

### Farewell Sheridan



Last week SGGPCP and WDHS farewelled Sheridan Krause who has been working with the GenR8 Change initiative since February this year. During this time Sheridan has made inroads into sharing the WDHS Green recipes in such a colourful and useable format. Sheridan has been working closely with our community to make the healthy choice the easy choice, connecting with early childhood centres, schools and community groups. She has been a fabulous asset who we will miss and we wish her well in her new endeavours as a dietitian as part of the team at Stawell Regional Health. SGGPCP are currently finalising recruitment to fill this role.



In the meantime please direct any GenR8 Change enquires to [joanne.brown@wdhs.net](mailto:joanne.brown@wdhs.net)

Suitable for  
ages 10-16  
under  
supervision

## SCHOOL HOLIDAY **FREE** *Virtual Cooking Fun*

**TUES 28TH SEP, 11AM & THURS 30TH SEP, 11AM**

**Vegetable and  
Sweetcorn Slice**



**Blueberry and  
Banana Muffins**



Join us to create healthy and yummy recipes from the Western District Health Service 'GREEN' Recipe Booklet.

**Access Livestream via the [GenR8 Change Facebook page](#)**

Be one of the first **20 participants** to register for each session and receive an ingredient pack delivered to your home, with everything you need to cook up a storm for you and your family!

**Register now through the following links;**

**[Vegetable and Sweetcorn Slice - Tuesday 11am](#)**

**[Blueberry and Banana Muffins - Thursday 11am](#)**



For queries contact Ebony at [ebony.rhoo@wdhs.net](mailto:ebony.rhoo@wdhs.net) or 0466554562

### \*\*\*Virtual Cooking Fun!\*\*\*

With support from Southern Grampians Shire Council, GenR8 Change is delivering two virtual cooking classes these school holidays. Sessions will be delivered via Facebook Livestream with the Hamilton District Skills Centre's Mary Golding.

Be one of the first 20 kids to register for each session to receive an ingredient pack delivered to your home (Southern Grampians Residents only) containing all you need to cook either Vegetable and Sweetcorn Slice or Banana and Blueberry muffins for your family.

Recipes utilised for these classes are from the Western District Health Service Green Recipe Book.

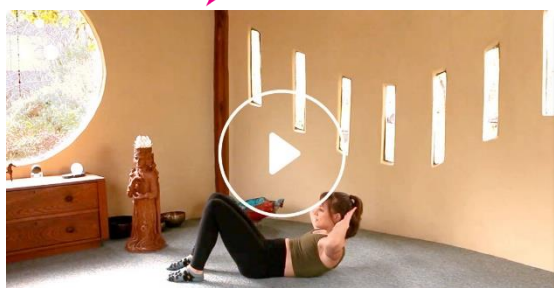
Register NOW via the following links:

Class #1 - Veg & Sweetcorn Slice

<https://www.eventbrite.com.au/e/170923896977>

Class #2 - Banana & Blueberry Muffins

<https://www.eventbrite.com.au/e/171613770407>



It's amazing how small numbers add up. Our latest challenge gets you to complete ten repetitions of five exercises every day for a week. At the end of the week, you will have done 350 repetitions!



Barwon South West  
Waste & Resource  
Recovery Group

### FREE online workshops to help you save time, money and food!

The average Barwon South West household wastes 3kg of food every week! In partnership with Camperdown and District Community House, Barwon South West Waste and Resource Recovery Group have created an online workshop series to help you save time and money while you save food.

The Food Waste Reduction workshop series is FREE to participate in, packed with handy hints and tips and loaded with supportive ways to ask questions, share your experience and connect with others on the food waste reduction journey. Presenters Kylie Treble, Madeleine Dobbins and Linda Grant will be on hand to answer your questions via email, in a private Facebook Group and live online discussions.

Join the fun and invite your family and friends to join in too! Registrations are now open and access to the workshops opens on Wednesday 22 September. Find out more and sign up for FREE at <https://camperdownch.com.au/food-waste-reduction-workshops/>



Picture L-R Linda Grant (BSWWRRG Educ. Officer), Madeleine Dobbins (Presenter), Emily Mercer (Camperdown & District Community House Coord)



The *Life!* program is a free type 2 diabetes and cardiovascular disease prevention program that is funded by the Victorian Government and coordinated by Diabetes Victoria. Delivered by qualified health professionals, the program shows participants how to improve their eating habits, physical activity, and stress management. The *Life!* program can be completed through a group course or via telephone health coaching. Since 2007, over 70,000 Victorians have joined the program and taken the first steps to good health.

The *Life!* program has recently launched a new and improved website which you can visit at <https://lifeprogram.org.au/> The upgraded website features a brand-new health hub containing recipes, articles, and fact sheets written by health professionals. It also has a new "Find a Health Service" feature to connect users with their local health services, including GPs and Pharmacies, making it easier than ever for individuals to take the first steps to better health. The *Life!* program offers a Financial Incentive for GPs and Pharmacists. To learn more about the *Life!* program and the Financial Incentives available head to <https://lifeprogram.org.au/for-health-professionals/>



We're thrilled to let you know the 2021 Victorian Health Promotion Awards nominations are now open!

The Victorian Health Promotion Awards (formerly known as VicHealth Awards) are an opportunity for organisations, projects and individuals to be recognised for their amazing work in improving the health and wellbeing of Victorians.

This year we have 8 Award categories, reflecting the diversity of health promotion work happening across our state. They focus on areas including health promotion and equity, youth engagement, volunteer appreciation, supporting communities through the pandemic, research, media and marketing.

### Nominate a health promotion champion today!

Proud of something your organisation has achieved this year? Know an individual who deserves a shout out? We encourage you to [nominate today!](#)

We've made the nomination process quicker and easier than ever before, and you can submit your nomination in writing or as a short video.

More information about the Awards, including the list of categories is on [our website](#).

### 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)

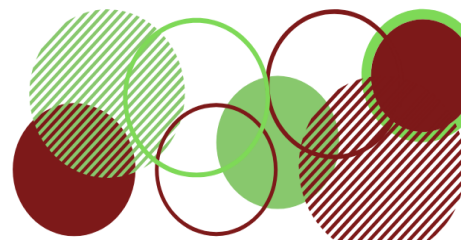
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Sheridan Krause M: 0423 120 744 E: [shereidan.krause@wdhs.net](mailto:shereidan.krause@wdhs.net) Molly Dennis 0466 432 196 E: [molly.dennis@wdhs.net](mailto:molly.dennis@wdhs.net)

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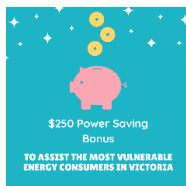
## FUNDING OPPORTUNITIES



### 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

## PROFESSIONAL DEVELOPMENT

 <p>phn WESTERN VICTORIA An Australian Government Initiative</p>	<p>Free webinar <a href="#">Supporting Young People and their Families through Grief and Suicide death</a> Thursday 16th September 6.30pm - 7.45pm <a href="#">Click here to register</a></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>
	<p>Launch of the South West's <a href="#">Low Intensity Mental Health Support Service</a> being delivered by genU is happening on Wednesday 29 September 3.00pm to 3.45pm RSVP by 24 September. Please register <a href="#">HERE</a> and a link will be sent to you.</p>
	<p><b>Strategies for tackling loneliness in Aged Care Workshop</b> Presenter: National Ageing Research Institute Dates: Wednesday October 20<sup>th</sup> Location: Online Details: <a href="#">Here</a></p>
	<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> <a href="#">Click here</a> for more information</p>

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