

PHOTO COMPETITION!



ENTRIES CLOSE
THURSDAY 26TH
AUGUST



WINNER
ANNOUNCED
FRIDAY 27TH
AUGUST

*"How are you Keeping
Healthy This Winter?"*

SEA Change Photo Competition

How to enter:

Share a photo of how you, your family and friends are looking after your health this winter. Whether you are cooking up a healthy meal, braving the cold and going for a walk, or doing something you love to look after your mental wellbeing.

Submit your photo via:

- * Facebook message to [SEA Change Portland](#), or
 - * Email to kedwards.pdh@swarh.vic.gov.au
- Include a short message explaining your photo.

Entries close 26th August

- * One entry per person
- * You must have permission of anyone in your photo
- * By submitting your photo you are giving the SEA Change team permission to post your photo

[Find Out More](#)



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



Barwon South West

**Waste & Resource
Recovery Group**

Reducing waste can save you time and money, but it's not always easy to find ways to do it. Barwon South West Waste and Resource Recovery Group have developed an interactive map to help you. From connecting with local groups where you can learn to grow food or make compost, to the South West Nappy Library where you can try before you buy, to finding repair services and drop off points for recycling, there are over 550 organisations to explore across the Barwon South West region.

Visit <https://map.reduce-recycle.com.au> to explore today.

What to eat before and after exercise

Nutrition and exercise go hand in hand — food gives you energy to be active and helps your muscles recover. We look at the types of food and drinks our bodies need before, during and after exercise

[Read more](#)



Australia's First Body Image Program for Primary Schools

NEWS

- The Butterfly Foundation is launching a new positive body image program for primary school students
- It aims to develop self-esteem and acceptance, as well as arm kids with the tools to call out bullying
- A primary school teacher says body image issues are "starting at a younger and younger age"

[Click here](#) to read the article



Webinar: The Royal Commission and women's mental health: Challenges and opportunities

Tue, August 17, 2021 12:00 PM - 1:30 PM

The [Women's Mental Health Alliance](#) and Mental Health Victoria invite you to join us for a webinar exploring the key issues in women's mental health.

The event will examine the implications of the Royal Commission into Victoria's Mental Health System for women's mental health and opportunities to ensure that the redesign of the mental health system meets the needs of women and girls.

This webinar is aimed at mental health practitioners and service providers, policy-makers, and the social services and women's sectors.

[Register here](#)

More information: Contact renata.anderson@whv.org.au.

In partnership with



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

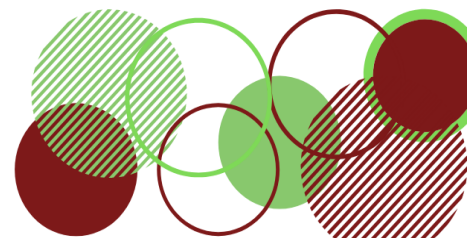
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Pets, People and Health Promotion

Webinar – Tuesday 31st August 7pm to 8pm

Pets are the animals we live with in our everyday lives. Pets are a global and historical phenomenon; archaeological evidence continues to reveal that humans have chosen to live with other species for millennia. Today, most cultures live with what we in Australia would recognise as pets, and almost 65% of Australian households have at least one pet. Human-animal relationships have started to attract more attention on the basis of their powerful health-creating and health promoting impacts in human lives. Mounting evidence indicates that while pets may have a healthful impact in most pet owners' lives, the benefits of cross-species relationships is magnified in vulnerable groups such as those experiencing chronic illnesses, homelessness, loneliness, social isolation, or social exclusion



[Click here to register](#)

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



**Reshape
Our Future**

Youth Forum &
Sector Conference
11–13 August

YACVIC Youth Affairs
Council Victoria



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

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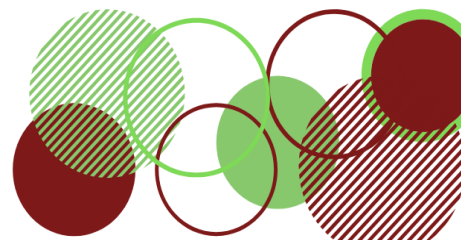
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PROFESSIONAL DEVELOPMENT

	<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>
	<p>Gender and disaster conversation: VCOSS will host a <i>Disaster Recovery Conversation: Gender and disaster recovery</i> on Thursday 26 August from 4-5.30pm. Speakers will include representatives from Gender and Disaster Australia, the Multicultural Centre for Women's Health, Women with Disabilities Victoria and Grampians Pyrenees Primary Care Partnership.</p> <p>Book now.</p>

FUNDING OPPORTUNITIES



Barwon South West Waste & Resource Recovery Group

Barwon South West Waste and Resource Recovery Group's Can Do Communities program provides grants of up to \$500 to incorporated community groups for activities that contribute to community capacity to reduce waste and litter. A wide range of activities are eligible, including things like food swaps, produce carts and learning to grow food. There is no closing date, the application process is quick and easy and Education Officer, Linda Grant would love to chat with you about your project ideas. Visit www.reduce-recycle.com.au/community/programs or contact info@bswwrrg.vic.gov.au for more information.

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](#)



RURAL

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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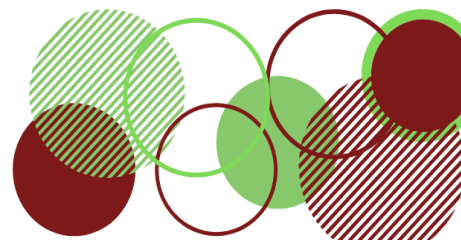
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Healthy Family Recipe



ROASTED VEGETABLE TURKISH BREAD

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

INGREDIENTS

Ingredients	Preparation	5 serves	10 serves	50 serves
Turkish breads	130 grams ea.	5	10	50
Avocado	Pulp	80 grams	160 grams	800 grams
Oil – olive		45 ml	90 ml	400 ml
Capsicum – green		100 grams	200 grams	1.0 kg
Capsicum – red		100 grams	200 grams	1.0 kg
Pumpkin	Sliced	150 grams	300 grams	1.5 kg
Zucchini	Sliced, length ways	100 grams	200 grams	1.0 kg
Rocket		100 grams	200 grams	1.0 kg
Tomato	Thick slices	320 grams	640 grams	3.2 kg
Oregano – dried		½ tsp	1 tsp	20 grams
Onion – red	Sliced, thin	90 grams	180 grams	900 grams

METHOD

1. Preheat oven to 170oc
2. Warm the oil slightly, toss the vegetables in a bowl separately. Lay the vegetables on individual trays in their separate varieties as they will all cook at different times. Sprinkle the tomatoes with oregano before roasting.
3. Cook the vegetables until cooked through and tender.
4. Cut the Turkish breads ¾ of the way through, spread with the avocado.
5. Starting with the rocket, layer all the vegetables evenly across the Turkish breads.
6. Toast the Turkish breads for 3-4 minutes until heated through and browned.

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