



Southern Grampians Glenelg PCP

February 7th 2019

Bulletin #2



Are We There Yet?

The 2017 National Community Attitudes Towards Violence Against Women (NCAS) results are out! [Click here for full report](#)



Have Your Say

Here is your chance to provide input into Victoria's [Mental Health System](#)



Help with school costs and fees

There are a number of options to support families who are having difficulties with school costs.

Parents can:

- talk to the school about their situation. They may be able to arrange a payment plan or look at other options.
- ask about support from [State Schools' Relief](#) and the [Camps, Sports and Excursions Fund](#)
- use the [payment and service finder](#) to see if parents can get support from the Commonwealth government.
- use the [Crisis Referral Information System](#) to find support nearby.
- ask the school about support services in the local area.

Schools cannot stop a child from learning the standard curriculum if the parents can't pay.

[For more details click here.](#)

Resilient Kids

CONFERENCE

Resilient Kids Conference, Saturday 2nd March, 9am to 4pm, Warrnambool.

Six amazing presentations.

Further details click here: <https://www.resilientkidsconference.com.au/warrnambool-2nd-march-2019/>



Are You Fire Ready?

Do you know if you are at risk of a bushfire and what you would do? [Fire Ready Kit](#) and [VicEmergency App](#) are useful tools that can assist in the event of a bushfire.

The Dark Side of the Rainbow (My Other Closet): LGBTI+ and Family Violence



This training event will be held on 8th March 2019 at the Miners Tavern in Ballarat.

Tickets are now available for purchase.

To purchase tickets and for [further information, click here.](#)



Polio Community Information Session - Free

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

Contact Stephanie Cantrill, Polio Australia

M: 0466 719 613 E: steph@polioaustralia.org.au

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Upper Level, 157 Gray Street, Hamilton 3300 (PO Box 283)

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Manager Health & Wellbeing: Jo Brown Communications Officer: Maya Eats

Project Officers: Rowena Wylie, Ebony Jenkins, Sardie Edgar, Clinton Thomas

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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 8th, 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

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



Clean Up Australia Day

Registrations for 2019 Clean Up Australia Day are open. Businesses will focus their action on Tuesday 26th Feb and schools will run their own clean up on Friday 1st March, and youth and community groups will take part over the weekend, 2nd & 3rd March.

To register a clean up event or make a donation, go to www.cleanupaustralia.org.au

Professional Development/Training and Other Opportunities



VicHealth's Leading Thinker Initiative Prof Iris Bohnet – February 11th-15th 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 13th-15th, 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 21st 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](#)

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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 W: www.communitysouthwest.com



Systems Thinking Forum – Taking a Systems Approach to Prevention – February 28th, 6pm – 8pm, Deakin Downtown Melbourne. Free for AHPA members, \$25 for non members. Video conferencing available register via Eventbrite.



15th National Rural Health Conference: Better together! - 24th-27th 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

MS Professional Development Programs 2019

MS is committed to offering education programs to build capacity in the health and community care sector to provide appropriate support, care and treatment for people living with multiple sclerosis and other neurological disorders.

The 2019 Calendar has an excellent range of webinar-based programs presented by subject matter experts. This year we are excited to work with our team of presenters delivering webinars on subjects including nutrition, grief, motivational interviewing, self-care, pain, cognition, spasticity and fatigue management. [Click here to view calendar](#)

Webcast recordings can also be purchased from the [MS Online Shop](#)



- **Port Fairy Community Market** – Sat 9th February, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.com.au
- **Sandford Hall Country Market** – 9am to 1pm, Sunday 10th February, Sandford Hall
- **Merino Produce Swap** – 10am-11am, Saturday 9th February, Merino Community Health Centre (2nd Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 23rd February, 333 Nth Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 24th February at the Nareen Hall. (Last Sunday of the month)
- **Henty Market** – 9am to 2pm, Sunday 24th March

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