

### Farewell Jess



Jess Wark has worked as a Dietician with Western District Health for the past nine years and as part of her role she has been working as an integral part of the GenR8 Change working group over the last three years. As a key GenR8 Change team member she has been supporting the community and schools in making changes to make the healthy choice the easy choice within Southern Grampians.

Jess is having a career break whilst she focusses on her family, we would like to wish her all the best.

### Building Capability for Cross Sector Partner Training

Training will be delivered by the international organisation, the Partnership Brokers Association.

There are two options for training dates; November 2018 or February/March 2019

The interactive training involves an intensive four day course with the emphasis being on the content, expert instruction, and providing an inspiring experience.

The workshop is a great opportunity for our region to gain access to these important skills

For further information including training dates, costs and course content contact Richard Zerbe, Executive Officer, Community Southwest M: 0448 505 885 E: [executiveofficer@communitysouthwest.com](mailto:executiveofficer@communitysouthwest.com) W: [www.communitysouthwest.com](http://www.communitysouthwest.com) .

### 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](mailto:rowena.wylie@wdha.net) or Craig Keenan [ckeenan.pdh@swarh.vic.gov.au](mailto:ckeenan.pdh@swarh.vic.gov.au)



### Pick My Project

Online voting has opened with 'Connecting Neighbours in Southern Grampians and Glenelg' initiative one of 2500 applications competing for \$30 million in State funding. The public will have one month to vote for the top three local projects, with the funds set to be divided equally between metro and regional locations.

If you enjoy a great neighbourhood celebration, and would love to see your community come together more often to share food, festivities and fun, then jump onto the Pick My Project website and vote to make **Connecting Neighbours in Southern Grampians and Glenelg** a winner!

**Connecting Neighbours in Southern Grampians and Glenelg** project was designed to connect neighbours and strengthen local neighbourhoods across the Southern Grampians and Glenelg shires. If successful, the project will also identify and nurture the 'community connectors' within the district – those people who are passionate about their community and have a knack for connecting people.

Voting closes: September 17. Full details are available online at [www.pickmyproject.vic.gov.au](http://www.pickmyproject.vic.gov.au) or by calling the SGGPCP team on 5551 8471.

### United Way Glenelg - Fundraiser



Support local community and register your school or workplace to help raise funds for United Way Glenelg!

All funds raised from WEAR BLUE campaign goes to supporting children, young people, families, people with disabilities and older people living in the Glenelg Shire to reach their full potential through the important building blocks of health, education and income.

Go to <http://www.unitedwayglenelg.com.au/wear-blue.html> to sign-up your school or workplace or contact us on 0410 513 305 for more information

**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**



### Professional Development/Training and Other Opportunities



**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)



**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** – 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>

### Awards and Funding Opportunities



**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)

#### **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**



**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.  
For more details click here. **Applications can be submitted at any time before 11.59pm 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 session: Tues 21 August, 6-8pm at Greater Hamilton Library  
For more information: [greatergrants@sthgrampians.vic.gov.au](mailto:greatergrants@sthgrampians.vic.gov.au) or call (03) 5573 0444

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### Local Community Events



My Health Record

#### **My Health Record Community Information Session – Thursday 23<sup>rd</sup> 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](mailto:samanthamcintosh@westvicphn.com.au)



#### **Port Fairy Women's Weekend – Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> 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](http://www.portfairycommunityhouse.com.au)



- **Port Fairy Community Market** – Sat 25<sup>th</sup> August, Railway Pl. Port Fairy. E: [market@portfairycommunityhouse.com.au](mailto:market@portfairycommunityhouse.com.au)
- **Merino Produce Swap** – 10am-11am, Saturday 8<sup>th</sup> September, Merino Community Health Centre (2<sup>nd</sup> Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 25<sup>th</sup> August, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- **Nareen Produce Swap** – 10am to 11am, Sunday 26<sup>th</sup> August at the Nareen Hall. (Last Sunday of the month)