

## Welcome to the e-news for NW TAS Health Promotion April 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

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

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**Don't forget to get your team in for the Pedometer Challenge 2011!** Contact Rebekah Harrison on 6222 7786 or email [rebekah.harrison@dhhs.tas.gov.au](mailto:rebekah.harrison@dhhs.tas.gov.au) for further Information about the Global Corporate Challenge or the Hydra Walk.



### Professional Development opportunities

#### Leadership and Management program now linked to UTAS

The DHHS Management and Leadership program is now linked to the UTAS Health and Human Services (Management and Leadership) degree. UTAS is offering a new unit towards the Graduate Certificate in Semester Two, have attending the DHHS Management and Leadership Foundation course is a pre-requisite. There is no cost to business units for staff participation in the Foundation course. Participants need approval from their managers to attend the Foundation course and to enrol in the UTAS academic program. Use these links for more information about the [UTAS Academic Program](#) and the [DHHS Foundation Program](#). Contact the Management and Leadership team at [mandleprogram@dhhs.tas.gov.au](mailto:mandleprogram@dhhs.tas.gov.au)



### Jobs & opportunities

**Board members needed-** Holyoake Tasmania, a partially DHHS-funded, non-profit organisation that offers counselling for people affected by addictive behaviour or substance misuse, needs up to three board members with skills in finance, fundraising or social sciences and family support.

For information contact Andrea Ramondino on [andrea.ramondino@yahoo.com.au](mailto:andrea.ramondino@yahoo.com.au) or call 0408 569 018.

**Relationships Australia Tasmania** is seeking a qualified and experienced relationship counsellor to join the small multi-disciplinary team based at their Devonport office. The successful applicant will be required to work with couples, families and children presenting with a range of relationship issues. The position is for two days a week.

If you are interested in applying for the position please have an initial conversation with Tim Henry

(Manager, Counselling and Community Services N/NW) or John Edwards (Coordinator, Counselling Program) on 6336 7000.

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## 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](mailto: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](http://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](mailto:celina.sargent@dhhs.tas.gov.au) or Joanna Siejka, Acting Executive Officer, Youth Network of Tasmania [eo@ynot.org.au](mailto:eo@ynot.org.au) for more information.

### Training

**TasCOSS Diversity in the Workforce Workshops**-Learn how to develop people management strategies that accommodate differences in the background, perspectives and family responsibilities of your employees?

Diversity in the workplace covers gender, age, language, ethnicity, cultural background, sexual orientation, religious beliefs and family responsibilities. It also refers to the other ways in which people are different, such as educational level, life experience, work experience, socio-economic background, personality and marital status. It recognises the value of individual differences and managing them in the workplace. How well does your workplace create an environment that values and utilises the contributions of people with different backgrounds, experiences and perspectives?

**Southern venue:** Glenorchy Civic Centre, Cooper Street, Glenorchy

**When:** Tuesday 12 April, 2011, 9:30am - 4:00pm

**Northern venue:** Tram Room no. 29, Tramsheds, 4 Invermay Road, Inveresk

**When:** Wednesday 13 April, 2011, 9:30am - 4:00pm

**Cost:** TasCOSS Members \$35, Non-Members \$45

**Registration:** Contact TasCOSS 6231 0755 or E [admin@tascoss.org.au](mailto:admin@tascoss.org.au) light lunch will be provided

**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
- Understanding nicotine addiction

- The quitting process and referral options Brief Intervention for smoking cessation
- 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](mailto: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](mailto:Annette@parakaleo.org.au)

### **Community Response to Eliminating Suicide (CORES) - One Day Suicide Intervention**

**Course** What happens if a person can't cope ... will someone be there for them? This ONE DAY CORES COURSE will give you the skills and confidence to recognise then assess a person who may be at risk of self harm or suicide.

**Date:** Saturday 30 April  
**Time:** 9am-5pm

**Venue:** Romaine Christian Centre, Blackwood Parade Burnie  
**Cost:** Free to people who live or work in the Burnie Municipality.  
\$75 for participants that live in other areas

**Booking is essential! Contact:** Kentish Regional Clinic 64911 552 or 1300 079 596,  
[Admin@Kentishrc.com.au](mailto:Admin@Kentishrc.com.au) , [www.cores.org.au](http://www.cores.org.au)

**Motivational Interviewing Two Day Foundation Skills Training** -delivered by Helen Mentha and presented by Youth and Family Focus

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)**

The training is free and places are limited and registration is via email [Glenn@yaff.com.au](mailto:Glenn@yaff.com.au)  
Contact the same for presenter details etc.

### **Community Events**

**6 April 2011 Richmond Fellowship Ulverstone Open Day** - residential recovery/psychosocial rehabilitation. Richmond Fellowship Tasmania (RFT) supports Tasmanians aged 18-65, experiencing a mental disorder, to improve and enhance mental well-being through the rediscovery of hope, purpose in life and connection with the community.

- 1:00pm - 4:00pm at 11/7-9 Lugana Crescent - West Ulverstone

**RSVP essential by** Friday 1<sup>st</sup> April, Phone 6425 1050 Fax 6228 3300 Email [ulverstone@rftas.org.au](mailto:ulverstone@rftas.org.au)

**8 April 2011 National Youth Week OWN it - Y- Expo North West Coast** If your organisation *Engages with, Advertises too, Employs, Liaises with, Listens too and Cares for Youth* within Tasmania's North West then this is the EVENT FOR YOU!!!! Y-Expo will be held on Friday 8<sup>th</sup> April and run from 9.30am – 2.30pm. The event will engage school students from across the North-West and West Coast, and we are looking for potential Youth Focused Stallholders for the day. We are inviting ALL youth service providers across the North West Coast and beyond to come and join us for a day. If your organisation *Engages with, Advertises too, Employs, Liaises with, Listens too and Cares for Youth* within Tasmania's North West then this is the EVENT FOR YOU!!!! This year's OWN IT! Y-Expo will be held in Devonport (Recreation Centre) on Friday 8<sup>th</sup> April we are calling for Stall Holders or anyone who would like to part-take in this event (e.g. physically or with ideas). Contact Melissa Taylor, Youth Development Officer, Ph: 64305780, Mob: 0400 839 033

### **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 *But 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.

### **Forums/Meetings**

#### **UDRH Seminar Series -Northern Area Health Service - the challenges**

**Presented by:** Mr John Kirwan

Mr John Kirwan, Chief Executive Officer, Northern Area Health Services and the Launceston General Hospital will address briefly the challenges confronting the Northern Area HS. He will then explain the approach NAHS is taking to address these challenges, some of which are well advanced, such as the building of new services for the North such as an Acute Medical Unit.

Since commencing the reforms at LGH, then NAHS, the reform agenda at the national level developed quickly, and continues to develop.

John will bring all the issues and activity together and comment on the governance principles underpinning the reforms

John is happy to answer questions and enter into discussions following the presentation

- **Date:** 13 April 2011
- **Time:** 12:30pm-1:30pm
- **Registration:** [http://www.ruralhealth.utas.edu.au/reply/udrh-seminar.php?det\\_id=19](http://www.ruralhealth.utas.edu.au/reply/udrh-seminar.php?det_id=19)

Please complete ALL details on form by 13-Apr-2011 (Wednesday) Sites can be seen on the link page.

**CARE IN A CULTURAL CONTEXT**-Gain skills and knowledge to help meet the needs of cultural and linguistic diverse patients/clients. **Presenter** – Hans Schmidt Project Officer, Partners in Culturally Appropriate Care (PICAC), Migrant Resource Centre South Tasmania Inc  
People from cultural and linguistic diverse backgrounds have their own unique needs and often rely on their language of origin to have these needs meet. Hans will assist you to understand cultural diversity, behaviour, communication, trauma etc from a cultural and linguistic diverse perspective.

Date: **MONDAY 11 APRIL**

Time: **10.00am – 2.00pm**

Venue: **Multipurpose Room B Rural Clinic School, Burnie**

**RSVP** & Further information - Multicultural Liaison Officer - 6430 6586

#### **Patient-centred care video conference – 11 April 2011**

A statewide video conference on patient-centred care led by Dr Karen Luxford is scheduled from 2pm to 3.30pm on Monday 11 April, 2011. Those wishing to take part can do so at the North West Regional Hospital (Burnie) Library Tutorial Room; the Royal Hobart Hospital Department of Psychological Medicine; the Launceston General Hospital Level 2 Meeting Room; and the Devonport Community Health Service Centre Meeting Room G60.

[Register now](#) or use this [more information](#) link for details.

**18 April 2011 - Men's Learning & Wellbeing: one day forum** – Rosny. Hosted by adult learning Australia, University of Ballarat in collaboration with Tasmanian Men's shed association and Rosny LINC. Cost \$10 [payable on the day] 10-3.30pm at Rosny LINC **Registration essential** - Raelene Hodge [r.hodge@ala.asn.au](mailto:r.hodge@ala.asn.au) ph 9314 4632, Information Sally Thompson 0427 677 498 [s.thompsonh@ala.asn.au](mailto:s.thompsonh@ala.asn.au)

**UTAS (Rural Clinical School) and DHHS will bring Professor Malcolm Battersby** to the North West 3-5 May 2011, to share his expertise as a visiting research fellow.

**Tuesday, 3/5/11**

- 10am to 11.30am – **Statewide videoconference link** (with invited participants) Malcolm to provide an overview of research undertaken in the CDSM arena (question and answer session within research framework)
- 12.30pm to 1.30pm – **UDRH Seminar services** (videoconference) – lecture style similar to above
- 2pm to 5pm – **Research Mentoring Workshop** (face to face) – an opportunity for health professionals/other researchers to share their projects and for Malcolm to give information and share his experience of research in CDSM

#### **Thursday, 5/5/11**

- 9.30am to 11.30am - **Developing CDSM skills for health professionals** – Statewide Videoconference

Malcolm's visit will encompass a broader focus on chronic disease self management, however DHHS and invited participants will have an opportunity to link in with Malcolm on Tuesday, 3 May 2011, and again on Thursday, 5 May 2011, and there may be some flexibility of how to best maximise his time during this period. One option could be to focus on monitoring and reporting on change (in relation to embedding CDSM and organisational processes). If you have any suggestions (including topics to cover) during his visit to the North West, please let Sharon know as soon as possible as the aim is to confirm the timetable by 18 April 2011. For further reference Malcolm's biography is available at

<http://www.flinders.edu.au/people/malcolm.battersby>

For the draft itinerary and any queries contact **Sharon Griffiths**, Policy and Planning Officer, Preventive Health Systems and Support Unit, C/- Ground Floor, Parkside  
PO Box 258, Burnie 7320, Ph: 6440 7134, Mobile: 0400 121 915, Fax: 6434 4141

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

**Where:** 9.30am – 3.30pm, Grange, Campbell Town

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

To ensure you have a place at the forum please complete a registration and send to Suzanne by 1 May 2011. Contact Suzanne Feike for more information or forms: Te: 6221-0941 or 6221-0999, Fax: 6231-1264 or E: [sfeike@mrchobart.org.au](mailto:sfeike@mrchobart.org.au)

**Communication and Health Literacy Action Plan workshop-** The workshops will provide opportunities to:

- share information gathered to date
- share information about their experiences
- discuss priorities
- develop possible strategies
- find out what's next

The Workshops will be facilitated by: Michael Bishop, Director Allied Health Services, Northern Area Health Service, and Siobhan Harpur, Transition CEO, Population Health. Venues

- **Hobart: 30 March 2011, 9.30 am – 2.00 pm**, Meeting Room 1, Glenorchy Library, 4 Terry Street -Parking available in library car park(s). RSVP to [miriam.grieve@dhhs.tas.gov.au](mailto:miriam.grieve@dhhs.tas.gov.au) by 23 March
- **Ulverstone: 7 April, 12:00 pm – 4:30 pm**, Montgomery Room, Carpark Lane, off King Edward Street- RSVP to [miriam.grieve@dhhs.tas.gov.au](mailto:miriam.grieve@dhhs.tas.gov.au) by 31 March
- **Launceston: 8 April, 9.00 am – 1.30 pm**, Ravenswood Community Health Centre, Lambert Street -Parking available.

RSVP to [miriam.grieve@dhhs.tas.gov.au](mailto:miriam.grieve@dhhs.tas.gov.au) by 1 April Lunch provided please advise of any special dietary requirements. Contact [belinda.fenneywalch@dhhs.tas.gov.au](mailto:belinda.fenneywalch@dhhs.tas.gov.au) or phone 6222 7601.

**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.

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

**5 - 6 April – National Sustainable Food Summit** Melbourne - focus on recent policy developments, with emphasis on food security and resilience and how these relate to the **National Food Plan**. Register online now [CLICK HERE](#) further information [http://www.3pillarsnetwork.com.au/p3\\_Events-Resources.html?&event=68](http://www.3pillarsnetwork.com.au/p3_Events-Resources.html?&event=68)

**10-13 April 2011 - Australian Health Promotion Association, Cairns** - The 2011 Conference theme is 'Health Promotion and Determinants of Health: Strengthening Action'. Presenter and Early Bird registration closes: Friday 4 February 2011. Visit <http://www.conferenceco.com.au/AHPA/> for information.

**27 -29 April 2011 - Gender Matters - 3rd Women on Boards™ Conference**, Sydney. The theme of has been chosen deliberately to enable reporting on recent ASX and other initiatives as well as provide women at earlier stages of their career with a clear perspective on why 'gender matters in their career'. An unparalleled networking opportunity with peers and leaders from all professional backgrounds and career levels e.g. human resource managers, senior executives and directors. A program is available [Women on Boards website](#). The Women on Boards website also has information on [registration for this event](#).

**12-14 May 2011: Australian Association of Infant Mental Health Conference** - in collaboration with RANZCP, is holding a conference on "*Growing Up Solid: Integrating emotional and mental health throughout infancy, childhood and adolescence*". Further information <http://www.aimhi.org/conferences.php>

**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 - 24<sup>th</sup> 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/](http://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](http://surveymonkey.com/s/iaim-imagine)

**13-15 July 2011 in Brisbane – Primary Health Care Research Conference** -“Inspirations, collaborations, solutions” Early Bird registration closed 20<sup>th</sup> May  
[www.phcris.org.au/conference/2011/index.php](http://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](http://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](mailto:menshealth@pco.com.au) or [www.workingwithmen.org.au](http://www.workingwithmen.org.au)

**26-28 September 2011 Public Health Association of Australia Annual Conference: sustainable population health, Brisbane Qld** [www.phaa.asn.au](http://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](mailto:ruralhealth@anzmh.asn.au)

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

**Ministers Disability Advisory Committee Forum** - Please inform persons with disability or those supporting someone with disability that they are invited to attend a Community Forum to discuss Issues on the North West Coast such as the new Assistive Technology & Equipment Scheme and the Gateway Service

- Date: **Thursday, 14 April 2011**, Time: **11.00-12.30pm**, Venue: **Meeting Room 1 Community Health Centre, 23 Steele Street, Devonport**

Further information to help people have their voice heard on the day and RSVP Rosemarie Baker 6236 5694 E [rosemarie.baker@dhhs.tas.gov.au](mailto:rosemarie.baker@dhhs.tas.gov.au)

**Devonport Community Safety Forums**-The Community Safety Liaison Group, in association with the Devonport City Council, are conducting forums to understand community priorities in relation to safety. The forums along with the results from the community safety survey conducted in January 2011 will assist in generating key actions to build a more cohesive and safe city. Residents are welcome to attend one of the following forums.

**Thursday 14 April 2011**

9.30 - 11.30am St Paul's Anglican Church, Cnr Thomas and Church Street, East Devonport

12:30 - 2.30pm St Paul's Anglican Church, Cnr Thomas and Church Street, East Devonport

3.30 - 4.30pm **Under 25 years only** The Zone, 64 Stewart Street, Devonport

5.30 - 7.30pm Council Committee Rooms, access off Fenton Way

*Light refreshments provided*

Please advise preferred session by contacting Devonport City Council on 6424 0511 or [council@devonport.tas.gov.au](mailto:council@devonport.tas.gov.au) by Monday 11 April.

**The Raising Children Network** website would like to know where you look for parenting information, and what makes you choose those resources.

Your responses to our survey will help us deliver a parenting website better suited to your 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](http://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](http://www.nceta.flinders.edu.au) or by phoning 08 8201 7535.

**SURVEY - The Veg Doctor would like to know how much broccoli you ate yesterday!** Eat Well Tasmania needs your help in our vegetable buying and consumption patterns survey! To gain a better understanding of Tasmanian's vegetable consumption habits, with a view to finding strategies to:

- Help people meet the recommended five serves of veggies per day; and
- Increase awareness of our wonderful fresh locally grown vegies.

Your help by completing the survey and passing it on to everyone you know is greatly appreciated! Click [here](#) to complete the survey. Contact Eat Well Tasmania on 6223 1266 or [eat@eatwelltas.org.au](mailto:eat@eatwelltas.org.au) for more information.

**Can you assist?**

**The Inclusion Support Agency- North West** delivers a program which offers support to child care centres who have children and families from culturally and linguistically diverse and/or refugee backgrounds. Anne Cornish is seeking to speak with services that might assist any new families in this area? You can contact Anne at the Inclusion Support Agency on [acornish@burnie.net](mailto:acornish@burnie.net)

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**Resources and tools**

**National Health Reform**-On 13 February 2011 the Australian and state governments agreed to revise the original agreement covering the national health reforms. The changes largely apply to the way hospitals will be funded into the future. While this will mean some changes to implementation of the reforms, the Australian Government has guaranteed that no state will be worse off under the new agreement. These reforms build on changes Tasmania has been putting in place through Tasmania's Health Plan, to make sure we can meet rising demand for good quality healthcare in the next decade and beyond. The reforms will see the establishment of three 'Local Hospital Networks' (LHNs) and a Primary Healthcare Organisation known as a 'Medicare Local' as new structures to help run our health care system. These health reforms respond to the major challenges facing the health and hospital system, including:

- the growth and ageing of the population;
- community expectations of hospital waiting times;
- overlapping responsibilities and lack of coordination and integration of service systems that lead to patients 'falling through the cracks';
- gaps in the provision of primary health care services;
- high and increasing rates of chronic disease; and
- the need to improve efficiency to give confidence that health and hospital funding goes as far as possible.

[http://www.dhhs.tas.gov.au/about\\_the\\_department/our\\_plans\\_and\\_strategies/national\\_health\\_reforms](http://www.dhhs.tas.gov.au/about_the_department/our_plans_and_strategies/national_health_reforms)

**Position Paper: *Improving the mental health of infants, children and adolescents in Australia***

Developed over time, this paper describes the associations' beliefs with regard to the promotion of mental health and associated services for children and families. It summarising international and national literature that supports the principles underpinning delivery of mental health services. Download from [www.aicafmha.net.au](http://www.aicafmha.net.au) in the Resources section

**The Parent's Jury's** - keep up to date on the latest food marketing and childhood nutrition news. Latest newsletters feature many interesting articles including food and beverage marketing news, Hungry Jacks ban to school children, Heart Tick for Nestle breakfast cereals. [www.parentsjury.org.au](http://www.parentsjury.org.au) and subscribe today.

**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](http://Healthy@Work)

**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. More information [www.getmoving.tas.gov.au](http://www.getmoving.tas.gov.au)

**Quit** has a new website - completely redesigned & the focus is on support for the consumer. On the 'Support' page there are a couple of videos, one that explains what the 'Quitline' does, another from a Quitline user and talks about her experience using the service. The Quitline has had a 325% increase in referrals from GPs as a result of the listing of nicotine patches on the PBS. <http://www.quitline.org.au/> The Quitline number is **137848**

### **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](mailto:community.tas@immi.gov.au)

**New website showcases inclusive communities** –Organisations involved in cultural diversity projects can showcase them through a new website backed by the United Nations Alliance of Civilisations (UNAOC). The IBIS (Integration: Building Inclusive Societies) website is designed to showcase international good practice around engaging with migrants and refugees in local communities. Initiatives already included are links to multimedia presentations, news interviews, documentaries and events. The Australian Taste of Harmony initiative is showcased there. The site provides a great forum to share ideas, tell people what your group is doing and to learn invaluable advice and information from others. [www.unaoc.org/communities/migrationintegration](http://www.unaoc.org/communities/migrationintegration)

**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>

**Suicide: worried about someone?** A free resource outlines some key warning signs and risk factors, offers advice for helping someone at risk of suicide, and lists support services.

View at <http://www.livingisforeveryone.com.au/Suicideworried-about-someone.html>

Free bulk print copies can be ordered by contacting LIFE: LIFE Communications, c/o Crisis Support Services, PO Box 2335, FOOTSCRAY VIC 3011, Tel: 03-8371 2831 E: [life@crisisupport.org.au](mailto:life@crisisupport.org.au)

**DrinkWise** Australia has set out an ambitious goal to change the drinking culture of Australians via a range of activities, partnerships and targeted campaigns. Since 2007 DrinkWise Australia has utilised a social marketing framework in the launch of two high profile campaigns aimed at working towards a 15-20 year goal of challenging a culture largely permissive of consuming alcohol to excess. Take a look at [What is alcohol?](http://www.drinkwise.org.au/c/dw) and the **Drinkwise** website at <http://www.drinkwise.org.au/c/dw>

**Launching into Learning Evaluation 2010 Report** - The Launching into Learning Longitudinal Study 2007-2014 Progress Report 2010 has been released. The report encompasses 1299 regular LiL students across 104 schools and looked at the effect participation had on student performance at government schools as measured by the Kindergarten Development Check (KDC), Performance Indicators in Primary Schools (PIPS) and in the future Year 3 National Assessment Program - Literacy and Numeracy (NAPLAN) results from 2007 to 2014. Access at <http://www.education.tas.gov.au/?a=318655>

**Heart Foundation report - 'Adults who sit less during the day have a lower risk of early death – particularly from cardiovascular disease'.** ([Heart Foundation \[2011\] Sitting less for adults](#)).

### **Australian Social Trends March 2011 - Australian Bureau of Statistics**

Released quarterly, Australian Social Trends presents analysis and commentary on a wide range of social issues. The March edition includes the following articles: Health outside Major Cities; Health services: Use and patient experience; Life expectancy trends — Australia; Year 12 attainment; and Education and Indigenous wellbeing.

See: <http://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4102.0Main+Features1Mar%202011>

### **Australian Bureau of Statistics ABS:**

4841.0 Health @ a glance, 2011 - <http://www.abs.gov.au/ausstats/abs@.nsf/mf/4841.0?OpenDocument>

4362.0 National Health Survey: Summary of Results; State Tables, 2007-08 (Replacement Content)

<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4362.0?OpenDocument>

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### **Funding**

**Closes 20 April 2011 - Equity Support Program-Small Grants** - for projects commencing on or after 1 July 2011 [for 2011/2012 financial year], which increase or support opportunities for people who may be experiencing barriers to participation in post compulsory vocational education and training and employment. Barriers may be due to many factors of disadvantage, including low income, low language and literacy levels, long term unemployment and regional disadvantage. Projects may involve individuals from:

- Aboriginal and Torres Strait Islanders
- People with a disability
- People with mental health issues
- Migrants and humanitarian entrants
- Women with barriers to VET and employment participation
- Prisoners and Offenders
- Older people (45+) with barriers to VET and employment participation

The program is designed to assist in the overcoming of barriers to VET participation, and the fund is therefore available for broad support projects which may or may not include accredited training.

**How do you apply?** - [Equity Support Small Grants Program guidelines](#) and [2011 Proposal Template \(application form\)](#). Further information Marion Wilcox 6233 7115 [Emarion.wilcox@skills.tas.gov.au](mailto:Emarion.wilcox@skills.tas.gov.au)

**Closes 29 April 2011 Sport Leadership Grants [individual and organisation] and scholarships for Women - Australian Sports Commission**, \$5000 individuals and up to \$10,000 for organisations. Funding aims to provide women in sport with support and access to leadership training and development opportunities to assist in establishing them in the sport industry. Grants available in the following areas:

- Coaching, • Officiating, • Governance, • Management / Administration, • Communications / Media / Marketing

Successful applicants will receive a one-off Sport Leadership grant of up to \$5000 for individuals and up to \$10,000 for organisations. In addition to their identified projects, successful individual applicants are expected to attend a two day leadership workshop covering a range of leadership and development topics, including effective communication, conflict resolution and influencing change. Information, eligibility, who can apply and applications from women and sport unit 02 6214 7994, [leadershipgrants@ausport.gov.au](mailto:leadershipgrants@ausport.gov.au) or [http://www.ausport.gov.au/participating/women/get\\_involved/grants\\_and\\_scholarships](http://www.ausport.gov.au/participating/women/get_involved/grants_and_scholarships)

**Applications close 29 April 2011 Community Council Grants Program**- The Calvary Community Council Grants Program assists Tasmanian to build a healthier and happier community through support for

events and activities that make a positive difference to society. Launched in 2004 with initial funding of \$100,000 the areas of focus are

- o Nutrition
- o Early childhood
- o The Elderly
- o Oral Health

Preference will be given to not-for-profit community organisations that meet the criteria as outlined in the guidelines. Application packages and guidelines contact Jenny Plapp 6278 5224 or [j.plapp@calvarytas.com.au](mailto:j.plapp@calvarytas.com.au)  
Website: <http://www.calvarystjohns.org.au/support-us/>

### **Applications close 15 April 2011 - Seeding Grants PRIMARY HEALTH CARE RESEARCH AND/OR EVALUATION PROJECTS**

- To assist Tasmanian primary health care professionals to conduct a small PHC research and/or evaluation projects. Grants will be managed along with supervision and guidance through the University of Tasmania PHCRED Research Capacity Building Initiative (RCBI) Program. Applications: Candice Lai [Candice.Lai@utas.edu.au](mailto:Candice.Lai@utas.edu.au) (Statewide Coordinator, PHCRED (Primary Health Care Research Evaluation and Development) RCBI Program. Menzies Research Institute, University of Tasmania

### **Applications close 27 April - Postgraduate Scholarships for Aged Care Nurses**

-Training for aged care workers will be enhanced by a new round of scholarships for higher studies in aged care. Professional development grants worth up to \$30,000, 130 scholarships are available for postgraduate or continuing education relating to care of older people. Information eligibility etc Royal College of Nursing Australia 1800 116 696 or at [www.rcna.org.au](http://www.rcna.org.au) or <http://rcna.org.au/scholarships/agedcarepostgrad>

**Tasmanian Government Flood Response** - Tasmania was severely impacted by significant rainfall events and floods on 12 to 14 January 2011. The Tasmanian Government and Australian Governments have agreed to provide grant funding to primary producers, small businesses and charities and non-profit organisations who have suffered direct damage as a result of the storms and flooding to assist with clean-up, removal of debris and restoration costs under the Natural Disaster Relief and Recovery Arrangements (NDRAA). In addition, eligible individuals may be able to access personal hardship and distress assistance. Under the NDRAA Community Recovery Package, four recovery packages can be accessed by eligible applicants:

- [Recovery Grants for Primary Producers](#); and
- [Recovery Grants for Small Businesses](#); and
- [Recovery Grants for Charities and Non-Profit Organisations](#); and
- [Personal Hardship and Distress Assistance for Individuals and Families](#).

Further information can be obtained from <http://www.dpipwe.tas.gov.au/inter.nsf/WebPages/LBUN-8DB5YV?open>

### **Community Capacity Building Grants Program 2010-11 - Round Two WITHDRAWN**

Due to budget constraints the Department of Premier and Cabinet is no longer in a position to proceed with the second round of the Community Capacity Building (CCB) Grants Program, due to close on 4 April. **Applications for this round will not be accepted.** Subscribe to the Community Development Division's Grant Alert Service at [cdgrants@dpac.tas.gov.au](mailto:cdgrants@dpac.tas.gov.au) to find out about grant program as they arise.

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### **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](http://www.dhhs.tas.gov.au/healthpromotion/wihpw/how_to_use_the_framework)

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