



Southern Grampians Glenelg Primary Care Partnership

Bulletin #16– 25th June 2020

Empowering our Communities to Thrive: 2019 & beyond

Glenelg Community Coronavirus Q & A – Friday 26th June, 11:30am



Glenelg Community Coronavirus Q & A

Local health professionals and community leaders from across Glenelg are joining forces to answer the Glenelg Shire community's questions about the coronavirus pandemic and its impacts locally. The next Q & will be held on Friday 26th June at 11:30am. You can join either using Zoom or Facebook.

- zoom link <https://zoom.us/j/98685756622>
- live stream via the Southern Grampians Glenelg Primary Care Partnership Facebook page. [View Facebook page here.](#)

For more information, contact Jo Brown, at Joanne.brown@wdhs.net

GenR8Change Community Check in Survey



The GenR8 Change support team ([Southern Grampians and Glenelg Primary Care Partnership](#), [Western District Health Service](#), [Southern Grampians Shire Council](#) & [Winda-Mara Aboriginal Corporation](#)) want to know about the experiences and changes that have happened in the areas of healthy eating and active living during COVID-19.

Help us by completing our community check-in! The survey linked here has only 8 quick questions and will take no more than 5-10 minutes of your time, all questions are optional.

We'd love to get a large and diverse range of responses from residents across the Southern Grampians so please do share with family, friends and colleagues where you can. Every member of our community has valuable insight to give that can help shape our efforts into the future.

Click here: <https://www.surveymonkey.com/r/5Q8X22X> Thanks in advance for your time and contribution! 😊

Collaborative learning: using virtual platforms

SGGPCP recently held two collaborative learning sessions in conjunction with Glenelg Southern Grampians LLEN and YACVic. For the key points and resources, see below:

Zoom & Virtual meetings

- Using Zoom, tips for hosting virtual meetings and fun ways for connecting virtually – [click here](#)
- Using breakout rooms – [click here](#)
- YACVic tips for online video 'chatiquette' and Zoom set up – [click here](#)



Getting the most out of your meetings & events

- Organisational perspective, meetings for replicating small/mid size in-person events, webinars & managing panels, preparation & evaluation, MS Teams (vs Zoom), growing engagement/ exposure – FB Live, registration via Zoom, Zoom polls, positive impacts of working online – [click here](#)
- Running polls in Zoom – [click here](#)

For further information contact Rowena Wylie E: Rowena.wylie@wdhs.net



Go Dry this July!

Dry July is a fundraising campaign aimed at challenging social drinkers to change their habits for a month and make some healthy lifestyle changes. It's free to sign up, and your support will help Cancer Council continue to provide its vital information and support services for all Australians affected by cancer.

[Click here for further details.](#)



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Glenelg Moves is launching this weekend!



Presented by South West Sport, Winda-Mara Aboriginal Corporation, Portland SEA Change, Portland YMCA, & Hands Up Casterton, 'Glenelg Moves' is a local campaign to encourage Glenelg residents to get moving. The launch will be a virtual event.

Step 1: Register for the virtual event

https://www.surveymonkey.com/r/sws_virtual_registration

Step 2: on the 27th & 28th of June, run, walk, cycle, jump, ride a horse, paint a house (any type of activity) however, whenever, wherever you want.

Step 4: Upload an image, video or clip to social media, tag #Glenelgmoves

More information on Glenelg Moves [click here](#)

Collaboration for Community Resilience (COVID 19)

At our last Collaboration for Community Resilience meeting we focused on looking forward and determining what the group want the future to look like in terms of connection and collaboration and how we can act together to make it happen.

Restore, Retain, Refrain and Reimagine.

Two key themes emerged; connection with community and collaboration between agencies.

[Please click here to link to Summary Paper.](#)

Our next meeting is Wednesday 1st July.

For further information contact Jo Brown E: joanne.brown@wdhs.net

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

FUNDING OPPORTUNITIES

- [Dreams for a better world](#) – closes 26/6/2020
- [Port of Portland – Sponsorship](#) – closes 30/6/2020
- [Health Smart Grants](#) – closes 30/6/2020
- [Collier Charitable Funds Grant](#) – closes 30/6/2020
- [Community Safety Infrastructure Grants](#) – closes 17/7/2020
- [United Way – Community Fund or Lewis Court](#) - closes 31/8/2020

Southern Grampians Glenelg Primary Care Partnership - Foster Street, Hamilton 3300 (PO Box 283) W: www.sggpcp.com

Executive Officer: Janette Lowe M: 0408 553 095 E: janette.lowe@wdhs.net

Manager Health & Wellbeing: Jo Brown M: 0428 310 280 E: joanne.brown@wdhs.net

Project Officers: Rowena Wylie M: 0419 143 652 E: rowena.wylie@wdhs.net, Ebony Jenkins M: 0466 554 562 E: ebony.jenkins@wdhs.net

Sardie Edgar M: 0478 053 943 E: handsupcasterton@gmail.com

Office Coordinator: Robyn Holcombe M: 0438 550 300 E: robyn.holcombe@wdhs.net





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Life and Health Reimagined

We have a once-in-a-generation opportunity to re-imagine life and health in Victoria.

Join VicHealth and leading experts for five weeks of ideas and in-depth discussions on how we can create a healthier, more sustainable, and more equitable Victoria – for everyone.

For further information [click here](#)

Achievement Program
VicHealth

Webinar

Prevention in Victoria post-coronavirus (COVID-19)



Maria Bubnic
Assistant Director
Prevention &
Population Health
Department
of Health & Human
Services



Dr Sandro Demaio
CEO
VicHealth



Jane Martin
Executive Manager
Obesity Policy
Coalition & Alcohol &
Obesity Programs
Cancer Council
Victoria



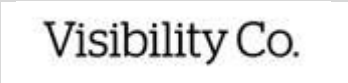
Todd Harper
CEO
Cancer Council
Victoria
President
NCD Alliance

Join us for an informative and engaging discussion

Together with [VicHealth](#), we're hosting a free webinar on prevention in Victoria post-coronavirus (COVID-19) at 1pm on Monday 29 June. In a Q&A format, well-respected thought leaders will provide insights into key prevention issues, strategies and approaches. The discussion will also include a short case study presentation by [Sunraysia Community Health Services](#) on its prevention approaches during this challenging time.

Register now

PROFESSIONAL DEVELOPMENT



Building Visibility and Influence for Women in the APS
Presenter: VisibilityCo. Dates: July 23rd & 24th Location: Online Details: [Here](#)

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Inclusive School Holiday Activities

It seems like we only just sent our kids back to school, and the holidays are here AGAIN. The IDEAS team have contributed to help get you through, from what we do with our own youngsters, to online opportunities, we pull together some new boredom busters for Winter 2020.

[Arts Centre Melbourne](#) – Reopening and Digital Content Hub

[Building Blocks Therapy](#) – Zoom Sessions on Mindfulness and On Point writing

[Gateways Support Services](#) – Some programs operating through Zoom

[Melbourne Museum](#) – Daily till 1st July - Fun activities you can do from home

[Melbourne Zoo](#) – Livestream Animal House

[Parks Victoria Junior Ranger Make and Do](#) – Downloadable activities

[People Outdoors](#) Weekend Camps for school-age through to Adult

[YMCA Children's Programs](#) – Various Locations

[Pinarc](#) Activity Programs for Young People with Disability – Small 1:1 Support Program for children of Primary School age with High Support needs during the June/July School Holidays. Also running an Online Group Program for Teens and Adults which will include activities such as Dance, Trivia, Art and Cooking.

[Sealife Melbourne Aquarium Online event](#) – Meet the Fluffy friends

[Click here](#) for more information



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