

## Walk to School Month



This week marks the final week of VicHealth’s Walk to School Month! A student, teacher or Walk to School coordinator will record how many times a student walks, rides or scoots to and from school during October, using a classroom calendar.

Schools with the highest participation levels are eligible for some fantastic prizes. So every time a child walks, rides or scoots to and from school during October they increase the school’s chance of winning!



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

## BREAKTHROUGH – An initiative of the Victorian Governments ICE Action Plan

Portland District Health is supporting a free education program for families impacted by a loved one’s ice use to be held in Portland on **Wednesday 31st October 2018 @ Portland Football Club, Hanlon Park, Henty Street from 6-9pm.**

Breakthrough: ice education for families covers key issues about ice, its effects on the brain and body, the relationship between drug use and mental health, strategies for dealing with the ice user and access to support and resources.

The joint initiative between Turning Point, Self Help Addiction Resource Centre (SHARC) and the Bouverie Centre has delivered more than 150 workshops state-wide since the program began in late 2015.

Turning Point director Professor Dan Lubman said the program is an excellent opportunity for three major state-wide services to work together to reduce the harms associated with ice use.

The program aims to provide an insight into what ice is and how it affects people. “It also provides people with practical approaches in caring for themselves and other family members,” Professor Lubman said.

The program is suitable for both interested community members and families who are directly impacted by a loved one’s ice use. Attendance is free but **registration is essential**, go to: [www.breakthroughforfamilies.com](http://www.breakthroughforfamilies.com) or call 1300 660 068.

## 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.



- **Port Fairy Community Market** – Sat 27<sup>th</sup> October, Railway Pl. Port Fairy. E: [market@portfairycommunityhouse.com.au](mailto:market@portfairycommunityhouse.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**





Southern Grampians Glenelg  
Primary Care Partnership  
Bulletin #32 – 25<sup>th</sup> October 2018



BARWON SOUTH WEST

# Healthy living forum

CONNECT. SHARE. LEARN

A JOINT INITIATIVE OF SOUTHERN GRAMPIANS GLENELG PRIMARY CARE PARTNERSHIP, SOUTH WEST PRIMARY CARE PARTNERSHIP AND G21

## WEDNESDAY

November 28 2018 10AM - 3.30PM

CAMPERDOWN FOOTBALL AND NETBALL OVAL



INTERACTIVE WORKSHOPS FACILITATED BY SEANNA DAVIDSON  
Dr Seanna Davidson is the Manager of Systems Thinking at the Australian Prevention Partnership Centre (TAPPC) based at Deakin University. Seanna leads the systems thinking capacity building efforts for the TAPPC network of policy makers, practitioners and researchers including a community of practice and systems thinking workshops.

DISCUSSION ON PLACE-BASED PREVENTION PRINCIPLES  
SHARING YOUR HEALTHY EATING AND ACTIVE LIVING PRACTICES  
NETWORKING WITH LOCAL PARTNERS AND FELLOW STAKEHOLDERS

Proudly sponsored by



RSVP TO YOUR PCP  
CONTACT BY NOV 19 :

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

## 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](mailto:executiveofficer@communitysouthwest.com) W: [www.communitysouthwest.com](http://www.communitysouthwest.com) .



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



**Program Logic Training** – facilitated by Clear Horizon, Thursday 6<sup>th</sup> December (venue and time tbc) –

Warrnambool. \$40 to cover catering. Further information contact Ailiche: [info@btb.org.au](mailto:info@btb.org.au) M: 0438 044927

## Local Community Events

SOUTHERN GRAMPIANS  
SHIRE COUNCIL

# YEAR IN REVIEW 2017/18



Wednesday 31 October 2018, 6.00pm

Hamilton Gallery, 107 Brown Street, Hamilton

Refreshments will be served.

Please RSVP by Friday 26 October 2018  
by email: [council@sthgrampians.vic.gov.au](mailto:council@sthgrampians.vic.gov.au)  
or by telephone: (03) 5573 0444




## 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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