



It's not just term 4 that kicks off on Monday; Walk to School month is almost here! Studies show that it takes 30 days to build a habit. The longer we do something healthy, the more likely that healthy habit will stick. That's why Walk to School lasts for an entire month, rather than a single day. It's about building healthy habits for life.

If you haven't already done so, head to www.walktoschool.vic.gov.au to register your school or child.



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

Victorian Council of Social Service (VCOSS) Empowered Lives Securing Change for Victorians with Disability - Free Resources

Empowered Lives has been developed by the Victorian Council of Social Service in 2018, in close collaboration with people with disability, disability advocacy organisations, and other organisations working with Victorians with disability

Empowered Lives outlines the key systemic issues facing Victorians with disability in their interactions with Victorian Government systems, and sets out achievable actions the Government can take to provide more opportunities for people with disability, more inclusive environments and communities, and stronger support when needed.

It has been developed by people with disability, advocates and organisations across the Victorian disability community, reflecting our shared commitment to achieving the rights of Victorians with disability.

To view the full range of free resources and get involved please [click here](#)

Right of Way Seniors Day



Thursday 18th October, Hamilton Exhibition and Conference Centre

Celebrate Seniors week and find out how you can make the most of life in our region.
Morning tea from 10am.

Talk to someone in the know about getting fit and active, looking after your health, volunteering, or finding a hobby or social group.

For more information or to register contact: Deb King, Hamilton Community House P: 555 719280



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 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.



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

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 .



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>



Domestic Violence Resource Centre Victoria – quarter 4 training calendar – [click here](#)

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 Community Lunch Saturday 20th 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 : leonieneylon@gmail.com

We're back in 2018!

**RUN 4
FARMER
HEALTH**

REGISTER TODAY



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 13th October, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.com.au
- **Merino Produce Swap** – 10am-11am, Saturday 13th October, Merino Community Health Centre (2nd Sat of month)
- **Friends of the Community Market – Sandford** – 10am to 1pm, Sunday 7th October, Sandford Football Ground
- **Sandford Hall Country Market** – 9am to 1pm, Sunday 14th October, Sandford Hall
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 27th October, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- **Nareen Produce Swap** – 10am to 11am, Sunday 28th October at the Nareen Hall. (Last Sunday of the month)
- **MAGIC (Music, Art, Garden in Casterterton)** – commences 10am, Sunday 28th October, Wilkin Community Hall Cost \$15

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