

## Walk to School Month



Walk to School month is now in full swing! Does your family live too far from school for your child to walk? Part way is okay! If you can't walk the whole way, why not park the car a few blocks away from your school and walk, ride or scoot the rest – it all counts!

Further information contact Ebony Jenkins at SGGPCP  
E: [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net) P: 555 18475



47%

OF CHILDREN AGED 2-18 YEARS CONSUME A SUGARY DRINK ON A DAILY BASIS

## Parents' Voice - Water with that campaign

After much success last year, Parents' Voice is initiating the second launch of its **#waterwiththat** campaign. The campaign aims to gain support for a petition to urge Fast Food to change the default beverage in kids' meals from sugar-sweetened beverages to water.

The petition and animation can be found here: <https://parentsvoice.org.au/campaigns/water-with-that/>

## Changes to the Farm Household Allowance Program



The Australian Government announced changes to the Farm Household Allowance program recently – increasing the cap on the assets and income tests (allowing more farmers to be eligible) and adding a couple of \$3,000 supplementary payments payable in September 2018 and March 2019. Farmers have until 30 November 2018 to submit a claim to be eligible for the September 2018 supplementary payment. Rural Financial Counsellors can help fill out and submit claims.

[Click here](#) or Phone: 1300 735 578

## DONATIONS OF LADIES SHOES



To raise awareness for White Ribbon Day, WDHS are seeking donations of second-hand ladies shoes (of all types - from sneakers and high heels to working boots and thongs) for an art installation in the Community Pocket Garden. Following the event, the shoes will be donated to our local Opportunity Shops.

Please bring your donated shoes to the Community Liaison Office at WDHS or for further information contact [brigid.kelly@wdhs.net](mailto:brigid.kelly@wdhs.net) or 5551 8583.

## Aussie Backyard Bird Count



Join in the [Aussie Backyard Bird Count](#) which will be conducted from 22 to 28 October. The #AussieBirdCount is conducted by [Birdlife Australia](#), Australia's independent bird conservation organisation. Count birds in your backyard, local park or reserve, beach or patch of bush. To join in the Bird Count, register [here](#).



- **Port Fairy Community Market** – Sat 27<sup>th</sup> October, Railway Pl. Port Fairy. E: [market@portfaircommunityhouse.com.au](mailto:market@portfaircommunityhouse.com.au)
- **Merino Produce Swap** – 10am-11am, Saturday 10<sup>th</sup> November, Merino Community Health Centre (2<sup>nd</sup> Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 27<sup>th</sup> October, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- **Nareen Produce Swap** – 10am to 11am, Sunday 28<sup>th</sup> October at the Nareen Hall. (Last Sunday of the month)
- **MAGIC (Music, Art, Garden in Casterterton)** – commences 10am, Sunday 28<sup>th</sup> October, Wilkin Community Hall Cost \$15

**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



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

## Professional Development/Training and Other Opportunities



**Introduction to Visual Language, Signing and Auslan** – commencing Monday 15 October, 6:30-8:30pm for 4 weeks at Portland WorkSkills. Cost \$50 P: 55231645 E: [admin@workskillsemployment.com.au](mailto:admin@workskillsemployment.com.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)



**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>



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

## Local Community Events

**National Carer's Week 2018 – Heywood Rural Health – Tuesday 16<sup>th</sup> October 2:30pm**

Carers provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness or who are frail aged.

Come and join in the celebrations – entertainment and lucky door prizes.

RSVP Monica Treloar P: 55270560 E: [mtreloar.hrh@swarh.vic.gov.au](mailto:mtreloar.hrh@swarh.vic.gov.au)

**Hamilton and Surrounds Mental Health Group Free Community Lunch Saturday 20<sup>th</sup> 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](mailto:leonieneylon@gmail.com)

**Hamilton Mental Health and Wellbeing Expo – Sunday 21<sup>st</sup> 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](mailto:jgarfoot@swh.net.au) **Tel:** 03 5551 8418

## 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](mailto:AusDay@sthgrampians.vic.gov.au) by Nov 1 or call 5573 0444 for more info.



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