

### Let's work together and get our community moving!

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

Thursday 29<sup>th</sup> 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](mailto:ebony.jenkins@wdhs.net)

### Walk to School



VicHealth's 2018 Walk to School Month (October) has come to an end, with great participation from Southern Grampians schools and families!

This year, of the 14 local schools that have so far provided walking data, 1088 students participated in the month long program. That's 84% of all primary school children enrolled! Between them, Southern Grampians students clocked up an astonishing 17,042 walks to and from school – a great effort!

### Reach more clients and improve communication

The Centre for Culture Ethnicity and Health (CEH) 4-day Health Literacy Course can help you make it easier for consumers to find, understand and use information about your services.

From the course you will:

- learn theories and practical skills to improve written and spoken communication with clients;
- be introduced to tools to test how easy it is for clients to find their way around your organisation; and
- apply the knowledge from the course directly to your work through two short work place projects

The experienced trainers facilitate a supportive and fun learning environment.

[Link](#) to more details about the course

Mercy Health was one of the first organisations to participate in our course and they have used health literacy principles and strategies to successfully improve consumer input into client resources.

[Link](#) to full case study on Mercy Health

### Warrnambool Myeloma Information Afternoon

Myeloma Australia is delighted to invite you to an information afternoon in Warrnambool for people living with myeloma, their family and friends. This is a great opportunity to learn more about myeloma while connecting with other members of the myeloma community.

Thursday 29<sup>th</sup> November, 12:30pm to 3pm, Archie Graham Community Centre, Warrnambool

RSVP: by Monday 26<sup>th</sup> November Elli Foley E: [elli.foley@myeloma.org.au](mailto:elli.foley@myeloma.org.au) P: 9428 7444

**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**





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

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RSVP TO YOUR PCP  
 CONTACT BY NOV 19: joanne.brown@wdhs.net | lsmith@swpcp.com.au | hwb@g21.com.au

### Youth Mental Health First Aid Course

Learn skills and gain confidence to assist young people experiencing mental health problems.

To register your place at Monivae College for this 2 day **Youth Mental Health First Aid Course** please contact: Pam on 0419568903 or [pammcleodtraining@yahoo.com](mailto:pammcleodtraining@yahoo.com) Or on the website: <https://mhfa.com.au/courses/public>

Course Dates: 29<sup>th</sup> November & 6<sup>th</sup> December 2018

Commencing at 8.30am sharp – 5:00 pm (A light meal included)

You are not required to bring anything other than perhaps your cup!

Cost: \$200



## Professional Development/Training and Other Opportunities



### Children and Youth Area Partnerships Conference 2018

**Monday 26 and Tuesday 27 November - Mercure Ballarat Hotel and Convention Centre**

Keynote speaker is Rosie Batty who will lead discussion on lived experience as a powerful driver of change and reform. For flyer and further [details of program click here.](#)



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

Thursday 6<sup>th</sup> 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](mailto:admin@mpower.org.au)



**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



**15<sup>th</sup> National Rural Health Conference: Better together!** - 24<sup>th</sup>-27<sup>th</sup> March 2019. Hotel Grand Chancellor, Hobart. [Click here](#) for further details.

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### 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.**



- **Port Fairy Community Market** – Sat 24<sup>th</sup> November, Railway Pl. Port Fairy. E: [market@portfairycommunityhouse.com.au](mailto:market@portfairycommunityhouse.com.au)
- **Merino Produce Swap** – 10am-11am, Saturday 24<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)
- **Nareen Produce Swap** – 10am to 11am, Sunday 25<sup>th</sup> November at the Nareen Hall. (Last Sunday of the month)
- **Friends of the Community Christmas Market – Sandford** – 10am to 1pm, Sunday 2<sup>nd</sup> December, Sandford Football Reserve