



# Southern Grampians Glenelg Primary Care Partnership

## Bulletin #15 – 24<sup>th</sup> May 2018

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

Invites you to attend our **Annual General Meeting**

Thursday 14<sup>th</sup> June 2018, 11:00am to 12:15pm, followed by lunch  
At: Glenelg Shire Council, Reception Room, Cliff Street, Portland

### 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.



RSVP: by Thursday 7<sup>th</sup> June 2018 Contact: Robyn Holcombe, P: (03) 555 18471 E: [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net)

### Top Spin Campaign Competition



Have your say about the tactics and marketing spin of the alcohol industry at [www.top-spin.com.au](http://www.top-spin.com.au). 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 the tricks and tactics used to make sure you drink more. Check out the entries so far <https://top-spin.com.au/entries/>. You can submit your written, picture or video based entries and be in the running for prizes including \$1,000 to the best entry each week until 6 June 2018.

### Drinking in excess could take up to five years off your life



Earlier research as suggested that drinking moderate amounts of alcohol may lower a person's risk of heart disease. However, a new study challenges these existing findings. The research compared the health and drinking habits of more than 600,000 drinkers in 19 countries worldwide and found that the more alcohol a person drinks, the higher their risk of stroke, fatal aneurysm, heart failure and early death. So how much is safe to drink?

[Read more](#)

### 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](mailto:liz@ldc.net.au)

Please RSVP to [atyler@womenshealthbsw.org.au](mailto: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](#)

**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](http://www.sggpcp.com) T: (03) 555 18471



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### National Reconciliation Week – 27<sup>th</sup> May to 3<sup>rd</sup> June



#### Southern Grampians Shire 'Program of Events'

- Saturday 26 May, 2pm – Hamilton Kangaroos Football & Netball Reconciliation Game – Melville Oval
- Tuesday 29 May, 10:30am – Cultural Story Time, Greater Hamilton Library
- Wednesday 30 May, 11:00am – Official Welcome Ceremony, Southern Grampians Shire Council Offices
- Thursday 31 May, 9:45am - Traditional Owner Walk and Talk, The Grange Burn footbridge (bottom of Skeen St or Pierrepoint St)

Contact Southern Grampians Shire Council for further information P:55730444 [www.sthgrampians.vic.gov.au](http://www.sthgrampians.vic.gov.au)

### THIS GIRL CAN



This exciting and powerful campaign includes state-wide media advertising to empower women to become more physically active, regardless of their background, ability, age or body shape. VicHealth collaborated with Sport England to develop This Girl Can – Victoria, after their highly successful This Girl Can campaign in England inspired 2.8 million women to be more physically active. [Read more here](#)



### Professional Development/Training and Other Opportunities

- **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 28<sup>th</sup> May, 9:30am-3pm, Colac. Contact: Nathalie Davis, Women's Health and Wellbeing Barwon South West. E: [ndavis@womenshealthbsw.org.au](mailto: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 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
- **Serving up Inequality: A workshop about women, food and health promotion** – 14<sup>th</sup> June, 10am-4pm, Melbourne. Cost: \$220. For information and registration [click here](#). Enquiries: Megan Bugden, P: 9664 9313 E: [training@whv.org.au](mailto:training@whv.org.au)
- **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
- **Monash University Disaster Resilience Initiative (MUDRI)** - Thursday 5 July, 9am-5pm, Monash University's Clayton campus (E7 Lecture Theatre, 14 Alliance Lane, Clayton). 6<sup>th</sup> ANNUAL FORUM to address community needs and help drive resilience strengthening activities. Cost: \$80. [Click here to register](#)
- **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. More details at [www.pickmyproject.vic.gov.au](http://www.pickmyproject.vic.gov.au)
- **Sport and recreation funding opportunities and the Fair Play Code** - information session - Monday 4<sup>th</sup> June, 6pm to 8pm, at Brother Fox Building H, Deakin Uni, Cafeteria Lane, W'bool. RSVP: <https://tinyurl.com/ya5u25ql>
- **Community Safety Fund** - Applications for the 2018-19 Community Safety Fund are now open. The Community Safety Fund provides grants of up to \$10,000 to community groups and councils to deliver practical, local crime prevention projects. Projects that may be eligible include security improvements at community facilities, small-scale, physical improvements to make public spaces safer and local crime education and awareness initiatives. Applications close at **4.00pm on Wednesday 27 June 2018**. For more information, [click here](#)
- **The Public Safety Infrastructure Fund** - applications are now open to Victorian councils and community groups for grants to help address local crime issues and improve public safety and security. The Public Safety Infrastructure Fund provides grants of up to \$250,000 to councils for the development of public safety and security infrastructure to improve community safety, security and confidence in public places. Closing date - 20 July 2018 For more information, [click here](#)  
Contact Kirsten George, [Department of Justice](#) and Regulation, P: 5215 8546 E: [kirsten.george@justice.vic.gov.au](mailto:kirsten.george@justice.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 – 28<sup>th</sup> May

Session 2: Health Checks and information night – 25<sup>th</sup> June

Session 3: Guest speaker and social night – 23<sup>rd</sup> 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@portfairycountryhouse.com.au](mailto:market@portfairycountryhouse.com.au)
- **Merino Produce Swap** – 10am-11am, Saturday 14<sup>th</sup> July, Merino Community Health Centre (2<sup>nd</sup> Sat 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 27<sup>th</sup> May at the Nareen Hall. (Last Sunday of the month)

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