

# Health Promotion North-West Newsletter

Welcome to the NW TAS Health Promotion email update for February 2011

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 25<sup>th</sup> of the month.

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**Strengthening and supporting health promotion practice within north-west Tasmania**

**International Women's Day Centenary Celebration - Tuesday 8 March**  
**200 voice choir required in Burnie!** Details below!



## Professional Development opportunities

**Thanks to your enthusiastic response - the sessions are full - 14 & 15 February 2011 - Effective ways of engaging men-with Greg Milan.** Greg is a National Presenter and key men's health author, advocate and program developer and a trained social worker. The session focuses on developing effective men friendly programs resources, settings for organisations/services. Because of the large number on the wait list Greg is considering the delivery of a further session later in the year. We'll keep you posted!

**17 February 2011 - Community Based Models for Productive Ageing in Rural Communities:** Presentation of findings from latest research exploring issues around community engagement for older rural people, Dr Peter Orpin and Kim Boyer [UTAS]. Some principles to guide the delivery of services and supports for older rural people,

particularly in terms of maintaining social engagement in ageing will be proposed. **RSVP** to

[acrclinicalnetwork@dhhs.tas.gov.au](mailto:acrclinicalnetwork@dhhs.tas.gov.au) by **Feb 10, 2011**

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

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



## Jobs & opportunities

**Closes COB 7 February 2011 - Richmond Fellowship [Ulverstone] Community Support Officer Full time position, Job Ref 61** Level 4 Social, Community, Home Care and Disability Services Industry Award 2010. Applicants who:

- have a fun-loving attitude and are creative in working alongside consumers on their recovery journey are being sought.
- can draw on their life experiences and use their diverse range of people skills to help deliver a person centred service.

Further information contact Shelley 64 25 1050, application packs [position description, selection criteria] available from Alicia [admind@rftas.org.au](mailto:admind@rftas.org.au) or 642 283344.

**The Salvation Army Bridge Program North West-Full Time Case Facilitator Position, Calls for Expressions of Interest-** The position is based at the facility in Burnie providing intensive intervention to those experiencing addiction. Specific requirements and further information can be obtained by contacting Grant Herring, State Manager, The Bridge Program at [grant.herring@aus.salvationarmy.org](mailto:grant.herring@aus.salvationarmy.org) or PO Box 670, Moonah TAS 7009. PH: 6278 8140

**Translating Research into Practice fellowships available-** 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. 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> Opens 10 February 2010, closes 25 March 2010

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## Tasmanian Conference, Training, Community Events, Forums/Meetings

### Conferences

**18-19 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](mailto: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

**19 February 2011 - Community Response to Eliminating Suicide [CORES] Suicide Intervention Course.** A one day training course for family and community members to gain skills and confidence to recognise then assess a person who may be at risk of self harm or suicide.

**When** Saturday 19<sup>th</sup> February 2011, 9am – 5pm  
**Where** Romaine Christian Centre, Blackwood Parade Burnie  
**Cost** Free to people who live and/or work in the Burnie Municipality, \$75 for participants that live in other areas

Information and registration [**essential**]: Kentish Regional Clinic, 64911 552 or 1300 079 596

[Admin@Kentishrc.com.au](mailto:Admin@Kentishrc.com.au)

**Aboriginal cultural competence training** - Department of Health and Human Services staff are encouraged to undertake Aboriginal cultural competence training to increase their knowledge and understanding of Tasmanian Aboriginal people, their history and culture. [More info](#) is available on training sessions around Tasmania.

**19–20 February 2011 - 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 11<sup>th</sup> 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 19<sup>th</sup> – Sunday 20<sup>th</sup> 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 17<sup>th</sup> March & Friday 18<sup>th</sup> March & Thursday 24<sup>th</sup> March & Friday 25<sup>th</sup> 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 4<sup>th</sup> 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](mailto: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 <https://www.surveymonkey.com/s/Y7VC9SH>

**Sunday 6 February - Flexible body, free voice workshop** with Frankie Armstrong and Darien Pritchard (UK) Voice + Feldenkrais Method. Sunday 6 February 10am - 4pm Friends School, North Hobart, presented by Tasmanian A Cappella Association Bookings: [singtasmania@hotmail.com](mailto:singtasmania@hotmail.com) - second workshop Sat 12 Feb.

**Applied Suicide Intervention Skills Training 2011**-This well researched and interactive 2 day programme is being offered throughout Tas (offered by Living Works and Choose Life Services CLS)

Thurs/Fri March 24/25 – Launceston

Thurs/Fri June 23/24 – Hobart

Thur/Fri August 4/5 – NW Coast

Tues/Wed October 11/12 – Launceston

Tues/Wed November 15/16 – Hobart

The workshop provides practical help for caregivers seeking to prevent the immediate risk of suicide. Participants will learn how to:

Recognise opportunities for help

Reach out and offer support

Estimate the level of suicide risk

Apply a model for suicide intervention

Link people with community resources

**Cost:** \$230 per participant (GST Inclusive), REGISTRATIONS LIMITED and close 2 weeks prior to workshop. Contact: CLS 6423 3181 Or Annette Rockliff: 0417 320 861 e-mail: [Annette@parakaleo.org.au](mailto:Annette@parakaleo.org.au)

### Community Events

**February 1 2011 - Expo with the Tassie Hawks & the Devonport Football Club** - Come and see what North West Coast sports and recreation clubs have to offer! More information contact Mel Woodhouse Central Coast Council on 64298959 or 0458 407 872 or [melwoodhouse@centralcoast.tas.gov.au](mailto:melwoodhouse@centralcoast.tas.gov.au)

**Date:** Tuesday February 1 **Time:** 2:00pm – 5:00pm

**Venue:** Ulverstone Sports & Leisure Centre and Ulverstone Showground

**Cost:** Free

### Healthy Community Options in the Latrobe Municipality on Feb 1<sup>st</sup> and 2<sup>nd</sup>!

Twilight Fun FREE Event @ Bells Parade Tuesday 1<sup>st</sup> Feb 5-7 pm

Twilight Fun FREE Event @ Shearwater Park Wednesday 2<sup>nd</sup> Feb 5-7 pm

- Zumba and Yoga at 5 pm,
- Bike ride or walk leaving 5.25pm, registration see below-
- Nigel Squibb presents a healthy BBQ with free samples for those participating in walk or bike ride
- Farmers Market with fresh local produce to buy
- Healthy Lunch box or snack ideas to sample

WANTED: Bring your favourite family recipe to Council office, at the event, or email [glenysn@latrobe.tas.gov.au](mailto:glenysn@latrobe.tas.gov.au) -Your recipe will become part of our community cook book. Registration forms for cycle/walk available at Shearwater Gourmet Butchery, Council Office or [www.latrobe.tas.gov.au](http://www.latrobe.tas.gov.au). For any questions please ring Glenys at Latrobe Council 64214650 or follow link at Council website. Lots more freebies and fun for all the family

**ILC TAS (Independent Living Centre)** will visit Burnie on Feb 8<sup>th</sup> and Devonport on March 9<sup>th</sup> 2011 -for a talk and display 11:30-12:30pm at the Community Health Centres. Call 1300 885 886 for details etc.

**Last Friday of every month - Men's Bus trips recommence February 2011** Bookings essential by the **Monday PRIOR**, pick ups at:

- Burnie 9am Centacare, 108 Mt Street Car Park
- Ulverstone 9.30am - Richmond Fellowship, 7 Lugana Crescent
- Devonport 10am - D'port Community House 10 Morris Ave

**Activities:** Bus trip, chat on a men's related topic, BBQ & walk. Cost \$5.00 [incl lunch/drinks] Bus returns between 3-4pm. **Contact for pick ups:** Oakleigh House ☎64 319124

**27 February 2011 - North West Environment Centre Festival 2011** come along and hear from **Costa Georgiadis** (SBS "Costa's Garden Odyssey"), **Tino Carnivale** (ABC Gardening Australia presenter), **Paul Healy** (Organic garden Journalist and poultry enthusiast) and **Dr Michelle Towle** (local Health Practitioner). There will be lots of fab food and organic/sustainably based stalls to browse over. If you know of someone who would like to have a stall could you kindly get them to call Graeme Stevenson Ph: (03) 6435 1319 Email: [graemes@southcom.com.au](mailto:graemes@southcom.com.au)

**8<sup>th</sup> March - Celebrate International Women's Day- in Kentish** at Tandara Meeting Rooms from 10am with a select group of prominent Women of the Community speaking about Women's Issues (morning tea provided – pancakes for Pancake Tuesday). All money raised will be donated directly to UNIFEM Australia. Cost to attend is a gold coin donation. Contact Natalie Cossey, Health Promotions Officer Kentish Health Centre, 6491 2740 or 0407 303 747

**8 March 2011 \*International Women's Day Centenary Celebration** - Women Tasmania together with Speak Out Association of Tasmania will celebrate this occasion with a public performance of the "Love and Justice Women's

Anthem" in Burnie. Performed at many venues in Australia and around the world- View here <http://www.youtube.com/watch?v=6HpCmdLRuF8> THIS IS YOUR CHANCE TO SING AND SHINE on Tuesday March 8<sup>th</sup> in Burnie! To really make this event a success, **at least 200 women** are needed to form a choir to sing the anthem. Led by Katy Pakinga, four rehearsals will be conducted at the Baptist Church Hall (in Mount Street, Burnie opposite Target) you DON'T have to be a good singer! There will be four main soloists, so you will only need to learn the chorus and harmonies - with 200 women around you it really won't matter if you're a little bit off key. **Rehearsals run from 6 to 7.30pm on THURSDAY evenings from** February 10 to Thursday, March 3. Performance will be held in Wilson Street, Burnie at 12.30pm on Tuesday, March 8. **So..... come on ladies WE CAN DO THIS!!** To ensure that we get the number of women required to make this a fabulous event, please talk it up among your friends, neighbours, and invite as many women as you can! To make it as truly inclusive as possible we would like young women, older women, migrants, women with disabilities, and all varieties in-between to participate. **Remember, first rehearsal February 10, JUST turn up.** Information - Julie Butler at Speak Out 6431 9333 until February 8 and Marie Meakins at Women Tasmania after the 8<sup>th</sup> 6434 6462.

**Saturday 9 April 2011 - Freedom Ride - Do the Run... Help changes lives!** The Freedom Ride or Run is the major fundraiser for Live Free Tassie (Teen Challenge Tasmania Inc.) whom provide residential recovery opportunities for young facing addictive behaviours in Tasmania. **The Rock Property Freedom Ride** holds the challenge of riding 100km. Participants must commit to raising **\$1,000.00** [as an individual or a team], riding and fundraising is shared. **The Run** - Participants commit to walking or running 10Kms and raising \$100. Further information about this great cause [Live Free Tassie website](http://www.livefreetassie.org.au). Be involved as a rider, runner, Volunteer or sponsor [www.freedomride.org.au](http://www.freedomride.org.au)

### Community Programs

**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. Information on how people can contribute Penelope Dodd 0409 484 152 6431 4591 [www.producetothepeopletasmania.com.au](http://www.producetothepeopletasmania.com.au) - are also on facebook

**Heart Foundation Walking** is a network of free community-based walking groups with volunteer Walk Organisers that lead groups in the North West Coast. To find out where your nearest walking group is or start a new group visit [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking) or telephone 1300 36 27 87 (local call cost).

**3rd Monday of each Month - KYMS-**'Kids + Young Mum's Support' for those under 30, pregnant or a young parent and looking for somewhere to hang out with their child! Those attending have a coffee, meet and chat to other young parents with the bundles of joy and take part in fun activities with other children.

**When:** Every **3rd Monday** of each Month **Time:** 1:00pm-4:00pm

**Where:** The Eastern Shore Community House (106 David Street, East Dev.) - 6427 9985

### Community Houses in the NW

- **Devonport Community House** –contact Coordinator - Kate Beer at 10 Morris Avenue, Devonport on 6424 7060. [devhouse@internode.on.net](mailto: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](mailto: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](mailto:burniehouse@dodo.com.au) House
- **Eastern Shore Community House** –Coordinator Lorraine Heron, 106 David Street, East Devonport, 6427 9985; email [esch@westnet.com.au](mailto:esch@westnet.com.au)
- **Rosebery Community House** – 8 Agnes Street Rosebery, 6473 1497 Mobile 0400 469 984 [roseberync.coord@internode.on.net](mailto:roseberync.coord@internode.on.net)
- **Zeehan Neighbourhood Centre** –. Contact Melissa Crosbie on 6471 6108. [znc@intas.net.au](mailto:znc@intas.net.au)

Personal training and weight management at the Zeehan Gym call for information

- **King Island Phoenix House**- 28 Albert St, Currie Coordinator, Katherine Harris 64621746 or email: [phoenixhouse@internode.on.net](mailto:phoenixhouse@internode.on.net)

**Power On!** A free program for women who experience mental illness. The group will meet each Wednesday starting on 2<sup>nd</sup> of March 2011 finishing on 31<sup>st</sup> of May [with a two week break at Easter], this equates to 12 workshops. The *Power On* Team [facilitator, peer educator and participant support person] will lead each workshop and explore a topic of health and wellbeing through discussion and interesting activities - fun & learning. If you think *Power On* may be for you/your clients please contact: Bec Smith at Aspire in Burnie to **register by 11<sup>th</sup> February** phone 6431 8286 or 6423 3279 [rsmith@aspire.org.au](mailto:rsmith@aspire.org.au)

### Forums/Meetings

**9 February 2011 - UDRH Seminar Series** Staying healthy: Behaviours and services used by farmers and fishers. Presented by Susan Johns and Karla Peek, UDRH

When: 9 February 12:15 – 1:30pm @ Telehealth Studios state wide

For details, please contact Latha Jeyaraj 6324 4042, email: [Latha.jeyaraj@utas.edu.au](mailto:Latha.jeyaraj@utas.edu.au)

**The Introduction to Research & Evaluation in Practice** workshop is once again being offered on the 8<sup>th</sup> of February 2011. Details can be found at <http://www.phcred.utas.edu.au/index.html> and registrations can be done at <http://www.phcred.utas.edu.au/workshops-timetables.html>.

### 10 February 2011 - North West Men's Services Network (NWMSN) 2011

A new year and a new format! This is not a men's club but a forum for any service working directly/indirectly with men. This year meetings are quarterly at Devonport Community Health Centre, meetings will have 2 sections:

1. The network meeting - discuss what is happening around the services, events coming up etc. and feeds into the statewide network raising issues for the North West community.
2. Mini workshop/presentation (free in house training) - Our first will be "Core Values" by Dave Nancarrow [other workshops e.g. Anger Management (Dom) and Narrative Therapy (Gordon Roberts) are possible future workshops.

Come to the first network and share what you would like to have presented.

**2011 DATES:** Thursday 10<sup>th</sup> February 2011 – Workshop "Core Values" by Dave Nancarrow, then Thursday 12<sup>th</sup> May, Thursday 11<sup>th</sup> August, Thursday 10<sup>th</sup> November

**Where/when:** 1-3pm Devonport Community Health Centre Meeting room 1. 23 Steele St Devonport. Further information Contact Dominic Peters –**Senior Social Worker**, DHHS, 23 Steele St, Devonport, 7310 Ph 64217780, [dominic.peters@dhhs.tas.gov.au](mailto:dominic.peters@dhhs.tas.gov.au)

**2011 Seminar series Australian Breastfeeding Association** *Breastfeeding: Together We Do Better* Registrations are open for the 2011 seminar series featuring top International and Australian speakers (Program 1- Hobart March 5<sup>th</sup> or online March 9<sup>th</sup>)! Places fill fast so register now for a **venue or online** seminar and don't miss out! Registrations are discounted for [Australian Breastfeeding Association](#) and [Lactation Resource Centre](#) subscribers! Not a subscriber? Join when you register and save straight away. Register/information <http://events.lrc.asn.au/> [Register now or find out about the Online Seminars](#)

**31st March 2011 - Invitation / Expression of Interest Inaugural Statewide Refugee Health Forum** You are invited to attend, participate, and present at a this inaugural forum on "**Health, Settlement and Community for Refugees in Tasmania**"

- Date: 31st March 2011, 0930 – 1600 (note changed from 6 April 2011),
- Venue: The Grange, Campbelltown

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,
- gain a greater appreciation and understanding of the progress to date

**RSVP and further information** contact Cultural & Linguistically Diverse Social Worker

[susan.neighbour@dhhs.tas.gov.au](mailto:susan.neighbour@dhhs.tas.gov.au) 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    9/06/2011    8/09/2011    8/12/2011

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

#### 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 - 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](mailto:conference@ruralhealth.org.au) or [www.ruralhealth.org.au](http://www.ruralhealth.org.au)

**22-23 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

#### 8-11 March 2011 - Managing and Measuring Health Outcomes - Short Course Darwin

The course will provide an overview of both the Australian and international focus on health outcomes. Definitions and frameworks to evaluate health outcomes at the individual, community, clinical and population health levels will be explored. Participants will be given an overview of concepts related to psychological measurement (reliability, validity, sensitivity, specificity) and discuss a range of qualitative and quantitative research designs and strategies that would be relevant to a health outcomes project in their field of interest. The consumer/client focus of health outcomes will be discussed as will the constructs of well-being, quality of life and health-related quality of life. Information and registration refer the short course schedule, flyer and registration forms <http://www.menzies.edu.au/education-and-training/short-courses/workshops>

**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.

**15 – 18 June 2011 - Promoting healthy eating and physical activity: The latest international research: -**  
Melbourne Convention and Exhibition Centre, Victoria, Australia.

This is the 2011 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity.

Two satellite meetings will be held in conjunction with the 2011 Conference

- Post Conference Satellite Meeting in Perth, Western Australia JUNE 19-21 2011 [“Advancing research on the built environment and active living: working with policy makers and designing natural experiments”](#)
- Post Conference Satellite Meeting in Queenstown, New Zealand JUNE 21-23 2011 [“Beyond 2011: New paradigms to improve population level physical activity and nutrition”](#)

**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](http://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](mailto:menshealth@pco.com.au) or [www.workingwithmen.org.au](http://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](mailto:ruralhealth@anzmh.asn.au)

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**Your opinion is valued/Have your say**

**Caring For Older Australians - Draft report** was released on 21 January 2011. You are invited to examine this report and make written submissions to the Productivity Commission by Monday 21 March 2011. See:

<http://www.pc.gov.au/projects/inquiry/aged-care/draft>

**Call for Papers: Special issue – Community Informatics for Health** - This special issue of Journal of Community Informatics is due for publication in November 2011 and will explore how ICTs (Information and Communication Technologies) can be used to enable communities and individuals towards improved health, particularly for disadvantaged communities. The field of community informatics seeks to explore the potential of information and communication technologies and their applications for social and economic development efforts at the community level. It particularly seeks to ensure that marginalized individuals and communities can benefit from the opportunities that ICTs can provide. In the area of health, this is all the more important since those with poorer health status and poorer health outcomes are usually those with less (or no) access to ICTs, or are those who have fewer skills to make use of and benefit from ICTs.

For this special issue of the Journal on Health, submissions of original, unpublished articles are invited including research articles, along with case studies and notes from the field. Contact for queries and abstract submissions:

[lareen.newman@flinders.edu.au](mailto:lareen.newman@flinders.edu.au)

For more information refer to the full Call for Papers via the link below. Closing date: Mar 14 2011 See: <http://www.flinders.edu.au/medicine/sites/southgate/research/projects/digital-tech-health/>

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## Resources and tools

**SHED ONLINE - BEYOND BLUE new website exclusively for men** – a recent interview with Jeff Kennett in Weekend Australia discussed this new site mens 'shed online' "a gateway for those men too shy to speak about health issues in a face to face environment for those geographically isolated" check it out -

<http://www.mensheds.com.au/index.php?id=website>

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

[http://www.dhhs.tas.gov.au/about\\_the\\_department/organisational\\_structure/operational\\_units/primary\\_health/health\\_promotion](http://www.dhhs.tas.gov.au/about_the_department/organisational_structure/operational_units/primary_health/health_promotion)

The **DHHS Nutrition & Dietetics team** has shared some excellent resources that have been developed to dispel the myth that it is cheaper to eat unhealthy food. Please see the links below.

- **Shop smart-** A smart way of spending your money on food to balance your diet and your food budget [http://www.foodcentsprogram.com.au/resources/CAN7950\\_FoodCents\\_LR.pdf](http://www.foodcentsprogram.com.au/resources/CAN7950_FoodCents_LR.pdf) pages 14-15 of the booklet have a table that shows price per kg which is helpful at the supermarket. The booklet shows how much of the food budget is spent on everyday vs. sometimes foods.
- An online version of the food budget calculator is available at <http://www.foodcentsprogram.com.au/about-foodcents/shop-smart/10plan/your10plan/>)
- This 2 page resource shows some comparisons and is easy to understand: [http://www.google.com.au/url?sa=t&source=web&cd=1&ved=0CUBUQFjAA&url=http%3A%2F%2Fwww.gofor2and5.com.au%2FDataStore%2Ffiles%2Fpdf%2FNSW%2FNSW\\_RealCostofHealthyFood.pdf&ei=V9Q8Ta-KLYSXcbDjzIUH&usq=AFQjCNHzwne0\\_jk\\_JzZL-X2w5VeD-B40Q](http://www.google.com.au/url?sa=t&source=web&cd=1&ved=0CUBUQFjAA&url=http%3A%2F%2Fwww.gofor2and5.com.au%2FDataStore%2Ffiles%2Fpdf%2FNSW%2FNSW_RealCostofHealthyFood.pdf&ei=V9Q8Ta-KLYSXcbDjzIUH&usq=AFQjCNHzwne0_jk_JzZL-X2w5VeD-B40Q)

**Transport and Health:** - Help plan policies and programs to increase cycling using this new tool from the World Health Organization. [Health economic assessment tool \(HEAT\) for cycling](#)

**Get some tips for workplace health promotion** in this new publication from Bicycle Victoria and Colliers International [On Your Bike! How Office Buildings can Accommodate More Cyclists](#)

**PHC RIS** (Primary Health Care Research & Information Service) is a national primary health care organisation funded by the Australian Government Department of Health and Ageing, and located at Flinders University in South Australia. One of their roles is to produce a variety of **fact sheets** on dissemination, information exchange and getting your point across. They've scoured the web and talked to the experts to design fact sheets that present information simply, clearly and succinctly. Basically they've done the hard work so you don't have to!

These Fact Sheets are available in PDF <http://www.phcris.org.au/publications/factsheets/index.php> and are useful resources to share at workshops and conferences. Multiple copies can be ordered FREE of charge by completing the [on-line order form](#). Check out what else PHC RIS is involved with by visiting <http://www.phcris.org.au/aboutus/index.php>

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## Funding

### **Closes 19 February 2011 | Cars for Communities – Third grant round now**

The Cars for Communities program was introduced to help communities purchase vehicles to provide local transport services. Organisations can apply to fund a car, a people mover or mini-bus to meet community's transport needs. Further information, contact Fiona Benka 6232 7440 or [fiona.benka@dpac.tas.gov.au](mailto:fiona.benka@dpac.tas.gov.au) -Guidelines, application form and checklists @

[www.dpac.tas.gov.au/divisions/siu/grants/cars\\_for\\_communities](http://www.dpac.tas.gov.au/divisions/siu/grants/cars_for_communities).

**Closes 10 February 2011 - 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 will be considered for projects with a maximum duration of 12 months. Information -

<http://www.health.gov.au/internet/main/publishing.nsf/Content>. Difficulties completing the registration form or further enquiries, contact the Project Officers Suzanne Michaelis, (02) 6289 3614 or Carly Hertel (02) 6289 5558 or [dementiagrants@health.gov.au](mailto:dementiagrants@health.gov.au). Applications must be received in Canberra by 2pm on Thursday, 10 February 2011.

**Travel grants now open** for research active primary health practitioners to attend an Australian conference in 2011. Details/application forms [http://www.phcred.utas.edu.au/travel\\_grants.htm](http://www.phcred.utas.edu.au/travel_grants.htm).

**Closes 31 March 2011 - Foundation for Rural and Regional Renewal- Small Grants for Small Rural Communities Program** Opens: 24 January 2011 A small grants program for small rural and remote Australian communities. **Currently, preference will be given to projects that support:**

- Community Infrastructure
- Community Development involving Disadvantaged Children or Young People
- Resettlement of Immigrants in rural Australia
- Communities from areas that are Exceptional Circumstances or Natural Disaster Declared

**FIND OUT MORE** including funding criteria etc <http://www.frrr.org.au/programsDetail.asp?ProgramID=4> or call 1800 170 020 or email [info@frrr.org.au](mailto:info@frrr.org.au)

**Accessible Communities Program** Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) - Grants of up to \$100,000 to local governments to make local buildings and public spaces more accessible for people with disability for greater participation in the community. Each local government is permitted to submit up to two applications [for up to \$100,000 (GST-exclusive) each application assessed based on a range of criteria. Further information refer [Including People with Disability in Community Life](#) & "Accessible Communities Fact Sheet".

**Art Funding Opportunities for 2011** -Includes grants, scholarships and residencies. For more information, visit: [www.arts.tas.gov.au/opportunities/artsfunding](http://www.arts.tas.gov.au/opportunities/artsfunding)

**Material Girl 2011 award closes Mon 21 Feb.** Theme is "Women behind the Wheel" entry form on TRA website. [www.tasregionalarts.org.au](http://www.tasregionalarts.org.au)

**Are you on the Grant's Alert List?** The Department of Premier and Cabinets' (DPAC) community development division, provide organisations and individuals with grant notification and information. Not already on the "Grants Alert

List” and like to be notified of current grants by email? Write to Gill Mosmann on [gill.mosmann@dpac.tas.gov.au](mailto: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 \_\_\_\_\_

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