

Health Promotion North-West Newsletter

Welcome to the NW TAS Health Promotion January 2011 e-news

The NWHP e-news is collated by Julie Milnes & Lee-Anne Mundy-Health Promotion Coordinators for Hellyer & Mersey.

If the e-news was forwarded to you and you wish to subscribe, press control + [click here](#).
If you received the e-news from Julie/Lee-Anne and no longer wish to receive it press control + [click here](#).
Old editions of the Health Promotion email updates are available on the [DHHS internet](#).
To include information in the e-news for distribution-please email items to Julie or Lee-Anne by the 25th of the month.

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Another exciting New Year!

We'd like to encourage you to review your lifestyle and with that in mind here are some great tools and free information to help you create that happier life we all seem to strive for.

Resources like these are just made for sharing... <http://www.thehappinessinstitute.com/freeproducts/>



Professional Development opportunities

14th & 15th February 2011:- Effective ways of engaging men-with Greg Milan. Health Promotion North West will present a one day workshop at **TWO** locations on the North West Coast [Devonport and Burnie]. Greg lives in NSW, is a National Presenter and key men's health author, advocate and program developer and a trained social worker. One of the key topics covered will be developing effective men friendly programs resources, settings for organisations/services. Registrations are required and are filling fast. Please contact [Julie](#) or [Lee-Anne](#) for further information

'The Art of Mindfulness, A Meditation Retreat with Bobbi Allan' will be held **23rd – 27th February 2011** at Lake Barrington Lodge, North West Tasmania. This Retreat is available as part of the Teacher-Trainer Pathway. Contact Ali Maginness with your RSVP by **28th January 2011** to Ali Maginness
Email: ali.maginness@utas.edu.au, (03) 6430 4550 or fax (03) 6431 5670 . Limited places available!

The Aged Care and Rehabilitation Clinical Network invites you to a free workshop on **Capacity Assessment**, based on the **Tasmanian Capacity Toolkit**.
The workshop will be run by Geriatrician (and Network Clinical Leader) Dr David Dunbabin, and Leanne Smart, Clinical Nurse Consultant, ASSAT team Royal Hobart Hospital. A member of the Guardianship and Administration Board will also be present to answer questions.
Copies of the Capacity Toolkit will also be available free of charge.

Date: Wednesday January 12, 2011

Time: 12 – 2 pm

Venue: Rural Clinical School, Multi Purpose Room A, Brickport Road, Burnie, **and by videoconference to Devonport Community Health Centre**

RSVP to acrclinicalnetwork@dhhs.tas.gov.au

Community Based Models for Productive Ageing in Rural Communities: Findings from Latest Research.

Presented by Dr Peter Orpin and Kim Boyer- two of the UTAS researchers

For the past three years, a team from the University of Tasmania Rural Clinical School, along with partners from DHHS through its HACC program and TasCOSS, have been working on an important research project to explore issues around community engagement for older rural people.

This has been a project committed to listening to the voice of older people and through their experiences we have developed a deeper understanding of the importance of community involvement and contribution in their lives, and its contribution to their overall health and wellbeing. Based on this understanding we propose some principles to guide the delivery of services and supports for older rural people, particularly in terms of maintaining social engagement in ageing. Join us if you would like to hear about the research finding:

Date: 17th February 2011 Time: 11.30 am – 1.30 pm

Venue: Burnie, Rural Clinical School, Multipurpose Room A, Brickport Rd

RSVP to acrclinicalnetwork@dhhs.tas.gov.au by Feb 10, 2011



Jobs & opportunities

Training, Education & Development Officer - Office of the Anti-Discrimination Commissioner This position was advertised in the State Service Tasmania Gazette of 5 January 2011, and in the Saturday edition (8 January 2011) of *The Mercury*, *The Examiner* and *The Advocate*. For more information visit <http://www.jobs.tas.gov.au/>

Island Magazine - emerging editor- Jobs in the arts in Tasmania-Closes 28 January 2011.

For more information, visit: www.arts.tas.gov.au/arts@work/artist_opportunities/employment

Health Promotion Coordinator (505383)

Department of Health and Human Services, Southern Tasmania Area Health Service, Primary Health Services South
Applications Close Friday, 21 January 2011.

Salary: \$71,624 – \$84,834 p.a. *Health and Human Services (Tasmanian State Service) Award, General Stream Band 6.*

Position Type: Permanent part-time day worker, working 38 hours per fortnight.

Location: Hobart.

Duties: The Health Promotion Coordinator is responsible for the development and evaluation of community development and health promotion processes across the Southern Area in accordance with Agency policies and within a primary health care framework.

Desirable Requirements:

- Demonstrated sound knowledge of the principles and practice of primary health care, health promotion and community development.
- A high level of interpersonal, communication, collaboration, negotiation and conflict resolution skills.
- A high level of leadership ability and an innovative approach to problem solving.
- An understanding of the complex environment of community and health services delivery, including the ability to understand the political, social and organizational environment impacting on the Agency

Health Promotion Worker (513810)

Department of Health and Human Services, Southern Tasmania Area Health Service, Primary Health Services South
Applications Close Friday, 21 January 2011.

Salary: \$67,532 – \$70,611 pro rata *Health and Human Services (Tasmanian State Service) Award, General Stream Band 5.*

Position Type: Permanent part-time day worker, working 38 hours per fortnight.

Location: Hobart.

Duties: In accordance with Agency policies and within a primary health care framework support the development and evaluation of community development and health promotion processes within southern Tasmania.

Desirable Requirements:

- Demonstrated skills and knowledge of health promotion principles.
- Experience in program development, implementation and evaluation within a framework of primary health care.
- Demonstrated skills in teamwork and effective communication at all levels. Experience working in rural and remote communities.

For both positions, enquiries can be made to Fred Howard, Department of Health and Human Services, on (03) 6233 6703 or fred.howard@dhhs.tas.gov.au.

You are encouraged to apply [online](#) or forward your hard copy application quoting the vacancy number to: Stafflink, Recruitment Services, Department of Health and Human Services, GPO Box 1061, Hobart, Tasmania, 7001

Funded Qualifications for Existing Workers-Although it is not certain that another funding round will be announced for the Productivity Places Program, we anticipate that it will, in the near future, and the Alcohol, Tobacco & Other Drugs Council (ATDC) would like to be well prepared for what may be a very short timeframe in which to respond.

The list of qualifications which was available in the last funding round is extensive, and the full list may be viewed at http://www.skills.tas.gov.au/productivity/programinfo/Priority_Qualification_List.pdf ATDC has prepared a shortened list which may be of interest to community sector ATOD workers and this may be obtained from lynnem@atdc.org.au . If you are potentially interested in accessing some of these funded places, please contact Lynne at ATDC lynnem@atdc.org.au by 21st January 2011.

Tasmanian Cancer Care Network needs your help to set up two project working groups to map cancer services in Tasmania and to develop a directory of services for cancer care.

The [Cancer Pathway working group](#) will map existing cancer services to document cancer referral pathways. The [Cancer Care Portal working group](#) will advise the project team in its collation and presentation of references, resources and information for the Cancer Care Portal and ensure its content is current and regularly maintained.

Working groups will have a broad-based membership including health professionals, consumers, community members and service providers. For more info visit <http://clinicalnetworks.dhhs.tas.gov.au>, email frances.hall@dhhs.tas.gov.au or call 6233 4085 by Friday 21 January 2011.

Translating Research Into Practice fellowships available-The National Health and Medical Research Council is offering TRIP Fellowships for future leaders in the uptake of evidence into clinical practice. The two-year half-time fellowships are available to early career clinical leaders with professional training in a health discipline. The successful

candidates will undertake an implementation research project and will have access to training, mentoring and support to become a leader in evidence uptake. For more info visit <http://www.nhmrc.gov.au/grants/apply/career/index.htm>

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Tasmanian Conference, Training, Community Events, Forums/Meetings

Conferences

18-19th May 2011 Tasmanian Youth Conference Launceston Tramsheds, Inveresk. There is a steering committee headed up by Celina Sargent (DHHS) - if anyone is interested in joining the planning team for the conference her contact details are: **Celina Sargent - Youth Health Policy Officer**, p 62227757, m 0429585314, celina.sargent@dhhs.tas.gov.au. Current conference concept is division into a youth workshop day and a youth sector training day, involving keynote speakers. A great opportunity we've not had a whole state-wide youth sector conference besides the youth government conferences.

Training

Get Active Program (GAP) -New Facilitator & Refresher Training – Hobart Tuesday 1st February, 2011-10:00 to 3:00-Cost \$200 (\$50 refresher). To learn more about the GAP program/further information, please call Di McShane on 63918237 or 0428390089 Email: gap@wsrt.org.au

An introduction to mental health, mental health promotion, prevention of mental ill-health and early intervention training sessions

Date: Tuesday 1st February 2011

Times: 10 am – 4 pm -Registrations from 9.30 for 10am start

Venue: Tailrace Centre, 1 Waterford Dr., Riverside Launceston

Facilitators Kim Freeman (Aspire) and Suzi Stropin (Aspire)

Hobart – Thursday 3rd February 2011 contact Lynette for details

This introductory training module is being delivered by Aspire in partnership with Statewide and Mental Health Services. The module has been developed for service providers and workers from government, non-government, health, non-health, clinical, non-clinical, rural and urban settings. This training is relevant for managers, team leaders, clinicians, service providers, project officers and policy makers who wish to increase their knowledge and understanding of the relevance of promotion and prevention approaches for mental health.

The workshop will cover:

- Concepts of positive mental health
- Influences on mental health
- (including social determinants and risk and protective factors)
- Benefits of promotion and prevention
- Status of the evidence
- Overview of mental health promotion, prevention of ill-health and early intervention
- Applications to clinical and community settings
- Examples of evidence-based interventions.

Registrations close: Friday 21st January 2011. Some places still available -to register for the workshop contact Lynette Kerrison, lkerrison@aspire.org.au or phone 6333 3111.

“Know Your Garden” and “Know Your Environment” courses, with Tasmanian Polytechnic

The Polytechnic (Warrane Campus) are planning a “Know your garden” and “Know your Environment” series of courses starting in February 2011. The courses will be comprised of units from Certificate II in Horticulture and

Certificate II Conservation and Land Management. Expressions of interest are being called from anyone interested. The courses will run at night from 6-9pm.

For further information and for colour brochures printed out contact Belinda McKercher, Technical Assistant at Primary Industry South on 6245 8005.

Upcoming training opportunities: UDRH Seminar Series

Presenters: Susan Johns and Karla Peek, UDRH

Subject: Staying healthy: Behaviours and services used by farmers and fishers

Date: 9 February (Wed)

Time: 12:15 – 1:30pm

Venue: Telehealth Studios state wide

For details, please contact Latha Jeyaraj -tel: 6324 4042, email: Latha.Jeyaraj@utas.edu.au

Tai Chi for Arthritis, with Arthritis Tasmania is an effective and safe exercise program based on a form of Tai Chi specially designed by Dr Paul Lam. Based on the Sun style Tai Chi, *Tai Chi for Arthritis* is easy to learn, effective and safe. It improves flexibility, muscle strength, increases heart/lung activity, aligns posture, improves balance, and integrates the mind and body. **REGISTRATIONS:** closes 11th February 2011, for more information and registration details Contact Arthritis Tasmania.

TRAINER: Pat Webber, master trainer in the *Tai Chi for Arthritis* program

WHEN: Saturday 19th – Sunday 20th February 2011, 9.00am to 4.30pm (4.00 finish on Sunday)

WHERE: Activities room, Repat Centre, 90 Davey St, Hobart 7000

COST: \$360 (includes GST, DVD, handbook, course materials, morning/afternoon refreshments and light lunch)

Stanford Chronic Disease Self Management Program-Leader Training - EXPRESSIONS OF INTEREST 2011

VENUE: Devonport – 119 William Street (Adult Ed Building / grounds of Devonport High School)

DATES: Thursday 17th March & Friday 18th March & Thursday 24th March & Friday 25th March

COST: \$130 (Peer Leaders fee will be subsidised by DHHS)

NB: this training will be held over 4 days, and it is essential that participants attend all 4 days, places are limited. Applications close 4th Feb 2011. Questions regarding the application process contact Sharon Griffiths Policy and Planning Officer, Preventative Health Systems and Support Unit, Population Health, DHHS Ph: 6440 714 Fax: 6434 4141 or sharon.griffiths@dhhs.tas.gov.au

Management and Leadership Foundation Program dates-The [Management and Leadership Foundation Program](#) is a five-day course followed by a suite of workplace activities: coaching, shadowing, participating in an action learning group and completing a project. The program is for all managers and those interested in management across the Agency.

The first 2011 course is fully booked but enrolments are open for courses in March and May. One of the courses will be in Ulverstone. There is no need to re-enrol if you have already registered your interest.

Enrol online at <https://www.surveymonkey.com/s/Y7VC9SH>

Community Events

Mersey Workplace Diversity evening – January 12 -NWAHS staff are invited to attend. The theme of the evening will be 'Obesity and Health Awareness.' Guest speakers will include Dr Jarrad Wilson and a NWAHS Dietitian. The evening will take place in the 2D classroom and supper will also be supplied. **For information or RSVP contact Grace Kamphuis on 6426 5206 or Dianne Curran on 6426 5675.**

Healthy Weight Week 23-30 January 2011 | www.healthyweightweek.com.au

Australia Day- 26 January 2011 | <http://www.australiaday.org.au/whatson/tas/>

Rural Health Week 2011 -Reminder - working together to create healthy communities! Rural Health Week is a unique state-wide health promotion initiative which includes the Rural Health Awards and community based health promotion activities.

A State Planning Committee has been set up for 2011, with representatives from the Tasmanian Department of Health and Human Services, Australian Government Department of Health and Ageing, Local Government Association of Tasmania and the UDRH. Rural communities will soon be encouraged to form Regional Planning Groups to organise events and activities which are relevant to their needs and to consider nominations for the Rural Health Awards which will be staged during Rural Health Week in November 2011. Watch this space for dates etc

Community Programs

WANTED – volunteer workplaces to pilot a new smoke-free work site resource. DHHS is developing a resource for organisations that wish to develop and implement a smoke-free work site policy. To register your interest or find out more email justin.parry@dhhs.tas.gov.au.

Produce to the People Tasmania Too many tomatoes/lettuce/zucchini's in your garden? **Produce to the People Tasmania** collects excess backyard grown fruit & veggies then shares your bounty with the community. Leave produce at one of 16 produce drop off points along the coast (including most Commonwealth Bank branches), we will collect it and make sure it goes to families in need in your community. Produce is distributed to The Salvation Army in Burnie, Ulverstone and Devonport and Wyndarra in Smithton. For more information on how people can contribute Penelope Dodd

0409 484 152 or 03 6431 4591 www.producetothepeopletasmania.com.au

Community Houses in the NW

- **Devonport Community House** –contact Coordinator - Kate Beer at 10 Morris Avenue, Devonport on 6424 7060. devhouse@internode.on.net Healthy Beginnings workshops – cooking for young mums – recommencing Feb
- **Ulverstone Community House** – Co-ordinator Rachael Morris. Phone: 6425 4186, 8-10 Lugana Cres, Ulverstone. info@ulverstonecommunityhouse.com
- **Burnie Community House** – Call Rhonda Sutton -ask about activities at the house at 24 Wiseman St, Burnie Phone: 6433 3219 Email: burniehouse@dodo.com.au House
- **Eastern Shore Community House** –Coordinator Lorraine Heron, 106 David Street, East Devonport, 6427 9985; email esch@westnet.com.au
- **Rosebery Community House** – 8 Agnes Street Rosebery, 6473 1497 Mobile 0400 469 984 roseberync.coord@internode.on.net
- **Zeehan Neighbourhood Centre** –. Contact Melissa Crosbie on 6471 6108. znc@intas.net.au Personal training and weight management at the Zeehan Gym-information session on the 17th January
- **King Island Phoenix House**- 28 Albert St, Currie Coordinator, Katherine Harris 64621746 or email: phoenixhouse@internode.on.net

Forums/Meetings

The Australian Breastfeeding Association is pleased to invite you to register for the 2011 seminar series *Breastfeeding: Together We Do Better*, featuring a fantastic array of top international and Australian speakers (Program 1- Hobart March 5th or online March 9th)! Places fill fast so register now for a venue or online seminar and don't miss out! Registrations are discounted for [Australian Breastfeeding Association](http://www.austlii.edu.au/au/other/austrlii/au/other/abfa/) and [Lactation Resource Centre](http://www.lactationresourcecentre.com.au/) subscribers! Not a subscriber? You can join when you register and save straight away. Register or find out more at <http://events.lrc.asn.au/> [Register now or out more about the Online Seminars](#)

Invitation and Expression of Interest-Inaugural Statewide Refugee Health Forum

Date changed to **31st March 2011, 0930 – 1600** (was 6 April 2011)

Venue: The Grange, Campbelltown

You are invited to attend, participate, and present at a this inaugural forum on “**Health, Settlement and Community for Refugees in Tasmania**”

The Forum aims to provide opportunities for service providers and community groups:

- To present their ways of working with refugee communities
- Outline key initiatives and experiences,
- To gain a greater appreciation and understanding of the progress to date, needs of communities and barriers to providing or accessing services. Above all the Forum aims to provide an opportunity for all involved with working with Refugee communities to network and share resources in a supported way.

Please reserve this important date in your diary. **To RSVP** please email the Cultural & Linguistically Diverse Social Worker susan.neighbour@dhhs.tas.gov.au

Please consider sharing your knowledge, experiences or work, and email Susan a brief summary of your proposed topic that you could present or lead discussion on.

Working in Health Promoting Ways Partner Network NW (Formerly the North West Health Promotion Network) the meeting for 2011 will be Thursdays via videoconference at 2pm-3:30pm and the dates are:

- 10/03/2011
- 09/06/2011
- 08/09/2011
- 08/12/2011

Meetings will be held via videoconference at Smithton District Hospital, King Island Hospital, Ulverstone Community Health Centre, Latrobe Hospital Studio, Rosebery Community Health Centre, Burnie NWRH Library Tutorial Room, Burnie Parkside, Devonport G60 and Health West Zeehan office. Contact us ASAP for other sites to be linked in.

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Interstate Conference, Training, Community Events, Forums/Meetings

3-4 February 2011 RFT (Relational Frame Theory) Workshop The first ever workshop in Wollongong, NSW. RFT is the theory of language and cognition underlying ACT. This event comprises talks and workshops from leading RFT researchers [including Darin Cairns, Joseph Ciarrochi, and Emily Sandoz]. [click here to download the flyer](#) or register at www.anzact.com

7 - 8 March 2011 - Australian Family Friendly Workplace Seminar Melbourne

Attendance at the Family Friendly Workplace Seminar is increasingly viewed as essential for HR practitioners and people in leadership roles. For further information on the Australian Family Friendly Workplace Seminar please [click here](#).

13-16 March 2011 - 11th National Rural Health Conference Perth, WA register now at **National Rural Health Alliance** PO Box 280 DEAKIN WEST ACT 2600 Phone: 02 6285 4660 Fax: 02 6285 4670 E conference@ruralhealth.org.au or www.ruralhealth.org.au

22nd-23rd March 2011 - Innovative Emergency Management:-[Emerging strategies for improved resiliency, leadership & interoperability](#) -, Citigate Central, Sydney. [Register online - book by 21 January and SAVE up to \\$300 / Download the brochure](#) and registration form

10-13 April 2011 Australian Health Promotion Association, Cairns - The 2011 Conference theme is 'Health Promotion and Determinants of Health: Strengthening Action'. Presenter and Early Bird registration closes: Friday 4 February 2011. Visit <http://www.conferenceco.com.au/AHPA/> for information. **Scholarship:** Each year the Australian Health Promotion Association offers eight national scholarships to be distributed and administered by the State Branch Presidents or their representatives to assist eight members to attend the Association's National Conference. This will cover conference registration fee. Please contact Miriam Herzfeld if you wish to apply. Applications close Friday 14th **January.**

16 - 17 June 2011-Happiness & its causes-Brisbane Convention and Exhibition Centre

<http://www.happinessanditscauses.com.au/?gclid=CLCe2l-qrqYCFOT0bwodTTO8UA>

29 August - 2 September 2011 - Australasian Evaluation Society 2011 International Conference Hilton Sydney, Australia, www.aes2011.com.au Conference theme of **Evaluation and Influence**, an exciting program is currently being developed, including sub themes such as influence and methodology; communication and influence; influencing policy and practice and evaluation use and implementation.

19 - 22 September 2011 National Men's Health Gathering, Pacific Hotel, Perth Western Australia Will help advance male health in the Australasian region and beyond through effective strategic planning and knowledge management. The gathering will incorporate the 6th National Aboriginal & Torres Strait Islander Male Health Convention, the 5th National Men and Family Relationships Forum and the 9th National Men's Health Conference menshealth@pco.com.au or www.workingwithmen.org.au

14 - 16 November 2011 3rd Rural & Remote Mental Health Symposium - Mecure, Ballarat Victoria **Ph:** (61 7) 5528 2501 **Fax:** 07 5528 5291 ruralhealth@anzmh.asn.au

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Your opinion is valued/Have your say

Have your say about a Tasmanian Charter of Rights and Responsibilities-before January 14th? It is really important that everyone has a chance to say if they think Tasmania should or should not have a Charter of Human Rights and Responsibilities, and what a Charter should look like.

- Comments, views and submissions can be made by e-mail to legislation.development@justice.tas.gov.au or by post to Dale Webster, Project Manager, Department of Justice, GPO Box 825, Hobart TAS 7001.
- For more information about the proposed Charter of Rights, please go to the Department of Justice's website page for the consultation project: http://www.justice.tas.gov.au/corporateinfo/projects/human_rights_charter there is a feedback form on the website for people to make comments about the charter electronically.

A survey – and movie tickets to win! DHHS is running a staff survey about preventive health. It's relevant to **all** staff, no matter what your role is or where you work, and should take just five minutes.

This survey is part of our increasing focus on preventive health. Completing this survey will help us improve the information and support available to staff around preventive health – for your health and the health and wellbeing of your clients or patients.

Your answers will be confidential and we will not know your name or email address.

Complete the [online staff survey](#) by 5 February 2011 for a chance to win one of three double movie passes!

Now is the perfect time to contribute to the Australian Health Promotion Association's quarterly newsletter Update, as you reflect on 2010 and start planning for the year ahead.

You might like to contribute an article on your initiative, campaign, organisation, research project, website or policy issue. And remember - it doesn't have to be a cumbersome task, articles can be as short as 150 words or as long as 1,000.

Publishing in Update is a great opportunity for you to profile your work, and help improve health promotion practice by sharing your experiences and insights.

Closing date for submission is 15 January 2011. All articles received by 15 January will be considered for publication in the March 2011 newsletter.

Submit your article to ahpa@usc.edu.au with "Update <insert article title>" in the subject line.

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Resources and tools



2011 Health Events Calendar is available online-Take a look to assist with planning!

http://www.dhhs.tas.gov.au/about_the_department/structure/operational_units/primary_health/health_promotion

The Greens 2011 Farm and Garden Calendar Senator Bob Brown and Christine Milne from The Greens have released their 2011 Farm and Garden Calendar. It includes a seasonal planting guide and plenty of gardening tips. For a FREE copy, contact Eat Well Tasmania 6223 1266 eat@eatwelltas.org.au or Senator Christine Milne's office 6224 8899.

The Devonport City Council has recently developed a **Community Directory**, which is available by visiting www.devonport.tas.gov.au. This service may be helpful to those interested in finding a Community group for:

- a hobby or interest
- a support service/group
- a sporting club/facility
- socialisation
- transport information
- child care services
- youth and seniors services
- health services
- other community groups

For further assistance with using this service, please feel free to contact Devonport City Council on 03 6424 0511. Local Information Network for Community Services (LINCS)

Websites Australian Health Survey 2010 -The Menzies Centre for Health Policy and The Nous Group conducted a survey to find out how Australians view their health system. Have a look at the Commonwealth Parliamentary Library's blog entry on Flagpost to get a brief summary of the results-

<http://parliamentflagpost.blogspot.com/2010/12/perceptions-of-australias-health-care.html>

Our Community is a world-leading social enterprise that provides advice and tools for Australia's 600,000 not-for-profit community groups and state, private and independent schools, as well as practical linkages between the community sector and the general public, business and government check them out at

<http://www.ourcommunity.com.au/>

Dropbox is a file-hosting service that allows users to store and share files and folders with others across the Internet. Your files follow you to whichever device you happen to be working on. Also allows you to sync your files online and across your computers automatically <https://www.dropbox.com/>

AroundYou-a new web hub is offering community groups the opportunity to spread the word about their events to a large, motivated web-based audience. **AroundYou** (www.aroundyou.com.au) gathers, collates and organises all manner of events, enables people to search online for nearby events simply by searching a postcode or location. The bonus of the site is that visitors are generally looking for things to do near where they live. AroundYou has four key aims:

1. To empower people with knowledge about what's on in their local area.
2. To make it easier for people to connect with each other in the real world.
3. To provide accurate, reliable and up to date information for all areas of Australia.
4. To help community organisations to freely promote their events, activities and fundraisers.

To post an event on the AroundYou website, all you have to do is create an account then add information you would like displayed. It is free to list and search for an event, with income for the site expected to be drawn from locally based advertising. For more information, visit www.aroundyou.com.au

Beyond brochures – Fostering sustainable behaviour community based social marketing

Dr Doug McKenzie-Mohr an environmental psychologist is well known for his work with environmental program planners to deliver environmental behaviour change programs. However, the principles that underlie his work are equally applicable to other social and community behaviour change initiatives.

Fostering Sustainable Behaviour website <http://www.cbsm.com/public/world.lasso> consists of five resources for those working to foster sustainable behaviors in conservation, energy efficiency, transportation, waste reduction, and water efficiency. It includes the complete contents of the book, Fostering Sustainable Behavior, as well as searchable databases of **articles**, **case studies**, and turnkey **strategies** as well as **discussion forums** for sharing information and asking questions of others.

About the DHHS Libraries Online resources can be accessed via EPOCH. Please note that to access EPOCH offsite you will need an EPOCH username and password. When accessing an online journal you may also be asked for an additional password, many of which are available on our Passwords for Electronic Journals page. Please contact your Library for help or training. FAQ: For answers to frequently asked questions about library services (opening hours, borrowing etc.) If you have a research query and would like some assistance, print the Literature Search Request Form. You can also send us citations using the Document Delivery Request Form if you require the full-text article. Fill out your request and mail it to your closest library.

Library Resources

Research methods in health: investigating health and health services 3rd ed. / Ann Bowling 2009 (Wingfield)

Talking with clients about sex: a health professional's guide / David Bradford and Darren Russell 2006 (Wingfield)

Tasmanian state service evaluation report 2010: recruitment in the state service / Office of the State Service Commissioner 2010 (Wingfield)

Treating complex traumatic stress disorders: an evidence-based guide / edited by Christine Courtois and Julian Ford 2009 (Wingfield)

Working in health promoting ways: a strategic framework for DHHS 2009-2012: background paper / Tasmanian Department of Health and Human Services 2010 (Wingfield)

Working with people: communication skills for reflective practice / Louise Harms 2007 (Wingfield)

To request any of the above titles contact Library Services at library@dhhs.tas.gov.au with details of item(s) and your workplace delivery address.

The Raising Children Network team - is a consortium of the Murdoch Childrens Research Institute's Centre for Community Child Health at the Royal Children Hospital, Parenting Research Centre and the Smart Population

Foundation. The team would like to **let more professionals know about the Raising Children website**, and hope you might help them by:

- adding <http://raisingchildren.net.au> to your resources page (and bookmarking the page on your own computer)
- inserting a [blurb about us](#) in your next newsletter
- distributing [brochures](#) at a meeting or mail-out.

Brochures can be ordered by emailing media@raisingchildren.net.au.

Conference materials from the CO-OPS National Workshop, October 2010 [Sydney]

The workshop featured more than 50 sessions on community-based obesity prevention issues such as ethics, monitoring and evaluation, working with local government, and working with Culturally and Linguistically Diverse (CALD), Low Socio-Economic Status (SES) and indigenous communities. Resources from the two days, including graphic recordings, presentation notes and full program are now available for download from <http://www.co-ops.net.au>.

Australia's Initial Report under the Convention on the Rights of Persons with Disabilities

Australia ratified the *Convention on the Rights of Persons with Disabilities* on 17 July 2008 and must periodically provide the United Nations with a comprehensive report on what Australia has done to promote the rights and freedoms of people with disability. Australia provided its first report to the United Nations on 3 December 2010. The report explains Australia's policies, programs and laws relating to the rights of persons with disabilities. The report can be found at <http://www.ag.gov.au/humanrights#latest>

Bus stop guidelines- The Australian Human Rights Commission released a *Guideline for promoting compliance of bus stops with the Disability Standards for Accessible Public Transport*.

Under the Standards those who are responsible for bus stops must make sure they are designed and constructed in a way that makes them safe and usable by people with disability. The guideline has been issued to assist those responsible for bus stops to apply the Standards. The Guideline can be found at:

http://www.hreoc.gov.au/disability_rights/standards/AHRC_Bus_Stops_Guidelines_November_2010.htm

Media Access Review-The Federal Minister for Broadband, Communications and the Digital Economy, the Hon Senator Conroy released the final report on Access to Electronic Media for the Hearing and Vision Impaired. This report sets out a number of actions that government will pursue to improve access to TV, cinema, DVD and internet downloads for people who are Deaf or have a hearing impairment and people who are blind or have low vision. The report is available for download in RTF and PDF at

http://www.dbcde.gov.au/television/television_captions/media_access_review

In the End -A film addressing end of life issues in the intensive care unit titled 'In The End' is very emotive. The film features the CICM Education Officer, Dr Charlie Corke and was screened on the ABC Compass program on 31st October 2010. It may be accessed on the ABC TV website on

<http://www.abc.net.au/compass/video.htm?pres=20101031&story=1>

The Premier's Physical Activity Council would like to thank the presenters and attendees at this year's Workplace Health and Wellbeing forum that was held during [Safe Work Tasmania Week](#) in October 2010. Click [here](#) to download a copy of the presentations from the forum or email ppac@getmoving.tas.gov.au to provide feedback on the 2010 event or ideas for this year.

Sitting for long periods -can be hazardous to human health. View an article by Medibank on findings for the Stand Up Australia study- www.medibank.com.au/Client/Documents/.../Stand_Up_Australia.pdf

Start planning your workplace health and wellbeing program for 2011. Check out the [2011 physical activity events calendar](#) and select and plan for events that will help your workplace achieve its health and wellbeing goals. Some great

events coming up soon include the [Cadbury Marathon](#) (9 January), [Run the Bridge](#) (6 February), and the [Relay for Life](#) (various dates and locations in February – March).

[Get Moving at Work resource kit](#) – this kit provides workplaces with a step-by-step guide on how to develop or improve workplace health and wellbeing programs. The kit is supported by an online survey that helps organisations identify the health and wellbeing needs and issues of their employees.

Register for the Get Moving Tasmania Newsletter by emailing ppac@getmoving.tas.gov.au with 'subscribe to Get Moving Tasmania newsletter' in the subject line. Click [here](#) to view the December issue.

The Healthy Food Costume Cupboard – now only seasonally available!

Eat Well Tasmania's Healthy Costume Cupboard, comprising of our famous Broccoli, Sweet Corn, Apple, Celery, Strawberry, Carrot, Walnut, Capsicum and Healthy Eating Plate, are now on a seasonal roster. If you are interested in hiring one of our healthy food costumes for your next nutrition promotion event, please contact Tess on eat@eatwelltas.org.au or 6223 1266 to see who's available!

Professional Skills Resources (click to access)

[10 simple rules for making good oral presentations](#)

[10 simple rules for a good poster presentation](#)

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Funding

The Healthy Communities Initiative- Phase 2 Local Government Area Grants- Applications for Phase 2 LGA Grants will close on 4 February 2011. with funds to support the delivery of effective community-based programs that aim to reduce the prevalence of overweight and obesity in communities. Particular emphasis has been placed on targeting disadvantaged groups, such as those not in the workforce and at risk of developing lifestyle-related chronic disease.

Further information and an application pack is available at www.health.gov.au/tenders.

For assistance in preparing applications please:

- Read the [Program Guidelines](#) and [Applicant Guide \(PDF 193 KB\)](#); and
- Check out these [Frequently Asked Questions \(FAQs\)](#)

If questions remain email, COAGhealthycommunities@health.gov.au or phone (02) 6289 4381.

Cars for Communities – Third grant round now open Closes: 19th February 2011

The Cars for Communities program has been introduced to help communities purchase vehicles to provide local transport services. Organisations can apply for funding for a car, a people mover or a mini-bus to meet a community's transport needs. For more information, contact Fiona Benka on 6232 7440 or fiona.benka@dpac.tas.gov.au. Guidelines, application form and checklists

www.dpac.tas.gov.au/divisions/siu/grants/cars_for_communities.

Diversity and Social Cohesion Program Grants – close 31 January 2011

Not for profit organisations often have great ideas to address issues of cultural, racial and religious intolerance, but sometimes need additional resources to turn their plans into reality. Diversity and Social Cohesion Program (DSCP)

grants provide funding to help these organisations develop their own projects to help build stronger community relations.

DSCP grants provide funds of up to \$50 000 for community groups and organisations to deliver projects that address local community relations issues. The government believes that strong social cohesion is best achieved by projects that bring all Australians together and in particular create connections across the community.

- **Eligibility criteria apply for DSCP grants and** before applying, you should read the booklet for DSCP grants [Application information booklet for DSCP grants 2010-11](#) (1.4MB PDF file)
- **Sample funding agreement-** see an example of a DSCP Funding Agreement [2010–2011 Sample Funding Agreement](#) (218KB PDF file)
- **How to apply-**Applications must be lodged with the Department of Immigration and Citizenship by the 31st of January 2011 to be considered for the first round of offers. A second round of applications closes on the 31st March 2011.
- **Expression of interest-**The expression of interest form is available to download and you can enter the details electronically. **See:** [2010–2011 Expression of Interest](#) (792KB Word file)
- **Further information-**You can contact the Department of Immigration and Citizenship :grants [Contact Us](#)

Dementia Community Support Grants - Round Four - Funding for local projects that will improve dementia literacy, encourage innovation in the dementia care sector, bridge social gaps and encourage the social participation of people with dementia, their families and carers across Australia.

Applications for grants of up to \$50, 000 (GST Exclusive) will be considered for projects with a maximum duration of 12 months. Previous grant recipients are eligible to apply.

Projects that target particular specific needs groups in the community will be favourably considered for this funding round. These include Aboriginal and Torres Strait Islander people, culturally and linguistically diverse groups, rural and remote community groups, people who are socially isolated and people with younger onset dementia.

For information go to <http://www.health.gov.au/internet/main/publishing.nsf/Content>. Applicants will be required to demonstrate how their proposal will meet an identified need, as well as their capacity to undertake the project. If you cannot complete the Registration Form or have further enquiries, contact the Project Officers Suzanne Michaelis, Phone: (02) 6289 3614 or Carly Hertel Phone: (02) 6289 5558 or by email: dementiagrants@health.gov.au. Applications must be received in Canberra by 2pm on Thursday, 10 February 2011.

EasyGrants - Australia's most comprehensive monthly grants newsletter-Find a grant for your group - Share in billions of dollars of Federal and State Government, philanthropic and corporate grants funding. When you subscribe http://www.ourcommunity.com.au/funding/grant_main.jsp to EasyGrants Newsletter and Database-for \$55* (Not-for-Profits Groups & Schools) and \$330* (Government, Privates Businesses & Individuals), you will receive:

- 12 monthly email newsletters
- All the latest new and recurring Federal and State Government, philanthropic and corporate grants
- Special email bulletins for important grants
- Access to database online anytime for FREE

Are you on the Grant's Alert List?

The Community Development Division, within the Department of Premier and Cabinet (DPAC), provide organisations and individuals with notification and information of grants that are available for organisations. Organisations can then apply for appropriate grants.

If you are not already on the "Grants Alert List" and would like to be notified of current grants by email, then please write to Gill Mosmann on gill.mosmann@dpac.tas.gov.au and confirm:

1. Yes – I would like to go on the "Grants Alert List"
2. My preferred email address is _____



Health Promotion

Working in Health promoting Ways-A Health promotion Strategic Framework for DHHS 2009-2012

One of the 7 priority areas in the framework is:

Improving access to nutritious, safe and affordable food

The HOVER Project – Healthier Options in Vending Employer Resource

HOVER is an acronym for 'Healthier Options in Vending - an Employer Resource'. The project is an innovative partnership initiative of Eat Well Tasmania in association with the Community Nutrition Unit, DHHS. It was developed in response to increasing community concern regarding barriers to healthy eating within the workplace. The project aims to:

- Educate employers about the links between supporting healthy eating within the workplace and a healthier productive workforce
- Ensure that where workplaces have vending machines, a range of clearly identified healthier food and drink choices are provided and promoted.

To date, the project has involved a series of consultations with vending machine suppliers, the food industry, employers and employees. This work has culminated in the production of a suite of resources designed to assist both employers and vending machine suppliers move towards providing healthier vending in Tasmanian workplaces.

In achieving this, Eat Well Tasmania have consulted and worked with a broad range of employers and employees from both public and private sectors, along with various other stakeholders, (including vending machine suppliers and the food industry), to initiate healthier vending trials in various Tasmanian workplaces. To date, trials have been pleasing; with feedback from employers, employees and some vending machine suppliers indicating healthier vending is a viable option within the workplace.

Would you like to introduce healthier options into your workplace vending machine? Eat Well Tasmania can assist you. Contact **Sharon Campbell, HOVER Project Officer, Eat Well Tasmania**, Phone: (03) 6223 1266, Mobile: 0428 210 146, E: scampbell@eatwelltas.org.au or visit the HOVER web page at www.eatwelltas.org.au/hover

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Strengthening and supporting health promotion practice within north-west Tasmania

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