



Bulletin #4 – 18th March 2021

Monivae College - Healthy Eating Workshop



SGGPCP Project Officer's Sheridan and Ebony recently attended Monivae College for a healthy eating workshop with the year 8 & 9 girls. One of the aims of the workshop was to increase awareness around the importance of fueling our bodies adequately, especially when studying and playing sport.

Another aim of the workshop was to get the girls involved and to start thinking about what they could do to help Monivae College make the healthy choice the easy choice. The girls

completed an activity to get them thinking and talking about what they believe helps and makes it harder to make healthier eating choices at school.

Overall, the workshop went well, the girls were engaged and participating enthusiastically. Next term Sheridan will be heading back and will be working on an action plan with the students to help them make the healthier choice the easier choice.



For further information contact Sheridan Krause M: 0423 120 744 E: Sheridan.krause@wdhs.net

Stories2Connect



The SGGPCP has partnered with the local community and Victorian Government through the 'Let's Get Connected' Fund, to develop intergenerational relationships that will capture living history and build digital skills to increase social connection and reduce feelings of isolation.

The implementation of physical distancing to slow the spread of coronavirus and protect our communities has led to reduced social contact that is particularly hard on Victorians experiencing vulnerability.

Through a mentoring process, the young mentors capture a story from their mentee and share highlights on a digital platform. This experience of collecting the information and hearing about old times provides the young person with an opportunity to develop their research skills as well as giving them a better understanding of living history while increasing the digital skills of the older participants. As a result, project participants could increase skills to enable them to connect with a friend through social media, join an online group related to their favourite hobby, or video-call a grandchild for the first time, thus supporting their community connectedness and helping them to combat isolation and loneliness.

Monivae College students were very excited to get involved in the Stories2Connect Project. They have commenced their digital mentoring training (pictured above) and will incorporate the mentoring sessions into their Year 10 Health and Wellbeing Program. For full details of the program or to register your interest in becoming a digital mentor or older adult mentee, please contact Carol on 0407 293 224.

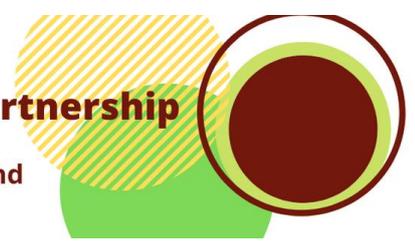
This project is funding by the 'Let's Stay Connected' Fund





Southern Grampians Glenelg Primary Care Partnership

Empowering our Communities to Thrive: 2019 & beyond



Recovery - it's a long story. Launch of the 10 years Beyond Bushfires report

The Beyond Bushfires: Community, Resilience, and Recovery study was conducted to examine the impacts of the 2009 Victorian bushfires on the mental health and wellbeing of community members, with a focus on how individual outcomes were influenced by social connections and community-level recovery.

This research was extended to be able to explore the recovery process and disaster impacts over 10 years. This webinar will launch the key learnings of this study over the 10 years since the bushfires and recommendations for how best to support recovery from more recent and future disasters.

Webinar – Tuesday 30th March, 2:00pm to 3:30pm [Click here for details](#)



New Campaign - 'Brands off Our Kids'

Currently, the processed food industry is reaching our children through multi-million dollar advertising campaigns that market unhealthy food. These advertisement campaigns are rife and present unhealthy food brands in our children's lives from a young age, building powerful brand awareness and normalizing unhealthy foods. But as these companies profit, our children's health is at risk.

The new campaign, 'Brands off our kids!'. The campaign is urging Australian governments to effectively protect children from unhealthy food marketing so children can lead healthy lives without the many different exposures to targeted unhealthy food campaigns.

With a detailed report to government, 'Brands off our kids!' takes four key actions to protecting Australian children. We encourage other organisations and individuals to read this report and support the campaign to protect our little ones from digital marketing of unhealthy food.

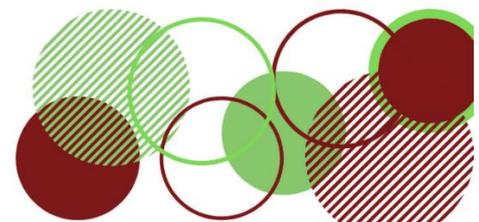
[Click here](#) for more information

PROFESSIONAL DEVELOPMENT

	<p>Mental Health in the Workplace Training Knowing how to recognise the signs and symptoms of mental health concern at work is an equally important part of workplace health and safety as physical first aid training.</p> <p>Red Cross has developed Mental Health Matters short courses which are delivered as workshops and can be customised to suit your workplace situation. Using an interactive online workshop format, participants learn about mental health and develop an understanding of when further help may be required.</p> <p>Call 1300 367 428 (option 2) to book an information session or workshop at your workplace.</p>
	<p>Collaborative Practice Training: Putting the multi-agency into MARAM Professionals will explore how to contribute to risk assessment and collaborate for ongoing risk management, through respectful and sensitive engagement with victim survivors, information sharing, referral and secondary consultation. For further information click here</p>

Our Team:

Executive Officer: Janette Lowe M: 0408 553 095 E: janette.lowe@wdhs.net
Manager Health & Wellbeing: Jo Brown M: 0428 310 280 E: joanne.brown@wdhs.net
Project Officers:
Rowena Wylie M: 0419 143652 E: rowena.wylie@wdhs.net **Ebony Jenkins** M: 0466 554 562 E: ebony.jenkins@wdhs.net
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Office Coordinator: Robyn Holcombe M: 0438 550300 E: robyn.holcombe@wdhs.net www.sgg.pcp





FUNDING OPPORTUNITIES

South West Sport – Current Grants

Get Active Kids Voucher Program

The Get Active Kids Voucher Program helps eligible families get their kids involved in organised sport and recreation activities by reimbursing the cost of membership and registration fees, uniforms and equipment. Eligible children may be able to receive up to \$200 each.

Click on the link: <https://www.getactive.vic.gov.au/vouchers/>



Heart Foundation Grants

This year the Heart Foundation has up to twenty **\$10,000** grants for new, innovative projects that get more people moving in schools, universities or local community groups.

The Active Australia Innovation Challenge strongly encourages innovative projects that support people who do not meet Australia's Physical Activity Guidelines, people at risk of chronic disease, and people living in communities with high levels of physical inactivity (including rural and remote regions). This includes people identifying as Aboriginal or Torres Strait Islander and people with culturally and linguistically diverse backgrounds.

Applications close 26th April 2021. [Click here to read more](#)



Eating Disorders Webinar

- Eating disorders 101
- Diagnosis, treatment and management
- Local services and referral pathways

March 29th, 2021 7:00 pm [Click here](#) to register

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

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