

# Health Promotion North-West Newsletter

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

Do you want to subscribe or unsubscribe to the NW Health Promotion e-news?

If you wish to subscribe, press control + [click here](#).

If you wish to cease receiving the e-news, press control + [click here](#).

Old editions of the Health Promotion email updates are available on the [DHHS internet](#).

**In this update you'll find –**

[Training opportunities](#)

[Jobs](#)

[Events-Tasmania](#)

[Events- Interstate](#)

[Your opinion is valued](#)

[Resources](#)

[Funding](#)

[What's coming up on the health events calendar?](#)



## Training opportunities

**Devonport City Council** monitors change in the City on a regular basis, including changes to the City User Populations, number of dwellings and environmental factors affecting the City. Council provides this detailed demographic information on Devonport and our community on Council's website. Access on the link:

[http://www.devonport.tas.gov.au/index.php?option=com\\_content&task=view&id=13&Itemid=53](http://www.devonport.tas.gov.au/index.php?option=com_content&task=view&id=13&Itemid=53) .

**A free training** session on the **on-line community profile** for Devonport is offered to community organisations and Council staff on Wednesday 11 August -10:00am - 11:30am at the Council Committee Rooms. The training is aimed at familiarising users with the site, demonstrating how you can access information for your benefit. Please attend the training so that you are able to use this information effectively .Spaces are limited so please indicate your interest in attending by Friday 6 August to Leanne French at email: [lfrench@devonport.tas.gov.au](mailto:lfrench@devonport.tas.gov.au) or telephone: 6424 0560

**Dementia Assessment Education Session**-For Practice Nurses, Registered Nurses and Health Professionals on Tuesday 24th August at the Rural Clinical School-Multi Room A Brickport Road, Burnie-at 10.00am - 3.00pm (Lunch not included). RSVP: 13th August to Sharee Taylor, GPNW on 6425 0800 or email [staylor@gpnw.com.au](mailto:staylor@gpnw.com.au) . For more information please contact Sharlene Meldrum, NWAHS on 6430 6538 or email [Sharlene.Meldrum@dhhs.tas.gov.au](mailto:Sharlene.Meldrum@dhhs.tas.gov.au)

**2010 DHHS Learning Series**-The Learning Series is an initiative from Human Resource Development, offering developmental programs to DHHS staff. Most of these programs are at no cost to the participants and range from one hour presentations to full day workshops.

The Learning Series programs are provided across the state.

- Select this link for the full [2010 Learning Series Program](#)
- Venues - access maps to the training venues on the link [Maps of Training Venues](#)
- To enrol in one or a number of these programs please complete the enrolment form asap -places are limited. [Enrolment Form - 2010 DHHS Learning Series](#)

Enrolments are required on an individual basis and for each staff member requesting to attend. Group enrolments will not be accepted. If you have any questions regarding the 2010 DHHS Learning Series please contact staff from Human Resource Development (HRD) on 6233 6840 or via email at [hrd@dhhs.tas.gov.au](mailto:hrd@dhhs.tas.gov.au)

**Motivational Interviewing workshop** - on 24<sup>th</sup> September in Glenorchy .Presenter David Manchester, is a clinical psychologist who provides motivational interviewing training workshops in Australia and the UK. Sessions in the North and North West were well received and many participants report that they have integrated his suggestions/tools into their practice. Friday 24<sup>th</sup> September 2010-9.00am to 4.00pm at the Glenorchy Civic Centre, Cooper St, Glenorchy. **Cost:** \$50 - (This is a subsidised cost provided by and Population Health Priorities and Health Promotion South). **Please register your expression of interest and send enquires to** [sue.chaston@dhhs.tas.gov](mailto:sue.chaston@dhhs.tas.gov)

**Workplace Bullying Awareness (Hobart)**-A four-hour bullying awareness workshop will be held in Hobart on 24 August. The workshop, supported by the Tasmanian Skills Institute, will provide a comprehensive view of workplace bullying, harassment and discrimination including developing or enhancing effective interpersonal skills to deal with conflict in the workplace. Attendees will gain insight into legal and compliance issues, key factors and indicators of a bullying culture, definitions, rights and responsibilities of employees, employers and managers, and creating positive workplace relationships. The emphasis is on honing and acquiring interpersonal skills and practical information, strategies and methods to deal with bullying. Cost is \$45. To register, visit [www.volunteeringtas.org.au](http://www.volunteeringtas.org.au)

**Good Grief Ltd** is committed to relieving suffering and bringing hope to people affected by change, loss and grief. The following training sessions are offered in Tasmania in September:

- Young People Companion Training - Launceston Start Date & Time: 27/09/2010  
End Date & Time: 28/09/2010 [More Details](#)
- Adult Companion Training - Launceston Date & Time: 29/09/2010 [More Details](#)
- Reconnector - Launceston Date & Time: 27/09/2010 [More Details](#)

Details at: <http://www.goodgrief.org.au/SeasonsforGrowth/tabid/58/Default.aspx>

**Three workshops with GroupWork Solutions: 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 information visit [www.groupworksolutions.com.au](http://www.groupworksolutions.com.au)

**I. Group Dynamics and Change, Wednesday 1<sup>st</sup> 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. These dynamics, forbidden agendas or invisible loyalties often prevent group members from behaving constructively. They are either formed throughout the life of the group, or emerge from issues in the past or arise outside the group. Participants will:

- explore models for working with group dynamics
- identify ways that work teams or groups fail to warm up to achieving their purpose
- practice skills used to deal with issues in the here-and-now
- use of sociometry and social choices to understand group connections

**2. Working with Men's Responses to Conflict, Thursday 2<sup>nd</sup> September 2010**-Resistance is often seen as a negative response of avoidance that occurs between workers and clients in individual counselling or group work situations. However, resistance can also provide another more valuable and affirming perspective when used within strength based approaches. Dignity is the capacity for someone to care adequately for others and resistance to high level conflict situations occur as people preserve their own or some other person's dignity.

This workshop explores skills and exercises used in conflict resolution that value resistance that maintains basic dignity and responses to conflict that build insight, responsibility and change. It builds upon the experience of participants and introduces a range of practical tools that can be used with clients in a variety of settings. It focuses on:

- the use of the domestic violence framework
- differences between anger management and family violence work
- using response based approaches to create insight, responsibility and greater safety
- tools and exercises to use when working with men to enable them to better regulate conflict.

### **3. Working with Men practice development workshop, Friday 3<sup>rd</sup> 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. The workshop will focus on:

- applying the generative perspective
- building stronger local networks
- supporting opportunities for peer supervision

**Jobs**



**Research project EOIs**-The University Department of Rural Health is offering a few project-based research training opportunities attached to UDRH research projects. UDRH is now seeking expressions of interest from primary healthcare professionals for short term, part-time casual placements. Closes August 5. For more info or to apply contact [Erica.Bell@utas.edu.au](mailto:Erica.Bell@utas.edu.au)

**Jamie's Ministry of Food Australia is seeking a Director- Ministry of Food**, based at Airport West Victoria. See the following links <http://www.theage.com.au/entertainment/tv-and-radio/position-vacant-jamie-olivers-ministry-of-food-bound-for-oz-20100716-10dnv.html>

<http://images.theage.com.au/file/2010/07/16/1697253/Jamie%20Oliver%20Job%20Description.pdf>

Find out more about Jamie's Ministry of Food, see <http://www.jamieoliver.com/jamies-ministry-of-food/>

Sounds like a great opportunity for a nutritionist with a passion for cooking with management and administrative experience.

### **Arthritis Tasmania- 2 positions available:**

Project Officer, part time (0.5 FTE) Successful Applicant will have:

- Relevant tertiary qualifications,
- Excellent project management skills, with proven ability to meet targets and deadlines
- Passionate about engaging older adults, sedentary people and those with risk factors or chronic conditions, in physical activity
- High level communication skills and collaborative work style
- Computer skills
- Drivers licence

Manager Training Services & Community Programs- Successful Applicant will have:

- Tertiary qualifications in nursing, public health, education or a related field
- Certificate IV in Training and Assessment
- Expertise in ensuring compliance with AQTF requirements for RTOs
- Experience and knowledge in working with consumer engagement programs
- Ability to organise, manage and prioritise multiple tasks and meet deadlines, while maintaining quality and attention to detail
- Ability to work collaboratively in a small team environment
- High level communication skills
- Advanced computer skills

Salaries will be commensurate to successful applicants' qualification and experience. Generous salary packaging available - Application Close: 5pm Friday 30<sup>th</sup> August 2010.

Contact [info@arthritistasmania.com.au](mailto:info@arthritistasmania.com.au) for position description on either of these positions.

[Back to top](#)



## Events-Tasmania

**Are you going to Junction 2010 in Launceston** August 26-29<sup>th</sup> ? Reconsider and re-imagine the future! Presented By: [Regional Arts Australia](#) Event website:<http://www.junction2010.com/>

**Infant massage**-Parents in Burnie are invited to attend a morning of relaxation with baby and learn infant massage techniques from a qualified teacher Friday 6<sup>th</sup> August 11.00am to noon. At Bernie's Pad in the Plaza Shop 19 Plaza Arcade, Burnie. Presented by Centacare Burnie the Communities for Children Initiative is funded by the Australian Department of Families, Housing, Community Services and Indigenous Affairs. This is a free event for all parents in Burnie

**Grant Writing Workshops NW**-The Department of Premier and Cabinet, in conjunction with Regional Development Australia - Tasmania and the Tasmanian Early Years Foundation, is offering free grant writing workshops for community groups and organisations. The two-hour workshops will focus on grant writing in general and cover the key aspects of successful applications and project planning including:

- demonstrating the need and support for your project
- project planning
- budgets
- partnerships
- good grant writing tips to give you the best chance of success.

The Department of Premier and Cabinet's Community Capacity Building Grants Program opens on 31 July -closes on 30 September 2010. Grant writing sessions will be held in the NW on August 11<sup>th</sup>:

- 10am -Portside Online (Room 10), 2 Spring St, **Burnie**
- 2pm -Latrobe Council Chambers, 170 Gilbert St, **Latrobe**

And Zeehan August 17<sup>th</sup>

- 9:30am-11:30am at the Town Hall Zeehan- 2a Wilson St

RSVP [cdgrants@dpac.tas.gov.au](mailto:cdgrants@dpac.tas.gov.au) or by phone 1800 204 224.

**Food Security –AHPA video conference lunch time forum** -: Tuesday 24<sup>th</sup> August 2010, 12.30pm – 1.30pm - Presented by Julie Williams Manager, Community Nutrition Unit.

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.

This presentation will provide an overview of the determinants of food security, what we know about the extent and impact of food insecurity on Tasmanians, and the role of the Tasmanian Food Security Council and its aims in relation to preventing food insecurity in Tasmania. No RSVP required. Venues: DHHS Telecare Venues - Hobart Repat, Burnie Parkside, Devonport CHSC, King Island Hospital, John L Grove. Gold coin donation to Australian Health Promotion Association AHPA Tas. from non-members welcomed. *Feel free to bring your lunch!* Contact Sarina Laidler: [sarina.laidler@dhhs.tas.gov.au](mailto:sarina.laidler@dhhs.tas.gov.au) or 6462 9954 for further information.

**Enterprise Facilitation Workshop - Passion, entrepreneurship, and the rebirth of local economies-** TasCOSS is proud to present a workshop by international local economic development expert Dr Ernesto Sirotti, who has an international reputation for his person-centred model for regional economic development. 25 August 2010, 10.00am - 4.00pm at the Hobart Function and Conference Centre, Elizabeth St Pier. Practitioners and policy makers involved in regional/economic/small business/community development; volunteers serving on Boards for the above sectors; political leaders at all levels; small business owners, social enterprises, and individuals interested in exploring the world of entrepreneurship; educators; and Chambers of Commerce and other associations and service groups. COST: TasCOSS Members \$160.00, Non-Members \$260.00 RSVP: COB August 19th For a detailed flyer and registration form, go to [www.tascoss.org.au](http://www.tascoss.org.au) or contact TASCROSS for more information at [admin@tascoss.org.au](mailto:admin@tascoss.org.au) or 6231 0755.

**Essential Governance Workshop-** *A Practical Workshop to Help your Organisation Run Effectively*  
PRESENTERS: Donna Bain and Steve Allen- Smithton, Devonport, Launceston, Hobart and Huonville .Session 1 will be held in early August, and Session 2 in early-mid September Cost \$15 to cover refreshments for session 1 and 2. Back by popular demand, this 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 Marie Meakins for registration details [marie.meakins@dpac.tas.gov.au](mailto:marie.meakins@dpac.tas.gov.au)

**Give more, give smarter, give better, give now!** - We all want to give, but sometimes it's hard to know how to get started. [www.GiveNow.com.au](http://www.GiveNow.com.au) is Australia's most user-friendly giving portal – a place where you can put your dollars to work to start building the kind of world you want to live in. The site is designed to help you:

- **Give More** – more of your time, your money, your skills, your resources, your connections
- **Give Smarter** – discover what sort of giving will create the kind of world you want to see
- **Give Better** – learn about the best ways to convert your good intentions into action.

With GiveNow, you have the power to make a difference. No money? No worries! You can also find out how to give time, blood, clothes, blankets, computers, mobile phones, bikes, even corks!

**Invitation North West Men's Gathering** - join together and celebrate the experience of manhood.

This transforming, weekend retreat takes place at RiverBend, Smithton on Tasmania's far North West Coast & includes great food, comfortable accommodation, & experienced facilitators. Starts Friday evening 27<sup>th</sup> and finishes Sunday 3pm 29<sup>th</sup> August. *"It's about mateship, humour & gives you time to think about relationships with others."* **REGISTER** and for further information –contact Rural Health Tasmania Inc. 68 Emmett St. Smithton 7330 or phone 6452 1266. Cost \$150 all inclusive, Friday evening to Sunday afternoon, accommodation, food & event

**Adult Education, all year round:** With hundreds of indoor and outdoor courses to keep your mind and body active. Visit [www.adulteducation.tas.gov.au](http://www.adulteducation.tas.gov.au) to choose your course and enrol online.

**Womens Well- Being INFORMATION-**a mother's group with a focus on all aspects of well-being for mums with 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-contact Megan to

discuss/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. ☺ Children welcome. Cost gold coin donation per mum. Contact Megan 0439 474 675 or email [yummyummynwtas@live.com.au](mailto:yummyummynwtas@live.com.au) or 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>

**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. **See the webcast website to book your place for Wednesday 1 September 2010 at 7.30pm AEST [www.jeanhailes.org.au/webcast](http://www.jeanhailes.org.au/webcast)**

**Assistive Equipment and Technology Displays Devonport and Burnie-ILC TAS** (Independent Living Centre, Tasmania) is a free information and advisory service about assistive technology. Assistive technology is anything that can help you do a task. Solutions could involve equipment, changing a technique, using a service, handy hints or adapting something you can find around the home. ILC Tas does not sell equipment. ILC Tas brings a selection of equipment to each display, including;

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

You can request other equipment to be brought to a session. Please contact ILC Tas before the visit.

**Burnie** -Wed 25th August 2010 12 – 1 pm: Drop In (Appointments after 1pm) Community Health Centre 11 Jones St. Burnie.

**Devonport**-Thu 16th September 2010 1 – 2 pm: Drop In Theme: Gardening. (Appointments after 2pm) Community Health Centre 23 Steele St. Devonport

RSVP encouraged: 1300 885 886. Everyone is welcome to attend and ask questions. This is free of charge. Please contact ILCTas on 1300 885 886 to make an appointment, join the mailing list, or for more details.

**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](http://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.

**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](mailto:maggie.johnson@dhhs.tas.gov.au) .Smithton session contact Sharon Griffiths [Sharon.griffiths@dhhs.tas.gov.au](mailto:Sharon.griffiths@dhhs.tas.gov.au) or phone 6440 7134

**Commonwealth Respite and Carelink Centre together with Carers Tasmania** will be hosting Seniors Forums in October at the following locations:

- 21<sup>st</sup> October Queenstown Hospital 11am to 1pm and Strahan Senior Citizens Clubrooms 2pm to 4pm
- 22<sup>nd</sup> October Zeehan Neighbourhood House 10am-12 and Rosebery Community House 1pm to 3pm
- 28<sup>th</sup> October Stanley Brethren Hall 1pm to 4pm

**Carers and/or Seniors week events coordinated by Carers Tas** – Carers Tas are calling for further expressions 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 (as above) 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](mailto:vicki@carerstas.org) by 31 August.

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

Devonport August Thursday 26<sup>th</sup> 11am -1pm Devonport Community Health Centre Steel Street

Burnie October Thursday 28<sup>th</sup> 11am -1pm Polytechnic Burnie

Devonport December Thursday 23<sup>rd</sup> Christmas break-up Devonport Community Health Centre

RSVP / express interest in presenting - please email [david.nancarrow@aohtas.org.au](mailto: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 12<sup>th</sup> 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.

**Invitation to Present at North West EXPO - Mental Health Week October 12<sup>th</sup> 2010** - this is 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 concerning people with a mental illness. The MHW theme for 2010 is “Keeping your Balance; Mind and Body Fitness”.

An expo will be held at the **Devonport Recreational Centre on 12<sup>th</sup> of October 2010-1pm until 8pm.** If you would like to be part of this Expo-by holding an information display stall or displaying an activity to promote and display your service or business, to a wide range of community members who are looking to improve their health and wellbeing-please contact Joyce Langmaid, ph 0364 206800 or 0429 977 765 or email: [langmaidj@missionaustralia.com](mailto:langmaidj@missionaustralia.com)  
Please contact by August 24<sup>th</sup>

**International Mental Health Conference** -Richmond Fellowship Tasmania – Asia Pacific Regional Conference AsPac 2010, 17 – 19 November 2010 Wrest Point, Hobart, Tasmania  
[http://www.cdesign.com.au/aspac2010/pdf\\_registration\\_brochure.pdf](http://www.cdesign.com.au/aspac2010/pdf_registration_brochure.pdf)

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

- **Devonport Community House** –contact Coordinator - Kate Beer at 10 Morris Avenue, Devonport on 6424 7060. [devhouse@internode.on.net](mailto:devhouse@internode.on.net)
- **Ulverstone Community House** – Co-ordinator Rachael Morris. Phone: 6425 4186, 8-10 Lugana Cres, Ulverstone. [info@ulverstonecommunityhouse.com](mailto:info@ulverstonecommunityhouse.com)
- **Burnie Community House** – Call Rhonda Sutton -ask about activities at the house at 24 Wiseman St, Burnie Phone: 6433 3219 Email: [burniehouse@dodo.com.au](mailto:burniehouse@dodo.com.au) House

- **Eastern Shore Community House** –Coordinator Lorraine Heron, 106 David Street, East Devonport, 6427 9985; email [esch@westnet.com.au](mailto:esch@westnet.com.au)
- **Rosebery Community House** – 8 Agnes Street Rosebery, 6473 1497 Mobile 0400 469 984 [roseberync.coord@internode.on.net](mailto:roseberync.coord@internode.on.net)
- **Zeehan Neighbourhood Centre** –. Contact Melissa Crosbie on 6471 6108. [znc@intas.net.au](mailto:znc@intas.net.au)
- **King Island Phoenix House**- 28 Albert St, Currie Coordinator, Katherine Harris 64621746 or email: [phoenixhouse@internode.on.net](mailto:phoenixhouse@internode.on.net)

**Fun with Felt workshops**-in the Ulverstone area August 14, 2010 -10am - 4pm. Come and explore the magic of felt with textile artist/feltmaker June Hope. Enquiries and bookings – call June Hope on 6425 2426 Mobile 0409 416 196 or email – [june.e.hope@gmail.com](mailto:june.e.hope@gmail.com)

**Aged and Community Services Australia (ACSA) Twenty 10 National Conference** 19-22 September 2010 Hobart Grand Chancellor. The theme is “Explore the possibilities”.  
<http://www.agedcare.org.au/CONFERENCES/Currentand-Previous-ACSA-Conf/2010-Nat-Conf/ACSA%20Call%20for%20Abstracts.pdf> For further information contact Conference Design Pty Ltd, 228 Liverpool Street, Hobart, telephone 6231 2999, email [info@cdesign.com.au](mailto:info@cdesign.com.au) or fax 6231 1522 or visit [www.cdesign.com.au](http://www.cdesign.com.au)

**Australian Association of Gerontology 43<sup>rd</sup> 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>

#### **NW Health Promotion Networking Meeting dates for 2010:**

- Wednesday 13<sup>th</sup> October 2pm-3:15pm-Speaker- Wendy French-StandBy Response
- Friday 3<sup>rd</sup> 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](mailto:julie.milnes@dhhs.tas.gov.au) ph 6421 7704.

[Back to top](#)



#### **Events- Interstate**

The [2010 CO-OPS National workshop](#) Wednesday 20<sup>th</sup> & Thursday 21<sup>st</sup> October at the Hilton Sydney- The workshop is a unique event bringing together practitioners, researchers and funding bodies working in community-based obesity prevention to learn from each other, promote best practice and develop professional networks. The 2 day workshop is free to attend. This will be the biggest gathering of practitioners, researchers and funding bodies working in community-based obesity prevention in Australasia in 2010. For information visit [http://www.co-ops.net.au/Pages/Public/2010\\_National\\_Workshop.aspx](http://www.co-ops.net.au/Pages/Public/2010_National_Workshop.aspx) Abstract submissions close Friday 20<sup>th</sup> August. For more information call +61 3 5227 8929 or email [admin@co-ops.net.au](mailto:admin@co-ops.net.au)

**Australian and New Zealand Obesity Society ANZOS** annual conference 21-23 October “A Time for Change: Meeting the challenges of the future” <http://www.eventc.com.au/ANZOS/index.html>

**2010 International Arts and Health Conference** (Melbourne)-Arts and health programs have proven effective for people with chronic health conditions. The utilisation of the arts in healthcare services and health promotion is now established as a growing international movement, spurred by significant scientific research and practice. The 2010 International Arts and Health Conference, to be held in Melbourne from 16-19 November, will present vital information and facilitate dialogue and discussion that can pave the way to improved healthcare and greater health equality. To submit an abstract or to register interest in attending, log on to [www.artsandhealth.org](http://www.artsandhealth.org) or phone (02) 6583 5040.

**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>

**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>

[Back to top](#)



### Your opinion is valued

**Government plans to give young people a say in out-of-home care** -The Australian Government has released draft national standards to safeguard the health, safety and wellbeing of children living in foster homes and other formal out-of-home care across Australia. Further consultation will take place before the standards are finalised. It is expected that implementation of the standards will begin in July 2011. The draft standards, endorsed by the state and territory governments and made public in early July by federal Minister for Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) Jenny Macklin, are the first attempt to plug the policy gaps exposed by a doubling in the number of foster children in a decade. Australia has 34,000 foster children.

[http://acys.info/youth\\_field\\_xpress/index/no.\\_167\\_july\\_2010/government\\_give\\_young\\_people\\_a\\_say](http://acys.info/youth_field_xpress/index/no._167_july_2010/government_give_young_people_a_say)

### Have your say

**Community Achievement Awards** - With the launch of the Community Achievement Awards, the state-wide search has now begun for outstanding, inspirational and high achieving individuals, volunteers, businesses, achievers with a disability, Primary Industries, environmental initiatives and community groups who are involved in serving their community and making our state a better place to live. You can have your say by nominating someone you know that deserves recognition for their commitment and community contribution. Contact 1300 556 265, visit [www.awardsaustralia.com/CAA\\_tas.html](http://www.awardsaustralia.com/CAA_tas.html) for guidelines and form. Closes 27 July.

**Active Tasmania Awards 2010** - A total of \$31,000 prize money is available to acknowledge active communities around Tasmania through the 2010 Active Tasmania Awards, coordinated by the Premier's Physical Activity Council. Awards categories include: Local Government - City Award; Local Government – Other Award; School or Group of Schools Award; Community Organisation Award; and Collaboration or Partnership Award. If your council, school, or community group is creating a physically active community, you are encouraged to submit a nomination by 13 August. Contact [www.getmoving.tas.gov.au](http://www.getmoving.tas.gov.au) phone 1800 440 026, email [businesspoint@development.tas.gov.au](mailto:businesspoint@development.tas.gov.au)

**Employer of Choice Awards** - Is your workplace a great place to work? Tasmanian employers say being officially recognised as an 'Employer of Choice' gives them the edge in the competition for skilled labour. Enter the 2010 Employer of Choice Awards now. Entries close 10 September. For information, call Business Point on 1800 440 026, email [businesspoint@development.tas.gov.au](mailto:businesspoint@development.tas.gov.au), or visit [www.development.tas.gov.au/eocawards](http://www.development.tas.gov.au/eocawards)

**2010 LIFE Awards**-The 2010 LIFE Awards are now open for nomination! The LIFE Awards, held annually in conjunction with International World Suicide Prevention Day, recognise the outstanding contribution to suicide prevention in Australia. The awards are a prestigious national event- that attract guests from all areas including business, industry, media, government, youth and medicine - all with an interest in suicide prevention. Each year nominations are received from all over Australia which showcase the exciting, new, innovative and diverse range of programs that are being undertaken within the field. Entries close on 13 August. For guidelines visit <http://suicidepreventionaust.org/Awards.aspx>

**DHHS staff** is encouraged to consider contributing to **Health Links** to showcase the brilliant work that you, your staff and service are doing at present. Contact **Eliza Young**, Media and Communications Officer, North West Area Health Service, 6490 8971 or 0439 342 159 Email: [eliza.young@dhhs.tas.gov.au](mailto:eliza.young@dhhs.tas.gov.au)  
Web: [www.dhhs.tas.gov.au/nwahs](http://www.dhhs.tas.gov.au/nwahs)

[Back to top](#)



## Resources

**Get Healthy Information and Coaching Service®** in Tasmania – This new program is confidential telephone-based health information and coaching service addressing the risk factors of unhealthy eating, physical inactivity and unhealthy weight. The Service is part of the broader strategy to prevent chronic disease. Participants can contact the Service and receive an information kit and/or choose to take part in the 6 month coaching service. This consists of approximately 10 phone calls over 6 months to support participants to change behaviours and achieve their own goals around improving their health and wellbeing. For information contact Petrina Nettlefold Policy Officer- Get Healthy Tasmania Service

Population Health, DHHS Tasmania 3/25 Argyle St Hobart (GPO Box 125) Ph: 6222 7708 Fax: 6222 7720

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

The first week in August is **World Breast Feeding Awareness Week** –**Breast milk** is important not only for the health of babies and the economy, it's great for the family budget, too! While breast feeding is normal, it's a learned skill which needs support at many community levels. For information contact the Tasmanian Breastfeeding Coalition on 6222 7222 or visit [www.breastfeedingtas.org](http://www.breastfeedingtas.org) or <http://www.breastfeeding.asn.au/>

### **Alcohol and Pregnancy and Fetal Alcohol Spectrum Disorder Resources:**

The Alcohol and Pregnancy and Fetal Alcohol Spectrum Disorder Resources for Health Professionals resources are available as hard copies and may be ordered and mailed to you (free of charge) or downloaded from our website <http://www.ichr.uwa.edu.au/alcoholandpregnancy>

**New Australian Government Initiatives on Body Image**- The constant emphasis and idealisation of body images in the media has caused many people to have decreased satisfaction with their own appearance, leading to poor self esteem. This can consequentially have very negative impacts on people's physical wellbeing, due to extreme dieting which can lead to excessive weight loss and/or severe nutrient imbalances. It is therefore great to hear that the government will be taking action to address this widely spread issue.

On 27<sup>th</sup> June 2010, Kate Ellis, Minister for Youth, announced new Australian Government initiatives to promote positive body image among young Australians. The initiatives that were announced focus on:

- Education initiatives to build young people's resilience to negative body image pressures and to assist schools to become more 'body image friendly'; and
- Encouragement and recognition for positive action in the area of body image in the media, fashion and advertising industries (in line with the Advisory Group's Voluntary Industry Code of Conduct).

Take a look at - the Minister's Statement responding to recommendations from the National Advisory Group on Body Image, and the Voluntary Industry Code of Conduct on Body Image. Click the link- <http://www.youth.gov.au/bodyimage.html>

**Diabetes Tasmania Has an Accredited Practising Dietitian**-Do you have a client with a chronic health condition who may benefit from some expert advice and support? Diabetes Tasmania also a range of other services for people with diabetes:

- Healthy Shopping Tours (free)
- Group Education Sessions (free)
- The COACH Program (free)

For info phone 1300 136 588, visit 64 Cameron Street, Launceston 7250 or email [www.diabetestas.com.au](http://www.diabetestas.com.au)

**ABS Statistics Released** recently Data 4839.0.55.001 Health Services: Patient Experiences in Australia, 2009, 2009 (First Issue) <http://www.abs.gov.au/ausstats/abs@.nsf/mf/4839.0.55.001?OpenDocument>

The latest quarterly edition of **Australian Social Trends** (June quarter) was released on the ABS website on 30 June. Articles include:

- Population growth: past, present and future
- Environmental awareness and action
- Men's health
- Who's afraid? Feelings of personal safety
- Child care
- Underemployment

The publication is available from the ABS website: [4102.0 - Australian Social Trends, June 2010](http://www.abs.gov.au/ausstats/abs@.nsf/mf/4102.0).

**The ABS** has released its first issue of the **Mental Health of Young People, 2007** ([here](#)) using info drawn from the ABS 2007 National Survey of Mental Health and Wellbeing (SMHWB). Focus was on young people aged 16-24 years. The section on [Comorbidity & severity](#) notes that ...'Of the 671,000 young people with a [mental disorder\\*](#), around one-third (37% or 247,000 people) had two or more disorders, either a physical and mental disorder(s) or more than one mental disorder.' The [linked fact sheet](#) notes that ...'Young people with mental disorders were over 5 times more likely to misuse drugs than those without a mental disorder (36% compared with 7%) - (underlining emphasis mine)

**Research and evaluation** – John Guenther is a NW Tas based research and evaluation consultant and Australasian Evaluation Society member. The main purpose of Cat Conatus [Johns' business] is to provide research and evaluation consultancy services to interested organisations (typically universities, government agencies and community service organisations), <http://www.catconatus.com.au> for more information and contact details.

**Australasian Evaluation Society:** <http://www.aes.asn.au/> the Tasmanian branch offers regular sessions on a range of topics. Helena Mitev is the Tasmanian contact and can be reached via email link on the site. Their website content includes:

- [Evaluation Journal of Australasia](#)
- [E-news](#)
- [Guidelines for the Ethical Conduct of Evaluations](#)
- [Code of Ethics](#)
- Stories of Evaluation Learnings
- [Evaluation Reports](#)

**National Male Health Policy**-The Government has developed a new National Male Health Policy, the first for Australia. The Policy provides a framework for improving the health of all males and achieving equal health outcomes for population groups of males at risk of poor health. It provides practical suggestions for action designed to guide directions into the new decade especially in areas where we know we can make a difference in improving the health of Australian males, and those with the poorest health. The National Male Health Policy - Building on the Strengths of Australian Males, has nine supporting documents providing in-depth analysis of some of the issues raised in the Policy. It also has some practical suggestions for males about what they can do to improve their own health, and some guiding principles that can be used when developing programs and policies affecting Aboriginal and Torres Strait Islander males. Access the National Male health Policy at DoHA by visiting <http://www.health.gov.au/menshealthpolicy>

**emale** -men's newsletter can viewed [http://www.menshealthservices.com.au/EMALE\\_89\\_August2010.pdf](http://www.menshealthservices.com.au/EMALE_89_August2010.pdf)  
The newsletter is produced by Greg Millan, Men's Health Consultant men's health services, men's programs , professional training courses and event management [www.menshealthservices.com.au](http://www.menshealthservices.com.au) Phone/txt 0417 772 390 E [greg@menshealthservices.com.au](mailto:greg@menshealthservices.com.au) . His book "men's health & wellbeing: an a-z guide" is available in bookstores or order online [here](#)

**National Women's Alliances**-In March 2010 the Australian Government offered funding to six National Women's Alliances. The six Alliances will each receive \$200,000 per year for three years. The role of the Alliances is twofold. They will:

- bring together women's organisations and individuals from across Australia to share information, identify issues that affect them, and identify solutions, and
- engage actively with the Australian Government on policy issues as part of a better more informed and representative dialogue between women and government.

[National Women's Alliances](#) [Vision for the Alliances](#) [History of the Alliances](#)

**Family Planning Tasmania**-Family Planning Tasmania aims to provide sexual and reproductive health services through clinic, education, training and health promotion activities that are consistent with these values and with the principles of social justice. The Board and Staff of FPT are committed to providing services in a manner that recognises the rights of individuals to be consistently treated in a non-judgemental, non-discriminatory and considerate way that respects their right to privacy and confidentiality – regardless of their ability to pay. In the NW contact the Burnie Office at 1 Pine Avenue, Upper Burnie 7320 Ph. 03 64317692, E-Mail: [burnie@fpt.asn.au](mailto:burnie@fpt.asn.au) or contact The Devonport Community Health Centre on 6421 7763. Visit [www.fpt.asn.au](http://www.fpt.asn.au) for more info and links such as [www.australia.gov.au/sti](http://www.australia.gov.au/sti)

**Family Planning Tasmania** -winter newsletter can be viewed online - [http://www.fpt.asn.au/images/stories/PDFs/Newsletter\\_Aug\\_2010.pdf](http://www.fpt.asn.au/images/stories/PDFs/Newsletter_Aug_2010.pdf) There is also information on the Family Planning website [www.fpt.asn.au](http://www.fpt.asn.au)

**North West Recreational Cycling Group Inc** - for new and experienced cyclists who do not want to be competitive, to encourage people to get on their bikes for health and social reasons, and to promote safer cycling in the community. Monthly rides offer short or long, easy or hilly options, starting 11am on the last Sunday of the month at varying locations across the NW. Membership \$1 per year plus \$2 per ride. All welcome. Next ride: starts at Squeaking Point, Sun 29/8/10. See <http://www.nwrcgi.org/> for ride calendar or email [contact@nwrcgi.org](mailto:contact@nwrcgi.org)

**Ride to work day**- Registrations now open at [Ride to work day](#). Consider becoming a [workplace coordinator](#) and promote the event to your workmates.

**Walking for Good Physical and Mental health**-The Heart Foundation and *beyondblue* encourage people to stay active this winter or begin regular walking by joining a free Heart Foundation Walking group. Walkers registered with the Heart Foundation qualify for our free incentive scheme, recognising regular milestones with certificates, discount vouchers and gifts. Join Heart Foundation Walking or to start your own group- register online at [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking) , or call 1300 36 27 87.

**Get Walking Tasmania Month** - Get Walking Tasmania 2010 encourages Tasmanians to overcome barriers to participation in regular walking. During Get Walking Tasmania month, communities and environments that support participation in walking for recreation and for active transport will be promoted. Councils may be involved in the following ways:

- Forward a link or a hardcopy of any local tracks and trails brochures to be promoted during the month;
- Consider launching a tracks and trails brochure during Get Walking Tasmania month if there is one currently under development;
- Register an event during Get Walking Tasmania month to promote your tracks and trails and active transport opportunities available to your community.

Register online at [www.getwalkingtas.gov.au](http://www.getwalkingtas.gov.au), or call Shannon Anis at the Heart Foundation on 63 36 5119.

**Move Well Eat Well** -is a joint initiative of the Tasmania Departments of Health and Human Services, and Education. Congratulations to Miandetta Primary, Sheffield School (K-6) and Railton Primary schools for receiving their *Move Well Eat Well* Award. Each school has successfully created a school environment where drinking water, being active and eating well is a sustainable part of the school culture and has been integrated into the everyday life of the school. They have all made strong links to local families and their community with positive and consistent messages. Over 135 Tasmanian Primary schools are currently *Move Well Eat Well* members and 36 of these schools are in the North West Region. The *Move Well Eat Well* program is free and provides a comprehensive, yet simple guide, on how to create a healthier environment for children by promoting six healthy messages - Tap into Water Every Day, Plant Fruit and Veg in Your Lunchbox, Limit 'Occasional' Foods, Move, Play and Go, Turn Off, Switch to Play and Stride and Ride. Find more information at [www.education.tas.gov.au/movewelleatwell](http://www.education.tas.gov.au/movewelleatwell) or email [movewelleatwell@dhhs.tas.gov.au](mailto:movewelleatwell@dhhs.tas.gov.au)

**Raising Children Network**-The [Raising Children Network](http://www.raisingchildrennetwork.com.au) is a website for Australian mothers, fathers, grandparents and anyone else who has the responsibility for the care of children. They aim to meet the information needs of a wide range of users, from the just curious, to those looking for assistance with particular problems or issues, or those wanting to explore the science behind modern thinking on the care of children.

**Kidsafe Tasmania**- Kidsafe is a nationally based charitable, non-government organisation dedicated to child safety through the prevention of unintentional childhood injuries and reducing the severity of unintentional injuries to children under the age of 14 years. Its aim of a safer world for kids is achieved through community education, research, advocacy and environmental and legislative change. More Australian children aged 1 - 14 years die as a result of injury than from cancer, asthma and infectious diseases combined. In 2005, 35% of all deaths in this age group were due to injury. The website is designed to provide valuable information about [baby safety](http://www.kidsafetas.com.au/baby-safety) and [child safety](http://www.kidsafetas.com.au/child-safety). Web address is <http://www.kidsafetas.com.au/>. Located at Kidsafe Tas at C/- Abbotsfield Primary School Abbotsfield Road, Claremont, TAS, 7011 or Postal address PO Box 19, Claremont 7011, Phone: (03) 6249 1933, Mobile: 0417 381 721

**New Child Restraint Laws**- view a fact sheet at <http://www.kidsafetas.com.au/road-safety/> or for more detailed information on changes please refer to DIER's Road Rule Fact Sheets, these fact sheets also include information regarding use of mobile phones while driving, visual display units, cyclists, pedestrians, child restraints, seat belts, motorized scooters (wheeled recreational devices), drivers, parking, motorcyclists and summary of other road rule changes at: [http://www.transport.tas.gov.au/road\\_safety\\_rules](http://www.transport.tas.gov.au/road_safety_rules) . A full version of the Road Rules can be viewed at [www.thelaw.tas.gov.au](http://www.thelaw.tas.gov.au) from Nov 30 2009

Keep the following emergency numbers on hand:

- **Emergency** (Ambulance, Police, Fire) 000
- **Poisons Information Centre** (Australia wide, 24 hrs) 13 11 26

**Gender Equality Blueprint 2010** launched in June by The Sex Discrimination Commissioner, Elizabeth Broderick. The Blueprint sets out recommendations in five priority areas for men and women:

- Balancing paid work and family and caring responsibilities;

- Ensuring women's lifetime economic security;
- Promoting women in leadership;
- Preventing violence against women and sexual harassment; and
- Strengthening national gender equality laws, agencies and monitoring.

You can view the Blueprint [here](#).

**Legislation to Strengthen Anti-Discrimination Laws for Families-** These changes will ensure that our anti-discrimination laws meet the needs of contemporary Australians and will also make it easier for people to understand their rights and responsibilities. Amendments to the *Sex Discrimination Act 1984* will:

- establish breastfeeding as a separate ground of discrimination;
- extend protections from discrimination on the grounds of family responsibilities to both women and men in all areas of employment;
- ensure that protections from sex discrimination apply equally to women and men; and
- provide greater protection from sexual harassment for students and workers.

View here-[Legislation to Strengthen Anti-Discrimination Laws for Families](#)

Websites of interest

**The Line** is a \$17 million Australian government **Respectful Relationships Campaign** - The Line <http://www.theline.gov.au/>. *The Line* is a four year campaign targeting youth and their influences in an effort to reduce the incidence of violence in Australia and will pay particular attention to social and online media.

*The Line* invites young people to engage with each other and with experts to promote and encourage positive behaviours in relationships, as well as provoking discussion on some of the issues around relationship 'grey areas' where drawing the line isn't quite as easy. It is about giving young people lifelong skills to recognise, develop and maintain relationships.

**Chronic disease and climate change:** understanding co-benefits and their policy implications-

<http://www.publish.csiro.au/nid/226/paper/NBI0032.htm>

[Back to top](#)



**Funding**

**Allied Health Professional Development Grants -2010-** Open to DHHS allied health professionals. Close August 11. [Allied Health Professional Development Grants – 2010/11](#)

**The Primary Health Care Research, Evaluation and Development /Menzies Research Institute -PHCRED MRA-** Round 2 Travel Grants Applications (\$1500) are now open, closing 4 August 2010. A flyer and application form is available from [http://www.phcred.utas.edu.au/travel\\_grants.htm](http://www.phcred.utas.edu.au/travel_grants.htm)

**Tasmanian Community Fund – closes 25 August 2010-**Eligible organisations are invited to apply for grants under the Tasmanian Community Fund's latest general grant round. Eligible applicants are not-for-profit organisations proposing to undertake a project in Tasmania. Applicants should ensure their organisation and project meet the full eligibility requirements set out in the funding guidelines. There are two funding streams – small grants up to \$10 000 and over \$10 000. **Around \$2.5 million** is available for allocation from this round. To access funding guidelines and application forms go to [www.tascomfund.org](http://www.tascomfund.org) or email [admin@tascomfund.org](mailto:admin@tascomfund.org) or phone 6233 2920.

**Community Action Grants**-Is your community group focused 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; and biodiversity conservation or environmental protection. Applications close on 31 August. For further information, visit [www.nrm.gov.au](http://www.nrm.gov.au), or phone 1800 552 008.

### **Tasmanian Food Security Fund Now Open**

Up to \$500,000 is now available through stage one of the Tasmanian Food Security Fund, to establish innovative responses across the state that will improve vulnerable Tasmanians' access to a reliable supply of safe, nutritious and affordable food. The Tasmanian Government and the Tasmanian Food Security Council are seeking proposals from coalitions across community, government and business. Proposals can be valued up to \$250,000 and must either directly address the production, storage, distribution, access or consumption of nutritious food, or developing monitoring and surveillance methods to measure food security in Tasmania. Closing date is 2 September 2010. To download an information pack, visit [www.dpac.tas.gov.au](http://www.dpac.tas.gov.au), or call the Community Nutrition Unit on 6222 7222.

**National Rural and Remote Health Infrastructure Program**-The Department of Health and Ageing is calling for applications for funding under the National Rural and Remote Health Infrastructure Program. The Australian Government has allocated \$46 million over four years to improve opportunities for partnerships and multidisciplinary approaches to the delivery of health services in rural and remote communities through better access to funding for infrastructure and medical equipment. Funding of up to \$500,000 is available to eligible applicants seeking to provide services in rural and remote communities with populations of up to 20,000 people. Applications close 30 September. Organisations or individuals interested in applying for funding can visit [www.health.gov.au/tenders](http://www.health.gov.au/tenders), or phone 1800 780 939.

**Sport and Recreation Grants**- Six grants-to improve opportunities for Tasmanians to participate in sport and recreation. Sport and Recreation Tasmania will distribute around \$4.6 million to organisations across the state in the 2010-11 financial year, including grants of up to \$50,000 to state sporting organisations, active recreation providers and state sector service providers. Local Government, clubs, associations and other not-for-profit providers of sport and active recreation can also apply for the Major Grants Program, to receive between \$15,000 and \$80,000 for relevant projects. Projects could include major equipment purchases, major facility developments or upgrades, participation projects or other development initiatives. Grants of between \$500 and \$10,000 are also available through the Minor Grants Program for simple equipment purchases, facility developments or upgrades, planning and research studies, or other programs. Additional funding is available under the Trails and Bikeways Grant Program for projects consistent with the Trails Tasmania Strategy and the implementation of city bike plans. Clubs, associations and organisations can apply for grants up to \$3,000 under the National Sport Championships Program to help meet the costs associated with hosting national sporting championships in Tasmania. Sport and recreation providers can also apply for the Trainee Subsidy Program, which provides funding assistance to subsidise and encourage the employment of trainees in the sector. Closing dates vary for each program. For more information, visit [www.development.tas.gov.au/sportrec](http://www.development.tas.gov.au/sportrec), or call 1800 252 476

**Arts Funding for Regional Communities**-The Australian Government is supporting home-grown arts activities in regional Australia with more than \$660,000 for 68 new regional arts projects. Through the Regional Arts Fund, artists work with members of regional communities to bring vibrant arts and cultural experiences - including workshops, festivals and performances to regional and remote communities. Regional arts funding also benefits regional and remote community economies by employing artists and developing their skills, as well

as attracting tourists. For information, visit the Regional Arts Australia website at [www.regionalarts.com.au/raa1/default.asp](http://www.regionalarts.com.au/raa1/default.asp)

**Tasmanian Health and Wellbeing Grants Program 2010**-Applications are invited for the 2010 Tasmanian Health and Wellbeing Grants Program. Eligible organisations are charities or not-for-profit organisations working specifically for the benefit and wellbeing of the Tasmanian community. The grants seek to fund innovative programs emphasising prevention, promotion and resilience-building to address the causes of poor health outcomes, social exclusion and unhealthy behaviours. The 2010 Tasmanian Health and Wellbeing Grants Program offers grants in two categories: Category A – focused projects (one-year funding) up to \$30,000, or Category B – significant and substantial programs (project life of up to three years) up to \$90,000. The grants program aims to foster community-driven responses to the impact of gambling within Tasmanian communities. Applications close on 13 August. Further information can be obtained online by visiting [www.dhhs.tas.gov.au/gambling](http://www.dhhs.tas.gov.au/gambling)

**Telstra Connected Seniors® Workshop Grants**- Community groups can help seniors access a new world of information and communication by applying for Telstra Connected Seniors® workshop grants worth up to \$50,000. Grants range up to \$5,000 for local community organisations, and up to \$50,000 for state organisations. Eligible community organisations can apply for Telstra Connected Seniors® grants at [www.telstraseniors.com.au](http://www.telstraseniors.com.au) til 18 August.

**Move Well Eat Well Funding**-The LGAT has been able to secure funding from the Department of Health and Human Services to promote the Move Well Eat Well program. We are pleased to be able to allocate \$3,300 to a council in each region of Tasmania (North, North-West and South) to promote healthy eating and physical activity for primary age children and their families within their community. Six primary schools in Tasmania have already achieved a Move Well Eat Well Award and over 130 others are following their lead. This means they are actively promoting physical activity and healthy eating in their school community. Applications close on 20 August. To apply, download an application form from [www.surveymonkey.com/s.aspx?sm=hWRrYG7H4IMMM9qI%2fByhCxIT9vhByjkSX%2fKXajL%2fGEg%3d&](http://www.surveymonkey.com/s.aspx?sm=hWRrYG7H4IMMM9qI%2fByhCxIT9vhByjkSX%2fKXajL%2fGEg%3d&). For further information, contact Sue Moir on 6222 7328, or email [movewelleatwell@dhhs.tas.gov.au](mailto:movewelleatwell@dhhs.tas.gov.au).

**Seeds of Renewal Program 2010- Helping Communities Thrive** is a small grants program providing funding of up to \$15,000.00 to rural not-for-profit organisations. Independently administered by the Foundation for Rural and Regional Renewal (FRRR) and proudly supported by ANZ, the program aims to assist small rural and regional communities to work towards a more sustainable future. This program aims to be simple, with a straight forward and swift application and approval process.

**What Can Be Funded?**

\*Communities that have a population of 15,000 people or less.

\* Projects with a charitable purpose

\* Grants will be made in amounts up to \$15,000.00

\* Application from not-for-profit organisations with an ABN; and

**Preference will be given to applications that help communities thrive through the following:**

\* **Creation** of education and employment opportunities (excludes wages)

\* **Building** financial capability

\* **Helping** bridge urban and rural social and economic divides; or

\* Supporting disaster recovery or preparedness

Applications must be postmarked by 5pm on Friday 3 September 2010. Applications will only be accepted by POST to FRRR. Grant seeker enquiries can be made on Freecall 1800 170 020 or email [info@frrr.org.au](mailto:info@frrr.org.au)

**Tasmanian Community Fund**-Eligible organisations may apply for grants under the fund's latest general grant round. Eligible applicants are not-for-profit organisations proposing to undertake a project in Tasmania. There are two funding streams – small grants up to \$10,000, and over \$10,000. Around \$2.5 million is available for allocation from this round.

Applications close on 25 August. Find guidelines and application forms at [www.tascomfund.org](http://www.tascomfund.org), email [admin@tascomfund.org](mailto:admin@tascomfund.org) or phone 6233 2920

**Sources of funding:** There is a large range of funding grants offered by both government and non- government organisations. The information and links provided below will help you search for the grant that best suits your funding need.

### Commonwealth Government

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

### Other useful sources of funding

- ABAF Australian Business Arts Foundation [www.abaf.org.au/](http://www.abaf.org.au/)
- ArtSupport Australia [www.australiacouncil.gov.au/philanthropy/artsupport\\_australia](http://www.australiacouncil.gov.au/philanthropy/artsupport_australia)
- Philanthropy Australia [www.philanthropy.org.au](http://www.philanthropy.org.au)
- Regional Arts Fund [www.arts.gov.au/arts/regional\\_arts\\_fund](http://www.arts.gov.au/arts/regional_arts_fund)
- Bendigo Bank community enterprise foundation <http://www.bendigobank.com.au/public/foundation/grants/index.asp>
- Foundation for rural and regional renewal <http://www.frrr.org.au>
- Our Community [www.ourcommunity.com.au](http://www.ourcommunity.com.au) [requires becoming a member, many councils are members]

Your local council may have community grant money. Check these websites or contact them by phone:

<b>Burnie</b>	<a href="http://www.burnie.net/html/2569_865.htm">http://www.burnie.net/html/2569_865.htm</a>
<b>Central Coast</b>	<a href="http://www.centralcoast.tas.gov.au/site/page.cfm?u=557">http://www.centralcoast.tas.gov.au/site/page.cfm?u=557</a>
<b>Circular Head</b>	<a href="http://www.circularhead.tas.gov.au/site/page.cfm?u=432">http://www.circularhead.tas.gov.au/site/page.cfm?u=432</a>
<b>Devonport</b>	<a href="http://www.devonport.tas.gov.au/">http://www.devonport.tas.gov.au/</a> >Your Community >Financial Assistance Scheme
<b>King Island</b>	<a href="http://www.kingisland.tas.gov.au/site/page.cfm?u=230">http://www.kingisland.tas.gov.au/site/page.cfm?u=230</a>
<b>Waratah – Wynyard</b>	<a href="http://www.warwyn.tas.gov.au/site/page.cfm?u=292">http://www.warwyn.tas.gov.au/site/page.cfm?u=292</a>

[Back to top](#)



## What's coming up on the health events calendar?

AUGUST

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

Month of	Prostate Cancer Awareness Month	<a href="http://www.prostate.org.au">www.prostate.org.au</a>
	Spina Bifida Awareness Month	<a href="http://www.asbha.org.au">www.asbha.org.au</a>
1-8	Adult Learners Week	<a href="http://www.adultlearnersweek.org">www.adultlearnersweek.org</a>
1-8	National Asthma Week	<a href="http://www.asthmaaustralia.org.au">www.asthmaaustralia.org.au</a>
5-11	Child Protection Week	<a href="http://www.napcan.org.au">www.napcan.org.au</a>
6-12	Eczema Awareness Week	<a href="http://www.eczema.org.au">www.eczema.org.au</a>
12	World First Aid Day	<a href="http://www.redcross.org.au">www.redcross.org.au</a>
8	International Literacy Day	<a href="http://www.un.org/depts/dhl/literacy/">www.un.org/depts/dhl/literacy/</a>
9	Int. Foetal Alcohol Spectrum Disorder Day	<a href="http://www.adca.org.au">www.adca.org.au</a>
10	National Gynaecological Awareness	<a href="http://www.gain.org.au">www.gain.org.au</a>
10	Suicide Prevention Day	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
13-19	National Stroke Week	<a href="http://www.strokefoundation.com.au">www.strokefoundation.com.au</a>
15	Worldwide Lymphoma Day	<a href="http://www.lymphomacoalition.org">www.lymphomacoalition.org</a>
16-27	National Alzheimers Week	<a href="http://www.alzheimers.org.au">www.alzheimers.org.au</a>
26	World Heart Day	<a href="http://www.heartfoundation.com.au">www.heartfoundation.com.au</a>

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

### Health Promotion Coordinators, north-west Tasmania

Julie Milnes (Mersey region)

03 6421 7704, [julie.milnes@dhhs.tas.gov.au](mailto:julie.milnes@dhhs.tas.gov.au)

23 Steele Street, Devonport Tas 7310

Lee-Anne Mundy (Hellyer region)

03 64 34 7256, [lee-anne.mundy@dhhs.tas.gov.au](mailto:lee-anne.mundy@dhhs.tas.gov.au)

Burnie Community Health Centre, 11 Jones Street,  
Burnie Tas 7320

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

[Back to top](#)

### DISCLAIMER

*Health Promotion NW makes every attempt to ensure the accuracy and reliability of information published in this e-news update. The information contained herein should not be relied upon as a substitute for formal advice from the originating bodies or Departments.*

*The Crown, its employees and agents will not be responsible for any loss, however arising, from the use of, or reliance on this information. Users should also note that the Crown does not endorse as to accuracy or content, links on its Web pages to external Internet sites not published or maintained by it.*

