



Southern Grampians Glenelg Primary Care Partnership Bulletin #28 – 27th September 2018



The Southern Grampians has again been fortunate to receive a VicHealth grant to deliver the Walk to School program in 2018!

Walk to School month runs from the 8th October to the 2nd November, when all students are encouraged to walk, ride or scoot either all or part of the way to school as frequently as they can.

On top of being a great way to start a sustained active transport habit, there are some fabulous prizes up for students and schools grabs!

To find out more or register as a school, family or individual, head to www.walktoschool.vic.gov.au Or contact Ebony Jenkins at SGGPCP, E: ebony.jenkins@wdhs.net P: 555 18475



Lord Mayors Charitable Fund

SGGPCP has been successful in an application to the Lord Mayors Charitable Foundation Healthy and Resilient Communities Grant scheme to elevate the SGGPCP work in community resilience in the face of climate change to a state-wide level. SGGPCP were one of three projects invited to pitch to the LMCF in August and has recently been awarded part funding. The project, Primary Care Partnerships for Community Resilience (PCP4CR) will work in

collaboration with Deakin University to build the capacity of up to four Victorian Primary Care Partnerships (PCPs) including their member agencies, to build community resilience for climate change, using two theories that SGGPCP has developed an extensive understanding: Diffusion of Innovation theory (Rogers 1962) and Community Based Systems Dynamics (Hovmand 2014). Together with our 10 years of experience in community resilience, we will work closely with Deakin University and the early adopting PCPs to unravel the complexity of climate change resilience systems and make changes to the local system in order to build capacity. SGGPCP will act as the initial pilot for the project with Group Model Building Workshops planned for early 2019. For further information contact joanne.brown@wdhs.net

September is Dementia Awareness Month

Raise awareness of dementia and become a dementia friend

Small Acts can make a big difference for people impacted by dementia, their families and carers. September is Dementia Awareness Month, and Dementia Australia are asking individuals and communities to pledge their support by becoming a Dementia Friend. Together, we can make a positive difference to the lives of people living with dementia through increased awareness and support. Anyone can become a Dementia Friend. Already thousands of people, including Dementia Australia Ambassadors, politicians, businesses, communities and individuals have signed up and pledged their support.

Log onto the site: <https://www.dementia.org.au/dementia-awareness-month/become-a-dementia-friend> and fill in details.

2018 Community Access to Health Services Survey

The aim of this survey is to gain an understanding of the factors that impact health service use in the Western Victoria Primary Health Network region so that we can better understand health needs and plan services for your area.

Anyone over the age of 18 living in the Western Victoria Primary Health Network region can participate in this survey. This includes the local government areas of: City of Ballarat, Central Goldfields Shire, Moorabool Shire, Hepburn Shire, Pyrenees Shire, Golden Plains Shire, Borough of Queenscliffe, City of Greater Geelong, Surf Coast Shire, Colac-Otway Shire, Glenelg Shire, Corangamite Shire, Moyne Shire, Southern Grampians Shire, Warrnambool City Council, Ararat Rural City, Hindmarsh Shire, Horsham Rural City, Northern Grampians Shire, West Wimmera Shire, Yarriambiack Shire.

We are not asking for any identifying information. Data collected will be used to inform planning, needs assessments and the commissioning of services.

The survey will take no longer than five minutes to complete and will run from Tuesday 11 September 2018 to Monday 1 October 2018.

The survey is available [here](#).

For any queries please contact Hayley Bell on hayley.bell@westvicphn.com.au OR 03 5304 5607.

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



A jointly funded initiative of the State Government of Victoria and the Australian Government

Nominate an unsung hero for Southern Grampians Shire Council's Australia Day Awards!



Who do you know who deserves recognition for their contribution to our community or a wonderful event they've ran?

Categories:

- ★ Citizen of the Year
- ★ Young Citizen of the Year (under 25's)
- ★ Community Event of the Year
- ★ Community Recognition Award

Nomination form available from Council offices and [Council's website](#).

Send nominations to AusDay@sthgrampians.vic.gov.au by Nov 1 or call 5573 0444 for more info.



WHAT WE DO

Tipping the Scales

In September 2017 more than 35 leading community, public health, medical and academic groups united for the first time to call for urgent Federal Government action to address Australia's serious obesity problem.

In the ground-breaking report, Tipping the Scales, the agencies identify eight clear, practical, evidence-based actions the Australian Federal Government must take to reduce the enormous strain excess weight and poor diets are having on the nation's physical and economic health. [Read more here.](#)

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



2018 Australian Road Safety Conference – 3rd-5th October 2018, Sydney. Further details: [Click here](#)



Your Voice – Trust your Choice Training – 10th October, 2:30pm to 4:30pm, Archie Graham Community Centre, Warrnambool. Would you like to help older people understand the importance of choosing the right person as their Power of Attorney and make their wishes known? Then come along to this interesting and vibrant workshop. Contact MPower on 55618111



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.**

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Local Community Events

Hamilton Mental Health and Wellbeing Expo – Sunday 21st October

Inclusive, free community event aimed to promote awareness of mental health and wellbeing. Local health and community services will offer short workshops and information on opportunities available in the community, including; yoga, art, pottery, massage, Community Garden, Self Defense, Community Markets, Drumming and much more. Event also welcomes local artists to showcase and promote various forms of art.

Venue: HIRL 333 Nth Boundary Rd, Hamilton **Time:** 11am-3pm **Cost:** Free **Email:** jgarfoot@swh.net.au **Tel:** 03 5551 8418

Hamilton and Surrounds Mental Health Group Free Lunch Saturday 27th October

To be held at the Hamilton Pocket Garden, Corriedale Lane (behind the National Australia Bank) from 11am to 1pm.

RSVP: Leonie Neylon, M: 0428790200 Email : leonie.h.neylon@nab.com.au



Sunday 14th October 2018

3km | 5.7km | 10km | 21km | 42km

Team: Run 4 Farmer Health

Visit: www.farmerhealth.org.au/run-4-farmer-health to register or donate



- **Port Fairy Community Market** – Sat 29th September, Railway Pl. Port Fairy. E: market@portfairycountryhouse.com.au
- **Merino Produce Swap** – 10am-11am, Saturday 13th October, 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)