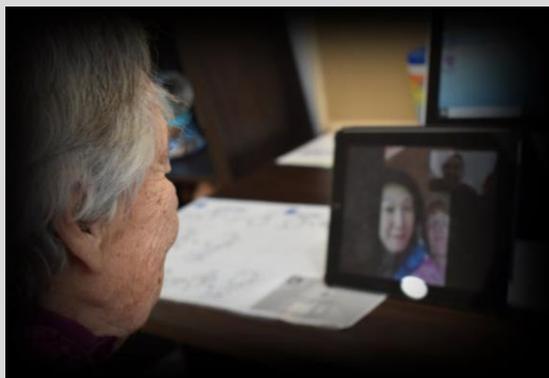


### SGGPCP Updates

SGGPCP staff are fortunate enough to be part of many conversations and learning (and documenting) how partners and the community are adapting in these times. It is striking how much positive change, partners, friends and the broader community are putting in place so rapidly to support one another. Every week, we will endeavor to share one of these stories in detail in this bulletin and also share some snippets of what we learnt during the week.

### Local Response to COVID 19 – Sharing Stories



Heywood Rural Health Aged Care Services sits within the farming community of Heywood. HRH provides a warm and friendly environment that is closely connected with the local community and the people who live there. During the COVID-19 Pandemic HRH has ensured residents and community have connected on ANZAC day. Flowers from the HRH gardens were collected for wreaths as and together with donations from staff and Glenelg Shire, wreaths were able to be laid at the HRH memorial gates and donated to the Heywood and Macarthur RSL. HRH residents are maintaining a range of activities including a concert of covers of “the great” from workplace coach, Lauren Newman, celebrations of St George day residents of English heritage and maintaining connections with family and friends through skype and window visits.

If you have a story you would like share in our bulletin please email: [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net)

### This Week's Snippets

- Dartmoor Bush Nursing Centre – supporting local businesses to undertake Coronavirus safe course – Lisa Hutchins, DBNC
- Southern Grampians Shire Council – using SharePoint to do job matching for staff that need redeployment – Darren Barber
- Moyne Shire Council – purchasing Corporate Zoom license so it can be used for free by community groups, and then community groups teaching members of their group and others how to use zoom – Fiona Davey, Moyne Shire Council
- Windamara – providing internet devices to elders and supporting them to connect to the internet – Edith Fox, Windamara
- Community – Glenelg Musical Mates 2020 's facebook page nearing 4000 Likes and generally has 10 posts per day of locals sharing their musical talents

### Smash Screen Time – with guest presenter Dr. Lauren Arundell



On April 22nd, GenR8 Change partnered with [SEA Change Portland](#) and [Hands Up Casterton](#) to bring our respective communities together and build skills around managing healthy doses of screen time and physical activity. Something that has proven very challenging for many families during the course of coronavirus!

It was fantastic to have over 30 people online for the duration of the session and a further audience viewing the livestream on Facebook for this virtual event featuring Dr Lauren Arundell from Deakin University's Institute of Physical Activity and Nutrition.

Please see below link to GenR8 Change blog post, featuring a recording of the session and links to all resources that were mentioned and recommended.

[https://www.genr8change.com/screen\\_time\\_resources](https://www.genr8change.com/screen_time_resources)



We'd love to hear your feedback if you attended or listened to the recording. As we do plan to do more skill building in different areas, let us know what your needs are and how we could improve on how we deliver information and community support. Get in touch with Ebony at [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net) or call 0466554562.

### COVIDSafe App Released

Australians can now download the Federal Government's contact tracing app COVIDSafe.

The COVIDSafe app speeds up contacting people exposed to coronavirus (COVID-19). This helps us support and protect you, your friends and family. For further details on the app [click here](#)



# Southern Grampians Glenelg Primary Care Partnership

Bulletin #11 – 1<sup>st</sup> May 2020

Empowering our  
Communities to  
Thrive: 2019 &  
beyond

## SGGCP Updates

### Supporting Staff During Change

The **Supporting Staff During Change (COVID-19)** group met again and discussed what's working well, the challenges and unmet needs and we shared ideas/resources to address those needs. Key themes were leadership, flexibility, consistent and regular communication and check-ins with staff, having staff employed and engaged in meaningful work, technology and IT support. Work will continue to ensure staff feel supported with the competing demands with family/children at home and as the situation evolves, communicate with community who lack digital and social media access, consistent messages and the need for more skills in using technology and virtual platforms.

We will continue the conversation on Monday 25 May including the impacts of any changes after 11 May when the current restrictions are reviewed.

In conjunction with our partners we're also planning some short online collaborative learning sessions about how to use different virtual platforms, protocols/ etiquette and some live practice. This will involve sharing our skills and resources and learning from each other. Please let us know if you can help!

Further information contact Rowena Wylie M: 0419 143 652 E: [rowena.wylie@wdhs.net](mailto:rowena.wylie@wdhs.net)

### Collaboration for Community Resilience (RASNet)

Over the past 2 meetings the group have identified the impacts of COVID 19 on our community and have begun to develop a deeper understanding of the impacts. The group have moved to using Causal Loop Diagrams to depict the complexity and connections between contributing factors to the impacts of social connection and digital access. At our meeting next week, the group will start to extend their understanding of the impacts of access to services using the same methods. The discussions and documentation are assisting to develop a shared understanding of the local impacts. This is also enabling gaps, opportunities and actions to emerge.

- [Social Isolation Summary](#)
- [Digital Access Summary](#)

For more information please contact Jo Brown E: [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)

### Consistent Communications Glenelg

A number of diverse stakeholders from across Glenelg have gathered four times over the past month to ensure organisations are delivering needed and appropriate content through social media channels to support and inform community during COVID-19. Glenelg partners have established and are consistently using hashtags #staysafeglenelg and #glenelgtogether on all covid19 social media posts, local councillors and the Mayor have produced videos around social distancing and Portland District Health last week launched their clip '[Stay Safe, Stay Connected and Stay at Home](#)'

The collaborative is now working towards designing (with local young people) message decals for 'hotspots' on footpaths in Portland, Casterton and Heywood and engaging supermarkets (starting with Portland IGA) in helping share important information throughout the community.

For more information about the actions of this group, or to become involved, please get in touch with Ebony at [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net)

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



Hands up Casterton - "Move and make more in May" - watch this space

Southern Grampians Glenelg Primary Care Partnership

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Manager Health & Wellbeing: Jo Brown

Project Officers: Rowena Wylie, Ebony Jenkins, Sardie Edgar

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## FUNDING OPPORTUNITIES



### Grassroots Grant Program

The Feed Appeal Grassroots Grants Program is focused on supporting local charities to deliver effective and targeted food relief programs to their local community.

Funding in the Grassroots Program is focused on minor infrastructure, quality kitchen equipment, capacity building training and access to food staples that will help organisations meet the demand efficiently and effectively. Funding requests must directly impact and improve your food relief programs and help build the organisations capacity.

Funding requests of between \$5,000-\$25,000 are available in this program. [Click here](#) for more information

### Collier Charitable Fund Grants

The purpose of the Collier Charitable Fund Grant is to make a positive contribution to society by supporting organisations that work to find solutions for those in need or improve the quality of community life.

This grant includes a number of sub-grants that include funding for regional public hospitals and early education. [Click here](#) to read more



### 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.](#)

### Regional Arts Victoria - Sustaining Creative Workers Initiative

Regional Arts Victoria is working in partnership with the Victorian Government on the Sustaining Creative Workers initiative. The initiative seeks to support the continued work of Victoria's independent creative practitioners who have been negatively impacted by coronavirus (COVID-19). Guidelines for the regional stream of this initiative are now available: [Click here](#)

## Professional Development Opportunities

### Stories for Climate Action

In the post-truth world where facts are often ignored, how can the power of story be harnessed to drive action and meaningful change? Join Documentary Australia for Stories for Climate Action – a live, interactive virtual masterclass and discover how the documentaries [2040](#) and [BLUE](#) have used stories to engage audience, drive action and build movements.

Wednesday 13<sup>th</sup> May 2020, 7-9pm. [Click here for further details](#)

### 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>

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# Southern Grampians Glenelg Primary Care Partnership

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Empowering our Communities to Thrive: 2019 & beyond

## 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](mailto:janette.lowe@wdhs.net)

Jo Brown: 0428 310 280 [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)

Robyn Holcombe: 0438 550 300 [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net)

Ebony Jenkins: 0466554562 [ebony.jenkins@wdhs.net](mailto:ebony.jenkins@wdhs.net)

Rowena Wylie: 0419 143 652 [rowena.wylie@wdhs.net](mailto:rowena.wylie@wdhs.net)

Sardie Edgar: 0478 053 943 [sardie.edgar@wdhs.net](mailto: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](mailto: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](mailto:helpinghands@wdhs.net)



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