

Youth alcohol community workshops

Two youth alcohol community workshops were held in Portland last week organised by SGGPCP in conjunction with PDH, Glenelg Shire Council, Victoria Police, Deakin University and Communities That Care Ltd. The workshops engaged a broad group of stakeholders and community members in looking at the key factors that influence young people in deciding to drink alcohol or not and can be summarised as:

- Mental health, self esteem and resilience
- Parental rules and actions
- Culture, community expectations and role modelling
- Peer pressure and expectations

Key actions were agreed to start the ball rolling including:

- providing more community events that are alcohol free for all ages
- connecting parents together to share knowledge about alcohol and young people
- building resilience of more vulnerable young people



Many participants committed to taking some 'next steps' to move the key action ideas forward. Backbone support is available where needed from SGGPCP and partners and work is also underway to integrate these actions with related initiatives such Live4Life and Beyond the Bell.

We look forward to seeing our actions progress! If there are others who are keen to join in and support these ideas, please get in touch with Rowena Wylie at SGGPCP, E: Rowena.wylie@wdhs.net M: 0419143652 .

Hamilton has been selected as having the best tasting tap water in Victoria



It's official! Hamilton has been selected as having the best tasting tap water in Victoria.

Judges at the annual Water Industry Operators Association conference in Bendigo have just announced the result after a blind taste test of 16 samples from across the state.

The winning sample was supplied by Wannon Water's Hamilton Water Treatment Plant. It honours the hard work of our team who ensure safe, clean drinking water is delivered to customers' taps every day.

They've certainly put Hamilton on the map this week!

Digital Story Telling Workshop



Are you a young Australian rural adult, aged 18-34? Have you managed a health challenge? Survived an accident? Lived with flood, bushfire or drought? Cared for someone with a disability? Have you had another life-changing experience? Do you want to use your experience to make a real difference in your rural community?

Then join us for our next digital storytelling workshop

Join a group of like-minded people in a FREE workshop (we'll even pay for your travel and accommodation!) and learn how to tell your story in a powerful and creative way. The story you create will then be shared to help people understand the challenges rural people take on and inspire people to take action on improving their health, wellbeing and safety.

Not sure whether you want the world to connect you and your story? It's your choice whether you identify yourself or remain anonymous.

When: 25-27 September, 2018, **at** Hamilton, Victoria

Want to know more? Fill in our Expression of Interest form here <https://www.farmerhealth.org.au/digital-storytelling-workshops> or contact Alison Kennedy on (03) 5551 8533 or alison.kennedy@wdhs.net



RU OK? Day – Thursday 13th 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](#).

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





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 or by calling the SGGPCP team on 5551 8471.

Professional Development/Training and Other Opportunities

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 W: www.communitysouthwest.com



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](#)



Lifeline's DV-alert (Domestic & Family Violence Response Training) – Sept 17th & 18th, 8:45am to 5pm, Lyndoch Living, 10 Hopkins Road, Warrnambool. [Dvalert.org.au](http://dvalert.org.au) Contact Megan.walsh@lifeline.org.au P: 55590521



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. [For more information or to register, 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



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.**



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 or call (03) 5573 0444

Local Community Events



- **Port Fairy Community Market** – Sat 8th September, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.com.au
- **Merino Produce Swap** – 10am-11am, Saturday 8th September, Merino Community Health Centre (2nd Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 29th Sept, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- **Nareen Produce Swap** – 10am to 11am, Sunday 30th Sept at the Nareen Hall. (Last Sunday of the month)