



# Southern Grampians Glenelg Primary Care Partnership

Bulletin #19 – 17<sup>th</sup> July 2020

Empowering our Communities to Thrive: 2019 & beyond

## Glenelg Community Coronavirus Q & A

Friday 24th July  
11:30am to 12:30pm  
Join using Zoom link or facebook

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 24<sup>th</sup> July 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.](#)

During our last community Q&A session, Courtney Guy, Team Leader Early Intervention Psychosocial Support Response at [Wellways](#) shared some of her tips for staying mentally well during this challenging time - <https://www.facebook.com/SGGPCP/videos/716705218949336/>

For more information contact Janette Lowe E: [Janette.lowe@wdhs.net](mailto:Janette.lowe@wdhs.net)



Our Australian Gambling Research Centre (AGRC) wants to better understand the impact the COVID-19 pandemic is having on people's gambling.

They are inviting people aged 18+ who have spent any money on gambling during the past 12 months to complete an online survey.

The findings will help to inform responses to prevent and reduce gambling related harm in the community.

[Find out more or take the survey](#)

### Family Violence Crisis Response and Support During Coronavirus

With people staying at home more than usual to slow spread of coronavirus (COVID-19), there may be an increased risk for women and children experiencing family violence or abuse.

Protecting Victorians remains a top priority for government during the coronavirus (COVID-19) pandemic. Family violence frontline services, including crisis accommodation, police and courts **continue to operate** to support women, children and families during the coronavirus emergency.

All family violence, sexual assault and The Orange Door services are operating and continue to deliver critical functions. [Safe steps](#) is the state-wide access point for those who need to leave a violent situation and access emergency crisis accommodation. **Call safe steps on 1800 015 188 for help 24/7**

Victoria Police continue to address and prevent family violence as a priority. The police response remains unchanged, identifying risks and taking the appropriate action to hold perpetrators to account and keep victims safe.

[Click here](#) for more information

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



### Glenelg Moves

Glenelg Moves is a local campaign to encourage Glenelg residents to get moving. Upload an image, video or clip to social media, tag #Glenelgmoves

Empowering Our Communities to Thrive: 2019 and beyond



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## FUNDING OPPORTUNITIES

- [Southern Grampians Shire Council – Greater Grants Rd 1](#) – closes 31/7/2020
- [United Way – Community Fund or Lewis Court](#) - closes 31/8/2020
- [Regional Arts Victoria](#) - have relief and recover grants available for regional artists, arts organisations, communities and LGAs for assistance due to the impacts of COVID-19. See website and contact Jo Grant [jgrant@rav.net.au](mailto:jgrant@rav.net.au) / 0448 500 608
- [South West Sport – Current Grants](#)

## You can't ask that!



Bethany Community Support in collaboration with Link Health & the Three Sides of The Coin Project, presents an insightful, powerful and FREE Professional Development experience. Delivered online, via a theatrical performance, delivering true personal stories to destigmatize gambling, start a conversation about the harms of gambling, and highlight the links between gambling, AOD, mental health, family violence. We know that gambling harm has increased in our communities during CO19, and we are pleased to be able to provide this Professional Development to those working with at risk groups, particularly at this time. If you are interested in attending this valuable Professional Development, please click on dates below to register [Thursday 23<sup>rd</sup> July at 11am](#)

**Volunteer Connect**, in partnership with the **Department of Health and Human Services**, are presenting this FREE half hour information session to support Great South Coast organisations through Covid-19, Tues 21 July, 1.30pm-2.00pm

Professor John Catford will join us for this webinar to provide an update on the latest public health advice and how this affects community groups and organisations.

- Creating a Covid-19 safe environment
- Returning volunteers safely to your organisation
- Any other Covid-19 related questions

**Who should attend?** Any Great South Coast community group or organisation looking for advice on creating a safe environment for staff, volunteers and the community.

[Click here to join the webinar](#) Password: 855372

You can also phone in on: 03 7018 2005 or 1800 945 157 (Toll Free) Webinar ID: 954 7297 9987 Password: 855372

Facebook Event Link: <https://www.facebook.com/events/317515549292429/>

Contact Carly Jordan | Volunteer Program Coordinator | Access Ageing and Inclusion  
Warrnambool City Council M: +61 437609891 E: [cjordan@warrnambool.vic.gov.au](mailto:cjordan@warrnambool.vic.gov.au)

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## PROFESSIONAL DEVELOPMENT

 <p>Family Law PATHWAYS NETWORK</p>	<p>BARWON SOUTH WEST VIC</p>	<p><b>Anxiety &amp; Depression in Children and Adolescents.</b>          Presenter: Nathan Wallis Date: 22 July, 1-2:30pm Details: <a href="#">Here</a></p>
		<p><b>Building Visibility and Influence for Women in the APS</b>          Presenter: Visibility Co. Dates: July 23<sup>rd</sup> &amp; 24<sup>th</sup> Location: Online Details: <a href="#">Here</a></p>
		<p><b>Child Safe Standards / Reportable Conduct Scheme</b> - Commission for Children and Young People          July 15<sup>th</sup> to August 20<sup>th</sup> (multiple sessions) – Webinar. Details: <a href="#">Here</a></p>
		<p><b>Cognitive Behavioural Therapy (CBT) for AOD workers</b> - Presenter: 360 Edge          August 26<sup>th</sup> &amp; 27<sup>th</sup> (Part A &amp; B) Location: Online Workshop. Details: <a href="#">Here</a></p>
		<p><b>CEH 2020 Online Health Literacy Course</b>          Course begins August 26 Details: <a href="#">Here</a></p>

### THE RESILIENCE PROJECT™ TRP @ Home

#### Mindfulness Activities for Adults

Each week The Resilience Project At Home will provide 5 activities for Adults that will focus on one of The Resilience Project principles. This week, the focus is on Mindfulness.

[Click here](#) to check out the activities

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