

# Welcome Spring



## 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.

Applications close Sunday 5<sup>th</sup> September 2021.

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

## 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>



### Youth Communication & Engagement Playbook: A useful toolkit for creating content for young people

Do you create online content for young people? Check out this new playbook we've created in collaboration with the YMCA. Underpinned by research by The [Y-Lab](#) along with other youth organisations, the playbook is an easy-to-use guide to help you post content in a way that encourages connection and conversation with young people.

[Access toolkit](#)



**Vision Initiative**

A partnership promoting eye health and vision care

### Free eye health resources for community

To order click this link; [FREE online resources](#) include **information sheets and video clips** in English, Arabic, Burmese, Cantonese, Dari, Greek, Hazaragi, Italian, Mandarin, Tamil and Vietnamese. These information sheets cover various eye conditions and support services.

In Australia, most blindness and vision loss is preventable or treatable, if detected early.

[Free CPD accredited online education on eye health](#)

For more information on free training click this link; [CPD accredited online modules on eye health](#) for General Practitioners, nurses, midwives, diabetes educators and pharmacists.

To keep up to date with what is happening in eye health follow us on [LinkedIn](#), [Facebook](#) or sign up to our [newsletter](#).

The Vision Initiative is a health promotion program managed by Vision 2020 Australia and funded by the Victorian government to promote eye health and prevent vision loss in Victoria.

## Heartbeat of Rural Australia study

**The Foundation for Rural & Regional Renewal (FRRR) is a national charity specifically focused on supporting the social and economic strength of rural, regional and remote communities.**

Over the last 18 months, many community groups in remote, rural and regional Australia have felt the cumulative impacts of successive disasters – drought, floods, fires and of course COVID-19. We are currently seeing a diverse range of issues emerging, and from our work on the ground we know that many community groups are feeling overwhelmed, and aren't always able to access the support they need. However, much of this is anecdotal evidence.

That's why we have commissioned the **Heartbeat of Rural Australia study**. Our aim is to better understand and quantify the vital role that community organisations and not-for-profit groups play in the social, economic, cultural, and environmental resilience of remote, rural and regional communities, to understand the impacts of successive disasters, and to understand how communities view funders and grants.

**The link to the survey is [www.frrr.org.au/Heartbeat](http://www.frrr.org.au/Heartbeat). The survey closes 30 September.**

The findings will be shared broadly - with the communities themselves, with organisations, as well as with governments, philanthropy and businesses, so they hear directly about the specific needs of community organisations outside metropolitan areas, and what approaches work best. We want to amplify the voices of these community groups, and help give them greater authority and influence in the design of policies, investments, and solutions for their communities. The findings will also inform our practice, so communities can get support where it is most needed, and in a way that is most useful.

### 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)

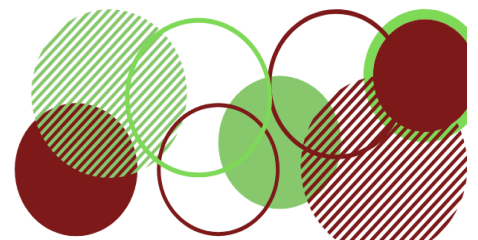
**Project Officers:**

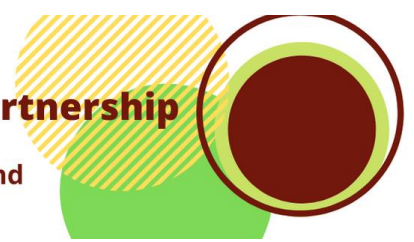
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## RUOK?™

A conversation could change a life.

RUOK?Day is Thursday 9th September.

This year's message is: 'Are they *really* OK? Ask today.'

Don't wait until you see someone visibly in a crisis before you ask them how they're going. You never know, reaching out before things are notable could make a massive difference in a person's life.

R U OK? has developed free resources to help. [Access resources](#)

## Vaccinating Victoria



## Secure your spot for next week's sector forum *Vaccinating Victoria*

*Vaccinating Victoria* is an online forum hosted by VCROSS every three weeks, to share success stories and challenges from across the social sector, as we all work to support the vaccine rollout.

Tuesday's event will feature keynote presentations from:

**Dr Nadia Chaves (cohealth), Jayne Nelson (IPC Health), Jill Gallagher (CEOVACCHO)**

**Vaccinating Victoria** - 10am - 11am, Tuesday September 7<sup>th</sup>. Zoom details on registration. [REGISTER NOW](#)



As a part of its [bushfire recovery work](#), VCROSS is developing a new resource. 'Managing emergencies in our local communities: Who does what? A Guide for Community Organisations'.

This resource aims to build the capacity of community organisations to:

- identify emergency management stakeholders and processes
- better understand the various roles and responsibilities
- confidently explore collaborative opportunities going forward

Community organisations are a driving force within communities providing local leadership, connecting people with services and harnessing volunteer efforts. They contribute significantly at times of crisis by being on the front line in responding to local needs and having a deep understanding of their communities and how they tick. Confusion about emergency management players and processes however continues to be highlighted by community organisations as a significant barrier to collaborative bushfire recovery efforts.

This project will draw together key emergency management information and produce a simple, user-friendly guidance document tailored for community organisations.

Please respond to [Emily \(anderson.em@bigpond.com\)](mailto:anderson.em@bigpond.com) if you would like to be involved. If you are time limited please simply consider and respond to the below:

[In relation to your organisation: If you could have one question answered about emergency management what would it be?](#)

Emily Anderson, [anderson.em@bigpond.com](mailto:anderson.em@bigpond.com)

Engaged by the Victorian Council of Social Service to support the VCROSS Bushfire Recovery Project

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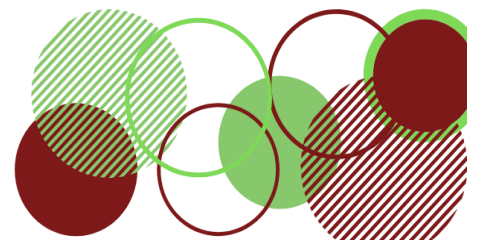
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## PROFESSIONAL DEVELOPMENT

	<p><b>Mental Health in the Workplace Training</b> Red Cross has developed Mental Health Matters short courses which are delivered as workshops and can be customised to suit your workplace situation. 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> 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. <a href="#">Click here</a> for more information</p>
<p><b>YMCA</b></p>	<p><b>"Your Voice = Change"</b> free online forum is happening on Tuesday 31 August 5.30-7.30pm The barriers and issues relating to youth employment and economic participation that will be discussed in this forum include: The education system (ATAR and Curriculum Design), Lack of opportunities in rural and regional Australia, Employee discrimination (disability, CALD, LGBTQIA+, etc) Mental health and the Youth justice system.</p>
<p><b>Moyne NextGen</b></p>	<p><b>Join Moyne NextGen! and give young people in Moyne a stronger voice to make a greater impact!</b> Young people aged 16-25 who live, study or work in Moyne Shire are invited to express their interest to participate on the Moyne NextGen! youth engagement panel. Get paid for your time and contribution! Check out the details and <a href="#">Register your interest</a> by 17 September.</p>

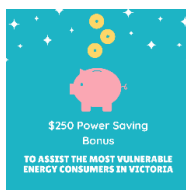
## FUNDING OPPORTUNITIES



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. 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

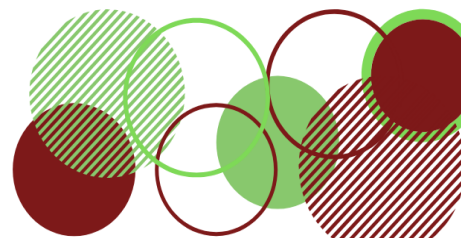
### FFV Community Grants

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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## Healthy Family Recipe



## ROAST PUMPKIN, RED ONION AND CHEESE SCONE

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

### INGREDIENTS

Ingredients	Preparation	5 serves	10 serves	50 serves
Self-raising flour	Sifted	185 grams	375 grams	1.90kg
Skim milk powder		20 grams	40 grams	200 grams
Red onion	Fine dice, sautéed	60 grams	120 grams	600 grams
Nutmeg		Pinch	¼ tspn	1 ½ tspn
Pumpkin	Peeled, diced	125 grams	250 grams	1.25 kg
Milk	Reduced fat	¼ cup	125 ml	625 ml
Cheese – grated	Reduced fat	60 grams	120 grams	600 grams

### METHOD

1. Preheat the oven to 190oc.
2. Spray an oven tray and cook the pumpkin in the oven until browned slightly and soft, remove, tip into a bowl and mash.
3. In another bowl combine sifted flour, milk powder, sautéed red onion, nutmeg, pumpkin and cheese. Make a well in the centre, add the milk and combine to a dough.
4. Tip the dough out on to a lightly floured surface and knead to bring together.
5. Flatten out to approx. 1-1 ½ cm thick and cut out with a cutter to desired size, re-knead and repeat until all the dough is used.
6. Put together on a tray with the scones just touching each other in a group. Bake at 190oc for 12 – 18 minutes or until the scones feel cooked when checked in between the joins.
7. Serve warm.

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