



Bulletin #5 – 15th April 2021

Southern Grampians Youth Services Forum



On Wednesday 7th April, 21 participants, inclusive of; youth workers, service providers, councilors and council staff, came together for a Southern Grampians Youth Services forum at the Hamilton District Skills Centre. This was initiated by Southern Grampians Councilor Helen Henry, and facilitated by PCP staff Rowena Wylie and Ebony Jenkins.

The purpose was for councilors to gain a snapshot from professionals, to understand what local supports are currently offered to young people and identify gaps and opportunities to inform future planning.

There were several new connections made at the forum, and a better understanding built around how we support local youth at present and what might be able to be done differently moving forward.

Stay tuned for next steps over the coming weeks. For more information contact Ebony Jenkins E: ebony.jenkins@wdhs.net or Rowena Wylie E: Rowena.wylie@wdhs.net

Hamilton Parkrun

Hamilton Parkrun is a not for profit organisation bringing the community together. It's a weekly free timed 5km run, jog or walk around Lake Hamilton. It's the perfect opportunity to get fit, make friends and be a part of an uplifting and enthusiastic community. Hamilton Parkrun was established in 2010 and has now completed 247 events with 15,010 individual finishes overall.

Although the COVID-19 pandemic put a hold on parkrun, the community banded together and completed virtual events. All participants were given the opportunity to run individually and upload their run times, allowing everyone to stay motivated and accountable.

Whether you walk, jog or run there are many health benefits associated physical activity including: strengthening muscles, improving your heart's health, maintaining a healthy weight, building strong bones and improving your overall mental health.



The benefits of social connections and good mental health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships.

SO, the question is: Are you looking to improve your fitness levels, overall health, wellbeing and make friends along the way? Well, the good news is, Hamilton Parkrun runs EVERY Saturday at 8.00am at Lake Hamilton, Rippon Road, Hamilton.

For more information head to: <https://www.parkrun.com.au/hamilton/> or Facebook: @hamiltonparkrun

Gen Health Collaborative Community Grant

Finalist 1: Australian Breastfeeding Association (ABA) Hamilton Group

<https://www.facebook.com/genhealthhamilton/videos/726889137950620>

***Each like on this original post is one vote. Voting closes Friday 30th April @5pm.

Funding would cover the cost for 22 local, expectant mothers and their support person to attend an ABA Hamilton Group Breastfeeding Education Class (BEC). The class gives participants evidence-based breastfeeding information, access to good breastfeeding support and confidence to breastfeed through possible challenges. Research and parent feedback proves this is integral to optimising breastfeeding outcomes, contributing to health, economic and environmental benefits to our community. Included in the class cost is a 12-month ABA membership, for ongoing support.



Developing the next National Plan to Reduce Violence against Women and their Children

The Australian Government is developing the next *National Plan to Reduce Violence against Women and their Children* (the National Plan).

The successor will build on the work of the current National Plan in bringing together the efforts of governments, organisations and individuals across the nation to reduce family, domestic and sexual violence.

The Department of Social Services, in partnership with the Office for Women, is running a public consultation for individuals and organisations across Australia to have a say and help us develop the next National Plan.

Have your say - [Click here](#) for more information



Why Uniforms Can Be a Barrier to Girls Playing Sport

Did you know that your daughter's uniform could be the reason that she stops playing sport?

For many girls, their sports uniform can make them feel embarrassed or that their bodies are on display. How the uniform fits, what it's made of, or how it looks, can all be reasons why an adolescent girl stops playing sport – because she doesn't feel comfortable or confident. For girls that aren't active, the type of uniform they have to wear could be critical to get them involved in sport.

New research by Victoria University has found that uniforms are a crucial factor for girls when choosing to play sport and be active. More than 300 girls aged 12-18 were asked what they want to wear.

[Click here](#) to learn more

Respect
Victoria

Preventing
Family
Violence

Pride, Respect, Equality: Victorians Asked to Support LGBTIQ+ Family Members

Respect Victoria is proud to launch a new campaign calling on Victorians to support, respect and celebrate LGBTIQ+ family members. The campaign, *Pride, Respect, Equality*, showcases the importance of family support in preventing all forms of family violence.

More than six in ten LGBTIQ+ people in Australia have experienced family violence, with perpetrators most likely to be parents or siblings.

[Click here](#) to read more

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:

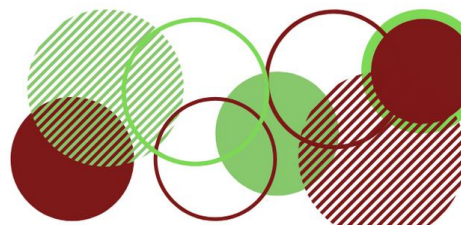
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South West
Victoria Chapter
Connect to Thrive
Exhibition 2021
-
26 April & 3 May

Your invitation - Connect to Thrive Exhibition 2021

"The exhibition is aimed at anyone who is interested in contributing to and supporting the South West Victorian community, and those who really want to understand the key issues in our region and what we can do about addressing them together. It provides a space to connect and collaborate with others to contribute to a collective goal." – Kellie King, co-lead of the Chapter

About the Event

The South West Victorian Chapter of Thriving Communities Partnership is set to host the first Connect to Thrive exhibition, featuring guest speakers from the South West Region in an interactive virtual event to foster collaboration across organisations and business in the region.

Featuring two events, the exhibition will be focused on themes covering health, access & inclusion, education & employment and community strength, with a diverse panel of speakers presenting pitches for collaboration on South West Victorian initiatives that contribute to a thriving South West Victorian region.

The Connect to Thrive Exhibition 2021 provides a platform for community organisations, businesses and government to foster deeper connections and find opportunities for collaboration and partnerships across organisations and sectors.

At each virtual Zoom event, participants from across sectors will come together to:

- Hear from a diverse range of speakers presenting pitches for collaboration on emerging or innovative South West Victorian initiatives.
- Engage in a 1-hour, interactive breakout room session with a presenter of their choosing to explore opportunities for connection and collaboration in response to their pitch.

Event One – Connect to Thrive Exhibition 2021 - Virtual Zoom Event

When: Monday 26 April 2021 **Time:** 1pm to 3pm AEST

Speakers:

- Emma Mahoney, Women's Health and Wellbeing Barwon South West
- Kate Roache, Beyond the Bell
- Tom Richardson, Find Your Voice all-abilities choir

Register: [Register now](#)

Event Two – Connect to Thrive Exhibition 2021 - Virtual Zoom Event

When: Monday 3 May 2021 **Time:** 5pm to 7pm AEST

Speakers:

- Emily Falla, Wata Waetnanda group
- Emily Lee-Ack, South West Local Learning & Employment Network
- Ailiche Goddard-Clegg, HYCEL Deakin

Register: [Register now](#)

PROFESSIONAL DEVELOPMENT

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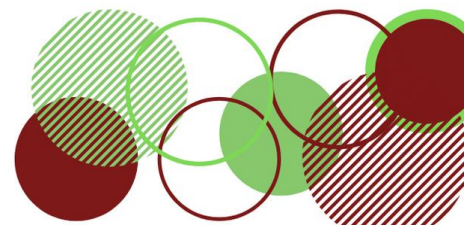
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 <p>MENTAL HEALTH MATTERS KNOW THE SIGNS</p>	<p>Mental Health in the Workplace Training</p> <p>Knowing how to recognise the signs and symptoms of mental health concern at work is an equally important part of workplace health and safety as physical 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>VCOSS Victorian Council of Social Service</p>	<p>Ask your questions about the COVID-19 vaccine rollout</p> <p>As employers and managers, we all have a lot of questions about the ongoing rollout of COVID-19 vaccines.</p> <p>You're invited to an important community sector briefing about the ongoing immunisation program: 10:15am on Monday April 19th</p>
 <p>VCOSS Victorian Council of Social Service</p>	<p>The VCOSS Disaster Recovery Conversation series provides an opportunity for leaders, staff and volunteers of community and social service organisations to network and gain access to in depth expert knowledge on topical issues relating to emergencies and disasters.</p> <p>The purpose of this month's Conversation is to identify and explore priority issues in emergency and disaster recovery for culturally and linguistically diverse people and communities, to share recent research and practice, and to have your questions answered.</p> <p>Speakers include:</p> <ul style="list-style-type: none"> • Bwe Thay, Victorian Multicultural Commission Deputy Chair • Kaye Graves and Ma Paw, Bendigo Community Health Services • Sue Ingleton, CEO North East Multicultural Alliance <p>Date: 29 April Time: 4.00 to 5.30pm To register – click here</p>

FUNDING OPPORTUNITIES

South West Sport – Current Grants

Get Active Kids Voucher Program

The Get Active Kids Voucher Program helps eligible families get their kids involved in organised sport and recreation activities by reimbursing the cost of membership and registration fees, uniforms and equipment. Eligible children may be able to receive up to \$200 each. Click on the link: <https://www.getactive.vic.gov.au/vouchers/>

Heart Foundation Grants



This year the Heart Foundation has up to twenty **\$10,000** grants for new, innovative projects that get more people moving in schools, universities or local community groups.

The Active Australia Innovation Challenge strongly encourages innovative projects that support people who do not meet Australia's Physical Activity Guidelines, people at risk of chronic disease, and people living in communities with high levels of physical inactivity (including rural and remote regions). This includes people identifying as Aboriginal or Torres Strait Islander and people with culturally and linguistically diverse backgrounds.

Applications close 26th April 2021. [Click here to read more](#)

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