

Health Promotion North-West Newsletter

Welcome to the NW Tas Health Promotion email news for April 2010.

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In this update you'll find –

[Training opportunities](#)

[Jobs](#)

[Events-Tasmania](#)

[Events- Interstate](#)

[Your opinion is valued](#)

[Resources](#)

[Funding](#)

[What's coming up on the health events calendar?](#)



Training opportunities

Introductory training in narrative therapy and counselling practices – This training program is designed to invite and inspire counsellors, therapists and people working in the human services with narrative ideas, frameworks and skills to honour people's unique experience; help people sidestep the problems that have overwhelmed them; story and make accessible people's unique wisdoms and life knowledge in their responses to life's difficulties. 12th & 13th, and 19th & 20th April 2010. 9.30 am – 4.30pm, Hobart. Cost is \$680 plus GST. Phone or email Chris: 6231 6872 or Mobile: 0410369969 chrisw@keypoint.com.au

Training course – 2 modules towards a Certificate for Public Participation: Hobart 19, 20 & 21 April 2010. Module 2: Effective Communication for Public Participation - provides an overview of the communication skills used by public participation practitioners, with a focus on how to prepare and present information as a key part of engaging communities. Module 3: Techniques for Effective Public Participation – provides an introduction to a range of practical tools and techniques for community engagement. Contact John Ross 02 95430194, or email john@takingaction.com.au

Boards/Committee Governance Training contact Volunteering Tasmania for further details. This FREE introductory workshop aims to assist participants increase their confidence, competence and professionalism as a voluntary member of a not-for-profit board or committee. The workshop is designed to enhance participant understanding of their role, rights and responsibilities to enable them to participate more effectively on the board or

committee. Presenter: Elizabeth Corbett is a director of Brookcor Consulting and works with a diverse range of community boards and committees across Victoria and Tasmania to assist them address governance issues and enhance board/committee member confidence and capability. **West Coast** -Saturday 1 May 2010 9.00am to 3.30pm (lunch will be provided) at Rosebery District High, Morrisby Street. RSVP: burnie@volunteeringtas.org.au or 6432 4335 by 22 April 2010. **Also on Tasman Peninsula** peterm@volunteeringtas.org.au & **East coast** launceston@volunteeringtas.org.au

Mental Health First Aid (Hobart) -*Mental Health First Aid*, an award-winning two-day training program on how to respond to individuals with mental health issues, will be held in Hobart from 10-11 May. The program is aimed at community workers, volunteers and others working in the frontline of community agencies. Learn to recognise the signs and symptoms of the most common mental health problems, how to respond appropriately and compassionately to clients with confidence, and how to respond to crisis situations. Cost is \$295 (members) and \$350 (non-members). Register online at www.housinginstitute.org/events/register/register.php

Adult Education -Visit www.adulteducation.tas.gov.au and be inspired to make your dreams a reality. Find a course, enrol, pay and confirm your class place straight away. New courses are added regularly. **One-Session Wonders**
/Burnie: How to Make Mud Bricks Sat 10 Apr, 10am - 4pm, Start and Manage Your Own Share Portfolio Sun 12 Apr, 9am - 5pm, Excel 2 - Tips, Tricks & Shortcuts Wed 14 & 21 Apr, 6pm - 9pm, Massage - Basic Sat 17 Apr, 10am - 3pm, Burlesque Dancing Sat 15 May, 1pm - 4.30pm **Devonport :** Maximising Facebook Sat 10 Apr & Sat 17 Apr, 10am - 1pm, Felting for Fun Sat 17 Apr, 10am - 4pm, Italian Dinner Party Sat 18 Apr, 1pm - 4.30pm, Get Great Photos From Your Digital Compact Camera Wed 28 Apr, 6.30pm - 9pm and Create Your Own Colourful Cloth Dolls Sat 22 May & Sun 23 May, 10am - 4pm

Family Planning Tasmania will be holding their **Sex in Cyberspace and Managing Challenging Social & Sexual Behaviours training** throughout April-May. For further information please contact Janine at FPT on ph. 62285422

2 day Suicide Intervention Workshop to be held throughout the state during 2010. Please circulate this information within your networks and feel free to contact Annette Rockliff, Office Manager Choose Life Services (CLS) 0417 320 861 annette@parakaleo.org.au for details.

- Tues/Wed April 27 & 28 – Devonport
- Tues/Wed May 11 & 12 – St Marys
- Tues/Wed June 29 & 30 – Hobart
- Tues/Wed August 10 & 11 – Launceston
- Thurs/Fri October 14 & 15 – Wynyard

The workshop provides practical help for caregivers seeking to prevent the immediate risk of suicide. Cost: \$220 per participant (GST Inclusive) REGISTRATIONS ARE LIMITED Registrations close 2 weeks prior to Workshop

If Not Dieting® Health Professional 2-Day Training - The Person Centred Approach to Healthy Weight Management: helping people achieve and maintain a healthy weight. Melbourne May 6th and 7th. http://www.ifnotdieting.com.au/cpa/htm/htm_article_list.asp?id=32 Contact Louise Wigg louise@ifnotdieting.com.au



Project Manager / Community Development Officer, North West Centacare Tasmania Family Services. Lead the Burnie Communities for Children strategy - "Neighbourly Neighbourhoods". Work directly with local families and a team of local organisations, groups and contracted local creative talent to both implement the 'vision' already in place and contribute to its on-going development. You will be utilising a collaborative Community Development Approach in

all aspects of your role. 4 days / 30.4 hrs per week. Please contact Larry Kalendar (03) 6431 8555 or larry.kalendar@aohtas.org.au

Youth & Family Focus are seeking an experienced and/or qualified worker to provide a service aimed at reducing and treating the use of illicit drugs by delivering treatment, counselling and support to young people and families, health promotion and education to young people, families and to the broader community and support and information to other service providers. The position is offered as a full-time position. Salary and conditions will be in accordance with the Community Services Award, and will be dependant on experience and qualifications. Salary sacrifice options and vehicle are available. Application packages including position description and selection criteria can be obtained by telephoning 0408449683 or email mel@yaff.com.au. Applicants must be willing to undergo a police check and a pre employment medical. Applications close at 5.00 pm on Tuesday 13th April 2010. All applications must be received in hard copy. Applications received after that date will not be considered.



Events-Tasmania

NW Health Promotion Networking Meeting dates for 2010:

- Wednesday 23rd June 2pm-3:15pm
- Wednesday 13th October 2pm-3:15pm
- Friday 3rd December 2pm-3:15pm

The meeting will be held via videoconference. We've booked: Smithton District Hospital, King Island Hospital, Latrobe Hospital Studio, Rosebery Community Health Centre, and Burnie NVRH Library Tutorial Room. Please contact us ASAP if you would like any other sites linked in. Come along to find out what's going on in the north-west and share your health promotion projects and events. Meetings will include a special guest speaker so please send us suggestions if you have some. Please RSVP to julie.milnes@dhhs.tas.gov.au ph 6421 7704.

Dads Activity Day with their children and its FREE! April the 9th -First Friday after Easter at Bernie's Pad in the Plaza Shop 19, Plaza Arcade 10:30am - 2:30pm.

- ✓ 10:30 -11:30am Dad rocks (children and dads design a rock that looks like dad)
- ✓ 12 1:00pm Design a Dad (children and dad design a T-shirt for dad)
- ✓ 1:30 -2:30pm Decorate a Dad (children paint their dads faces a photo is taken)

This is going to be a great activity to build positive relationships between dads and their kids

We are looking at having at least 10-15 dads with their children at each of the three sessions a total of thirty dads would be great! Dads can register for more than one session if they like. Any enquires please call Dave or Helen free call 1800 819 447 and to register you interest please contact Peta Griffiths Ph 6430 5749 pgriffiths@burnie.net

***3rd Tasmanian Growing Communities Conference:** 17-18 April 2010 Devonport Community Garden (2 Morris Ave) and Reece High School. Four workshop streams of 1 hr duration: - practical workshops and presentations. Contact Nel Smit nelmit@eatwelltas.org.au (03)62279891, 0428201654 for more information. Registration is essential!

'Making Sense of Gen Y.' Thursday April 15th Devonport City Council's The Zone Youth Centre will be offering a FREE community Forum focussing on today's youth. The Forum will include a 1 hour presentation from renowned author & public speaker, Michael McQueen There will also be a discussion forum with members of the various generations offering their experiences & opinions. **Details:** 6.30pm arrival for a *prompt* 7pm start, finishing around 9pm Reece High School, Middle Rd, Devonport **Bookings Essential:** To secure your place, please call The Zone on 6423 4099 or thezone@devonport.tas.gov.au This is a great, free opportunity for parents, guardians, those working with young people & other interested community members to gain insight & understanding of Generation Y

Arthritis Update Friday 9 April, 1:15pm – 2:30pm at Devonport Community and Health Services Health Centre, 23 Steele Street. A question and answer session with Rheumatologist, Dr Stewart Graham followed by a presentation from a Pharmacist on medications available for arthritis and osteoporosis.

Admission by gold coin donation: **RSVP is essential.** Please call 1800 011 041 to secure your place or to find out more information

Breastfeeding ... Every drop counts-you are invited to attend a special community event organised by the Tasmanian Breastfeeding Coalition and the ABA, *Breastfeeding ... every drop counts* is free for everyone and is being held on Friday 16 April from 10am - 2pm. North : Launceston Tram Shed, Inveresk Rail Yards, Invermay Road. South : Glenorchy Civic Centre, Cooper Street. For more information, please contact the Tasmanian Breastfeeding Coalition 6222 7222 or visit www.breastfeedingtas.org

Oakleigh House will be running the positive parenting program (**1-2-3 MAGIC**) to be delivered over three sessions in the training room over three consecutive Thursdays April 29th, May 6th, May 13th. Please help promote this valuable workshop opportunity to your clients. To Register Please contact the Bridge program staff or Case Workers or phone 6431 9124

Mental Health First Aid (Hobart) -*Mental Health First Aid*, an award-winning two-day training program on how to respond to individuals with mental health issues, will be held in Hobart from 10-11 May. The program is aimed at community workers, volunteers and others working in the frontline of community agencies. Learn to recognise the signs and symptoms of the most common mental health problems, how to respond appropriately and compassionately to clients with confidence, and how to respond to crisis situations. Cost is \$295 (members) and \$350 (non-members). Register online at www.housinginstitute.org/events/register/register.php

Appetite 4 Change- is a healthy lifestyle program, without the 'diet' talk and the 'no pain no gain' exercise focus. The groups are run by Professionals – a Dietitian, a Social Worker and a Physiotherapist.

Appetite 4 Change consists of 4 weekly sessions of 2 ½ hours held in Ulverstone with separate groups for men and women. The program provides information and support and handouts. Topics include –

- Why 'Fad' diets don't work
- How to set goals
- Ways to keep motivated
- Overcoming hurdles
- Healthy eating
- Label reading
- Increasing your physical activity
- Have fun

For further information or to book a place please call **6421 7820**

Making Self Management Work in General Practice and Primary Care Settings Presenter Naomi Kubina (from Victoria) is a Consultant for Chronic Disease Management and also the Primary Author of the Navigating Self-Management manual. Naomi will be visiting the North West Coast on 22 April 2010, and has agreed to present an evening session: This is a unique opportunity so don't miss out! For more information contact Sharon Griffiths Sharon.griffiths@dhhs.tas.gov.au

Introduction to Health Coaching for Health Professionals- 2 day workshop with Health Coaching Australia- auspiced by Department of Health and Human Services Population Health-Health Priorities.Wednesday & Thursday 14 & 15 April, 2010. 08.00am Registration (8.30am to 5.00pm both days) at the Door of Hope Christian Centre- Cnr Glen Dhu & Heather St, South Launceston. Morning Tea, Lunch & Afternoon Tea will be provided. **Cost: \$250.00.RSVP:** Diane Webb 63 362405 or diane.webb@dhhs.tas.gov.au

The [GLOBAL CORPORATE CHALLENGE](#) is back again in 2010. The 16 week challenge supports you to be active and healthy as part of your working day. Participants receive a pedometer and [starter pack](#) that will help you track your progress in reaching the daily target of 10 000 steps. Through the Healthy@Work project the Department of Health and Human Services is providing a great subsidy to a limited number of teams from throughout the Tasmanian State Service. To make sure your team receives the subsidy get in quickly and:

- Organise a team of seven
- Nominate a **Team Captain**
- Have your **Team Captain** register your team by [clicking here](#). **Only your Team Captain should register via this link** (at this stage your Team Captain will be required to register all 7 participants' email addresses). It is important that team captains **provide a delivery address** when entering their team details so that starter packs can be delivered to them.
- Organise the payment your Team Captain. Team Captains will receive information on how to coordinate the payments when the team is registered.

Registrations close when all subsidised positions have been filled, or on Thursday 22 April. To find out about the subsidy etc., contact the Area Team Manager, Rebekah Harrison (03 6222 7786) or e-mail rebekah.harrison@dhhs.tas.gov.au

Youth Focus Crisis Accommodation Services - Open Day and Sausage Sizzle: During Families Week (14-21ST May) 10am-2pm, Tuesday 18th May @176 William Street Devonport. The organisation offers safe, short term accommodation and support for young people between 13 & 20 years of age who are homeless or at risk of homelessness. During Families Week we are highlighting the ongoing issue of Youth Homelessness in our community and the need for prevention and early intervention. Visit the Service, meet and talk to the staff, & find out about all the services Youth & Family Focus provide. For more information, please contact: Youth and Family Focus Inc 03 64247375

Living Alone... Successfully-13 and 20 May 2010 at the SAGE HILL CARERS CENTER 1st Floor, 15 Wilmot St Burnie (above Subway) from 12 noon till 3:00pm Afternoon tea will be provided. Please bring own lunch. Facilitator Anne Brelsford (6332 0600) will cover: Self esteem, Communication, Managing stress, Managing financial matters, Life skills, Choosing to enter a new relationship? Please phone Trish at Aspire on 64318286 to make enquiries or to book your place. pbock@aspire.org.au

Introduction to Qualitative Research-Presented by Dr Emily Hansen Riverview Room, Royal Hobart Botanical Gardens-Queens Domain, Hobart Fri 16 April 9.30 am to 4.00 pm. Primary Health Care Research, Evaluation & Development Strategy Research Capacity Building Initiative- University Department of Rural Health and the Menzies Research Institute. Emily Hansen is a sociologist employed at the Menzies Research Institute, University of Tasmania as a Research Fellow in Primary Health Care. Emily has considerable expertise in qualitative and mixed methods health research and has published a textbook on qualitative research written specifically for health researchers. It is available to borrow from the University of Tasmania library or can be purchased from the University Co Op bookshop for \$39.99. Hansen E.C. (2006) *Successful Qualitative Health Research: A practical introduction*. Allen and Unwin: St Leonards NSW. For workshop registrations please go to www.phcred.utas.edu.au/workshops-timetables.htm or contact Sally Thurley on 62264767 or Sally.Thurley@utas.edu.au Applications close on 9 April 2010

Burnie Moves Activities (Contact Emily on 6431 4513):

- **Sock Camp** - It is like a 'boot' camp for beginners but so much easier and a lot more fun. Each week will involve a circuit using different equipment – fit balls, steps etc. This program is perfect for beginners or people who are keen to improve their overall fitness. All ages and abilities welcome, children over the age of 8 are welcome to join in. Wednesdays 5.30-6.30pm at Hellyer College gym:- \$3 per person per session. You don't need to register and you don't have to come every week, just turn up when you can.
- **Gentle Moves** - The benefits are fantastic and it just feels good! Gentle Moves is a low impact exercise class, perfect for older adults but everyone is welcome! Tuesdays 1-2pm and Fridays 10.30-11.30am Upper Burnie Hall, next to the takeaway shop, Mount Street, Upper Burnie. \$2 per person per session

Senior's Expo – April 14th 9:30am-1:00pm, at the Senior Citizens Club, 16 King Edward Street, Ulverstone. Session will assist older people to gain much needed information on topics relevant to seniors. Gold coin entry and refreshments provided. Session organisers are Council on the Ageing (TAS) Inc & National Seniors (Independent voice of the over 50's). Contact Maxine Griffiths, COTA 6228 1897. [National Seniors](#). Arthritis Tasmania will be participating in the expo. Go along and chat with the Community Educator about your arthritis.

Get the Most Out of Life (Stanford Chronic Disease Self Management Program) – This 6 week community program runs for 2 ½ hours each week. The Program is an enjoyable and practical way to learn how to overcome daily challenges and maintain an active, fulfilling life while living with chronic health conditions. Participants learn: How to manage symptoms; How to get started with healthy eating and exercise; How to communicate effectively with the doctor and healthcare team; How to manage difficult emotions; How to make daily tasks easier; How to get more out of life. Groups of 10 -12. Cost: gold coin donation. If you'd like to discuss a program for your area call Sharon on 6440 7134. NW program dates:

- 3rd May – Strahan – Contact Health West 6471 4749
- 11th May – Smithton- Contact Sharon Griffiths 6440 7134
- 5th July – Rosebery- Contact Health West 6471 4749
- 20th Sept- Queenstown- Contact Health West 6471 4749

North West Service Providers Forums 2010 – put these in your calendar! Come along, learn from and network with other service providers.

Devonport April Thursday 29th 11am -1pm Devonport Community Health Centre Steel Street
Burnie June Thursday 24th 11am -1pm Polytechnic Burnie
Devonport August Thursday 26th 11am -1pm Devonport Community Health Centre Steel Street
Burnie October Thursday 28th 11am -1pm Polytechnic Burnie
Devonport December Thursday 23rd Christmas break-up Devonport Community Health Centre
RSVP / express interest in presenting - please email david.nancarrow@aohtas.org.au

Penguin / Riana Community expo - Penguin Primary School, Saturday May 22nd 2010. This will be an opportunity for all not for profit sporting, community service and special interest groups, to display and promote their activities in the new community centre, at no charge. Guidelines: Exhibitors should provide a service inclusive of the Penguin and Riana communities; Kitchen facilities available; Exhibitors promoting local produce are encouraged to participate; Displays may be set up on the evening of Friday 21st May, ready for a 10am Saturday start. Contact Cheryl Fuller on 045 8888 040.

BreastScreen Tasmania Mobile Unit – Tasmanian women aged 40+ are eligible to attend for a free screening mammogram every 2 years with BreastScreen Tasmania. To book an appointment call 13 20 50 A doctors referral is not required, This is a FREE service. The bus will be visiting:

Rosebery: 12 April – 16 April

Smithton: 19 April – 7 May

Deloraine: 10 May – 21 May

Latrobe: 24 May - 4 June

Devonport: 7 June – 12 August

Ulverstone: 16 August -1 October

Burnie: October 4 – 17 December

Rosebery appointments are open and filling fast, and Smithton appointments now open.

Australian Women's Health Conference: 18th – 21st May 2010. It will take place at the Hotel Grand Chancellor located in Sullivans Cove - the heart of Hobart's beautiful waterfront precinct. Unique sponsorship and exhibition opportunities are still available including a special price reduction for Not for Profit Organisations. For further details please contact Jenna Tomlin on 03 6234 7844 or visit <http://www.leishman-associates.com.au/awhn2010/index.php>

Burnie Workplace Bullying Awareness Training: April 14, 2010 -This workshop provides a comprehensive view of workplace bullying, harassment and discrimination including developing or enhancing effective interpersonal skills to deal with conflict in the workplace. It includes legal and compliance issues, key factors and indicators of a bullying culture, definitions, rights and responsibilities of employees, employers and managers, and creating positive workplace relationships. The emphasis is on honing and acquiring interpersonal skills and practical information, strategies and methods to deal with bullying. For more information and to download a registration form. [click here](#).

Community Partners Program State-wide Forum on aged care services and palliative care Friday 28 May 2010, 9.30 am — 3.30 pm The Grange Meeting & Function Centre, 87 Midland Highway, Campbell Town. You are invited to a forum on aged care services and palliative care issues for older people from migrant and diverse backgrounds. This forum is free of charge. Don't miss a great opportunity to gain insight and information on support available for service providers and older Tasmanians from migrant and diverse backgrounds. This forum is for Communities, Diversional Therapists and Aged Care Services throughout Tasmania. To ensure you have a place at the forum please register by 1 May. For information / registration, contact: Suzanne Feike, Migrant Resource Centre (Southern Tasmania) Inc. Phone: 03 6221 0941 or 03 6221 0999 Fax: 03 6231 1264 Email: sfeike@mrchobart.org.au

Tasmanian Regional Arts, Also....Vox Tasmanica:

- Little Big Shots" International Film Festival for Kids is coming to Tasmania from Melbourne from 6-11th April (next week!) It's an ideal activity for parents and kids in the Easter school break. Travelling to Kempton(Tues) Sorell (Wed) St Marys (Fri) Deloraine (Sat) King Island (Sun) as part of the Tas Regional Arts Touring Program.
- Films by and for kids aged 2-12 and adults with a floor talk by Festival Director Chloe Boulton
www.littlebigshots.com.au www.tasregionalarts.org.au
- "Vox Tasmanica" the compilation of songs for community singing groups by 20 Tasmanian songwriters is well on the way to production. It will be a valuable resource for choirs and community groups whether they have a leader or not; songs for easy singing and learning by ear together with a few challenges. Pre-order on attached form or contact Teresa on teresa@tasregionalarts.org.au

Health and Wellbeing Forums for 2010: University of Tasmania, Cradle Coast Campus Burnie. This is your chance to advertise your service to 200+ Uni students and 50 staff. The aim of the day is to make students aware of services in the community that they may require for themselves or family. The date for Second Semester is Tuesday 17th August 11am - 1.30pm. Contact Janez Zagoda janez.zagoda@utas.edu.au

Relationships Australia- Tasmania is offering 3 Taster sessions. Each taster session will address a different topic of discussion; consider issues and concerns around the topic; offer strategies to deal with difficult situations; include relevant handouts and suggested further reading.

- *Get Over Yourself*.. How do you begin the journey to reduce anxiety and depression? What actions and thoughts can improve general emotional wellbeing?
- *Communication Breakdown*.. How do you create good conversations? What are some of the common blocks to healthy communication?
- *Don't Be Angry* ... Don't Blow Your Top workshop on strategies to begin the journey to reducing conflict in life and managing ones own angry moments.

Venue: 70 North Fenton Street, DEVONPORT

Dates: Thursday 15 April, Thursday 22 April, Thursday 29 April .Times:7 - 9pm Cost: \$5 per session. Tea, Coffee & biscuits will be provided **Booking essential** - to register your interest Please phone 6336 7000 or 1300 364 277

Ulverstone Community House – Kids Club (for 8-12 year olds), Tai Chi, Exercise, Grandparents, Carers, Family Day Carers Playgroup, Story Time, Kids Craft, Housing Officer, Music, Movement & Mayhem, Parent Involved Playgroup, UCH Garden Club, Breastfeeding Association meetings, Eating with Friends, Parent Connections. Internet Use, Photocopying, Fax, Room hire available. Co-ordinator - Rachael Morris. Hours of Opening: Monday to Friday -

9am to 5pm during school terms. Phone: 64254186, 8-10 Lugana Cres, Ulverstone.

info@ulverstonecommunityhouse.com

Burnie Community House – Call and ask about the activities at the house. Rooms are available for hire. 24 Wiseman St, Burnie Phone: 6433 3219 Email: burniehouse@dodo.com.au House Opening Hours: Monday – Friday 9am – 5pm.

Devonport Community House – has a variety of health and exercise sessions, along with a number of social opportunities at the Community Garden, Men's Shed, The Playhouse (drop in for parents/carer's & 0-5 years) as well as the Community House.

- Mersey Weight Control Club Tuesdays 8.30 – 10am, Wednesdays 6.30 – 7.30pm
- Child Health Nurse @ The Playhouse first & third Wednesdays 11am – 12noon.
- Cooking from the Garden, 11.30–1.30pm Apr 28, May 26
- Sage Hill, 1.30- 2.30pm, April 14, May 12, June 16
- Potter in the Garden, Thursdays 10am – 12noon
- Al-Anon meetings, Thursdays 4.45 – 6.30 pm
- Reiki with Jo Fridays 6.30 – 7.30pm
- Belly Dancing Mon & Wed 6 – 7.30pm, Sat 10-12noon
- **Good Food, Good Future Community Gardens W/nd** at Devonport Community Garden & Reece High School on April 17/18.
- **Families Week Celebration @ The Playhouse** - Friday 21 May 10am – 1pm, Expo and information for families. Activities and giveaways. Free entry.

Contact Coordinator - Kate Beer at 10 Morris Avenue, Devonport on (03) 6424 7060 .

Eastern Shore Community House – coordinator Lorraine Heron, staff & volunteers would be happy to speak to you about the range of programs on offer such as : Playgroup , Literacy & Numeracy , Knitting Group , Mum's Group ,Meditation ,Healthy Cooking ,Wood Workshop for Men, Know Your Car & Save \$\$\$. Call in and have a chat at 106 David Street, East Devonport, (03) 6427 9985; 9.00am to 3.30pm contact Lorraine Herron and ask about the activities offered at the house.

Rosebery Neighbourhood Centre - Heart Foundation group is still walking! - Mondays from 10-11am meeting at the Neighbourhood Centre (8 Agnes Street Rosebery), starting on Monday 8th February. Sharon Gillian is the Walk Coordinator (& area coordinator), so anyone interested can contact her, Phone 6473 1497 Mobile 0400 469 984 roseberync.coord@internode.on.net

Zeehan Neighbourhood Centre – Information session on organ Donation will be presented by Karen Menzies from North West Regional Hospital. 12th April @ 3pm ZNC- no cost. Heart Foundation Walking Group every Thursday at 11am ZNC- no cost. MISS Hope bus will be at the ZNC on the 23rd April 9-12, then down the main street in the afternoon. Heart Foundation Walking group - Thursdays 11am -12pm. Would you like to join a fun, free walking group? In March the centre participated in the world's greatest shave and raised over \$10000. Basic First Aid for parents was held aimed at children under the age of 5 years. Contact Melissa Crosbie on 6471 6108. www.heartfoundation.org.au/walking

King Island Phoenix House- 28 Albert St, Currie PO Box 75 Currie King Island 7256 -available to community groups who need a place to hold meetings, activities etc in a homely environment with all the facilities of a regular house. The House can be hired either as a one-off or on a regular basis for a small charge for individuals, or organisations. The House has kitchen, lounge, bedroom and bathroom, with tea, coffee and cooking facilities available. There is also television, CD player, computers (no internet) and a fenced yard with child proof gate. Feel free to discuss the many programs available with the House Coordinator, Katherine Harris 64621746 or email: phoenixhouse@internode.on.net

Regional Arts Australia, 2010 Conference, Launceston 26-29 August 2010 Hosted by Tasmanian Regional Arts (TRA) Junction 2010, the seventh national regional arts conference, will unleash an explosion of ideas and creativity from Australian and overseas delegates through a stimulating and thought-provoking conference program and arts festival that celebrates, connects and challenges. With over 1,000 delegates participating in the conference *Junction 2010* will bring together people from across Australia and international borders. It will involve leading thinkers and practitioners from the arts and other sectors exploring a range of questions, issues and ideas under the conference themes *Footprints, Threads, Resilience and Momentum*. Visit www.junction2010.com to find out more and join the conference mailing list.



Events- Interstate

2010 Australian Health Promotion Association National Convention – “walking the talk together” - Partnerships for Health Promotion. 30 May - 1 June 2010, Melbourne. Any questions please contact: Conference Co-ordinators Phone: 02 6292 9000. <http://www.conferenceco.com.au/AHPA/>

Climate for Change: Ageing into the future- 10th Global Conference on Ageing- May 3 - 6 in Melbourne. Five themes: Climate Change; Social Inclusion; Human Rights; Resourcing Change; and Healthy Ageing. Each theme will be informed by international and regional frameworks including United Nations (UN) Principles for Older People, the UN Madrid International Plan of Action on Ageing and the Active Ageing Framework of the World Health Organization. Contact: International Federation on Ageing-02 9265 0700, ifa2010@arinex.com.au Web: <http://www.ifa2010.org/>

20th International Union for Health Promotion and Education (IUHPE) World Conference on Health Promotion: Health, Equity and Sustainable Development will take place in Geneva, Switzerland, from July 11– 15, 2010. Geneva 2010: Call for Abstracts out now! For details and online abstract forms, please visit <http://www.iuhpeconference.net/>

Diversity in Health 2010 Conference (Melbourne) The Centre for Culture, Ethnicity and Health is proud to present the Diversity in Health 2010 Conference in Melbourne, from 7-9 June. People working to improve health and wellbeing will find this conference invaluable. In Australia, we are in the middle of the largest migration intake in the country's history. People accessing our health services now speak 200 languages and come from 230 different countries. We need to ensure that good health is accessible to everyone in our diverse country. For details of the conference, visit www.ceh.org.au/dih

4th Annual Andrology Australia Forum 4-6 June, Bondi, NSW. The forum ‘Tackling the Inequities of Men's Health’ will provide an overview of research, policy and practice to address the disparities that exist between different groups of men. Early registration closes 2nd April. Visit: www.asnevents.com.au/andrology/.

Early Childhood Intervention Australia Conference - Canberra 20-22nd May, 2010. ‘Every day in every way: Creating learning opportunities for every child’. Details www.ecia2010.com.au Sponsorship is available for parents and carers of a young child with a disability to attend the conference. Please contact Rhonda Hendicott at the Conference Managers for further information at ecia@hievents.com.au.

Inaugural National Indigenous Drug & Alcohol Conference - (NIDAC 2010) "Listening, Learning and Leading" 16 – 18 June 2010 Adelaide Convention Centre, SA. To register click [here](#) or contact nidac@eventcorp.com.au , phone 07 3334 4450.

Healthy Cities Conference - Brisbane, 12th & 13th July. The Conference will be a platform for Government and Industry sector professionals to discuss causes, effects and solutions that relate to population health, sustainability, natural resource management, transport, climate change and urban design. The Conference will examine the

prerequisites for a "Healthy City". Register at http://www.healthycities.com.au/registration_fees.asp Healthy Cities Conference Committee - (07) 5528 2501, email - conference@healthycities.com.au

International Mental Health Conference - The Australian & New Zealand Mental Health Association, Surfers Paradise 18th - 20th August 2010. Depression & Anxiety: Who, What, Where, When and How? We invite you to submit an abstract - http://www.anzmmh.asn.au/conference10/MH_Abstract.asp. Details contact ANZMMH Secretariat ph 07 5528 2501. conference@anzmmh.asn.au

Public Health Association Australia 40th Annual Conference: Public Health in a 21st Century Society: New ways of knowing doing living. Adelaide, 27 - 29 September 2010. Abstract submission closes 7 April 2010 <http://www.phaa.net.au/40thPHAAAnnualConference.php>

4th Australian and New Zealand Falls Prevention Society conference Mark this exciting conference to be held in Dunedin, New Zealand 21 - 23 November 2010 in your diary now! Further details are available at: <http://www.otago.ac.nz/fallsconference>

ATDC 2010: Reducing Harm Across the Lifespan-18-20 October 2010 Wrest Point Convention Centre, Hobart. Planning is underway for the ATDC's upcoming national conference which aims to tackle the preventative health perspective with the (now) traditional notion of harm minimisation. The conference will bring together a broad range of presenters and delegates from around Australia who have an interest in ATOD sector issues and so provides an excellent networking opportunity. Any queries or inquiries should be directed [here](#).



Your opinion is valued

DHHS Innovations in Practice Awards – recognise groups and individuals who have introduced innovative new ways of working, to the benefit of the Tasmanians we serve. All DHHS staff are eligible to enter. Prizes of \$4 000 will be awarded to individuals and groups in the categories of: client/patient-centred care, client/patient-centred safety, new ways of working. Applications for the awards close on 8 April 2010, with an awards presentation evening planned for 20 May. More information is available on the [Chief Nurse and Allied Health](#) section of the intranet.

Management and Leadership Framework: Nominate your interest now! -The Management and Leadership Framework is a new initiative of Care Reform that will help grow and support our staff as leaders for today and the future. A complete package of programs and activities will be developed over time – the Foundation Program is the first released. Contact siobhan.harpur@dhhs.tas.gov.au For full details visit: <http://intra.dhhs.tas.gov.au/dhhs-online/page.php?id=32580>

Volunteering Tasmania Surveys now LIVE! Volunteering Tasmania is excited to be undertaking a unique research project – the production of the *State of Volunteering Report: Tasmania 2010*. This will be the first of a biennial resource that VT presents to the Tasmanian community to provide a picture of volunteering in our state – who our volunteers are, what they are doing, and the support and leadership that sustain their contribution. Volunteering Tas need YOU - as a current volunteer, as somebody who doesn't currently volunteer, or as a representative of an organisation involving volunteers - to complete one of our quick online surveys and also encourage participation from others to ensure the success of this Report. Please pass this message and link on to all in your networks! [Volunteering Tasmania Surveys](#)

Survey: Satisfaction with DHHS Quality and Safety Framework-TasCOSS is surveying members and all DHHS funded community service organisations to gauge their level of satisfaction and the benefits and impacts of completing the recent Quality and Safety Workbook and Incidents, Compliments and Complaints reports. The survey has been sent

by email. If your organisation has not received a copy and would like to contribute, please contact Tim Tabart at tim@tascoss.org.au or 6231 0755.



Resources

NW Health Promotion resources – Michelle & Julie have developed a **Speakers list** which outlines contact details for people willing to speak to groups in the NW, and a list on **Great Sources of health information** to direct you to validated sites on the web. Contact Julie.milnes@dhhs.tas.gov.au 6421 7704 / michelle.towle@dhhs.tas.gov.au, 6440 7015 if you would like a copy of either or both!

Latrobe Council has appointed Glenys Nicholls as its Environmental Health Officer. Glenys is continuing her studies to attain her EHO qualifications and works Monday, Tuesday and Friday. As a result, Georgina Crantock continues to work at Latrobe Council on a Monday and Wednesday. They are able to be contacted by phoning 6421 4650 or via email to glenysn@latrobe.tas.gov.au

The Community Tool Box is a global resource for free information on essential skills for building healthy communities. It offers more than 7,000 pages of practical guidance in creating change and improvement. <http://ctb.ku.edu/en/> Includes information on Evaluating Community Programs and Initiatives, Implementing Promising Community Interventions, Analyzing Community Problems and Designing and Adapting Community Interventions, Promoting Interest and Participation in Initiatives, Community Assessment, Agenda Setting, and Choice of Broad Strategies, and much more!

Heart Foundation Walking is now established in 19 council areas in Tasmania, with Walking Groups rapidly establishing themselves and available to take on new members. Is there a walking group where you live? Health Events Coordinator for the Heart Foundation, Sally Barns is searching for new walk leaders and would welcome any suggestions or volunteers. Contact Sally on Tel: (03) 63 36 5116, Fax: (03) 63 36 5166, or visit www.heartfoundation.org.au

Online Cultural Orientation Plan for Health Professionals - The package consists of five self directed learning modules: Culture, self and diversity; Aboriginal history; Working with Aboriginal people; Providing clinical services; Improving cultural security. This does NOT replace local cultural orientation and education programs. Rather, it's a generic program providing a framework of information and associated links that can assist health professionals to develop a deeper understanding of Aboriginal cultural values and practices, and promote culturally secure practice. <http://lms.cucrh.uwa.edu.au/moodle/> It's free!

Professional development- Are you an alumni of the Department of Political Science/School of Government, University of Tasmania? DHHS is helping Head of School Associate Professor Kate Crowley follow up former students. Please contact Elizabeth Shannon elizabeth.shannon@dhhs.tas.gov.au if you wish to be included in future DHHS/SoG activities

The Parents Guide to Child Support now in other languages-The Child Support Agency (CSA) is committed to supporting separated families from all cultural backgrounds. The Parents Guide to Child Support, the CSA's flagship publication, is now available online in Vietnamese, Arabic, Turkish, Chinese and Spanish. This useful resource assists separated parents to better understand their rights and responsibilities and the services available to them following separation. It includes information on calculating child support payments, support services and much more. The CSA offers a range of other support products in languages other than English, such as the popular Me and my... booklet series, which covers: parenting from a distance, practical money ideas, forming a workable relationship with your ex,

and taking care of yourself after separation. The CSA website can also be translated. For more information or to download a translated version of The Parents Guide to Child Support, or any of their other publications, visit www.csa.gov.au

Medicare Australia translated information-Medicare electronic claiming. Many doctors now offer Medicare electronic claiming. It's a fast, secure system that allows you to make your Medicare claim at the doctors when you pay your account. Your doctor's receptionist lodges your claim with Medicare Australia either through the practice's EFTPOS terminal using your EFTPOS card or through a secure internet connection. More details are available in the brochure Claiming your Medicare rebate at the doctor's. The brochure is available in 19 community languages from www.medicareaustralia.gov.au/translated

The Heart Foundation's [Guide to Healthy Catering](#) is a great resource to assist you to serving healthier food and drinks when catering for a group or organisation.

The [National Physical Activity Guidelines](#) recommend adults do 30 minutes of moderate-intensity on at least five days of the week. Click [here](#) for tips on how employees in your workplace can [Find thirty](#)®

Workplace health and wellbeing program- Do you need professional assistance with part of your workplace health and wellbeing program? Check out the list of [service providers](#) put together as part of the Healthy@Work project. [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. [Purchase pedometers, caps and water bottles at cost price for your workplace](#)

Physical activity newsletter - Keep up to date with the latest national and international developments, information and events on physical activity by registering to [AusPAnet](#) (Australian Physical Activity Network), a fortnightly eNewsletter.

Fun runs and walks: There are some great fun runs and walks coming up in the next couple of months right across the state your workplace can get involved with. Some of these include the inaugural [St Helen's 10](#) (18 April), [City to Casino fun run or walk](#) in Hobart (16 May), and the [Launceston 10](#) (18 July). Check out the [2010 PPAC calendar of physical activity events](#) for a comprehensive list of physical activity and healthy events your workplace can get involved with.

Investing in Australia's young people, a comprehensive listing of services available to Australian youth. The Office for Youth has published Investing in Australia's young people: A stocktake of Australian Government initiatives for young people. This 251-page report is a detailed listing of the 'programs, services, payments and policies' available to Australia's 3.5 million young people aged 12-25. The report can be viewed at the following link: <http://www.youth.gov.au/Documents/InvestingInYoungPeople.pdf>

National Youth Week 10-18 April, is an annual feature on Australia's youth calendar and provides a platform to reach young people aged 12 to 25 in every Australian State and Territory is run for young people, by young people <http://youthweek.com/2010/>

World Wish Day- April 29 www.makeawish.org.au/worldwishday

Pathways to Manhood - Leaders from the Pathways Foundation can provide talks about Rites of Passage camps in your community, and link you into rites of passage camps for boys and their fathers or mentors in Tasmania during May and September School holidays in 2010. For more information please or contact Alan Raby on 0411 038 717 or alanraby@pathwaysfoundation.org.au.

The Office of the Anti-Discrimination Commissioner informs us of the Standards for Access to Premises launched by the Federal Government on 15 March 2010. Access to public buildings and the built environment is an important human right, because if people living with a disability can't enter a building where they work or want to access a service, they are disadvantaged in the opportunities available to participating in all aspects of public life. Subject to the standards being adopted by Parliament they will commence operation on 1 May 2011, in line with the adoption of the Building Code of Australia in each State and Territory.

http://www.hreoc.gov.au/about/media/media_releases/2010/18_10.html

<http://www.ag.gov.au/www/agd/agd.nsf/Page/Humanrightsandantidiscrimination> Contact OADC at Telephone 1300 305 062 (local call) (03) 6233 4841 Facsimile (03) 6233 5333 TTY (03) 6233 3122 Email antidiscrimination@justice.tas.gov.au Website www.antidiscrimination.tas.gov.au

More Information on the Transition Town Movement - The Transition Handbook: from oil dependency to local resilience (Australian & New Zealand version) by Rob Hopkins. Published by Green Books Accessible through the State Library of Tasmania www.statelibrary.tas.gov.au/ as well as on loan or purchase from Sustainable Living Tasmania - 1st floor, 71 Murray Street, Hobart TAS. Ph (03) 6234 5566 OR Website www.sustainablelivingtasmania.org.au Rob Hopkin's Blog - www.transitionculture.org Transition Wiki - www.transitionnetwork.org Transition Tasmania - www.transitiontasmania.org.au Transition Tasmania Social Networking Group - <http://transitiontas.ning.com/> Transition Movie - "In-Transition" DVD preview - www.transitionnetwork.org/about/publications/transition-movie

World Health Organization online course on the social determinants of health- The course consists of an online tutorial with four learning units that make connections between health, and equity, social justice and human rights. The course is available in English, Spanish and Portuguese, and is targeted to WHO staff members and other health ministry officials but is free to access and fully available to the public. See "Global Learning Device on Social Determinants of Health and Public Policy Formulation," at <http://dds-dispositivoglobal.ops.org.ar/curso/cursoeng/contexto.html> .

Fruit Growers Tasmania Farm Gate Guide. This fantastic resource acts as a directory to Tasmanian growers offering fruit sales to the public whilst showcasing quality Tasmanian produce. Eating healthy local products produces a healthy economy as well as healthy Tasmanians. To download the Guide, visit the Fruit Growers Tasmania website at <http://www.fruitgrowerstas.com.au/>

Latest flu information: All people aged six months and older can and should be encouraged to be vaccinated against the pandemic (H1N1) 2009 influenza. Ensure you and your family are protected in advance of the new school year, and a possible early start to the next flu season. There is now a vaccine available for infants aged from 6 months up to children aged 9 years of age. Children under 6 months of age cannot be vaccinated, and are best protected by vaccinating those around them, such as carers and siblings. Contact your GP for an appointment. For more information please visit www.pandemic.tas.gov.au or phone 1800 358 362.

Tasmania's Child and Family Centres are for children birth to age 5 and their families. The purpose of Child and Family Centres is to improve the health and well being, education and care of Tasmania's very young children by supporting parents and enhancing accessibility of services in the local community. Contact <http://www.education.tas.gov.au/childandfamily> Department of Education – Early Years Director, Judy Hebblethwaite - 6233 5099, Department of Health and Human Services Health and Well Being Directory – 1300 135 513 and the CFC Project Team, Department of Education, Janice.Martin@dhhs.tas.gov.au Telephone: (03) 6233 4050

Environment Challenge: The Up2me Environment Challenge website is an exciting new initiative developed in partnership with the Tasmanian Government to encourage individuals and households to take steps towards sustainable living. Check it out: <http://www.up2me.com.au>. Download your [Home Energy Guide](#) . Discover more at <http://www.sustainablelivingtasmania.org.au>

New Australian Community Kitchens Website - The Australian Community Kitchens website www.communitykitchens.org.au has been updated and is being relaunched. New recipe listings including details of ; cost, number of servings, time taken and the option to attach photos. A Community Kitchen involves a group of 6-8 individuals coming together on a regular basis to socialise and cook before enjoying a delicious, affordable and nutritious meal together. Group members have ownership over the kitchen and make all the decisions including when to cook, what recipes to cook, who will do the shopping and different cooking tasks. Each group will generally cook 2-3 recipes in a cooking session and are supported by a trained kitchen facilitator.

The Right Mix – Your health and alcohol www.therightmix.gov.au Developed by the Department of Veterans' Affairs (DVA), primarily to help those in the veteran community to recognise drinking that is above low-risk levels. The key message from *The Right Mix* is about getting a balance with alcohol, diet and exercise to achieve a healthier and more enjoyable lifestyle. The Right Mix website has new interactive tools to help provide practical information and strategies to cut down drinking. Many of the available resources can be ordered at no cost from the website itself.

Smart Health Choices - making sense of health advice: Free book aimed at helping consumers make health decisions and understand evidence: http://www.health.usyd.edu.au/shdg/resources/smart_health_choices.php **Part 1:** Health advice can be harmful; **Part 2:** Your body, your choice - the five key questions to help make the best possible health decisions; **Part 3:** Stories and studies; **Part 4:** Evaluating the evidence; **Part 5:** Improving your healthcare; **Part 6:** Testing your skill.



Funding

RACT Community Fund – closes 9 April 2010. The fourth round of the RACT Community Fund is now open. Financial support provided through the RACT Community Fund should be a partnership between organisations through projects or programs that add ongoing value, with the primary aim of enriching the Tasmanian community. Tasmanian not-for-profit community groups are invited to obtain and application form from http://www.ract.com.au/community_fund or by emailing communityfund@ract.com.au or by phoning Donna Sward on 6236 4308.

Funding for Community Youth events -Community events, aimed at building strong relationships between young people from disadvantaged areas and their families, will be funded across the country through a new Australian Government initiative - Think Family, Think Community. SNIPPET: These events will also be designed to involve young people at risk of social isolation including young carers, young people in out of home care, and young people from culturally and linguistically diverse backgrounds. Click here [Funding for community youth events](#)

Tasmanian Landcaring Grants – closes 11 May 2010 The Tasmanian Landcaring Grants program is a new funding opportunity offered by the Tasmanian Landcare Association (TLCA) and Wildcare Inc through the Australian Government's Caring for our Community initiative. Up to \$20 000 will be available for landcaring projects that deliver on national targets and provide benefits to local communities and the environment. TLCA invites applications from groups and individual property owners who are committed to progressing landcare projects that improve the natural values of their local environment. Application forms and guidelines are available from the Tasmanian Landcare Association on 6234 7117 or download from www.taslandcare.org.au. For further assistance contact Alan Barton on 0428 222 816 or Peter Stronach on 0488 404 061

Nyrstar Community Grants – closes 30 April 2010: grants up to \$3 000 for projects that assist sustainable community development. Sponsorship guidelines can be obtained by calling 6278 4444 or by emailing hobart.community@nyrstar.com

Department of Families, Housing, Community Services and Indigenous Affairs-Volunteer Grants 2010 – closes 16 April 2010 Eligible not-for-profit organisations are invited to apply for Volunteer Grants 2010 funding ranging between \$1 000 and \$5 000 to support the work of their volunteers. Application forms and guidelines are available at www.fahcsia.gov.au or by telephoning the Volunteer Grants toll-free number 1800 183 374. A TTY service is available for persons who have a hearing of speech impairment on 1800 555 677

James Edward Beams- Tasmanian Deaf Society Scholarship-The James Beam scholarship is for Deaf / hearing impaired students to apply for up to \$5,000 to cover their education cost for those attending Uni or Polytechnic. Applications are to be submitted to Grant Roberts CEO, Tasdeaf, 334 Elizabeth St, North Hobart or email manager@tasdeaf.org.au Applications can be by writing or video. Queries contact Grant on 03 62316501.

Tasdeaf Sponsorship of a Community Organisation- The Community Sponsors program is for any organisation, including sports organisations, to apply for up to \$5,000 for anything they wish to do for their club/community as long as they meet the eligibility criteria. The purpose of the program is to build goodwill with the community and to promote Tasdeaf in a positive way and to generate exposure to the broader community about Tasdeaf. Eligibility - the Sponsorship Award is for an organisation that has existing people who are Deaf and/or Hard of Hearing people or are planning to include such people during the 12 months (duration of the scholarship). Applications are to be submitted to Grant Roberts CEO, Tasdeaf, 334 Elizabeth St, North Hobart or email manager@tasdeaf.org.au Applications can be by writing or video. For any queries please contact Grant on 03 62316501

Print Disability Services Program-The Australian Government Department of Families, Housing, Community Services and Indigenous Affairs is calling for eligible non-government organisations to apply for funding under the Print Disability Services Program. The Department provides funding for the production of print material into alternative communication formats for people who, by reason of their disability, are unable to access information provided in a standard print medium. Funding under the Program is directed to the production of digital masters of print material. The Program will provide \$1.4 million in 2010-2011. Further information, eligibility requirements and for the application documentation can be found at www.fahcsia.gov.au. The round closes on April 9, 2010

Volunteer Grants 2010- The Australian Government is pleased to announce funding opportunities are available under Volunteer Grants 2010. Volunteer Grants provides funding opportunities to eligible organisations whose volunteers are actively working in the community. Eligible non-profit organisations are invited to apply for funding ranging between \$1,000 and \$5,000 to support the work of their volunteers. The application form and guidelines and further information are available at www.fahcsia.gov.au, and organisations are encouraged to read the guidelines then complete and submit the electronic application online. You can also gain more information from the Volunteer Grants hotline on 1800 183 374 – a TTY service from people who have hearing or speech impairment is available on 1800 555 677. Applications close on April 16, 2010.

Arts Tasmania's Assistance to Organisations Program- supports arts activities that employ professional arts practitioners and engage the community in arts activities. These activities may be as diverse as exhibitions, plays, concerts, festivals, literary magazines, publications, industry development, audience development or community cultural development projects. The funding round closes: 30 April 2010 for notification: September 2010
Conditions apply. Contact Arts Tasmania and ask if you're eligible! Two Application Tool Kits are available for this round. One is for Project Funding where the request is \$20,000 or less, the other is for larger projects and Program Funding. Download the Assistance to Organisations Application Tool Kits at <http://www.arts.tas.gov.au/organisations>

Sport & Recreation Tasmania - Minor Grants Program – Program is continuous and applications will be accepted at any time. Grants of between \$250 and \$5 000 made to clubs, associations, local government and other not-for-profit providers of sport and recreation. Projects include equipment purchases, facility developments or upgrades, targeted participation projects and other development initiatives. Applicants must contribute at least half of the project funding. <http://www.development.tas.gov.au/sportrec/grants/index.html>

Landcare Australia Junior Landcare Grants Program – Any school or organisation that would like to involve their students in landcare projects, in conjunction with local landcare groups, can apply for grants of up to \$1000 to assist them with the costs of their project. Four rounds in 2010; closing dates remaining are: 14 May, 6 August, and 22 October. Further information at <http://www.juniorlandcare.com/Grants.htm>

Tasmanian Heritage Council –Heritage Conservation Funding Program assists owners of places on the Tasmanian Heritage Register to undertake urgent and essential works. Any individual, non-government organisation, planning authority or business that owns a property permanently entered in the Tasmanian Heritage Register is eligible to apply. Conditions apply. Grants are available to a maximum of one-third of approved works, with an upper limit of \$25 000. Expressions of interest should be lodged on the application form available from www.heritage.tas.gov.au or by contacting Heritage Tasmania. It is recommended that applicants discuss their project with Heritage Tasmania before making an application. For further information contact Heritage Tasmania by phone on 1300 850 332 or 6233 2037 or by email at enquiries@heritage.tas.gov.au

Devonport City Council -Community Small Grants and Events Assistance: The second round of Devonport City Council's Financial Assistance Grants for 2009/2010 is now open. Applications are invited from community-based organisations and groups under the following funding programs.

Community Small Grants -Up to \$3000 available for projects that:

- Improve community participation & access to information, services & facilities while strengthening community and social well-being
- Increase the capacity of local groups and clubs to improve the safety and accessibility of their facilities for the benefit of the community.

Events Assistance Scheme: Funds are available for the coordination of events and activities that provide the community with cultural and recreational experiences such as community run fairs, festivals, sporting events, food and wine festivals. Application packages are available from www.devonport.tas.gov.au or the Community Services Division by phone 6424 0511. Applicants are required to contact the Community Development Manager before completing their application. Applications are for projects for the period 1 July 2010 - 31 December 2010.

Applications close at 5.00pm on 7 May 2010.

Your local council in the NW may have community grant money. Check these websites or contact them by phone:

Burnie http://www.burnie.net/html/2569_865.htm
Central Coast <http://www.centralcoast.tas.gov.au/site/page.cfm?u=557>
Circular Head <http://www.circularhead.tas.gov.au/site/page.cfm?u=432>
Devonport <http://www.devonport.tas.gov.au/> see above
King Island <http://www.kingisland.tas.gov.au/site/page.cfm?u=230>
Waratah – Wynyard <http://www.warwyn.tas.gov.au/site/page.cfm?u=292>

What's coming up on the health events calendar?

April

1	April FALLS Day	www.powmri.edu.au/fallsnetwork
	Autism Awareness Day	www.autismawareness.com.au
7	World Health Day	www.who.int
10-18	National Youth Week	www.youthweek.com
11	World Parkinson's Day	www.parkinsons.org.au
15-21	International Creativity & Innovation Week	www.creativityday.org
17	World Haemophilia Day	www.haemophilia.org.au
30	Coin for a Cord National Day	www.innerwheelaustralia.org.au

May

Month of		http://alpha-autism.org.au
	Autism Awareness Month	
1-7	World Homeopathy Week	www.homeopathyoz.org
2-8	Osteopathy Awareness Week	www.osteopathic.com.au
2-8	Motor Neurone Disease Week	www.mndaust.asn.au
2-8	National Heart Week	www.heartfoundation.com.au
4	World Asthma Day	www.asthmaaustralia.org.au
5	World hand Hygiene Day	www.hha.org.au
5	International Midwives Day	www.midwives.org.au
7	Walk Safely to School Day	www.walk.com.au
10-16	Neighbourhood Centre Week	www.tach.asn.au
10	World Lupus Day	www.lupusnsw.org.au
16	World Hypertension Day	www.heartfoundation.org.au
16-22	Food Allergy Awareness Week	www.allergyfacts.org.au
15-21	National Families Week	www.familiesaustralia.org.au
12	International Nurses Day	www.rcna.org.au
12	International CFS Awareness Day	www.sacfs.asn.au
10-16	National Volunteers Week	www.volunteeringaustralia.org
16-22	Schizophrenia Awareness Week	www.mifa.org.au
17-23	National Crohns & Colitis Awareness	www.acca.net.au
17-21	Responsible Gambling Week	www.dhhs.tas.gov.au/gambling
19-26	Hepatitis Awareness Week	www.hepatitisaustralia.com
23-29	National Palliative Care Week	www.palliativecare.org.au
23-29	Macular Degeneration Awareness	www.mdfoundation.com.au
27	Australia's Biggest Morning Tea	www.biggestmorningtea.com.au
30-5	Kidney Health Week	www.kidney.org.au
31	World No Tobacco Day	www.quittas.org.au
27-3	National Reconciliation Week	www.reconciliation.org.au
23-29	Kidney Health Week	www.kidney.org.au

The 2010 Health Events Calendar is now on the internet, the DHHS public website:

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

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(Hellyer region) 03 6440 7015

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