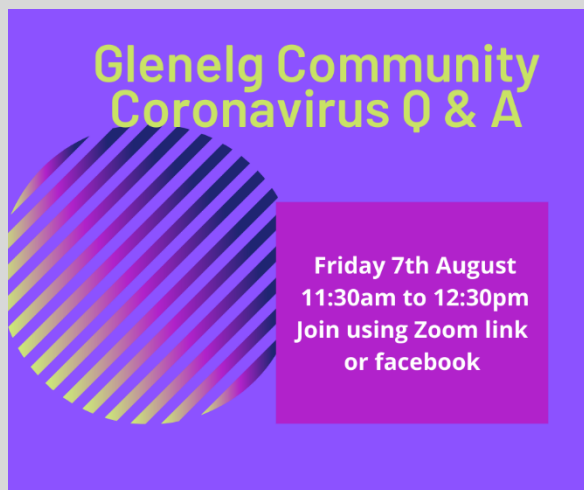


REMINDER: Friday 7th August – Glenelg Community Coronavirus Q & A



Glenelg Community Coronavirus Q & A

Friday 7th August
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 7th August at 11:30am

- Chris Giles, CEO, Portland District Health
- Dr Kaushik Banerjea, Portland District Health
- Leigh Parker, CEO, Heywood Rural Health
- Ann Kirkham, Acting Director Community Services, Glenelg Shire

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.](#)

Face Masks in Greater Hamilton



All your mask questions

- What to look for
- Where to buy locally
- How to clean

[Click here for details](#)

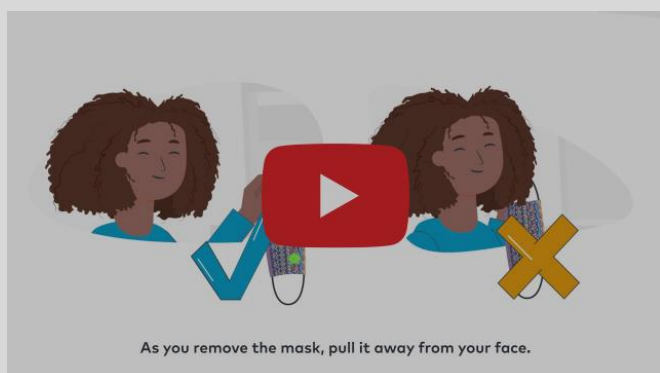


WHERE TO BUY FACE MASKS IN THE GLENELG SHIRE

<p>CASTERTON</p> <ul style="list-style-type: none"> • Little Oak • Casterton This 'n That • Casterton Pharmacy • Casterton FoodWorks 	<p>DARTMOOR</p> <ul style="list-style-type: none"> • Dartmoor General Store
<p>HEYWOOD</p> <ul style="list-style-type: none"> • Heywood Newsagency • Heywood Post Office • Heywood Pharmacy • Daly's IGA 	<p>NELSON</p> <ul style="list-style-type: none"> • Nelson Service Station
<p>PORTLAND</p> <ul style="list-style-type: none"> • Prestige Promotions • Amcal Pharmacy • The Reject Shop • Daly's IGA • Guardian Pharmacy • South Portland Pharmacy 	

IF YOU ARE MAKING YOUR OWN

- The recommendation from the Chief Health Officer is three layers of material. Visit the DHHS website for a guide.




Your actions will save lives
Be a local superhero

Wash your hands, keep your distance
If you can't stay home, wear a mask

COVID-19

wdhs



Southern Grampians Glenelg Primary Care Partnership

Bulletin #21 – 6th August 2020

Empowering our
Communities to
Thrive: 2019 &
beyond

VCOSS Updates

NEW RESTRICTIONS ANNOUNCED

Victoria has imposed wide-ranging new restrictions on travel, exercise, social engagement and shopping. A night curfew is also now in place across Melbourne. To learn more, we encourage you to read from official sources:

- [The official DHSS restrictions update](#)
- [Premier Andrews' media release about Melbourne restrictions](#)
- [Premier Andrews' media release about regional Victorian restrictions](#)

These new restrictions will apply until at least 13 September 2020

MENTAL HEALTH BOOST

The Commonwealth will provide Victorians with [10 extra Medicare-subsidised psychological therapy sessions](#) to help support mental health through the second wave.

The change will apply to Victorians who have a Mental Health Treatment Plan, and will be available through until 31 March 2021.

IMPACT OF COVID-19 ON COMMUNITY SPORT



How COVID-19 Is Impacting On Community Sport

The [Australian Sports Foundation's](#) survey report '[COVID-19 Impact on Community Sport](#)' highlights how the closure of local community sport has had profound social impacts. It has also expected that 70,000 community sports clubs expected to lose \$1.6bn to date due to COVID-19. The survey was conducted with 4127 sporting organisations across the country.

[Read more...](#)



Dental Health Week

This week is Dental Health Week and the Australian Dental Association's flagship oral health promotion event is challenging Aussies this year to consider "How much sugar is hiding in your trolley?" and to take steps to reduce their intake while practising better oral health hygiene habits

Sugar is lurking everywhere in supermarket staples, even some that might appear to be healthy on the surface, and so this during the ADA's oral promotion flagship event, [Dental Health Week](#) (3 - 9 August), the sugary curtain is being pulled back to show Australians what's really in the food they eat, and how this information can help them be healthier all over but especially in their mouth.

Ultimately, the aim is help everyone to become more "sugar savvy". [Click here for further details](#)



Five Public Health Lessons Coronavirus Has Taught Us

Last month, VicHealth brought together leading experts for [five weeks of in-depth discussions](#) on how we can build back from coronavirus to create a healthier, sustainable, and more equitable Victoria.

Our [Life and Health Re-imagined](#) series has come to an end, but the work is just beginning.

As communities and public health practitioners plan their next steps in the coronavirus response and recovery, below are five key takeaways from the experts.

Five lessons in five weeks: how public health practitioners have re-imagined the future of health and wellbeing

[Click here](#)

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

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Future Mental Health System - Workforce Survey – CLOSING MONDAY 10 August

The Royal Commission into Victoria's Mental Health System has launched a new online survey to get a better understanding of the frontline mental health workforce in Victoria and to hear their ideas for change directly.

The survey is open to all frontline mental health workers, including lived experience workforces, who provide mental health treatment, care and support within mental health services in Victoria. Volunteers are also encouraged to participate. The Commission wants to hear from individuals in roles including clinical mental health, medical, nursing, allied health and lived experience professionals, psychologists, counsellors, therapists, psychosocial support workers, general practitioners and care assistants, amongst others providing services and support to people living with mental illness and psychological distress.

The Royal Commission is a once-in-a-generation opportunity to share your experiences and ideas to help shape a future mental health system for Victoria.

You can complete the survey here www.rcvmhs.vic.gov.au/mental-health-workforce-survey

It's easy to take part and may take approximately 15-30 minutes to complete depending on your role. The survey can be completed in more than one sitting and your input into the survey will be confidential and de-identified.

The survey closes on **Monday 10 August 2020 at 5pm.**

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

FUNDING OPPORTUNITIES

- **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 / 0448 500 608
- **South West Sport – Current Grants**
- **Lets Stay Connected Fund** - The Victorian Government is helping communities to stay connected during the coronavirus (COVID-19) pandemic and beyond with the Let's Stay Connected Fund. The fund provides grants between \$5,000 and \$200,000 to support community-led initiatives. Closes 31/8/2020

PROFESSIONAL DEVELOPMENT



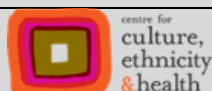
Child Safe Standards / Reportable Conduct Scheme - Commission for Children and Young People
July 15th to August 20th (multiple sessions) – Webinar. Details: [Here](#)



The Grief Map: Grief & Adaptation to Loss - Presenter: Australian Centre for Grief & Bereavement
Tuesday August 11th, Webinar
Details: [Here](#)



Cognitive Behavioural Therapy (CBT) for AOD workers - Presenter: 360 Edge
August 26th & 27th (Part A & B) Location: Online Workshop. Details: [Here](#)



CEH 2020 Online Health Literacy Course
Course begins August 26 Details: [Here](#)

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