

Welcome Emma Schultz

Emma has commenced in the position of Community Development Worker with SGGPCP Team.



Hello! My name is Emma and I'm very excited to be joining the GenR8 change team. I have spent the last ten years working as a clinical Naturopath after completing a Bachelor of Health Science. I am passionate about building working relationships to share ideas, build knowledge and understand how to better promote and improve health and wellness. I feel that collaboration is the key to achieve this and I am excited to explore and be involved in the many positive movements and changes happening in the Southern Grampians community. I have a particular interest in food and cooking, how this affects our health and mood and love spending time with my family getting our hands dirty outside in our vegetable patch!

Contact Emma on mobile: 0423 120 744 E: emma.schultz@wdhs.net

Glenelg Community Coronavirus Q & A

Thursday 21st October
12:30pm to 1pm



Local health professionals and community leaders from across Glenelg are joining forces to answer the Glenelg Shire community's questions about the coronavirus pandemic and its impacts locally.

You can join either using Zoom or live stream via Southern Grampians Glenelg Primary Care Partnership Facebook page.

Guest panellists:

- **Dr Kaushik Banerjee, Director Medical Services, Portland District Health**
- **Karena Prevett, Acting CEO, Portland District Health**
- **Paul Phelan, Director Community Services, Glenelg Shire**

For more information contact Janette Lowe, E: janette.lowe@wdhs.net

Zoom link:

<https://us02web.zoom.us/j/82461715611?pwd=ZUs4VUxBRFNNoaXJYNENibzF2elAyUT09>

Southern Grampians Glenelg PCP and South West PCP

are hosting a free information session on:

The Future Victorian Mental Health System

Thursday 28th October, 12:30pm to 1:30pm

Register via EventBrite: <https://www.eventbrite.com.au/e/175117780997>

a zoom link will be sent out prior to session

Session includes:

Presentation from Larissa Taylor Deputy CEO – Policy, Advocacy and Communications, Mental Health Victoria. Larissa will outline key changes happening in the Victorian mental health system in response to the Royal Commission on Mental Health and the proposed schedule for implementation.

Audience Questions and Answers

Opportunity to network and discuss future opportunities within Great South Coast.

Target Audience: Mental Health Service Providers, Support Service Providers, Mental Health Promotion Providers, Local Government, and Mental Health Services Advocates



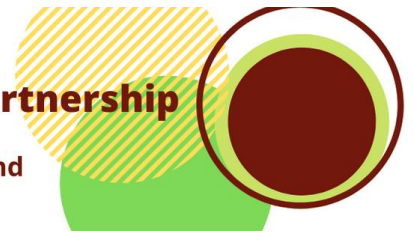
Larissa Taylor, MPsych (Clin)

Larissa comes to Mental Health Victoria with a degree in clinical psychology as well as clinical and leadership experience in the health and disability sector. She has worked for an international disability NGO in Kenya and in mental health and disability across both South Australia and Victoria. Larissa brings extensive experience in supporting community-based organisations and staff in the transition to the NDIS.

For further information contact:

Janette Lowe M: 0408 553 095 E: janette.lowe@wdhs.net
Mark Brennan M: 0400 362 799 E: mbrennan@swpcp.com.au





World Sight Day 2021

World Sight Day is Thursday 14 October 2021. The theme for this year is #LoveYourEyes

While COVID-19 pandemic restrictions are continuing to impact the availability of eye testing, our objective is to encourage people to: “Take the Pledge to Love Your Eyes” and:

- Have an eye test as soon as you can.
- Don't ignore changes in your vision.
- Maintain your ongoing treatment if you have an existing eye condition.

Vision Initiative website - <http://www.visioninitiative.org.au/>



Department of Health

Mental health reform **News update**

Applications open for Victorian Postgraduate Mental Health Nurse Scholarships

Applications are open for the Victorian Postgraduate Mental Health Nurse Scholarship program. The scholarship program aims to develop the specialty skills needed in the profession to care for Victorians experiencing mental illness or psychological distress.

The Victorian Government is investing \$5.05 million in the scholarship program in 2021 and 2022.

[Click here to read more...](#)



Good Sports Digital Tutorial - Monday 25th October 7pm

Good Sports are holding a webinar outlining the Good Sports program and its benefits. Good Sports provides policies, information and resources to help maximise the health and wellbeing of club members and make your club attractive to new members and sponsors.

Topics covered:

- An overview of the Good Sports program and the Alcohol and Drug Foundation
- The benefits of investing your time into Good Sports
- What has changed and improved in Good Sports digital
- Step-by-step instructions on how to log into your new look portal
- Log into your portal for the first time during the tutorial with live support

[Register Now](#)



wdhs Western District Health Service

HAMILTON FUN RUN & RIDE

The Hamilton Fun Run has gone virtual in 2021

The virtual event will include running and cycling events

You can run, walk or ride anytime, anywhere in the world*
between 6th - 21st November

*ensuring you adhere to COVID-19 restrictions within your area

REGISTER NOW

www.mycause.com.au/events/hamiltonfunrun

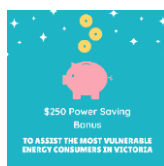
FUNDING OPPORTUNITIES



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 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](https://www.vic.gov.au/victorian-energy-compare)



There are still \$\$ available for youth led projects! Connect UP Grants \$1500 available for youth led projects to connect and inspire young people. Contact Kim kwatts@brophy.org.au for details. Get in quick and support young people to apply for these grants. Super easy process 😊 great for social connection activities that can happen in November/December.
[Safe and Connected](#) | [Brophy Family and Youth Services](#)



PROFESSIONAL DEVELOPMENT

 <p>NARI NATIONAL AGEING RESEARCH INSTITUTE LTD <i>Bringing research to life</i></p>	<p>Strategies for tackling loneliness in Aged Care Workshop Presenter: National Ageing Research Institute Dates: Wednesday October 20th Location: Online Details: Here</p>
 <p>MENTAL HEALTH MATTERS KNOW THE SIGNS</p>	<p>Mental Health in the Workplace Training 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>Women's Health VICTORIA</p>	<p>Introduction to Prevention of Violence Against Women (PVAW) - Free Online Course Click here for more information</p>

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

Our Team

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