

SGGPCP Updates

Stories 2 Connect Project builds connections skills and stories



The Stories 2 Connect Project was a great opportunity for SGGPCP to work with new and existing community partners, to facilitate the upskilling of youth and older adults to strengthen social connections and enhance health and wellbeing.

Funded by the State Government 'Let's Get Connected' program to address covid 19 related loneliness and social isolation, the project enabled Monivae College and SWTAFE VCAL students to train as digital mentors, to teach older adults how to use their mobile phone and iPad, to connect with family and friends online.



The project was a fantastic success with 20 vulnerable older people in the community being connected with 28 young digital mentors, to develop their digital communication skills and increase their social connection and reduce social isolation.

Project participant's stories were captured via photos and videos and will be continued to be shared across various media platforms, so watch this space. Monivae College students developed a project overview video (link provided). [Project overview video](#)

The greatest outcomes from the Stories 2 Connect Project were the co-benefits for both the students and older adults, such as increased skills and confidence, and the building of warm respectful, intergenerational relationships.

Unfortunately, in the last two weeks of the project COVID 19 restrictions hit again, which meant the program was cut short. Both students and older adults were extremely disappointed. Acknowledging the positive impact of the project, all project partners expressed their desire and intention to continue with the program, albeit once covid 19 restrictions allowed.

SGGPCP would like to thank the following Project Advisory Group members; Jeanette Ryan, Brenda Uebergang, Carolyn Byrne, Arie Eddy, Nicole Carr, Cathryn Walder and Jane Ruge, who were invaluable for providing their local knowledge and advice.

Picture: Monivae College welcomed the opportunity to help their community

For further details on the project contact Carol Stewart, E: carolstewart@outlook.com

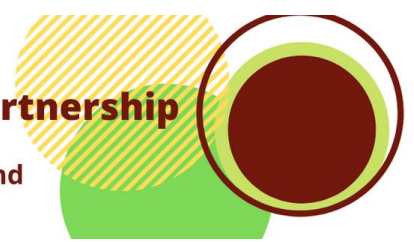
Survey – Would you use an after hours health care website?

Western Victoria Primary Health Network (WVPHN) is investigating the feasibility of establishing a website to provide a central source of information specific to our region on how to find and access primary health care services outside business hours.

To help us determine the usefulness of such a website, WVPHN is working with independent consultants Impact Co. to look into whether the website would be commercially viable. As part of that investigation, we invite users of health services, family members/carers and health professionals to complete an online survey on their experiences accessing and using after hours health services and their level of interest in potentially using a western Victoria-focused after hours website.

If you also wish to leave your name and contact details at the end of the survey, you will go into the draw for a \$100 gift card. **Survey closes Monday 16 August.**

To access the survey please go here: www.surveymonkey.com/r/WVPHNah



Beyond the Bell Great South Coast are pleased to share with you the Youth Conversations Research Report and Executive Summary available on our website – [Click here](#).

711 Young people across Southwest Victoria aged 12-19 years contributed to discussions or a survey on 3 focus strands:

STRAND 1: Feeling Connected to the community and desirable community attributes.

STRAND 2: Staying in school, pursuing further education, and training, imagining a desirable future.

STRAND 3: Changes brought about by the pandemic and learnings from them.

Young people have been open and honest in their contributions, and this is reflected in the report - the report is their voice. The 38 learnings and 9 recommendations are an opportunity for us to consider how we may value add to initiatives already in existence, to work with community to determine new initiatives and to plan the next phase in response to the recommendations.

A Community Forum is planned for Thursday 5 August: **1.00pm - 2.00pm** to provide an overview of the project, the findings and where to next. Check our socials and website for confirmation and further details of how to register for this event.

Kate Roache
Executive Officer
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www.btb.org.au

Our children; every choice; every chance

Portland – evening courses available for adults living or working in Glenelg Shire in August and October



YOUTH MENTAL HEALTH FIRST AID

Do you want to learn more about young people's mental health and learn how to support them?

**4 X 3 HOUR NIGHT SESSIONS
THIS AUGUST
REGISTER NOW!**

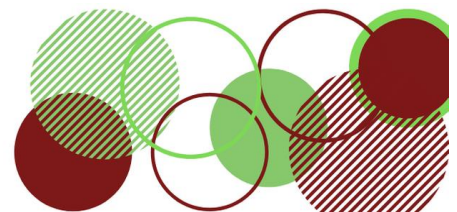

SCAN ME

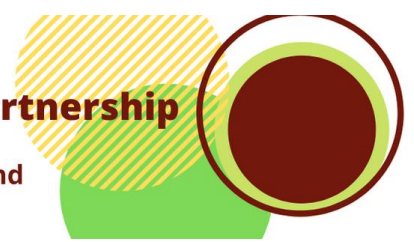
<https://live4life.eventbrite.com.au>



Our Team:

Executive Officer: Janette Lowe M: 0408 553 095 E: janette.lowe@wdhs.net
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NEW VIDEO CAMPAIGN

Back To The Good Things

Getting vaccinated for COVID-19 will help keep us safe. But just as importantly, it will allow us to get back to the things we love. *Back to the good things.*



Climate Change, Mental Health & Young People study: Invitation to participate



A research team from the School of Health and Social Development at Deakin University is conducting a study to explore mental health promotion issues for young people in a climate impacted world.

Seeking young people (18 – 24 years) to participate in an interview about their experiences of engaging with climate change issues on social media.

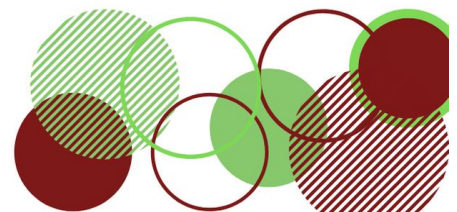
The online or phone interview will take you around 30 – 45 minutes to complete. Young people's information will be kept confidential.

If you are interested in participating or have any questions, please contact the Principal Investigator Dr. Rebecca Patrick at Deakin University rebecca.patrick@deakin.edu.au



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Book your ticket now to *Reshape Our Future* from 11 – 13 August

PROFESSIONAL DEVELOPMENT

 <p>MENTAL HEALTH MATTERS KNOW THE SIGNS</p>	<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>Women's Health VICTORIA</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



\$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](#)

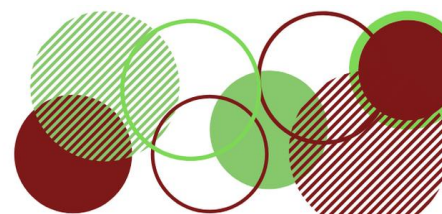


HEY Grants are open now till 15 August for projects and initiatives aimed at improving the mental health and wellbeing of LGBTQIA+ young Victorians.

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

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Healthy Family Recipe



ROAST VEGETABLE & SPINACH SALAD

The Healthy Eating Advisory Service acknowledges this recipe as GREEN for Healthy Choices Settings

INGREDIENTS

Ingredients	Preparation	5 serves	10 serves	50 serves
Pumpkin	Diced	225 grams	450 grams	2.2 kg
Sweet potato	Diced	175 grams	350 grams	1.7 kg
Carrot	Batons	175 grams	350 grams	1.7 kg
Capsicum – red	Thick slices	180 grams	360 grams	1.8 kg
Onion – red	Wedges	180 grams	360 grams	1.8 kg
Spinach		120 grams	240 grams	1.2 kg
Pine nuts	Toasted	40 grams	80 grams	400 grams
Feta cheese	Reduced fat	150 grams	300 grams	1.5 kg
Oil – olive	Extra virgin	50 ml	100 ml	400 ml
Vinegar – red wine		30 ml	60 ml	250 ml
Thyme	Fresh	3 sprigs	¼ bunch	1 bunch
Pepper – black	Cracked	Pinch	8 grams	20 grams

METHOD

1. Preheat the oven to 180°C.
2. Toss the cut-up vegetables in a little olive oil and spread out on a baking tray, roast for 15-20 minutes or until all veg is tender and starting to colour. Note: Be mindful to cut up the vegetables evenly so they cook at the same time, hard vegetables smaller, softer vegetables slightly larger.
3. Once the vegetables are cooked remove from the oven and allow to cool.
4. Combine the olive oil, red wine vinegar, thyme and pepper in a bowl and mix well.
5. Toss the cooled vegetables together in a bowl, add the spinach and the dressing, toss again, ensure even distribution of ingredients.
6. Place the salad in a bowl or on individual serving plates and crumble over the feta. Serve at room temperature or cold.

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