

# Health Promotion North-West

## Welcome to the e-news for NW TAS Health Promotion March 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 25<sup>th</sup> of the month.

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You're invited to join us on **Thursday 10<sup>th</sup> March at 2pm-3:30pm** for the **Working in Health Promoting Ways Partner Network NW meeting** (formerly the North West Health Promotion Network) for the first gathering of 2011. You can attend via video link 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 [Julie](#) or [Lee-Anne](#) for info or for other sites to be linked in.



### Professional Development opportunities

**18 March 2011 Engaging Leadership: Creating Sustainable Change and Maximising Employee Potential - Hobart**—[Online registrations](#) are now open for this practical Australian College of Health Service Management leadership workshop with UK leadership expert Professor Beverly Alimo-Metcalf. The workshop will explore

leadership behaviours for engaging employees, creating cultures with high readiness for change, increasing performance, and sustaining motivation and commitment under increased pressure.



## Jobs & opportunities

**Closes 25 March 2011 - Translating Research into Practice fellowships available-** National Health and Medical Research Council is offering TRIP Fellowships for future leaders in the uptake of evidence into clinical practice. The two-year half-time fellowships are available to early career clinical leaders with professional training in a health discipline. Successful candidates will undertake an implementation research project and will have access to training, mentoring and support to become a leader in evidence uptake. For more info visit

<http://www.nhmrc.gov.au/grants/apply/career/index.htm> Opens 10 February 2010, closes 25 March 2010

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

### Conferences

**10th & 11th May -The 2011 VT Changing our World Conference** at The Old Woolstore Apartment Hotel Hobart, during National Volunteer Week. The program promises to challenge, engage and inspire you to explore issues and attitudes towards volunteering. There will be opportunities to network and share information as we explore what managing volunteering is all about and how we can continue to protect and grow the contribution of volunteers into the future. For a full copy of the conference program please visit <http://volunteeringtas.org.au/for-organisations/conference-2011/>

For any enquiries please 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)

**May 18 and 19, 2011 Tasmanian Youth Conference (TYC)** - Tramsheds, Inveresk

This is a festival for young agents of change and a development opportunity for those who support them.

The TYC Steering Committee is currently looking for people who would like to present! This is great opportunity to present at a conference in Tasmania. Contact Celina Sargent Youth Health Policy Officer-Population and Health Priorities [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) if you would like to know more!!

Abstracts should be submitted by email to: [celina.sargent@dhhs.tas.gov.au](mailto:celina.sargent@dhhs.tas.gov.au) Closing date for abstracts: Friday 11 March 2011

## Training

**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 March 24/25 – Launceston | Thurs/Fri June 23/24 – Hobart       |
| Thur/Fri August 4/5 – NW Coast     | Tues/Wed October 11/12 – Launceston |
| Tues/Wed November 15/16 – Hobart   |                                     |

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

## Community Events

**Devonport in March in 2011**- food, wine and locally grown produce will be celebrated this month. If you're into Food (growing it, cooking it or eating it) then check out the website below as the entire month of March is

**Devonport's Food & Wine Festival** - loads of classes, demonstrations and one-off dining experiences

[http://www.dcc.tas.gov.au/index.php?option=com\\_content&task=view&id=452&Itemid=255](http://www.dcc.tas.gov.au/index.php?option=com_content&task=view&id=452&Itemid=255)

**5 March 2011 Seminar series Australian Breastfeeding Association** *Breastfeeding: Together We Do Better*

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

**Earth Hour 2011-8:30pm Saturday 26 March** is a global call to stand up, to show leadership and be responsible for our future. If you want to make Earth Hour happen in your home, workplace, school or city, these guides give you lots of ideas how.

[For Individuals and Families](#)

[For Businesses](#)

[For Councils](#)

[For Schools and Universities](#)

[For Community Groups](#)

[For Restaurants](#)

[Step-by-Step Guide for Event Organisers](#)

### What can you do?

- 1. Sign up and switch off for Earth Hour** at 8:30pm Saturday 26 March – rally your friends and family and make it a night to remember. Switching off is a simple act, yet a hugely powerful one, making a statement that we care about the planet, while also sending a reminder to our leaders that we want action.
- 2. Nominate and vote** in the [WWF Earth Hour Awards](#), sharing the positive actions being taken across Australia for a better, healthier world. Through the WWF Earth Hour Awards we will recognise and celebrate those who are leading by example and inspiring others to do the same.
- 3. Go beyond the hour** and commit to enduring changes for the planet. Earth Hour is the perfect time to make simple, everyday changes to our lives to reduce our environmental footprint. We all have a part to play. It is through the sum of our efforts that we will make a difference and together lead to way to a greener and more prosperous future. Visit <http://www.earthhour.org.au/?gclid=CKfGxc77qacCFcQ3pAodITvHBA> to find more and calculate your ecological footprint while you are there!

### **Womens Health- Celebrating 100 years of international women's days:**

A cabaret featuring the very laugh out loud TRACEY COSGROVE & fabulous local women musicians, dancers, poets & other artists and + the campaign launch to spotlight poverty

**When:** Friday 11 March 2011

**Time:** 7:30pm

**Where:** Earl Arts Centre Launceston

**Cost:** \$10 pp includes refreshments

**Contact for tickets:** Women Tasmania, cnr St John & Cameron Sts -Tel: 6336 2347

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

**12-20 March 2011 Tasmanian State Bike Week** rides and events for beginners, families and avid bike riders North West events:

- Big Burnie Bike Day – Sunday 13 March (FREE)
- Camdale Commuting Ride for Adults – Sunday 13 March \$2
- Mystery Treasure Hunt for Families – Wednesday 16 March (FREE)
- Crusty's Bakery 100km Challenge – Sunday 20 March \$5

More information and contact details for various events @ <http://www.tasbikeweek.net.au/>

**Sunday 20th March-** 1<sup>st</sup> of 3 sessions- **HEYBRIDGE HOME SUSTAINABILITY WORKSHOPS** - Three upcoming workshops: Solar Power, Solar Hot Water, Saturday 26th February; Home Energy Efficiency Assessment, Sunday 20th March; Simple Energy Saving And Cost Saving, Sunday 1st May. All 2 - 4 pm, Blythe Heads Hall. Entry by gold coin donation - all welcome. These are practical workshops with helpful advice and local examples. Contact Michelle Towle for more details [michelle.towle@iinet.net.au](mailto:michelle.towle@iinet.net.au) or ph 6435 4559.

**21st March-Harmony Day:** Events in many parts of Tasmania. This is managed by the Department of Immigration and Citizenship (DIAC) and gives people the opportunity to celebrate what makes each Australian unique and share what we have in common. Go to: <http://www.harmony.gov.au/harmony-day/>

**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

**Rural Health Week 2011-** Rural Health Week is a unique state-wide health promotion initiative which includes the Rural Health Awards and community based health promotion activities. Rural communities will soon be encouraged to form Regional Planning Groups to organise events and activities which are relevant to their needs and to consider nominations for the Rural Health Awards which will be staged during Rural Health Week in November 2011. Watch this space for dates etc

### **Community Programs**

**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.

**From the Garden to the Plate – 29<sup>th</sup> March** -an exciting new project that will be run in the East Devonport community in 2011: The project aims to improve people's lifestyles by increasing their knowledge and skills in the areas of cooking, gardening, technology and literacy. Do you have a client or know someone who would benefit from this program? If so refer them to the LINC or by ringing Kathleen Priestly on 03 6421 5200. The project has been funded by the Tasmanian Government through the LINC Tasmania Literacy Funding and the Devonport City Council. Commencing 29<sup>th</sup> March 2011 the activities will take place from 10.30am – 12.30pm on both Tuesday and Thursday each week over 10 weeks. The participants must attend both sessions.

**Get help with Reading and Writing & Get help with Maths and Money** - A lifeskills program. Do you have a client or know someone who would benefit from this program? The LINC is looking for people with low literacy levels who need help with lifeskills such as reading, writing, maths and money. If so refer them to the LINC ringing 03 6421 5200. Kathleen Priestly - Community Learning Coordinator, Devonport LINC |Community Knowledge Network 21 Oldaker Street | Devonport Tasmania 7310 Ph: 03) 6421 7608 [www.adulteducation.tas.gov.au](http://www.adulteducation.tas.gov.au) , [www.statelibrary.tas.gov.au](http://www.statelibrary.tas.gov.au)

**Getting Back on Track**-This course is about looking at gambling related challenges, how we want to respond and how to get there. It is open to anyone affected by gambling either now or in the past or anyone that wants to better understand their gambling choices.

**Dates:** Program starts on Monday 28 March and continues for 4 weeks-Monday 18 April 2011.

**Times:** 10:00 am till 12:00pm

**Venue:** Adult Education Centre, 51 York Street, Launceston

**Cost:** Free

**Book your place:** Please phone Patrice or John on 6336 7000 to make enquiries or to book your place  
*A community education initiative of the Gamblers Help Program funded by the Community Support Levy*

**KYMS** -'Kids + Young Mum's Support': - a program for those under 30/ pregnant and/or a young parent. An opportunity for mums and their young child to meet and have a meal and chat with other young parents, take part in fun activities with other children (free childcare). Transport can be arranged

**When:** Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the Month

**Time:** 11:30pm-1:30pm

**Where:** The Eastern Shore Community House, (106 David Street, East Devonport)

**Contact:** Phone 6427 9985 or 0417 359 301

### **Community Houses in the NW**

- **Devonport Community House** –contact Coordinator - Kate Beer at 10 Morris Avenue, Devonport on 6424 7060. [devhouse@internode.on.net](mailto:devhouse@internode.on.net) Healthy Beginnings workshops – cooking for young mums – recommencing Feb
- **Ulverstone Community House** – Co-ordinator Rachael Morris. Phone: 6425 4186, 8-10 Lugana Cres, Ulverstone. [info@ulverstonecommunityhouse.com](mailto:info@ulverstonecommunityhouse.com)
- **Burnie Community House** – Call Rhonda Sutton -ask about activities at the house at 24 Wiseman St, Burnie Phone: 6433 3219 Email: [burniehouse@dodo.com.au](mailto:burniehouse@dodo.com.au) House
- **Eastern Shore Community House** –Coordinator Lorraine Heron, 106 David Street, East Devonport, 6427 9985; email [esch@westnet.com.au](mailto:esch@westnet.com.au)
- **Rosebery Community House** – 8 Agnes Street Rosebery, 6473 1497 Mobile 0400 469 984 [roseberync.coord@internode.on.net](mailto:roseberync.coord@internode.on.net)
- **Zeehan Neighbourhood Centre** –. Contact Melissa Crosbie on 6471 6108. [znc@intas.net.au](mailto:znc@intas.net.au)
- **King Island Phoenix House**- 28 Albert St, Currie Coordinator, Katherine Harris 64621746 or email: [phoenixhouse@internode.on.net](mailto: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: 10/03/2011  
9/06/2011 8/09/2011 8/12/2011

Meetings will be held via videoconference at Smithton District Hospital, King Island Hospital, Ulverstone Community Health Centre, Latrobe Hospital Studio, Rosebery Community Health Centre, Burnie NWRH Library Tutorial Room, Burnie Parkside, Devonport G60 and Health West Zeehan office. Contact us ASAP for other sites to be linked in.

**31st March 2011 - Invitation / Expression of Interest Inaugural Statewide Refugee Health Forum** Attend, participate, and present at a this inaugural forum on **“Health, Settlement and Community for Refugees in Tasmania”**

- Date: 31st March 2011, 0930 – 160),
- Venue: The Grange, Campbelltown

The Forum aims to provide opportunities for service providers and community groups to:

- present their ways of working with refugee communities
- outline key initiatives and experiences,
- gain a greater appreciation and understanding of the progress to date

**RSVP and further information** contact Cultural & Linguistically Diverse Social Worker [susan.neighbour@dhhs.tas.gov.au](mailto:susan.neighbour@dhhs.tas.gov.au)

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

**13-16 March - 11th National Rural Health Conference Perth, WA** register now at **National Rural Health Alliance** PO Box 280 DEAKIN WEST ACT 2600 Phone: 02 6285 4660 Fax: 02 6285 4670 E [conference@ruralhealth.org.au](mailto:conference@ruralhealth.org.au) or [www.ruralhealth.org.au](http://www.ruralhealth.org.au)

**22-23 March 2011 - Innovative Emergency Management: -Emerging strategies for improved resiliency, leadership & interoperability -**, Citigate Central, Sydney. [Register online - book by 21 January and SAVE up to \\$300](#) / [Download the brochure](#) and registration form

**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**. To register online now [CLICK HERE](#) early Bird Rates apply until Friday 17 March. 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.

**27th -29th Apr 2011 - Gender Matters - 3rd Women on Boards™ Conference**, Sheraton on the Park Sydney, Australia. The theme of the third conference 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'. The conference will draw together women from all professional backgrounds and career levels, human resource managers, senior executives and directors to discuss and progress this critical issue. It also provides an unparalleled networking opportunity with peers and leaders throughout the duration of the conference. A program is available on the [Women on Boards website](#). The Women on Boards website also has information on [registration for this event](#).

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

This is the 2011 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity. Two satellite meetings will be held in conjunction with the 2011 Conference

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

**14th -17th June-2011 Refugee Conference:** Looking to the future, learning from the past. A conference to mark 60 years of the Refugee Convention: -at the University of NSW, Sydney. The aim of this conference 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. Go to: <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-qrqYCFOT0bwodTTO8UA>

**8-10 July 2011 -Melbourne - Australian Literacy Educators Association National Conference:** Multiliterate, Multicultural, Multifaceted and their website is: [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.

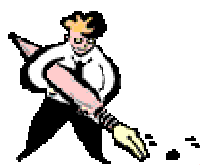
Early Bird registration is open until 31st March.

**13th-15th July 2011 in Brisbane – Primary Health Care Research Conference -PHCRIS):** “Inspirations, collaborations, solutions.” This is an annual conference Early Bird registration is open till the 20th May. Go to: [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** Hilton Sydney, Australia, [www.aes2011.com.au](http://www.aes2011.com.au) Conference theme of Evaluation and Influence, an exciting program is currently being developed, including sub themes such as influence and methodology; communication and influence; influencing policy and practice and evaluation use and implementation.

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

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

**Contribute by March 4<sup>th</sup> - Tasmanian Social Enterprise Study**-Are you a social enterprise or are you aware of a business, community organisation or venture that could be?

The definition is broad, so whether you call yourself a social enterprise or not, if your organisation or business has a mission to create public or community benefit and you conduct some kind of regular trading activity then we invite you to complete the survey and be involved in the first ever Social Enterprise study.

**All participants will go in the draw to win one of 3 prizes from a Tasmanian social enterprise-DON'T MISS OUT!** Get involved in the first study to document what's happening in Tasmania. Go to

[www.socialenterprisetasmania.blogspot.com](http://www.socialenterprisetasmania.blogspot.com) to find out more and complete the online survey.

Project fliers and hard copies are available by emailing [socialenterprise@utas.edu.au](mailto:socialenterprise@utas.edu.au) or calling Kylie Eastley - T: 6224 6318 M: 0439 262 344

**Submissions close 21 March 2011 - Caring For Older Australians - Draft report** was released on 21 January 2011. You are invited to examine this report and make written submissions to the Productivity Commission refer <http://www.pc.gov.au/projects/inquiry/aged-care/draft>

**Carers are being surveyed** about the Services they access in the community on **Monday 21 March 2011**, from 10am – 12 noon at the **Burnie Community House**, 24 Wiseman Street, 6433 4663.

Do you work with Carers? If your clients look after someone by assisting with their personal care, or running errands, taking them to appointments, or just keeping them company then Carer Services would love to talk with them. Carers are invited attend the free morning tea session above and chat about how Carer Services can assist.

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**Resources and tools**

**2011 Health Events Calendar is available online**-Take a look and utilise the calendar to assist your planning! [2011 HEALTH EVENTS CALENDAR - Get Moving Tasmania](#)

You are invited to join a **Virtual Network of Stakeholders -to Work in Health Promoting Ways!**

This Virtual Network will help ensure that everyone who wants to know about *Working in Health Promoting Ways* (the DHHS framework) has direct access to a source of information.

Being part of the virtual network will:

- Help you stay informed

- Give you the opportunity to share your thoughts, ideas and experiences
- Provide you with support as part of a network of health promotion practitioners
- Keep you up to date with change and innovation
- Provide you with connections, information and resources
- Give you the opportunity to be part of a growing movement that focuses on keeping people well, healthy and happy

Anyone can join the virtual network – government, non-government, community, volunteers, students – everyone is welcome. Ask for a registration form by: email: [healthpromotionframework@dhhs.tas.gov.au](mailto:healthpromotionframework@dhhs.tas.gov.au)  
 Fax: 6222 7252 or post to Working in Health Promoting Ways, Population Health (DHHS), GPO Box 125, HOBART TAS 7252

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

**Improving Primary Health Care for All Australians** –a new booklet is now available which explains why primary health care is important; why it needs to be improved and what the changes will mean. It also provides further details on Medicare Locals, and their central role in improving the primary health care system. Click here to view the [Improving Primary Health Care for All Australians booklet](#)

#### **National Male Health Policy:**

<http://www.health.gov.au/internet/main/publishing.nsf/Content/national%20mens%20health-1> and also  
 Another website with a range of resources of use : [www.menshealthaustralia.net/files/MH\\_Resources.pdf](http://www.menshealthaustralia.net/files/MH_Resources.pdf)

**Library Services** -the latest issue of the DHHS Library Services [newsletter](#) is now on the intranet. [Buttfield Library Burnie](#) -Addresses and contact information for the Buttfield Library, Burnie on the North-West coast

**Raising children network website** - All parents need support. It can come from family and friends, health and child care professionals, and information and community resources. Often, the first steps in getting support are asking for it, and accepting it when it's offered. [Read the full article](#) or visit the site [http://raisingchildren.net.au/services\\_support/services\\_support.html](http://raisingchildren.net.au/services_support/services_support.html) .They also have some great information to help parents understand [social networking](#)

**NSW Healthy Kids website** provides information, resources and ideas on physical activity and healthy eating for children and young people. <http://www.healthykids.nsw.gov.au/>

**Move Well Eat Well** promotes a healthier Tasmania in which children can enjoy healthy eating and physical activity every day. It contributes to a healthy lifestyle and to the prevention a range of chronic conditions such as obesity, diabetes, heart disease, some cancers and dental decay.

The Move Well Eat Well Award is available to Tasmanian primary schools. Schools are supported to meet key criteria which reinforce healthy eating and promote physical activity. The Move Well Eat Well Award Program is a comprehensive, straightforward guide to creating a healthier environment for children.

The Award is made up of six healthy messages:

- Tap into Water Every Day
- Plant Fruit & Veg in Your Lunchbox
- Limit 'Occasional' Foods
- Move, Play and Go
- Turn Off Switch to Play
- Stride and Ride.

**Move Well Eat Well** may be viewed at: <http://www.education.tas.gov.au/movewelleatwell/home>

**NWAHS Nutrition & Dietetics team** has shared some excellent resources known as **FOODCent\$** that are available to assist consumers to dispel the myth that it is cheaper to eat unhealthy food. View on links below:

- **Shop smart** - A smart way of spending your money on food to balance your diet and your food budget [http://www.foodcentsprogram.com.au/resources/CAN7950\\_FoodCents\\_LR.pdf](http://www.foodcentsprogram.com.au/resources/CAN7950_FoodCents_LR.pdf) pages 14-15 of the booklet have a table that shows price per kg which is helpful at the supermarket. The booklet provides a plan on how much of the food budget should be spent on everyday versus sometimes foods.
- Online version of the **FOODCent\$** food budget calculator is available at <http://www.foodcentsprogram.com.au/about-foodcents/shop-smart/10plan/your10plan/>
- Real cost of healthy food report card a 2 page easy to understand resource showing some common less healthy food and healthier option cost: [http://www.google.com.au/url?sa=t&source=web&cd=1&ved=0CUBUQFjAA&url=http%3A%2F%2Fwww.gofor2and5.com.au%2FDataStore%2Ffiles%2Fpdf%2FNSW%2FNSW\\_RealCostofHealthyFood.pdf&ei=V9Q8Ta-KLYSXcbDJzIUH&usq=AFOjCNHznwn0\\_jk\\_jzZL-X2w5VeD-B40Q](http://www.google.com.au/url?sa=t&source=web&cd=1&ved=0CUBUQFjAA&url=http%3A%2F%2Fwww.gofor2and5.com.au%2FDataStore%2Ffiles%2Fpdf%2FNSW%2FNSW_RealCostofHealthyFood.pdf&ei=V9Q8Ta-KLYSXcbDJzIUH&usq=AFOjCNHznwn0_jk_jzZL-X2w5VeD-B40Q)

**AusmedOnline**- AusmedOnline.com is an online health care library full of hundred's of valuable learning tools for nurses and other health professionals. AusmedOnline members gain a year's unlimited access to all AusmedOnline resources. These include eChapters, PowerPoint presentations, Audio eChapters, Medical Images and Nursing lectures recorded at Ausmed Conferences. Become a member and [join online](#) for only \$297 (include GST) and pay for your membership through PayPal. Alternatively you can phone (03) 9375 7311 and staff can take your credit card details over the phone.

#### **Volunteering Tasmania –**

- State of Volunteering Tasmania 2010 report release is now available lots of facts and figures around volunteering <http://volunteeringtas.org.au/policy-and-research/state-of-volunteering-report/>
- New service - Volunteer Management Review [VMR] an external review can be arranged of an organisations volunteer management practices [note free to HACC services]. Info on 62 315550 or [admin@volunteeringtas.org.au](mailto:admin@volunteeringtas.org.au)
- Volunteer Connect – trouble finding volunteers a state wide volunteer register is now available, register your organisation and volunteer vacancies. Register/enquiries [www.volunteeringtas.org.au](http://www.volunteeringtas.org.au) or Christine Lencz 64 32 4335 [christine@volunteeringtas.org.au](mailto:christine@volunteeringtas.org.au)

**Australian Health Promotion Association-Tas Branch** is always happy to involve new members. The Tasmanian Branch of the Association was formed in August 2004 and over the years there has been a growing membership throughout Tasmania. We have established an enthusiastic and dedicated committee who are keen to drive local activity for the Association. Members of the committee include:

Jacquie Maginnis - 0400 634 978 or [jacquie.maginnis1@dhhs.tas.gov.au](mailto:jacquie.maginnis1@dhhs.tas.gov.au)

Glen Paley – 6222 8369 or [ziagleny@live.com.au](mailto:ziagleny@live.com.au)

Julie Milnes – 6421 7704 or [julie.milnes@dhhs.tas.gov.au](mailto:julie.milnes@dhhs.tas.gov.au)

Sarina Laidler - 6462 9954 or [sarina.laidler@dhhs.tas.gov.au](mailto:sarina.laidler@dhhs.tas.gov.au)

Miriam Herzfeld – 0400 480 908 or [my\\_mort@hotmail.com](mailto:my_mort@hotmail.com)

Deb Church –0429625002 or [debchurch@bigpond.com.au](mailto:debchurch@bigpond.com.au)

Graeme Lynch – 62224 2742 or [Graeme.Lynch@heartfoundation.org.au](mailto:Graeme.Lynch@heartfoundation.org.au)

Petrina Nettlefold -6222 7708or [petrina.nettelfold@dhhs.tas.gov.au](mailto:petrina.nettelfold@dhhs.tas.gov.au)

Fiona Watts 0400015242 or [Fiona.watts@education.tas.gov.au](mailto:Fiona.watts@education.tas.gov.au)

You are welcome to contact the committee members if you want to know more. However, the AHPA website offers a wealth of information about the association and membership benefits. Please visit

<http://www.healthpromotion.org.au/>

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## Funding

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

**Community Support Levy-Charitable Organisations Combined Grants 2010-2011 Grants Program – Now Open** Eligible organisations are charities or not-for-profit organisations working specifically for the benefit and wellbeing of the Tasmanian community.

The grants are made to assist community-based charitable organisations with projects ranging from the purchase of equipment, promotional programs and activities through to large social projects. Aims to foster community-driven responses to the impact of gambling within Tasmanian communities. Priority will be given to vulnerable groups and communities and those most at risk with electronic gaming machine gambling. Grants will be offered in three categories:

1. **Small grants** (projects up to \$3,000): Providing assistance to organisations for projects such as the purchase of equipment, publications, training and workshops.
2. **Health and Wellbeing grants** (projects up to \$100,000): More substantial programs or activities at a local community level that promote social inclusion, provide healthy alternatives to risky gambling behaviour, and which promote health and wellbeing within communities such as community gardens, projects targeting vulnerable youth and risky behaviours, walking and fitness programs, and events and programs in isolated locations.
3. **'Third Place' grants** (up to \$500,000): Providing support to development of 'Third places' as anchors of community life and facilitate/ foster broader, more creative interaction initiatives.

Community information sessions will be held in major centres and will be advertised on our website. Application Forms and Guidelines can be obtained online by visiting the website and following the links

<http://www.dhhs.tas.gov.au/gambling/grants>. Alternatively, contact the Gambling Support Program, Department of Health and Human Services, Hobart on (03) 6233 3204, by faxing (03) 6233 7360 or by emailing [gambling@dhhs.tas.gov.au](mailto:gambling@dhhs.tas.gov.au) **Applications close 5.00 pm, Thursday 31 March 2011. Late applications will not be accepted.**

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

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

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

**The Employer Pledge and Adult Literacy Community Grants programs– Inaugural grant rounds (2011) NOW OPEN.** Skills Tasmania is seeking grant submissions for two new programs aimed at improving adult literacy outcomes in Tasmania:

- The **Employer Pledge Program**, which aims to improve employees' core skills by providing literacy support for individuals in the workplace; and

- The **Adult Literacy Community Grants Program**, which aims to improve the core skills levels of Tasmanian community members in order to improve access to and participation in further education, training and employment.

#### **Closing Dates:**

Adult Literacy Community Grants: **Tuesday 22<sup>nd</sup> March 2011, 5pm**

Employer Pledge Program submissions: **Friday 25<sup>th</sup> March 2011, 5pm**

Grant information, guidelines, application forms can be found on the Skills Tasmania website:

<http://www.skills.tas.gov.au/skillstas/adultliteracyprograms> . For further enquiries contact Lure Wishes on (03) 6233 4604 or [lure.wishes@skills.tas.gov.au](mailto:lure.wishes@skills.tas.gov.au) (email).

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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)

## **Health Promotion Action Guides**

The Action Guides provide information that can assist us to work towards improved health outcomes in relation to the priority areas identified in *Working in Health Promoting Ways: A Strategic Framework* (view on the link above).

Each of the Action Guides contain general health promotion information that will assist with sound planning, implementation and evaluation; followed by a list of practical strategies that cover a range of different intervention methods.

### **The *Working in Health Promoting Ways* Health Promotion Action Guides are:**

- Improving access to nutritious, safe and affordable food
- Promoting mental health and wellbeing
- Reducing use and minimising harm from tobacco, alcohol and other drugs
- Preventing injury
- Promoting sexual health and wellbeing
- Improving the prevention and management of chronic conditions
- Promoting physical activity and active communities

The Guides are available to download at: [http://www.dhhs.tas.gov.au/healthpromotion/wihpw/action\\_guides](http://www.dhhs.tas.gov.au/healthpromotion/wihpw/action_guides)

The Health Promotion Action Guides are not intended to provide a comprehensive understanding of health promotion nor be a 'one-size fits all' approach; rather they offer best-practice advice and opportunities to support sound health promotion practice.

Here are some ideas for using the Action Guides:

- Use the checklist on page 11 (onwards) in the general section of each Guide to reflect on your current health promotion planning practices. Are there things that you could do differently to improve practice?

- Use the descriptions of the different intervention types on page 7 and 8 to identify where you work along the continuum; discuss this as a team, identifying strengths and areas for improvement.
- Use the Action Guides to identify links to up to date information for each of the priority areas.
- Check in on key messages for each of the priority areas.
- Use the Action Guides to obtain ideas for best practice strategies and approaches for each of the priority areas.
- Use an Action Guide on a priority area relevant to your area of work to plan your actions over the coming year.
- Encourage others to use the Action Guides – email the link. All the Guides are available on the public internet.
- Send us your thoughts and feedback to so we can continue to update the Guides.
- Share your health promotion work with others. There are plenty of gaps in evidence – give back to the evidence base.

The *Working in Health Promoting Ways* Project Team is keen to obtain feedback from people who have used the Health Promotion Action Guides, so please send your feedback by completing the form on page 18 of the guide.

**Website:** For the Working in Health Promoting Ways Framework and associated resources please go to:  
[www.dhhs.tas.gov.au/healthpromotion/wihpw](http://www.dhhs.tas.gov.au/healthpromotion/wihpw)

Copies of the *Working in Health Promoting Ways* Background Paper can be obtained in PDF form on the website:

The WiHPW Project Team contact details are:

- **Petrina Nettlefold** -Working in Health Promoting Ways Project Officer, [petrina.nettlefold@dhhs.tas.gov.au](mailto:petrina.nettlefold@dhhs.tas.gov.au) T 6222 7708
- **Narelle Smith** Working in Health Promoting Ways Project Manager, Manager Preventive Health Systems and Support Unit [narelle.smith@dhhs.tas.gov.au](mailto:narelle.smith@dhhs.tas.gov.au) t 6222 7720
- **General Email Enquires:** [healthpromotionframework@dhhs.tas.gov.au](mailto:healthpromotionframework@dhhs.tas.gov.au)

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