



# Southern Grampians Glenelg Primary Care Partnership

## Bulletin #17 – 7<sup>th</sup> June 2018

### Achievement Program



SGGPCP has been recognised by the Victorian Government as a healthy workplace and has successfully met all five of the state-wide benchmarks

- Mental health and wellbeing
- Healthy eating
- Smoking
- Alcohol
- Physical Activity

PCP Staff are now focusing on how we can share, influence and support our member agencies in promoting health and wellbeing in the workplace.

For more information on the Achievement Program [click here](#) or contact Robyn Holcombe at SGGPCP E: [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net) or P: 555 18471

### Western Bulldog Leadership Session

#### *‘What factors influence whether young people under 18 drink/ don’t drink alcohol’*



A group of 15 year 9 & 10 students who are part of the Western Bulldog Leadership Program met with facilitators Jennar (Western Bulldogs Program) Cathryn Walder (GSC) Ebony Jenkins (PCP), Kelly Edwards, (PDH) and Janette Lowe (PCP).

The key question put to the group was *‘What factors influence whether young people under 18 drink/ don’t drink alcohol’*.

Through facilitation and group discussion, key factors and the connections between them were identified and a causal loop diagram (systems map) was created.

When reflecting on the map nearly every factor expressed linked to either young people themselves or their direct family, mainly parents. There was only a little discussion about the influence of community acceptance and society rules and laws. The young people see whether to use alcohol or not is primarily a decision for themselves influenced either by

parents or peers. There was no discussion on the role of social media or general media.

The session is part of the Glenelg Youth Alcohol Project, funded through the Alcohol & Drug Foundation LDAT Program. The project is bringing together systems thinking and the Communities That Care framework to implement prevention strategies to reduce alcohol harm.

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

#### Respectful Relationships News

##### DET Respectful Relationships initiative to continue

The recently announced 2018-19 Victorian State Budget includes \$22.8 million allocated to continue the Respectful Relationships initiative for the next two years. This funding will allow for a continuation of the Department of Education and Training’s central team, as well as a continuation of the regional Respectful Relationships positions that work with schools, early childhood settings and community sector organisations to implement the initiative.

This funding will also support more schools to implement the whole school approach recommended by the Royal Commission into Family Violence, and will allow additional early childhood educators to be trained in respectful relationships. A huge amount has been achieved in the two years since the Royal Commission report and the DET’s initial investment, including recruiting a new workforce at scale and engaging more than 1,000 schools across all sectors to adopt the whole school approach.

**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    Communications Officer: Maya Eats**

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**Office Coordinator: Robyn Holcombe W: [www.sggpcp.com](http://www.sggpcp.com) T: (03) 555 18471**



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### Glenelg Emergency Event Survey

The GMEMP planning group would like to seek feedback from members of the public regarding their interests and preferences on emergency information event in the Glenelg Shire. This feedback will be incorporated in the planning of an event later this year to encourage greater attendance and interest by members of the public for more effective engagement.

[Take Survey](#)

### 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)

### Professional Development/Training and Other Opportunities

- **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)
- **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 Warnambool/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](#)
- **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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### 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



- **Port Fairy Community Market** – Sat 9 June, Railway Pl. Port Fairy. E: [market@portfairycommunityhouse.com.au](mailto:market@portfairycommunityhouse.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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