

**Bulletin #23 – 16<sup>th</sup> December 2021**



*The Executive Committee and Staff at  
Southern Grampians Glenelg Primary Care Partnership  
wish you all a very merry Christmas and a safe and happy new year.*

*The next issue of SGGPCP Bulletin will be 27<sup>th</sup> January 2021*



**2021 Volunteering Awards**

The 2021 Volunteering Awards recognise and celebrate the impact volunteers, volunteer leaders and volunteer programs have in building resilient communities, services and connections across Victoria. Showcasing excellence by individuals, teams and volunteer involving organisations, the 2021 Awards are being run by Volunteering Victoria with the support of the Victorian State Government through the Department of Families, Fairness and Housing (DFFH).

The 2021 Volunteering Awards are a combination of the Premier's Volunteer Champions Awards and the Volunteering Victoria State Awards

[Click here](#) for more information

Health and  
Wellbeing  
Support for  
Older Australians

**We can help  
you reach  
your goals.**



Uniting works alongside Older Australians living in the community who are experiencing social isolation and/or loneliness which has had an impact on their wellbeing.

We also provide support to older Carers, who provide care to a person with a mental health or physical health condition to build and strengthen their support networks, to increase their capacity and work towards enhancing carer relationships.

**Eligibility:**

Older Australians over the age of 65 years and Aboriginal and Torres Strait Islander people over 55 years who have been impacted by COVID.

People who live across the Great South Coast who may be at risk of deteriorating health and wellbeing.

We offer a range of in reach treatment and services which includes:

- Clinical Care coordination
- Increase social connections
- Treatment plans
- Family inclusion and support
- A range of therapies
- Mindfulness
- Counselling

Get in touch  
T 03 5332 1286  
E [ballarat-intake@vt-uniting.org](mailto:ballarat-intake@vt-uniting.org)

**Uniting**

# A regular phone call providing friendship and support

TeleYarn



Red Cross supports those who live alone or have few social connections. TeleYarn provides phone calls to those who would benefit from a regular friendly conversation. You will be making friendly telephone calls to lonely or isolated peoples who may be feeling a little lonely. Providing an opportunity for participants and volunteers to have a chat, connect, and develop a friendship whilst supporting each other to maintain a healthy social wellbeing.

For further information call Red Cross on (03) 52238700; or Mary Vijendra, Social Connections Program Officer  
Mobile 0400 113 069 E: [mvijendra@redcross.org.au](mailto:mvijendra@redcross.org.au)

VEG  
EDUCATION

## Children are not Eating Enough Vegetables

Results from consecutive Australian Health Surveys show children are not consuming enough vegetables. In fact, only 6% of children aged 2-17 years of age eat the recommended amount.

Establishing healthy eating patterns as a child is essential to forming good dietary habits that help prevent negative health outcomes during childhood and later in life.

VegKIT aims to increase the vegetable intake of Australian children.

VegKIT takes a **community-minded approach** to fostering a love of vegetables, with activities that reach early childhood, primary school and even prenatal level.

This website contains a **collection of evidence based and expertly developed practical tools, resources and interventions** to support children, educators, health care professionals, government, research institutes and industry.

[Click here](#) for more information



## PROFESSIONAL DEVELOPMENT

	<b>Graduate Certificate of Telehealth - The Future of Healthcare</b> Presenter: Monash University Dates: Flexible Location: Online Details: <a href="#">Here</a>
	<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.
	<b>Introduction to Prevention of Violence Against Women (PVAW) - Free Online Course</b> <a href="#">Click here</a> for more information

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

## 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 143 652 Ebony Rhook M: 0466 554 562 E: [ebony.rhook@wdhs.net](mailto:ebony.rhook@wdhs.net)

Molly Dennis M: 0466 432 196 E: [molly.dennis@wdhs.net](mailto:molly.dennis@wdhs.net)

Emma Schultz M: 0423 120 744 E: [emma.schultz@wdhs.net](mailto:emma.schultz@wdhs.net)

**Office Coordinator:** Robyn Holcombe M: 0438 550 300 E: [robyn.holcombe@wdhs.net](mailto:robyn.holcombe@wdhs.net) [www.sgg.pcp](http://www.sgg.pcp)





## COVIDsafe Outdoor Activation Voucher Program

The COVIDSafe Outdoor Activation Voucher Program will assist businesses across the state to move business activities outdoors by supporting their investment in equipment, permits and other tools needed to offer safe retail, personal services (e.g. hairdressing), recreation and dining options for the Victorian public during the remainder of 2021 and beyond.

The COVIDSafe Outdoor Activation Voucher Program will provide more than 7,000 Victorian businesses, community organisations, not-for-profits and trader associations with vouchers for \$2,000 to support initiatives such as outdoor hospitality and entertainment.

[Click here](#) for more information



Families,  
Fairness  
and Housing

## Local Community Access Grants

Grants of up to \$20,000 to support community organisations and neighbourhood houses to deliver activities that reduce COVID-19 vaccine misinformation and hesitancy.

The Local Communities Access Grants Program (LCAGP) offers funding to support community organisations and neighbourhood houses to:

- deliver activities that reduce COVID-19 vaccine misinformation and reluctance
- remove practical barriers to getting vaccines
- improve uptake of the COVID-19 vaccine among priority groups.
- The Victorian Government is making this funding available to help protect the community from COVID-19, reduce adverse health outcomes and drive up vaccination rates.

[Click here](#) for more information



## Regional Events Funds - Stream 2 - Event Growth and Capacity

*The REF supports the attraction, development, marketing and growth of events in regional Victoria with the aim of:*

- increase economic benefits by driving visitation from outside of the region and the State and extending length of stay and yield;
- showcase Victoria's key regional tourism strengths and build Victoria's reputation as an events destination; and
- develop a sustainable calendar of regional events.

The REF is available through three funding streams:

- Regional Event Acquisition (REA) - [Stream One](#)
- Event Growth and Development (EGD) and
- Event Industry Support (EIS) - [Stream Three](#)

**Stream 2 - Event Growth and Development (EGD) - Up to \$500,000**

[Click here](#) to read more



## Applications now open for the Youth Engagement Grants

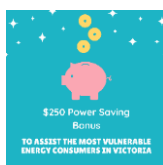
Applications are now open for the Youth Engagement Grants. Small multicultural and Aboriginal clubs and community organisation are invited to apply for grants of up to \$50,000 to support young people make positive life choices and reach their potential. Applications close 4pm on 13 December 2021. Find out more [here](#)



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](#)