

Health Promotion North-West Newsletter

Welcome to the NW TAS Health Promotion email newsletter for May 2011

The NWHP e-news is collated by the Hellyer & Mersey Health Promotion Coordinators:
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Strengthening and supporting health promotion practice within North West Tasmania

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 provide items for inclusion in the e-news -please email to Julie or Lee-Anne by the 25th of the month.

Contents - Press CTRL and click on the link below to view the listed section:

[Tasmanian Conference, Training, Community Events, Forums/Meetings](#)

[Interstate Conferences, Workshops, Forums/Meetings](#)

[Your opinion is valued/Have your say](#)

[Resources & tools](#)

[Funding](#)

[Health Promotion makes a difference](#)



Tasmanian Conference, Training, Community Events, Forums/Meetings

Conferences

10- 11 May 2011, Volunteering Tasmania Changing our World Conference - Hobart, during National Volunteer Week. The program will challenge, engage and inspire you to explore issues and attitudes towards volunteering. Opportunities to network and share information, discuss managing volunteering and how we can continue to protect and grow the contribution of volunteers into the future. Program <http://volunteeringtas.org.au/for-organisations/conference-2011/>. Enquiries contact Kristi Hayes Conference coordinator on 1800 851 530 or vtconference@awardsaustralia.com PO Box 1610 Hobart TAS 7001 [Facebook](#) [Twitter](#)

11-13 May 2011 – Linking UP Conference and Expo – Burnie Arts and Function Centre.

The aims of this event are:

- Achieve a shared understanding of programs and services relating to disability, child, youth and family services sector available in North West Tasmania
- Clarify pathways for people accessing services and programs

- Build sector capacity through improved communication strategies as well as foster partnership arrangements and mentoring support

Information, etc <http://www.conferenceonline.com.au/> registration **closes 15 April 2011**, Expo info www.ndcotas.com.au/gearingup

18 – 19 May, 2011 Tasmanian Youth Conference - Tramsheds, Inveresk. A festival for young agents of change and development opportunity for those supporting them- Further information, registration and program contact Celina Sargent Youth Health Policy Officer celina.sargent@dhhs.tas.gov.au or Joanna Siejka, Acting Executive Officer, Youth Network of Tasmania eo@ynot.org.au for more information.

The Future of Food lies in Your Hands!

Conference- in Hobart, Tasmania 22 to 23 November 2011. The Public Health Association's (PHAA) 2nd National Food Futures Conference invites you to submit your abstract by 19 June 2011 latest. The Call for Abstracts can be found here: <http://www.phaa.net.au/documents/2ndFoodCallForAbstracts.pdf>

To submit your abstract, please go here:

https://www4.eventsinteractive.com/pha/getdemo.ei?id=407012&s=_63O0SSOBY

More information on the conference will be published soon on <http://www.phaa.net.au/2ndFoodConference.php>

Please forward this invitation onto your own network, thank you!

If you have questions, please contact Janine Turnbull or Julie Woollacott at PHAA National Office - Email: events@phaa.net.au and conference@phaa.net.au

Phone: (02) 6285 2373, Fax: (02) 6282 5438, Website: <http://www.phaa.net.au>

Training

12 May 2011 - Teenage Pregnancy and smoking how to support young people to QUIT

Targeting youth and community workers whose clients include Aboriginal youth, their partners and families, areas covered include:

- Youth pregnancy and smoking
 - The quitting process and referral options
 - Tobacco control within your organisation –What would help you to be more proactive?
 - **Where, when:** Thursday 12 May 2011, 1 - 4pm, Burnie Community Health Centre, 11 Jones St, Burnie.
- Registrations - contact Jenelle on 6222 7752 or jenelle.jennings@dhhs.tas.gov.au

Applied Suicide Intervention Skills Training 2011-This well researched and interactive 2 day programme is being offered throughout Tasmania. 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 | |

2011 Training dates:

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	

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

Motivational Interviewing Two Day Foundation Skills Training -delivered by Helen Mentha and presented by Youth and Family Focus. The training is free and places are limited and registration is via email Glenn@yaff.com.au contact same for presenter details etc.

Date: **Tuesday 7th and Wednesday 8th June 2011**

Time: **9.30am to 4.30pm each day**

Venue: **Devonport Adult Education Building William St (next to Devonport High)**

Aboriginal cultural competence training -Staff are encouraged to undertake Aboriginal cultural competence training to increase their knowledge and understanding of Tasmanian Aboriginal people, their history and culture. Sessions in May and June run from 10am to 3pm and are free for staff. For more information email CulturalCompetence@dhhs.tas.gov.au or call 6222 7752.

Facilitator TRAINING in BURNIE Thursday 22nd June, 2011, 10:00 to 3:30

The **Get Active Program** is offering to train facilitators to lead a program in their community. Facilitators are the people participants have contact with, and are the “face” of the program. Without them, the program would not exist! Both men and women are welcome to apply for facilitator training.

Venue: Burnie Community House, 24 Wiseman Street, Shorewell Park

Cost: \$200

Please register interest by Friday 21st May, 2011.

For further information contact -Di McShane- Get Active Program Coordinator

Womensport and Recreation Tasmania Inc. Mobile: 0428390089

Community Events

May 4th 7pm East Devonport Primary School multipurpose hall - Cost \$5-

Geoff Goodfellow is one of Australia’s best-known poets, renowned for taking poetry into difficult territory.

www.geoffgoodfellow.com

Geoff visited Devonport last year and amazed and enthralled a very privileged group of people with his life story and his battle with throat cancer told through his poetry and photos. This is definitely one not to miss. Bookings can be made at the Eastern Shore Community House, East Devonport Primary School or the Devonport LINC (library building)

1 May 2011- Chocolate Winterfest [July 10th 2011] creative workshop. Join Tas Regional Arts for a May 1st 10am-2pm to be inspired to create a work for the inaugural Chocolate Delights Exhibition. Tutors will be available to assist with crochet, knitting, basket weaving, knitted graffiti and some materials will be available. Inspired by the Knitted Garden and the Knitting Room and Sonja Hindrums workshop felt ball making. Works can be made out of any medium and delivered on the 10th July 2011 to TRA Offices. Winners selected by people’s choice and announced at 4pm. Prizes include a Chocolate Box cake and an Anvers Basket of Delights. Further information Eunice Horne 64262344 Tasmanian Regional Arts Offices, located cnr George and James Street, Latrobe

9th May 2011 –TL3 “18 year old and over” Seminar - What are the reasons that so many teen girls today are stressed, overwhelmed, exhausted and angry, and why are too many binge drinking, self-harming or going on extreme diets? Parents and role models need to find ways to cut through the negativity and allow these young girls to bloom into happy and confident teenagers. How do we find a common ground to talk about the **challenges of being a woman in 2010+**. Dannielle Miller from Enlighten Education will share insightful suggestions and practical strategies for parents and role models to our girls. www.enlighteneducation.com. Dannielle is a highly respected and experienced educator, author and media commentator on issues affecting teenage girls. This session is open to parents, professionals, role models or individuals.

WHEN: 9th of May 2011 Burnie Arts and Function Centre, 6:30 - 8:00 pm. Contact Lorraine McNamara info@TL3.com.au 0400 144 969 No cost to attend but you need to register to secure a place.

ILC Tas (Independent Living Centre, Tasmania) is an information and advisory service about assistive technology. Assistive technology is anything that can help you do a task. Solutions could involve equipment, changing a technique, using a service, handy hints or adapting something you can find around the home. ILC Tas is a non profit organisation funded by the Tasmanian and Australian Governments. ILC Tas does not sell equipment.

ILC Tas has an Occupational Therapist present at these visits. Occupational Therapists can help you decide what you need. They offer information and advice tailored to your situation.

You can request other equipment to be brought to a session. Please contact ILC Tas before the visit.

ILC Tas will visit the North West in May and June 2011.

For these visits, the theme will be: **‘Tips and Gadgets for the Kitchen: help with food preparation’**. Along with:

- Things to help you do household tasks
- Items to make dressing and personal care easier, and
- Specialised products for recreation and leisure

RSVP is encouraged: 1300 885 886. Everyone is welcome to attend and ask questions. These events are free of charge. Please contact ILC Tas on 1300 885 886 to join the mailing list, or if you have any other queries. Individual appointments may be available on the day, but must be booked prior to the date.

Devonport

Wednesday **25th May**, Talk starts: I am Followed by equipment display: 12 – 12.30pm
Devonport Community Health Centre 23 Steele Street.

Burnie

Tuesday **21st June**, Talk starts: 12 noon Followed by equipment display: 1 – 1.30pm
Burnie Community Health Centre 11 Jones Street.

The Drug Education Network Inc Tasmania announces the following Fetal Alcohol Spectrum Disorder (FASD) free event in Drug Action Week, June 2011

Venues:

- **DEVONPORT Friday 24th June 9.30am to 12.30pm** at the Devonport Entertainment Centre, Rooke Street, Devonport
- **HOBART Thursday 23rd June 9.30am to 12.30pm** at the Baha'i Learning Centre, <http://www.tasbcl.com.au/> 1 Tasman Highway - Hobart - Tasmania

A panel of presenters

Sue Miers is the founder of the National Organization for Fetal Alcohol Syndrome and Related Disorders (NOFASARD); an adoptive parent; and educator and supporter for parents and carers of those living with FASD, South Australia
Lorian Hayes is from the Bidjerra and Jagalingou peoples of Central Western Queensland; is an epidemiologist; a member of FASD Scientific Network Group; an Indigenous Spokesperson for NOFASARD; and founder of the National Indigenous Australian Fetal Alcohol Syndrome Education Network (NIAFASEN).

Janet Hamill PhD is an Indigenous ethnographer; the Coordinator of FASD Scientific Research Network; and Committee Member of BUACA (Bikers Against Child Abuse)

[*Elizabeth*] *Anne Russell* is the founder of the Russell Family Fetal Alcohol Disorders Association (rffada); is the Queensland representative for NOFASARD; and a birth parent

Vicki Russell works with the Drug Education Network in Tasmania; is the Tasmanian representative NOFASARD; is an educator and trainer on issues related to girls, women and alcohol; fetal alcohol exposure and prevention.

RSVP: DEN Reception on 1300 369 319 by Monday 7th June 2011

Creating Happiness Intentionally (CHI) will be offered in Tasmania from **Wed November 16th to Sun November 20th 2011** at **Poatina Chalet**. The session will be delivered by Sandy MacGregor, his life story and work and info on the seminars he runs check can be viewed via the hyperlink or websites:

[Creating Happiness Intentionally Live In Seminar](#)

www.lifepurpose.com.au

[http://www.calm.com.au/seminar_details.php?id=3&mode=details&name=Creating_Happiness_Intentionally_\(CHI\)_Seminar](http://www.calm.com.au/seminar_details.php?id=3&mode=details&name=Creating_Happiness_Intentionally_(CHI)_Seminar)

Seminar cost is (excluding accommodation) is \$997 + \$100 for a Pre-CHI if you have not attended Sandy's 2 day seminar. Put the dates in your diary now and contact Jenny Lawes about registration details (she may be able to arrange a discount of \$300).

Accommodation is inclusive of meals, morning and afternoon teas. Prices range from \$70 to \$130 per night depending whether you want a back packer style hostel room with shared bathroom or three star motel rooms with ensuite. It also depends if you want a room to yourself or are happy to share your space. Magnificent mountain views are a bonus!

Contact Jenny: jenny.lawes@dhhs.tas.gov.au

Community Programs

Get the Most Out of Life- 6 week program (2½ hours per week) commencing 11 May

This program will give people with ongoing conditions the tools to improve their health and get the most of the life!

The program discusses:

- managing symptoms – pain, fatigue etc
- communicating effectively with the health team
- improving general health
- setting reachable goals

Venue: **Burnie Community House**, Time: **1.30-4.00pm, Wednesdays, 11 May - 15 June 2011**

To register, phone 64217820 - *don't delay as places are limited!* COST: Gold coin donation for tea and coffee Suitable for anyone with a long term health condition. Supporters and carers are welcome to attend.

Dementia Connections 2011: Commencing June 7th -Provides information, education and support to family members and friends of a person with dementia. Sessions are one day per week for five weeks and include topics:

- What is dementia?
- The impacts of dementia both on the family and the person with dementia
- Ways to manage these changes
- Communication
- Grief and loss
- Relaxation and stress management
- Guide to accessing support services across the NW Coast
- Guest speakers

Dementia Connections is facilitated by the Dementia Carer Support Service team.

Dates: Tuesdays: 7th June; 14th June; 21st June; 28th June and 5th July 2011.

Time: 10:00 am to 3:30 pm.

Where: The Beachway Motel, 1 Heathcote Street, Ulverstone.

Cost: Free, with a light lunch provided.

Transport and respite care may be arranged for those carers expressing a need.

RSVP to Commonwealth Respite and Carelink Centre – 1800 052 222 by 31st May, 2011.

Community Houses in the NW

Devonport Community House –contact Coordinator - Kate Beer at 10 Morris Avenue, Devonport on 6424 7060.

devhouse@internode.on.net The calendar for May & June is now available by contacting Kate – DCH is celebrating Neighbourhood House Week with a morning tea on Wed 11th May at 11am – so come along and leave your message on what Neighbourhood House means to you with the project “Hands around the House”. DCH will be raising funds for Australia’s Biggest Morning Tea – so enjoy a cuppa and leave your donation.

- **Ulverstone Community House** – Co-ordinator Rachael Morris. Phone: 6425 4186, 8-10 Lugana Cres, Ulverstone. info@ulverstonecommunityhouse.com
- **Burnie Community House** - As of Monday the 11th of April, Tracy Edington-Mackay will be the new Co-ordinator of the Burnie Community House. The mobile telephone for the Community House is 0487 477 276. BCH also has a new email address The email address is now info@burniecommunityhouse.com.au -ask about activities at the house at 24 Wiseman St, Burnie
- **Eastern Shore Community House** –Coordinator Lorraine Heron, 106 David Street, East Devonport, 6427 9985; email esch@westnet.com.au
- **Rosebery Community House** – 8 Agnes Street Rosebery, 6473 1497 Mobile 0400 469 984 roseberync.coord@internode.on.net
- **Zeehan Neighbourhood Centre** –. Contact Melissa Crosbie on 6471 6108. znc@intas.net.au

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

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

Forums/Meetings

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:

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.

3-5 May 2011 - UTAS (Rural Clinical School) and DHHS will bring **Professor Malcolm Battersby** to the North West to share his expertise on self management and chronic conditions . View Malcolm's biography <http://www.flinders.edu.au/people/malcolm.battersby> . For session details contact **Sharon Griffiths**, Policy and Planning Officer, Preventive Health Systems and Support Unit, Ph: 6440 7134, M: 0400 121 915, Fax: 6434 4141

13 May, 2011 - Community Partners Program State Forum - 'The caring role in culturally and linguistically diverse communities'

Where: 9.30 – 3.30pm, Grange, Campbell Town

Registration: Free forum for Communities, Diversional Therapists and Aged Care Services throughout Tasmania.

To ensure a place at the forum registrations is essential. Further information/forms contact Suzanne Feike, Ph 62 210941 or 62 210999, F: 62 311264 or E: sfeike@mrchobart.org.au

The Australian Sports Commission (ASC) has developed the **Harassment-free Sport Strategy** to provide tools to enable organisations and agencies in the sport industry to deal effectively and appropriately with issues surrounding harassment, discrimination, abuse and child protection in sport.

The workshop covers:

- Complaints and Incidents of Concern.
- Maintaining a Fair, Safe and Fun Environment.
- Nipping it in the Bud.
- Resolving Complaints – the Options and Listening and Responding Effectively.

Participants are encouraged to complete one anti-harassment training module (relating to their role within their sport) and the child protection module applicable for their state or territory from the Play by the Rules website (www.playbytherules.net.au) before attending the workshop. Workshop dates, times and locations:

- **Monday 2 May 2011, 6:00 – 9:00 pm Silverdome, Launceston**
- **Tuesday 10 May 2011, 6:00 – 9:00 pm The Training and Business Company, (Cornelian Bay) Hobart**
- **Monday 23 May 2011, 6:00 – 9:00 pm Devonport Entertainment Convention Centre**

Register by completing an enrolment form and forward it to Client Officer, Chris Honner by Fax 62 33 5800 E sportrec@development.tas.gov.au a minimum of one week before the workshop you wish to attend.

NW Service provider forum: Devonport May 26th 11:30 -1pm- Thursday- Devonport Entertainment Centre 'Centenary Court' 145 - 151 Rooke Street, Devonport.

[Back to top](#)



Interstate Conference, Training, Community Events, Forums/Meetings

May 30 & 31, 2011: Communities in Control Conference. Is it time for a change? The only way to change things is at the grassroots- attend the conference and find out how to change!

VENUE: Moonee Valley Racing Club, Members Gate 1, McPherson Street, Moonee Ponds, Melbourne VIC

PRICE: Conference only: \$298 (GST inclusive)

Pre-Conference Skills Day - Women Achieving And Flourishing: \$145 (GST inclusive)

Combined Conference and Pre-Conference Skills Day: \$425 (GST inclusive)

FURTHER INFORMATION: www.ourcommunity.com.au/cic2011 and see attached brochure.

15 – 18 June 2011 - Promoting healthy eating and physical activity – latest international research:

Melbourne. 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”](#)

14 -17 June-2011 Refugee Conference: Looking to the future, learning from the past. Marking 60 years of the Refugee Convention, University of NSW, Sydney. The aim is to reflect on the strengths and achievements of the Refugee Convention and refugee protection system, and to consider what further action is needed to secure the rights of refugees during flight, in countries of asylum and in resettlement. <http://refugeecon2011.arts.unsw.edu.au/>

16 - 17 June 2011 - Happiness & its causes - Brisbane Convention and Exhibition Centre
<http://www.happinessanditscauses.com.au/?gclid=CLCe2l-qrqYCFQT0bwodTTO8UA>

20 - 24th June 2011:- Health Promotion Short Course –Monash University Conference Centre, Melbourne. Please visit these links for further information <http://www.med.monash.edu.au/healthsci/shortcrse/files/2011-brochure.pdf> and <http://www.med.monash.edu.au/healthsci/shortcrse/index.html>

8-10 July 2011 -Melbourne - Australian Literacy Educators Association National Conference: Multiliterate, Multicultural, Multifaceted www.alea2011.com/ .This conference aims to:

- Meet the literacy challenges and opportunities of a networked, multilingual and culturally diverse literacy landscape.
- Provide an opportunity for literacy educators to share conversations about how to foster traditional and multimodal means of expression, using relevant and accessible tools and practices to develop the capacities of the 21st century learners.

16-17 July Getting mental health right - International Association of Infant Massage annual conference.

The conference will confront challenges and barriers surrounding infant mental health and affirm value and celebrate the work of people who continue to shine a light on the importance of parents and babies in our society. Submissions for conference papers, posters and workshops welcome. For more information and to join the mailing list copy the following address into your browser: surveymonkey.com/s/iaim-imagine

13-15 July 2011 in Brisbane – Primary Health Care Research Conference -“Inspirations, collaborations, solutions” Early Bird registration closed 20th May www.phcris.org.au/conference/2011/index.php

29 August - 2 September 2011 - Australasian Evaluation Society 2011 International Conference Sydney
Conference theme - **Evaluation and Influence**, an exciting program underway including influence and methodology;
communication and influence; influencing policy and practice and evaluation use and implementation
themes www.aes2011.com.au

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

**26-28 September 2011 Public Health Association of Australia Annual Conference: sustainable population
health, Brisbane Qld** www.phaa.asn.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

[Back to top](#)



Your opinion is valued/Have your say

The Women in Rural Areas and Physical Activity Study is being run by researchers at the Menzies Research
Institute Tasmania.

Are you a woman aged 18-55 years who lives in one of the following areas?

- Ulverstone/Penguin
- Geeveston
- Bothwell/Hamilton/Ouse

Then Menzies Research Institute **would like to speak to you!**

The will involve a 45-60 minute face-to-face interview at a mutually convenient time and place to discuss whether things
such as access to recreational facilities, road and personal safety, and neighbourhood design influence participation in
physical activity.

The Menzies Research Institute would like to hear about the experiences of all rural women – women who are
physically active and those who aren't, women who are working and women who are not, women with children and
women without children.

For more information, please call 03 6226 7712 or email Rural.Women@utas.edu.au to register interest in this study.
More information is also available at [http://www.staff.utas.edu.au/news/articles/rural-women-less-active-than-city-
counterparts,-but-why](http://www.staff.utas.edu.au/news/articles/rural-women-less-active-than-city-counterparts,-but-why)

It would be appreciated if you could pass this email on to any friends, family members or colleagues.

The University Department of Rural Health (UDRH) comprehensive allied health and oral health workforce
profile study. This has received ethics approval from the Human Research Ethics Committee (Tasmania). **Data
collection** has commenced in this joint UDRH and DHHS study which aims to develop a comprehensive allied health
and oral health workforce profile for Tasmania. Members of the Tasmanian allied health and oral health workforce can
participate by completing a brief but concise questionnaire either online or by hardcopy. **Why participate?**
By participating in this study you will ensure that the workforce reports are as comprehensive as possible. You will have
a direct impact on Tasmania's health outcomes by ensuring that the allied health workforce data being used in

workforce planning to meet health service needs, education and training requirements, and to implement the Tasmanian Health Plan is as accurate as possible.

Complete the questionnaire online or by hardcopy. To obtain a copy and for further information please contact [Shelagh Lowe](mailto:Shelagh.Lowe@utas.edu.au), Associate Lecturer Allied Health, Ph 6324 4000, E Shelagh.Lowe@utas.edu.au.

The Raising Children Network website would like to know where parents look for parenting information, and what makes you choose those resources. Responses to our survey will help deliver a parenting website better suited to parent needs. To participate in this easy 15-minute survey, you need to:

- be a parent or carer of a child aged 0-15 years
- have visited the Raising Children Network website (www.raisingchildren.net.au).

[Go to the survey now](#)

Call for Submissions - Pharmaceutical drug misuse is an emerging issue of significant concern. Interested parties are invited to make submissions to the consultation process. Submission guidelines and an NPDMS discussion paper are available at www.nceta.flinders.edu.au or by phoning 08 8201 7535.

[Back to top](#)



Resources and tools

Did you know that studies have found children who eat **regular meals** with their families eat more fruit, vegetables, whole grains and calcium-rich foods? To download a free copy of "Easy Family Eating For Healthy Kids" visit the [DAA website](#)

The Raising Children Network: a complete Australian parenting resource from newborns to teens
[http://raisingchildren.net.au/](http://raisingchildren.net.au)

Health and wellbeing survey results - Last year the Menzies Research Institute conducted a health and wellbeing survey of the Tasmanian State Service as part of the Tasmanian Government [Healthy@Work](#) project. This project supports all government agencies in the development of workplace health and wellbeing programs. The survey [findings](#) will help guide future State Service workplace health and wellbeing programs.

Have you seen the swap it campaign on TV? Resources are available online to support [What Will You Swap?](#) To view visit - Lose Your Belly, Without Loosing Out On The Things You Love
<http://swapit.gov.au/resources/downloads/brochure> or see resources at swapit.gov.au

Move it, Tassie - A 10-year plan to improve the health of Tasmanians through regular physical activity was launched recently. *Tasmania's plan for physical activity 2011-2021* was developed by the Premier's Physical Activity Council in consultation with a broad cross section of the community. For more information visit www.getmoving.tas.gov.au

Healthy@Work-Get moving! Survey findings show most staff don't get enough physical activity outside of the workplace and many spend six hours or more a day, sitting. Increasing physical activity and reducing sitting time can benefit your physical and mental health. For free information and support on making long-term lifestyle improvements, call the Get Healthy Information and Coaching Service on 1300 806 258 or visit [Healthy@Work](#)

Rise to the Pedometer Challenge- The Agency is again offering staff the chance to join in a walking event to improve health and wellbeing. Don't delay, enter your team today!

Option 1: [Global Corporate Challenge](#) This 16-week team challenge encourages participants to walk a minimum of 10 000 steps a day and starts on May 19. [Register](#) here.

Option 2: [Hydra Walk](#) is a nine-week team challenge that encourages participants to take at least 10 000 steps, sleep eight hours and eat two serves of fruit and five serves of vegetables a day.

It started on April 19. [Register](#) here. For more information call Rebekah Harrison on 6222 7786 or email rebekah.harrison@dhhs.tas.gov.au

A Healthy and Active Australia- This website provides a range of information and initiatives on healthy eating, regular physical activity and overweight and obesity to assist all Australians to lead healthy and active lives

<http://www.healthyactive.gov.au/>

WHO releases first global recommendations on physical activity for health -These new and first Global Recommendations on Physical Activity provide national and regional- level policy makers with guidance on how much physical activity is required for the promotion of good health and prevention of disease. A summary of the scientific evidence is provided along with clear recommendations for young people, adults and older adults. These are now available at www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html.

Health and the environment: a compilation of evidence-Australian Institute of Health and Welfare. There is increasing awareness that our health and the environment in which we live are closely linked. This report compiles evidence on the relationship between health and a selected list of environmental factors including 'natural' features (such as temperature and ultraviolet radiation) and aspects of our surroundings which have been created by humans (such as housing and transport).

See: <http://www.aihw.gov.au/publication-detail/?id=10737418534>

ABS-Australian Social Trends -While our life expectancy continues to climb and our educational attainment increases, gaps remain between the health and education outcomes of Australians living in cities and those living elsewhere. See more at [Australian Social Trends](#) (cat. no. 4102.0)

ABS- Disability, Ageing and Carers (SDAC)- This publication presents a summary of results from the Survey of Disability, Ageing and Carers (SDAC) conducted by the Australian Bureau of Statistics (ABS) throughout Australia, from April to December 2009. All tables appearing in this publication are included in a Data Cube (spreadsheet format) available on the ABS website <http://www.abs.gov.au> and are accompanied by corresponding Relative Standard Error tables. **INQUIRIES-** For further information about these and related statistics, contact the National Information and Referral Service on 1300 135 070.

Australia's Multicultural Policy: The People of Australia (2011) - The policy is available on the DIAC website at: <http://www.immi.gov.au/living-inaustralia/a-diverse-australia/multicultural-policy/>, and is also translated into several languages. Multiculturalism is in Australia's national interest and speaks to fairness and inclusion. It acknowledges that government services and programs must be responsive to the needs of our culturally diverse communities. It commits to an access and equity framework to ensure the onus is on government to provide equitable services to Australians from all backgrounds. For a paper copy phone 03 6281 9409 or E community.tas@immi.gov.au

The Australian Human Rights Commission - Working towards an Australian society where human rights are for everyone, everywhere, every day. [More about the Commission](#)

General information Phone: 02 9284 9600, Complaints: 1300 656 419,Fax: 02 9284 9611

The Disability (Access to Premises-Buildings) Standards recently launched by the Federal Government will improve access to public buildings for people with a disability. A **series of seminars** on the Premises Standards has been placed on the [Australian Human Rights Commission website](#).

To register online go to http://www.humanrights.gov.au/disability_rights/buildings/ps_registration.htm
Tasmanian seminar -Hobart - 9 September, Auditorium Baha'i Centre of Learning, 1 Tasman Highway
Hobart TAS 7000

Advocacy Tasmania- has three advocates based in the Dev office 77 Best St assisting older people in the community and in residential care, people living at home with Dementia, people with a mental health issue, people with a disability and people with alcohol and other drug issues. If brochures are required please contact Advocacy Tasmania on 6441 0201.

Commonwealth Respite and Carelink Centre – 1800 052 222- Commonwealth Respite and Carelink Centres are information centres for older people, people with disabilities and those who provide care and services. Centres provide free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia.

You can contact your nearest Commonwealth Respite and Carelink Centre by phoning a national telephone number Freecall™ **1800 052 222***. Anyone can contact a Commonwealth Respite and Carelink Centre and to date Centres have assisted over 500,000 people.

Members of Parliament -[Contact list for Australian MPs](#)

The Ignored Majority: The Voice of Arthritis 2011 -A national survey to discover the impact of arthritis on Australians, Arthritis Australia Voice of Arthritis 2011 was a community based survey which recruited a representative sample of over 1000 people with arthritis across Australia. The purpose was to find out how arthritis affected people at home and at work and what factors were associated with good or poor outcomes.

See: http://www.arthritisaustralia.com.au/images/stories/ArthAus_VoiceofArthritisFINALFINAL.pdf

Australian Clearinghouse for Youth Studies -ACYS provides support youth organisations, youth workers, youth researchers and young people themselves, as well as policymakers, researchers and practitioners in other sectors working with youth.

The clearinghouse focuses on information about early adolescence to the early adult years (12 to 25 years). Click here to access the website: <http://www.acys.info/>

Womens Health Policy –take a look [National Women’s Health Policy 2010 \(PDF 1813 KB\)](#)

Family Planning Tasmania now runs a **weekly clinic every Tuesday 9.00am – 4.00pm** (providing - Pap smears and Breast examinations). This WELL WOMENS CLINIC is a confidential service for all women within the Devonport area and operates from the Community Health Centre, 23 Steele Street, Devonport - Phone: 6421 7763 for an appointment.

Working with men? Here is a website for the National Male Health Policy:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/national+mens+health-1>

You can download your copy of **emale** 98 May 2011 [here](#)

Andrology Australia website-The aim of the Andrology Australia website is to provide on-line access to quality and authenticated information about male reproductive health. This site will provide information to men, their partners and families and health professionals <http://www.andrologyaustralia.org/>

Prostate Information can be found at: www.prostatehealth.org.au

Engaging Men in your Service or Program: a guide to resources for making your service more male friendly [Engaging Men in your Service_April2010.pdf - Engaging Men in your ...](#) This document has been compiled by Jonathan

Bedloe (Men's Health Policy & Program officer for Dept Health & Human Services), on behalf of the Men's Services Network Tasmania.

Mens Health Week 2011 - 13-19 June 2011 International Men's Health Week (IMHW) has been celebrated in Australia since 2003. Click [here](#) to go to the official website.

New website, The Conversation, gives access to Australian academics- (AAP, 24 March 2011) -AUSTRALIANS will have direct access to the thoughts of some of the country's brightest minds through a new independent news and information website, **The Conversation**. See: <http://www.heraldsun.com.au>

Improve the readability of written educational materials useful resources on the Centre for Health Promotion website. Tools include assessing readability level, developing quality information and evaluating health information. <http://www.healthpromotion.cywhs.sa.gov.au/Content.aspx?p=133>

Australian Bureau of Statistics- ABS:

- 3413.0 Migrant Statistics News, April 2011 <http://www.abs.gov.au/ausstats/abs@.nsf/mf/3413.0?OpenDocument>
- [Migrant & Ethnicity Releases](#) Feature articles, statistical publications and other relevant indicators.

Join **Our Community** -Becoming a member of ourcommunity.com.au Australia's leading community resource, entitles you to receive an array of information and resources.

This includes an email newsletter - Our Community Matters- which keeps you up to date with the latest news and views from the community sector. Make contact by:

- **Emailing:** service@ourcommunity.com.au
- **Calling:** (03) 9320 6800 (9am to 5pm EST)
- **Faxing:** (03) 9326 6859
- **Mailing:** PO Box 354, North Melbourne VIC 3051
- **Attending training:** Training sessions held around the country. See Training section of our website for dates and times: www.ourcommunity.com.au/training

Gambling Help Online- a new, Australian-first online service provides counselling, information and support 24/7 for people who need assistance with gambling issues, including health professionals. Gambling Help Online offers health professionals information, research and treatment options for working with someone with gambling concerns. Visit www.gamblinghelponline.org.au or for free and confidential help 24/7 call 1800 858 858.

Global launch of the Decade of Action for Road Safety 2011-2020

Date: 11 May 2011

Governments and their partners around the world will launch the first ever Decade of Action for Road Safety on 11 May 2011. Officially created by the United Nations General Assembly in March 2010, the Decade is an historic opportunity to increase action to save millions of lives over ten years.

The goal of the Decade is to stabilize and then reduce the number of lives lost. A Global Plan for the Decade of Action for Road Safety outlines a course of action for ensuring that this vision becomes a reality.

The vision is a world in which mobility is safe for all those who use the world's roads. The alternative is grim: if no action is taken to address the current crisis, road traffic fatalities are forecast to rise from the current level of nearly 1.3 million deaths annually to more than 1.9 million deaths per year by 2020.

Related links:

[Decade of Action for Road Safety 2011-2020](#)

[Global Plan for the Decade of Action for Road Safety](#)

[Toolkit for organizers of launch events](#)

[Symbol for the Decade: the road safety tag](#)

Drug Action Week 19-25 June 2011 - Register your event here: <http://www.drugactionweek.org.au/>

[Back to top](#)



Funding

National Australia Bank - Employee Volunteer Program [About Us/](#) [Corporate responsibility/](#) [Community/](#) [Programs/](#) [Volunteering & Giving/](#)

NAB provides 16 hours volunteer leave each year for its employees. Staff use this leave to carry out voluntary work for not for profit organisations in their communities.

The potential impact is significant considering NAB has over 23,000 employees in Australia with the opportunity to offer over 40,000 days of volunteering each year.

The work carried out by volunteers is varied and includes indoor and outdoor activities. In 2010 (NAB's financial year October - September), our Australian employees contributed 10,745 (9,754 general + 991 skill based) volunteer days with an in-kind value of \$3.85 million.

Does your organisation need our volunteers? If you need volunteers for a one-off piece of work, event or on an on-going basis, consider the information [find out more about skill based volunteering](#) and before submitting a request for NAB volunteers, please check the website for things to consider. **Online application form** [Volunteering Partners](#) http://www.nab.com.au/wps/wcm/connect/nab/nab/home/about_us/7/4/2/1/1/

Ace Sponsorship Program - Australian Communication Exchange, **Category:** Disability **Funding:** Max per grant: \$20,000 **Closes:** Ongoing

Do you have a project / event / conference that'll benefit the Deaf, hearing impaired or speech impaired? Is your request for \$20,000 or less? ACE considers events or projects that'll benefit the Australian Deaf community and Australians with a speech, communication or hearing impairment.

- [Who can apply?](#)
- [Using sponsorship](#) There are guidelines to using ACE sponsorship
- [Apply for sponsorship](#) Fill out the form and send it back to ACE

Further Information visit: http://www.aceinfo.net.au/index.php?option=com_content&view=article&id=2&Itemid=9

Application Form: http://www.aceinfo.net.au/index.php?option=com_content&view=article&id=9&Itemid=20

Contact Details: Australian Communication Exchange, **Email:** info@aceinfo.net.au **Telephone:** (07) 3815 7612

National Plan to Reduce Violence Against Women and their Children - Community Action Grants - Stream I: Community Projects

How much? -Funding of up to \$3 million has been committed for Stream I: Community Projects and applicants can apply for up to \$250,000 over three years from July 2011 to June 2014 to fund their project.

Apply when? From 30/04/2011 to 30/05/2011

Who to contact? Ph: 1300 138 494 between 9.00am – 5.00pm AEST Monday to Friday Email cag@fahcsia.gov.au

Application guidelines:

[Part A Program Guidelines:](#) Overview of the Gender Equality for Women Program

[Part B Information for Applicants:](#) Specific information for all FaHCSIA grant applications

[Part C Application Information for Community Action Grants:](#) Specific information on Community Action Grants, eligibility, selection criteria, performance management and reporting.

[Application form](#) for Community Action Grants Stream I: Community Projects

Funding Agreement [Standard Terms and Conditions](#)

Multicultural Youth Sports Partnership Program- Online applications for the 2011-12 opened **on Friday 29 April 2011 and close on Friday 27 May 2011**. An initiative of the Australian Government and forms a key part of Australia's multicultural policy. The objective of the MYSP Program is to create sustainable opportunities for youth from new and emerging communities and culturally and linguistically diverse backgrounds to participate in sport and physical activity within local communities.

For this purpose, youth is defined as those up to and including 30 years of age. Funding should complement a series of activities and sustain the operation of a partnership network between community organisations (including those receiving government funding to support migrants such as settlement service providers, migrant resource centres and multicultural youth organisations) and local sporting organisations.

What can grants be used for?

Grants for programs/projects to engage multicultural youth in participating in sport and physical activity, such as:

- Cross cultural awareness training for sporting organisations
- Sport awareness training for community groups
- Sports coach and official training for community groups
- Facilitating English as a Second Language training for volunteers
- Promotion of local sporting opportunities and inclusive club-based activities
- Facilitating linkages between school and club-based activities
- Running community sporting carnivals and participation programs
- Running modified sport exposure programs

Funding will **not** be available for:

- Programs/projects that are inconsistent with the objective of the MYSP Program
- Retrospective project/program costs
- Duplication of existing services or funding
- Subsidy of general ongoing administrative costs of an organisation

Eligibility

- To be eligible for a MYSP Program grant an organisation must be one of the following:
- not for profit, incorporated, community and/or sporting organisation
- local government organisation
- educational institution

Those **ineligible** to apply for a MYSP Program grant include:

- individuals
- unincorporated organisations
- political organisations

Applications

Eligible organisations may apply for grants between \$5,000 and \$50,000 per annum for a period of one year.

The Multicultural Youth Sports Partnership Program is a discretionary, merit-based grants program. Submitting an application does not guarantee that an applicant organisation will receive a grant. Decisions are final and there is no review or appeal process.

All successful grant recipients will be required to acquit grant funds and submit a project report on their project/program.

[MYSP Program Application Form](#)

For more information call (02) 6214 1996 or [email us](#).

[Back to top](#)



Health Promotion

Working in Health Promoting Ways: A Strategic Framework for DHHS 2009 – 2012 establishes the Department's commitment to promoting safe, healthy individuals, workplaces and communities.

http://www.dhhs.tas.gov.au/healthpromotion/wihpw/how_to_use_the_framework

Health promotion makes a difference

Australian mortality rates have improved by almost two-thirds over the past century.

Health promotion and preventative action on tobacco consumption, coronary heart disease, HIV/AIDS, measles, Haemophilus influenzae type B and road trauma have all made a significant difference. One study of the return on investment of Australian public health initiatives reported the following:

- A 30% decline in smoking occurred between 1975 and 1995. This prevented over 400,000 premature deaths and saved costs of over \$8.4b.
- Mortality rates from coronary heart disease peaked in 1968, and have fallen since by over 60%.
- Australian road accidents peaked in 1970. Since then the number of fatalities have fallen from 3798 (1970) to 1759 (1997), providing large and positive social benefits (DoHA 2003).

Improving the health and life expectancy of Australians delivers enormous dividends to individuals and to governments in terms of the reduced cost of medical treatments and the extension of productive, disability free life for the community.

Prevention

In the past, we have focussed on treating people when they get sick rather than addressing the many causes of illness. Health promotion is about focusing efforts on disease prevention, promoting health and early intervention. It seeks to act on the factors that have an impact on health, through carefully planned and implemented initiatives, to prevent ill health.

For more information

The Language of Prevention (NPHP 2006) provides an overview of prevention and the definition around the use of primary, secondary and tertiary prevention. View here:

www.dhs.vic.gov.au/nphp/publications/language_of_prevention.pdf

This item is an extract from: *Working in Health Promoting Ways: A Strategic Framework for DHHS 2009 – 2012*

[Back to top](#)

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