

### Lancet journal makes an example of local community initiatives



Southern Grampians and Portland community's efforts have been included as an exemplar in a report released by leading international science and health publication – The Lancet.

Focussing on the issues of obesity, malnutrition and climate change, the commission report has already made headlines across Australia and internationally, calling obesity, malnutrition and climate change the three biggest threats to humanity.

SGGPCP Executive Officer Janette Lowe, said she was delighted to contribute to the report and show how the changes made by community members through GenR8 Change and SEA Change are having positive impacts on the health of local communities.

“Empowering communities to take action has resulted in measured improvements in physical activity, active transport, fruit and vegetable consumption and a decrease in the use of sugary drinks. We are already measuring a reduction in the levels of overweight and obesity amongst local primary school children. Our main aim in both communities is ‘making the healthy choice, the easy choice’, and we are thrilled to share our findings with the community and now within an international field,” said Ms Lowe.

The report is available online, free of charge, at [www.thelancet.com](http://www.thelancet.com) For more information about creating strong, healthy and thriving communities through GenR8 Change, SEA Change and Southern Grampians Glenelg Primary Care Partnership please visit [www.sggpcp.com](http://www.sggpcp.com)

### Getting Active – Upcoming Community Events



**Hamilton Park Run** – Lakes Edge Adventure Playground, lake Hamilton, Rippon Road, Hamilton. Every Saturday at 8am  
[www.parkrun.com.au/Hamilton](http://www.parkrun.com.au/Hamilton)



#### **Polio Community Information Session - Free**

Monday 25<sup>th</sup> February, 10:30am to 12noon at Hamilton Bowling Club

Contact Stephanie Cantrill, Polio Australia, M: 0466 719 613 E: [steph@polioaustralia.org.au](mailto:steph@polioaustralia.org.au)



#### **Clean Up Australia Day**

Registrations for 2019 Clean Up Australia Day are open. Businesses will focus their action on Tuesday 26<sup>th</sup> Feb and schools will run their own clean up on Friday 1<sup>st</sup> March, and youth and community groups will take part over the weekend, 2<sup>nd</sup> & 3<sup>rd</sup> March.

To register a clean up event or make a donation, go to [www.cleanupaustralia.org.au](http://www.cleanupaustralia.org.au)



#### **The Dark Side of the Rainbow (My Other Closet): LGBTI+ and Family Violence**

This training event will be held on 8<sup>th</sup> March 2019 at the Miners Tavern in Ballarat.

Tickets are now available for purchase.

To purchase tickets and for [further information, click here.](#)



- **Port Fairy Community Market** – Sat 23<sup>rd</sup> February, Railway Pl. Port Fairy. E: [market@portfairycommunityhouse.com.au](mailto:market@portfairycommunityhouse.com.au)
- **Merino Produce Swap** – 10am-11am, Saturday 9<sup>th</sup> March, Merino Community Health Centre (2<sup>nd</sup> Sat of month)
- **Farmers & Craft Market HIRL** – 9am-12noon, Sat 23<sup>rd</sup> February, 333 Nth Boundary Road, Hamilton
- **Nareen Produce Swap** – 10am to 11am, Sunday 24<sup>th</sup> February at the Nareen Hall. (Last Sunday of the month)
- **Henty Market** – 9am to 2pm, Sunday 24<sup>th</sup> March

### Southern Grampians Glenelg PCP

Upper Level, 157 Gray Street, Hamilton 3300 (PO Box 283)

Executive Officer: Janette Lowe

Manager Health & Wellbeing: Jo Brown Communications Officer: Maya Eats

Project Officers: Rowena Wylie, Ebony Jenkins, Sardie Edgar, Clinton Thomas

Office Coordinator: Robyn Holcombe W: [www.sggpcp.com](http://www.sggpcp.com) T: (03) 555 18471





# Southern Grampians Glenelg PCP

## February 12<sup>th</sup> 2019

## Bulletin #3

### Professional Development/Training and Other Opportunities



**Safe and Supported: Building Workplace Capacity to Manage Family Violence** – Thurs 21<sup>st</sup> Feb, 9am - 12:30pm  
This workshop is designed to build the capacity of workplaces to support their employees who are experiencing family violence. Disclosures of family violence are common after or during violence prevention training and/or workplace change programs. To find out more information and registration details, [click here](#)



**Bystander Action to Prevent Violence Against Women** - Thursday 21 February 2019 – 1:30PM – 5PM  
This three-hour active bystander training supports participants to speak up when confronted with everyday sexism and sexual harassment, as well as a range of behaviours and attitudes that justify, excuse, blame, trivialise or minimise violence against women. To find out more information and registration details, [click here](#)



**Youth Mental Health First Aid** – February 25th, 27th and March 4th and 6th 2019, Portland. \*\*\*You MUST attend all four sessions\*\*\* ONLY \$20 (subsidised by Live4Life Glenelg Initiative)  
Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective. Participants must be over 18 to attend - Light supper provided  
For registrations please [click here](#)



**Building Capability for Cross Sector Partner Training**  
Training will be delivered by the international organisation, the Partnership Brokers Association. Mon 25 & Tues 26 February 2019, Mon 4 & Tues 5 March 2019, Community Services Centre, Port Fairy  
The workshop is a great opportunity for our region to gain access to these important skills  
For further information contact Richard Zerbe, Executive Officer, Community Southwest M: 0448 505 885  
E: [executiveofficer@communitysouthwest.com](mailto:executiveofficer@communitysouthwest.com) W: [www.communitysouthwest.com](http://www.communitysouthwest.com)



**Systems Thinking Forum – Taking a Systems Approach to Prevention** – February 28<sup>th</sup>, 6pm – 8pm, Deakin Downtown Melbourne. Free for AHPA members, \$25 for non members. Video conferencing available register via Eventbrite.



Resilient Kids Conference, Saturday 2<sup>nd</sup> March, 9am to 4pm, Warrnambool.  
Six amazing presentations.  
Further details click here: <https://www.resilientkidsconference.com.au/warrnambool-2nd-march-2019/>



**15<sup>th</sup> National Rural Health Conference: Better together!** - 24<sup>th</sup>-27<sup>th</sup> March 2019. Hotel Grand Chancellor, Hobart. [Click here](#) for further details.



**Health Literacy Course** – 4 day course commencing May 2019, Melbourne. [Click here](#) for details

**MS Professional Development Programs 2019 - [Click here to view calendar](#)**

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