

Hamilton North Primary School – Permanent Drop Off Point



For the past two years during VicHealth’s Walk to School month, a number of families have been dropping children off at and around this point to enable them to walk the remainder of the way to school together. This trend naturally grew and since the Walk to School month of 2017, a number of motivated students have continued walking from this point of a morning. This year, thanks to more locally implemented support from VicHealth, North Hamilton Primary School has added permanent signage to the point, encouraging families to utilise it and walk the remaining 800m to school all year around. The drop off point is an action aligning with the local GenR8 Change initiative, in making the active choice easier for children.



Further information on Walk to School or GenR8 Change contact Ebony
E: ebony.jenkins@wdhs.net P: (03) 5551 8475.

Let’s work together and get our community moving!

Join us for an interactive session on Active Travel in the Southern Grampians

Thursday 29th November, 4pm to 6pm
At Hamilton District Skills Centre, Mt Baimbridge Rd, Hamilton
Light refreshments supplied



**Connect with passionate stakeholders and community members to
together determine what we as a community can do to make it easier
for students to be active on the way to school and home again.**

Be a part of the active change you want to see!

Who should attend? Community members, community groups, sporting/recreational groups, community safety stakeholders, school communities, local government, health professionals, community development workers, transport providers, disability support workers, welfare agencies.

For RSVP’s, contact Ebony Jenkins P: 5551 8475 or E: ebony.jenkins@wdhs.net

Seniors Rights Victoria – Elder Abuse Prevention & Support

Seniors Rights Victoria (SRV) is a free legal and advocacy service established to address the abuse of older people in the community. Abuse includes harm that is physical, sexual, financial, psychological, social or neglectful. SRV is primarily concerned with abuse that is perpetrated on older people by someone they trust such as a family member, friend or carer.

SRV provides: a helpline, free specialist legal services, short-term support and advocacy for individuals and community and professional education. If you, your client or someone you know is experiencing elder abuse call the confidential Helpline 1300 368 821 Monday – Friday 10am – 5pm. www.seniorsrights.org.au



- **Port Fairy Community Market** – Sat 10th November, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.com.au
- **Merino Produce Swap** – 10am-11am, Saturday 10th November, Merino Community Health Centre (2nd Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 24th Nov, 333 Nth Boundary Road, Hamilton (last Saturday of month)
- **Sandford Hall Country Market** – Sunday 11th November 9am to 1pm
- **Nareen Produce Swap** – 10am to 11am, Sunday 25th November at the Nareen Hall. (Last Sunday of the month)

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



BARWON SOUTH WEST

Healthy living forum

CONNECT. SHARE. LEARN

A JOINT INITIATIVE OF SOUTHERN GRAMPAINS 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 11th 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/>

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 or phone 5554 2555

Professional Development/Training and Other Opportunities



Mind Your Mates – Know what to say, know how to help. A free one-hour suicide prevention training session available to groups and businesses across South West Victoria.

Hamilton – Tuesday 13th November, 6pm to 7pm, WDHS seminar Room 1 & 2. Enquiries and registrations: Megan Walsh P: (03) 5559 0521 E: megan.walsh@lifeline.org.au



Wills & Estate Forum – invitation to parents/carers. Learn about: making wills, Disability Trust, Powers of Attorney, Probates, Contesting the Will.

Thursday 6th December, 10am to 12noon at Community Programs Room 2, Archie Graham Centre, 118 Timor St, Warrnambool. Bookings essential: P: 55618111 or E: admin@mpower.org.au



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



Program Logic Training – facilitated by Clear Horizon, Thursday 6th December (venue and time tbc) –

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

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.**