

### GenR8Change – Healthy Catering



Last week Winda-Mara officially opened their Thompson St Office/Medical Clinic in Hamilton. In addition to the smoking ceremony and Winda-Mara dancers, the crowd was also treated to some music from special elder Uncle Johnny Lovett before enjoying a fabulous healthy morning tea.

Winda-Mara are great at leading by example, always making sure there are healthy choices available at events.

Does your workplace or organisation make healthy catering choices? Remember our choices can only be as healthy as the environment around us allows. Workplaces have a big role to play in making the healthier choice the easier one!

It would be great to hear from other organisations about healthy catering or culture you may have in place, or if your organisation is looking to make healthy change?

Tell us your story by contacting Ebony at [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net)

### Keeping active during working hours



Sitting at a desk all day is a major cause of inactivity and can have negative health impacts. So what can we do to help people be more active at work? Mental health organisation Superfriend has some advice for looking after employees' wellbeing, including tips from VicHealth CEO Jerril Rechter.

Simple methods include hosting standing meetings, going for walks to get coffee with colleagues, and encouraging staff to take the stairs instead of the lift. [Click here to find out more](#) and discover [more tips at the VicHealth website](#)



Further details [click here](#)



### Face-to-Face ice training

Free training is now available for all Victorians who come into contact with ice-affected people as part of their job.

- Understand the effects of ice and identify users
- Find out how to work safely to protect themselves and others
- Learn how to respond to ice-affected people
- Discover what works in treatment

Hamilton - 25<sup>th</sup> July, 10am-1:30pm Bookings: [Click here](#)



- **Port Fairy Community Market** – Sat 28 July, Railway Pl. Port Fairy. E: [market@portfairycommunityhouse.com.au](mailto:market@portfairycommunityhouse.com.au)
- **Merino Produce Swap** – 10am-11am, Saturday 11<sup>th</sup> August, Merino Community Health Centre (2<sup>nd</sup> Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 28<sup>th</sup> July, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- **Nareen Produce Swap** – 10am to 11am, Sunday 29<sup>th</sup> July at the Nareen Hall. (Last Sunday of the month)
- **Friends of the Community Market Casterton** – 10am-1pm, Sunday 5<sup>th</sup> August at Albion Hotel, Casterton

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



### Awards and Funding Opportunities



**Nominations for the 2018 VicHealth Awards are now open!** The VicHealth Awards recognize people, organisations, workplaces and clubs empowering others to live happy, healthy lives. For further information or to nominate, [click here](#).



**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. [www.frrr.org.au](http://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](#). **Applications can be submitted at any time before 11.59pm Friday 22 February 2019.**



**Funding grants for women's leadership development.** Women & Leadership Australia (WLA) is administering a national initiative to support the development of female leaders across Australia's health and community services sector. The initiative is providing women working in the sector with grants to enable participation in a range of leadership development programs. Find out more, register your interest by completing the EOI form prior to September 7, 2018: [Click here](#)

### Professional Development/Training and Other Opportunities



**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. 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. [Click here](#)



**Creating Change and Making an Impact in Health Promotion Seminar**, 9<sup>th</sup> August, 6pm-8pm, Deakin

Downtown, level 12 Tower 2, 727 Collins Street Melbourne. Those currently working and/or studying in health promotion are invited to attend. To register [click here](#). For more information please email [vicbranch@healthpromotion.org.au](mailto:vicbranch@healthpromotion.org.au)



**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](#) Ph: 03 8531 8045 Email: [programs@move.org.au](mailto:programs@move.org.au)



**National Centre for Farmer Health Conference**: 12th September, Hamilton. Good health, wellbeing and safety, making a difference to farmer's lives. Further details [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](#)



**National Ageing Research Institute – Annual Seminar - Elder Abuse: innovation, research, policy and practice.** – 12<sup>th</sup> October, South Melbourne [Find out more and register](#)



**The Victorian Waste Education Conference** – Tuesday 23<sup>rd</sup> October, Bendigo - [Register](#) today to secure your spot. <https://waste-education-conference-2018-bendigo.eventbrite.com.au>

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