



Southern Grampians Glenelg PCP

March 21st 2019

Bulletin #8

Neighbour Day – Sunday 31st March 2019

Theme - Loneliness – what neighbours can do to create connections



We tend to think of lonely people as old, or single people living alone. But loneliness is experienced by people across the age and social spectrum, including young people, people living with their partners and families, and even people surrounded by others in the workplace.

How to be involved:

We encourage you to get involved in Neighbour Day on Sunday 31 March 2019 or any day that suits your community.

If you're hosting an event: [Register](#) to access free material to help you organise a successful Neighbour Day event – including posters, invitations, labels, flyers and helpful tips.

If you're attending an event: Share your stories and photos with us via [Facebook](#), [Twitter](#) or [Instagram](#).



Unpack the Salt

New research has revealed the hidden toll that fast food kids' meals can have on young children's health. Some meals aimed at kids contain more than an entire day's maximum recommended salt intake. [Read the full article here...](#)

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 and use STICK-E to develop a systems map. There will be opportunities post workshop to refine and practice your newly developed skills.

Portland Library
32 Bentinck, Portland
Monday April 15th
AND
Tuesday 16th April
9.30am – 4.30pm
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.

Andrew is a research fellow at the Global Obesity Centre at Deakin University. Andrew has been trained by Peter Hovmand, a world leader in applying systems thinking to community-based health and social work.

Proudly hosted by Southern Grampians Glenelg PCP in partnership with Global Obesity Centre
Further information joanne.brown@wdhs.net (03) 5551 8563

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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, Sardi Edgar, Clinton Thomas

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



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Professional Development/Training and Other Opportunities



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



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”



Bystander Action to Prevent Violence Against Women - 11th April, 9:00AM – 12:30PM
Build the skills and confidence to take a stand and speak out against violence supportive attitudes and behaviours. This workshop is designed for all audiences interested in taking action to prevent violence against women. For more information and registration details, click here: <https://bit.ly/2FdLa3N>



Gender Equity in the Workplace - 11th April, 1:30PM - 5:00PM
Explore gender, gender inequality, unconscious bias and workplace tools and strategies to promote gender equity in the workplace. This workshop is designed for all audiences interested in creating equal, safe and respectful workplaces, including managers and human resources staff.
For more information and registration details, click here: <https://bit.ly/2O5BYm3>



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

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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](#)



- **Port Fairy Community Market** – Sat 23rd March, Railway Pl. Port Fairy. E: market@portfairycitycommunityhouse.com.au
- **Merino Produce Swap** – 10am-11am, Saturday 13th April, 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 Swap, Meet & Market** – Sunday 7th April, 9am to 1pm at Sandford Football Netball Reserve

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