



Bulletin #2 – 18th February 2021

SGGPCP Welcomes Sheridan Krause to our team



Hello, I'm Sheridan and I am a born and bred Hamilton girl who's passionate about all things nutrition, health and wellbeing. I have recently graduated my Masters of Dietetics and previously studied my Bachelor of Food and Nutrition Sciences at Deakin University. Throughout my studies I volunteered at many organisations including Children's Food Education Foundation promoting healthy food choices among adolescence, Camberwell Grammar where I created a healthy school cafeteria menu and Foodbank Australia with the aim to reduce food insecurity in primary aged students. Additionally, I have completed a Health promotion project at Stawell Regional Health to increase breastfeeding awareness within the Northern Grampians region.

These past experiences have allowed me to recognise my desire to work with the community and empower individuals to make positive lifestyle changes. I am most excited to work with the GenR8 Change team and continue supporting those from the Southern Grampians make the healthy choice, the easy choice!

Sheridan can be contacted by email: Sheridan.krause@wdhs.net



Great South Coast Rural & Regional Liveability – Sharing The Evidence Base
WORKING AS ONE, TO CREATE BETTER LIVES FOR OUR COMMUNITIES

THURSDAY 11TH MARCH, 10AM-12PM
ONLINE EVENT - BOOKINGS VIA EVENTBRITE



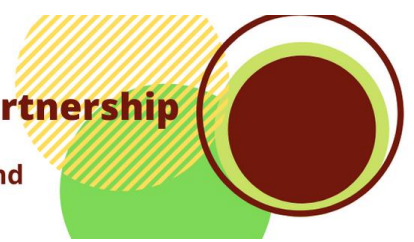
After the success of forum one in November, SGGPCP will jointly host a second forum with South West PCP and the Department of Families, Fairness and Housing to delve deeper into liveability. During February, Working Group members have been meeting with leaders across the GSC to explore possible areas for further work and to ensure that the framework is locally relevant.

An invitation is extended to interested parties to attend the Great South Coast Rural & Regional Liveability Forum – Sharing The Evidence Base. At the forum we will be sharing a suite of data sets (primary and secondary) to support the elements within the framework, testing their appropriateness, and identifying any other information to support our shared approach to transform the Great South Coasts' Rural & Regional Liveability.

Thursday: March 11th, 10:00am to 12:00 noon, online event.

In our shared approach to transforming Rural & Regional Liveability, we will build on the knowledge gained in forum one, and explore a suite of data sets to support the framework. New participants welcome.

To register [click here](#)



YACVic's 2021 Reshape Our Future Youth Forum & Sector Conference



May 31-June 2. The events are across 5 sites and online, and **you're invited** to help shape up the focus of some of the sessions to be held live in Warrnambool. A working group (3 meetings of 1 hour each) is being established to do this, with the first meeting next **Monday 15 Feb at 11am** on zoom. RSVP if you're interested and available. Opportunities to present on local initiatives will be available.

Karen Walsh, Regional Development Coordinator Great South Coast
Youth Affairs Council Victoria Mob: 0472 514870 | kwash@yacvic.org.au



February is Ovarian Cancer Awareness Month

Ovarian Cancer Awareness Month is held each year in Australia to raise awareness of the signs and symptoms of ovarian cancer, to share the stories of real women affected by the disease, to highlight the risk factors for ovarian cancer and educate Australians on ovarian cancer diagnosis and treatment.

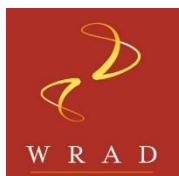
2021 is the year we celebrate 20 years of improving support and awareness for ovarian cancer and making incremental progress in care and treatment.

Here's how you can help:

- Increase awareness of the signs and symptoms of ovarian cancer. [Download the infographic](#) for more information.
- Participate in the [Butterfly Challenge](#) to help create much needed awareness of ovarian cancer. For five minutes per day, we're encouraging people to do the butterfly pose throughout February, to represent that less than half of women diagnosed survive five years. Don't forget to tag us on social media @ovariancanceroz

[Click here](#) to read more

WRAD service update



At WRAD our vision is to advance the health and wellbeing of those in the South Western Region of Victoria affected by Addictive behaviours and to promote optimal enjoyment of life

As for everyone last year was challenging with adapting to the restrictions from COVID but out of such challenges opportunities were created. The increased use of telephone and telehealth consultations has led to greater accessibility for some of our clients in outlying areas as well greater access for GP consultations.

This is a change we wish to continue into the future and have actively promoted accessing our services through the COVID period. Whilst we are welcoming some consumers back into the office we are continuing to offer telephone and telehealth consultations as well.

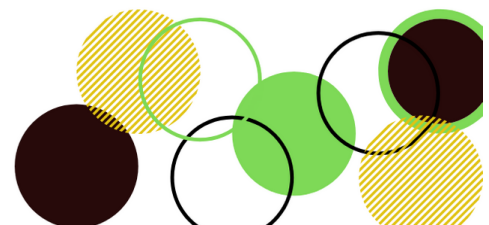
WRAD are providing regular updates and health information via posts of interest to our Facebook <https://www.facebook.com/wradcentre/> and website <https://wrad.org.au/>.

If you or a loved one is battling with issues around substance use please don't hesitate to contact 1300 009723 or make a direct referral for assessment through ACSO 1300 022 760

Our Handbury Medical Suites are open Monday to Friday 9am-5pm and appointments can be made via 1300 009 723

Our Team:

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 143652 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 550300 E: robyn.holcombe@wdhs.net
www.sgg.pcp



Stories2Connect



What is the Stories2Connect Project about?

The Stories2Connect Project will use digital mentoring to foster confidence and competence in technological skills for making meaningful social connections online, while capturing stories that value living history.

Who is Leading the Project?

Led by the Southern Grampians Glenelg Primary Care Partnership, a collaboration of stakeholders, will provide advice and guidance through a project advisory group.

Who will participate in the project?

Whilst this is a community-wide project, we will primarily target older and young people, in response to local evidence about those groups feeling most isolated in the COVID-19 context.

This project is funding by the
'Let's Stay Connected' Fund



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Casterton Community Walk/Run

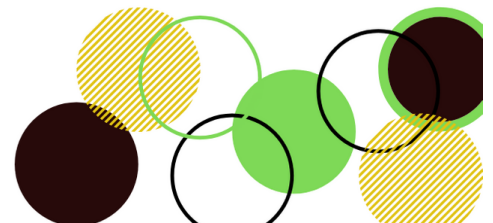


Every Sunday 9am
Meet at the Island Park
Community Kitchen



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FUNDING OPPORTUNITIES

• South West Sport – Current Grants




Are you eligible for the new \$250 Power Saving Bonus?

The new \$250 Power Saving Bonus is now available to help eligible concession card holders cover the cost of their energy bills.

The \$250 Power Saving Bonus is a one-off payment available to Victorian households with at least one resident who has a Centrelink Pensioner Concession Card or DVA Pensioner Concession Card, or is a recipient of Jobseeker, Youth Allowance, Abstudy, or Austudy.

To learn more about eligibility and **the support available** to submit an application visit the [Victorian Energy Compare](#) website.

PROFESSIONAL DEVELOPMENT

	<p>Mental Health in the Workplace Training</p> <p>Knowing how to recognise the signs and symptoms of mental health concern at work is an equally important part of workplace health and safety as physical first aid training.</p> <p>Red Cross has developed Mental Health Matters short courses which are delivered as workshops and can be customised to suit your workplace situation. Using an interactive online workshop format, participants learn about mental health and develop an understanding of when further help may be required.</p> <p>Call 1300 367 428 (option 2) to book an information session or workshop at your workplace.</p>
	<p>Collaborative Practice Training: Putting the multi-agency into MARAM</p> <p>Professionals will explore how to contribute to risk assessment and collaborate for ongoing risk management, through respectful and sensitive engagement with victim survivors, information sharing, referral and secondary consultation. For further information click here</p>
	<p>4th Annual Palliative, Aged, Dementia Care & Mental Health Forum</p> <p>January 19th to 22nd 2021 - Location: Melbourne / Online. Details: Here</p>

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

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