



Southern Grampians Glenelg Primary Care Partnership

Bulletin #10 – 16th April 2020

Empowering our
Communities to
Thrive:
2019 & beyond

SGGPCP Updates

Supporting Staff During Change

Supporting staff and colleagues in a new work environment has created new challenges. Staying connected and adapting our way of working is crucial. Here are some ideas from partners of SGGPCP: [Tips and Ideas](#)

Further information contact Rowena Wylie M: 0419 143 652 E: rowena.wylie@wdhs.net

Collaboration for Community Resilience (RASNet)

Last week 12 people from 11 different agencies met to discuss impacts, discuss current areas of focus with the aim to share experiences and actions in order to align efforts of support and advocacy. This network is an expansion and ramp up our existing Rural Adjustment Support Network (RASNet) of cross sector organisations to meet regularly by virtual methods. Agencies are reorienting their work focus to respond to the current need in the community and are tending to see an increase in demand for services.

To view update: [Click here](#) For more information please contact Jo Brown E: joanne.brown@wdhs.net

Consistent Communications Glenelg

A number of stakeholders from across Glenelg been meeting weekly to progress action items to support and inform community during COVID-19. The group intends to make sure agencies efforts are efficient and are not duplicating or competing with one another in this time, and that consistent messaging is shared. Further updates will be provided in next week's bulletin.

For further information contact Ebony Jenkins M: 0413 249 377 E: ebony.jenkins@wdhs.net

Resources – links to Government, Organisational and Community Resources – [Click here](#)



VICTORIAN ANNOUNCEMENTS

The Easter long weekend has brought a flurry of announcements from the Victorian Government on the social measures required to cushion the impact of COVID-19. Here are the headline details:

Mental Health

\$60 million to support mental health services respond to a spike in demand due to the unfolding Coronavirus crisis. Key components include bolstering frontline services, expanding online and phone counselling services and helping vulnerable people overcome social isolation. [More information here.](#)

Homelessness

\$8.8 million for new temporary facilities that provide health care and accommodation for rough sleepers over the next six months. The Victorian Government is also vowing not to include new Commonwealth welfare payments in rent assessments over the coming months. [More information here.](#)

Family violence

Victoria will spend \$20 million on short-term accommodation for people experiencing (or at risk of) family violence, who aren't safe at home. An additional \$20 million will be spent to help family violence organisations deal with increased demand during the pandemic. [More information here.](#)

Young people

COVID-19 presents new and unique challenges for young people. The situation is changing fast and YACVic wants to make sure young people are properly considered in government responses. If you're a young person you can help by filing out [this survey](#). Youth organisations can have their say [here](#)

Empowering Our Communities to Thrive: 2019 and beyond



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Smash Screen Time – with guest presenter Dr. Lauren Arundell



How's your family coping with managing the use of screens and keeping active right now?! It's certainly a challenge, more now than ever before.

The [GenR8 Change](#), [Hands Up Casterton](#) and [SEA Change Portland](#) communities invite you to come together virtually on Wednesday 22nd April from 8-9pm to learn of new 2019 local childhood health data and build understanding around screen time and physical activity.



Dr Lauren Arundell from the Institute of Physical Activity and Nutrition at Deakin University will share her extensive knowledge and research, and experiences as a parent in keeping technology in its place for healthier homes and schools, and ultimately healthier kids. Dr Arundell will also share strategies for keeping children active in the current isolation period.



The link to access this event on Wednesday April 22nd is – <https://zoom.us/j/428353571>

For more information see flyer at end of bulletin, or to register, head over to the event Facebook page or get in touch with Ebony at ebony.jenkins@wdhs.net or 0413249377

ALLready – COVID 19



The short animation ALLready was created to highlight the value of the role of the health and community sector to enhance community resilience in preparation for fire and is based on the findings of the award winning [Balmoral Fire Connect](#) project. The animation highlights the value of the connections we have as health and community sector workers and highlights the strength of established trusted relationships. The main character, Pip shares vital information with the community and these messages spread.

Health and community sector workers are local, trusted and reliable and play a major role disseminating key messages during the COVID -19 pandemic. Be like Pip and share vital information during COVID 19.

Watch ALLready [here](#)

Free Mindfulness and Wellbeing Course

At times we all have stresses in our lives and this current environment can be even more challenging than usual, as we are living through new unknown times.

This free online short course through Monash University provides an opportunity for us to refresh ourselves – it provides techniques to reduce stress and improve your wellbeing and work / study performance

Course duration is four weeks, three hours study per week with free access to the course for six weeks.

Instructions are very easy - Scroll down to "When would you like to start", click join today and the registration box appears

Link: <https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>



Energy Efficient Communities Program

The Energy Efficient Communities Program will deliver \$40 million in grants to help community groups and businesses lower their energy bills and reduce emissions.

Community organisations can apply for a grant of up to \$12,500 with no co-contribution required.

Applications are now open for community organisations. [Learn more here.](#)

Southern Grampians Glenelg Primary Care Partnership

Foster Street, Hamilton 3300 (PO Box 283) W: www.sggpcp.com T: (03) 555 18471

Executive Officer: Janette Lowe

Manager Health & Wellbeing: Jo Brown

Project Officers: Rowena Wylie, Ebony Jenkins, Sardie Edgar

Office Coordinator: Robyn Holcombe



A jointly funded initiative of the State Government of Victoria and the Australian Government



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Southern Grampians Glenelg PCP Staff are practising spatial distancing and working from home during this time

- Janette Lowe: 0408 553 095 janette.lowe@wdhs.net
- Jo Brown: 0428 310 280 joanne.brown@wdhs.net
- Robyn Holcombe: 0438 550 300 robyn.holcombe@wdhs.net
- Ebony Jenkins: 0413 249377 ebony.jenkins@wdhs.net
- Rowena Wylie: 0419 143 652 rowena.wylie@wdhs.net
- Sardie Edgar: 0478 053 943 sardie.edgar@wdhs.net



A free community hotline for Glenelg Shire residents requiring support during the Coronavirus pandemic.



The hotline will direct community members to local support services such as:

- Food and hygiene support and deliveries
- Medication deliveries
- Phone check in and support

The hotline will be monitored by the friendly staff at Portland District Health.

You can contact the hotline between the following hours:

- **Monday - Thursday:** 10am - 3pm
- **Friday:** 10am - 4pm

Call: 1800 512 461
Email: 1800GlenelgTogether@swarh.vic.gov.au



WDHS Helping Hands

A community based program for people requiring support during the Coronavirus outbreak.

The program is available to anyone living in the Southern Grampians Shire who:

- is over 70 or
- has a disability or serious health condition or
- is required to self-isolate



Call 1800 943 131 or
Email helpinghands@wdhs.net



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together we are creating a healthy workplace achievement program