

Upcoming Events

WELLINGTON

Event	Date	Location	Details
Dance For Parkinsons	16 December 11:00am-12:00pm	The Wedge, 100 Foster Street, Sale	<p>Come and try our first dance class with specialised instructions.</p> <p>No dance experience necessary, all are welcome.</p> <p>The class will be followed by a light lunch at Equus.</p> <p>For more information and to book your attendance call Melissa on 5143 3200.</p>
Healthy Lifestyle Group – Central Gippsland Health Service	7 Week Program Wednesdays 10:30am – 12:30pm	Central Gippsland Health Service, Community Rehabilitation Centre, 155 Guthridge Parade, Sale	<p>This group is a great kick start to take control of your eating and exercise habits. Each week the group will include a 60 minute session with the dietitian followed by a 60 minute session with the exercise physiologist. There will be an option for individual follow-up post group if requested to ensure goals are being met.</p> <p>The nutrition sessions will include:</p> <ul style="list-style-type: none"> • Supermarket tour • Cooking demonstrations – simple, healthy, easy recipes • Reading food labels • Portion control activities and non-hungry eating • Recipe modification • Healthy eating out tips <p>The physical activity sessions will include:</p> <ul style="list-style-type: none"> • Theraband exercises • Initiating a home exercise program • Walk around Lake Guthridge • Gym visit • Functional resistance exercises <p>Once the group has concluded there will be an opportunity to complete gym sessions at Aqua Energy gym every Tuesday/Friday for \$7 per session.</p> <p>If you are interested in this group please get a referral from your GP or call us on 51438560.</p> <p>Cost: \$80 for full program</p>
Sale parkrun A weekly 5km timed run or walk Sale parkrun needs you! It is entirely organised by volunteers	Every Saturday Commencing at 8:00am	Sale Botanic Gardens, Sale	<p>Sale parkrun is a 5km run (or walk) - it's you against the clock.</p> <p>This is a free event but please register before your first run. Only ever register with parkrun once. Don't forget to bring a printed copy of your barcode (request a reminder). If you forget it, you won't get a time.</p> <p>We all run for our own enjoyment. Please come along and join in whatever your pace!</p> <p>For further information: http://www.parkrun.com.au/sale/</p>

GIPPSLAND REGION			
Event	Date	Location	Details
Bridges Out of Poverty – Strategies for Professionals and Communities	19 & 20 February 2018 9:00am-5:00pm	Warragul Conference & Reception Centre 41 Sutton Street, Warragul	Gippsland PHN is delighted to extend to general practitioners, practice nurses, practice managers and staff, pharmacists, allied health professionals and other interested services to attend, free of charge , the Bridges out of Poverty education opportunity, funded through the 2017 Innovation Small Grants program. Bridges Out of Poverty – Strategies for Professionals and Communities is a 2 day training package designed to assist service providers and health professionals whose daily work connects them with the lives of people experiencing poverty. To find out more and to register – follow this link .
Training Better Care Better ACFI	2 & 3 May 2018 9:00am-4:00pm	Comfort Inn 5601 Princes Highway, Traralgon	The Public Sector Residential Aged Care Leadership Committee is holding a free two-day Better Care Better Aged Care Funding Instrument training workshop. The workshop will show how new evidence-based clinical assessment toolkit can help provide great care for residents and ensure ACFI claims are appropriate, accurate and matched to resident care needs. Click here for flyer Click here to register.
MELBOURNE			
Event	Date	Location	Details
Consumer-Centred Care – Stakeholder Consultations	19 February 2018 10:00am-4:00pm	Angliss Conference Centre, corner of La Trobe and King Streets, Melbourne	Service providers, practitioners, health care networks, health insurers, researchers and policy makers who have a serious commitment to consumer-centred health care are invited to participate in Stakeholder Consultations on Working with Consumers Who Opt-In for Aggregated Consumer-Centred Health Care. The Consultations are for health services, practitioners and organisations who wish to partner directly with consumers who have chosen to opt-in to consumer-centred working arrangements comprising: <ul style="list-style-type: none"> • Consumer health data sovereignty • Consumer-directed self-care/self-management plans • Consumer-directed individualised care budgets • Consumer-appointed care coordinators • Consumers and carers as the primary unit of care Consumers who have opted-in for consumer-centred arrangements have done so in five key areas: <ul style="list-style-type: none"> • Mental illness • Chronic illness • Aged frailty • Disabilities • Indigenous health

			<p>The Consultation will examine ways in which health services, practitioners and organisations may partner with participating consumers in these areas.</p> <p>Lunch is provided.</p> <p>CLICK HERE to register.</p>
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OTHER

Event	Date	Location	Details
Ice: training for frontline workers		Free online training package	<p>The Victorian Government has launched Ice: training for frontline workers - a free, online training package for all Victorians who, as part of their job, come into contact with people who are ice-affected.</p> <p>We have developed a communications pack with posters, editorial and social media posts for you to use to promote the training. You can also support your workforce by:</p> <ul style="list-style-type: none"> • Including the training as part of induction for frontline workers • Embedding the training into your professional development programs • Using the training package to deliver customised and tailored training that is specific to your organisation • Using the training package as a basis to develop standard approaches for responding to people affected by ice • Supporting workers to complete the training during paid work time, and recognising those workers who complete the training. <p>To access the training package visit the Ice: training for frontline workers website.</p> <p>If you have any queries relating to the package, please direct these to the following email address: iceworkforcetraining@dhhs.vic.gov.au</p>
Domestic Violence Response Training	Refer to website	Free Training for health, allied health and community frontline workers	<p>Lifeline's DV-alert is a national recognised training program that enables health, allied health and community frontline workers to confidently:</p> <ul style="list-style-type: none"> • Recognise signs of domestic and family violence (DFV) • Respond with appropriate care • Refer people experiencing or at risk of domestic and family violence to appropriate support services <p>The training fee is waived for health, allied health and community frontline workers.</p> <p>Visit the DV-Alert website for future training dates.</p> <p>Further information contact Megan: megan@lifelineswv.org.au or (03) 5559 0521.</p>

Other Events or Programs of Interest

Event	Details
<p>Job Vacancy – Gender Equality in Sport Project Worker Part Time - Fixed Term of 6 months</p>	<p>Gippsland Women’s Health is seeking an enthusiastic and highly motivated individual to join our team in the role of Gender Equality in Sport Project Worker. The position provides an exciting opportunity to work in primary prevention of violence against women by working with sporting clubs to implement and evaluate sport initiatives in the Gippsland for Gender Equality Action Plan. This position will be working with GippSport.</p> <p>More details can be found here:</p> <p>Website: http://www.gwhealth.asn.au/news.php/200/an-opportunity-to-work-with-us</p> <p>Facebook: https://www.facebook.com/gippslandwomenshealth/posts/1713393265352307</p> <p>Applications Close: 10 December 2017</p>
<p>Family Violence Perpetrator Interventions Grants Program</p>	<p>The Victorian Government is inviting organisations to apply for funding to deliver innovative and targeted interventions to perpetrators of family violence.</p> <p>The Family Violence Perpetrator Intervention Grants Program has been developed in response to the Royal Commission into Family Violence and aims to enhance the accountability of perpetrators and promote behaviour change.</p> <p>Not-for-profit and for profit organisations working with perpetrators of family violence, aged 18 years and over, in a justice setting within Victoria, are eligible to apply.</p> <p>Grants of between \$200,000 and \$400,000 are available for projects to be completed by June 2019.</p> <p>Applications are now open, and close at 5pm Wednesday 20 December 2017 .</p> <p>For program guidelines, application forms and further information about the program visit the website.</p> <p>If you have any queries, or require any further information, please contact Caroline Duyvestyn - Senior Grants Manager, Family Violence Perpetrator Interventions Grants program at pi-grants@justice.vic.gov.au or (03) 8684 6716.</p>
<p>‘Look over the farm gate’ Grants</p>	<p>The grants will provide funding for community groups to run events in their community to address mental health. Events must be held within Victoria. Events that will be funded must address one or more of the following areas:</p> <ul style="list-style-type: none"> • Social inclusion • Mental health associated Disability • Alcohol and Other Drugs • Mental health stigma • Mental health education • Mental health carer support/respice • Gender diversity • Domestic violence <p>For further details click here.</p> <p>Grant applications close 20 December 2017</p>
<p>Job Vacancy – Executive Officer – East Gippsland Primary Care Partnership</p>	<p>This on-going full time position located in Bairnsdale will provide leadership and support to the East Gippsland Primary Care Partnership to facilitate the development implementation and evaluation of PCP strategic directions.</p> <p>For position description and full details follow this link.</p> <p>Applications close: 22 December 2017</p>

<p>Health Workforce Scholarship Program</p>	<p>The Health Workforce Scholarship Program (HWSP) applications are open until the 22 December 2017. The programs aim to improve access to health services needed in rural and remote areas by supporting an increase in skills, capacity and or/scope of practice of employed health professionals in the fields of medicine, nursing, allied health and Aboriginal health.</p> <p>Applications close on 22 December 2017.</p> <p>To find out more: Access application form and guidelines here.</p>
<p>Job Vacancy – Executive Officer – Gippsport</p>	<p>GippSport has a position for a highly motivated and innovative Executive Officer to lead successful implementation of the Gippsport Strategic Plan. This will include leading and managing up to 10 staff members.</p> <p>For more information and to download Key Selection Criteria click here.</p> <p>Applications close: 8 January 2018</p>
<p>Protect Yourself from Thunderstorm Asthma</p>	<p>Grass pollen season brings a seasonal increase in asthma and hay fever. It also brings the chance of epidemic thunderstorm asthma.</p> <p>Epidemic thunderstorm asthma events are thought to be triggered by a unique combination of high grass pollen levels and certain type of thunderstorm, causing a large number of people to develop asthma symptoms over a short period of time. These don't happen every year but when they do, they can happen during grass pollen season, which is normally from October through December.</p> <p>The Victorian Government has recently launched a new public information and education campaign to ensure that all Victorians, and in particular people with asthma or hay fever are as prepared as they can be should another epidemic thunderstorm asthma event occur again.</p> <p>From 1 October 2017 the Department of Health and Human Services commenced delivering epidemic thunderstorm asthma forecasts, which will be issued throughout the grass pollen seasons 1 October to 31 December. The Department will also operate a subscription service for the distribution of epidemic thunderstorm asthma forecasts on forecasted high risk days only. To subscribe please visit: https://www2.health.vic.gov.au/newsletters. This service is available to everyone, you, your colleagues, and your family. You are encouraged to subscribe and receive alerts.</p> <div style="display: flex; justify-content: space-around;">   </div>

	<p>This Wellington Low Cost/No Cost Activities Guide is for people in the Wellington Community to help plan fun activities that don't cost a lot of money.</p> <p>In putting this guide together we asked for feedback and consulted with many people from the Wellington Community.</p> <p>For a copy of the guide follow this link: http://wellingtonpcp.com.au/resource-unit/wellington-low-cost-no-cost-guide/</p>
<p>Volunteering in Wellington</p>	<p>The Volunteering in Wellington Website is a new resource which has been developed by Healthy Wellington to help volunteer and not-for-profit community organisations connect with volunteers in the community. Organisations and clubs across the Wellington Shire can register for free to promote their organisation and advertise for volunteers.</p> <p>If you are looking for volunteers or want to start volunteering somewhere new, go to http://www.volunteeringinwellington.com.au. To register your organisation, click on the 'contact us' tab and follow the link to the registration form.</p> <p>For more information about Healthy Wellington, please go to www.wellington.vic.gov.au or email healthywellington@wellington.vic.gov.au</p>
<p>Berry Streets Reconnect Program</p>	<p>Berry Streets Reconnect program offers a youth outreach model of support to assist young people to reengage in education, training or employment, a tailored one to one case management service and support to young people through the development of a Learning & Support Plan</p> <p>Following this link for further information.</p> <p>Who Can Use this Service?</p> <p>Young people aged 15-24 years who are not engaged in education, training for minimum of 14 weeks, and those long term unemployed.</p> <p>For more information or referrals please contact our Reconnect Gippsland worker, Laura Dean on 03 5134 5971 or ldean@berrystreet.org.au</p>
<p>New Program - Lifeline Gippsland</p>	<p>The Lifeline Connect Call Back program is a Crisis Support program designed to benefit people who are facing a crisis, and who would benefit from individual support over the phone for a period of up to 8 weeks.</p> <p>Crisis, and how it is responded to, can be very individual. It can generally be defined as an unstable and/or dangerous situation, generally causing a sense of loss of control/routine and often characterised by a sense of isolation or disconnect.</p> <p>At Lifeline, the focus is on a "suicide-free Australia". We believe that supporting people in times of crisis can help reconnect them with a sense of purpose and strength, helping them to stay safe as they work toward rebuilding their lives and adapting to the change/s that crises inevitably bring.</p> <p>The Connect Call Back program is an expanded version of the brief intervention approach that is central to the work of Lifeline's 131114 service. The service is tailored to the client's timeframe and goals, including the provision of scheduled out of hours support.</p> <p>In the near future a referral to connect Call Back Service form will be available electronically on the Lifeline Gippsland website https://www.llg.org.au and can be used by either service providers or self-referral.</p> <p>Questions?</p> <p>I am available to meet with you, and other interested members of your organisation/community, to discuss how this program can support the work you do - and how we can work together to provide a clear pathway for referral for clients who would benefit from this one-to-one emotional support in their time of crisis.</p>

	<p>It would also be a great opportunity for me to find out more about what you do in the Gippsland region. One of our Connect Partners would also attend the meeting to provide their perspective on the type of interactions they experience with people in crisis, and how they can help.</p> <p>If you provide some possible dates that you would be available to meet that would be great.</p> <p>It would also be great if you could pass this information on to others across the Gippsland region who may be interested. For further information or a copy of the Referral Call Back Service Form, please email callbackconnect@lfg.org.au or phone 5136 3500.</p>
<p>Lifeline Volunteers</p>	<p>Make a difference! We urgently need volunteers willing to spare a few hours a week of their time to work in our opp shops or warehouse.</p> <p>Our shops, located in Morwell, Moe, Traralgon, Sale, Wonthaggi, Churchill and Lakes Entrance have been providing the community with a great range of pre-loved goods for over 17 years now. The warehouse, in Morwell, is the heart of the organisation where all the donated goods are sorted and packed for distribution to our seven shops.</p> <p>We have a terrific team of volunteers across our operations that are in desperate need of some extra help. You don't need any previous retail or sorting experience as training will be provided – it's a great way to meet people and give something back to the community. For more information please call the Lifeline Office on 5136 3500.</p> <p>Proceeds from Lifeline Gippsland's retail shops support the charity's vitally important 24 hour telephone crisis support services.</p>