

### SGPCP Job Opportunity - Community Development Worker: Part Time: 0.5 EFT

Southern Grampians Glenelg Primary Care Partnership is seeking an experienced community connector who is an energetic team player for a dynamic role working with the Southern Grampians community. As part of GenR8 Change you will work with the community to support in making changes to make the healthy choice the easy choice.

[Click here for further details](#) or contact Joanne Brown M: 0428 310 280 or email [Joanne.brown@wdhs.net](mailto:Joanne.brown@wdhs.net)

## 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](mailto: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](#)



### Stanford researchers identify four causes for 'Zoom fatigue' and their simple fixes

It's not just Zoom. Popular video chat platforms have design flaws that exhaust the human mind and body. But there are easy ways to mitigate their effects. [Read more....](#)

### THE CONVERSATION

#### New App Helping Parents Choose Healthier Snacks for their Kid's Lunchboxes

Four in five primary school students eat a packed lunch every day, costing parents around [A\\$20 a week](#). That's almost [10 million](#) lunchboxes across Australia every week.

But [nine in ten](#) of these contain so-called "[discretionary foods](#)" such as cake, chips, muesli bars and fruit juice. These foods are not necessary for a healthy diet, and are often high in saturated fat, sugar and salt, and low in fibre. [40%](#) of energy in an average lunchbox comes from these discretionary foods.

Busy parents need to find replacements for these discretionary foods, which are not only healthy, but also easy, cheap and tasty. [Our research](#) shows parents can make healthier swaps, without costing them more.

[Click here](#) to read more



## Pets, People and Health Promotion

**Webinar – Tuesday 31<sup>st</sup> 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](#)

## YOU'RE INVITED. VIRTUAL LIVE CROWD FUNDING EVENT TUESDAY 7 SEPTEMBER 2021 - 7:00-9:00PM (ON-LINE EVENT)



United Way Glenelg is proud to present SharkPitch, a spectacular live crowdfunding event where we will connect people who want to make a change with people who are doing it!

This spectacular event will support three local community organisations who will pitch their idea to a live audience for financial and in-kind support of their program. Our emcee, Neil O'Donnell will engage with the audience to pledge funds, with the aim of raising in excess of \$8,000 per organisation. Thanks to the support of **AWA Alliance Bank** and United Way Glenelg your donation will be matched.

### MEET THE ORGANISATIONS WHO WILL BE PITCHING



#### Edgarley Assisted Living – Pitcher Sue Wray

Help us raise funds for our older friends at Edgarley Assisted Living, as they build a multigenerational playground, creating a safe place for their residents and the little people in their lives to connect and play. Think Old Peoples Home for 4-Year-Olds!



#### Portland Community Garden – Pitcher Wayne Barrett

Help Portland Community Garden create a thriving, more resilient community where people from all walks of life can connect over the simple joy of growing fresh nutritious food. Meet new people, build new skills and create new life experiences.



#### Portland Yacht Club - Pitcher Mick Doherty

Help encourage our young people to get back on the water safely by assisting Portland Yacht Club to raise funds for a safety and coaching powerboat. At a time when ocean drownings are devastatingly high, together we can create a safer ocean playground for our community!

**REGISTER HERE FOR YOUR SPOT:** <https://www.eventbrite.com.au/e/virtual-2021-sharkpitch-live-tickets-166018675327>

### Our Team:

Executive Officer: Janette Lowe M: 0408 553 095 E: [janette.lowe@wdhs.net](mailto:janette.lowe@wdhs.net)

Manager Health & Wellbeing: Jo Brown M: 0428 310 280 E: [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)

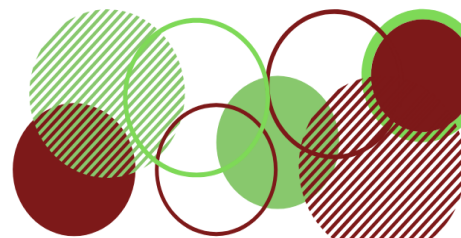
Project Officers:

Rowena Wylie M: 0419 143652 E: [rowena.wylie@wdhs.net](mailto:rowena.wylie@wdhs.net) Ebony Rhook M: 0466 554 562 E: [ebony.rhook@wdhs.net](mailto:ebony.rhook@wdhs.net)




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Carol Stewart M: 0407 293 224 E: [carolpstewart@outlook.com](mailto:carolpstewart@outlook.com)

Office Coordinator: Robyn Holcombe M: 0438 550300 E: [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net) [www.sgg.pcp](http://www.sgg.pcp)



## PROFESSIONAL DEVELOPMENT

	<p><b>Mental Health in the Workplace Training</b></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><b>Introduction to Prevention of Violence Against Women (PVAW) - Free Online Course</b></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><a href="#">Click here</a> for more information</p>
	<p><b>Gender and disaster conversation:</b> 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 <a href="#">Gender and Disaster Australia</a>, the <a href="#">Multicultural Centre for Women's Health</a>, <a href="#">Women with Disabilities Victoria</a> and <a href="#">Grampians Pyrenees Primary Care Partnership</a>.</p> <p><a href="#">Book now.</a></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](http://www.reduce-recycle.com.au/community/programs) or contact [info@bswwrrg.vic.gov.au](mailto: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](#)



Freemasons  
Foundation Victoria

### FFV Community Grants

Freemasons Foundation Victoria invites charities registered with the Australian Charities and Not-for-profits Commission (ACNC) to apply for a FFV Community Grant for programs and initiatives

The Community Grant is for programs and initiatives in the areas of:

Health Projects & Medical Research; Community Development; Education; Indigenous Programs; Arts

Grants between \$5,000 and \$50,000 are available. Applications open on 1st July and close on 30 September.

[Click here](#) to read more

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

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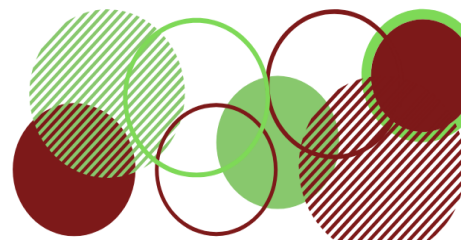
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## Healthy Family Recipe



## CREAMY CAULIFLOWER SOUP

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

### INGREDIENTS

Ingredients	Preparation	10 serves	25 serves	50 serves
Margarine		150 grams	375 grams	750 grams
Plain flour		150 grams	375 grams	750grams
Brown onion	Diced	240 grams	600 grams	1.2 kg
Cauliflower	Chopped	1.0 kg	2.25 kg	4.5 kg
Milk	Reduced fat	600 ml	1.5 litres	3.0 litres
Chicken stock	Reduced salt	1.2 litres	3.0 litres	6.0 litres
Pepper – white		¼ tsp	10 grams	20 grams
Thyme – dried		1 tsp	6 grams	12 grams

### METHOD

1. Heat large pot, melt the margarine, add onion and fry off until very lightly coloured, add cauliflower, stir for 2 minutes.
2. Add the flour and bring the mix together, stir in milk, stock and thyme, beat with a whisk if lumps begin to form, bring to the boil and reduce heat to a simmer cook for 30-45 minutes.
3. Blend smooth with a stick blender, season with pepper to taste.

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