

Welcome to the e-news for NW TAS Health Promotion-June 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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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 us by the 25th of the month.

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[Australian Organ Donor Register \[html\]](#) by registering to become an organ donor you could be making the greatest gift one human being can give another – the gift of life.



Professional Development opportunities

Understanding Medications in Mental Illness

Who: suitable for all personnel in the health & community sector

When: Tuesday 5th July, 10am-11am

Where: Social Sciences Room 209, UTAS Sandy Bay Campus

Cost: no charge

To register or seek further details please email Alcohol, Tobacco & Other Drugs Council:

lynnem@atdc.org.au Website: www.atdc.org.au Phone: (03) 6224 7780



Jobs & opportunities

Wanted - adult literacy volunteer tutors required in Circular Head- seeking volunteers who would like to share their time & skills to work with adult learners. **If you'd like more information give**

Sabena a call. Sabena Lund, Literacy Coordinator Smithton sabena.lund@education.tas.gov.au Phone 6452 3307, 134-140 Nelson Street, Smithton www.linc.tas.gov.au

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Tasmanian Conference, Training, Community Events, Forums/Meetings

Conferences

27–28 June 2011 West Coast Service Provider Forum - West Coast Moving Forward..engaging the community. Hear first hand experience of west coasters using health services and explore options of engaging more effectively with the west coast community.

Where: The Henty Room, View 42, Strahan Village Conference Centre

When: 10.30–4.30pm 27 - 28 June 9.30– 3.00pm

Cost: \$25 per person [catering and facility]

Registration & Accommodation Options – varied not included in cost payable by the individual
Registration ESSENTIAL - Contact Juanita Hart HealthWest, on 6471 5949 by Friday 10th June 2011 for more information, program and to register.

22-23 November 2011 the Future of Food lies in Your Hands! Hobart, Tasmania The Public Health Association's (PHAA) 2nd National Food Futures Conference invites abstract submission by 19 June 2011 information - <http://www.phaa.net.au/documents/2ndFoodCallForAbstracts.pdf>

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

More information at: <http://www.phaa.net.au/2ndFoodConference.php> Contact Janine Turnbull or Julie Woollacott E events@phaa.net.au or conference@phaa.net.au. Phone: (02) 6285 2373, Fax: (02) 6282 5438, Website: <http://www.phaa.net.au>

Training

Office of the Anti-Discrimination Commissioner - Training, Education and Development:

Please follow the link to the website to view Word and PDF versions of the latest training calendar <http://www.antidiscrimination.tas.gov.au/>.

For this calendar period 3 new short courses have been added;

- Engaging diversity
- Racial diversity and preventing discrimination, harassment and bullying
- Disability awareness and preventing discrimination, harassment and bullying

For registration forms and more information about training courses visit the education and training pages on the website http://www.antidiscrimination.tas.gov.au/education_and_training

To speak to Roz or Louise from the OADC training, development and education team please call (03) 6233 4841 or email roz.smart@justice.tas.gov.au or louise.adams@justice.tas.gov.au

June 2011 - Alcohol, Tobacco & Other Drugs Council (ATDC) Family Inclusive Practice:

Family Inclusive Practice for ATOD Clients with Mental Health Issues is offered in all regions in early June. The session would be suitable for all personnel working with ATOD clients mental health issues

Where:	Burnie	Launceston	Hobart
When:	Mon 6 th June 2011	Wed 8 th June 2011	Fri 10 th June 2011
Time:	10am-4pm	10am-4pm	10am-4pm

Cost: Free and places will be limited, **register now to ensure your place.** To register, complete the registration form available [here](#) and email to: lynnem@atdc.org.au. Venues will be notified in enrolment confirmation email. For information contact Lynne Maher- Workforce Development Officer, Alcohol, Tobacco & Other Drugs Council on email above or www.atdc.org.au

23 - 24 June 2011 Applied Suicide Intervention Skills Training 2011-Well researched and interactive 2 day program is being offered throughout Tasmania. Workshop provides practical help for caregivers seeking to prevent the immediate risk of suicide. Participants will learn how to:

- Recognise opportunities for help
- Estimate the level of suicide risk
- Link people with community resources
- Reach out and offer support
- Apply a model for suicide intervention

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

7- 8 June 2011 - Motivational Interviewing Two Day Foundation Skills Training - delivered by Helen Mentha and presented by Youth and Family Focus. Training is free and places are limited, registration via email Glenn@yaff.com.au

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)**

27 June 2011 - Designing Improved Performance Measurement Systems

Hobart UTAS Sandy Bay Campus, Grosvenor Crescent Lower Ground Floor, Room 131, Law Building- 9.00am – 4.30pm Presenter: Graham Smith

- **Overview-**The purpose of the workshop is to enable participants to either design a new or improved set of performance measures for an organisation or program.
- **Who should attend-** Anyone involved in designing performance measurement systems, or who has the responsibility to collect, assess or report on performance of organisations. An intermediate level of performance measures will be assumed, but there will be sufficient question time so that those with little background will also benefit -if participants bring specific performance!

Workshop fees: \$410 AES members, \$553 non-members (incl. GST) 50% Discount for full time students.

Morning and afternoon tea and lunch will be provided and a certificate of attendance will be issued to delegates at the end of the workshop.

Note: Workshop places will be limited so get in early.

Contact - Australasian Evaluation Society for presenter details and other information. Phone: 02 6262 9093, Fax: 02 6262 9095, email: aes@aes.asn.au

JUNE 2011 Aboriginal cultural competence training - Staff are encouraged to undertake Aboriginal cultural competence training to increase their knowledge and understanding of Tasmanian Aboriginal people, their history and culture. June sessions run 10am to 3pm and are free for staff. For more information email CulturalCompetence@dhhs.tas.gov.au or 6222 7752.

Community Events

Sculptural Lantern making workshops presented by Leven Regional Arts and Penguin Primary School

Where: Penguin Primary School Community Centre

When: 4th & 5th June 2011

Time: 10am - 4:00 pm

Cost: \$30.00 (includes

Bookings contact Annie 64287518

Adult and child and materials for one lantern) • BYO lunch and bring wire cutters if possible.

Children aged 7-12 must be accompanied by an Adult.

Lanterns to be displayed at Arts On Fire 10th, 11th & 12th June, 2011

Bottling and Preserving in Wynyard-Join in this session on how to bottle and preserve seasonal fruit and vegetables when they are in plentiful supply. This is a simple and delicious way to enjoy fruit and vegetables out of season.

Date: Wednesday 15th June

Time: 9.30am—3.30pm

Location: Wynyard

Presenter: Christianne Goss

This is a **FREE** session with produce, bottles and transport provided.

RSVP —as places are limited—Contact the Waratah - Wynyard Council to book on **6443 8336**.

Heart Foundation Walking at Latrobe- The council is organising both General Walking Groups and Parents with Prams Walking Groups.

Heart Foundation Walking is a fun, free, social and easy way to be active and best of all it's FREE! Latrobe and Shearwater groups are led by volunteer Walk Organisers.

- **Latrobe- Main Gates @ Bells Parade - Fridays @ 9.30 am**
- **Shearwater Park leaving from Freers Street car park on Wednesday @9.30 am and Friday @ 1.30 pm**

For more information about joining this group or starting your own, please contact Glenys Nicholls @ Latrobe Council on 64214650

21 June 2011 ILC TAS (Independent Living Centre, Tasmania) Burnie Community Health Centre 11 Jones Street - Tuesday **21st June**, Talk starts: 12 noon Followed by equipment display: 1 – 1.30pm. Information and advisory service about assistive technology i.e. anything that can help you do a task. Solutions can involve equipment, changing a technique, using a service, handy hints or adapting something you can find around the home. ILC Tas is a non profit organisation they do not sell equipment. ILC Tas has an Occupational Therapist as part of their service whom can help decide what is needed, offering information and advice tailored to the situation. Request for other equipment to be brought to a session is also possible. ILC Tas will visit the North West in June 2011 contact ILC before the visit. June visit, the theme will be:

'Tips and Gadgets for the Kitchen: help with food preparation'. Along with:

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

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

22 June 2011 -YAFF (Youth and Family Focus) are hosting a **FREE Parenting Forum for Drug Action Week 2011**. Robyn Moore will speak on **Families that Thrive** at the Hightide Waterfront Function Centre, Devonport. Supper will be provided at 6.30pm followed by the forum at 7-9pm. Everyone welcome no need to RSVP! Contact Youth and Family Focus on (03) 6423 6635 for more information

16-20 November 2011 Creating Happiness Intentionally (CHI), Poatina Chalet, Tasmania - delivered by Sandy MacGregor, his life story and work and info on the seminars he runs check can be viewed via the hyperlink or websites:

- [Creating Happiness Intentionally Live In Seminar](#)
- www.lifepurpose.com.au
- [http://www.calm.com.au/seminar_details.php?id=3&mode=details&name=Creating Happiness Intentionally \(CHI\) Seminar](http://www.calm.com.au/seminar_details.php?id=3&mode=details&name=Creating Happiness Intentionally (CHI) Seminar)

Seminar cost (excl accommodation) is \$997 + \$100 for a Pre-CHI if you have not attended Sandy's 2 day seminar. **Accommodation** is inclusive of all meals. Prices range from \$70 - 130 per night depending on accommodation option [back packer style hostel room/shared bathroom or three star motel rooms with ensuite, or want a room to yourself or are happy to share. Magnificent mountain views are a bonus!

Contact Jenny Lawes for registration details (she may be able to arrange a discount of \$300):

jenny.lawes@dhhs.tas.gov.au

Community Programs

Community Houses in the NW

- **Devonport Community House** – Co-ordinator Kate Beer. 6424 7060, devhouse@internode.on.net

A number of celebration & activity days coming up including:

- *School Holiday Session, Garden Quiz Hunt & Pizza's on Wed 8 June from 10.30am
- ***Blokes Day OUT** on Saturday 18th June from 10am in the Community Garden
- *Childhood Hero Day on Thurs 23 June at The Playhouse
- *Coastal Community Gardens Tour on Thurs 14 July

- **Ulverstone Community House** – Co-ordinator Rachael Morris. Phone: 6425 4186, 8-10 Lugana Cres, Ulverstone. info@ulverstonecommunityhouse.com
- **Burnie Community House** -Co-ordinator Tracy Edington-Mackay, mobile telephone for the Community House is 0487 477 276. info@burniecommunityhouse.com.au

- **Eastern Shore Community House** –Coordinator Lorraine Heron, 6427 9985; email esch@westnet.com.au
- **Rosebery Community House** – Coordinator Kelly 6473 1497 Mobile 0400 469 984 roseberync.coord@internode.on.net
- **Zeehan Neighbourhood Centre** –Melissa Crosbie 6471 6108. znc@intas.net.au Personal training and weight management at the Zeehan Gym call for information
- **King Island Phoenix House**- Katherine Harris 64621746 or email: phoenixhouse@internode.on.net

June - The LINC - tempting leisure, skills and work courses to keep busy and occupied until spring! Enrol now!

Burnie [Yoga](#) Wed 22 Jun, 6pm - 7.15pm
 [Zumba](#) Fri 24 Jun, 6.30pm - 7.30pm
 [French](#) Thu 30 Jun, 6.30pm - 8pm

Devonport [Felting for Fun](#) Sun 5 Jun, 10am - 4pm
 [Acrylics - Let's Get Started](#) Sat 25 Jun, 10am - 3pm
 [Cooking Creative Cupcakes](#) Sat 25 Jun, 11.30am - 2.30pm

June School Holiday Program - The Zone in Devonport for 10 – 18yr olds. New programming includes two Masterchef afternoons with Nigel Squibb and a 2.5hr Drama Workshop that will culminate in a public performance!! Bookings are Essential for every activity, contact **Damian Collins** Community Development Officer, 64 Stewart St, Devonport TAS 7316 P 6423 4099 M 0407 506 840 www.devonport.tas.gov.au

Cradle Coast Authority - Healthy Communities Initiative aims to improve the modifiable chronic disease risk factors of adults, predominantly not in the paid workforce. North West Tasmania via an agreement between the Cradle Coast Authority and Department of Health and Ageing was one of 12 pilot areas selected nationally to participate in the program. Information to date:

- Nine Local Councils of the Cradle Coast have launched 24 projects engaging more than 1500 people [50% derived from the program's target audience].
- A variety of projects have occurred, for example a 75% increase in the number of Councils coordinating Heart Foundation Walking programs.
- New partnerships have been established connecting national health service providers, job service agencies, fitness instructors, dietitians and chefs.
- Recently the extension of the Healthy Communities Initiative was confirmed, continuing until 30 June 2013 providing an additional additional \$566,042 for target populations within the North West Tasmania community.

Further details Bev Hayhurst (Healthy Communities Coordinator) bhayhurst@cradlecoast.com ☎ 6431 6285.

Forums/Meetings

9 June 2011 - 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: 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.

June 7 2011 Volunteer Tasmania: Coordinator Network Meeting, Tuesday, Topic: Role of the Volunteer Coordinator/Leadership, 10:00 am - 12:00 pm

- **Burnie** videoconference Main studio, NW Regional Hospital-Attendees should go to reception for directions,

- **Queenstown** -West Coast District Hospital and **King Island** King Island Hospital

RSVP: Amanda Barden on burnie@volunteeringtas.org.au or (03) 6432 4335

Key aspects of the Volunteer Coordinator/Manager position will be discussed in this session, including effective leadership and management, change management and what this looks like.

To view the northwest calendar please click [here](#)

Fetal Alcohol Spectrum Disorder: Australian Perspectives -The Drug Education Network Inc Tasmania invites you to attend two free events to be held during Drug Action Week 2011. Panel Members include: Anne Russell, Lorian Hayes, Janet Hamill, Sue Miers and Vicki Russell.

NW: Friday 24th June 2011, 9.30am – 12.30pm -Devonport Entertainment Centre, Rooke St.

South: Thursday 23rd June 2011, 9.30am – 12.30pm -Baha'i Learning Centre, 1 Tasman Hwy, Hobart
Morning Tea will be provided. For further details please contact DEN on 1300 369 319.

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Interstate Conference, Training, Community Events, Forums/Meetings

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 Reflect on the strengths and achievements of the Refugee Convention and refugee protection system, and consider what further action is needed to secure the rights of refugees during flight, in countries of asylum and in resettlement.

<http://refugeeconf2011.arts.unsw.edu.au/>

15 – 18 June 2011 - Promoting healthy eating and physical activity – latest international research: Melbourne-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”](#)

16 - 17 June 2011 - Happiness & its causes - Brisbane Convention and Exhibition Centre

<http://www.happinessanditscauses.com.au/?gclid=CLCe2l-qrqYCFQT0bwodTTO8UA>

20 - 24 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 - Australian Literacy Educators Association National Conference, Melbourne: Multiliterate, Multicultural, Multifaceted www.alea2011.com/. This conference aims to:

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

16-17 July Getting mental health right - International Association of Infant Massage annual conference. The conference will confront challenges and barriers surrounding infant mental health and affirm value and celebrate the work of people who continue to shine a light on the importance of parents and babies in our society. For more information and to join the mailing list copy the following address into your browser: surveymonkey.com/s/iaim-imagine

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

29 August - 2 September 2011 - Australasian Evaluation Society 2011 International Conference Sydney Conference theme - **Evaluation and Influence**, an exciting program underway

including influence and methodology; communication and influence; influencing policy and practice and evaluation use and implementation themes www.aes2011.com.au

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

26-27 September - Celebrating Adult Learning Spaces, Australian Literacy Association, Melbourne Learn from the best about what works in Adult Lifelong Learning. The conference will feature peer refereed papers from some of Australia's best researchers in the field, along with practical presentations and workshops. The Conference will also feature a panel discussion lead by Dr Elaine Butler, Convener of Women in Adult and Vocational Education. Early bird registrations close 30 June more information <https://ala.asn.au/>

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

14 - 16 November 2011 3rd Rural & Remote Mental Health Symposium - Mecure, Ballarat Victoria Ph: (61 7) 5528 2501 Fax: 07 5528 5291 ruralhealth@anzmh.asn.au

19 - 21 October 2011- STEP UP, REACH OUT 2011-developing an inclusive breastfeeding society- Canberra. A conference for health professionals and community based practitioners who work with mothers and babies. It will explore developing an inclusive breastfeeding society through the themes of research, communication and clinical practice. Speakers include Dr Suzanne Colson, Professor Mary Renfrew, Ms Randa Saadeh and Professor Peter Hartmann. Early bird registration: Aug 15 2011. Contact: Sharyn Low-Phone: 02 4572 3079, Fax: 02 8580 5089, E sharynlow@pacific.net.au
<http://breastfeedingconference.asn.au/>

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Your opinion is valued/have your say

Everybody's Business: Promotion, Prevention and Early Intervention Strategic Framework for Alcohol, Tobacco and other Drugs Consultation process open for **six weeks – from **Monday, 16 May** to **Friday, 24 June 2011** take advantage of the opportunity to have your say!**

The Inter-Agency Working Group on Drugs (IAWGD) has released two consultation papers in support of the development of a strategic framework for promotion, prevention and early intervention (PPEI) activities in relation to alcohol, tobacco and other drugs. Much like [Building the Foundations for Mental Health and Wellbeing](#), this is an important component of improving the health and wellbeing of all Tasmanians.

The [Discussion Paper](#) provides a brief overview of the evidence relevant to implementing effective promotion, prevention and early intervention activities in relation to alcohol, tobacco and other drugs. This Paper identifies five potential Foundation Areas that might encompass a range of strategies and actions in the strategic framework itself. These areas will provide the platform on which a plan for action can be established.

For a more detailed discussion of this evidence, readers are invited to consider the [Evidence Paper](#), which includes outlines the existing policy context (including links to core documents at a National and Tasmanian level to better align all activities). These papers are not intended to stimulate thought and discussion and challenge many of the preconceptions and assumptions about the role and use of alcohol, tobacco and other drugs in Tasmanian community and the potential impact of effective promotion, prevention and early intervention strategies.

Feedback by either a written contribution or the [online consultation survey](#) – will be essential in assisting the development of a strategic framework to recommend a course of action to the Tasmanian Government

and guide activities in this space. The co-ordinated implementation of strategies and actions identified in these papers can reduce the prevalence and negative impact of alcohol, tobacco and other drugs in Tasmania.

Download the papers here:

Discussion Paper: http://drugstrategy.dhhs.tas.gov.au/_data/assets/pdf_file/0004/78151/DISCUS~1.PDF

Evidence Paper: http://drugstrategy.dhhs.tas.gov.au/_data/assets/pdf_file/0005/78152/EVIDEN~1.PDF

Find the online survey here: <http://www.surveymonkey.com/s/ATODPPEI>

Don't Stand By, Stand Up, by creating an anti-bullying pledge. Joint campaign launched by Australian Human Rights Commission and ReachOut.com - 'Don't Stand By, Stand Up', to encourage young people to stand up to bullies. Add your voice <http://www.hreoc.gov.au/bullying/index.html>

A message from Volunteering Tasmania [VT] Tasmania - **Volunteers, Insurance and Age investigation: Community Consultations** - The Anti-Discrimination Commissioner is conducting an investigation into whether the practice of some insurers to exclude or restrict volunteer insurance cover on the basis of age is lawful. The Commissioner in conjunction with Volunteering Tasmania will be holding community consultations across the State. Volunteers and volunteer-involving organisations are encouraged to attend these consultations to speak directly with the Commissioner about this issue and provide face-to-face feedback. **Community consultations for 1 hour will be held on the dates and venues below.** Register your interest in attending with the Office of the Anti-Discrimination Commissioner 6216 4431 antidiscrimination@justice.tas.gov.au

15 June - 1 pm and 5.30 pm @ Braddon Hall, Burnie Arts & Function Centre, 77-79 Wilmot Street
4 July 2011 - 1 pm @ Devonport LINC, 21 Oldaker Street **and 5.30 pm @** Community Health Centre
23 Steele Street, Devonport

Contact VT or the office of the Anti-Discrimination Commissioner for date in other regions.

Responding to the Issues Paper

As part of the investigation, the Anti-Discrimination Commissioner has launched an Issues Paper which you can download at http://www.antidiscrimination.tas.gov.au/news_and_events/investigation VT strongly encourages all volunteer-involving organisations, and current and prospective volunteers, who have experienced age discrimination in the provision of volunteer insurance and/or have a view on this issue to submit a written response to the paper. Closing date for responses is **25 July 2011**.

VT can assist you in responding to the Issues Paper. Please visit <http://volunteeringtas.org.au/2011/05/anti-discrimination-commissioners-investigation-into-volunteers-insurance-and-age/> for information on how to respond or contact Melinda McCleary E melindam@volunteeringtas.org.au or P 6231 5550.

Awards

Rural Health Awards- Nominations are invited for the Rural Health Awards. There are four award categories this year including: Rural Health Worker; Rural Health Community; Rural Health Group; and Rural Health School Student. Nominations close on 1 July. The Rural Health Award Ceremony will be held on 20 November in Launceston. For details on how to apply or to order a Rural Health Award nomination form, please contact Karla Peek on 6324 4012, email K.Peek@utas.edu.au, or visit www.rhwtas.com.au

2011 National Disability Awards- Australians are encouraged to nominate individuals and organisations that make a positive contribution to the lives of people with disability for the National Disability Awards. The awards give recognition to the remarkable achievements of the disability sector and the role models with disability who inspire all Australians. Award categories include: Minister's Lifelong Achievement Award; Young Disability Challenge Award; Business Award; Local Government Award; Social Inclusion Award; Inclusive and Accessible Communities Award; and the Health and Wellbeing Award. Nominations close on 30 June and award winners will be announced in Canberra on 22 November. To nominate for the National Disability Awards, visit www.idpwd.com.au/, or call 1800 440 385.

Road Safety Award 2011 - A new Australian Road Safety Award has been launched for road safety practitioners, including road engineers, road safety officers, asset managers and town planners. Practitioners can submit innovative, cost-effective road safety initiatives recently developed that stand out from normal

practice and deliver significant improvements in road safety for the community. An individual team leader from the winning project will receive a trip to the USA to attend the 42nd ATSSA Annual Convention and Traffic Expo in Florida in February 2012 and then travel to the 3M Company Headquarters in Minnesota. Entries close on 1 August. For further information, visit www.acrs.org.au/award or Australasian College of Road Safety on (02) 6290 2509.

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Resources and tools

Find out what nutrients are in food we eat - Nutrient Tables for Use in Australia [NUTTAB]

A new version of popular nutrient database, used by consumers and researchers alike to find out what nutrients are in food. It is produced by Food Standards Australia New Zealand (FSANZ) and is one of the most popular resources on the website, attracting about 2000 visitors a month. NUTTAB is:

- an important tool as it allows food researchers, dieticians, nutritionists, educators, consumers, people from industry and others to find out about nutrients in our food
- available *free* of charge on the FSANZ website at www.foodstandards.gov.au in two formats, on line as a searchable database and as electronic database files.

Made a new recipe lately and want to check how it's nutrient profile compares then run it through the database:

<http://www.foodstandards.gov.au/scienceandeducation/newsroom/mediareleases/mediareleases2011/nutrientdatabaseforr5166.cfm>

New and improved DrugInfo website-The Australian Drug Foundation's (ADF) 'DrugInfo' website has been redesigned to make finding information easier and faster. It is currently featuring drug information for parents and safe partying for all ages on its homepage, both of which are youth-relevant.

http://www.acys.info/yfx/issues/number_177/mays_news/new_and_improved_druginfo_website

New evidence based oral health promotion resource from Vic Health

[http://docs.health.vic.gov.au/docs/doc/Evidence-based-oral-health-promotion-resource-\(2011\)](http://docs.health.vic.gov.au/docs/doc/Evidence-based-oral-health-promotion-resource-(2011))

St John Ambulance- Did you know you can take a free 30 minute online first aid course? Refreshing your first aid skills online provides you with the basic knowledge to assist in an emergency. The St John's FREE, interactive course provides basic first aid training such as CPR, bleeding control and the recovery position. You can complete the course in one go or come back to it at your own convenience.

<https://www.ambulance.net.au/clicktosave/login.asp>

Medicare Locals in rural Australia-Fact Sheet 29, National Rural Health Alliance, May 2011 A fact sheet describing the role of Medicare Locals in primary health care for rural and remote Australia. See:

<http://nrha.ruralhealth.org.au/factsheets/?IntContId=14819&IntCatId=41>

For local information on Medicare Locals please visit www.gptasmania.com.au

headspace fact sheets available for download-headspace has published its 'What to expect at a headspace centre' fact sheet in ten different languages to help parents and carers to better understand what their child may expect when visiting a headspace centre. The fact sheets provide information about making an appointment, the types of services available and confidentiality. Headspace also produces many other excellent fact sheets on topics such as anxiety, amphetamines, self-harm, dealing with relationship breakups and how to help a friend. The fact sheets can be downloaded from the headspace website at:

<http://www.headspace.org.au/is-it-just-me/find-information/downloadable-fact-sheets>

myCompass: -on line self help program -Doing it tough? Feeling a bit stressed, worried or low? As part of a new research study, the Black Dog Institute is looking for volunteers to try a new online self-help program called 'myCompass', which provides tools and techniques to effectively self manage mild to moderate levels of stress, anxiety and low mood. YOU can take part if you: - Are feeling stressed,

worried or low - Are aged 18 -75 years and live in Australia - Have access to a computer with an internet connection or have an internet-enabled mobile phone . To learn more about myCompass or volunteer for the research study, click the link <http://blackdoginstitute.force.com/resources/myCompass?ch=bdi>

Free calls to Lifeline for free from Mobiles

- All Telstra mobile customers can now call Lifeline 13 11 14 for free in Australia. This includes Pre-Paid and Post-Paid customers, as well as Pre-Paid customers who are out of credit.
- Anyone can call Lifeline **13 11 14** for free from a Telstra payphone (sometimes coins / card will need to be inserted to initiate the call, but these will be refunded at the end of the call)
- Telstra's recently launched Freedom® Connect mobile plans include calls to 1800 and 13 numbers as part of the monthly included allowance.
- Calls from fixed home phones to 13 advice and assistance lines, including Lifeline, are charged at the local rate price. These calls are untimed so people can spend as long as they need on the call.
- Calls to 1800 advice and assistance lines are Telstra free call numbers for customers on the Telstra fixed network. In most cases this call is free from a fixed line.

A recipe to rein in our burgeoning healthcare bill - Brooks P, The Conversation. 27 April 2011
Spending on health is the most rapidly expanding part of federal and state budgets, driven by chronic diseases, an ageing population and unrealistic expectations. See: <http://theconversation.edu.au/articles/>

Sit less, move more - Are you like many Australians who spend a large amount of their working day sitting down? With a few small changes in your daily routine you can reduce the amount of time you spend sitting at your workstation and improve your heart health. Sitting less and moving about more can lead to reduced occurrences of obesity and chronic disease, and in turn, reduced absenteeism and increased staff participation. [Click here](#) for more information on how to sit less and move more.

Engaging Young People IN Volunteering: What Works In Tasmania –

<http://volunteeringtas.org.au/2011/05/engaging-young-people-in-volunteering-report-launched-today/>

This report focuses on people in the age range of sixteen to twenty-four, and is based on three elements identified as essential to a successful volunteer sector having willing volunteers and meaningful roles, and effective leadership. It will be a valuable resource in informing courses of actions to address the challenge of youth engagement in volunteering, and in tailoring processes to engage young.

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Funding

Rural Health Week Grants-Rural communities, large and small, are invited to participate in Rural Health Week from 14-20 November. Held every two years, Rural Health Week is designed to allow rural communities to address local health issues through innovative health promotion activities and provides an opportunity to raise awareness about rural health issues and the importance of healthy lifestyle choices. This year's Rural Health Week has the theme *Collaborating for Rural Health*. Funding to a maximum of \$2,500 is available to kick-start collaborative projects. **Applications close on 30 June.** For application details view the download section on the Rural Health Week website www.rhwtas.com.au contact Julie Milnes or Karla Peek on 6324 4012, email K.Peek@utas.edu.au

Supporting Cycling for Transport - A fund will be available for infrastructure planning and concept development, and initiatives including road improvements to increase safety for cyclists on commuter routes, projects that help people mix cycling and public transport and 'end of trip' facilities such as bicycle storage and lockers to store gear. The fund provides \$150,000 over two years and is open to Local Government organisations and not-for-profit community-based organisations on a shared contribution basis. Submissions required by 3 June. Further information, www.dier.tas.gov.au/latest_news.

Arts Tasmania – Small Museums and Collections Program Grants-The Small Museums and Collections Program provides grants and loans to assist the curatorial and collection management practices of smaller public and community collections and museums. You can also apply for assistance from Arts

Tasmania's Roving Curators who can assist with projects that are concerned with the development, care and use of a collection. Applications close 18 July. Further information www.arts.tas.gov.au

You Can Fundraising Campaign- is a national fundraising campaign to establish youth cancer centres of excellence in Australia. Created by the Sony Foundation and CanTeen, this campaign aims to raise \$15 million to help build a better future for young Australians with cancer. Australians are encouraged to donate their old mobile phones to help raise the necessary funds. All mobile phones collected through the You Can campaign will be recycled for reuse and all funds raised will be used to build youth cancer centres across Australia. Help save a young life today. Visit www.youcan.org.au for more information.

The Sunshine Foundation is a charitable Trust formed in 1954 by the family of Australian industrialist H.V. McKay. Today all Trustees of the Foundation are McKay Family Members, and they meet several times a year to consider grant applications that support worthwhile projects across Australia. The Foundation is a Member of [Philanthropy Australia](http://www.philanthropyaustralia.org.au), the peak National body for Trust and Foundations. Grants support projects which help alleviate human suffering, attend to matters of social need, advance the frontiers of knowledge and enhance the quality of life. Max per grant of \$10000 and minimum of \$500. **Closes 1 July 2011**, **Guidelines:** <http://www.sunshinefoundation.org.au/guide.html>
Information: <http://www.sunshinefoundation.org.au/applications.html>
Contact: The Secretary, Sunshine Foundation, C/- Mutual Trust Pty Ltd P O Box 12, Collins Street West, MELBOURNE VIC 8007 PH: 03 9605 9500 FAX: 03 9605 9599 sunshine.foundation@mutualtrust.com.au

Scholarships -

Alzheimer's Australia Research (AAR). In 2011 AAR is offering the following postgraduate scholarships and postdoctoral fellowships. All scholarships worth \$30,000 per annum each for three years (tax-free)

1. **Viertel Foundation Postgraduate Research Scholarship in Dementia** - supports a PhD student undertaking biomedical or psychosocial research in dementia.
2. **AAR Postgraduate Research Scholarship in Dementia** - supports a PhD student undertaking research in an area related to dementia. In 2011, three scholarships will be offered and may be awarded in either biological/non-clinical and clinical/psychosocial research areas.
3. **The Resthaven Inc. Postgraduate Research Scholarship - Quality in Dementia Care** - supports a student undertaking a research PhD in an area relevant to quality in dementia care. This scholarship valued at \$30,000 per annum for three years, with the possibility of 6 months extension.

All scholarships open early September 2011, close Monday 31 October 2011.

Further information - Katherine Bowditch 02 6254 4233 or [email](mailto:kbowditch@alzheimers.org.au) Alzheimer's Australia offers support, information, education and counselling. Contact the National Dementia Helpline on 1800 100 500.

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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

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