

Health Promotion North-West Newsletter

Welcome to the NW TAS Health Promotion email update for February 2010!

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Training opportunities

Making A Difference (MAD) – we are running an 8-day health promotion training program. The course runs in Burnie 10am – 4pm on Tuesdays and Wednesdays: Feb 23 / 24, March 16 / 17, April 13 / 14, April 27 / 28. There is no cost for this course, however participants need to commit to all eight days, and will need the written support of their manager if attending in work time. The course is open to anyone who would like to know more about working in health promoting ways. Places are limited so BE QUICK! If you have expressed interest but haven't yet sent us your registration form, please do so by Fri Feb 5th. Contact Julie.milnes@dhhs.tas.gov.au 6421 7704 (Mersey area: Latrobe – Penguin) or michelle.towle@dhhs.tas.gov.au 6440 7015 (Hellyer area: Burnie and everything west of there).

Evaluation workshops - Population Health, DHHS. The evaluation workshops are designed to assist health and community workers build their capacity, skills and confidence in evaluation particularly in community settings. Participants from DHHS, local government and NGOs are encouraged to attend. Attendance to all four workshops is encouraged. Cost \$50/workshop (not including GST) or \$150 for all four workshops.

- Introduction to Program Logic – Devonport Thursday 11th Feb 10-3pm, Devonport Library
- Planning useful evaluations-getting started – Burnie, Thursday 18th March 10-3pm, Rural Clinical School
- Collecting and analysing data for evaluation – Burnie, Thursday 29th April 10-3pm, Rural Clinical School

- Using and communicating your evaluation results – Devonport, Wednesday 19th May 10-3pm Devonport Community Health Centre, Steele St
Workshop registration is on-line. <http://www.surveymonkey.com/s/evalworkshop2010> Enquiries: Dorothy McCartney, Ph 03- 6222 7683 E-mail: dorothy.mccartney@dhhs.tas.gov.au

If Not Dieting® Health Professional 2-Day Training - The Person Centred Approach to Healthy Weight Management: helping people achieve and maintain a healthy weight. Melbourne, May 6th and 7th.
http://www.ifnotdieting.com.au/cpa/htm/htm_article_list.asp?id=32 Contact Louise Wigg louise@ifnotdieting.com.au

LIFE Professional Development: evaluating suicide prevention projects – Hobart, March 17 9am-5pm. Professional development evaluation workshop to introduce and explain the key concepts of evaluation. Anyone working with people at risk of suicide who would like to learn about evaluating projects or improving their current evaluation systems is eligible to attend. No cost to attend, catering provided.
<http://www.livingisforeveryone.com.au/Evaluation-workshops.html> Contact Rhona Rees on 03 8371 2831 or rrees@crisissupport.org.au

Writing for Government – in plain language. Devonport, March 11th, 9-4.30. Learn skills to prepare readable documents for the public and colleagues. \$295. The Training Consortium. TTC@dpac.tas.gov.au ph 6232 7511
[http://www.ttc.tas.gov.au/_security/flyers/100311WritingforGovt\(Dport\).doc](http://www.ttc.tas.gov.au/_security/flyers/100311WritingforGovt(Dport).doc)

Working with men - Practice development workshop - Campbell Town, Tasmania, 3rd Sep 2010. 9.30- 4.30pm. The workshop will focus on: applying the generative perspective, building stronger local networks, supporting opportunities for peer supervision. Cost: \$143.00 (GST included). Catering provided. Facilitator: Andrew King.
<http://www.groupworksolutions.com.au/BookingRetrieve.aspx?ID=69555> or call 0437 749 390.

Alzheimer's Australia Tas training courses:

- Introduction to Dementia short course - 16th March 2010, 9.30am – 12.30pm, Hobart. Information on: What is dementia? The impact of dementia, Communication. Cost: \$55.00 (inc GST) per person
- Family Carers Course - Do you know or are you caring for someone who has dementia? Alzheimer's Australia Tas invites you to attend a free 12 hour course. Topics include: The nature of dementia; Effective communication; The impact of dementia; Understanding symptoms of dementia; Developing effective responses to the behaviour; Activities for living and pleasure. Launceston: 2nd, 9th, 16th & 23rd February 2010, 9.30am – 12.30pm each day, or Hobart: 19th, 26th April, 3rd & 10th May 2010, 10.00am – 1.00pm each day.
- Also Advanced Family Carers Course, Experiencing Dementia and more.
- Contact Alzheimer's Australia Tas, Hobart, Phone: (03) 6224 3077 Email: ros.geeves@alztas.asn.au or Launceston, Phone: (03) 6326 3488 Email: michelle.dexter@alztas.asn.au

Lifeline Telephone Counselling Courses - Offering Certificate IV CHC42208 in telephone counselling. Ulverstone, begins Saturday March 13th ph 6424 6547 info@lifelinetasmania.com.au Within each Module students will: Be introduced to Lifeline's policies and procedures; Cumulatively learn the various micro-skills of telephone counselling; Learn about theories and be provided with current information related to various community issues; Learn how to apply the micro-skills and knowledge related to community issues to the Lifeline Crisis Support Model. Contact Claire Williams claire.williams@lifelinetasmania.com.au Mobile: 0407 681 610.

Immigrant and Refugee Women and Family Violence Workshop - Thursday 25 February 2010, Glenorchy. Time 10am – 2pm - Cost – Free Presented by Family Violence Counselling Service DHHS, Hobart Women's Shelter and Women's Health South DHHS. Bookings Essential, by Feb 15. Booking form and info: email jennie.gorrringe@dhhs.tas.gov.au or ph 6222 7242.

Introductory training in narrative therapy and counselling practices – Chris Wever. This training program is designed to invite and inspire counsellors, therapists and people working in the human services with narrative ideas, frameworks and skills to honour people's unique experience; help people sidestep the problems that have overwhelmed them; story and make accessible people's unique wisdoms and life knowledges in their responses to life's difficulties. 12th & 13th, and 19th & 20th April 2010. 9.30 am – 4.30pm, Hobart. \$680 plus GST. Phone or email Chris: 6231 6872 Mobile: 0410369969 chrisw@keypoint.com.au

Training Needs Analysis for ATOD and Mental Health Service CSOs - This workshop will present an overview of TNA strategies and an effective template for conducting TNA's within Community Sector organisations. Friday, March 19. The Tramsheds, Invermay. Cost: \$178 per person. 9.30am – 4:30 pm. Morning tea, lunch and afternoon tea provided. Contact June or Linda at ATDC for more information at lindas@atdc.org.au or junet@atdc.org.au, or on 6224 7780.

Community Cooking Demonstrator Program - aims to enhance food purchase, preparation and cooking knowledge and skills in the community, with a particular focus on nutritional wellbeing and people living alone. The role of the trained Community Cooking Demonstrator is to deliver healthy cooking demonstrations to groups within the Tasmanian community. Training workshop planned for the NW Coast (March 25th), or West Coast in April. Interested? Contact Susan McLeod, nutritionist, mobile 0417 155 609 healthplus.tas@bigpond.com.

Tai Chi for Arthritis Workshop in Hobart. - 13-14 May, 2010. Arthritis Australia supports this program for its effectiveness and safety in the management of musculoskeletal conditions. No prior Tai Chi experience is required to participate. At the conclusion of the workshop you will be able to: Teach this specially designed program for people with musculoskeletal conditions Understand the current research that supports this program Perform the 12 movement Tai Chi set for your own health and wellbeing. \$420 (includes DVD, 2 books and 2 wall chart) Enquires: Rani Hughes 0409 164 396 ranihughes@gmail.com

Get Active Training- Has it been awhile since you did your GAP Facilitator training and you feel like you might like a refresher? Update your training and hear what is going on with GAP around the State. There will be discussions on potential groups, activities, and much more. The cost is \$60 and includes one of our most recently updated manuals. **Refresher Training** Launceston February 12th, 2010, 10:00 to 3:00 Women's Health North, 93 York Street, Launceston, COST: \$60 R.V.S.P January 12th, 2010. For further information, please call Di McShane on 0428390089 Email: gap@wsrt.org.au

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Project Manager / Community Development Officer, North West Centacare Tasmania Family Services. Closes Feb 8. Lead the Burnie Communities for Children strategy --“Neighbourly Neighbourhoods”. Work directly with local families and a team of local organisations, groups and contracted local creative talent to both implement the ‘vision’ already in place and contribute to its on-going development. You will be utilising a collaborative Community Development Approach in all aspects of your role. 4 days / 30.4 hrs per week. Position Description and Selection Criteria available from our website www.hobart.catholic.org.au or you can contact Rebecca Davis on (03) 6208 6235 or email rebecca.davis@aohatas.org.au

Volunteer help needed! Eat Well at Festivale 2010. Launceston on Sunday, 14th February from 10am – 4pm. Eat Well Tasmania will be meeting and greeting children at the event in our delightful fruit and vegetable costumes and promoting the Go for 2 & 5 messages. Can you help? This could be for one hour or the whole day – whatever you can spare. If you are keen and able to donate some time to help out at Festivale (and have a secret desire to dress up as a

carrot or strawberry), please contact Alicia on ph: (03) 6223 1266 or email: admin@eatwelltas.org.au. It should be a fun day!

Hospice Burnie – Become a hospice volunteer. Training group begins end of February and runs every Thursday for 6/7 weeks. If anyone is aware of someone who would like to give 2-4 hours a week towards helping those with a life limiting illness and their carers, we would like to hear from them on 64 407110. They can speak to either Sue Jordan or Gaylene Reid and we can forward them the relevant forms and information.

COTA Tasmania seeking peer educators - COTA Tasmania is calling for expressions of interest from older Tasmanians to train as volunteer speakers in our very successful Peer Education program. The Peer Education program is an effective way to provide relevant and helpful information to small groups of older Tasmanians through educators of a similar background and age who have been trained to pass on news and information in an informal and interesting way. Peer educators speak on a range of topics, some of which include nutrition, older drivers, pedestrian safety and quality use of medicines. For more information please contact Peer Education coordinator, Jane Bowman, on (03) 62281897.

Relationships Australia is seeking dynamic and experienced relationship counsellors and early intervention youth and family support workers to fill a position in our outreach service to the East Coast. The position involved working in two programs: Counselling (3 days a week) and Reconnect (2 days a week) and can be based in Launceston or on the East Coast. The position is available as one full time position or as two part-time positions. Details of both positions (position descriptions, selection criteria, terms & conditions) can be downloaded from www.relationships.com.au. Alternatively email launceston@reltas.com.au for a copy. Applications close noon Wednesday February 17.

Drug Education Network (DEN) reference group – The DEN is a non-government Tasmanian state wide organisation with a mission of “Working with communities to minimise the harms associated with drug use through the provision of effective, evidence-based information and programs.” The DEN is aiming to make contact with Tasmanians willing and interested in being part of a state wide reference group. I invite any adults between the ages of over 25 and up to 65 years who would like to participate as consultants to guide DEN project work; to participate in the review of DEN services and as informants in research. Contact: Vicki Russell, vicki@den.org.au Ph: 1300 369 319

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Events-Tasmania

NW Health Promotion Networking Meeting dates for 2010:

- Wednesday 31st March 2pm-3:15pm.
- Wednesday 23rd June 2pm-3:15pm
- Wednesday 13th October 2pm-3:15pm
- Friday 3rd December 2pm-3:15pm

We will videoconference the meetings again this year as they were well supported last year. We've booked: Smithton District Hospital, King Island Hospital, Latrobe Hospital Studio, Rosebery Community Health Centre, and Burnie NWRH Library Tutorial Room. 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 special guest speaker so please send us suggestions if you have some. Please RSVP to julie.milnes@dhhs.tas.gov.au ph 6421 7704.

Australian Bush Adventure Therapy Forum, March 26-29th, Far South Wilderness Camp (near Hobart). Bush Adventure Therapy is a diverse field of practice combining adventure and outdoor environments towards therapeutic outcomes for those involved. Australian Association of Bush Adventure Therapy. \$290 /\$250 members
<http://www.voea.vic.edu.au/BATNet/BATNet.html>

Tasmanian Community Gardens Conference - Good Food Good Future. Devonport, 16-18 April 2010. Friday - Food Gardens in Schools Day. Saturday and Sunday - a range of presentations on community gardens including speakers on Food Security and our Sustainable Island with six workshops times. Four workshop streams (1 hr duration) - practical workshop, a presentation, food/cooking and education. Expressions of interest are invited to present a workshop, feature a display or stall or present a poster. Contact Nel Smit with Expressions of Interest by Friday 12 February, ph (03) 6227 9891 or 0428201654, nelsmit@eatwelltas.org.au

Community Development Forum, Friday, 26 February 2010, 10- 3pm, Hobart Town Hall. Where is the innovation and inspiration in community development? A journey around the world and back home to community development. Workshop Presented by Dr. Ingrid Burkett, a community economic development expert who has worked across government, community and corporate sectors, both nationally and internationally for over fifteen years. Register: aaswtas@aasw.asn.au or ph 6224 5833 Cost: \$40 fulltime workers, \$30 part-time workers and \$10 unwaged.

Chronic Disease Care - Local Initiatives for COPD - A seminar to share knowledge and experience across healthcare settings organized by the Respiratory Research Group, Menzies Research Institute. Wednesday 17th February from 4-6pm, at the Menzies Research Institute, 17 Liverpool Street, Hobart- level 2 room 206. Also videoconferencing to Launceston Newnham, Raymond Ferrall building room 117. RSVP Julia.Walters@utas.edu.au by Friday 12th February. Includes Telephone delivered self-management support for patients by health mentors.

Launch of the Working in Health Promoting Ways: A Health Promotion Strategic Framework for DHHS by Lara Giddings MP, Deputy Premier, Minister for Health Friday February 5, 11.15am – 12.15pm, Clarence Plains Community Health Centre. For further information please contact Suzanne Crowley: Tel 6222 7752 suzanne.crowley@dhhs.tas.gov.au or healthpromotionframework@dhhs.tas.gov.au For catering purposes if you wish to attend please RSVP ASAP.

National Condom Day Sunday 14 February 2010 and Sexual Health Awareness Week - Family Planning Tasmania. We aim to increase community awareness and encourage open communication about relationships, sexuality and sexual health and in particular condom use to prevent unplanned pregnancy and the transmission of STIs. FPT will be visiting: **Smithton** Wed. 10 Feb. 2.45-5pm Stall with Rural Health in Emmett St. **Queenstown** Thurs. 11 Feb. 3-5pm Distributing condoms and information in the main shopping area, and Fri. 12 Feb. 9am-12pm Distributing posters and information to service providers, pharmacies etc. Please encourage young people to bring their friends, have a chat and pick up some freebies and information. More info call Annette Yaxley on 6228 5422 or email annette@fpt.asn.au

'Inciting Hatred on the ground of sexual orientation and discrimination - presented by the Acting Anti-Discrimination Commissioner and the Investigation Officers - Free Information session Thursday, 18 February 2010 10:00am – 12:00 noon. Hearing Room, First Floor, 54 Victoria Street, Hobart. Please RSVP by 15 February 2010 Telephone: 6233 4841 Email: antidiscrimination@justice.tas.gov.au

The Childhood Injury Prevention Forum and Workshop - Monday 8 February 2010 9.30am - 4.00pm The Tram Shed, Launceston. Cost – free of charge. You are invited to a forum to discuss this important issue and work together to reduce childhood injury in the next twelve months. Childhood Injury Prevention Coalition. Please RSVP by: 4 February 2010 by contacting: Andrea Petrie, phone 6222 7387 or email: andrea.petrie@dhhs.tas.gov.au

Living Safer Sexual Lives - Respectful Relationships Project. This project is to develop, trial and evaluate a peer led primary prevention of violence against women program for people with intellectual disabilities and other cognitive disabilities. The Australian Research Centre in Sex, Health and Society (ARCSHS), LaTrobe University, is undertaking

this project in partnership with Women with Disabilities Australia (WWDA) Key tasks for this group are (a) to advertise and promote the program locally (b) to identify potential program participants, peer educators and co-facilitators (c) to support the program implementation. Meeting: 11th February at 10.00am at Portside in Burnie. Dr Patsie Frawley of the ARCSHS will be attending. RSVP Wednesday 4th February, Julie Fraser burnie@speakoutadvocacy.org PH: 6431 9333

International Women's Day 2010 – Calendar of Events. International Women's Day is marked on 8 March every year. It is a day of international recognition for the economic, political and social achievements of women. Every year Women Tasmania compiles a Calendar of Events for each region to advertise the events being held across the state. To have your event included on the Calendar, please contact Women Tasmania via email at wt.admin@dpac.tas.gov.au or ph 1800 001 377. The closing date for entries is Monday 15 February 2010.

Celebrate International Women's Day at Devonport Community House - Friday 5th March with guest speakers Judy Richmond and Leonie Hiscutt, followed by a luncheon. All women are welcome to attend – bookings essential on 6424 7060! 10 Morris Avenue, Devonport.

Community Services Election Forum 15 February 2010, 11 - 12:30pm, Glenorchy Civic Centre. This forum is an opportunity for community service organisations to hear from the three main political parties on their policies that are relevant to the sustainability and viability of organisations. Minister Lin Thorp, Brett Whiteley, and Cassy O'Connor will be discussing issues that are critical to Tasmanian community service organisations. If you have a question you would like the political parties to answer at the forum email it to admin@tascoss.org.au by 8 Feb. Please register online at www.ourisland.tascoss.org.au

Mental Health Professionals Network - Devonport Meeting. Tuesday 16th February 2010 6:30pm Please join us for a case study discussion facilitated by Jennifer McCulloch: Dementia – HIV & Older Persons – The Connections. Devonport Community Health Centre 23 Steele Street, Devonport Finger food plus tea & coffee will be served at a cost of \$15 per person. RSVP: email Dulcie Ryalls on dryalls@gpnw.com.au by 11th February. Network meetings are also happening in Burnie.

Health and Wellbeing Forums for 2010: University of Tasmania, Cradle Coast Campus Burnie. This is your chance to advertise your service to 200+ Uni students and 50 staff. The aim of the day is to make students aware of services in the community that they may require for themselves or family. Dates for 2010 are: "O" week Wednesday 24th February, 10am - 2pm, and Second Semester Tuesday 17th August 11am - 1.30pm. Contact Janez Zagoda janez.zagoda@utas.edu.au

Heart Foundation Walking is now established in 19 council areas in Tasmania, with Walking Groups rapidly establishing themselves and available to take on new members. Is there a walking group where you live? Health Promotion Officer Shannon Anis is searching for new walk leaders and would welcome any suggestions or volunteers. Contact Shannon on Tel: (03) 63 36 5119, Fax: (03) 63 36 5166, Mob: 0428 895 914 or visit www.heartfoundation.org.au

Burnie Moves Activities (Contact Emily on 6431 4513):

- **Yoga in the Park** - a range of stretching exercises to revitalise your body and mind. Tuesdays, 12.30-1pm, starting February 9. Oakleigh Park, the railway yard end of Strahan Street, Burnie. Free! Wear comfortable clothing.
- **Sock Camp** - It is like a 'boot' camp for beginners but so much easier and a lot more fun. Each week will involve a circuit using different equipment – fit balls, steps etc. This program is perfect for beginners or people who are keen to improve their overall fitness. All ages and abilities welcome, children over the age of 8 are welcome to join in. Wednesdays, 5.30-6.30pm, starting February 10, Hellyer College gym, \$3 per person, per session. You don't need to register and you don't have to come every week, just turn up when you can.

- **Gentle Moves** - The benefits are fantastic and it just feels good! Gentle Moves is a low impact exercise class, perfect for older adults but everyone is welcome! Tuesdays 1-2pm and Fridays 10.30-11.30am, starting February 16. Upper Burnie Hall, next to the takeaway shop, Mount Street, Upper Burnie. \$2 per person per session

Senior's Expo – April 14th 9:30am-1:00pm, at the Senior Citizens Club, 16 King Edward Street, Ulverstone. Session will assist older people to gain much needed information on topics relevant to seniors. Gold coin entry and refreshments provided. Session organisers are Council on the Ageing (TAS) Inc & National Seniors (Independent voice of the over 50's). Contact Maxine Griffiths, COTA 6228 1897.

Get the Most out of Life programs 2010 – west coast.

- Strahan 3 May – 7 June 1.00 – 3.30pm Strahan Community Health Centre
 - Rosebery 5 July – 9 August 1.00 – 3.30pm at Rosebery Community Health Centre
 - Queenstown 20 September – 25 October 1.00 – 3.30pm at the Day Centre, WCDH
- 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. Learn: How to manage your symptoms; How to get started with healthy eating and exercise; How to communicate effectively with your doctor and healthcare team; How to manage difficult emotions; How to make daily tasks easier; How to get more out of life. Small groups of 10 to 12 people. Cost: gold coin donation. Contact Health West: Maggie Johnson, Phone: 6471 4743 maggie.johnson@dhhs.tas.gov.au

North West Service Providers Forums 2010 – put these in your calendar! Come along, learn from and network with other service providers.

Burnie	Feb Thursday 25 th 11am -1pm Polytechnic Burnie
Devonport	April Thursday 29 th 11am -1pm Devonport Community Health Centre Steel Street
Burnie	June Thursday 24 th 11am -1pm Polytechnic Burnie
Devonport	August Thursday 26 th 11am -1pm Devonport Community Health Centre Steel Street
Burnie	October Thursday 28 th 11am -1pm Polytechnic Burnie
Devonport	December Thursday 23 rd Christmas breakup Devonport Community Health Centre

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

Community expo - Penguin Primary School, Saturday May 22nd 2010. This will be an opportunity for all not for profit sporting, community service and special interest groups, to display and promote their activities in the new community centre, at no charge. Guidelines: Exhibitors should provide a service inclusive of the Penguin and Riana communities; Kitchen facilities available; Exhibitors promoting local produce are encouraged to participate; Displays may be set up on the evening of Friday 21st May, ready for a 10am Saturday start. Contact Cheryl Fuller on 045 8888 040.

Seamless Transition from School to Work for People with Significant Disabilities - a discussion with leading US educator and author Dr Richard Luecking. North West, March 1st 2010. 9am– 3.00pm Morning tea and Lunch provided. Venue to be advised. Hosted by National Disability Coordination Officer & Ability Employment. For further information or to secure your place please contact: Peter Symonds on 0418 137 980 Darlene McLennan on 0419 154 368 or Debbie Hindle on 0419 364 585

Material Girl art award and exhibition - celebrating and promoting the work of Tasmania's contemporary female artists. 2010 Theme: Succulence ... women of sustenance. All entries to be received by Tasmanian Regional Arts by 5pm Friday 12 February 2010. All mediums are permissible. Contact teresa@tasregionalarts.org.au or phone TRA on 6426 2344 or the project officer on 0439 262377 www.tasregionalarts.org.au Touring: May – November 2010 to regional Tasmanian venues.

'Breath of Life' Music Festival Devonport, 25, 26 & 27 March 2010. Devonport, Tasmania. Celebrating Tasmania's bands and musicians, Promoting lung health to the youth of Tasmania, Creating awareness of lung disease and its impact. Saturday's concert includes Jimmy Barnes, Diesel, Troy Cassar-Daley, Deni Hines, Beccy Cole, Amber Lawrence, Kasey Chambers, Shane Nicholson and featuring Brett Budgeon and Darryl Beaton. <http://www.breathoflifefestival.com.au/>

Harmony Day Information And Product Orders - 21 March 2010. Harmony Day celebrates the cohesive nature of Australian society and promotes the benefits of our cultural diversity. A key theme in 2010 is Express Yourself. The Department of Immigration and Citizenship is providing community organisations and others with free promotional items such as buttons, posters, balloons and tattoos. The on-line Product ordering system is now live at <http://www.harmony.gov.au/harmony-day/register-your-event.htm>. For more information contact harmonyday@immi.gov.au or call 1800 33 11 00.

BreastScreen Tasmania Mobile Unit – The BreastScreen Bus will be in:

- Wynyard 1 February – 5 March, Saunders Street Carpark (behind Woolworths)
- King Island 9 March - 19 March, KI Hospital and Health Centre
- Queenstown 29 March – 9 April, In the car park at the West Coast District Hospital

Free screening mammograms for women 50 – 69 years old. More more information on the Mobile Unit or to make an appointment phone 13 20 50.

BreastScreen Tasmania Mobile Unit Group bookings – For women who would like to attend BreastScreen Tasmania with a group of friends, or who may live away from the Mobile bus sites; a group booking is a good way to travel together and keep each other company for this important visit. Please see information and group booking forms [here](#): and fax to (03) 6216 4300 or attach via email to canscreen@dhhs.tas.gov.au Or phone (03) 6216 4323.

SPAN (Service Providers Access Network) meetings - Circular Head Council hosts these meeting on the third Tuesday of each month at 1.00 pm. SPAN is open to service providers who visit the Circular Head area on a regular basis or provide a service to Circular Head residents. If you would like to attend these meetings or find out more about SPAN please contact Circular Head Council 6452 4800 or email council@circularhead.tas.gov.au

Australian Women's Health Conference - 18 – 21 May 2010. It will take place at the Hotel Grand Chancellor located in Sullivans Cove - the heart of Hobart's beautiful waterfront precinct. Unique sponsorship and exhibition opportunities are still available including a special price reduction for Not for Profit Organisations. For further details please contact Jenna Tomlin on 03 6234 7844 or visit <http://www.leishman-associates.com.au/awhn2010/index.php>

Leadership and Practice Development in Health: Quality and Safety through Workplace Learning - 18-19 March 2010, Hobart. The Conference has an interdisciplinary focus on workplace learning and clinical supervision in its many forms. Visit www.cdesign.com.au/leadership. Contact Conference Design www.cdesign.com.au anna@cdesign.com.au ph: 03 6231 2999.

Activities and events on DHHS intranet (for DHHS staff only). The Communications Unit is launching a new area on the Agency's intranet, which will highlight current activities and events within the DHHS and in our local communities that are of interest to all employees. The types of events to be promoted in this area will be selected against the following criteria: • Health and wellbeing focus • Supporting our funded NGOs • Supporting medical research • Supporting the employee work/life balance. Events and activities can be emailed to intranet.coordinator@dhhs.tas.gov.au

An Introduction to Research and Evaluation in Practice - Burnie Thu 4 Mar, Rural Clinical School, Burnie with Dr Peter Orpin. More info: <http://www.phcred.utas.edu.au/flyer-intro%20workshop.pdf> For workshop bookings please go to www.phcred.utas.edu.au/workshops-timetables.htm or contact Candice Lai on 62264803 or Candice.Lai@utas.edu.au No charge. Funding for each workshop is provided by the Commonwealth Department Of Health And Ageing under the PHCRED program. A light lunch will be provided.

University Department of Rural Health (UDRH) Seminar Series - Healthy Hearts, Helen Howarth, Lecturer in Rural Pharmacy, Tuesday 2 March 2010 12:15-1:30pm, Telehealth studios in Burnie, Hobart, Latrobe & Launceston (other locations by arrangement). For details contact Diane Martin (email: Di.Martin@utas.edu.au, 6324 4043

Men's Toolshed – Burnie - Gardening tools, lawnmowers, and other tools to be renovated by the toolshed participants with the aim of building a stock of these tools to then lend to the community. Making tools available, plus making community connections within the organisation, the toolshed and the other participants. The core business of the Toolshed will remain as a place for men to meet and work towards completion of projects. The Salvation Army Oakleigh House 24 View Road Burnie. Contact Trevor for information and bookings on 64319124.

Organic & Sustainable Living Festival - 28th March 9am-4pm Penguin Organic Growing Centre 207 Ironcliffe Road, Penguin. North West Environment Centre. Theme "back to the future". Volunteers also wanted, contact Prue Holling at hollings@activ8.net.au

Free WISEN Workshops – North West Environment Centre. Small Animals for the Table 20th February, 2010, Reservoir Drive, Wynyard. Learn how to kill and prepare chicken, geese, rabbit and wallaby for the table. Includes general animal husbandry tips. Fruit and Vegetable Preserving 20th March, 2010, Sulphur Creek Hall (to be confirmed) Learn all about preserving fruit and vegetables so you can enjoy them all year round! Soft Cheeses Workshop 10th April, 2010, Sulphur Creek Hall (to be confirmed) Learn how to make soft cheeses easily and at minimal cost in your own kitchen. Contact Netty antoinette9@mac.com

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@ymail.com

Rural Health Education Foundation – produce and deliver topical, high quality, evidence-based educational programs including the best health and medical experts in Australia. We help rural health professionals keep their skills up to date. The Foundation broadcasts the programs across our own satellite network of more than 660 sites, as well as other television services. See our [broadcast timetable](#) for details. All programs are accredited and are available via video webstreaming and audio podcasting on this website, as well as on DVD. Our website is fully searchable and provides links to many other online health resources. <http://www.rhef.com.au/>

Men's Services Network Tasmania state-wide meeting - The next meeting of the MSNT will be held in Campbell Town on 23rd February from 10am – 1.30pm. Presentations on Shelters for Men in Tasmania, and Rites of Passage Programs in Tasmania. Please contact Jonathan Jonathan.Bedloe@dhhs.tas.gov.au ph 6222 7750.

Tasmanian Men's Gathering 5-8 March & Elders Gathering 3- 5th March - The Tasmanian Men's Gathering is an annual invitation to men to join together, celebrate the experience of manhood and explore what it means to be a man in an ever-changing society. To find out more and to register visit the website: www.tasmen.org.au

For A Better Tasmania - Open air forum - Parliament House Lawns, Hobart 11.00 am Sat. 20 February 2010. Speakers include; Sen. Christine Milne, Peter Cundall, Dr Peter Boyer, Lucy Landon-Lane, Hayley Bester, Susan Hawkins. Issues include; Climate Change, Forestry, Public Transport, Meaningful Employment, Manufacturing Industry, Gambling, Education. Afterwards: Discussion groups 1.00 - 3.00 pm Battery Point Community Hall, Hampden Rd. Now We the People (Tasmania) More information: www.nwtptas.org.au Email nwtptas@nwtptas.org.au

Rainbow Support & Discussion Group, Burnie - Working It Out - Tasmania's Gender & Sexuality Support & Education Service. Around the Corner Eatery, 53 Mount Street on Wednesday February 17th from 5pm to 7pm. Cost \$8 each for tea, coffee and nibbles. This is a closed café at this time of the day so it is a very private and safe space to meet. People that attend must be 18 years old or over please. RSVP if you can. Sharon Jones, Educator/Counsellor, North West 6432 3643 northwest@workingitout.org.au

Children's Food Allergies - 17th February 10:30am, Somer House, Zeehan Neighbourhood Centre. Guest Speaker: Sue Luke, Health Nurse. Back up care will be provided, Morning tea provided. RSVP by 10th February Phone Melissa: 6471 6108.

MS support groups – Ulverstone and Circular Head. Ulverstone: Meet the 2nd Wednesday each month at the Meeting Room Cradle Coast Health Centre, 48 Water Street, Ulverstone. Time: 11am to 2pm. Enquiries: 6343 1240. Circular Head Support Group Meets the 1st Monday of each month at Circular Head Rural Health Services Inc 68 Emmett Street, Smithton. Time: 7.30pm Contact Jenny on 6452 1594.

Ulverstone Community House – Kids Club (for 8-12 year olds), Tai Chi, Exercise, Grandparents, Carers, Family Day Carers Playgroup, Story Time, Kids Craft, Housing Officer, Music, Movement & Mayhem, Parent Involved Playgroup, UCH Garden Club, Breastfeeding Association meetings, Eating with Friends, Parent Connections. Also Internet Use, Photocopying, Fax, Room hire available, NILS No Interest Loans available. Co-ordinator - Rachael Morris. Hours of Opening: Monday to Friday - 9am to 5pm during school terms. Phone: 64254186, 8-10 Lugana Cres, Ulverstone. info@ulverstonecommunityhouse.com

Burnie Community House – Call and ask about the activities at the house. Rooms at the house are available for hire. 24 Wiseman St, Burnie Phone: 6433 3219 Email: burniehouse@dodo.com.au House Opening Hours: Monday – Friday 9am – 5pm.

Devonport Community House – Activities include The Shed for Men, MondayMums Playgroup, ME/Chronic Fatigue Support Group, Yoga with Fran, Cooking from the Garden, Sage Hill visits, Al-Anon meeting, Grow Group. Contact Coordinator - Kate Beer at 10 Morris Avenue, Devonport on (03) 6424 7060 for more information.

Eastern Shore Community House – Vision - To help build a community that is able to meet the needs of its families, individuals and children. At 106 David Street, East Devonport, (03) 6427 9985, 9.00am to 3.30pm contact Lorraine Herron and ask about the activities offered at the house.

Rosebery Neighbourhood Centre - Heart Foundation Walking group - Mondays from 10-11am meeting at the Neighbourhood Centre (8 Agnes Street Rosebery), starting on Monday 8th February. Sharon Gillian is the Walk Coordinator (& area coordinator), so anyone interested can contact her, Phone 6473 1497 Mobile 0400 469 984 roseberync.coord@internode.on.net

Zeehan Neighbourhood Centre - Heart Foundation Walking group - Thursdays 11am -12pm. Would you like to join a fun, free walking group? Contact Melissa Crosbie on 6471 6108. www.heartfoundation.org.au/walking

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Events- Interstate

2010 Australian Health Promotion Association National Convention – “walking the talk together” - Partnerships for Health Promotion. 30 May - 1 June 2010, Melbourne. <http://www.conferenceco.com.au/AHPA/> Any questions please contact: Conference Co-ordinators Phone: 02 6292 9000.

National Community Education Programs Forum, 24 & 25 February 2010, Melbourne. Explore: Effective Strategies for Outreach Programs, Understanding Evidence Based Community Programs, Tools to Build Cohesive Relationships, Sustainability and Capacity Building for Community Programs. \$400 - \$1695. Phone: 02 9431 8755 www.liquidlearning.com.au or [click here](#).

Healthy Cities Conference - Brisbane, 12th & 13th July. The Conference will be a platform for Government and Industry sector professionals to discuss causes, effects and solutions that relate to population health, sustainability, natural resource management, transport, climate change and urban design. The Conference will examine the prerequisites for a "Healthy City". Register at http://www.healthycities.com.au/registration_fees.asp Healthy Cities Conference Committee - (07) 5528 2501, email - conference@healthycities.com.au

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.anzmf.asn.au/conference10/MH_Abstract.asp. For further details, ANZMH Secretariat ph 07 5528 2501. conference@anzmf.asn.au

Food Futures: An Australian Approach - Public Health Association Australia. Canberra, 20 -21 April 2010. Earlybird registration closes 14 February 2010. Register online or download a registration form: <http://www.phaa.net.au/FoodFuturesConference.php>

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. Abstract submission closes 7 April 2010 <http://www.phaa.net.au/40thPHAAAnnualConference.php>

Shaping Australia's Resilience -Policy development for uncertain futures : A national conference on Resilience. Australian National University, Canberra on 18-19 February 2010. The theme of this Australia21 conference is applying Resilience Thinking in policy and practice. Contact: Dr Lynne Reeder. Ph) 02 6288 0823 m) 0431 608958 w) www.australia21.org.au e) Lynne.Reeder@australia21.org.au

Community Engagement in Policy Development - Melbourne, Feb 23 and 24 2010 <http://communityengagementpolicy.com/>

International Healthy Parks Healthy People Congress - Call for Proposals under the following themes: Healthy Communities, Healthy Parks, Healthy Participation, Healthy People. With the increasing recognition of the value of nature to human health and wellbeing worldwide, Parks Victoria will host this inaugural Congress in Melbourne from 11-16 April 2010. For information go to: www.healthyparkshealthypeoplecongress.org

Advance Care Planning: Working Towards Success and Sustainability -The Inaugural International Advance Care Planning Conference presents a golden opportunity for attendees to participate and hear how advance care planning is working around the world, look at the impact of legislation, health policy and guidelines and see what strategies are working and why. Date: Apr 22 2010 - Apr 24 2010, Early bird registration: Feb 10 2010, Melbourne VIC, 03 9417 0888, acp2010@arinex.com.au , <http://www.internationalacp2010.com/>

Beyond Evidence on Reducing Health Inequities: What works, why and how? 27th - 28th of April 2010. Adelaide. This will be the Final Policy Event for the National Health & Medical Research Council funded Australian Health Inequities Program. The Symposium focuses on the social determinants of health and how policy changes and programs can reduce inequities. Reserve your place email patricia.lamb@flinders.edu.au . Check the official website for updates: <http://som.flinders.edu.au/FUSA/PublicHealth/AHIP/2010/>

Climate for Change: Ageing into the future- 10th Global Conference on Ageing- May 3 - 6 in Melbourne. Five themes - Climate Change; Social Inclusion; Human Rights; Resourcing Change; and Healthy Ageing. Each theme will be informed by international and regional frameworks including United Nations (UN) Principles for Older People, the UN Madrid International Plan of Action on Ageing and the Active Ageing Framework of the World Health Organization. Contact: International Federation on Ageing-02 9265 0700, ifa2010@arinex.com.au Web: <http://www.ifa2010.org/>

Early Childhood Intervention Australia Conference - Canberra 20-22nd May, 2010. 'Every day in every way: Creating learning opportunities for every child'. Details- www.ecia2010.com.au. Sponsorship is available for parents and carers of a young child with a disability to attend the conference. Please contact Rhonda Hendicott at the Conference Managers for further information at ecia@hievents.com.au.

20th International Union for Health Promotion and Education (IUHPE) World Conference on Health Promotion: Health, Equity and Sustainable Development will take place in Geneva, Switzerland, from July 11– 15, 2010. Geneva 2010: Call for Abstracts out now! For details and online abstract forms, please visit <http://www.iuhpeconference.net/>

Primary Health Care Research Conference – Darwin, June 30 to July 2 - see <http://www.phcris.org.au/conference/2010/index.php> for more details.

Inaugural National Indigenous Drug & Alcohol Conference - (NIDAC 2010) "Listening, Learning and Leading" 16 – 18 June 2010 Adelaide Convention Centre, SA. To register click [here](#) or contact nidac@eventcorp.com.au or phone 07 3334 4450.

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Your opinion is valued

NW Health Promotion survey - a big thank you to those who responded to our recent survey. See the "[Learn a Little About Health Promotion](#)" section for more details of what people said.

Grants in Australia Survey - Closing February 10 - Play your part in shaping the grants landscape in Australia and we'll let government grants officers know what you think at the annual Best Practice in Grants Management Conference. Complete the survey before February 10 at www.ourcommunity.com.au/grants2010.

The Community Nutrition Unit is seeking your suggestions for reasonably priced accommodation that would be suitable for dietetics students in Devonport or Burnie. Students are usually on placement at the CNU from anywhere between 5-8 weeks and usually come in pairs. Accommodation or homes close to public transport with internet access would be great; whilst not essential students have reported that these two things do make it easier. Please pass your suggestions on to Kate DePaoli Ph: (03) 6440 7006 Email: kate.depaoli@dhhs.tas.gov.au

DHHS Innovations in Practice Awards – recognise groups and individuals who have introduced innovative new ways of working, to the benefit of the Tasmanians we serve. All DHHS staff are eligible to enter. Prizes of \$4 000 will be awarded to individuals and groups in the categories of: client/patient-centred care, client/patient-centred safety, new ways of working. Applications for the awards close on 8 April 2010, with an awards presentation evening planned for 20 May. More information is available on the [Chief Nurse and Allied Health](#) section of the intranet.

Knowledge About Fatherhood Checklist: Participants Needed! This research is being conducted by the Fathers and Families Research Program, The University of Newcastle, Australia. The aim of the study is to gain an understanding of practitioner's knowledge about fatherhood. If you are currently employed in a family relationship services sector, we

would greatly appreciate you taking the time to complete our survey (Approx 15 minutes). You can fill out our survey online by clicking on the link below:

<http://spreadsheets.google.com/viewform?formkey=dGdlcXZsbWZNWDVWVGc3WXIIVGpqMnc6MA>. Or follow the link on the Fathers & Families website: <http://www.newcastle.edu.au/research-centre/fac/programs/fathers/>

Tasmanian Cerebral Palsy Register – piecing together the facts on cerebral palsy. The TCPR collects information about people living in Tasmania with cerebral palsy (CP). The Register is important in enabling us 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 entirely voluntary. Contact Julie 6226 4717 or email tascpregrister@menzies.utas.edu.au

HOVER project (Healthier Options in Vending - an Employer Resource). Focusing on vending machines as a starting point for workplace nutrition. The project will involve consultation with the food industry, employers and employees, the development of a system for classifying foods as healthy or less healthy, a product guide and information resources. At this stage, the project is sourcing workplaces that may be interested in participating in a trial of healthier food options in their vending machines. We are also seeking employers who may be interested in assisting us to develop resources for healthy vending guidelines. Can you help? Contact Sharon Campbell – Project Officer (Eat Well Tasmania) Ph: 6223 1266 Email: scampbell@eatwelltas.org.au (Tues and Wed) or Sarah Connally – Dietitian (Community Nutrition Unit, DHHS) Ph: 6222 7066 Email: sarah.connally@dhhs.tas.gov.au

Research into decision-making about fertility issues – participants are being sought for a worldwide study into decision-making about fertility issues. The study is being conducted by Cardiff University UK. The study is interested in the opinions of men and women who are currently trying to conceive, (aged 18 - 44 years), including those who do or do not have difficulty achieving a pregnancy and those who are or are not using fertility treatment. The survey takes 15 to 20 minutes to complete and can be accessed from the Andrology Australia website <http://www.andrologyaustralia.org/>.

Survey of services for men who have experienced childhood sexual abuse or sexual assault - This research, conducted in partnership with the University of Queensland, also aims to identify and collate resources that people have found useful when working with men and their supporters. Click on the following link: <http://www.livingwell.org.au/Survey/ServicesformenSurvey.aspx>

Neuro Muscular Alliance of Tasmania (NMAT) - “Getting in Touch” survey. The survey will help NMAT to understand the needs of people with different neuromuscular conditions, how these needs change over time and what gaps currently exist in the service and assistance available. Conditions include Multiple Sclerosis, Motor Neurone Disease, Parkinson’s, Spina Bifida and Huntington’s Disease. [Please follow this link to commence the online survey.](#) If you would like a hard copy of the survey sent to you please contact Di Russell-Green at the MS Society of Tasmania on 03 6220 1111 or di.russellgreen@mstas.org.au

Writing Themselves In survey - Who Pushes Your Buttons? Someone of the same sex? Are you 14-21? This survey gives you a chance to have your say about: Your own life, Your school experiences, Homophobia. The results WILL help improve School/ TAFE/ Uni policies, health and social services! Don’t miss out on this opportunity: write yourself in now at www.wti3.org.au ! The survey is online until April 2010.

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Resources

NW Health Promotion resources – Michelle & Julie have developed a **Speakers list** which outlines 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 / michelle.towle@dhhs.tas.gov.au, 6440 7015 if you would like a copy of either or both!

Free telephone interpreting services for pharmacies across Australia. The Department of Immigration and Citizenship, through the Translating and Interpreting Service (TIS National) and the assistance of the Pharmacy Guild of Australia, provide free telephone interpreting services for pharmacies. More information: call 1300 655 820 or see: <http://www.minister.immi.gov.au/parlsec/media/media-releases/2008/lf08070.htm>

If Not Dieting resources - Person Centred Approach to Healthy Weight Management: helping people achieve and maintain a healthy weight. [Posters](#) for sale, ideal for health professional rooms, community health centres, schools and many more places. New article entitled '[Australia's disordered eating epidemic](#)', published by psychologist Lydia Jade Turner which appeared recently on ABC's unleashed site. www.ifnotdieting.com.au

Online Cultural Orientation Plan for Health Professionals - The package consists of five self directed learning modules: Culture, self and diversity; Aboriginal history; Working with Aboriginal people; Providing clinical services; Improving cultural security. This does NOT replace local cultural orientation and education programs. Rather, it's a generic program providing a framework of information and associated links that can assist health professionals to develop a deeper understanding of Aboriginal cultural values and practices, and promote culturally secure practice. <http://lms.cucrh.uwa.edu.au/moodle/> It's free!

Drug and Alcohol Lecture Series - Discipline of Addiction Medicine - The University of Sydney. A freely available lecture series from University of Sydney. <http://www.addiction.med.usyd.edu.au/lectures/>

Join In, Join Up! Posters - The project's goal is to get the message out to as many people as possible that joining a community organisation can have huge benefits for your health and wellbeing. Three A3 posters you can download for free : 10 reasons to join a community group; 10 tips to ease your way into a new community group; 10 tips to make your community group more welcoming: http://www.ourcommunity.com.au/directories/directories_article.jsp?articleId=4361 Join In, Join Up! is an initiative of Our Community and the Pharmacy Guild of Australia, and is proudly supported by the Telstra Foundation.

Walking Bus Program - funded by DHHS to promote Walking Buses as an active, healthy way for primary school children to get to school. Sustainable Living Tasmania is working with key partners to increase the capacity of schools to integrate and support Walking Bus Programs throughout the State. If you are interested in starting a Walking Bus or would like more information please contact Lissa Villeneuve, WB Project Officer on (03) 6234 5566 or by email lissa@sustainablelivingtasmania.org.au. Lissa can work with you to help establish a Walking Bus in your area.

Bernie's pad in the plaza - window display area available. Health promotion groups and service providers are invited to create short-term displays. The target group includes all families with children aged 0-12 years with particular emphasis on vulnerable families e.g. families at risk of drug and alcohol abuse, fathers and young parents, isolated families. Contact Peta 6431 3896, or Helen 6431 8555.

Resources from the Premier's Physical Activity Council – Get Moving at Work

- [Get Moving at Work resource kit](#) - This kit provides workplaces with a step-by-step guide on how to develop or improve workplace health and wellbeing programs. The kit is supported by an online survey that helps organisations identify the health and wellbeing needs and issues of their employees.
- [10,000 steps](#) – is a free program that encourages the use of step-counting pedometers to monitor your daily physical activity levels. Workplaces can access interactive online features to create virtual team challenges.
- [2010 PPAC calendar of physical activity events](#) – view our comprehensive list of physical activity and healthy events for 2010 and identify some events for your workplace to get involved with.
- [Purchase pedometers, caps and water bottles at cost price for your workplace](#)
- [View the December 2009 issue of the Get Moving Tasmania community newsletter](#)

Tips for adults to 'find thirty' and tips for getting children physically active:

<http://www.getmoving.tas.gov.au/findthirty/>

Your health and wellbeing matters – DHHS staff survey. The Menzies Research Institute will post a survey to 12 500 randomly selected employees from across the State Service in February. You are invited to complete the survey during work time. If you receive the survey, we strongly encourage you to complete it – even if you completed the [Healthy@Work](#) online survey in early 2009. The additional information collected will help us better support your health and wellbeing needs. A [snapshot](#) of the finding from the 2009 online survey is available.

Healthy by Design: A guide to planning and designing environments for active living in Tasmania will provide practical guidance to planners, urban designers and related professionals for designing walkable, cyclable, and ultimately more liveable and vibrant communities within Tasmania. Tasmanian case studies are provided that illustrate one or more of the Healthy by Design planning and design considerations. [Click here](#) to order your complimentary copy, available 1 March 2010. Or Contact the Heart Foundation at tas@heartfoundation.org.au ph 6224 2722.

Investing in Australia's young people, a comprehensive listing of services available to Australian youth. The Office for Youth has published Investing in Australia's young people: A stocktake of Australian Government initiatives for young people. This 251-page report is a detailed listing of the 'programs, services, payments and policies' available to Australia's 3.5 million young people aged 12–25. The report can be viewed at the following link: <http://www.youth.gov.au/Documents/InvestingInYoungPeople.pdf>

Fathers Matter - Parenting Resource - Fathers often underestimate how important they really are to their children. Fathers are just as important as mothers. The publication *Fathers Matter*, offers practical information for fathers on bonding with your children, everyday fatherhood, rough and tumble play and parenting after separation. For more information and to download the booklet go to <http://www.education.vic.gov.au/earlychildhood/support/fatherspublication.htm>

DAD'S – Dad's Appreciating Disabilities Australia - Fathers of children with disabilities may easily feel isolated, and the need for supportive companionship. Here is a group for such dad's, where you will find a supportive network of men working together and building positive futures for people who have kids with a disability. For more information visit: <http://dadsaustralia.org.au/index.htm> Stephen Bailey is a Tasmanian contact who is looking to set up a group in Tasmania. You can reach him at info@convictbeachhouse.com

Fathers Preventing Drug Abuse - The ABC recently aired a segment about the role of fathers in preventing their children abusing drugs. "Professor Bruce Robinson says research shows fathers are the most powerful factor in determining whether this will actually happen. But the groundwork needs to start early, well before adolescence. He strongly advocates 'one-on-one' time between fathers and their children, and lots of non-judgmental listening." This interview can be found here: <http://www.abc.net.au/rn/lifematters/stories/2010/2749022.htm> Bruce Robinson is involved with the Fathering Project, details of which can be found on his website: <http://www.thefatheringproject.org/go/tfp/about-us>

Games and Activities booklet - The Hobart Family Relationships Centre have published two booklets on games and activities for families. One booklet is specifically for the Culturally and Linguistically Diverse (CALD) community, and both have been put together with contributions from families and friends of the Hobart Centre. Booklets can be ordered by calling the Hobart Family Relationship Centre on 6211 2100.

One in Three campaign - There are now clear statistics showing that one in three victims of domestic violence and sexual assault is male. There are plenty of resources and information, and a call to action on the website at <http://www.oneinthree.com.au/>

Advanced Prostate Cancer Guide - A guide for men and their families. The guide aims to explain the advanced stages of prostate cancer, its treatments and how men can manage their health and care while dealing with this condition. Produced by the Australian Cancer Network and the Australian Prostate Cancer Collaboration. The guide will be available to order in hard copy in February 2010 from the Andrology Australia website or by calling 1800 303 878, or from the Cancer Council, ph: 13 11 20. You can obtain an electronic version from the Publications section of the Andrology website <http://www.andrologyaustralia.org/default.asp>

Hep in Tas – A Hepatitis Resource for Tasmanians – website with up-to-date information for the Tasmanian community and services who may be working with people affected by hepatitis C. The site provides information about transmission, prevention and treatment, as well as providing contacts for services and assistance for people living with hepatitis in Tasmania. See <http://www.hepintas.com/> or phone 1300 437 222. Queries: Project Officer ph (03) 6234 1242 or hepc@tascahrd.org.au. Hep in Tas is a project of TasCAHRD (Tasmanian Council on AIDS, Hepatitis and Related Diseases). tascahrd.org.au.

Pathways to Manhood - Leaders from the Pathways Foundation can provide talks about Rites of Passage camps in your community, and link you into rites of passage camps for boys and their fathers or mentors in Tasmania during May and September School holidays in 2010. For more information please or contact Alan Raby on 0411 038 717 or alanraby@pathwaysfoundation.org.au.

Register with Wheelies - You will find homes all over Australia already modified for wheelchairs and disabled access. List yours or find your next holiday destination. Wheelies is a free community service for all those people who need to use a wheelchair and still want to get out and travel. Register now!! www.wheelies.net.au

General Practice NW send out a Practice Support Newsletter monthly to GPs in the region. Deadlines for 2010 are Fridays: 26th February, 26th March, 30th April, 28th May, 25th June, 30th July, 27th August, 24th September, 29th October, 26th November, Please forward any articles to bbeaumont@gpnw.com.au .

Dark Side of Tanning campaign - Approximately 48% of teens still like to get a suntan with more females deliberately attempting to tan than males. Sun protection behaviours are also lacking in this age group with 25% of adolescents still getting sun burnt on a typical summer weekend. Visit <http://www.darksideoftanning.com.au/>

World Health Organization 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> .

Croakey - (the health blog of Crikey) is a website (<http://blogs.crikey.com.au/croakey/>) set up to talk about public health, media coverage of health, Indigenous health, marketing by the health, medical and food industries, tobacco and alcohol-related issues, rural health, mental health, consumer participation in decision-making, evidence-based care, quality and safety of health care, equity in health, and social determinants of health.

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.

Eat Well 2010 Calendar -. This colourful A3 size calendar showcases artwork from school children throughout Tasmania. It also includes a 'What's in season' each month to help with selecting fresh, local fruit and vegetables, cooking with kids recipes and helpful hints. \$10 a copy, including postage. download an order form, visit <http://www.eatwelltas.org.au/whats happening.php> or Contact Eat Well Tasmania: eat@eatwelltas.org.au ph 6223 1266 www.eatwelltas.org.au

Fruit Growers Tasmania Farm Gate Guide. This fantastic resource acts as a directory to Tasmanian growers offering fruit sales to the public whilst showcasing quality Tasmanian produce. Eating healthy local products produces a healthy economy as well as healthy Tasmanians. To download the Guide, visit the Fruit Growers Tasmania website at <http://www.fruitgrowerstas.com.au/>

Eat Well Tasmania Costume Characters – Human- sized Celery, Walnut, Carrot, and Strawberry. If you are interested in hiring any of the Eat Well costumes for your health promotion event, contact Alicia James on ph: (03) 6223 1266 or email: eat@eatwelltas.org.au . The hire form can also be downloaded from the website at <http://www.eatwelltas.org.au/whats happening.php> .

Latest flu information: All people aged six months and older can and should be encouraged to be vaccinated against the pandemic (H1N1) 2009 influenza. Ensure you and your family are protected in advance of the new school year, and a possible early start to the next flu season. There is now a vaccine available for infants aged from 6 months up to children aged 9 years of age. Children under 6 months of age cannot be vaccinated, and are best protected by vaccinating those around them, such as carers and siblings. Contact your GP for an appointment. For more information please visit www.pandemic.tas.gov.au or phone 1800 358 362.

The DHHS library have journals in print too! Staff have access to a lot of 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 for you to browse. (DHHS staff only) <http://intra.dhhs.tas.gov.au/dhhs-online/page.php?id=31109>

New Books/Items in the DHHS library

- Counting the homeless 2006 : Tasmania / Chris Chamberlain and David MacKenzie 2009 (Wingfield)
- Group homes for people with intellectual disabilities : encouraging inclusion and participation / Tim Clement and Christine Bigby 2009 (Wingfield)
- Managing conflict positively {DVD} 2005 (Wingfield)
- Performance appraisal and personal development {DVD} 2006 (Wingfield)
- Performance management and coaching {DVD} 2005 (Wingfield)
- Psychosocial care of cancer patients : a health professionals guide to what to say and do / Edited by Katharine Hodgkinson and Jemma Gilchrist 2008 (Wingfield)
- Setting and achieving goals {DVD} 2005 (Wingfield)
- Stress management {DVD} : a practical approach 2009 (Wingfield)
- Taking control of your time {DVD} 2005 (Wingfield)

To request any of the above titles please contact Library Services at library@dhhs.tas.gov.au with details of item(s) and your workplace delivery address.

Internet Resources & Tools - Articles/Reports of Interest

[Integrated primary health care in Australia](#)

[Managing chronic conditions: experience in eight countries](#)

[Risks associated with low functional health literacy in an Australian population](#)

[State of Australia's young people](#)

What kind of smoker are you? This short test can help you to understand what type of smoker you are.

<http://www.quit.org.au/article.asp?ContentID=6614>

Bullying report - The Youth Affairs Council of Victoria has released a report, *Sticks & stones & mobile phones: Bullying in the new millennium*, which looks at many forms of bullying including cyberbullying, bullying at school and in the workplace, and bullying experienced by young people with disabilities. The report's recommendations stress that initiatives to reduce bullying should engage young people 'directly in the process of developing those solutions'. The full report, which lists many useful links and resources on the topic of bullying, can be downloaded from:

www.yacvic.org.au/sector/items/2009/11/299880-upload-00002.pdf

Tasmania's Child and Family Centres are for children birth to age 5 and their families. The purpose of Child and Family Centres is to improve the health and well being, education and care of Tasmania's very young children by supporting parents and enhancing accessibility of services in the local community. Contact

<http://www.education.tas.gov.au/childandfamily> Department of Education – Early Years Director, Judy Hebblethwaite - 6233 5099, Department of Health and Human Services Health and Well Being Directory – 1300 135 513 and the CFC Project Team, Department of Education, Janice.Martin@dhhs.tas.gov.au Telephone: (03) 6233 4050

Migrant Services in the NW - Migrant Resource Centre (MRC). The new Co-ordinator is Margaret Grundy. Contact on 6423-5598 or 0447-568-380 margaret.grundy@mrcltn.org.au The North West services will be based at Days Building in Devonport Monday to Thursday from 9am - 5pm. The Burnie office closed in Dec 09. Burnie and broader North West based clients will be catered for using an outreach service model.

Multicultural Liaison Officer Dianne Curran can be contacted on 6426 5675, dianne.curran@dhhs.tas.gov.au. Dianne provides a free and confidential service for patients and staff in the North West Area Health Service. This includes support on aspects such as interpreting – cultural issues – translations –workplace issues – education – advocacy – language– immigration etc. Dianne is located at the Mersey Community Hospital, Latrobe in room 48D Nurses Home.

Tasmanian Centre for Global Learning -help to make a real difference both in Tasmania and in the world as a whole. Your membership will assist to develop and implement educational projects within Tasmania that will foster a greater understanding of global issues, social justice and human rights. Download a printable [Brochure](#) or [Membership form](#) Contact details: Tasmanian Centre for Global Learning, 4 Battery Square, Battery Point, Tasmania, 7004. 03 6223 1025, Email: admin@afairerworld.org

National Coastal Risk Assessments - Climate Change Risks to Australia's Coast report maps the impacts of climate change on our coastal communities. It was released on 14 November 2009 by the Minister for Climate Change and Water, Senator Penny Wong. [Click here.](#)

Climate Change – If you are looking for information please visit The Department of Climate Change website.

<http://www.climatechange.gov.au/default.aspx> and/or [A-Z of Government initiatives](#)

The Tasmanian Climate Change Office -setting Tasmania's agenda for reducing carbon emissions by 60% by 2050 based on 1990 figures. Click the link to find out more and read the Tasmanian Framework for Action on Climate Change <http://www.climatechange.tas.gov.au/>

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>

Sport and Recreation Framework for People with a Disability is available online at <http://www.development.tas.gov.au/sportrec/>

MedicAlert is a not-for-profit organisation that provides a four-part emergency medical information and identification system to protect members wherever they are 24 hours a day. Contact MedicAlert.Phone 1800 882 222 email medic@medicalert.com.au or view at www.medicalert.com.au

National Relay Service, a phone solution for people who are deaf, hearing-impaired or speech-impaired. Customers can contact the service on : TTY users phone 133 677, then ask for 1300 13 55 13 .Speak and Listen users phone 1300 555 727 then ask for 1300 13 55 13 and Internet relay users connect to the NRS www.relayservice.com.au then ask for 1300 13 55 13

Mental Health Council of Tasmania publication '**Climbing Fences**' - this was developed with, and for, young people who have a parent with a mental illness. The book gives a voice to those young people who sometime can be overlooked. The publication includes personal stories from young people, information on various types of mental illness, and how to access additional support. Copies are available from the Council, and can be purchased for \$5.50 either by emailing adminassist@mhct.org or at MHCT Suite 5, Mayfair Plaza, 236 Sandy Bay Road, Sandy Bay 7005.

The Tasmanian Homelessness Plan 2010 – 2014 - released for consultation on 18 December 2009. Many services are already working with people who are homeless or at risk but not in a coordinated way. We could be more effective. Feedback is encouraged now from all community and Government organisations. For more detail on how to be involved the consultation process please see www.dhhs.tas.gov.au/tashomelessnessplan

New Australian Community Kitchens Website - The Australian Community Kitchens website www.communitykitchens.org.au has been updated and is being relaunched. New detailed recipe listings including; cost, number of servings, time taken and the option to attach photos. A Community Kitchen involves a group of 6-8 individuals coming together on a regular basis to socialise and cook before enjoying a delicious, affordable and nutritious meal together. Group members have ownership over the kitchen and make all the decisions including when to cook, what recipes to cook, who will do the shopping and different cooking tasks. Each group will generally cook 2-3 recipes in a cooking session and are supported by a trained kitchen facilitator.

Tranzition Mission DVD - Young people in Dorset have made a movie – the Tranzition Mission - to help break down the myths and barriers surrounding transitioning between year 10 and further education and training. The project was funded by the State Government through the Northern Tasmanian Youth Transitions Taskforce. [Julie and Michelle](#) have copies you can loan. If you would like a free copy of your own, contact Jen Barron – jbarron@dorset.tas.gov.au

Free Thingummybrushes... why is it a toothbrush and not a 'teethbrush'? Whatever you want to call them, a new shipment has just arrived in the Oral Health Promotion resource room and they are available on request to support Health Promotion and education activities across Tasmania. They provide an ideal opportunity to discuss oral health with pregnant women, preschool families, schools, young people and carers. Child and junior 'Sparkles' toothbrushes and fluoridated (adult) toothpaste are available by request from oralhealthpromotion@dhhs.tas.gov.au or you can call Annette Davey (6214 5421) to discuss the resources and strategies available for the inclusion of Oral Health Promotion in your project planning.

MISS Hope - travelling 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

“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)

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 itself.

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Funding

Indigenous Arts, Culture and Heritage Funding for 2010-11 – closes 5 February 2010. The Department of the Environment, Water, Heritage and the Arts provides funding to organisations that work with Aboriginal and Torres Strait Islander people on Indigenous arts, culture and heritage projects. Find out more about these programs and how to apply at www.arts.gov.au/Indigenous: Indigenous Broadcasting Program, Indigenous Culture Support Program, Maintenance and Indigenous Languages and Records Program, National Arts and Crafts Industry Support Program, Indigenous Heritage Program. Inquiries: 1800 006 992 or email Indigenousach@environment.gov.au

Sport & Recreation Tasmania - Minor Grants Program – Program is continuous and applications will be accepted at any time. Grants of between \$250 and \$5 000 made to clubs, associations, local government and other not-for-profit providers of sport and recreation. Projects include equipment purchases, facility developments or upgrades, targeted participation projects and other development initiatives. Applicants must contribute at least half of the project funding. <http://www.development.tas.gov.au/sportrec/grants/index.html>

PHCRED conference travel grants, 2010 round 1. The Menzies Research Institute & The University Department of Rural Health are each offering travel assistance of \$1500 for research-active primary health care practitioners to attend a national conference within Australia in 2010. In awarding a travel grant, preference will be given to presenters, especially if peer reviewed. Applications Close Friday 19 February 2010. Application Forms: <http://www.phcred.utas.edu.au> or contact Candice Lai, Statewide Coordinator PHCRED Phone (03) 6226 4803 Email: Candice.Lai@utas.edu.au

Earn Your Stars micro-grants - Are you a member of a community group with a project that gives people the tools, skills or knowledge to reduce their carbon emissions and conserve energy? The Tasmanian Government is offering eligible community groups grants of up to \$3000. Applications will be accepted by the Tas Climate Change Office from 15 November 2009 until allocated funds have been expended. More information: http://www.climatechange.tas.gov.au/grants/earn_your_stars_micro-grants To apply for an Earn Your Stars Micro-grant you will need to read the [program overview](#) and the full [program guidelines](#), and complete an [application form](#).

Festivals Australia (Department of the Environment, Water, Heritage and the Arts) Closes: February 15, 2010
Purpose: To provide funds for Australian regional and community festivals to assist them to present quality cultural projects. [Click here](#) for details.

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. There are four rounds in 2010; closing dates are: 5 March, 14 May, 6 August, and 22 October. For further information go to <http://www.juniorlandcare.com/Grants.htm>

Telstra connected Seniors Program - closes Friday 6th March. The aim of this is to educate seniors on technology such as Internet, computing, mobile phones. Not for profit groups can put in a submission for a grant to educate their members or community. It is well supported with a wide range of presentation materials and training. For more information go to www.telstraseniors.com/index.aspx or contact Adrienne Elliott, Telstra Country Wide on 6212 8048 or by email at adrienne.r.elliott@team.telstra.com.

Tas Community Funds - next general grants round will open on 13 February and close 24 March 2010. Guidelines available now. For details contact Senior Executive Officer, Tasmanian Community Fund, GPO Box 1350, Hobart 7001, Phone (03) 6233 2800, Fax (03) 6233 5690. Email admin@tascomfund.org or on the web www.tascomfund.org .

Cars for Communities program - to help communities purchase vehicles to provide local transport services. Organisations can apply for funding for a car, a people mover or a mini-bus to meet a community's transport needs. The next grant will open in February 2010. Keep your eye on www.dpac.tas.gov.au

There are also grants available for:

- **Youth** (Capacity building, Environmental education, events, health)
- **Churchill Fellowships** (to support overseas travel & research in your chosen field)
- **National Youth Week** – for students

Contact michelle.towle@dhhs.tas.gov.au ph 6440 7015 for more information.

Your local council may have community grant money. 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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Learn a little about Health Promotion - What you said in response to our survey!

NW Health Promotion survey

A big thank you to those who responded to our recent survey. The information gathered has assisted us to plan for 2010. Here is a taste of some of the data and responses.

We asked-

- Which health promotion initiatives have been useful over the past year?
 - Monthly e-news 82%
 - Health Events Calendar (produced by HP North) 67.2%
 - NW Health Promotion network meetings (each quarter) 39.3%
 - Short health promotion training session 32.8%
 - Great sources of health information 34.4%
 - Video-conference sessions to assist remote attendance 32.8%
 - Speakers' list- 24.6%,
- How has contact with the NW health promotion team had made a difference to your work?
 - Increased my knowledge of links / networks with other organisations;
 - provision of relevant information enhanced and contributed to our projects and added ideas for evaluation and distribution of projects.
 - Receiving more information.
 - Health promotion has become part of other events which I help organise or initiate.
 - Sharing of ideas and resources has been wonderful and enhanced my own knowledge and service delivery.
 - The networks that you have established are invaluable and have provided other avenues to promote program activities.
 - Provision of quality information.
 - Support and discussion relating to health promotion.
 - Ideas exchange.
- What difference has your health promotion work made to your community and the people you work with?
 - Greater awareness enabling opportunity for participation
 - higher numbers attending programs and increased networking groups.
 - It has made a considerable difference, but hope to improve on this in 2010
 - Increased capacity, resources and potential for positive outcomes
 - Given more momentum to the health promotion message at the community level, people are thinking about prevention, regular checkups and quite prepared to talk about it.
 - Improved health & well-being outcomes for the community. Improved quality of programs being run.

Keep up the good work, and thanks again for taking time to complete the survey!

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What's coming up on the health events calendar?

February

Month of	Ovarian Cancer Awareness Month	www.ovariancancer.net.au
1-7	Salt Awareness Week	www.awash.org.au
1-7	National Naturopathy Awareness	www.endeavour.edu.au
4	World Cancer Day	www.cancertas.org.au
14	National Condom Day	www.fpt.asn.au
14-21	Sexual Health Awareness Week	www.shinesa.org.au
16	Pancake Day (Shrove Tuesday)	www.pancakeday.com.au
20	World Day of Social Justice	www.un.org
21-28	Organ Donor Awareness Week	www.kidney.org.au
26	National ICEE Sunnies for Sight Day	www.sunniesforsight.org
27-28	Relay for Life – Hobart & Launceston	www.cancertas.org.au

March

5-11	Wound Awareness Week	www.awma.com.au
6-14	State Bike Week	www.getmoving.tas.gov.au
7	Clean Up Australia Day	www.cleanup.com.au
8	International Women's Day	www.women.tas.gov.au
11	World Kidney Day	www.kidney.org.au
12	World Glaucoma Day	www.glaucoma.org.au
13-20	Coeliac Awareness Week	www.coeliacsociety.com.au
15-21	Brain Awareness Week	www.brainaustralia.org.au
16	World Hypertension Day	www.worldhypertensionleague.org
16	World Social Work day	www.aasw.asn.au
19	National Youth Tobacco Free Day	http://oxygen.org.au
21	Harmony Day	www.harmony.gov.au
20-21	Relay for Life – Penguin	www.cancertas.org.au
21-27	Arthritis Awareness Week	www.arthritisaustralia.com.au
22	World Day for Water	www.unwater.org/worldwaterday
28	Neighbour Day	www.neighbourday.org

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

Health Promotion Coordinators, north-west Tasmania

Julie Milnes (Mersey region)
03 6421 7704, julie.milnes@dhhs.tas.gov.au
23 Steele Street, Devonport Tas 7310

Dr Michelle Towle (Hellyer region)
03 6440 7015, michelle.towle@dhhs.tas.gov.au
5th Floor Parkside, Burnie Tas 7320

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

Please note Michelle plans to be on maternity leave from April 2nd 2010.
A 12 month contract to backfill her position will be advertised soon.

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DISCLAIMER

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