

National obesity inquiry highlights local success story



The national spotlight will shine on south west Victoria in the fight against obesity with SGGPCP Executive Officer Janette Lowe speaking at an Australian Government senate inquiry committee hearing on 7th August.

Janette will share evidence and local outcomes from the Southern Grampians based GenR8 Change initiative and Portland based SEA Change initiative as part of a national inquiry into the obesity epidemic.

For the past 3 ½ years local grass roots community members and agencies have been working together to make changes to the food and activity environments and systems so that the healthy choice is the easier choice, especially for children, and this is an opportunity to share our exciting progress.

We are one of the first communities to trial optional weighing, measuring and surveying local school children. This community population level data has been so powerful and invaluable in understanding the problem and monitoring our exciting results. It is so rare to have accurate and up-to-date data to inform our community's work and progress, and we are delighted this approach has struck a chord with the national government.

For more information click here:



A copy of the SGGPCP's submission into the obesity epidemic can also be viewed online at: [Click here](#)



PORT FAIRY WOMEN'S WEEKEND

A weekend of wellbeing for women to inspire, invigorate & nourish the mind, body & soul.

25 & 26 August 2018

For more information and bookings, contact the Port Fairy Community House on 5568 2681.



WWW.PORTFAIRYCOMMUNITYHOUSE.COM.AU



Helping Rural Communities

Do you have people chatting to you about the impact of the recent South West Fires?

Gain confidence in listening to and supporting your customers/clients.

How can you help? **Recognise/Respond/Refer**

Monday 30th July, 6-7pm

at Peshurst Football Netball rooms,

To register: Email: sherin.halliday@lifeline.org.au or Phone: 5559 0555

Professional Development/Training and Other Opportunities



2018 Victorian Rural Women's Forum – 2nd to 3rd August, RACV Goldfield Resort, Creswick
Further details [click here](#)



Creating Change and Making an Impact in Health Promotion Seminar, 9th 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



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



Exploring Imagery Rescripting (ImR): managing trauma when words aren't enough - Sat 1 September 2018
Quest Warrnambool, 15-19 Liebig Street, Warrnambool
CPD and Events Finder listing: <https://www.psychology.org.au/Event/19354?view=true>



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 – 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](#)



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



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

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



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](#)

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 T: (03) 555 18471



Local Community Event



Peaks and Trails Run – Saturday 4th and Sunday 5th August

Peaks and Trails is a weekend trail running festival. Commencing with a short course technical challenge of Mt Abrups, a 50km Ultra Trail, 26km Sturgeon Summit Challenge Trail, 22km Trail, 11km Trail and a 6.4km Trail. Something for every level of fitness and experience. A weekend not to be missed.

Contact: P: 0417 312 089 E: peaks.trails@gmail.com W: www.discoverdunkeld.com



From Diagnosis to OAM – A Personal Autism Journey – Thursday 9th August

Daniel and Daryl will discuss Daniel's journey from diagnosis to present day giving an insight from Daniel's personal perspective of living day-to-day as a person on the Autism Spectrum. Topics explored include diagnosis, school journey, independent living, employment and strategies used to achieve the best outcomes.

Blue Malt Restaurant, 106 Gray Street, Hamilton, 5:30pm.

Cost: individuals on spectrum, family and carers \$25, professionals \$50

E: admin@speakinginsights.com.au Tickets: www.trybooking.com/WWGZ



My Health Record

My Health Record Community Information Session – Thursday 23rd August

My Health Record will be created for all Medicare eligible Australians who choose to have one.

Information includes; What is it? What does it do? How do you use it? Privacy and Security, Access – parents/carers/family/health professions, what to do if you do not want a record.

Ted Kenna Room, Hamilton Performing Arts Centre, Brown Street, Hamilton. 11am to 12noon

RSVP essential for catering purposes. P: 5304 5637 E: samanthamcintosh@westvicphn.com.au



- **Port Fairy Community Market** – Sat 28 July, Railway Pl. Port Fairy. E: market@portfairycitycommunityhouse.com.au
- **Merino Produce Swap** – 10am-11am, Saturday 11th August, Merino Community Health Centre (2nd Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 28th July, 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, Sunday 5th August at Albion Hotel, Casterton