

Health Promotion North West Newsletter

Welcome to the NW TAS Health Promotion October 2010 email update

Reminder - 13 October 2010 - NW Health Promotion Networking Meeting
2.00 - 3.15pm Speaker Wendy French, StandBy Response via Videoconference at various sites.

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Strengthening and supporting health promotion practice within north-west Tasmania

In this update you'll find –

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Professional Development opportunities

Commences 5 October 2010 - Family Food Educator Training - parents or carers with an interest in healthy eating and physical activity can train as a family food educator in **East Devonport**.

When: October 5 - November 2, 2010, One Tuesday morning per week [people are encouraged to attend all 5 sessions]

Where: Eastern Shore Community House from 9.30am - 2.30pm

Participation is free - with child care and catering provided. **Training covers:**

- Children's nutrition needs, their eating behaviour, preparing healthy foods, and topics such as introducing solids, lunchboxes and drinks.
- Physical activity requirements of children and ways to encourage physical activity for children and families.

- How to encourage and talk to other families about healthy eating and being physically active.

Contact Emily Shepherd, ☎ 6423 6454, 0409 405 789 ✉ familyfoodpatch@iprimus.com.au

13 October 2010 - A new conception of thriving Martin Harris [B.A., B.Ed. and M.Ed] University Department of Rural Health, UTas. Martin's research provides a framework for a better understanding of transition from a familiar environment to unfamiliar environment in challenging circumstances, by identifying the characteristics and process that allow individuals to thrive. Via telecast, 13 October 2010 [Wed], Time: 12:15 [for 12:30] – 1:30pm

Online Registration: http://www.ruralhealth.utas.edu.au/reply/udrh-seminar.php?det_id=10

21 October 2010 – Mental Health WORKFORCE TRAINING Understanding Mental Health and Wellbeing: An Introduction to mental health, mental health promotion, prevention and early intervention (PPEI). Training is being delivered by Aspire in partnership with Statewide Mental Health Services. The focus of the module is primarily on enhancing knowledge and raising awareness of the benefits of taking a promotion and prevention approach across a range of sectors to:

- 1) improve knowledge and understanding of the principles of promotion, prevention and early intervention and their relevance and application across sectors
- 2) develop a shared understanding of the concepts across sectors

Registrations limited to 25. Contact aspire lkerrison@aspire.org.au for registration form and other details

26 October 2010 - Squalor & Hoarding Workshop - to explore the issues associated with domestic squalor. Organised by Family Based Care (North) and Community Options Service (North) and sponsored by HACC.

- Launceston Tramshed Function Centre, 4 Invermay Road, Invermay 9.30am – 4.00pm, \$26 per person to cover lunch. Speaker - Susan Graham [Snr Coordinator Severe Domestic Squalor Program, Catholic Community Services – NSW]

Registration and payment by 15 October to Family Based Care (North). Contact Marion Cripps or Jan Hughes for further information. ✉ janhughes@fbcnorth.org.au ☎ 6333 3999

Friday, 29 October 2010 – Lunch time seminars Australasian Evaluation Society: <http://www.aes.asn.au/> - Tasmanian Branch Admission. For information contact: kerrison_jenny@yahoo.com.au.

When: Friday, 29 October 1200 – 1330 hr

Where: Video Conference Room, 5th Floor CML Building, 18 Elizabeth St, Hobart

Presenter: Helena Mitev & David Treanor – Program Logic case studies from the field.

**Videoconferencing for NW is possible Contact Lee-Anne Mundy if interested with your VC site details 64 34 7256, lee-anne_mundy@dhhs.tas.gov.au.

*** **Miss out on last month session about case based studies?** A DVD copy is available [along with notes] for loan contact Lee-Anne Mundy ☎ 64 34 7256 ✉ lee-anne_mundy@dhhs.tas.gov.au

Monash University Short Courses 2010

- 11-12 November 2010 Evaluation in Health Promotion
- 13-17 December 2010 Health Promotion

Information and brochure/registration @ <http://www.med.monash.edu.au/healthsci/shortcrse/index.html>

For further information on these courses or to register you interests please send an enquiry email to healthsocialscience@med.monash.edu.au



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Conferences, Community Events, Programs, Forums/Meetings-Tasmania



Conferences

8-9 November 2010 Tasmanian Allied Health Professionals' Forum Country Club Resort, Launceston - Are you working in innovative ways? Do you have a project that showcases new ideas? We are interested in hearing from people who can share innovative practices in Allied Health, particularly in primary health population health, chronic disease, mental and acute health: For more info www.cdesign.com.au/ahf2010

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

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

Community Events

13 October 2010 - Ride to work day - Registrations now open at [Ride to work day](#). Consider becoming a [workplace coordinator](#) and promote the event to your workmates.

17- 23 OCTOBER 2010 Week Without Violence Nurturing Respect-Full Relationships' Forum an informative, thought provoking day of discussion, sharing and interaction at East Devonport Recreation & Function Centre, Caroline Street, East Devonport:

When: Tuesday 19th October, 9.00 (Registration) - 4pm, **Cost:** Free to all people working and living in relationships. Registrations are essential Contact Janine on [0458 059 814](tel:0458059814) or Janine@yaff.com.au before Friday October 8th *When registering please include a short paragraph about why you want to attend the 'Nurturing Respect Full Relationships' Forum, this may be used during the event.* 😊

Mens Bus trips are back! Friday October 29 – Men's Gathering

- | | | |
|--------------|---|-----------------|
| ▪ Burnie | Pick up @ Centacare at 9.00am | Return @ 4.00pm |
| ▪ Ulverstone | Pick up @ 9.30am | Return @ 3.30pm |
| ▪ Devonport | Pick up D'portCommunity House @ 10.00am | Return @ 3.30pm |

Activities: Bus Trip, Have a chat on a men's related topic, BBQ, small walk. Cost \$5.00 **contact for bus pick ups:** Trevor @ Oakleigh House ☎64 319124, or 0408 002 536 next trip Friday November 26

14 – 15 October 2010 Men's retreat weekend at Parakaleo Sheffield. Cost \$30 contact Max Bessell, TassieMale, Relationship Australia [63 36 7000] or Garry Rafferty Community Health Social Work [63 36 5155] for more information and bookings.

Women's Well- Being Burnie 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 ☺ Children welcome. Cost gold coin donation per mum.

Contact Megan 0439 474 675 or ✉ yummymummynwtas@live.com.au or FACEBOOKpages

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>

Mental Health Week 10 - 16 October 2010 an annual national event to engage communities in activities promoting good mental health and raises awareness and understanding of the needs, experiences and issues for people with a mental illness. This year's theme 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.

Community Programs

5 October Get the Most out of Life programs 2010 – This 6 week program is for anyone living with an ongoing chronic condition or caring for someone who is. The program is a fun and practical way to overcome daily challenges and maintain an active and fulfilling life while living with chronic health conditions.

- **Somerset** - Fitzpatrick Meeting Room Yaraandoo Aged Care Facility 1-3.30pm commences 5 October and every following Tuesday until 9 November gold coin donation Contact Sharon Griffiths Sharon.griffiths@dhhs.tas.gov.au or ☎: 6440 7134

Tasmania Fire Service - Project Wake Up! A program aimed at improving fire safety in the homes of people with disabilities and the aged through free home fire safety checks and the installation of free smoke alarms when necessary.

- Program details <http://www.fire.tas.gov.au/mysite/Show?pagelD=colProjectWakeUp>

Central Coast Get Active Mums Group - Are you a mum who wants to get some exercise but has no one to go with? Would you like to meet other mums to chat, have fun and exercise?

- Commences Thursday 7th October 2010 weekly 10am – 12noon at Montgomery Room, Carpark Lane (back of post office), Ulverstone **Cost:** \$3.00 per session with child minding available. Bookings or information contact Mel Woodhouse at Central Coast Council 0458 407 872, mel.woodhouse@centralcoast.tas.gov.au

Forums/Meetings

October 2010 - Commonwealth Respite and Carelink Centre together with Carers Tasmania Seniors Forums in October at the following locations:

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

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

October Thursday 28th Polytechnic Burnie 11am -1pm [featuring Get Healthy Coaching service, Livefree youth alcohol and drug program, Caroline Brown Child Trauma Service]

Devonport Thursday 23rd Devonport Community Health Centre 11am -1pm

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

13 October 2010 - NW Health Promotion Networking Meeting 2.00 - 3.15pm Speaker Wendy French, StandBy Response

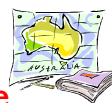
- 3 December 2.00 - 3.15pm – Speaker Malcolm Ryan, Tasmanian Life Long learning [TL3]

This is an opportunity to network with organisations across the NW and health promotion practitioners, share current health promotion programs / projects / issues and there is often include a speaker [we are open to suggestions]. RSVP to julie.milnes@dhhs.tas.gov.au ph 6421 7704 and forward your information for minutes using the meeting notes proforma **before** the day.

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

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

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Conferences, Workshops, Forums/Meetings - Interstate

Conferences

20-21 October 2010 CO-OPS National workshop [Sydney]- 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. Further information http://www.co-ops.net.au/Pages/Public/2010_National_Workshop.aspx

☎ 03 5227 8929 ✉ admin@co-ops.net.au

21-23 October 2010 - Australian and New Zealand Obesity Society [Sydney] [ANZOS](http://www.eventc.com.au/ANZOS/index.html) annual conference "A Time for Change: Meeting the challenges of the future" <http://www.eventc.com.au/ANZOS/index.html>

16-19 November 2010 International Arts and Health Conference [Melbourne] The utilisation of the arts in healthcare setting is an established as a growing international movement. Submit an abstract, or register www.artsandhealth.org or ☎ [02] 6583 5040.

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

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

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Your opinion is valued

3 December - Tasmania Together/Tasmanian Youth Forum TYF, are planning a State wide forum for YOUTH this will provide an opportunity to respond to the Tasmania together benchmarks WATCH THIS SPACE for details as they come to hand.

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Resources

Health Promotion NW Professional Practice Library

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

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

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

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

Weathering Family Separation DVD developed by Centacare Tasmania \$132.00 - Truly child-centred, Simple & profound, Gender neutral, Culturally appropriate, Inclusive to all parents, No socio-economic implications, Will not re-traumatise the audience. Contact Centacare to order Ph 62 781660

Centacare.hobart@aohtas.org.au PO Box 369, MOONAH TAS 7009



Octobers' health events

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


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Funding

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. Local Government, clubs, associations and other not-for-profit providers of sport and active recreation can also apply for:

- **Major Grants Program, Minor Grants Program, Trails and Bikeways Grant Program, National Sport Championships Program, Trainee Subsidy Program**

Closing dates vary for each program. For more information  www.development.tas.gov.au/sportrec, or call 1800 252 476

A-Z of Funding sources: There is a large range of funding grants offered by both government and non- government organisations. Links provided below will help find grant/s that best suit your funding needs.

- **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-l>
- **Australia Council for the Arts** has a range of grants available www.australiacouncil.gov.au/
- The Parliament of Australia Parliamentary Library contains **A Guide to Community Grants** <http://www.aph.gov.au/library/intguide/SP/spgrants.htm#commonwealth#commonwealth> this site provides inks 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.
- ABAF Australian Business Arts Foundation www.abaf.org.au/
- ArtSupport Australia www.australiacouncil.gov.au/philanthropy/artsupport_australia
- Philanthropy Australia www.philanthropy.org.au
- Regional Arts Fund www.arts.gov.au/arts/regional_arts_fund
- Bendigo Bank community enterprise foundation <http://www.bendigobank.com.au/public/foundation/grants/index.asp>
- Foundation for rural and regional renewal <http://www.frrr.org.au>
- Our Community www.ourcommunity.com.au [requires becoming a member, many councils are members]

Local Government - check these websites or contact them by phone:

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

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