



GenR8 Change community members  
(picture courtesy of Hamilton Spectator)



SEA Change community members



Southern Grampians and Portland community members gathered to celebrate GenR8 Change and SEA Change Portland's win in the Victorian Public Healthcare Awards, Supporting Healthy Populations. This award is great recognition of the important role that everyday community members have in making a real difference to the health and wellbeing of our community.

GenR8 Change and SEA Change Portland have been selected as a finalist in 2018 VicHealth Awards in the 'Promoting Healthy Eating' category. Congratulations to Portland Secondary College SRC who have also been nominated as finalists in the same category for their healthy canteen menu. [Click here for details.](#)

VicHealth Awards will be announced on Wednesday 5<sup>th</sup> December 2018.

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

### Changing the Taste of Water

An innovative collaboration between Portland District Health (PDH) and Wannon Water is providing great tasting water to the Portland Hospital, with a newly upgraded reverse osmosis plant and two public drinking fountains encouraging people to choose water instead of sugary drinks.

The \$100,000 'Great Tasting Water' pilot project reflects three years of planning and community consultation and has been hailed as a highly successful partnership between PDH, Wannon Water, Deakin University, SGGPCP and the Portland community contributing to the SEACHange Portland initiative.



### Young Rural Adults – Digital Storytelling



Congratulations to the young rural adults who have created an incredible series of digital stories about navigating tough times. You are invited to take some time to view these powerful and engaging personal accounts. Be educated, be inspired and, share the invitation to view with your friends and family. **View the stories:** [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](http://www.sggpcp.com) T: (03) 555 18471**



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



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: joanne.brown@wdhs.net | lsmith@swpcp.com.au | hwb@g21.com.au

## Hamilton Fun Run – Sunday 11<sup>th</sup> November



*After a two year hiatus the Hamilton Fun Run 10km and 21km course will return to the Grangeburn River track that was severely damaged in the floods of 2016 and 2017.*

### Race Start Times

- 21km – 8am
- 10km run/walk – 9am
- 4.2km run/walk – 9.30am
- Kids 1.6km run – 10am

For further information and to register go to:  
<http://hamiltonfunrun.wdhs.net/>

## 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



- **Port Fairy Community Market** – Sat 3<sup>rd</sup> November, 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 24<sup>th</sup> Nov, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- **Sandford Hall Country Market** – Sunday 11<sup>th</sup> November 9am to 1pm
- **Nareen Produce Swap** – 10am to 11am, Sunday 25<sup>th</sup> November at the Nareen Hall. (Last Sunday of the month)

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## Professional Development/Training and Other Opportunities



**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

Western District Health Service and the Southern Grampians Shire Council invite you to

# WALK IN HER SHOES

## FOR WHITE RIBBON DAY

Friday November 23, 12pm-1.30pm  
Pocket Garden, Hamilton CBD


Join us in standing up and speaking out against family violence

Light lunch available - donation to White Ribbon

**Guest speakers -**  
South West Centre Against Sexual Assault Social Worker, Tegan Russell  
Monivae Student, Ella Lithgow  
Victoria Police Inspector, Nick Finnegan



In support of  
**White Ribbon**




TEACHING YOUNG AUSTRALIANS TO BE  
*MENTALLY HEALTHY*




## COMMUNITY INFORMATION NIGHT



Mental Health is as important as our physical wellbeing.  
Learn about methods to support a healthy mind.  
Guest Speaker: Martin Heppell

**WHEN:** Thursday 8th November 2018  
**TIME:** 7pm, Supper provided  
**WHERE:** Casterton Town Hall

**RSVP for catering purposes by  
Friday 2nd November to  
[mail@cmh.org.au](mailto:mail@cmh.org.au) or phone 5554 2555**

## 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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