

Youth Alcohol Project – Portland Community Workshops

It takes a village to raise a child

We all have a role to play in helping our teens make healthy decisions. Working together, the Portland community can make a real difference to the environment and culture to protect our youth from the risks of alcohol and support them to have a great future.

We will explore the influences and local actions to prevent underage drinking. Facilitated by Andrew Brown (GLOBE, Deakin Uni).

Monday 27 August 9.30am-1.30pm or 5.30pm-7.30pm, at Portland Golf Club

RSVP to 5551 8471 Rowena Wylie rowena.wylie@wdha.net or Craig Keenan ckeenan.pdh@swarh.vic.gov.au

Rural Youth Awards

Award Categories

1. Young people leading change in rural or regional Victoria.
2. Youth workers making a difference in rural or regional Victoria.
3. Innovative youth projects or programs in rural or regional Victoria.

Category winners will each receive a trophy and a Visa gift card loaded with \$1,000.

Further information: [Click here](#)

Nominations close end of August so don't put it off too long!

Reducing Sugary Drinks Availability in Sport and Recreation Centres - Webinar

A webinar brought to you by Rethink Sugary Drink in Collaboration with VicHealth and The Healthy Eating Advisory Service and Cancer Council Victoria.

Sport, physical activity and nutrition go hand-in-hand so sports clubs and recreation centres play a vital role in helping people lead healthy and active lives.

Selling sugary drinks in a sporting environment undermines the healthy choices Australians are making. It is more important than ever to make sports clubs and recreation centres part of the solution.

In this webinar our knowledgeable presenters discuss ways sport and recreational environments can implement or maintain changes they have made to reduce sugary drink availability.

The presentation will celebrate the success of thriving organisations and offer practical tips and strategies for sport and recreational groups looking to reduce the availability of sugary drinks.

- **Wednesday 5 September, 1pm to 2:15pm** [REGISTER ONLINE HERE](#)



rethinksugarydrink.org.au

New tool empowering Victorian schools to make healthier choices



Having a healthier school canteen is now even easier, with free online menu assessments on FoodChecker!

FoodChecker (foodchecker.heas.health.vic.gov.au) is a Victorian Government website that helps you find out if the food and drinks you supply are in line with the healthy school canteen guidelines.

The *Healthy Canteen Kit - School Canteens and Other School Food Services Policy* classifies foods and drinks into three categories: Everyday (Green) or Select Carefully (Amber), or Occasionally (Red). Only

Everyday and Select Carefully items are recommended for schools, and the canteen menu should have mostly Everyday items. Confectionery and high sugar content soft drinks should not be supplied through school food services at any time.

Get started today at foodchecker.heas.health.vic.gov.au

Having a healthy school canteen will also help your school work towards the [Achievement Program's](#) Healthy Eating and Oral Health benchmarks.

FoodChecker is brought to you by the Healthy Eating Advisory Service (heas.health.vic.gov.au), which is delivered by Nutrition Australia Vic Division and the Victorian Government.

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



Professional Development/Training and Other Opportunities



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



Mental Health First Aid – 2 day course, 31 Aug & 7 Sept, 9:30am to 4:30pm at Warranmbool. Training on offering assistance to a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Register: Phone: 5560 5977



Exploring Imagery Rescripting (ImR): managing trauma when words aren't enough - Sat 1 September 2018
Quest Warranmbool, 15-19 Liebig Street, Warranmbool
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](#). Nominations close Friday 10th August



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 – Greater Grants – now open
Applications open for Round 1 2018/19 – close Monday 10 September at 4pm.
Apply online: [click here](#)
Community information sessions: Mon 13 August, 12-2pm or Tues 21 August, 6-8pm at Greater Hamilton Library
For more information: greatergrants@sthgrampians.vic.gov.au or call (03) 5573 0444

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Local Community Event



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 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 Women's Weekend – Saturday 25th & Sunday 26th August

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

For more information and bookings contact the Port Fairy Community House P: 55682 681

www.portfairycommunityhouse.com.au



- **Port Fairy Community Market** – Sat 11th August, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.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 25th August, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- **Nareen Produce Swap** – 10am to 11am, Sunday 26th August at the Nareen Hall. (Last Sunday of the month)