

SGGPCP Updates

Rowena Wylie – 20 years at SGGPCP



Rowena has just clocked over 20 years working at PCP!

Rowena left Melbourne with her partner and two young children for a 'sea change' move to Koroit in 2001. After many years working for DHHS in Melbourne in community housing, Rowena commenced working for SGGPCP in the early days of PCPs. Rowena started out collecting service information and developing directories to help improve the community's access to services.

The PCP has changed a lot since then, adapting to the changing needs of the community and emerging issues. Rowena currently works collaboratively with partners to improve the health and wellbeing of young people, particularly around engagement in learning, mental health and prevention of alcohol harm. "Working at PCP has been a fabulous opportunity and experience – the challenges, the collaboration with partners and community and a supportive, innovative, fun team to work with".

SPOTLIGHT ON AQUATIC CENTRE JOBS

Proudly brought to you by:







JOIN OUR WEBINAR TO LEARN MORE ABOUT SWIM TEACHING AND LIFE GUARDING JOBS.

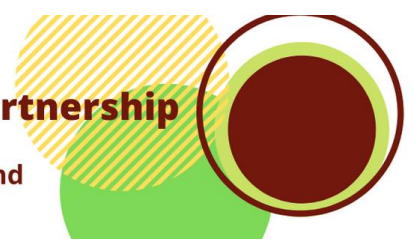
LOOKING AT JOB OPTIONS FOR YOUR GAP YEAR? OR LOOKING AT A NEW CAREER TO FIT IN WITH FAMILY LIFE?

**When: Monday, July 19
Time: 5.30pm
Where: via Zoom
Register via QR code**





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



New Initiative - Future Healthy

Save the date: Join VicHealth for a sneak peek of their exciting major new initiative, Future Healthy

When: 22 July 2021

Time: 11.00am - 1.00pm

Where: Online webinar

Stay up to date on latest Future Healthy news by registering [here](#) for updates.



Healthy Snacks for Active Children

Nutrition is essential for good health across all ages and all activity levels, but active kids need that little bit extra to fuel their bodies for growth and development.

Popping some healthy snacks in their lunchbox or having some options on hand for when they come rushing through the door in the afternoon can help provide sustained energy for activities. Today we'll look at some healthy snack ideas and talk about how to build a healthy snack.

[Click here](#) for more information

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

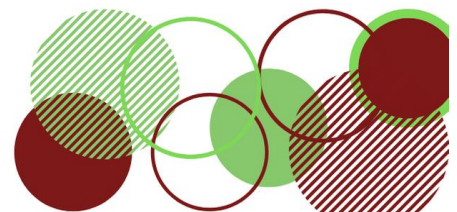
Project Officers:

Rowena Wylie M: 0419 143652 E: rowena.wylie@wdhs.net **Ebony Jenkins** M: 0466 554 562 E: ebony.jenkins@wdhs.net

Sheridan Krause M: 0423 120 744 E: shereidan.krause@wdhs.net **Molly Dennis** M: 0466 432 196 E: molly.dennis@wdhs.net

Carol Stewart M: 0407 293 224 E: carolstewart@outlook.com

Office Coordinator: Robyn Holcombe M: 0438 550300 E: robyn.holcombe@wdhs.net www.sgg.pcp







Indigenous Broadcasting over NAIDOC Week

Throughout NAIDOC Week, the ABC will showcase Indigenous storytelling across television, radio and online, including the premieres of arts documentaries [Firestarter: The Story of Bangarra](#), [My Name is Gulpilil](#) and [Dubboo: Life of a Songman](#). ABC iview's [NAIDOC Week collection](#) will also feature the world premieres of children's programs [Red Dirt Riders](#) and [Tjitji Lullaby](#), alongside outstanding Indigenous-led content such as [The Australian Dream](#), [FREEMAN](#), [Mabo](#), [Mystery Road](#), [Total Control](#), [Redfern Now](#) and performances by [Bangarra Dance Theatre](#).

[Click here](#) for more information

PROFESSIONAL DEVELOPMENT

	<p>Mental Health in the Workplace 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>Introduction to Prevention of Violence Against Women (PVAW) - Free Online Course</p> <p>This Course provides an introduction to the Prevention of Violence Against Women (PVAW). This is a great introductory Course to help you develop foundational knowledge to support further studies or work in gender equity and the prevention of violence against women.</p> <p>Click here for more information</p>

FUNDING OPPORTUNITIES

South West Sport – Current Grants

Safer Communities Fund

The Morrison Government is providing up to \$20 million in funding for early intervention projects and up to \$10 million for security infrastructure through round six of the Safer Communities Fund.

The early intervention grant opportunity is now open (closing 22 July 2021) and the security infrastructure grant opportunity opens on 15 June 2021 (closing 5 August 2021). [Click here](#) to read more

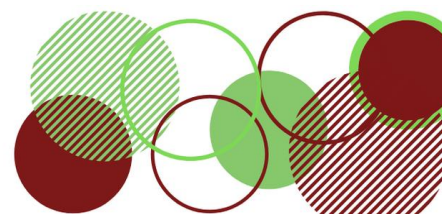


\$250 Power Saving Bonus

Launched by the State Government on 1 February 2021, the \$250 Power Saving Bonus (PSB) is a financial package designed to assist the most vulnerable energy consumers in Victoria. It is a one-off payment available to over 900,000 eligible Victorian households with at least one eligible concession card holder. The \$250 Bonus will be available until 31 January 2022 and will be limited to one payment per eligible household. Consumers submit their applications through the [Victorian Energy Compare website](#)

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Healthy
Eating
Advisory
Service



EGG & SPINACH FILO TARTS

Healthy Choices Green Recipe

INGREDIENTS

Ingredients	Preparation	5 serves	10 serves	50 serves
Egg		7	14	70
Cottage cheese		60 grams	120 grams	600 grams
Cheese – grated	Reduced fat	75 grams	150 grams	750 grams
Mixed herbs – dry		1 tsp	2 tsp	25 grams
Filo pastry	1 sheet ea. Tart	50 grams	100 grams	500 grams
Oil – olive		15 ml	30 ml	250 ml
Spinach	Wilted	150 grams	300 grams	1.5 kg
Pepper – black		¼ tsp	½ tsp	15 grams
Smoked paprika		½ tsp	1 tsp	25 grams

METHOD

1. Preheat the oven to 180oc.
2. Combine the eggs, cottage cheese, grated cheese and herbs in a bowl, mix well.
3. Lay a sheet of filo on the bench and lightly brush with oil, fold in half, oil again and fold into 1/4's, put 1 into eat muffin tin.
4. Evenly spread the wilted spinach between the filo tins, pour in the egg mix, sprinkle with the black pepper and the smoked paprika.
5. Bake in the oven for 12-15 minutes or until set.

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