

### ALLready

Working in health and community organisations, we all have established and trusted relationships with members of our community who are the most vulnerable to extreme climatic events - things like bushfires, heatwaves, floods and storms. A simple conversation, a prompt or a chat can make a big difference.

Watch our snazzy new one-minute animation [here](#) about the impact of small talk in regional communities or go direct to [YouTube](#) to watch our short video. We've also attached a two-page flyer to help you better share this information as we head into another summer.

Watch the 1-minute video: <https://www.youtube.com/watch?v=qDNQwA-P5mQ>

Read our media release: <http://sggpcp.com/2018/11/media-release-allready>

Follow our social media to stay up-to-date: On [Twitter](#) and on [Facebook](#)

I hope this gives you a prompt to make small talk a priority. Happy viewing!

For further information contact Jo Brown M: 0428 310 280, E: [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)



### Active Transport

Last Thursday, a group of Southern Grampians community members came together to discuss all things active transport. What influences whether our local children walk to/from school or not, and what can we do to make it easier for them to travel actively? These were the questions posed to the group, and some super ideas were generated including;

- Changing parental perception of safety
- Investigating existing drop off points and infrastructure around each Southern Grampians School
- Increasing the number of parent led walking school busses
- Creating 'safe zones' around schools; reduce speed limits, identify safe houses, and create safe bike storage hubs.



Thanks to everyone whom attended Thursday afternoon and to those who have provided valuable insights so far - we look forward to sharing and growing these! If you'd like a summary of the session, or are keen to keep updated with happenings in this space, please contact Ebony at [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net) or on 5551 8475

### Getting Active – Upcoming Community Events



**Hamilton Park Run** – Lakes Edge Adventure Playground, lake Hamilton, Rippon Road, Hamilton. Every Saturday at 8am [www.parkrun.com.au/Hamilton](http://www.parkrun.com.au/Hamilton)

Parkrun have decided to host two ADDITIONAL approved parkrun events. On Christmas Day, Tuesday 25 December 2018 and New Years Day, Tuesday 1 January 2019 (8am).

Our usual free, weekly, timed 5km walk/jog/run, will still take place as usual every Saturday, including Saturday 22 December and Saturday 29 December 2018.



If you would like to take part in one of our additional parkrun events, or one of the additional events that will be taking place around Australia on Christmas Day and New Years Day, check out the [parkrun Australia Christmas Compendium](#) for all the latest event listings: <http://www.parkrun.com.au/christmas-compendium/>

**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



## Professional Development/Training and Other Opportunities



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



**VicHealth's Leading Thinker Initiative Prof Iris Bohnet** – February 11<sup>th</sup>-15<sup>th</sup> 2019, Melbourne.  
Professor Bohnet is a global expert in gender equality and behavioural insights, and ranked in the top 20 of apolitical's Most Influential People in Gender Policy list for 2018.  
[Click here for further details](#)



**3-day Health Literacy Masterclass** – February 13<sup>th</sup>-15<sup>th</sup>, 2019, Melbourne.  
Using health literacy for health service improvement and community development. A three day intensive masterclass for managers, executives, health professionals, health planners, policy makers, researchers, and those active in health promotion and community services.  
[Click her for further details](#)



**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.



**Health Literacy Course** – 4 day course commencing May 2019, Melbourne. [Click here](#) for details

## 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 8<sup>th</sup> December, Railway Pl. Port Fairy. E: [market@portfaircommunityhouse.com.au](mailto:market@portfaircommunityhouse.com.au)
- **Merino Produce Swap** – 10am-11am, Saturday 8<sup>th</sup> December, Merino Community Health Centre (2<sup>nd</sup> Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 8<sup>th</sup> December, 333 Nth Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 26<sup>th</sup> January at the Nareen Hall. (Last Sunday of the month)