Grampian’s GenR8 Change.

There is lots of interest from around the country towards the emerging community-led systems based approach to obesity prevention and both presentations were very well received.

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 T: (03) 555 18471



A jointly funded initiative of the State Government of Victoria and the Australian Government



Southern Grampians Glenelg Primary Care Partnership

Bulletin #14 – 17th May 2018

**Ms Fiona Heenan, Chairperson of
Southern Grampians Glenelg Primary Care Partnership**

Invites you to attend our

Annual General Meeting

Thursday 14th June 2018

11:00am to 12:15pm, followed by lunch

At: Glenelg Shire Council, Reception Room, Cliff Street, Portland

RSVP: by Thursday 7th June 2018

Contact: Robyn Holcombe, P: (03) 555 18471 E: robyn.holcombe@wdhs.net

**Guest Speaker:
Andrew Brown**



Andrew is a research fellow at the Global Obesity Centre at Deakin University. Andrew completed his Master of Social Work at Washington University in St. Louis, where he was trained by Peter Hovmand, a world leader in applying systems thinking to community-based health and social work. Andrew's research focus is empowering communities to use systems thinking to address complex problems, such as obesity, mental health, and family violence.

Respectful Relationships: Whole School Approach

Warrnambool, 7th June 2018, 9.30 – 4.30pm

Useful training for: Community organisations in the Wimmera South West Area including youth workers, health workers, social workers, community development workers, or anyone from the community sector looking to strengthen their practice in respectful relationships and working with schools.

Training will cover: Through this training, participants will gain an evidence-based understanding of:

- Primary prevention of violence against women and the whole school approach to respectful relationships education
- The role of the community sector in supporting schools to implement this approach and deliver respectful relationships education
- The school system and how to effectively work within it
- How to work with the broader school community including parents, staff, students and other external organisations

Cost: \$145 for Partners in Prevention members (and it's [free to join the network](#)). The day includes training with two expert DVRCV trainers, morning tea and lunch and resources fully provided.

To register: https://training.dvrcv.org.au/course-details/?course_id=33926&course_type=w



Due to popular demand, the **Monash University Disaster Resilience Initiative (MUDRI)** returns for its 6th ANNUAL FORUM to address community needs and help drive resilience strengthening activities. We warmly invite you to be part of the Forum as we once again bring together community champions from across Victoria to share resilience strengthening activities.

The cost is \$80 and the event will be held on **Thursday 5 July 2018 from 9am to 5pm** at Monash University's Clayton campus (E7 Lecture Theatre, 14 Alliance Lane, Clayton). [Click here to register](#)

Top Spin Campaign Competition



Young Victorians aged 18-29 years are invited to share their thoughts and creative ideas about what doesn't sit right with them about the culture of booze, and how they feel about the tactics and marketing spin of the alcohol industry. What do you think of the tricks and tactics they use to make sure you drink more – regardless of the repercussions? Have your say at www.top-spin.com.au - submit written, picture or video based entries online, responding to the themes of Advertising and PR, Influence, Booze and Sport, Life Lessons and Our Mates. Prizes include \$1,000 to the best entry each week for five weeks. Entries open 3 May – 6 June 2018.

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 T: (03) 555 18471



A jointly funded initiative of the State Government of Victoria and the Australian Government



Southern Grampians Glenelg Primary Care Partnership

Bulletin #14 – 17th May 2018

Family Violence Understanding our Service System Consultation

The Wimmera South West Integrated Family Violence Partnership has contracted consultants to undertake a service mapping project to highlight current services, gaps, issues and opportunities ahead of the roll out of family violence support and safety hubs in this region.

Some of you will have participated in the recent survey – we want to build on that information and gain a more in depth picture. We're seeking input from services and professionals who are frontline providers but who sit outside the specialist FV service system, including more remote areas of the region to get their perspective. This includes schools, youth workers, social workers/ psychologists/ counsellors, district nurses, [health including emergency department](#), mental health & AOD clinicians, HACC workers, neighbourhood houses, Bush Nursing Centres, Victoria Police, including small and remote station members.

There are six forums including **Portland: Friday 25 May 10am-12pm** in the Blue Room, Richmond Henty Hotel, 101 Bentinck Street and **Hamilton: Friday 1 June 10am-12pm** in the Ted Kenna Room, Hamilton Performing Arts Centre, 113 Brown Street.

If you can't make it to a forum, we can arrange a phone interview – please email Liz Dimitriadis at LDC liz@ldc.net.au

Please RSVP to atyler@womenshealthbsw.org.au four days prior to the forum, specifying which forum you will be attending. For more information or to see flyer [click here](#)

Professional Development/Training and Other Opportunities

- **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](#)
- **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: Assistant Commissioner Luke Cornelius. Monday 28th May, 9:30am-3pm, Colac. Contact: Nathalie Davis, Women's Health and Wellbeing Barwon South West. E: ndavis@womenshealthbsw.org.au Register: <https://www.trybooking.com/VOHT>
- **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
- **Serving up Inequality: A workshop about women, food and health promotion** – 14th June, 10am-4pm, Melbourne. Cost: \$220. For information and registration [click here](#). Enquiries: Megan Bugden, P: 9664 9313 E: training@whv.org.au
- **Everybody's Business Forum: Prevention of Violence against women with disabilities and seniors** – 28th 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](#)

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 T: (03) 555 18471



A jointly funded initiative of the State Government of Victoria and the Australian Government



Southern Grampians Glenelg Primary Care Partnership

Bulletin #14 – 17th May 2018

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. More details at www.pickmyproject.vic.gov.au
- **Sport and recreation funding opportunities and the Fair Play Code** - information session - Monday 4th June, 6pm to 8pm, at Brother Fox Building H, Deakin Uni, Cafeteria Lane, W'bool. RSVP: <https://tinyurl.com/ya5u25ql> Contact: info@sport.vic.gov.au

Community Events/Activities



Come along to our free Healthy Farmer sessions to learn some simple tips on health and wellbeing:

- How to deal with stress
- How to eat well to make you feel good,
- The importance of taking time out to do things you enjoy
- How exercise can improve not only your waistline but your mood!

Session 1: The Sugar Movie, Blokes BBQ and cooking tips – 28th May

Session 2: Health Checks and information night – 25th June

Session 3: Guest speaker and social night – 23rd July

6pm start, Nareen Hall. More information and RSVP Contact: Asta: 0439 819 818 or Sardie: 0478 053 943

- **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>



- **Port Fairy Community Market** – Sat 26 May, Railway Pl. Port Fairy. E: market@portfairycitycommunityhouse.com.au
- **Merino Produce Swap – 'Celebrating its 5th Birthday'** – 10am-11am, Saturday 9th June, Merino Community Health Centre (2nd Sat of month)
- **Sandford Hall Community Market** – 9am to 1pm, Sunday 10th June (2nd Sunday of month)
- **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 27th May at the Nareen Hall. (Last Sunday of the month)



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 T: (03) 555 18471



A jointly funded initiative of the State Government of Victoria and the Australian Government