

# Southern Grampians Glenelg Primary Care Partnership

## Bulletin #18 – 21<sup>th</sup> June 2018

### SGGPCP AGM

SGGPCP held their AGM last week. It was great to see a variety of attendees across a number of organisations. Fiona Heenan, Chair outlined some of PCP's key achievements which included:

- GenR8 Change/SEA Change – monitoring data collection and analysis, with both communities showing reduction of BMI).
- Fire Awareness Award 2017 – access and inclusion category – Balmoral Fire Connect
- Professor Anna Peeters Workshops – all things sugary drinks
- Cormac Russell Masterclass

Jo Brown spoke on the award winning Balmoral Fire Connect Project, which highlighted the trusted relationship that people who work in the health and community services sector have with those who might be most vulnerable to extreme climatic events.

A successful funding application to CFA Summer Fire Initiatives 2017/18 (ALLready Project) enabled SGGPCP to work with Creativa studios to develop a short animation to convey these messages. Jo showed a preview of the animation for ALLready Project.

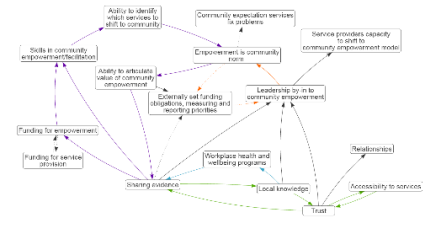


Our Executive Committee Membership for 2017-2021 is:

PCP Member Organisation	Representative Name	Deputy Name
Southern Grampians Shire Council	Susannah Milne	Evelyn Arnold
Glenelg Shire Council	Edith Farrell	Jodie Mayberry
Portland District Health	Fiona Heenan	Carolyn Millard
Heywood Rural Health	Ros Jones	Carol Stewart
Casterton Memorial Hospital	Mary-Anne Betson	Paula Layley-Doyle
Western District Health	James McInnes	Lena McCormack



Guest Speaker – Andrew Brown (Research Fellow, Global Obesity Centre, Deakin Uni), ran a short workshop session with attendees as a method to demonstrate how systems thinking can be used to understand any type of problem. The group explored the questions *'What factors enable or inhibit, services from empowering community?'* The session lead to starting map that showed the interconnection between many factors identified by participants. Andrew then highlighted how this approach can be used for all types of complex problems and issues



### Glenelg Youth Alcohol Project



A second youth alcohol stakeholder workshop was held in Portland last Thursday. We revisited the draft systems map we created previously, enhanced with diverse and insightful ideas from the maps created at three sessions held with young people aged 12 – 16 years, being the Western Bulldogs Leadership Program, Bayview College and the DWECH youth group. Key factors range from those linked to individuals such as fear of not fitting in, peer pressure and a way to cope with issues, to family factors such as parental rules and attitudes and supply of alcohol, to community influences such as drinking culture, cost of alcohol and visibility of harms (including on social media). We also discussed ideas for prevention strategies to be developed further

at a session with broader community representatives in August.

The session is part of the Glenelg Youth Alcohol Project, funded through the Alcohol & Drug Foundation LDAT Program. The project will develop prevention strategies to reduce alcohol harm among young people.

For further information contact Rowena Wylie M: 0419 143 652 E: [Rowena.wylie@wdhs.net](mailto:Rowena.wylie@wdhs.net)



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**THUNDERSTORM ASTHMA  
COMMUNITY FORUM**  
Protect yourself & loved ones, this pollen season

THURSDAY JUNE 21 9AM TO 1PM  
HAMILTON BASE HOSPITAL AUDITORIUM

GUEST SPEAKERS  
Dr Andrew Bradbeer, Respiratory Physician  
What is asthma - triggers, treatments, diagnosis and future treatments  
Jayde Cesarec, Asthma Australia  
Thunderstorm Asthma

Learn about the importance of correct inhaler technique, apps available for asthma management and pollen counts and hear a personal story about living with asthma

RSVP by June 14 to [community.liaison@wdhs.net](mailto:community.liaison@wdhs.net) or 03 5551 8540

### Fight for Your Life

Fight For Your Life (FFYL) are seeking to establish a lived experience group to assist and support the FFYL endeavors to reduce suicide within our communities.

To support interested community members with lived experience in this role FFYL, with thanks to funding from Western Victoria PHN, has arranged FREE training by the leading Australian organisation in this field – Roses in the Ocean.

The voice of people with lived experience is a powerful and compelling agent to invoke change within our communities.

View flyer:



Lived Experience  
Training flyer.pdf

Further information contact:

Carly Dennis, Lifeline P 03 5559 0500 M 0411 757 010



### YACVIC Rural and Project Rockit tackle cyberbullying across Southern Mallee and the Great South Coast

Recently, YACVIC Rural teamed up with Project Rockit launched Project Rockit Online a strengths-based, interactive and digital program aimed to tackle cyberbullying among secondary school students. Over 1,000 young people came together chat (cyber) bullying and to stand up to hate across Southern Mallee and the Great South Coast. [See more from YACVIC here.](#)

### 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)
- **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. Grants of up to \$250,000. Closing date - 20 July 2018 For more info [click here](#) Contact Kirsten George, [Dept. of Justice & 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 and learn 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 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

**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 Communications Officer: Maya Eats

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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### Professional Development/Training and Other Opportunities

- **Speak up and be Safe from Abuse** – 27<sup>th</sup> June, 9:30am to 4pm, Colac. Training for disability support workers. Registrations: E: [circ@scopeaust.org.au](mailto:circ@scopeaust.org.au) Further information: P: 9843 2000 E: [eweston@scopeaust.org.au](mailto:eweston@scopeaust.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
- **Transport Forum** - Thursday 28<sup>th</sup> June, 10am to 2pm, Docklands Library Multipurpose Room, 107 Victoria Harbour Promenade, Docklands. RSVP to Victoria Wells Community Engagement Officer E: [vwells@costavic.org.au](mailto:vwells@costavic.org.au) or P: 9655 2140
- **Gender & Disability Professional Development** – 29<sup>th</sup> June, 10am to 4pm, Warnambool. Women's Health & Wellbeing Barwon South West and Jax Jacki Brown, Disability & LGBTIZ Activist and Writer. Registration: Barwon Health 5564 6054. Enquiries: Wendy Jones on 5561 8127 or [wjones@mpower.org.au](mailto:wjones@mpower.org.au)
- **Certificate IV in Leisure and Health** – become a specialist in the community services sector with an industry recognised qualification. – Commencing in July, at Warrnambool/Hamilton, 1 day per week for 11 months (9:30am-4pm). Contact Genu Training – P: 5560 5977
- **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](#)
- **Victorian Active Ageing Partnership (VAAP) - Research and Practice Forum** – 23<sup>rd</sup> August, 9:30am-3:15pm, Melbourne. Registration <https://www.move.org.au/page/vaap> Ph: 03 8531 8045 Email: [programs@move.org.au](mailto:programs@move.org.au)
- **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](#)



- **Port Fairy Community Market** – Sat 23 June, Railway Pl. Port Fairy. E: [market@portfaircommunityhouse.com.au](mailto:market@portfaircommunityhouse.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 30 June, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- **Nareen Produce Swap** – 10am to 11am, Sunday 24<sup>th</sup> June at the Nareen Hall. (Last Sunday of the month)
- **Friends of the Community Market Casterton** – 10am-1pm, 7<sup>th</sup> July at Albion Hotel, Casterton

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