

Health Promotion North-West Newsletter

Welcome to the NW TAS Health Promotion email update for November 2010

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Health Promotion Coordinators, north-west Tasmania

Julie Milnes (Mersey region)

03 6421 7704, julie.milnes@dhhs.tas.gov.au

Devonport Community & Health Services Centre

23 Steele Street, Devonport Tas 7310

Lee-Anne Mundy (Hellyer region)

03 64 34 7256, lee-anne.mundy@dhhs.tas.gov.au

Burnie Community Health Centre, 11 Jones Street,

Burnie Tas 7320

Training and support for health promotion in the north-west of Tasmania.

Press CTRL and click on the link to view the listed sections:

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Professional development opportunities

Making a Difference: Results/Outcomes based accountability workshops - will be presented by TasCOSS on November 18 and 25, 2010. The free 2 hour workshop is intended for people who are using an outcomes approach to measure and evaluate the performance of their programs. Register online by clicking on the link or cut and paste the link into your web browser www.tascoss.org.au/Events/EventsSatelliteView/tabid/131/Default.aspx

Register for the particular workshop you wish to attend (Hobart or Launceston; 9:30am or 2:00pm). **Contact:** Tim Tabart- Ph: 6231 0755 Email: tim@tascoss.org.au

Workshop registrations are now open for **Disseminating Your Research - Workshop Three: Writing Reports for Policy and Practice Change, Disseminating Your Research - Workshop Two: Writing for Publication**

and Case-based Analysis. Dates and times are available at <http://www.phcred.utas.edu.au/workshops-timetables.html> and you can also register there. Please note that for workshops which are oversubscribed, priority will be given to people in primary health care.

Lunch time seminars Australasian Evaluation Society: <http://www.aes.asn.au/>. Tasmanian Branch contact- for information kerrison_jenny@yahoo.com.au.

When: Thursday, 25th November 1200-1330 hr

Where: Room 209, Social Science Building, Sandy Bay Campus, UTAS, Hobart

Presenter: Bob Dick-Evaluation that really makes a difference: short-cycle evaluation

Videoconferencing is possible - email your VC site IP address to: Helena.Mitev@utas.edu.au

If you missed last months session about case based studies-a DVD copy is available [along with notes] for loan contact Lee-Anne Mundy 64 34 7256 lee-anne.mundy@dhhs.tas.gov.au

Two free **lectures by visiting Professor Peter Langhorne**, Professor of Stroke Care, Cardiovascular and Medical Sciences Division, University of Glasgow, Scotland, UK. In TAS for the Australian Association of Gerontology Conference in Hobart-the Aged Care and Rehabilitation Clinical Network invites you to: **Monday 15th November:**

Title: "Post Stroke Complications" Time: 11am – 1pm

Venue: Launceston LGH L2 Lecture Theatre with video link to

- Devonport CHSC
- Hobart RHH DPM
- Burnie Multi A - Rural Clinical School, UTAS
- Latrobe Hospital Studio

Tuesday 16th November: "The future of stroke care: where should the evidence lead us?" Time: 11.30am – 1pm

Venues: Hobart RHH Department of Psychological Medicine with video link to:

- Devonport CHSC
- Launceston LGH L2 Telecare Studio
- Latrobe Hospital Studio
- Burnie NWRH
- Hobart Repat

Other sites available on request-please ask! RSVP to acrclinicalnetwork@dhhs.tas.gov.au

Free professional nutrition seminar, organised by the Tas branches of Dietitians Association of Australia and Nutrition Society of Australia- Wednesday 10th November 1.00-2.00 pm – Presenter- Sharon Campbell, (Eat Well Tasmania) Topic: **Can vending machines offer healthier food choices for Tasmanian employees?**

Traditional vending machines offer products that are energy dense, high in saturated fat, sugar and salt, and have little positive nutritional value. When these products are on offer, they can be a tempting and affordable option to a stressed and time poor employee. The HOVER project is investigating if healthier products can be sold through vending machines, and if this is a viable alternative for Tasmanian workplaces. Sharon Campbell works for Eat Well Tasmania and is the Project Officer for the HOVER Project (Healthier Options in Vending – An Employer Resource). Sharon has a degree in Health Science and has a strong interest in health and wellbeing in workplace settings.

Locations (for details check <http://tinyurl.com/lyhrnk>)

BURNIE: North-West Regional Hospital AND Parkside

HOBART: Royal Hobart Pathology Conference Room

LATROBE: Latrobe Hospital

LAUNCESTON: Launceston General Hospital AND UTas Launceston - NH.L172

SCOTTSDALE: Scottsdale Hospital

NEXT SEMINAR will be Friday the 26th of November -Vitamin D screening in children – yes, no or maybe?

Presenter: Dr Tania Winzenberg, Senior Research Fellow General Practice, Menzies Research Institute.

'Climate Change: What exactly does the latest science mean for the planet and our island state?' on Friday 26 Nov 6-8pm. Presented by- **Professor David Karoly**. This is a free and open community event offered by UDRH.

Professor David Karoly is world renowned Professor of Meteorology and an ARC Federation Fellow in the School of Earth Sciences at the University of Melbourne. He is an expert in climate change science and was involved, through several different roles, in the preparation of the Fourth Assessment Report of the Intergovernmental Panel on Climate Change (IPCC) released in 2007. The IPCC was awarded the Nobel Peace Prize in 2007, jointly with Al Gore.

Professor Karoly will be speaking at

Hobart: Stanley Burbury Theatre, University Centre, Sandy Bay

Launceston: via video-link (Level 3, Anne O'Byrne Centre, cnr Howick and Charles Sts).

Other more venues can be made available on request. Please RSVP by 19th November to:

Sarah Brinckman Email: sarah.brinckman@utas.edu.au Phone: (03) 6226 7375

Comorbidity Capability Training- 9th and 10th December 2010-9.30am to 4.30pm each day , Devonport Adult Ed Building, William Street. Cost: \$100 inclusive of 2 days training, lunch & refreshments.

Would you like to further build your capacity to?

- Recognise and respond effectively to clients with co-occurring mental health and substance use disorders?
- Work effectively with mental health and/or ATOD services?

This training is suitable Alcohol, Tobacco & Other Drug workers, Clinical & non clinical Mental Health workers and Psychiatric Support workers and is organised by- Improved Services Comorbidity Project Youth and Family Focus Inc- For information/registration contact Therese@yaff.com.au or phone 6323 6635



Jobs

Festival Co-ordinator 2011-12 The National Young Writers' Festival is looking for an individual with impeccable organisation, great communication, lots of enthusiasm for the arts, and other mad skills for the role of Festival Coordinator 2011-2012. Join the festival co-directors in creating one of the best literary festivals this side of the hemisphere! Opportunities to be mentored abound. Download the position description from www.youngwritersfestival.org & email any questions to Sarah at festivalcoordinator@youngwritersfestival.org .

Youth and Family Focus-YaFF are seeking expressions of interest to cover a 4 1/2 – 8 month contract position in their IFSS team. This position will be based 3 days a week at ESCH, one day a week at our Oldaker St Office. Expressions of interest close Wednesday 10th November. Please contact Mel Purcell with any enquiries –Mel is the Executive Assistant at Youth & Family Focus Inc. 81 Oldaker Street Devonport, Tasmania 7310 Ph: 0408 449 683 Fax: 03 64 23 6642 email: mel@yaff.com.au and is available Monday - Thursday 9 - 5pm

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Events-Tasmania

Prostate and Sexual Health – the facts-The University Department of Rural Health, in conjunction with the Prostate Cancer Foundation of Australia, the Cancer Council of Tasmania and Gateway Devonport, is delighted to support this free community event:

Guest speakers:

- Mr Mike Monsour, representing Northern Tasmanian Urologists

- Mr David Gregory who is the Chairman, Support and Advocacy Committee, Prostate Cancer Foundation of Australia and convener of the Hobart Prostate Cancer Support Group.
Location: Devonport Gateway Hotel, Date: 17/11/10, Time: 6pm
RSVP: http://www.ruralhealth.utas.edu.au/reply/udrh-pdce.php?det_id=12 or UDRH Reception (1800 244 000). Bookings are recommended.

Australian Association of Gerontology 43rd Annual Conference: 17-19 November 2010 - Hotel Grand Chancellor, Hobart. Theme "Islands of Ageing: Building bridges for people, policy and practice" A conference with a positive focus on examining ways for making connections and building bridges and will provide opportunities for presenters from every sector. <http://www.aagconference.com/default.asp>

International Mental Health Conference-17-19 November 2010. AsPac Richmond Fellowship Hobart "Hope Recovery Future" <http://www.cdesign.com.au/aspac2010/index.html>

"Nurturing kid's hearts & souls" Seminar -16 November 2010 Maggie Dent, author parent and resilience specialist www.maggiedent.com 6pm supper for 6.30pm start Reece High School Function Centre Middle Road Devonport Free - **RSVP essential** Mersey Leven Child Services 64 244 855 or admin@merseyleven.com.au This insightful look at parenting is relevant for all parents, professionals working with children/youth and other interested community members.

The Arts Creating Vibrant Flourishing Communities: with Michael White and Mary Robson. MOORILLA, 655 Main Road, Berriedale-1 pm - 5pm, 22 NOVEMBER 2010. For information call Sue Chaston (HEALTH PROMOTION – Southern Tasmania Area Health Services) on 62338399 and to register your expression of interest email sue.chaston@dhhs.tas.gov.au by Friday Nov 12th. The workshop is limited to 25 places. Confirmation of places will be emailed on Nov 16th.

'Is your organisation serious about Men's Health'? Health4Men: 2010 and beyond -16 November 2010 – Meet in Campbell Town To expand on priority areas from the Male Health Policy, launched in May 2010, to apply them to the Tasmanian context Further details, registration fees and agenda, available on the www.tasmen.org.au website shortly, further information peter.fisher@tasmen.org.au.

Womentrepreneurs Supper - Location: Sheffield Hotel, Red Room - 38 Main Street Sheffield
Time: 6:00 pm-7:30pm, 11 November 2010. How do you get into small business if you are thinking of taking the plunge and what assistance is available? This is also a great opportunity for you to tap into the FREE small business advisory services available through Business & Employment. Please feel free to bring along other interested women for Supper & the lighter side of things! There will be no charge for this event as it is a fully funded initiative of the Australian Government. For information/registration contact Shelley Aherne, Small Business Consultant PH: 64 227777, shelley.aherne@businessandemployment.biz

Mind Your Mind-Information Session on Thursday, 2 December 2010 at Penguin Railway Station, Main Street Penguin. TIME: 10.00am - 12.00pm REGISTER: As places are limited, please phone 6423 6019 by Thursday, 25 November. Find out more about adopting a brain-healthy lifestyle. This is an enjoyable and informative session about keeping your mind and body active and healthy using the seven Mind Your Mind signposts. Using these in combination as part of your lifestyle, may reduce your risk of dementia, heart disease, stroke and diabetes. The session is presented by Alzheimer's Australia /Tasmania

What would it take to eradicate fuel poverty?-The Tasmanian Branch of the Australian Health Promotion Association invites you to a state-wide lunch time forum on the topic: *Presented by Paul Mallett (Anglicare Jerrim Fellowship recipient) on Friday 3 December 2010 at DHHS Telehealth Venues (listed below) @ 12:00pm - 1:00pm.* Internationally, "fuel poverty" is defined as the inability to afford sufficient warmth for comfort, health and quality of life. Fuel poverty has significant health, social and financial impacts for individuals, communities and governments. It is likely

that that many low income Tasmanians endure fuel poverty in our cold winter months and suffer social isolation as well as negative financial and health consequences as a result. Negative environmental impacts and unnecessary human suffering in Tasmania caused by fuel poverty is due primarily to the combination of low incomes, the cold Tasmanian climate, high and increasing energy prices, and the predominance of poor quality housing ; all of which the most disadvantaged Tasmanians have limited or no control, and limited finances to seek remedy and relief. It is also likely that fuel poverty increases health care costs to government, and governments at all levels now have an interest in decreasing greenhouse gas emissions.

DHHS Telehealth Venues- Hobart Repat, Burnie Parkside, King Island Hospital, St Helens, Launceston John L Grove, and Devonport CHSC. This is a free event and No RSVP is required. All welcome. For further information please contact: Miriam Herzfeld: my_mort@hotmail.com or 0400 480 908 or Julie Milnes: julie.milnes@dhhs.tas.gov.au or 6421 7704

Central Coast Get Active Mums Group - for mums wanting some exercise but have no one to go with, meet other mums to chat, have fun and exercise.

- Thursdays - weekly 10 – 12 Montgomery Room, Carpark Lane (back of post office), Ulverstone **Cost:** \$3.00/session, child minding available. Bookings/information Mel Woodhouse 0458 407 872, mel.woodhouse@centralcoast.tas.gov.au

Burnie mums group at Montello is keen to support local mums who run their own businesses, and give them the opportunity to network and advertise their goods/services at the "**Christmas Shopping Expos**" at the Mum's Group in November. Please pass this message to anyone you think may be interested. For info and venue details contact Megan Leatherbarrow yummymummynwtas@live.com.au Ph: 0439 474 675

Mersey Community Men's Group- The Devonport men's shed meets twice a week. Interested men can simply turn up on the shed days (Monday & Thursday) 9:30am-12noon (Except public holidays), or contact the Devonport community house (**6424 7060**). The Shed is a place to meet other men, a chance to get involved and learn a new skill or teach someone a new skill as well as have a coffee & chat. New members and volunteers welcome –any age! A men's bus trip is organised once a month for a day outing (cost \$5 but that includes lunch).

Men's Gathering and bus trip -Fri November 26th- Spaces limited RSVP by Monday 22nd

- **Burnie:** Pick up @ Centacare at 9.00am and Return @ 4.00pm
- **Ulverstone:** Pick up @ 9.30am and Return @ 3.30pm
- **Devonport:** Devonport Community House -Pick up 10.00am-Return -3.30pm

Activities: Bus Trip and have a chat on men's related topic, BBQ, small walk,

Cost is \$5.00. Contacts for bus pick ups-Trevor: Oakleigh House: Ph: 64319124 Mob: 0408002536

Every body's business – bowel health The Continence Foundation of Australia invites you to attend a one-day education forum *Every body's business – bowel health*. The forum gives health professionals a chance to meet the experts. Friday November 19, 8.30am – 5pm at the Boathouse on Northbank, 55a Lindsay St, Launceston. RSVP- by November 13. Register now at www.continence.org.au/events or call 9347 2522

Contemporary dance classes -with Dani Black teacher and choreographer 5.30pm – 7.00pm Thursdays-Turners Beach Memorial Hall 58 The Esplanade, Turners Beach class: contemporary dance techniques, self-expression, and fitness age group: 14 yrs – adult. Phone Hayley Crawford on 6428 6831, txt 0408 672 194 or email hails Crawford@yahoo.com Classes started 4 Nov 2010 but you can start anytime after this date.

North West Service Providers Forums 2010 – Join in and network with other service providers. Devonport -December Thursday 23rd Christmas break-up Devonport Community Health Centre RSVP / express interest in presenting - please email david.nancarrow@aohtas.org.au

Community Houses in the NW

- **Devonport Community House** –contact Coordinator - Kate Beer at 10 Morris Avenue, Devonport on 6424 7060. devhouse@internode.on.net .
 - **Tai Chi in the Garden** starts on Monday mornings at 10am from 8th Nov until Xmas – join in and enjoy this wonderful exercise in the Community Garden.
 - **123 Magic Parenting Program** commencing on Tuesday evenings at 7pm from 9th Nov for 3 weeks – more parents are needed for this session to go ahead-if you're interested please let Kate know!
 - **Healthy Beginnings** commences for two sessions on Mondays at 12.15pm for young parents to learn how to cook for themselves and their child – book in now.
 - Keep the first day of summer free from 3.30 - 7.30pm – for the **Summer Family Celebration** in the Garden, with all sorts of fun activities for families. So come along and help celebrate the warm weather- we hope! See you here☺
- **Ulverstone Community House** – Co-ordinator Rachael Morris. Phone: 6425 4186, 8-10 Lugana Cres, Ulverstone. info@ulverstonecommunityhouse.com
- **Burnie Community House** – Call Rhonda Sutton -ask about activities at the house at 24 Wiseman St, Burnie Phone: 6433 3219 Email: burniehouse@dodo.com.au House
- **Eastern Shore Community House** –Coordinator Lorraine Heron, 106 David Street, East Devonport, 6427 9985; email esch@westnet.com.au
- **Rosebery Community House** – 8 Agnes Street Rosebery, 6473 1497 Mobile 0400 469 984 roseberync.coord@internode.on.net
- **Zeehan Neighbourhood Centre** –. Contact Melissa Crosbie on 6471 6108. znc@intas.net.au
- **King Island Phoenix House**- 28 Albert St, Currie Coordinator, Katherine Harris 64621746 or email: phoenixhouse@internode.on.net

NW Health Promotion Networking Meeting 2010: Friday 3rd December 2pm-3:15pm will be the last meeting for 2010.– **Speaker Malcolm Ryan, Tasmanian Life Long Learning**

The meetings will be held via videoconference. We've booked: Smithton District Hospital, King Island Hospital, Latrobe Hospital Studio, Rosebery Community Health Centre, and Burnie NWRH Library Tutorial Room, Devonport G60 and Zeehan at Health West. **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. Please RSVP to julie.milnes@dhhs.tas.gov.au ph 6421 7704.

Note: A full list of upcoming activities and events is available on the [intranet](#). **Please note that intranet items cannot be accessed outside of DHHS workplaces.**

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Events- Interstate

Monash University Short Courses 2010 -13-17 December 2010 Health Promotion

Info, brochure/registration @ <http://www.med.monash.edu.au/healthsci/shortcrse/index.html> Further information or to register you interests healthsocialscience@med.monash.edu.au

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

Network of Alcohol and other Drug Agencies (NADA) and Mental Health Coordinating Council (MHCC) Outside In: Research into Practice Conference and Research Showcase -6-7 December 2010, Novotel Manly Pacific, 55 North Steyne, Manly, Sydney. This conference will provide an opportunity to hear the outcomes from a number of important research projects conducted by community managed organisations/ NGOs in collaboration with universities and major research institutions working on the ground with people who have co-existing mental health and drug and alcohol issues.

Similarly, the success of partnerships between service providers and research institutions will be examined in the context of capacity-building across the mental health and drug and alcohol sectors. For more information; www.mhcc.org.au www.nada.org.au Registrations close: 26 November 2010

Supporting the Healthcare Workforce - Innovation in OH&S-18-19 November 2010, Melbourne, Victoria, Visit: <http://www.changechampions.com.au/upcoming-seminars>

National Evidence-based Clinical Leadership Conference- Directing Policy to Action

22-23 November - Palace Nova Cinema, Adelaide, SA. Visit: <http://www.joannabriggs.edu.au/events/2010NAC/>

Contact: Chris Cafcakis on 08 8303 3637 or chris.cafcakis@adelaide.edu.au

2nd Annual Clinical Leadership and Change Management Conference-22-23 November 2010, Hilton Brisbane

Visit: <http://www.iir.com.au/conferences/healthcare/clinical-leadership-change-management-conference>

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Your opinion is valued

DHHS staff is encouraged to contribute to **Health Links** to showcase the work that you, your staff and service are doing at present. Contact Eliza Young, Media and Communications Officer, North West Area Health Service, 6490 8971 or 0439 342 159 Email: eliza.young@dhhs.tas.gov.au

Web: www.dhhs.tas.gov.au/nwahs

Can you assist?-The National Bowel Cancer Screening Program is funded by the Australian Government and offers free bowel cancer screening tests to Australians turning 50, 55 or 65 between 1 January 2008 and 31 December 2010. The test looks for blood in bowel motions, which may be a sign of bowel cancer and participants with a positive test (FOBT) will be advised to discuss the result with their doctor, who will generally refer them for further investigations, usually a colonoscopy. These screening tests have been shown in overseas clinical trials and in the Bowel Cancer Screening Pilot Program to be simple to use and highly effective.

The Cancer Council is asking us to speak with politicians and decision makers to ensure that the program remains funded. For more information visit the [National Bowel Cancer Screening Program](#) or the [It's Crunch Time](#) websites. For more information regarding screening for bowel cancer, speak to your doctor or call the Cancer Helpline on 13 11 20.

Your help is needed as the East Devonport Child and Family Centre is at an exciting point and important decisions need to be made. Are you available - parents, carers, service providers and interested people- to help us?

- work out what outcomes we want for our children in East Devonport; and
- develop values about how the centre will work.

Where: **East Devonport Primary School**

When: **Monday 15th November 2010**

Time: from **10.00 am until 12.30 pm (morning tea will be provided)**

Childcare: Childcare is available on the day, but it's important you make a booking for your child/children so appropriate childcare can be provided.

For more information or to RSVP please contact Sue Horton on 0457 860 239 or send a text and she will phone you back.

Tasmania Together review: have your say-You are encouraged to take part in the 10-year review of Tasmania Together, which gives the Tasmania Together Progress Board a chance to hear from the community and respond to any changes in community priorities. Tasmanians should feed back on what matters to them and their families now and over the next 10 years by December 13. Feedback options include a questionnaire, written submission, phone and community forums. Full details are on the [Tasmania Together](#) website.

Tasmania Together/Tasmanian Youth Forum (TYF) 3 December – TYF are planning a State wide forum for youth to provide an opportunity to respond to the Tasmania together benchmarks watch this space for details as they come to hand.

Australian Government discussion paper – **Inclusion for people with disability through sustainable supported employment**. The discussion paper has been developed to frame consultation and help develop the Government's new vision for people in supported employment. The discussion paper outlines a number of challenges facing the supported employment system today and focuses on six key outcome areas as pathways for reform. The Government wants to ensure that supported employment is valued as a pathway to full participation and inclusion in community life for people with disability. Submissions close on Friday 25 November 2010. Visit the [FaHCSIA website](#) for more information.

Agenda for Children and Young People - Minister Lyn Thorp has released her Agenda for Children and Young People. Click the link to the Tas Government website for a copy of the public consultation paper http://www.dpac.tas.gov.au/divisions/cdd/agenda_for_children_and_young_people , or phone the Community Development Division of the Department of Premier and Cabinet on 1800 734642. Comments will be received until 1 February 2011 and The Agenda will be finalised in April 2011.

Medico Locals: The Australian Government has committed to establishing a national network of primary health care organisations, known as Medicare Locals. This discussion paper specifically addresses the following areas:

- What will Medicare Locals do?
- What will Medicare Locals look like?
- How will Medicare Locals interact with patients and providers?

The aim of this paper is to provide information to the public and other interested parties as to the proposed roles and functions specific to Medicare Locals.

- [Medicare Locals – Discussion Paper on Governance and Functions \(PDF 69 KB\)](#)

Rural broadband campaign-Regional Australians are coming together online to voice concerns about rural and regional broadband. Communities are telling their stories about why broadband is important for their community. To create your own postcard and read other rural stories please visit <http://www.tasregionalarts.org.au/ruralbroadband/>

Devonport City Council has recently released its parking strategy for comment: http://www.devonport.tas.gov.au/index.php?option=com_content&task=view&id=448&Itemid=1 Comment is welcome from the public and responses in writing will be accepted until **close of business Friday 19 November 2010**.

National Plan of Action for Young Australians being developed -The Australian Research Alliance for Children and Youth (ARACY) is developing a National Action Plan for Young Australians following its 2009 ARACY Conference Declaration. Gillian Calvert, former NSW Commissioner for Children and Young People, has worked with ARACY on the plan.

http://acys.info/youth_field_xpress/index/no._170_october_2010/national_plan_of_action_for_young_australians_being_developed

Volunteering Tasmania is looking for contributions from anyone who is involved in volunteering.

You might choose to give a presentation, lead a workshop, or create a poster at the upcoming conference (This is a final call and extension on Abstracts, due by close of business 12 November 2010). To include representation from different aspects of the theme, Changing Our World, they identified 3 streams:

- Inspiration: Stories or examples to showcase success
- Leadership: Strategic insight on providing leadership in volunteer management, which may be relevant to similar organisations or to the whole sector
- Innovation: New ideas and trends in volunteer management

Please click [here](#) for further information.

Can you help?

Do you have any unused furniture, linen, kitchen appliances or utensils (anything really) lying around that they would like to donate? It would be incredibly appreciated- *There is a recent housing program (with Centacare and Red Cross) that offers 2 year housing contracts with intensive support to long-term homeless youth.* A few clients from YAFF have secured a house but the program does not come with any brokerage (\$\$\$) for furniture – so they are wonderfully empty homes for these clients who have been homeless for 5-6 years and have next to no belongings. Contact -Jayne Freshney- Youth & Family Focus, 81 Oldaker Street, Devonport p (03) 6423 6635 | f (03) 64236642

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Resources

Health Promotion NW Professional Practice Library-In an attempt to increase the availability and access to state wide workshop, seminars & professional development opportunities HP NW have started to collect various presentations, currently there are power point presentations [ppt, electronic] and CD's available. Overtime this will grow as we are aware that distance frequently reduces our ability to participate in workshops in other areas of the state. Other mediums are being investigated e.g. "webinars". The following are available for LOAN - Lee-Anne Mundy lee-anne.mundy@dhhs.tas.gov.au 64 34 7256.

- Australian Evaluation Society Luncheon seminars – July - Measuring the unmeasurable: Dealing with complex and complicated evaluations [John Guenther] ppt & CD.
- Australian Health Promotion Society [Tas] - Food Security in Tasmania ppt [Julie Williams]

A guide for using statistics for evidence based policy, 2010 (First Issue) - ABS Statistics 1500.0
<http://www.abs.gov.au/ausstats/abs@.nsf/mf/1500.0?OpenDocument>

New self-help resources-Lifeline and the MLC Community Foundation are pleased to announce the release of four new self-help fact sheets. These fact sheets offer practical tips to help prevent and respond to a number of common mental health and wellbeing issues. The new Family Violence, Stress, Financial Pressure and Suicide Bereavement fact sheets add to and compliment the existing suite of self-help resources provided by Lifeline. The fact sheets are intended to facilitate further help-seeking about a specific issue someone may be experiencing. [Fact sheets can be downloaded from the Lifeline website](#), and ordered by emailing marketing@lifeline.org.au . To order printed copies of these resources (available in limited numbers) please email your name and postal address to infoservice@lifeline.org.au

Tasmania Fire Service - Project Wake Up! A program aimed at improving fire safety in the homes of people with disabilities and the aged through free home fire safety checks and the installation of free smoke alarms when necessary - <http://www.fire.tas.gov.au/mysite/Show?pagelD=colProjectWakeUp>

What is Healthy@Work? -Healthy@Work is a four year health and wellbeing project that will benefit both State Service employers and employees. The project will help agencies to develop effective workplace health and wellbeing programs within each agency. The Healthy@Work project is guided by [Get Moving at Work: A resource kit for workplace health and wellbeing programs](#). It aims to provide health and wellbeing initiatives to each government agency to encourage good nutrition and promote physical activity, as well as help in addressing issues such as smoking, alcohol and stress. The team is looking for new case studies to share. If you have an activity or initiative that you'd like to see covered, contact the Healthy@Work project office at the PSMO on 6232 7040 or email psmo@dpac.tas.gov.au

The Get Healthy Information and Coaching Service® is a free, confidential telephone service that helps people make lifestyle changes in relation to:

- healthy eating
- being physically active
- achieving and maintaining a healthy weight

Qualified **Get Healthy Coaches** will provide information and ongoing health coaching and support to participants achieves their health goals. Phone 1300 806 258 or visit www.gethealthy.tas.gov.au for more information -Mon to Friday 8am - 8pm

Weathering Family Separation DVD developed by Centacare Tasmania \$132.00 - Truly child-centred, Simple & profound, Gender neutral, Culturally appropriate, Inclusive to all parents, No socio-economic implications, Will not re-traumatise the audience. Contact Centacare to order Ph 62 781660
Centacare.hobart@aohtas.org.au PO Box 369, MOONAH TAS 7009

October was Breast Cancer Awareness Month - For further information or to order free BreastScreen Tasmania Resources please phone: 6216 4304 or email: claire.munting@dhhs.tas.gov.au

emale -men's newsletter: download the November 2010 Issue of emale [here](#) . The newsletter is produced by Greg Millan, Men's Health Consultant men's health services, men's programs , professional training courses/event management www.menshealthservices.com.au Phone/txt 0417 772 390 Email greg@menshealthservices.com.au

Want to quit smoking?-An important part of any quit attempt is access to information and support. Help is available through the Quitline telephone support service or by talking to your GP or Pharmacist.

The Quitline can send free self-help materials and offers a free telephone call-back support service to help smokers through the quitting process. For the duration of the campaign, the Quitline hours will be extended to cater for an increase in demand. Monday to Friday-9am – 9pm and Weekends 9am to 6pm. **To order a FREE self-help Quit Pack** Call the Quitline on 13 QUIT (13 7848) or SMS your name and address to **0408 264 664** or go to www.quitline.org.au/quitting/quitpack/

Health and Community Care [HACC] Client Engagement Model - The first HACC Client Engagement Model is now available! Developed by clients, providers & stakeholders it was launched at a state-wide forum on 5 August 2010. The Model is generic and can function as a guide to other services or organisations. Send a brief note to receive an e-mail or hard copy of the Model or whole Client Engagement Tool Kit. to Klaus Baur, HACC Projects - Consumer Engagement klaus@tascoss.org.au ☎ 6231 0755 or 0419 440123 'Whatever you do ... think client involvement.'

Websites of interest

Research Australia and Research Australia Philanthropy have launched new websites. Visit www.researchaustralia.org and www.researchaustraliaphilanthropy.org to find out the latest news in the health and medical research community.

Chronic disease and climate change: understanding co-benefits and their policy implications- <http://www.publish.csiro.au/nid/226/paper/NBI0032.htm>

Food and healthy eating – Find credible web links and resources on Catherine Saxelbys' Foodwatch™ <http://foodwatch.com.au/handy-stuff/links-and-resources.html>

Men's Health Services A useful website around men's health issues, consultancy, blog, 'emale' newsletter, programs and training opportunities - <http://www.menshealthservices.com.au/>

Health Reform - the health reform transition office is now publishing updates on the implementation of health reform <http://www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/Content/stakeholder-form>

Alcohol and other drugs page - <http://www.tuneinnotout.com/topics/alcohol-other-drugs> -At Tune In Not Out you will find 24hr TV for life's challenges, such as alcohol, drugs, mental health, exams and relationships. The website is a great place for young people to find out tonnes of information on topics that interest them using great videos, clips, informative fact sheets, blogs and plenty of discussion. Tune In Not Out is a youth initiative of the Australian Lions Drug Awareness Foundation Inc and the Drug Education Network, and is supported by the Tasmanian Community Fund and Handbuilt Creative.

www.playbytherules.net.au Play by the Rules provides information and online learning about how to prevent and deal with discrimination, harassment and child abuse for the sport and recreation industry

Investing in children's development: The importance of early relationships:- Position Paper by the Benevolent Society. <http://www.bensoc.org.au/uploads/documents/Position-paper-investing-in-childrens-development-early-relationships-Aug2010.pdf>

Australia Policy Online- The Best Online Source of Australian Policy Information <http://www.apo.org.au/>
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Funding

Nyrstar Community Grants – closes 19 November 2010. Nyrstar are offering grants of up to \$3 000 to help communities. Whether it's a project, event, initiative or something else and it supports sustainable community development, Nyrstar wants to hear from you. Guidelines and application forms can be obtained by calling 6278 4444 or be emailing hobart.community@nyrstar.com

Community grants programs for action on climate change now accepting applications-

What could your organisation do to help your community work together to find and implement local solutions to the challenges of climate change?

Two community grants programs are now being offered by the Tasmanian Government.

- The Earn Your Stars Micro-grants program is offering grants of up to \$3,000 each to help communities find and implement local solutions to the challenges of climate change. Applications **close 5pm, Friday 3 December 2010.**

- Round three of the *ClimateConnect* grants program is also now open with grants of up to \$30,000 available for groups working to reduce greenhouse gas emissions, conserve energy and adapt to the impacts of climate change. Applications close **5pm, Friday 17 December 2010**.

Both programs are open to incorporated, not-for-profit organisations. **This year, local councils are also eligible to apply.** Applicants are encouraged to partner with businesses and schools to deliver their projects. The Tasmanian Climate Change Office is looking for project ideas that meet the program's key objectives:

- reduce greenhouse gas emissions and conserve energy
- build stronger communities to adapt to climate change impacts
- trial and / or promote new ideas to help tackle climate change.

All program documents and application forms are available at the Tasmanian Government's climate change website, www.climatechange.tas.gov.au. For questions regarding these programs contact Erin Buttermore at the Tasmanian Climate Change Office on (03) 6232 7453 or at erin.buttermore@dpac.tas.gov.au

Department of Prime Minister and Cabinet-Indigenous Arts, Culture, Language, Broadcasting and Heritage Funding for 2011-12 – closes 21 January 2011

Indigenous arts, culture, languages and broadcasting programs, administered by the Department of the Prime Minister and Cabinet, Office for the Arts (OFTA) – click on the link for more information.

- [National Arts and Craft Industry Support](#)
- [Indigenous Culture Support](#)
- [Maintenance of Indigenous Languages and Records \(MILR\) Program](#)
- [Indigenous Broadcasting Program \(IBP\)](#)

Indigenous Heritage Program, administered by the Department of Sustainability, Environment, Water, Population and Communities

- [Indigenous Heritage Program \(IHP\)](#)

Other policies and programs

- [Indigenous languages - a national approach](#)

To bring attention to Australia's Indigenous languages, reinforce their use and use language to strengthen identity and pride in culture

- [Indigenous contemporary music action plan](#)

Australian and New Zealand Cultural Ministers have adopted the Plan to encourage governments to help the Indigenous contemporary music sector achieve its full potential

- [National Indigenous television](#)

The Australian Government funds National Indigenous Television (NITV), which aims to boost the Indigenous television production sector across Australia

- [Return of Indigenous cultural property \(RICP\) program](#)

The RICP program aims to return Indigenous ancestral remains and secret sacred objects held in major government-funded museums to their communities of origin

Enquiries: 1800 006 992 or email Indigenousach@arts.gov.au for broadcasting, culture, language and arts programs or ihp_grants@environment.gov.au for the heritage program.

Ida West Aboriginal Health Scholarships – applications for 2011 academic year closes on 17 December 2010-

The Department of Health and Human Services administers a scholarship scheme which aims to address the under-representation of Aboriginal people in health professions and other health and human services related occupations in Tasmania. If you are (or know of) an Aboriginal student planning to study, or continuing your study in, a health or human services related course in 2011 you may be eligible.

Three (3) new scholarships are awarded each year with a maximum value of \$5 000 per year if required, up to a total maximum value of \$15 000 for each scholarship.

Further information is available by emailing iws@dhhs.tas.gov.au. Copies of the application form and scholarship guidelines can be downloaded from the Department of Health and Human Services website at www.dhhs.tas.gov.au

Language Literacy & Numeracy (LLN) Practitioner Scholarships Program – Closes Friday 19 November 2010

The LLN Practitioner Scholarships Program has been expanded and extended for a further three years (to 2013-14) as part of the Foundation Skills Package

- Applications are invited from eligible individuals who are interested in undertaking an approved course of study in adult LLN, commencing in 2011.
- Successful scholarship recipients will receive up to \$5 250 toward tuition fees and eligible study expenses.

The program guidelines, a link to the online application form and other relevant information is available at www.deewr.gov.au/llnscholarships

Further information is available by emailing llnscholarships@deewr.gov.au or by phoning (02) 6240 4950.

Funding sources: There is a large range of funding grants offered by both government and non- government organisations. The information and links provided below may assist you in searching for a grant that best suits your funding needs.

Commonwealth Government

- GrantsLINK is a website that makes it easier to find suitable and relevant grants for your community projects from the many Australian government grants that are available. <http://www.grantslink.gov.au>
- The Australian Government Department of Health and Ageing -DOHA -current tenders/grants <http://www.health.gov.au/internet/main/publishing.nsf/Content/Listing+of+Tenders+and+Grants-1>
- Australia Council for the Arts has a range of grants available www.australiacouncil.gov.au/
- The Parliament of Australia Parliamentary Library contains *A Guide to Community Grants* <http://www.aph.gov.au/library/intguide/SP/spgrants.htm#commonwealth#commonwealth> this site provides links to selected sources of Commonwealth, State and Territory financial assistance to community groups, a selection of links to non-government organisations which provide community grants. It also provides links to commercial services providing grant information via subscription.

Other useful sources of funding

- ABAF Australian Business Arts Foundation www.abaf.org.au/
- ArtSupport Australia www.australiacouncil.gov.au/philanthropy/artsupport_australia
- Philanthropy Australia www.philanthropy.org.au
- Regional Arts Fund www.arts.gov.au/arts/regional_arts_fund
- Bendigo Bank community enterprise foundation <http://www.bendigobank.com.au/public/foundation/grants/index.asp>
- Foundation for rural and regional renewal <http://www.frrr.org.au>
- Our Community www.ourcommunity.com.au –membership required

Your local council 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/> >Your Community >Financial Assistance Scheme

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>

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Notes on : Social Inclusion

Social Inclusion in its simplest form is about engaging with others and making a difference in the lives of those around you.

Professor David Adams is the Social Inclusion Commissioner for Tasmania-Prof. Adams commenced in the position of Social Inclusion Commissioner for Tasmania in mid-January 2009 on a part-time basis. The Commissioner provides a strong voice for socially excluded and disadvantaged Tasmanians and leads Tasmania's social inclusion agenda. He works with the Premier and the Tasmanian Government, the Australian Government, Local Government and the community and business sectors to generate approaches to social inclusion that deliver practical results for Tasmanians.

The Social Inclusion Unit supports the Social Inclusion Commissioner for Tasmania by undertaking research, analysing data, facilitating cross-agency and cross-sectoral cooperation, and leading community engagement and consultation to develop evidence based policy and create whole-of-community responses to complex social issues.

On 21 September 2009, Prof. Adams released his independent report to the Tasmanian Government regarding the development of a social inclusion strategy for Tasmania. The report presents a summary of research and evidence that is relevant to Tasmania about social inclusion and contains ten strategies for action.

The strategies and associated proposed actions are about getting the basics right, early intervention and prevention, and structural change.

At the core of the approach suggested in the report is the importance of shifting from a deficit to an assets model for people and places:

- promoting enterprise solutions to build capacity and sustainability for groups and places
- devolving responsibility locally as much as possible through a focus on place management
- supporting families in communities to have greater choice and responsibility over their futures
- changing the way government works.

The evidence provided in the report comes from a range of sources including responses to the Social Inclusion Consultation Paper, community forums, research by the Stronger Communities Taskforce, the State Government's Social Inclusion Unit and the Australian Social Inclusion Board, a number of Tasmanian community-based organisations and international research.

Earlier this year members of the Social Inclusion Unit held workshops in local communities (in Devonport the venue was the Eastern Shore Community House) to disseminate the messages. If you were unable to attend you may view the report as a series of PDF downloads. : <http://www.dpac.tas.gov.au/divisions/siu/strategy/strategy>

Other links: <http://www.dpac.tas.gov.au/divisions/siu>

Social Inclusion Week 2010: 20-28th November!

Can you make a difference for someone during social inclusion week?

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What's coming up on the health events calendar for November?

Take a look at the 2010 Health Events Calendar –it's on the DHHS public website:

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