

Bulletin #1 – 5th February 2021

Stories 2 Connect Project Facilitator



SGGPCP is excited to welcome Carol Stewart to the team. Carol brings with her existing partnerships and a wealth of experience from the diverse community and health projects she has been involved in. Carol will be facilitating the implementation of the Stories 2 Connect project (funded through RDV Let's Stay Connected Grant Funding) as well as working in youth partnerships.

The Stories 2 Connect Project aims to build the digital capacity of 20 people in the community deemed vulnerable to social isolation by connecting them with a digital mentor to capture stories using digital techniques to increase digital skills by end May 2021. Community members will capture the stories of local people and share them via community radio, digital stories and newspaper features. As part of the process we will strengthen the confidence and digital skills of the community, thus providing them with new ways to continue their conversations and stay connected.

Carol can be contacted on 0407 293 224 or carolpstewart@outlook.com



Healthy Lunchboxes made Easy!



Consuming enough healthy food during the school day, or any day, is SO important for children!

A healthy lunchbox will fuel children with enough energy to learn and play to their full potential. It's not an easy feat to pack a healthy lunchbox every single day that won't come home again, click on the link below for some strategies and resources to help you increase that likelihood!

https://www.genr8change.com/healthy_lunchboxes_made_easy

New alcohol guidelines for Australia



New alcohol guidelines have been released to help reduce the risk of alcohol harm and improve the health of Australians. The guidelines are based on the latest scientific evidence and have been developed by the National Health and Medical Research Council (NHMRC)

[Get the facts](#)

Delaying alcohol and drug use among 12 to 17-year-olds: what works?



Adolescence is a time of immense physical and social change, where the brain undergoes rapid growth. Alcohol and other drugs can impact brain development and there are also concerns that early use of alcohol and other drugs can increase the likelihood of dependence and harm in the future.

Delaying the use of alcohol and other drugs by young people, for as long as possible, can help to reduce harms.

[Read more](#)

Community Vision Framework through to 2041 (CVF2041)

The Southern Grampians Shire Council has embarked on a visioning exercise with residents and business communities, to develop a Community Vision Framework through to 2041 (CVF2041).

CVF2041 will inform many of Council's corporate strategies and plans over the coming decades to 2041.

This is a great opportunity to get involved and share thoughts, aspirations, challenges and opportunities that you believe are or will be critical in coming years, via the online survey - <https://www.surveymonkey.com/r/CVFintercept>

The survey closes at COB on Friday 12 February 2021.

If you have any questions about the CVF2041 process, please contact Andrew Goodsell Director Planning & Development at Southern Grampians Shire Council via 03 5573 0246 or AGoodsell@sthgrampians.vic.gov.au.



headspace – supporting young people during COVID-19

headspace Portland in partnership with headspace National are hosting a webinar for parents and carers of young people to support their mental health through COVID-19.

The webinar will consist of a presentation on youth mental health, followed by a panel with guest speakers.

Wednesday 17th February 2021, 6pm – 7:15pm AEDT. [Click here](#) to register via Eventbrite.

After you have registered you will receive an email confirmation from Eventbrite which will include the zoom meeting link to access the webinar. For more information email: headspaceSchools@headspace.org.au



Australian Red Cross – Welcoming Workplaces

Welcoming Workplaces is a free Red Cross initiative that encourages you to engage with people with refugee, asylum seeking and forced migration experiences, and builds capacity to successfully welcome them into your workforce and community. A key part of the initiative are the **Welcoming Workplaces Sessions**, which include insights and tools to engage Victorian workplaces in offering job opportunities to humanitarian migrants. The sessions will be delivered by Red Cross Facilitator Volunteers and Community Speakers with lived experience of forced migration. They are **free of charge**, available online and/or face-to-face. The recommended duration is **65 min**, however this can be adapted to suit each organisation's needs. **We are now taking bookings for February 2021.**

Any help with promoting the Welcoming Workplaces sessions would be much appreciated! If you can, please share the link below together with the attached flyer with your contacts and networks. Please also let me know if you have any further questions about the initiative.

<https://www.redcross.org.au/welcoming-workplaces>

Giving a platform to our next generation of leaders

Young Victorian leaders are encouraged to have their voices heard, share ideas and raise awareness on the issues most important to them through the [2021 YMCA Victoria Youth Parliament program](#).

Now in its 35th year, the Government is investing \$160,000 to help make this year's Youth Parliament accessible to young people of all abilities, and to support the continuation of YMCA's Youth Press Gallery.

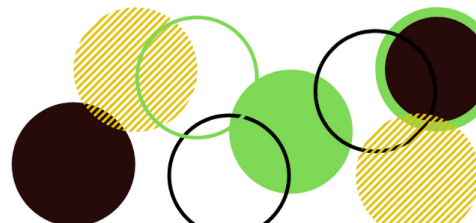
Are you or do you know someone that fits the bill?

Applications close Friday 19th March

[Find out more and apply](#)

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



Get to know your local RFCS

Farm business. Small business. Well-being in business.



Confidential, free, independent & invaluable business support for #StrongRuralCommunities

The government-funded RFCS has operated nationwide for 35 years in 2021, providing free business support to primary producers. The RFCS now also supports rural and regional small business owners experiencing or at risk of financial hardship, or just navigating the challenges of operating after drought, bushfire or COVID19.

RFCS WSW is your local provider with counsellors working across Victoria's western region.

Rural financial counsellors and small business financial counsellors are based in the regions they work in, and understand local conditions and communities.

RFCS WSW takes a holistic approach to financial counselling. A well-being in business program ensures anyone working with a financial counsellor is fully supported.

Call directly or refer a client, patient or friend.



Community Eye Health Webinar for Seniors

FREE

Presented by the Vision Initiative



Thursday 18 February
1:00pm - 2:00pm

www.visioninitiative.org.au/register

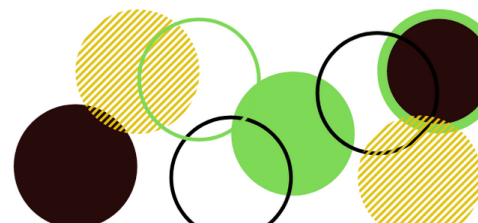


Vision Initiative

A partnership promoting eye health and vision care

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





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](#)

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

