

# You're invited to the GenR8 Change Celebration breakfast

Thursday 13 September – 7:30am-8:30am at Café Gray, Hamilton



We would love you to come eat, chat and celebrate at the GenR8Change FREE healthy breakfast. Share stories about actions our community have led to make the healthy choice the easy choice, connect and network with others and enjoy a showcase of healthy catering.

Whether you have previously been part of GenR8Change or not, everyone is welcome!

RSVP Essential: E: [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net) or P: 5551 84751 by Friday 7 September



## PICK MY PROJECT

### Pick My Project

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.

### RU OK? Day – Thursday 13<sup>th</sup> September



RU OK? Day is a national day of action dedicated to reminding everyone that any day is the day to ask, "Are you ok?" and support those struggling with life. Taking part can be as simple as learning [RU OK?'s four steps](#) so you can have a conversation that could change a life. Further information [click here](#).

### Professional Development/Training and Other Opportunities

#### Youth Alcohol Project – Portland Community Workshops



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.

**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)

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

For further information 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)



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



#### Rural Youth Awards

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

### 'Towards resilience' forum - registrations now open

The 2018 VCOSS-MAV Emergency Management Forum – *Towards resilience* – will be held on 21 September. It will explore current approaches to building the resilience of people that may be more vulnerable in an emergency, and also an opportunity to contribute to the Department of Health and Human Services' *Increasing emergency resilience for vulnerable Victorians* strategy.

Hear about new and emerging resilience projects, help shape resilience policies under development, and network with a range of people from across the emergency management sector.

[For more information or to register, click here.](#)

### Local Community Events



#### 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)