

Innovative approach to integration in Glenelg



The PCP and its partners have been exploring how best to integrate our community wellbeing/prevention work, to achieve our goal of thriving communities across Glenelg Shire. We have some very strong collaborative work happening around single issues in this space and are now striving for integration across multiple issues including obesity, alcohol, education attainment and mental health. At our workshop on 5 February we identified key factors which influence how well we integrate our work and areas which need further consideration. We came back together on 6 March to learn from our reflections over the past month and we identified areas where working collectively across multiple issues will lead to better outcomes and action and agreed on the next steps. In June we'll meet again to discuss our progress.



SAVE THE DATE

Unpacking Complexity

Using Group Model Building



Join **Andrew Brown** in a Masterclass where you will learn how to use Group Model Building as a tool to empower the community to solve complex issues.

After participation in this session you will have the skills to plan and facilitate a group model building workshop, use STICK-E to develop a systems map. There will be opportunities post workshop to refine and practice your newly developed skills.

Monday 15th & Tuesday 16th April, 9.30am – 4.30pm, Portland – Venue tbc
Lunch provided

Places will be strictly limited

Please submit your expression of interest to attend this unique training opportunity to joanne.brown@wdhs.net by Monday 1 April outlining what you hope to gain from participation in the training.

Empowering our community to thrive



Proudly hosted by Southern Grampians Glenelg PCP

Further information joanne.brown@wdhs.net (03) 5551 8563



- **Port Fairy Community Market** – Sat 23rd March, Railway Pl. Port Fairy. E: market@portfairycommunityhouse.com.au
- **Merino Produce Swap** – 10am-11am, Saturday 9th March, Merino Community Health Centre (2nd Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Saturday 30th March, 333 Nth Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 31st March at the Nareen Hall. (Last Sunday of the month)
- **Hamilton Community House** – Morning market - 9am-12noon, Saturday 23rd March, 19 Sedgewick Street, Hamilton
- **Henty Market** – 9am to 2pm, Sunday 24th March
- **Sandford Hall Country Market** – 9am to 1pm, Sunday 10th March, Sandford Hall
- **Sandford Swap, Meet & Market** – Sunday 7th April, 9am to 1pm at Sandford Football Netball Reserve

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 T: (03) 555 18471





Southern Grampians Glenelg PCP

March 14th 2019

Bulletin #7

Professional Development/Training and Other Opportunities



Beyond Climate Change: Creating One Planet Communities – 19th March, 5:30pm to 7:00pm, Melbourne. Guest lecturer – Dr. Trevor Hancock. [Click here for further details](#)



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



***NEW* Gender Transformative Practice to Prevent Violence Against Women** - Thurs 21st March 9:30-4:30pm
This full day masterclass aims to build participants' confidence and skills to undertake effective gender transformative practice as part of their primary prevention and gender equality work.
To find out more information and registration details, click here <https://bit.ly/2T4GAO9>



Gender Equity in Action - Thursday 28th March 10am – 4pm
Learn the practical skills you need to design, deliver and evaluate gender sensitive programs and services. This activity-based workshop will be your introductory step-by-step guide to performing a gender analysis in practice. To find out more information and registration details, click here <https://bit.ly/2El6chn>



ICE Get the facts, develop strategies and find out where to access help and support

Thursday 4th April, 12noon-3pm, Portland Library, 32 Bentinck St, Portland.
Breakthrough – an initiative of the Victorian government's Ice Action Plan has been developed to educate the community and families across the state. The aim is to provide strategies to help manage the challenging behaviours around the use of the drug "ICE"



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

MS Professional Development Programs 2019 - [Click here to view calendar](#)

Getting Active – Upcoming Community Events / Partnerships



Hamilton Park Run – Lakes Edge Adventure Playground, lake Hamilton, Rippon Road, Hamilton. Every Saturday at 8am
www.parkrun.com.au/Hamilton



The Active April website is now 'live'. What are you going to do to become more active?

Register at <https://www.activeapril.vic.gov.au/> and resolve to get 30 minutes of exercise each day. A walk at lunch time or after work, go for a swim or play with the kids at the park.
Premier's Active April encourages all Victorians to commit to doing 30 minutes of physical activity a day. It is free, it is fun and it is part of the Victorian Government's commitment to get more people active and healthy.



VAAP Regional Seminar

The Victorian Active Ageing Partnership (VAAP) is a Victorian government initiative that aims to increase physical activity opportunities for older Victorians. Aim of seminar is to inform service providers of various strategies and **tools to assist them in their work engaging older people in physical activity and to promote local information-sharing and networking.** Wed 15th May, 10am-3pm at Camperdown Football Netball Club, Recreation Reserve, Camperdown. Free
[Click here for booking link](#) Phone: 03 8531 8045 Email: programs@msk.org.au

Funding / Grants



Funding for Women's Leadership Development Course

A pool of scholarships are occasionally available for women to participate in a range of leadership courses. You can register your interest on this page and you will be contacted when the grants are next offered.
For more details [click here](#)

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