



January 31<sup>st</sup> 2019

# Bulletin #1



As part of the Healthy Together Achievement Program physical activity benchmark, PCP encourages and promotes physical activity in the workplace.

A hike in the Grampians was a fun and healthy way to celebrate Christmas and the end of year for PCP Staff and families.



Southern Grampians kids have shown getting to school is a walk in the park, with more than 1100 local students walking, riding and scooting an impressive 9600 kilometres as part of VicHealth's Walk to School program. The students were among thousands of Victorian students, who collectively walked, rode and scooted more than 1.7 million kilometres – the equivalent of over 41,000 marathons – in last Term's program. In Southern Grampians, Peshurst Primary School took out the prize for highest participation, with an impressive 85% of students walking, riding and scooting to school every day.

Following a community Active Transport forum facilitated by the GenR8 Change support team in late November, local working groups are now striving towards implementing strategies to further increase the number of children walking. Actions such as increasing the number of local 'walking school busses', creating safe drop off zones and connecting with volunteers to provide student supervision are progressing. If you'd like to get more information or to get involved with one of the local working groups, please contact Ebony Jenkins at [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net) or on 5551 8475.



**SOUTH WEST INTERNATIONAL WOMEN'S DAY ART PRIZE 2019**

*Call for Entries*

PROUDLY BROUGHT TO YOU BY WOMEN'S HEALTH AND WELLBEING BARWON SOUTH WEST

Launch: Thursday, March 7, 2019 at The F Project, 224 Timor St Warrnambool.

Entries close – 5pm February 8<sup>th</sup>, 2019

Please go to our website for your application form and terms and conditions <http://www.womenshealthbsw.org.au/work-events/#art-prize>

For any further enquiries please contact: Peta Jolley  
[pjolley@womenshealthbsw.org.au](mailto:pjolley@womenshealthbsw.org.au)



### **Polio Community Information Session - Free**

Monday 25<sup>th</sup> February, 10:30am to 12noon at Hamilton Bowling Club

Contact Stephanie Cantrill, Polio Australia

M: 0466 719 613 E: [steph@polioaustralia.org.au](mailto:steph@polioaustralia.org.au)

## 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)

### **Southern Grampians Glenelg PCP**

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, Ebony Jenkins, Sardie Edgar, Clinton Thomas

Office Coordinator: Robyn Holcombe W: [www.sggpcp.com](http://www.sggpcp.com) T: (03) 555 18471





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## Professional Development/Training and Other Opportunities



**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](#)



**Connecting the Dots – Rural Youth Sector Conference** - February 12-13, 2019, Ballarat.

Focussing on youth health, wellbeing and safety Registrations are now open: [Connecting the Dots](#) Scholarships for the registration cost, and travel subsidies for those travelling 250km+ are available, but get in quick for these



**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](#)



**Safe and Supported: Building Workplace Capacity to Manage Family Violence** – Thurs 21<sup>st</sup> Feb, 9am - 12:30pm

This workshop is designed to build the capacity of workplaces to support their employees who are experiencing family violence. Disclosures of family violence are common after or during violence prevention training and/or workplace change programs. To find out more information and registration details, [click here](#)



**Bystander Action to Prevent Violence Against Women** - Thursday 21 February 2019 – 1:30PM – 5PM

This three-hour active bystander training supports participants to speak up when confronted with everyday sexism and sexual harassment, as well as a range of behaviours and attitudes that justify, excuse, blame, trivialise or minimise violence against women. To find out more information and registration details, [click here](#)



**Building Capability for Cross Sector Partner Training**

Training will be delivered by the international organisation, the Partnership Brokers Association.

Mon 25 & Tues 26 February 2019, Mon 4 & Tues 5 March 2019, Community Services Centre, Port Fairy

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) .



**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



- **Port Fairy Community Market** – Sat 9<sup>th</sup> February, Railway Pl. Port Fairy. E: [market@portfairycommunityhouse.com.au](mailto:market@portfairycommunityhouse.com.au)
- **Merino Produce Swap** – 10am-11am, Saturday 9<sup>th</sup> February, Merino Community Health Centre (2<sup>nd</sup> Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 23<sup>rd</sup> February, 333 Nth Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 24<sup>th</sup> February at the Nareen Hall. (Last Sunday of the month)

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