

Health Promotion North-West Newsletter

Welcome to the NW TAS Health Promotion email newsletter for JULY 2010

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Training opportunities

Get Active Program (GAP) – Interested in helping people of all ages:

- Enjoy exposure to physical activities they may not have tried before
- Enjoy being active in a friendly, supportive atmosphere.
- Learn how to set goals for themselves and achieve them
- Gain confidence to try activities they only dreamed of
- Take the opportunity to do something for themselves without feeling guilty
- Learn self-management skills that will assist them to independently participate in physical activity
- Gain new friends and support networks

Training will be held in Launceston July 29 at 10:00 to 3:00, Venue TBA, Cost \$200, 2010. For further information or to register call Di McShane 0428 390 089 gap@wsrt.org.au

SoSAFE Training -at Family Planning Tasmania- Is an innovative approach to assist staff and parents to teach social skills, social safety and sexuality education to people with autism and mild to severe intellectual disabilities. Devonport, Tuesday 10th August 2010, 9am-4pm Cost: \$260.00 Venue: The Quality Hotel Gateway, 16 Fenton Street Devonport Book early! *Registrations close 1 week prior*

Tai Chi leaders -Have you trained in the “Tai Chi for Arthritis” program with Arthritis Tasmania in the past? To retain current accreditation with this qualification attendance at a two yearly update is required. A Leader Update and Part 2 training will take place in Launceston on the weekend of 31 July and 1 August. If you have only trained in Part 1 there is also an opportunity for you to train in leading Part 2 of the program. Contact the Office Manager- Maureen Lightfoot on 03 623 12988 and ask for an application form and costs or download details from www.arthritistasmania.com.au

One Day Suicide Intervention Course -9am-5pm Friday 30 July 2010. **CORES**-(COmmunity Response to Eliminating Suicide) will give participants the skills and confidence to recognise and assess a person who may be at risk of self harm or suicide. Venue -Community Health Centre 11 Jones Street Burnie. Free session for people who live and/or work in the Burnie Municipality and \$50 for participants who live in other areas-to register contact Kentish Regional Clinic 6491 1552 or admin@bigpond.com Booking is essential www.cores.org.au

Talk Out Loud Mental Health training for young people – Rosebery Community House 8 Agnes Street Thursday 5th August 11am-2.30pm Contact Sharon on 6473 1497.

Is your organisation interested in hosting Talk Out Loud? Contact Talisa Reed - Regional Coordinator Red Cross Youth Health and Wellbeing to book a course 03 62 35 46078 treed@redcross.org.au

Brain training for staff and clients-The Active Cognitive Enhancement program is running ACE4, a 10-week cognitive boosting and dementia risk reduction course starting August 25. The free program has morning and afternoon sessions and is open to all DHHS staff in the Hobart area aged 55+ years. It is also open to DHHS clients wanting to learn and practice preventative primary cognitive health. Participants will be part of an ongoing research program collecting and publishing the evidence on the effectiveness of the techniques. Places are limited and close by mid July. For more info call Malcolm Tyler on 6222 7606 or email malcolm.tyler@dhhs.tas.gov.au

Three sessions from Group Work Solutions:

- **Group Dynamics and Change, Wednesday 1st September 2010**

This workshop draws on theory and skills that group leaders can use to deal with the undercurrents experienced in groups. Dynamics are often a powerful force that either stops or supports the outcomes of a group being achieved.

- **Working with Men’s Responses to Conflict, Thursday 2nd September 2010**

This workshop explores key skills for working effectively with men’s responses to conflict situations. It explores practical ways workers can respond when working with men who experience high levels of conflict or use violence in family relationships. Responses are powerful and active ways to work with men and change.

- **Working with Men practice development workshop, Friday 3rd September 2010**

This workshop will allow workers to explore their own practice in working with men from their communities. Participants are encouraged to bring case studies and situations from their own practice that can be used in the wider group to refine improved practice in working with men. Situations maybe from a counselling, group work or community development context etc.

Location-The Grange Meeting and Function Centre, 87 High St (Midlands Hwy) Campbell Town, Tasmania Cost for each workshop \$143.00 (GST included). Morning tea and lunch is provided. For registration and more information visit www.groupworksolutions.com.au

Essential Governance Workshop-*A Practical Workshop to Help your Organisation Run Effectively.* PRESENTERS: Donna Bain and Steve Allen, Venues: across the state - Smithton, Devonport, Launceston, Hobart and Huonville. Smithton session 1 will be held at the Wyndarra Centre on 2nd August and session 2 Sept 16. Devonport -session 1- 3rd August and session 2 on the 14th September at the Adult Ed Centre Williams St. All sessions 10am-1pm Both sessions in early August, and Session 2 in early-mid September and the cost is \$15 to cover refreshments for session 1 and 2. The session is very popular and the 2-part workshop aims to assist you to:

- increase your confidence, competence and professionalism and enable you to participate more effectively as a member of a not for profit community board or committee of management;

- enhance your understanding of your role, rights and responsibilities;
- network and exchange strategies and ideas with presenters and fellow participants; and
- ultimately find satisfaction in your committee experience.

Contact person for queries and registration: Marie Meakins, 6434 6462, Marie.Meakins@dpac.tas.gov.au



Relationships Australia has two positions available for Director-Early Intervention Services and a Director-Post Separation Services. These are newly created positions which can be either Launceston- or Hobart-based. PDs and selection criteria are available on the RA website www.relationships.com.au

Anglicare Tasmania Inc. is seeking a Project Officer (Community Networker & Events Organiser). The position requires Experience and formal qualifications in the community service sector and/or extensive experience deemed the equivalent. Please contact Anglicare Tasmania Inc on 1800 243 232.

Cradle Coast Authority has a Commonwealth funded position for a Healthy Communities Coordinator. The position description is available from Cradle Coast Authority Phone: (03) 6431 6285. Applications will close Fri 16 July.

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Events-Tasmania

NW Health Promotion Networking Meeting dates for 2010:

- Wednesday 13th October 2pm-3:15pm-Speaker- Wendy French-StandBy Response
- Friday 3rd December 2pm-3:15pm

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. Meetings will include a guest speaker so please send us suggestions if you have some. Please RSVP to julie.milnes@dhhs.tas.gov.au ph 6421 7704.

Diabetes Don't Lose Sleep Over It!-The GPNW Diabetes Educators have chosen the theme of **Obstructive Sleep Apnoea (OSA)** as their key campaign for **Diabetes Awareness Week, Sunday 11th to Friday 16th July 2010**. On Wednesday the 14th July a Diabetes Expo will be held in the Gawler Room at the Ulverstone Civic Centre from 9am – 4pm. Various information stands will be available to the public with health professionals from Diabetes Education, Podiatry, Dietetics, Exercise Physiology, Low Vision Centre, Diabetes Australia Tasmania and Health Dynamics.

Tasmanian Regional Arts-Willow Chairs and Sculpture Workshop:- with Lee Cole. Make your own willow chair or willow sculpture! And take it to the Junction 2010 conference if you wish! No experience necessary. Sunday 11th July, 2010 (during Chocolate Winterfest!) at the Tasmanian Regional Arts Head Office, corner of James and George Street, Latrobe 10:00 - 4:00 (bring your lunch, tea & coffee & Hot chocolate available) \$20.00 for workshop plus \$6.00 for non-TRA members. For further information plus details of material required and to book your spot OR if you would like to organise a workshop near you contact Georgia or Kareina- info@tasregionalarts.org.au or Eunice Horne 0409 430 157

Nutrition Society of Australia (TAS Branch) and the Dietitians Associations of Australia offer the following free videoconference on July 12th:

Topic: Is fructose slowing killing us all?

Presenter: Chris Forbes-Ewan (Defence Nutrition and Food Technology, Scottsdale)

Date & Time: Mon 12 July, 1.00-2.00 pm

Where: Multiple sites – click -scroll down to July for site details <http://tinyurl.com/lyhrnk>

Any queries about these meetings can be directed to Dr David Woodward, Co-chair, Tas group, Nutrition Society of Australia on email: nutsocatas@gmail.com

Measuring the unmeasurable: dealing with complex and complicated evaluations - Dr. John Guenter, Research and Evaluation Consultant- Fri 16 July 2010 @ 1130 - 1300 (1.5 hrs), Location: Lecture Theatre 1, Commerce Building, Faculty of Business UTAS **Hobart. No cost** –This presentation focuses on the use of appropriate performance indicators for Government and NGO-funded programs and will be beneficial for Human Service Workers, Evaluators, Researchers, Managers, Teachers and Policy Makers. Please note - eating is not allowed in the Lecture Theatre.

Alzheimer's Australia (TAS) invites you to attend a free presentation by Professor Edmond Chiu, Psychogeriatrician- 'GOOD NEWS FOR PEOPLE WITH DEMENTIA' *Future treatment for dementia & modern day treatments*. The session is offered on Thursday 22nd July at 11am - 2.00pm at the Gateway Room, The Quality Hotel Gateway, 17 Fenton Street Devonport. A light lunch will be provided. You are encouraged to bring questions or case studies along for open discussion after lunch. To obtain Professor Chiu's bio contact Alzheimer's Australia (TAS). **BOOKINGS ARE ESSENTIAL.** Phone: Alzheimer's Australia (TAS) 62243077 or email: ros.geeves@alztas.asn.au

Food Security Workshop- Are you interested in learning more about data and research on food security in Tasmania? The Australian Bureau of Statistics (ABS) is hosting a Food Security Data Workshop with the support of the Social Inclusion Unit, Dept of Premier and Cabinet and Dept Health and Human Services. Thursday 29th July at 9am-12pm at the ABS Offices , 200 Collins St Hobart. Register your interest by emailing your name, organisation and contact details to Tasmania.statistics@abs.gov.au or contact Pen Clark-Community Dietitian on 6222 7406. If you'd like to attend a session in the N or NW let Pen know!

Early Childhood Intervention Australia (Tasmanian Chapter) is offering a one day workshop featuring **International Presenter Dr Carl Dunst** whose work on Family Centred Practice has influenced so many fields of research & practice in family and childhood service delivery. This workshop will focus on Evidence Based Practice and working within a family centred model of service delivery. Baha'i Centre of Learning for Tasmania | Tasman Highway, Hobart (behind ABC Building) Saturday 7 August 2010 9.00 am – 4.00 pm (Morning Tea and Lunch Provided). Contact Rowena Wilkinson or Maggie Clark 6231 1625. Cost: - ECIA Members \$50.00, Non Members \$75.00. Register by Friday 30 July 2010

Sex in Cyberspace Sexting, cyber-bullying & more Grades 4-12 Presented by Family planning Tasmania. Understand the technology and how it is used and misused. Discuss student safety, curriculum content, legal issues and development of school policy. The Quality Hotel Gateway 16 Fenton Street Devonport Monday 9th August 9.30-3.30pm, \$120 www.fpt.asn.au edinfo@fpt.asn.au

The **Tasmanian Branch of the Australian Health Promotion Association** invites you to a state-wide lunch time forum **on Food Security:** Food Security exists when all people, at all times, have physical and economic access to enough safe and nutritious food to meet their delivery needs and food preferences for an active and healthy lifestyle (World Food Summit 1996). Presenter;- Julie Williams-Manager, Community Nutrition Unit. Tuesday 24th August 2010, 12.30pm – 1.30pm at DHHS Telecare Venues at Hobart Repat, Burnie Parkside, Devonport CHSC, King Island Hospital, John L Grove. No RSVP required. Gold coin donation to AHPA Tas. from non-members welcomed. *Please feel free to bring your lunch!* Contact is : Sarina Laidler: sarina.laidler@dhhs.tas.gov.au or 6462 9954

Women's Well-Being INFORMATION-a mother's group with a focus on all aspects of well-being for mums who have any young kids or babies aged from birth to primary school (grade 6). *Every Wednesday morning during School Terms from 10am til midday at the Coastlands Community Hall in Burnie - 43 Mace Street, Montello.* Activities/DVDs will start at approximately 10.30am and go no later than 11.30am. The rest of the time is a chance to have a cuppa. ☺ There may also be extra special occasions, or meet-ups during school holidays occasionally. Children are welcome. Cost gold coin donation per mum, to cover tea & coffee, and morning tea etc. Some of the activities planned are Pilates For Mums * Hollywood Trainer - Butt & Thigh Blast * 15-Minute Workouts for Dummies * Basic Ab Workout for Dummies * Fun walks & outings (like games in the park) on warmer days * Fat Burning Workout for Dummies * Pilates Weight Loss Workout for Dummies * Billy Blanks Tae Bo * Windsor Pilates * Aerobics Oz Style Pilates * Massage for Beginners * Zumba (or if we can't handle that, we've also got Dance Workout for Dummies!) * And More!
Contact Megan on: 0439 474 675 or email yummyummynw@live.com.au or take a look on FACEBOOK!
Women's Well-Being <http://www.facebook.com/group.php?gid=124471607594720&ref=ts> Yummy Mummies NW
Tasmania <http://www.facebook.com/group.php?gid=126677140690206>

Launching into Learning a Statewide Professional Learning Day-**Childhood: – A Time to Play.** Friday 6th August 9:30am – 3:45pm Launceston Tram Shed Function Centre. Cost: \$80 per person (inc GST)

Key note Speaker – Dr Michael Zilibowitz-a developmental and behavioural paediatrician and Director of the Northern Beaches Child and Family Health Service in Sydney. He has a special interest in early brain development and the importance of assisting parents and the community to provide an optimal environment in which children can develop and grow. Wonderful workshops as well! Contact Cheryl for details. One of the key goals of Launching into Learning is to make connections for families by forming partnerships with other services. Please invite your community partner/s to join you at the workshop. Limit 200 participants. Registrations close Friday 23rd July. Contact: cheryl.larcombe@education.tas.gov.au

University Department Of Rural Health - Seminar Series – **Clearing the Haze: A tobacco control success story from the Aboriginal Health Service in Tasmania.** Presented by Dr Maureen Davey and Tina Goodwin, Public Health Medical Officer and Aboriginal Health Worker, Tasmanian Aboriginal Centre (Telecast from Hobart) 14th July 2010 (Wednesday) 12:15 (for 12:30) – 1:30pm VENUES: Video conferencing theatres at: Burnie, Hobart, Latrobe, Launceston, King Island and other locations by arrangement (Please refer to the Reply Form attached or the [online registration form](#) for address details.)

Proactive Agricultural Safety & Support Inc Safety Made Simple – One Bite at a Time Speakers: Kathy Henry: OH&S Manager, Woodrising Farms Cressy, and Michael Neville: Chair of Warakirri Agricultural Trust's Health & Safety Committee and Manager of Wongan, Stoneleigh Victoria. Pat Davis: Risk Management Consultant, CGU. **Date & Time & Place:** Tuesday 20th July, 10.00am – 3.00pm at Deloraine Community Complex. Each participant will receive a certificate of attendance. Numbers are limited, so RSVP by 16th July. Contact info@pass.org.au or FAX: 63986206, PO Box 111, Evandale 7212

Volunteering Tasmania facilitates Coordinator Network Meetings to support and inform those involved with the coordination and management of volunteers. Meetings are held regularly in Devonport and Burnie. Anyone is welcome to participate and they are free.

The next meeting is **Tuesday July 27, 1-3pm Topic:** Managing volunteers in a changing workplace at Mersey Community Care, Steel Street Devonport. RSVP - Amanda Barden, Community Development Officer (North-West) burnie@volunteeringtas.org.au or 64324335

Making a difference in the Lives Of Children, Youth And People With A Disability- a one day conference showcasing Innovative Practice will be held from 9.00am to 4.00pm on the 8th September 2010 at the Bellerive Oval, 15 Derwent Street, Bellerive. This conference will appeal to service providers who work with families in the areas of child protection, family support, disability services, youth justice, education, police and child care and bring together a number of eminent speakers who will present on the current research and practice issues which influence innovative practice in

children, youth, people with a disability and their families. Concurrent sessions will highlight the excellent work happening in Tasmania

Disability access is available. The forum has been subsidised by the Department of Health and Human Services and will be free of charge to registered delegates. Contact Jodie Evans, Workforce Professional Development Unit, GPO Box 125 HOBART Telephone: 6233 8553 Email: j.evans@dhhs.tas.gov.au Fax: 6233 7360. Please note that there are only 150 places. Registration closes on August 6th.

Adult Education, all year round-With hundreds of indoor and outdoor courses to keep your mind and body active, there's no need to put your learning on ice this winter. Visit www.adulteducation.tas.gov.au to choose your course and enrol online. Check out the winter warmers on the links below...

Burnie

- [Excel 2 - Tips, Tricks & Shortcuts](#) Wed 14 Jul, 6pm - 9pm
- [Decorative Ceramics for Porch & Patio](#) Sun 18 Jul, 10am - 3pm
- [Meditation After Work - Try it Out!](#) Thu 5 Aug, 5.30pm - 7pm
- [Digital SLR Photography in Manual Mode](#) Sat 7 Aug, 1pm - 7pm

Devonport

- [Understanding Solar Grid Connect](#) Sat 17 Jul, 10am - 1pm
- [Handmade Soaps](#) Mon 19 Jul, 6.30pm - 8.30pm
- [Rose Pruning](#) Sat 24 Jul, 9.30am - 12.30pm
- [Meditation After Work](#) Mon 2 Aug, 6pm - 8pm
- [Silver Jewellery Making](#) Sat 21 Aug, 10am - 4pm

Get the Most out of Life programs 2010 -Get the Most out of Life is a 6 week program of a 2.5 hour session each week for anyone living with an ongoing chronic condition or is caring for someone who is. The Program is a fun and practical way to learn how to overcome daily challenges and maintain an active and fulfilling life while living with chronic health conditions. Participants discuss: How to manage symptoms; How to get started with healthy eating and exercise; How to communicate effectively with the doctor and healthcare team; How to manage difficult emotions; How to make daily tasks easier; How to get more out of life. Cost: gold coin donation.

- Rosebery 5 July – 9 August 1.00 – 3.30pm at Rosebery Community Health Centre
- Smithton October 2010
- Queenstown 20 September – 25 October 1.00 – 3.30pm at the Day Centre, WCDH

West Coast contact Health West: Maggie Johnson, Phone: 6471 4743 maggie.johnson@dhhs.tas.gov.au .Smithton session contact Sharon Griffiths Sharon.griffiths@dhhs.tas.gov.au or phone 6440 7134

Carers and/or Seniors week events coordinated by Carers Tas – Carers Tas are calling for an expression of interest from organisations interested in having a stand at their mobile access point planned for these events in October 2010. The locations planned are Stanley, Smithton and West coast and target audience is any persons in a non paid caring role and frail aged. Further information contact Vicki Brown at Carers Tas on 64 32 1170 or vicki@carerstas.org by 31 August.

North West Service Providers Forums 2010 – Join in and network with other service providers.

Devonport August Thursday 26th 11am -1pm Devonport Community Health Centre Steel Street

Burnie October Thursday 28th 11am -1pm Polytechnic Burnie

Devonport December Thursday 23rd Christmas break-up Devonport Community Health Centre

RSVP / express interest in presenting - please email david.nancarrow@aohtas.org.au

Mental Health Week 10 - 16 October 2010 an annual national event aiming to engage communities in activities which promote good mental health and raises awareness and understanding of the needs, experiences and issues for people with a mental illness. The Mental Health Week theme for 2010 is "Keeping your Balance; Mind and Body Fitness". An **EXPO** will be held at the *Devonport Recreational Centre on the 12th of October 2010 from 1pm until 8pm.A*

major highlight of the Expo will be a display of quilts & patches. Would you like to participate in making a quilt patch? No experience required-you can paint, draw, write or stitch. Local quilting groups are supporting patch making sessions in Burnie and Devonport. The cost is a gold coin donation and morning tea and all materials will be provided. Community members of all ages from across the North West will come together to design patches of quilts that reflect the visual stories, emotions, messages and actions of the 2010 Mental Health Week theme of "Keeping your Balance: Mind and Body Fitness". Each quilt or patch will be displayed at the Expo with a legend displayed next to it- to share the meaning of each square and positive mental health messages.

Produce to the People: North West Environment Centre. The project includes: Collecting excess produce harvested from backyard gardens in Penguin, Burnie and Wynyard and distributing it to people in need; Building a community garden where we will grow produce for the project and providing infrastructure at the Penguin Organic Growing Centre to house the produce collected. Share your garden bounty! Contact Penelope Dodd on 0409 484 152 or email producetothepeople@gmail.com

Community Houses in the NW

- **Devonport Community House** –Has a Healthy Mind, Healthy Body session with Sage Hill Mental Health Support coming up on Wednesday July 14 –enjoy a free lunch and chat with Kath. They will be celebrating Healthy Bones Week on 3 August, join in and try a shake for lunch! And our International luncheons begin again in August – with Italian, German and Dutch treats! For details contact Coordinator - Kate Beer at 10 Morris Avenue, Devonport on 6424 7060. devhouse@internode.on.net
- **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
- Zumba has really taken off and has moved to the scout's hall, 7pm on a Thursday night.
- **King Island Phoenix House**- 28 Albert St, Currie Coordinator, Katherine Harris 64621746 or email: phoenixhouse@internode.on.net

Rosebery Community Market: - 18 July Memorial Hall 10-1pm. Contact Sharon at the Rosebery Community House on 6473 1497 for details.

Aged and Community Services Australia (ACSA) Twenty 10 National Conference 19-22 September 2010 Hobart Grand Chancellor. The theme is "Explore the possibilities". The Conference program comprises a range of subthemes to stimulate the imagination: • Sustainability • Information Technology • Food • Travel • Marketing • Community • Workforce <http://www.agedcare.org.au/CONFERENCES/Currentand-Previous-ACSA-Conf/2010-Nat-Conf/ACSA%20Call%20for%20Abstracts.pdf> For further information please contact Conference Design Pty Ltd, 228 Liverpool Street, Hobart, telephone 6231 2999, email info@cdesign.com.au, fax 6231 1522 or visit www.cdesign.com.au

Australian Association of Gerontology 43rd Annual Conference, "Islands of Ageing: Building bridges for people, policy and practice" Hotel Grand Chancellor, **Hobart** 7-19 November 2010 Sponsored by the Aged Care and Rehabilitation Clinical Network. This will be a conference with a positive focus on examining ways for making connections and building bridges and will provide opportunities for presenters from every sector: older people, researchers, practitioners, bureaucrats and policy makers. For information visit <http://www.aagconference.com/default.asp>

Get Walking Tasmania -REGISTRATIONS ARE NOW OPEN!

You can take the first step to good health for your community, school or workplace. Register one or more walking events for the month of October ("Walktober!") today. All registered event organisers receive a **free event kit** including a t-shirt and giveaways. Let's all WALK towards improving the health of Tasmanians Visit www.getwalking.tas.gov.au to register Get Walking Tasmania month is a state-wide initiative of the Premier's Physical Activity Council and is coordinated by the Heart Foundation with the support of the Department of Health and Human Services, Sport and Recreation Tasmania, the Department of Economic Development, Tourism and the Arts, the Tasmanian Association of Community Houses, the Glenorchy City Council, the Australian Council of Health, Physical Education and Recreation (ACHPER), the Healthy Community Project, Health West and proudly supported in 2010 by Southern Cross Television and IGA.

The Disability (Access to Premises – Buildings) Standards (Premises Standards) are due to come into force on 1 May 2011. They will lead to significant improvements in the level of access required in new buildings and existing buildings undergoing renovation. It is also anticipated that corresponding changes will be made to the Building Code of Australia at the same time. **Premises Standards Seminars-** This half day seminar will provide designers, builders, building owners, managers, access consultants, advocates and professionals in the building approvals area with an overview of the Premises Standards and their effect when they come into force. The seminar will also be an opportunity for participants to discuss questions of interpretation and contribute to the development of further resources. The seminar will be presented by Michael Small from the Australian Human Rights Commission and Kevin Newhouse from the Australian Building Codes Board. Both presenters have been closely involved in the development of the Premises Standards. TAS seminar, 9 September at the Auditorium-Baha'i Centre of Learning, 1 Tasman Highway Hobart. To register online go to: <https://www.secureregistrations.com/PSAS10/> Alternatively, [click here to download the registration form in PDF](#)

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Events- Interstate

The 2010 International Nonprofit Social Marketing Conference The theme of the conference is about connections, and in particular connecting thought and action. The areas of social marketing and non-profit marketing are known for the link between theory and practice, and this conference will provide important insights for both academics and practitioners. The keynote speakers will be Professor Craig Lefebvre from the Department of Prevention and Community Health, George Washington University, and Professor Gerard Hastings from the Institute of Stirling in the UK. The conference will take place in **Brisbane from July 15–16, 2010**, and questions can be directed to Associate Professor Rebekah Russell-Bennett at rebekah.bennett@qut.edu.au. Or, you can visit the [conference website here](#).

International Mental Health Conference - The Australian & New Zealand Mental Health Association, Surfers Paradise 18th - 20th August 2010. Depression & Anxiety: Who, What, Where, When and How? We invite you to submit an abstract - http://www.anzmmh.asn.au/conference10/MH_Abstract.asp. Contact the ANZMH Secretariat on ph 07 5528 2501. conference@anzmmh.asn.au

Public Health Association Australia 40th Annual Conference: Public Health in a 21st Century Society: New ways of knowing doing living. Adelaide, 27 - 29 September 2010.
<http://www.phaa.net.au/40thPHAAAnnualConference.php>

2010 National Workshop the Co-Ops Collaboration 20 & 21 October 2010 Hilton Sydney Workshop is FREE participants need to cover own transport & accommodation. WHO Collaborating Centre for Obesity Prevention Community based Obesity prevention sites Abstract submissions currently open, 19 July closing date for submissions, 20 August submitters notified by CO-OPS. An outline of what happened in 2009 is available on the website.

4th Australian & New Zealand Falls Prevention Society Conference 2010 Dunedin, New Zealand 21-23 November 2010 Further details are available at <http://www.otago.ac.nz/fallsconference>

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Your opinion is valued

Volunteering Tasmania would like to thank the people who have provided feedback regarding the National Volunteering Strategy. Volunteering Tasmania will be submitting feedback to the federal government based on your input and based on our own position. For those who weren't able to provide feedback we have been made aware of another avenue for input into the Strategy, an on-line survey has been developed to help identify the key issues for volunteering and shape the development of the Strategy.

The link to the survey is: http://www.surveymonkey.com/s/NVS_survey and the closing date for the on-line survey is the 25th July 2010

Tasmanian Cerebral Palsy Register – piecing together facts on cerebral palsy. The TCPR collects information about people in Tasmania with cerebral palsy (CP). The Register enables the centre to know how many people are living in Tasmania with CP, in which areas they live and whether there are any changing trends in the incidence or severity of CP. The Register is located at the Menzies Research Institute. Inclusion is voluntary. Contact Julie 6226 4717 or email tascpreregister@menzies.utas.edu.au

Productivity Commission Inquiry into Aged Care - The Australian Government recently announced the terms of reference for the Productivity Commission's public enquiry into aged care aimed at developing options to redesign Australia's aged care system. A recent Intergenerational Report forecasts that by 2050, nearly 25% of Australians will be over 65, compared with 13% today. The Commission will examine future workforce requirements, including the influences on supply and demand, and determine options to ensure the sector continues to have a suitably qualified workforce to provide the best-possible care. The Commission will also consider the aged care sector in light of the Australian Government's commitment to take on full policy and funding responsibility for aged care services. The Commission is expected to provide a draft report by Dec 2010 and final report twelve months from the start of the inquiry. To contribute ideas to the inquiry or obtain a copy of the terms of reference, phone 1800 020 083 or visit <http://www.pc.gov.au/projects/inquiry/aged-care>.

2010 Australian Residential Aged Care Awards Carer of the Year, Resident of the Year, Team of the Year and Bjelke-Petersen Vocational Excellence Award
Nominations for these awards close on 20 August 2010. For further information, please visit <http://www.danielsshield.org/> or telephone Diane on (07) 3389 0823.

Can you assist?

Your help is needed in the form of stories and photographs. Regional Arts Australia and the [National Rural Health Alliance](#) are working together to produce a book that highlights stories about arts and health projects from regional Australia. It will build on the success of earlier [publications](#) of great arts stories, including [Big Story Country](#) (2008) providing a permanent reminder of the powerful role of the arts in the heart of regional Australia. The book aims to be visually beautiful with strong lively stories backed up by stunning images and a sound evidence-base. The project has been assisted by the Regional Arts Fund, an Australian Government initiative supporting the arts in regional, remote and

very remote/isolated Australia. **Story submissions open Wednesday 7 July and close Wednesday 4 August 2010.**

WorkCover Tasmania is now calling for businesses and individuals to register a health and/or safety activity or event during Safe Work Tasmania Week 2010 (October 24-30). Are you a small, medium or large business, a not for profit organisation, or an individual with a background, knowledge or experience in health or safety. Are you willing to share what you know with others? WorkCover is providing free venues in Launceston on 26 and 27 October, Burnie on 26 October, Queenstown on 27 October and Hobart on 27, 28 and 29 October. Register an activity or event or obtain further information by visiting www.workcover.tas.gov.au and choosing the Safe Work Tasmania Week link. Registrations close Friday 30 July 2010. If you have any questions about Safe Work Tasmania Week, please call Stephanie on 6233 8440.

Carers and/or Seniors week events coordinated by Carers Tas – Carers Tas are calling for an expression of interest from organisations interested in having a stand at their mobile access point planned for these events in October 2010. The locations planned are Stanley, Smithton and West coast and target audience is any persons in a non paid caring role and frail aged. Further information contact Vicki Brown at Carers Tas on 64 32 1170 or vicki@carerstas.org by 31 August.

Devonport Entertainment & Convention Centre will present a new play titled *Inside out* in September. *Inside out* is a ground breaking new drama exploring the impact of mental illness on the relationship between a mother and her son. *Inside Out* is currently touring nationally with Devonport the only Tasmanian city in the tour. The Devonport Entertainment Centre is seeking partnership opportunities to ensure that we can successfully promote and present this play to North West Coast audiences and those that may be affected by mental illness. The DEC would appreciate any suggestions you may have with regard to funding assistance, promotion and presentation of this performance. Information is available at <http://www.cdp.com.au/insideout.html> or by contacting Debbie Kershaw, Manager, Devonport Entertainment & Convention Centre, 145 - 151 Rooke Street (PO Box 604) Devonport TAS 7310, P: (03) 6420 2900| F: (03) 6420 2916| www.decc.net.au

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Resources

TasCarepoint provides information about service availability, receives referrals, establishes eligibility, identifies support and/or further assessment needs, collects client information including consent, refers to appropriate services. If you have a client who requires a HACC service send your referral to TasCarepoint via telephone (1300 769 699), fax (1300 721 611) or email mail@tascarpoint.net.

Working with local Councils? You may find the **ACTIVE, HEALTHY COMMUNITIES** online resource useful-developed by the Heart Foundation, Queensland Health and the Local Government Association of Queensland - *Active, healthy communities: A resource package for Local Government to create supportive environments for physical activity and healthy eating* –view www.activehealthycommunities.com.au . A suite of tools designed to assist councils to create local environments that support active, healthy communities and lifestyles. Although designed specifically for Queensland it provides practical resources, ideas and information useful for any local government work-its easy to use, contains options that do not require new resources, covers a broad range of council functions, and suits councils of different sizes and levels of remoteness.

Did you know there is an Australasian Child & Adolescent Obesity Research Network? ACAORN was established in 2002. It aims to foster and coordinate research collaboration among Australian and New Zealand child and adolescent obesity research groups to identify key research questions and to seek funding to address them with high quality research. At the ACAORN website find:

- A database of Australian longitudinal observational studies related to child and adolescent obesity to improve the understanding of the development and consequences of paediatric overweight and obesity
- A database of planned, on-going or completed (within past <5 years) child and adolescent obesity prevention studies in Australasia
- A database of registered, on-going, or completed child and adolescent obesity treatment trials in Australasia to learn about effective obesity prevention and treatment programs.

Another online resource is the database on measurement tools for assessing diet and physical activity in children and adolescents. These resources provide a resource for researchers, and public health and clinical practitioners who need validated or recommended tools when measuring diet and physical activity in children and adolescents. Future plans include the development of a measurement tool database for assessing sedentary behaviour in children and adolescents. ACAORN Secretary: Ms Lauren Puglisi lpuglisi@uow.edu.au

Australia's health 2010 is the 12th biennial health report of the Australian Institute of Health and Welfare (AIHW). It's the nation's premier source of statistics and informed commentary on: determinants of health and keys to prevention; diseases and injury; how health varies across population groups; health across the life stages; health services, expenditure and workforce; the health sector's performance. If you're interested in health, Australia's health 2010 is an essential reference. Authored by AIHW and published 23 June 2010; Access report <http://www.aihw.gov.au/publications/index.cfm/title/11374>

Tasmanian Capacity Toolkit- is a one-stop-shop resource for government and community workers, professionals, families and carers. The toolkit aims to:

- provide information about the definition of capacity
- provide primary principles on which the concept of capacity is assessed
- outline when a capacity assessment may be needed
- present guidelines for assessment of capacity to assist in conducting timely assessments and to maintain consistency in the way that capacity is assessed across different decision types
- provide information about facilitating assisted decision making
- give information on what to do if there is a dispute about capacity

Hard copies are now being distributed and orders are being taken. Organisations are eligible to receive two (2) free hard copies of the Toolkit. Extra copies will be charged at \$5 each, including GST. An electronic version of the Toolkit can be downloaded by visiting www.dhhs.tas.gov.au/acrcn Free fact sheets are also available for download from this site.

Following the success of the **Capacity Toolkit**, training materials are now being developed on how to assess/ apply it in specific situations. If your organisation would value the opportunity to receive such training please contact our Network Development Coordinator, Sandra Kellett, on 6236 5614 or email acrcclinicalnetwork@dhhs.tas.gov.au

Whose Challenging Behaviours- Meeting the Needs of Older People with Dementia Presentation Videos of this seminar, recently held in Sydney, are now available. The presentations are suitable for any health professional who is involved in strategy development and implementation, management and or delivering care to older people with dementia where there is a concern about the patient/clients behaviour as it relates to the delivery of their care. Each session of the presentation videos are available in two formats:

- Watch Now – you will be presented with a link to watch the video in a web browser, just like watching a YouTube video. You will have 24 hours to watch the video. Price \$11.
- Download, save and view later – download the presentation and share with your colleagues and use it as a training tool for those that could not attend the seminar. The file will be in MPEG-4 format, so you will need a MPEG-4 movie player such as QuickTime to watch it. Price \$22.

For further information, please visit <http://www.changechampions.com.au>

The Australian Research Alliance for Children and Youth (ARACY) is a national non-profit organisation working to create better futures for *all* Australia's children and young people. Despite Australia being a wealthy, developed country, many aspects of the health and wellbeing of our young people have been declining. ARACY was formed to reverse these trends, by preventing and addressing the major problems affecting our children and young people. ARACY tackles these complex issues through building collaborations with researchers, policy makers and practitioners from a broad range of disciplines. ARACY members share knowledge and foster evidence-based solutions. By working together, we can begin to close the gap between what is known and what is done to help all children achieve their full potential. Any organisation that is recognised as a contributor to the community, with involvement or interest in activities related to ARACY's [Purpose](#), may apply for organisational membership.

World Health Organization has an online course on **the Social Determinants of Health**. The course consists of an online tutorial with four learning units that make connections between health, and equity, social justice and human rights. The course is available in English, Spanish and Portuguese, and is targeted to WHO staff members and other health ministry officials but is free to access and fully available to the public. See "Global Learning Device on Social Determinants of Health and Public Policy Formulation," at <http://dds-dispositivoglobal.ops.org.ar/curso/cursoeng/contexto.html> .

World Health Organisation (WHO)-Millennium Development Goals update

How have we progressed towards reaching the health targets set out in the UN Millennium Development Goals (MDGs)? Links below contain the latest data and reports from the World Health Organisation:

MDGs: overview http://www.who.int/topics/millennium_development_goals/en/index.html

MDGs: progress <http://www.who.int/mediacentre/factsheets/fs290/en/index.html>

MDGs: data <http://www.who.int/gho/mdg/en/index.html>

The **Toronto Charter for Physical Activity: A Global Call for Action** was launched on Saturday 8 May 2010 at the 3rd International Congress for Physical Activity and Health in Toronto Canada. The final version is now available. To download a copy of the Toronto Charter, please visit www.globalpa.org.uk .

The Toronto Charter is a call to all countries to help make physical activity a priority for all and provides a framework for action and partnerships across multiple sectors and with communities to build healthier, active, environmentally sustainable communities. The Charter itself is an advocacy tool, designed for use with decisions makers and to build partnership towards achieving political commitment and resources towards increasing participation in health-enhancing physical activity throughout the world. **You can REGISTER Your Individual or Organisation's Support!** Please show your support for the adoption and implementation of the *Toronto Charter for Physical Activity: A Global Call for Action* by visiting the website www.globalpa.org.uk .

NW Health Promotion resources – Lee-Anne & Julie have a **Speakers list** outlining contact details for people willing to speak to groups in the NW, and a list on **Great Sources of health information** to direct you to validated sites on the web. Contact Julie.milnes@dhhs.tas.gov.au 6421 7704 / lee-anne.mundy@dhhs.tas.gov.au 64 34 7256 if you would like a copy of either or both!

Palliative Care Network newsletter-The July issue of the [Palliative Care Network](#) newsletter is now available. This issue includes: a syringe driver update, Friends of the Northern Hospice and Palliative Care Foundation, report on Advanced Care Planning conference, opening a dialogue study and a profile of Sharron Andrews.

The NWRH Library has three books written specifically for health care professionals. They present powerful tools to enhance communication with clients and assist them with making healthy lifestyle choices.

- Motivational interviewing in health care: helping patients change behaviour/ by Stephen Rollnick. Published 2008.
- Lifestyle medicine / by Garry Egger, Andrew Binns and Stephan Rossner. Published 2008
- Working with people/ by Louise Harms. Published in 2007.

The DHHS library has journals in print too! Staff can access many full-text electronic journals, so it's easy to overlook the extensive collection of print journals that DHHS Library Services house and manage across their three sites. We've created a list for this collection and made it available on the [intranet](http://intra.dhhs.tas.gov.au/dhhs-online/page.php?id=31109) for you to browse. (DHHS staff only)
<http://intra.dhhs.tas.gov.au/dhhs-online/page.php?id=31109>

New Library Services newsletter available-The July issue of DHHS [Library Services newsletter](#) is now available. This issue includes: resources in the libraries, new books, internet resources and tools, and about the libraries.

Recently tabled Australian senate Reports:

23 June 2010-**Senate Finance and Public Administration References Committee**

[Council of Australian Governments Reforms Relating to Health and Hospitals](#)

24 June 2010-**Senate Community Affairs References Committee**

[The Hidden Toll: Suicide in Australia](#)

15 June 2010-**Senate Community Affairs Legislation Committee**

[Food Standards Australia New Zealand Amendment Bill 2010 \[Provisions\]](#)

National Standards to improve the lives of children in care

http://www.jennymacklin.fahcsia.gov.au/mediareleases/2010/pages/nat_standards_children_in_care_7jul10.aspx

Centre for Culture, Ethnicity & Health VIC – (CEH) is a unique agency that provides specialist information, training and support on cultural diversity and wellbeing. We work to ensure that everyone in Australia has access to vital services such as health and education. Where people cannot access services due to cultural, language or educational barriers, we help tailor these services to their needs. Clients are health and community service professionals who are committed to providing a high quality of care. CEH offer practical support and training to help improve outcomes for culturally diverse clients and communities. [Check out](#) the professional development workshops. Contact: 03 9342 9700 **Email:** enquiries@ceh.org.au **Web:** www.ceh.org.au

Workplace mental health guide launched June 2010-*Workers with mental illness: a practical guide for managers* aims to help managers better understand mental illness, develop strategies that assist workers with a mental illness and ensure that their workplaces are healthy and productive.

www.humanrights.gov.au/disability_rights/publications/workers_mental_illness_guide.html.

Chronic Disease Management resource package for healthcare professionals has been developed (funded under Australian Better Health Initiative - ABHI). The new website can be accessed via www.cdm.ahpa.com.au

Volunteer Connect -Volunteering Tasmania now offers a statewide service that lists organisation and volunteer vacancies on a website and it's FREE! Register via www.volunteeringtas.org.au or call Penelope Dodd, Project Officer, on (03) 643204335. VT will be launching a campaign to encourage individuals to volunteer in the coming months so make sure you are on Volunteer Connect to take advantage of this opportunity.

Australian Government Paid Parental Leave- What Parents need to know

[http://www.phaa.net.au/documents/PaidParentalLeavescheme_InformationforIntermediaries\(Parents\).pdf](http://www.phaa.net.au/documents/PaidParentalLeavescheme_InformationforIntermediaries(Parents).pdf)

Understanding Statistics-Making sense of statistics is vital for informed decision-making. To build your statistical know-how check out [Understanding Statistics](#) on the ABS website at www.abs.gov.au/understandingstatistics .There are some excellent resources contained within these pages, some are very basic, whilst others go in to more depth. There are quizzes, video tutorials and online presentations. This site is a great resource for anyone wanting to know more about statistics and the ABS website.

The Australian Bureau of Statistics has released Australian Social Trends, Jun 2010. View the first ever section on Men's Health [Click here to go to June edition of Australian Social Trends, 2010.](#)

You are invited to be part of an exciting NEW Dads forum online. Click on the following link and register and be a part of the new dads' forum: http://firsttimeparent.tv/dads_forum

Men's health week was held in June. Did you talk about health and wellbeing with the men and boys in your life – direct them to the website for more health information. Order Australia's first "men's health & wellbeing: an a-z guide" at <http://longueville.cart.net.au/details/2803101.html>

Making your 40s Fabulous Webcast - Hear the latest from the Jean Hailes Foundation for Women's Health presented by leading Australian experts in women's health. They will be discussing some of the health issues experienced by women in their 40s such as hormonal changes, libido and sleep issues, as well as providing easy-to-understand preventive health strategies. View the webcast website to book your place for Wednesday 1 September 2010 at 7.30pm AEST www.jeanhailes.org.au/webcast/

Iodine supplement essential for pregnant and breastfeeding women-The National Health and Medical Research Council has released a [new statement](#) recommending all pregnant and breastfeeding women take iodine supplements to make sure their baby's brain and nervous system develops normally.

"This is bad enough" – clear health education is required! Some essential viewing for a 'patient-centred/health literacy/communications' approach to health... <http://www.youtube.com/watch?v=R3tj-MXqPmk> (2mins 16sec)

Smart Health Choices - making sense of health advice- Free download -aimed at helping consumers make health decisions/ understand evidence: http://www.health.usyd.edu.au/shdg/resources/smart_health_choices.php

[Part 1](#): Health advice can be harmful; [Part 2](#): Your body, your choice - the five key questions to help make the best possible health decisions; [Part 3](#): Stories and studies; [Part 4](#): Evaluating the evidence; [Part 5](#): Improving your healthcare; [Part 6](#): Testing your skill.

New cancer learning website for health professionals -Cancer Learning is a new Australian Government funded professional development website designed specifically for health care professionals including nurses working in cancer care, to build their knowledge, progress their careers and enhance their skills in providing optimal care to cancer patients. The Cancer Learning website contains links to available local and international evidence-based cancer information, resources and learning activities that have been evaluated for quality, accuracy, currency and relevance, and arranged by topic.

[Click here to visit the Cancer Learning website.](#)

General Practice NW send out a Practice Support Newsletter monthly to GPs in the region. Deadlines for 2010 are Fridays: 30th July, 27th August, 24th September, 29th October, 26th November, Please forward any articles to bbeaumont@gpnw.com.au .

Rural Financial Counselling Service (RFCS) Tasmania is a statewide, confidential and free service providing financial assessment, information and support to the farming community. The Service offers independent assistance free of charge to primary producers, fishers and small rural business people in rural areas who are experiencing the pressures of financial hardship and could use some help and support. The Service can be contacted at 1300 88 3276 (1300 88 FARM) and further information is available on the website: www.rfcstasmania.com.au.

Protect yourself and others from flu. Visit www.pandemic.tas.gov.au

1. Cover your coughs and sneezes with a tissue, and throw the tissue in the rubbish straight away. If you don't have a tissue, use your upper arm rather than your hands.
2. Wash and dry your hands often. The flu virus can survive on hard surfaces for up to 48 hours and can spread through hand contact.
3. Keep your distance -The flu virus can spread easily from an infected person even before they realise they are sick. Try to keep a large step away from other people when you are in public.

4. Know the signs of flu- sudden onset of fever, cough, extreme tiredness and body aches are the main signs of flu. Other common signs are headaches and a sore throat.
5. Stay at home if you notice you have flu-like symptoms and think you may be getting sick

Environment Challenge: The Up2me Environment Challenge website is an exciting new initiative developed in partnership with the Tasmanian Government to encourage individuals and households to take steps towards sustainable living. Check it out: <http://www.up2me.com.au>. Download your [Home Energy Guide](#). Discover more at <http://www.sustainablelivingtasmania.org.au>

StandBy Response Service - standby@parakaleo.org.au is a 24 hour service to provide support and information to family, friends and associates bereaved by suicide regardless of where or when the suicide occurred. StandBy Response offer initial outreach or telephone support then linkage to appropriate services within the community for ongoing support. People can self refer or with client permission service providers can contact the 24 hour number (0439 556 660) to facilitate contact.

MISS Hope - traveling Cancer Council support and information services. Those affected by cancer will be able to access the information in a flexible and safe environment, which also has room for private consultations, merchandising and online services. Miss Hope will appear at both large and small scale public events in rural and remote centres; as well as isolated workplaces with significant target populations such as mines, large construction sites and seasonal agriculture. To book the MISS Hope van contact Sally Schnackenberg ph: (03) 6424 1266
sschnackenberg@cancertas.org.au

The Right Mix – Your health and alcohol www.therightmix.gov.au Developed by the Department of Veterans' Affairs (DVA), primarily to help those in the veteran community to recognise drinking that is above low-risk levels. The key message from *The Right Mix* is about getting a balance with alcohol, diet and exercise to achieve a healthier and more enjoyable lifestyle. The Right Mix website has new interactive tools to help provide practical information and strategies to cut down drinking. Many of the available resources can be ordered at no cost from the website above.

Tips for adults to 'find thirty' and tips for getting children physically active:
<http://www.getmoving.tas.gov.au/findthirty/>

The ABC of Physical Activity for Health: A consensus statement from the British Association of Sport and Exercise Sciences <http://www.informaworld.com/smpp/content~db=all~content=a921352711~frm=abslink>

Move Well Eat Well Award for Sheffield District High School (Primary section)– Congratulations! - This is the third Award for the NW and one of seven Awards statewide. Sheffield District High School has met all the Award criteria regarding healthy eating and physical activity, it has policies in place to ensure sustainability, a health and wellbeing curriculum outline, and clear strategies to link with families on the key messages. Does your child or grandchild attending a school which is working toward achieving the award? Maybe you should ask the question! Details on website <http://www.education.tas.gov.au/movewelleatwell>

NEWS FROM EAT WELL TASMANIA-Vitamin A – A Healthy tip from Go for 2&5@ Dark green and orange vegetables like spinach, broccoli, carrots and pumpkin are all high in Vitamin A. Importantly this vitamin plays a role in a variety of functions throughout the body including immune function, vision, skin health, antioxidant activity and helping to reduce the risk of heart disease. All good things to keep in tip-top shape! So if you are looking for some A class recipe ideas why not try a Broccoli and Cauliflower Gratin; an Easy Vegetable Loaf or a popular winter favourite - Pumpkin Soup. For these recipes and more fruit and vegetable tips, visit www.gofor2and5.com.au

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Funding

Grant writing tips for success-Preparing grant applications and submission can be a challenging task. Following are a few simple tips that may assist achieve a successful presentation:

- Know what it is you want to do, who for, why you want to do it, and how you will do it!
- Be realistic - about what is achievable, budgets and timeframes.
- Make sure your submission is easy to read - ensure it meets the funding body's guidelines and contains only the information requested.

The Tasmanian Early Years Foundation Grant Program will open late July-early August this year. A grant alert will be posted to announce the opening of the grant program

Premier's Physical Activity Council-Active Tasmania Awards 2010 - nominations close 13 August 2010. A total of \$31 000 prize money is available to acknowledge active communities and schools around Tasmania. If your local council, community group or school is creating a physically active community, you can nominate today. For more information go to www.getmoving.tas.gov.au or phone 1800 440 026 or email businesspoint@development.tas.gov.au

Tasmanian Food Security Fund - closes 2 September 2010. As part of the social Inclusion units' work there is Up to \$500,000 is available through stage one of the Tasmanian Food Security Fund to establish innovative responses across the state that will improve Tasmanians' access to a supply of food that is sufficient, reliable, nutritious, safe, affordable and sustainable. The Tasmanian Government and the Tasmanian Food Security Council are seeking proposals, up to the value \$250 000, from individuals and coalitions of organisations across community, government and business. Visit www.tenders.tas.gov.au to find out more information about the Tasmanian Food Security Fund.

Commonwealth Bank Staff Community Fund Community Grants Program -The fund has helped protect the health and well-being of Australian children since 1917. Donations come from current and retired Bank staff and are used to help support youth programs. Each year grants of up to \$10 000 are offered to organisations in need and in 2010, \$550 000 will be made available to Australian charities through the program.

To be eligible to apply, your organisation needs to:

- Support the health and wellbeing of Australian children
- Identify realistic, measurable and achievable project goals and outcomes
- Be endorsed by the Australian Tax Office with Deductible Gift Recipient (DGR) status

The ABN/ACN supplied on all applications will be checked by the Staff Community Fund to ensure DGR status is valid. For more information, please visit [their website](#). Applications close July 30.

Calvary Community Grants -Community organisations are invited to apply for support under this latest general grant round. The following four areas of community need have been identified for funding:

- Nutrition
- Early Childhood
- Older People
- Oral Health

Preference will be given to not-for-profit community organisations that meet the criteria as outlined in the guidelines. Application packages and guidelines can be obtained by contacting Jenny Plapp on 6278 5224 or by e-mail at j.plapp@calvarytas.com.au. Applications close on July 23.

Community Action Grants- Caring for Our Country – closes 31 August 2010

Is your community group focussed on improving Australia's natural environment? The Australian Government is offering grants between \$5 000 and \$20 000 to help community groups take action to protect and improve their natural

environment. Community Action Grants are a part of the Australian Government's \$2 billion Caring for our Country initiative. Community groups, farming groups and Indigenous organisations are encouraged to apply for projects that will involve volunteers and help communities to contribute in the priority areas of:

- Coastal rehabilitation, restoration and conservation
- Sustainable farming, land management or improving natural resource management
- Biodiversity conservation or environmental protection

For further information and to apply for funding, visit the Caring for our Country website at www.nrm.gov.au or phone 1800 552 008 for a fact sheet.

Department of Education, Employment and Workplace Relations-Endeavour Language Teacher Fellowships Foreign language teachers have the opportunity to experience the language they teach – find out about the Endeavour Language Teacher Fellowships by visiting www.eltf.austraining.com.au

Arts Tasmania -The Arts and Disability Program - Closes 19 July 2010. The Arts and Disability Program is a one-off grant program (funded by the State Government). For information, or to obtain an application form, visit the Arts Tasmania website www.arts.tas.gov.au/aad or contact Arts Tasmania on 1800 247 303.

Arts Tasmania: - Assistance to Individuals Program- closes 1 August 2010. Do you need help to prepare your grant application? Individual appointments in Hobart are available at any time on request. Contact the Program Officer, Arts Tasmania, phone 6233 7308 or email info@arts.tas.gov.au

Landcare Australia Junior Landcare Grants Program – Any school or organisation that would like to involve their students in landcare projects, in conjunction with local landcare groups, can apply for grants of up to \$1000 to assist them with the costs of their project. The remaining closing dates for 2010 rounds are - 6 August, and 22 October. For further information go to <http://www.juniorlandcare.com/Grants.htm>

Festivals Australia – closes 15 July 2010 Festivals Australia is an Australian Government program which funds Australian regional and community festivals to present quality cultural projects. Funding is available to add a new or special sort of cultural activity. There are two funding rounds a year. To be eligible for funding, an activity must not have been previously presented and must be one that could not be afforded without the funding. Applications must be made by organisations that manage regular festivals. Eligible organisations include local governments and councils, cultural organisations and regional arts councils that manage festivals. For more information go to http://www.arts.gov.au/arts/festivals_australia or phone 1800 819 461 or email festivals.australia@environment.gov.au

Community Capacity Building Grants Program 2010-11

The 2010-2011 Community Capacity Building Grant Program will open on Saturday 31 July and close at 5pm on Thursday 30 September 2010. If you would like to find out more about this grant program, and other community grants programs, you can subscribe to an electronic grant alert list by emailing cdgrants@dpac.tas.gov.au with the header 'Subscribe to grant alert list'.

Local Councils may have community grant money. Check these websites or contact 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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Learn a little about Health Promotion activities -

The **NW Health Promotion** team offers a quarterly **networking opportunity** for those working in the region in health promotion roles. The meetings allow those attending to discover what's happening or planned in the north-west and provides an opportunity to share and access health promotion projects and events. A guest speaker is invited to each meeting. The meetings are offered via videoconference with links to Smithton, King Island, Queenstown Zeehan, Rosebery, Burnie, Devonport and Latrobe.

On June 23rd the guest speaker was **Vicki Russell Northern Team Leader/NW Community Development Officer Drug Education Network Inc.** vicki@den.org.au Telephone: 1300 369 319, Mobile: 0439 591 795, PO Box 688, Wynyard TAS 7325

Drug Education Network Inc-“Working with communities to minimise the harms associated with drug use through the provision of effective, evidence-based information and programs.”

DEN has offices in the north, south and north-west with a small team of community development workers.

Major projects:

1. Senior Tasmanians and alcohol and other drug use
2. Tune In Not Out – podcasting with young people aged 16 to 25 years – check out the website <http://www.tuneinnotout.com/>
3. Alcohol and consent – a partnership project with Hobart Sexual Assault Support Service
4. Drug Relapse Prevention program at Ashley Youth Detention Centre
5. Workplace training re AOD
6. School drug education information sessions

The Den has formed a Taskforce in Tasmania-a group of key professionals have met and have determined some priority actions – data collection; diagnostic training; a symposium; raising public awareness; and of course, funding opportunities. Current members represent women's health; alcohol and other drug sector; marketing and media; early childhood; population health; general practice; and government.

Are you interested in joining the reference group? -Vicki is keen to have a broad representation [service providers, consumers, NGO's etc] on an online [email] reference group on the issue-email Vicki vicki@den.org.au AND...

The DEN has launched a prenatal exposure to **alcohol Prevention Hand Book** – as part of developing a prevention strategy for Tasmania. By way of background to this publication, Tasmania has the highest proportion of young people aged 18-24 years of all states and territories who use alcohol at risky or high risk of harms in the short term (19.4%). Alcohol is the most common principal drug of concern for which treatment sought (38%) and 39% of this group are women. Alcohol is consistently the most common primary drug of concern for callers to the DEN information and referral service.

Contact the DEN if you would like to access stats or order a copy of the Hand Book and/or take up the opportunity to access free training in your workplace by contacting the DEN 133 369 319

The next NW Health Promotion network meeting will be held on Wednesday 13th October 2pm-3:15pm and the guest speaker will be Wendy French from the StandBy Response Team.

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What's coming up on the health events calendar? July and August

Month of	julEYE	www.juleye.com.au
	Diabetes Awareness Month	www.diabetestas.com.au
4-11	NAIDOC Week	www.naidoc.org.au
11-17	National Diabetes Awareness Week	www.diabetestas.com.au
11	World Population Day	www.unfpa.org
10	Launceston Ten	www.launceston10.com.au
19-25	National Wee Week	www.kidney.org.au
19-23	National Farm Safe Week	www.farmsafe.org.au
22	FragileX Awareness Day	www.fragilex.org.au
23	Lifelines Stress Down Day	www.stressdown.org.au
24-31	Pituitary Awareness Week	www.pituitary.asn.au
30	Schools Tree Day	www.planetark.com.au/trees

1	National Tree Day	www.planetark.com.au/trees
1-7	World Breastfeeding Week	www.breastfeeding.asn.au
1-7	Infant Massage Awareness Week	www.infantmassage.org.au
1-7	Contenance Awareness Week	www.contenance.org.au
1-7	National Healthy Bones Week	www.healthybones.com.au
2-8	Dental Awareness Week	www.ada.org.au
6	Jeans for Genes Day	www.jeans4genes.com.au
9	International Day of the World's Indigenous People	www.un.org.au
12	International Youth Day	www.un.org.au
15-21	National Glaucoma Week	www.glaucoma.org.au
16-22	Brain Injury Awareness Week	www.bia.net.au
22-28	Hearing Awareness Week	www.hearingawarenessweek.org.au
22-28	Speech Pathology Awareness Week	www.speechpathologyaustralia.org.au
27	Daffodil Day	www.daffodilday.com.au
31	National Overdose Awareness Day	www.salvationarmy.org.au

The 2010 Health Events Calendar is now on the internet, the DHHS public website:
http://www.dhhs.tas.gov.au/about_the_department/structure/operational_units/primary_health/health_promotion

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

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