

Southern Grampians Glenelg Primary Care Partnership Bulletin #19 – 28th June 2018

National Asthma and Allergy Network



The National Asthma Council Australia has launched the National Asthma and Allergy Network, which will give people affected by asthma the chance to get involved with the organisation's projects. All people who have asthma, or who live with or care for someone with asthma, and who want to help improve asthma resources and services are invited to join the Network.

The Network will be consulted for ideas and feedback to ensure the patient perspective is included throughout NAC projects. Opportunities will vary depending on the project but will include activities such as surveys and focus groups. Network members will receive an email whenever community opportunities

are available, and members are free to participate as much or as little as they like.

Do you know someone who might like to be involved? For more information and to join the Network, go to nationalasthma.org.au/living-with-asthma/naan.

Women's Health Victoria

Women's Health Victoria is excited to announce that we be running two new public training sessions, to be held in July.

- **Being an Active Bystander to Prevent Violence Against Women: 12 July 2018**

This three-hour active bystander training supports participants to speak up when confronted with everyday sexism and sexual harassment, and/or behaviours and attitudes that justify, excuse, blame, trivialise or minimise violence against women.

<http://whv.org.au/what-we-do/workshops/being-an-active-bystander-to-prevent-violence-against-women>

- **Safe and Supported: Building Workplace Capacity to Manage Family Violence: 24 July 2018**

This workshop is designed to build the capacity of workplaces to support their employees who are experiencing family violence. Disclosures of family violence are common after or during violence prevention training and/or workplace change programs. This workshop is designed for managers, human resource/people and culture staff, or individuals in family violence contact/support roles and will assist them to develop and implement policies and procedures to ensure their employees are safe and supported in the workplace.

<http://whv.org.au/what-we-do/workshops/safe-and-supported-building-workplace-capacity-to-manage-family-violence>

Jump into The Well!

The Well is a website designed to inform health work planning, action and measure success. It's about integrating effort and sharing high-quality information. Upload your project and share your learnings.

[Explore The Well](#) ➔

The big plastic problem



World Environment Day 2018 focused on beating plastic pollution. With big supermarket chains cutting down on plastic packaging and introducing plastic bag bans, it feels like there is reason to be hopeful for a reduction in plastic consumption.

It's also a good time to remind ourselves why it's so important. So, what's the problem with plastic?

[Find out more](#)

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

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Supporting young people watching *13 Reasons Why*

Headspace have collaborated with Netflix to develop resources for young people and parents who plan on watching the Netflix show *13 Reasons Why*. The resources aim to assist young people and parents to safely watch the series and have conversations around the issues that are explored. The show launched season 2 of the series on Friday 18 May. [Check out headspace's resources on their website.](#)

Funding Opportunities



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



In a Good Place grants - In a Good Place supports rural, regional and remote communities in their efforts to strengthen the mental health of at-risk and vulnerable members of their communities via projects, services or activities that are preventative or responsive in nature and which are designed to engage those less likely, unable due to distance and isolation, or ineligible to participate in mainstream mental health services. The 'In a Good Place' program opens 9 July and closes 20 August, 2018. Program guidelines and the link to the online application form will be available from 9 July. Go to the FRRR website for further details closer to July www.frrr.org.au



Community Harmony Grants Program - New grants are available to help Victorians to build greater community harmony and social cohesion in their communities. The program supports Victorians to have a strong sense of belonging – regardless of their religion, ethnicity, cultural identity, gender or sexuality – and reflects the values of the Multicultural Policy Statement, *Victorian. And Proud of it.* [For more details click here.](#)



Playground to Plate - Healthy Eating Grants for Schools - The Victorian Government has funded a \$500,000 grants scheme called [Playground to Plate](#). This scheme will be administered by the [Stephanie Alexander Kitchen Garden Foundation](#) (SAKGF) with support from the Achievement Program. [Information pack is available here.](#)



Pick My Project - Pick My Project is a Victorian first community grants initiative, with \$30 million available to fund local projects. Come up with a project idea, vote for your favorites, and make your community an even better place to live. For more details go to www.pickmyproject.vic.gov.au.
Note new closing date: 8th July

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 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

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Professional Development/Training and Other Opportunities

- **Gender & Disability Professional Development** – 29th 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
- **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). 6th ANNUAL FORUM to address community needs and help drive resilience strengthening activities. Cost: \$80. [Click here to register](#)
- **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](#)
- **Victorian Active Ageing Partnership (VAAP) - Research and Practice Forum** – 23rd August, 9:30am-3:15pm, Melbourne. Registration <https://www.move.org.au/page/vaap> Ph: 03 8531 8045 Email: programs@move.org.au
- **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](#)



- **Port Fairy Community Market** – Sat 14 July, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.com.au
- **Merino Produce Swap** – 10am-11am, Saturday 14th July, Merino Community Health Centre (2nd 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 29th July at the Nareen Hall. (Last Sunday of the month)
- **Friends of the Community Market Casterton** – 10am-1pm, 7th July at Albion Hotel, Casterton

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