Breaking news... physical activity is really, really good for you. We should do more of it. If you are exercising, keep going. If you’re not exercising, start today!

That should be the end of this newsletter introduction!

Because these key statements seem to summarise the key points of the many advertising campaigns, government plans and strategies, public health initiatives, training programs, television documentaries and even reality shows that have been developed in response to the lack of population physical activity and obesity.

And this is not new - one of the first public health campaigns in Australia, the ‘Life. Be In It’ program, started in 1975 in Victoria, featured lazy Norm on the couch and encouraged us all to get active and participate in recreation and physical activity.

The many benefits of exercise and physical activity are now well documented. Regular physical activity has the ability to reduce the risk of several major chronic diseases, as well as promote quality of life and a sense of wellbeing including minimising risk of depression.

Conversely physical IN-activity increases all causes of mortality, doubles the risk of cardiovascular disease, Type 2 diabetes, and obesity.

It also increases the risks of colon and breast cancer, high blood pressure, lipid disorders, osteoporosis, depression and anxiety. All of which would ensure that you would become a current or future patient of the very services that you now work in – a sobering thought...!

And on a population-wide perspective physical inactivity costs a lot - the 2003 Australian Burden of Disease Study indicates that physical inactivity was the fourth leading cause of burden of disease in Australia, responsible for approximately 7% of the total burden of disease and injury for all Australians.

So if we know what we should do, why DON’T we do it? That of course is the key question and as with the ‘change management’ of any behaviour the context, motivations and capacity for an individual or community all can have an impact on ability and willingness to change.

There are resistances to change, whether real or perceived, so identifying or ‘rolling’ with them can remove the barriers.

As health workers we probably have the most opportunity to know of the risks and benefits as well as, hopefully, some insight into our situation and behaviour. And to be fair the change doesn’t have to be very onerous - 30 minutes of moderate-intensity physical activity on most, preferably all, days is required.

And it is not necessarily structured exercise or the wearing of fluro lycra that is the key element! We can think of movement as an opportunity, not an inconvenience and be active every day in as many ways as we can. You can even accumulate your 30 minutes throughout the day by combining shorter bouts of at least 10 minutes. Remember, something is better than nothing, but more is better than something.

See you on the footpath soon!

Phil Morris
Area Manager North

Issue 19 Autumn-Winter 2011
A note from the editors…

Strategies that aim to enhance physical activity levels for people and communities should take into account a social determinants approach to health. An individual/biomedical lens that frames solutions in terms of individual responsibility will only ever provide a limited view. A richer understanding of the barriers between knowledge and behaviour change can be found in a social determinants of health perspective:

"Much can be done by individuals themselves to improve their own health prospects, but whether or not they will actually take such action depends substantially on economic and social structures for which governments are responsible."


Simply put, we know that many people will be more active if we make it easier for them to do so. It is encouraging then to see a range of statewide initiatives aimed at improving supports and infrastructure for physical activity. For example, the Launceston City Council recently commissioned Gehl Architects to undertake the Launceston Public Spaces and Public Life Report 2011. Amongst the recommendations are to make the Launceston’s CBD more pedestrian and cyclist friendly, and encourage more walking within the city centre. Already the Council has devoted resources to improving bicycle networks.

Similarly there are some wonderful and exciting projects promoted in this newsletter which also support and enhance our communities’ access to physical activity options. Thank you to all who have contributed once again...

Tina Binns, Hayley Tristram and Elizabeth Mahnken

Health Promotion Coordinators
Allambi Room 5 33-39 Howick St  Launceston
TAS 7250  Phone 03 6336 5589
Email: healthpromotion.north@dhhs.tas.gov.au

In this issue….

- HP Framework
- News from HP North
- Heart Foundation Walking Groups
- Physical Activity Policy and Planning
- Walking School Buses
- Healthy by Design
- MoveWell Eat Well
- Active Launceston
- Active Communities
- News from our region
- Professional development opportunities

…and much more!
Promoting physical activity and active communities

**Key recommendations:**

- Adults participate in at least 30 minutes of physical activity every day.
- Children and young people participate in at least 60 minutes of physical activity every day.
- Children and young people do not spend more than two hours per day using electronic media for entertainment.

**Opportunities for increased physical activity can be identified in different settings, such as:**

- at work through incidental physical activity
- commuting through walking or cycling
- at home through housework and active play
- during leisure time through sports and active recreational activities.

**Recommended interventions for physical activity include:**

- building public policy that facilitates and encourages physical activity
- promoting, supporting and initiating action which increases access to environments that support people to be active
- encouraging and influencing social and cultural norms that support physical activity
- increasing awareness and understanding of the benefits of participation in physical activity
- developing skills to be active as part of daily life
- supporting individuals, families and communities to overcome barriers to physical activity
- building the health sector’s capacity for sustained and coordinated action by strengthening skills, competencies and infrastructure, including funding, workforce, leadership and organisational support (Garrad J. et al 2004; Victorian Health Promotion Foundation. 2005).

For more information about Working in Health Promoting Ways email: healthpromotionframework@dhhs.tas.gov.au
Impact and scale of the issue

People who are sufficiently physically active have lower rates of cardiovascular disease, mental health issues, Type 2 diabetes, hypertension, some cancers, musculoskeletal disorders and gall bladder disease. A person is classified as sedentary if that person does not regularly engage in low level, moderate or vigorous exercise, including walking. Sedentary activity includes ‘no exercise’ as well as ‘very little’ exercise.

Statistical information regarding physical activity is featured below. Please note that The National Health Survey only collects data on structured exercise activity (i.e. does not include work-related exercise, gardening, etc) and while it is therefore an imperfect measure, the trends the survey reveals are still valid.

- Physical inactivity was responsible for 6.6% of Australia’s total burden of disease in 2003, with ischaemic heart disease, Type 2 diabetes and cerebrovascular accident accounting for more than 80% of this burden (AIHW 2004c).

- There are signs that Australians are becoming increasingly inactive. The 2000 National Physical Activity Survey showed that 54% of Australians aged 18–75 years did not undertake leisure time physical activity at the levels recommended to achieve health benefit (NPHP 2005).

- A total of 69% of Tasmanians aged 15 years and over do not have physical activity levels sufficient for health benefit, and 22% of 15–24 year olds reported no physical activity in the 2 weeks preceding the 2001 National Health Survey (NPHP 2005).

- Overseas evidence suggests that children under 5 years of age appear to be increasingly sedentary (NPHP 2005). In the 12 months to April 2003, an estimated 38% of children aged 5–14 years did not participate in organised physical activity outside of school hours. The ABS Children’s Participation in Cultural and Leisure Activities Survey revealed that 97% of children aged 5–14 years reported that the most popular leisure activity outside of school hours was watching television and videos (ABS 2006a).
Physical activity levels decrease with increasing age. A total 40.1% of Tasmanians aged between 15 and 24 years had physical activity levels sufficient for health benefit in 2004/05. This percentage decreased in older age groups, to 21.7% of those aged 65 years and over. Physical activity levels overall for any age group have not changed significantly since the National Health Survey conducted in 1995 (ABS 2006a).

**Degree of health inequality**

Tasmania's population is older and ageing faster with a lower socio-economic status than other States.

Physical activity levels are associated with socio-economic status. Tasmanians with the lowest socio-economic status are more likely to lead sedentary lifestyles (41.9%) than those with the highest (17.8%).

**Evidence that health promotion and prevention action can bring about change**

To turn around trends in physical activity, information on who is most inactive needs to be considered. These are:

- women who are married
- women with two or more children under school age
- women aged 30 years or over
- men and women aged over 40 years
- men and women with less than 12 years of education (Garrad J. et al 2004).

There is clear evidence that people who are physically active at an early age, especially through adolescence, are most likely to be physically active adults (Bull F C et al 2004; Garrad J. et al 2004).

The most effective physical activity interventions are those that combine multiple strategies at multiple levels. They involve a range of stakeholders and the community, and include capacity building, developing leadership, building partnerships and facilitating cooperation.

The National Physical Activity Guidelines and Recommendations form the basis for physical activity interventions (DoHA 2009).
Coming soon....

Yes, it is on again this year— the much talked about health promotion training **Working in Health Promoting Ways: Making a Difference (MaD)** will commence in August 2011 and will run through until November.

MaD is an 8 day course spread over 4 months, allowing time for reflection and development of a health promotion initiative.

It covers—
- Health promotion theories and frameworks
- Program planning, implementation and evaluation
- Tasmania's health status
- Community engagement
- Challenges in rural areas
- Group presentation and facilitation skills
- ‘Real Life’ case studies

A certificate of attainment is issued on completion of the full 8 days. Sessions will be held at the Ravenswood Community Health Centre.

Expressons of interest will be called for starting in June so keep an eye out for the advertising or contact us if you would like further details.

---

The HP team were pleased to send Elizabeth to Cairns (particularly Elizabeth) for the AHPA national conference where the focus was on the social determinants of health and how that translates to policy and practice.

Amongst other things, Fran Baum presented an extremely interesting and challenging keynote address on the concept of 'Lifestyle Drift' that is, investment at a state and federal level in interventions focusing on individual responsibility rather than those that addressing the social determinants of health.

We had strong representation from Tasmania and it was fantastic to strengthen local networks as a result. A trip definitely worth taking.

---

**What's happening?**

**We've moved!**

The Health Promotion North office has relocated...

In April, we said a sad farewell to our old abode at Ravenswood Community Health Centre and have joined the Primary Health team in the Allambi building in Launceston.

Our email details remain the same but you will now find us at:-
- Room 5
- Allambi
- 33-39 Howick St
- Launceston TAS 7250
- P: 6336 5589
- F: 6336 4190

We still love to have visitors so if you are in the area, please pop in and say Hi
Heart Foundation Walking is Australia’s largest network of free community based walking groups lead by volunteer Walk Organisers and there are more than 100 walking groups in Tasmania attracting over 900 regular walkers!

Heart Foundation Walking offers an enjoyable, social and supportive physical activity opportunity for people within their local community. Walking groups cater for a variety of ages and fitness levels, making it suitable for both beginners and regular walkers. Groups generally meet once or twice a week and walk distances that fit in with the group’s abilities and goals.

The program has demonstrated success within Tasmania in reaching those who most need to be more active, especially women, people over 50 years of age, people with lower socioeconomic status, obese people, and people who live alone. Evidence in Tasmania indicates that the program is proving particularly successful in engaging disadvantaged and more socially isolated communities. The program also boasts a world’s best practice six-month retention rate of 95%.

What is Heart Foundation Walking?
The Heart Foundation is setting up walking groups all across Australia in partnership with local communities. Area Coordinators, who may be from health or community centres, councils or workplaces, work with the Heart Foundation to assist volunteer Walk Organisers to recruit walkers and establish groups in their communities.

The Walk Organisers then lead groups in their local area. They are provided with resources, training and support to begin and maintain their group. They also receive complimentary merchandise as a ‘thank you’ for their role in organising a local walking group. Area Coordinators and Walk Organisers are also given the opportunity to participate in free CPR training thanks to St John Ambulance Tasmania.

Walkers are provided with information outlining Heart Foundation Walking and can choose to join the Walker Recognition Scheme which includes certificates and other incentives when they reach walking milestones (e.g. 25 walks). The program aims to overcome some of the barriers that people have to walking, to motivate and provide incentives to walk on a regular basis, and to build community spirit.

Get involved!
For more information on Heart Foundation Walking or to start a group in your area please contact the Heart Foundation on 1300 36 27 87 or visit www.heartfoundation.org.au/walking
I have been in the position since September 2010 and one of my first tasks was to coordinate the development of the Promoting Active Communities and Physical Activity Guide.

Thanks to those who were involved in the development of the guide. The guide is now available on the website and I hope you find it useful.

I am currently working 3 days per week and if I can be of any assistance to you and the work you are doing around physical activity please feel free to contact me on 6222 7653, kim.jose@dhhs.tas.gov.au.

The new Tasmanian Plan for Physical Activity 2011-2021 was launched in February. The new plan can be downloaded from the Premier’s Physical Activity website http://www.getmoving.tas.gov.au/. The four key goals outlined in the plan are

1. Become a community that values and supports physical activity
2. Create built and natural environments that enable and encourage physical activity
3. Develop partnerships that build and share knowledge and resources
4. Increase opportunities for all Tasmanians to be physically active where they live, work and play.

This is a plan for all Tasmanians. For those of you who are involved in promoting active communities and promote physical activity hopefully you will be able to connect to the broad goals outlined in the plan. An action plan will be developed in the near future.

One way you can help will be to collect stories from those who participate in programs, develop or run programs or form new partnerships to promote physical activity.

The aim is to collect 1000 stories in 10 years that demonstrate how Tasmanians participate in physical activity. It will be possible to upload these stories onto the PPAC website in the near future.

An International Call for Action about Physical Activity - The Toronto Charter for Physical Activity. This is a fabulous and inspiring document that calls for action to promote health enhancing physical activity. Guiding principles and a framework for action are outlined in this documents - it fits well within the health promotion framework and embodies many health promoting principles. I’d encourage you all to read the document and sign up to the campaign to advocate for physical activity globally.

Global Recommendations on Physical Activity - these were released in September 2010 and provide the most current evidence based recommendations for children, adults and older adults.

There are some differences with our Australian recommendations particularly with respect to muscle - strengthening activities for all ages and balance and falls prevention activities in older adults.

These can be found at http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html. Australia’s recommendations for under 5’s remain current and up to date.
A new resource for parents and those working with children under 5 has been developed called Being Active Matters. This booklet focuses on the development of movement skills such as catching, throwing, hopping and leaping in children under 5. It provides easy to read information about the importance of developing movement skills in young children and has some great activity ideas.

This colourful, local resource was developed collaboratively by Women's Sport and Recreation Tasmania, Department of Education, Department of Health and Human Services and funded by the Australian Government and can be downloaded from [http://www.education.tas.gov.au/earlylearning](http://www.education.tas.gov.au/earlylearning).

The Find 30 social marketing campaign has recently been evaluated in Tasmania. While we did not have baseline data the evaluation did show that the majority of Tasmania's (92%) are aware of the need to be physically active for 30 minutes on most days of the week.

This is great and shows that the physical activity message is reaching the broader population. However, we know knowledge does not equate to action and ensuring opportunities for physical activity are accessible to all remains an ongoing challenge who work in this area.

---

**Find thirty**

The Find thirty. It's not a big exercise®

Find thirty® campaign was initially launched in Western Australia in 2002 with the aim of increasing the number of Western Australians who are sufficiently active for good health.

Due to the high level of success of the campaign, Find thirty® has been extended to Tasmania.

**Why not visit the website**


You can ‘Find thirty®’ by walking, riding, running, swimming, gardening - whatever you like. It’s never too late to start, it can be fun and easy to do.

For adults, at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week is needed for good health.

The great news is you don't need to do the 30 minutes all in one go. Three lots of 10 minutes is just as beneficial and might be easier to fit into your day.
There are a limited number of free copies of Being active matters! available. If you are interested in receiving some to distribute to playgroups or parent groups that you are involved in, please contact Claire Burke Ph: 62 227387 E: claire.burke@dhhs.tas.gov.au

The Being active matters! booklet and supporting document can also be viewed online at: http://www.education.tas.gov.au/earlylearning

Over 140 primary schools in Tasmania (including 34 in the north of the State) are enjoying taking part in the Move Well Eat Well Program.

Participating schools are working to promote a school environment where healthy eating and physical activity is a normal and positive part of every child’s day.

Schools that join as Move Well Eat Well Members receive new Tasmanian resources, ideas to make links with families and their local community and some great incentives for participation. When schools meet a set of criteria, they receive a Move Well Eat Well Award. The Launceston Preparatory School and Invermay Primary have both been recognized as Move Well Eat Well Award Schools.

For more information visit www.education.tas.gov.au/movewelleatwell or email movewelleatwell@dhhs.tas.gov.au

...and exciting news for Tasmanian 0-5 year olds!

Move Well Eat Well is coming to an early childhood service near you. From April 2011 this very successful award program will be offered to child care services, Family Day Care schemes, occasional care, out of school hours care and kindergartens. Active babies and pre schoolers, enjoying fruit and vegetables - now there’s something to shout about! Contact: movewelleatwellEC@dhhs.tas.gov.au and keep eye on the MW EW website.
A Walking Bus is a fun, safe and active way for children to travel to school. It is a group of primary school aged children who walk to school along a safe route accompanied by adult volunteer drivers.

This project has the support of parents, staff and students, who are enthusiastic about getting active and building a strong, healthy community.

"We've enjoyed getting to know the other parents and the kids who've joined in - the social aspect is just as worthwhile as the healthy exercise." Reports Catherine Munro, Parent Volunteer Driver on the Scottsdale Primary Walking Bus. "People in the local community are happy to see the walking bus in action - we often get a friendly greeting or wave from passers by."

Walking Buses are very flexible and can be organised to suit schools of all sizes. Scottsdale Primary was the first rural school to establish a Walking Bus in Tasmania and Bridport Primary is currently in the planning stage. Interstate models have been developed which allow for students catching the bus or coming from far away to still participate, so it is adaptable for rural and regional communities as well as urban schools.

"The Walking Bus is a great opportunity to encourage the exercise of our children and lots of fun for everyone involved" W endy Thompson, Parent/ Volunteer Driver Kingston Primary Walking Bus.

Sustainable Living Tasmania is coordinating a Walking Bus Program throughout Tasmania with funding through the Australian Better Health Initiative: A joint Australian, State and Territory government program.

"A Walking Bus is a wonderful way for students and parents to increase fitness, form new friendships and reduce their carbon emissions" “I hope to see all Tasmanian schools offering the Walking Bus as an option for students to travel to school.” Lissa Villeneuve, Tasmanian Walking Bus Project Officer.

Running a Walking Bus can also help schools to achieve a Move Well Eat Well Award. Move Well Eat Well is a Statewide initiative managed jointly by the Department of Education and the Department of Health and Human Services.

The Move Well Eat Well program works to assist schools to promote a healthier Tasmania in which children can enjoy healthy eating and physical activity every day. Walking Busses contribute to improved health and well-being, greater knowledge of road safety, increased sense of community and decreased traffic congestion and greenhouse gas emissions. Consider starting a Walking Bus in your area. It is lots of fun and has benefits for students, parents and the broader community!
Dragons Abreast Launceston

Dragons Abreast promotes a message of education, hope and awareness of breast cancer. We assist individuals post breast cancer treatment in making the transition back into a full and active life via participation in a dragon boat programme.

Dragonboat racing is an aquatic sport in which a 12 meter long canoe-like boat, wide enough to sit 20 people (2 abreast) along with a sweep to steer the boat and a drummer, is paddled over a course of approximately 500 meters in length.

The crew consists of survivors and supporters. Survivors will always be given preference in paddling the boat and supporters are encouraged to join to make this possible.

To get fit, have fun and support a worthy cause contact in Launceston jean.vannynanten@dhhs.tas.gov.au secretary or paul.vannynanten@dhhs.tas.gov.au coach

For further information about Dragons Abreast in the North contact: launceston@dragonsabreast.com.au.

---

Walk Safely to School Day

Walk Safely to School Day is an annual national event when all primary school children will be encouraged to walk and commute safely to school.

It is a community event seeking to promote road safety, health, public transport and the environment

For more information visit— www.walk.com.au
Healthy Spaces and Places is a national guide for planning, designing and creating sustainable communities that encourage healthy living. Foremost it is for planners, as they can help tackle some of Australia's major preventable health issues by planning places where it is easier and more desirable for more Australians to be active - walking, cycling and using public transport - every day.

But it's also for everyone who can make a difference to the overall health and wellbeing of Australians - design professionals, health professionals, the property development industry, governments and the community.

Healthy Spaces and Places supports and complements planning and design initiatives throughout Australia. It is a single source of easy-to-find, practical information from experts in health, planning, urban design, community safety and transport planning.

This Planning for healthier outcomes can be applied to all parts of Australia. It is just as applicable in metropolitan areas as it is in regional cities, towns, villages and remote communities.

For an overview, you may wish to download Healthy Spaces and Places: a national guide to designing places for healthy living.

The material provided within Healthy Spaces and Places focuses on how to create environments that support physical activity but does not provide in depth information on nutrition, food security and noise and air pollution.

This resource was developed by a collaborative team comprising the Australian Local Government Association, the National Heart Foundation of Australia and the Planning Institute of Australia and funded by the Australian Government Department of Health and Ageing.

Health professionals from across the state recently participated in one of three regional workshops to learn and discuss how elements of the built environment can encourage or discourage people from being physically active.

The workshops were based on Healthy by Design - a guide to planning and designing environments for active living in Tasmania which provides optimal design considerations which encourage active living.

Heart Foundation CEO Graeme Lynch said creating environments that encourage people to be out and about in their neighbourhoods, whether it be on foot, cycle or other forms of transport, can have positive impacts on the community.

"Being outdoors and active in the public domain not only increases individual health and wellbeing but also increases social connectedness and builds community spirit," he said. "It's about creating healthy, active and vibrant communities."

Introducing the newly released **Non Communicable Disease Prevention: Investments that Work for Physical Activity**.

This is a complementary document to the **Toronto Charter for Physical Activity: A Global Call for Action**, launched in May 2010 at the 3rd International Congress for Physical Activity and Health in Canada by GAPA (Global Advocacy for Physical Activity). Investments that Work identifies seven best investments to increase population levels of physical activity which, if applied at sufficient scale will make a significant contribution to reducing the burden of non-communicable diseases and promote population health. In addition, these investments will contribute to improving the quality of life and the environments in which we live.

We encourage you to use these documents to support your work and in advocacy to raise the priority of physical activity and the benefits of investment and increased actions. Both documents are available on the GAPA website [www.globalpa.org.uk](http://www.globalpa.org.uk) where you can also **REGISTER YOUR INDIVIDUAL OR ORGANISATION’S SUPPORT**.

Please forward the Charter and **Non Communicable Disease Prevention: Investments that Work for Physical Activity** documents to colleagues to raise the awareness of the importance of physical activity and the solutions we know are effective.

---

**Transport Health**

**Transport and Health**: Help plan policies and programs to increase cycling using this new tool from the **World Health Organization**. **Health economic assessment tool (HEAT) for cycling**.
Active communities

**Seed to Plate Workshops**

For the first time the SEED TO PLATE Community and School Garden series came to Northern Tasmania supported by volunteers and organisations - Northern Suburbs Community Centre, Eat Well Tasmania, Launceston Environment Centre, Launceston City Council (LCC), Youngtown Primary School and Exeter High School and Primary School. The organising committee included three passionate community gardeners - Rocelyn Ives (Retired teacher), Bonnie McGee (LCC) and Sandy Murray (Dietitian and teacher at UTAS).

The SEED TO PLATE workshops series is an initiative that started in the south of Tasmania in 2008. Due to its overwhelming success this introductory series in Northern Tasmania provided 3 workshops and included seasonal tasks for the garden and provided tips on planting, harvesting, cooking and composting with support from local experts in different community and school gardens around Launceston and the Tamar Valley.

Our first workshop was held at the Rocherlea Peace Garden on February 20th with special guest Peter Cundall launching the workshop series. Peter’s enthusiasm and passion for gardening enthralled the audience as he talked about the significance of growing your own vegetables and demonstrating how to sow seeds and plant seedlings now for winter and spring eating. Peter has been promoting this question of good, healthy whole foods for many decades and workshops like this help to build community aware around its importance.

As well as Peter’s inspiring presence Nenita Orsino from Eat Well Tasmania launched the Eat Well Grow Well Community Garden DVD, Jane Chapman provided a tour of the garden and Sandy Murray spoke about the ‘Future Tassie Diet’.

If you would like more information contact Bonnie McGee

Ph: 03 6323 3613;
E: Bonnie.McGee@launceston.tas.gov.au
Now in its 13th year, National Walk to Work Day, on Friday 7 October 2011, is an annual event which helps employers and employees to build regular walking into their daily routine.

Did you know that people who walk before and during work are generally healthier, more productive and creative and less likely to be absent or on sick leave? Regular walking can also help to relieve feelings of depression or anxiety and it improves our environment by reducing car dependency.

We are therefore asking all workers to put their Feet First and take part in National Walk to Work Day.

It's easy - here's how:

If you can't walk all the way, use public transport and get off the bus, train, tram or ferry a few stops earlier and walk the rest of the way to work.

If you must drive, leave the car at least a kilometre from your destination and walk the rest of the way.

Take a half-hour walk at lunchtime and where possible use the stairs.

If you are required to sit a lot at work, get up and walk around at least once every hour.

All participants are encouraged to Register at walk.com.au and enter the draw to win one of two walking holidays for two people in New Zealand or Tasmania, thanks to wotif.com. Or they can win one of 250 new pairs of Rockport shoes valued at $200 a pair. Every person who registers and pledges to participate will receive a $25 Rockport voucher.

CEOs and HR Managers are also encouraged to Register their organisations as a Walking Workplace at walk.com.au. They can help to promote the event locally by contacting our PR consultants in their state or territory (see walk.com.au for details). Management can also Host a Healthy Breakfast for those employees who take part.

Once registered online as a Walking Workplace, organisations will receive WTWD e-newsletters with motivational tips for management and staff on how to Make Walking Work For You.
The National Heart Foundation is urging office workers to avoid sitting for long periods to decrease the risk of heart disease.

US medical researcher Professor Marc Hamilton has presented findings from several studies over the past decade to the foundation's annual conference in Melbourne. The studies show sitting for long periods can be dangerous to health, even when people exercise regularly, increasing the risk of heart disease and other conditions by 80 per cent.

Professor Hamilton says the same result was found in people who eat a low-fat diet and exercised daily. "There are molecules in the body that are very potently invoked by when we sit even over short durations, even without changing our body weight," he said. "So we've found that even people who exercise regularly are a risk for this. "Even people who are lean are a risk for this, so we're not immunised by being lean and exercising and eating a healthy diet."

Professor Hamilton says the negative effects of sitting can be seen even after an hour. He recommends people do more work standing or walking.

The Heart Foundation is endorsing the approach, publishing a list of things people can do to mitigate the risks like standing up to talk on the phone or read the newspaper.

The foundation's Graeme Lynch says it is not just office workers who are at risk. "In the classroom, it's about getting teachers encouraging children to move around the classroom, to designing classrooms where children don't just sit to do their lessons," he said.

"This isn't just about our primary school children. This is in our colleges and our universities."
Join us in the 2011
GLOBAL CORPORATE CHALLENGE®

Getting involved is simple:

- Talk to colleagues and form a Team of 7
- Each participant will receive a GCC starter pack...
- Over 16 weeks, using a GCC pedometer you will record your daily activity levels and enter your daily step count into the GCC website.
- The website plots your team’s progress along a virtual tour of the world. The more active your team, the further you progress and the healthier you become!
- Join in the fun and take your first step to a healthier lifestyle.

It’s your chance to create a healthy habit for life.

Join us and step up to the challenge in 2011.
On March 11, MHA Mr Michael Polley officially opened the redevelopment of Westbury Community Health Centre.

It provides the widest range of services and the most comprehensive range of self help and support groups. Just some examples of its services include social work, child health, a couple of day centres including a dementia specific one, community nursing, podiatry, youth worker, home help and many more.

The Centre doesn’t only provide direct services to clients but also provides a range of other groups using the Centre. These include such diverse groups as school holiday activities, a community garden, a range of exercise groups, a young mothers group, an outdoor challenge program – again there are many more.

With all these activities on the go it was no wonder that the Centre had grown out of its available space. All its rooms were multi use and it is believed that many staff had to keep their office belongings in baskets since they might have to move around the building!

In cooperation with the Advisory Committee the Centre put up a Capital Investment Project submission to expand the space for the day centres and to upgrade other consulting, office and treatment spaces as well as the entry and reception area.

The State Government approved the Westbury redevelopment submission along with the construction of a new community health centre at Longford for a combined total cost of $2m.

Attrio architects and Mark Webb Building Services were appointed to the project which was coordinated by the Asset Management Services unit from the Department of Health and Human Services.

They carried out the works that you see today and they should be congratulated for their willingness to work collaboratively with the staff and community at Westbury and for their achievement in completing the construction according to schedule.

Whilst the works were going on the staff and services had to move into the Westbury town hall. Naturally this required a lot of change not least in the significant temperature drop in their new office environment! We congratulate them for their commitment to maintain these important services during this difficult time. We are sure they are now very grateful in being able to work in this newly redeveloped Centre.

We also want to specially mention the leadership of the Centre manager Annette Barrett. Undertaking such a major development along with organising a temporary relocation of all services is a significant change and Annette’s role was vital to this process. Thank you Annette.
From our region

Westbury cont...

The redevelopment of the Westbury Community Health Centre is already enabling significant expansion of health services and activities in the area.

Due to the availability of additional consulting and office space a number of services have already increased their service provision to the area including Psychology, Community Mental Health and Podiatry.

...continued...

Some new services have also commenced operating from the Centre including EACH-D (Extended Aged Care in the Home, Dementia) services, Anglicare and allergy testing services.

A number of additional organisations have also indicated they would like to provide activities at the Centre such as Adult Literacy Services. The new office/consulting areas are now almost fully utilised less than two months after staff commenced operating from the redeveloped Centre.

The redevelopment has also enabled staff spaces to be purpose built for the first time in the Centre's history. This has enabled increased efficiencies in service delivery and significant benefits such as an ability to provide Community Nursing Clinics, improved access to counselling services, expanded exercise programs, and vastly improved spaces for the provision of clinical services such as podiatry and physiotherapy.

Home Help

Welcome Kim van Oosterom Home Care Services Coordinator) Ravenswood Community Health Centre

I started with Homecare Services in December 2010 taking over the reins from retiring Coordinator Karen W illis.

My previous positions have for the most part been involved in the Community Services Sector in Victoria and here in Tasmania including Coordination and Management roles in Care Respite, Children's Contact Services, Community Transport, Mental Health (Aspire) and Home Care Services.

I have been lucky to work in a variety of multidisciplinary teams since moving to Tasmania 8 years ago and for the last 4 years I worked for the Justice Department with the Victims Support Service, including the Safe at Home Program.

I look forward to the rewards and challenges that lay ahead now with Home Care Services which is a longstanding and well respected program within Primary Health, and to working with the experienced and dedicated team of workers who are the heart of Home Care.
Celebrating the Royal Wedding

Today there has been much laughter in the house between clients and staff as staff members’ competitive streaks have come to the fore for the tiara competition.

The residents really loved the parade and being included in this event to commemorate the Royal Wedding. Thanks to all staff who participated and to community member Estelle Tunks for her able judging (assisted by Sylvia).

Congratulations to Vicki Bellatti who just pipped Edna Monaghan at the post!

Beaconsfield

Rhonda started in the position of DON – Manager in December 2010. She comes from the role of director of care at Presbyterian Care Tasmania and has worked in aged care, community, acute, education and quality, and management positions.

Rhonda is passionate about clients receiving the very best support in an environment that is happy, supportive and free from bullying.

Rhonda’s background in education and management has led to a passion for empowering staff to grow professionally and personally.

Together with staff and the Beaconsfield community, Rhonda hopes to introduce a healthy and thriving culture through the Eden Alternative.
Food fitness and friendship was a 4 week social inclusion project which bridged food security, physical activity and social interaction in the Dorset municipality. The program was developed and implemented by community social worker Gaynor Peaty & Primary Health Care Coordinator Gretchen Long in response to a need which was identified by community members who participate in women’s retreats.

The overall goal of the program was to address prevalent health concerns by working with the community to address structural factors which underpin health and well being. Sustainability of the program was an essential component, this was achieved through building on the existing strengths of the community thus becoming a more ‘liveable community’ which provide opportunities to further develop community social capital and cohesion.

The interactive nature of the program promoted and enabled social inclusion and built community capacity and resilience within the Dorset municipality. This occurred through the creation of supportive community environments, reducing social isolation which to some extent has been exacerbated in rural areas by the widespread effects of the drought followed by the rain. All community members had the opportunity to be involved, the program was designed to be affordable and convenient simultaneously addressing some of the health concerns which are prevalent in the community such as diabetes, obesity and heart disease. The main feature of the program was the length, the calendar of events was staged in 4 communities (Bridport, Winnaleah, Scottsdale & Branxholme) over 4 weeks, the benefit of this timeframe was twofold;

Community members have sufficient time to undertake new activities and gauge a sense of enjoyment and ability to commit to ongoing participation.

Participating in program activities maximised continuation of the activity outside of the program.

Each week participants participated in physical activity coordinated with a local fitness instructor, participated in preparation of nutritious food and then joined a table with friends to eat!

Evidence suggests regular participation in activities becomes embedded into a persons routine, thus they will continue to be involved in an activity even if this requires a registration fee with a club or service provider.

Promotion of the program was staged and included newspaper advertisements coupled with editorials, local and regional radio talkback, regional newspaper and pamphlets and flyer distribution throughout the municipality coupled with advertising in the school newsletters.

Evaluations -Word of mouth was the most reported form of hearing about the activity with the friendship component valued the most enjoyable. The program has been sustainable in all four communities with each community continuing on with a physical activity program. One of the communities have set up their own ‘gentle gym’ contracting a local fitness instructor, the same group follows the gentle gym session with the sharing of food.

The program partners supported each municipality with their endeavours to become sustainable.

For more information contact
Gretchen Long
Primary Health Care Coordinator
63525549  0400 923 159
primaryhealth.dorset@dhhs.tas.gov.au
Active communities

Helping children and communities get active

Every year the Australian Sports Commission’s Active After-school Communities program gets up to 150,000 children and their communities involved in sport and other structured physical activities.

The Active After-school Communities (AASC) program is an Australian Government initiative that provides primary school children with new and other structured physical activity programs after school (3:30pm to 5:30pm). The program is run in 3500 schools and after-school care centres across Australia.

The program aims to engage traditionally inactive children in sport and other structured physical activities, and through a positive and fun experience, create a love of sport that motivates them to join a local sporting club.

The Australian Sports Commission manages the AASC program nationally through a network of locally based regional coordinators. The coordinators assist schools and after-school care centres to facilitate the program, recruit and retain community coaches, and work with local sporting clubs and organisations to secure junior membership.

The AASC program began in 2005 as a response to a number of social changes, including increasing obesity rates; decreasing participation in physical activity programs; increasing time and financial pressures on families; making it difficult for extra-curricular physical activities for their children; and declining daily physical education in schools due tosted curricular.

Our objectives

- Enhance the physical activity levels of Australian primary school children through a structured coordinated program.
- Provide increased opportunities for inclusive participation in quality, safe and fun sport and other structured physical activity through the AASC program.
- Stimulate local community involvement in sport and other structured physical activities.

Our philosophy playing for life

The AASC program aims to provide primary school children with a positive fun introduction to sport and other structured physical activities, which motivates them to be active for life.

This is achieved through a philosophy based on the ‘playing for fun’ approach to coaching, called ‘playing firmly’. The AASC program adheres to the playing for fun philosophy as it enables a fair and inclusive environment for the introduction of sport and other structured physical activities.

The ‘playing for fun’ philosophy ensures children have a positive and successful experience through the use of games that are continuously modified to challenge and engage children of all abilities and ages.

How you can get involved

Children

Children can participate, with their parent or guardian’s permission, in the AASC program at their local school or after-school care centre as a AASC Site. There are also great activities for children to play at home at ausport.gov.au/aasee/leisure.

Community coaches

Community coaches can deliver AASC sessions in a range of sport and activities, from traditional sports (for example, cricket and hockey) to other structured physical activities (such as dance and frieze sports) and non-traditional sports (such as tennis and netball).

Community coaches can be students, club coaches, teachers, parents, volunteers, professional and volunteer coaches, and community members and children. The training is provided through the AASC Community Coach Training Program.

Applications for registration as a community coach can be found at ausport.gov.au/aasee.

Schools and after-school care centres

Schools and after-school care centres are able to apply to be part of the AASC program by filling in an expression of interest form, available online at ausport.gov.au/aasee.

Sport clubs and community organisations

Sport clubs and community organisations are involved in many ways – club coaches and members become AASC community coaches, or the AASC program can help fund Someone in the local community to coach the clubs’ behalf.

Other ways for clubs to be involved include:
- Coaching or promoting sport at AASC venues and try days.
- Club representatives attending AASC sessions and distributing registration forms and promotional material.
- Hosting AASC sessions and after-school care sessions at club facilities and introducing the children to the sport and club coaches.

Making a difference

The AASC program is free, and to a year each child can receive up to 20 hours of sport sessions. To help healthy all children, access to sports equipment and support from a qualified coach is essential.

Since 2005, over 400,000 children have participated in the AASC program and over half a million sport and activity sessions have been delivered around Australia.

There are over 150,000 children currently participating in the program each week, which runs in 3500 schools and after-school care centres in every state and territory of Australia.

The AASC program reaches all regions and populations of Australia, including girls as others, children in rural, remote and low socioeconomic areas, and children with special needs.

Over 20,000 community coaches have been trained by the Australian Sports Commission to deliver the AASC program.

Over 300 different sports are involved in the AASC program, including traditional, rugby, soccer, gymnastics, waterpolo, swimming, golf and tennis, as well as up to 20 different structured physical activities such as dance and circus skills.

Children think the AASC program is fun and want to come back next term again.

Thanks to the program, children are spending more time being active and want to join sports clubs or continue playing the sport or activity.

Friends and parents report that they encourage sports clubs or training clubs to increase the number of children the AASC program.

Diagrams show how research indicates that the Australian Sports Commission delivers the AASC program.

More about the research was from research carried out on the Australian Sports Commission Research 2005-07, under the direction of the AASC program.

Find out more!

Visit the AASC website at ausport.gov.au/aasee or call 1300 130 887.

State offices

Australian Capital Territory and New South Wales: Tel: (02) 7025-7084 Queensland: Tel: (07) 3353 3000 South Australia: Tel: (08) 7412-7619

Victoria: Tel: (03) 8889-7731 Western Australia: Tel: (08) 6992-7708

Tasmania: Tel: (03) 6224-0720

Northern Territory: Tel: (08) 8942-2481

Find ausport.gov.au/aasee
Food sensitive planning and urban design (FSPUD) recognises that access to healthy, sustainable and equitable food is an essential part of achieving liveable communities.

In late 2009 the Victorian Eco-Innovation Lab (VEIL) and David Locke Associates were commissioned by the National Heart Foundation of Australia (Victorian Division) to develop a resource further articulating the idea of 'FoodSensitive Planning and Urban Design' (first articulated by VEIL in 2008 as Food Sensitive Urban Design).

The resulting new resource - Food Sensitive Planning and Urban Design: A conceptual framework for achieving a sustainable and just food system - is intended to raise the awareness of planners, architects, urban designers, engineers, policy makers, community members and elected representatives of the need to integrate food considerations into urban land use and development. It outlines:

• key areas in planning legislation, policy and processes to realise this outcomes;
• how meeting people's food needs contributes to the broader objectives of planning and urban design, including: health and fairness; sustainability and resilience; livelihoods and opportunity; and community and amenity; and
• a challenge to professionals and the broader community to take on a stronger role in ensuring that healthy, sustainable and equitable food is available for all Australians into the future.

The resource lays out an 'FSPUD matrix' for exploring the integrated nature of planning objectives and the four main stages of a sustainable and resilient food system. It also contains 25 case studies, selected to highlight the range of possibilities that arise from considering food in planning decisions and urban design.

The full report and a shorter summary version were launched last week at the National Sustainable Food Summit and are available now for download from http://www.ecoinnovationlab.com/research/food-sensitive-planning-and-urban-design.

Resources

Volunteer Connect is a FREE service operated by Volunteering Tasmania Inc. and was launched in October 2009.

Volunteer Connect is about making volunteering in Tasmania EASIER and more accessible.

At the heart of this service is a website and database which can be accessed through any computer with an internet connection. Through the website, volunteers can search for vacancies on the database and organisations can place advertisements for volunteer positions - for FREE.

Volunteering Tasmania Support Staff
Chris Lencz is the Volunteer Connect Project Officer in the North, North West and can provide support for individuals and organisation to access this service. Also, Chris can provide an Introduction to Volunteering, Information Sessions to groups and individuals. Chris can be contacted on 6432 4335 or christinel@volunteeringtas.org.au

Start Using Volunteer Connect Now!!!

CHRISTINE LENCZ
Volunteer Connect Project Officer
Volunteering Tasmania
P 03) 6432 4335  Freecall 1800 677 895
www.volunteeringtas.org.au   Facebook  Twitter
Growing Older and Living Dangerously

Experience the power of GOLD 2011
Growing Older & Living Dangerously

GOLD is FREE, heaps of fun and will definitely keep you moving!
The annual GOLD program is specifically designed for older adults
to experience the numerous physical activity opportunities that are
available in our community.

Numbers are limited to 20 participants per session.
For further information or to register, please call the GOLD Coordinator on 0409 806 934.

What’s on...

WHAT: AQUA FITNESS          WHAT: ZUMBA
WHEN: 10.00am Thursday 10th February
WHO: Launceston Aquatic Centre
WHERE: High Street Launceston

WHAT: HORSE RIDING          WHAT: AQUA FITNESS
WHEN: 10.00am Thursday 10th March
WHO: Michelle’s Riding School
WHERE: 79 Eccleston Rd, Riverside

WHAT: TENNIS                WHAT: ORIENTEERING
WHEN: 10.00am Thursday 14th April
WHO: Trevallyn Tennis Club
WHERE: Gorge Rd, Trevallyn

WHAT: ROCK CLIMBING/ABSEILING
WHEN: 9.00am Thursday 6th October
WHO: Tasmanian Expeditions
WHERE: Meet at Penny Royal

WHAT: ARCHERY               WHAT: PILATES
WHEN: 10.00am Thursday 12th May
WHO: Paronga Archery Club
WHERE: Trevallyn Reserve

WHAT: SAILING
WHO: Sailability
WHERE: Seaport.

WHAT: PILOTES
WHEN: 10.00am Thursday 9th June
WHO: UNIGYM
WHERE: Newnham Drive

Move More, Live More with Active Launceston
Kids In Focus

An Alcohol and Other Drug (AOD) outreach service to improve outcomes for children and families.

Kids In Focus is a federally funded Alcohol and Other Drug Service that is delivered in all states and territories. KIF can engage with families and children for up to 12 months and may accept re-referral if required. KIF also provides a phone advice line for service providers.

Is KIF voluntary?
Yes. KIF is a voluntary service and participants can leave the program at any time.

What does KIF offer?
- Intensive and therapeutic family support in the home and community based within a case management model.
- KIF offers practical skill development, therapeutic interventions and counseling to children and families to directly address substance use behaviours and enhance parenting ability.
- A strengths approach through practical support and skill development to improve social and life skills, such as health, familial relationships and service access.
- Assistance with community engagement to facilitate sustainable and strong support systems.
- Assessment of needs and case plan development to assist families to meet their goals.
- Coordinated and supported referral to further services if required.

Will I have to pay?
KIF is a free service.

Who can access KIF?
Parents with children up to 18 years of age who identify as having AOD issues. They include Aboriginal families and Culturally and Linguistically Diverse (CALD) families.

How can I access KIF?
Referrals can be made through all Family Support Services, AOD and other relevant services. Self referral is also available through the telephone numbers provided.

Service Providers Phone Advice Line
1300 377 048
Phone advice is available to AOD and Family Support providers to inform workers of all aspects of AOD use including:
- Harm reduction, Harm minimisation framework, Drug treatment options, Health, Communicable diseases, Vein Care, Driving, Hepatitis, HIV, Aboriginal resources, Mental health, Inhalant use, Pharmaceutical drug use, Pharmacotherapies, CALD resources, Alcohol and Other Drugs.

www.anglicare-tas.org.au
Gamblers Help is the new logo for the gambling awareness program formerly known as ‘Break Even’. The program continues to be provided by Anglicare (in the South and NW) and Relationships Australia (in the South and North) and will include not only personal counselling but also a new emphasis on pro-actively working in the community.

Problem gambling is a significant issue for many local government areas, with evidence to show that electronic gaming machine addiction is creating hardship for many low income families. Gamblers Help is committed to providing free services for people affected by problem gambling.

When there is a problem gambler in the family, the whole family can be affected. Common problem areas can be:

- increased tension in the home
- poor nutrition
- family breakdown
- child neglect
- criminal acts
- loss of employment & possible bankruptcy
- increased alcohol, tobacco and other drug consumption

Our new program includes free personal counselling, financial counselling as well as brokerage in some eligible cases. This means that the financial counsellor may be able to assist with payment of expenses. In addition community educators are available to provide education and community awareness sessions.

For more information or to book in for an appointment, call Relationships Australia on 6336 7000.

Here is an opportunity for lesbian and bisexual women to contribute a list of good doctors on a new website DocLIST. The main reasons women look at the DocLIST are to find a lesbian/bi-friendly doctor, and to recommend their doctor for the list. Recommended doctors are contacted (without disclosing who recommended them) to see if they agree to go on the list.

It is a free service to lesbian and bisexual women within the community. If you have a lesbian/bi-friendly doctor, and would like to recommend them for the list.


Susan Ditter Executive Officer Working It Out 0429 346 122 / 03 6231 1200 www.workingitout.org.au
International Women’s Day Project

Are you ok with that?

Women do 70% of the world’s work, yet receive 10% of the world’s income

and own just 1% of the means of production

One in four Australian women will be sexually assaulted in their lifetime

On average Tasmanian women working full time get $140.10 a week less than men

Domestic violence is the leading contributor to death, disability and illness for women aged 15-44.

ARE YOU OK WITH THAT?

A postcard campaign that asks these questions was launched by the Minister for Health, Michelle O’Byrne, on the 8th March 2011, to mark the 100th anniversary of International Women’s Day. The lawns of Parliament House were alive with celebrations for the centenary of IWD and those attending the launch were entertained by performer, Kath Prescott, who gave a circus interpretation of how women manage to balance and juggle the daily issues of their lives.

The Are You OK With That? campaign was developed in partnership with the Tasmanian Council of Social Service, Women’s Legal Service, Yemaya Women’s Support Service, Unions Tasmania and the Tasmanian Women’s Health Program, Department of Health and Human Services Tasmania, and highlights the staggering rates of violence and inequities experienced by women in Australia and around the world.

Campaign spokeswoman Ms Susan Fahey, Managing Solicitor of Women’s Legal Service Tasmania, said that while much has changed since women took to the streets 100 years ago protesting poor pay, unsafe conditions and demanding their right to vote, inequities for working women and shocking rates of violence persist to this day - both in Australia and around the world.

“It is unacceptable that many women continue to live in fear of violence and still receive on average in Australia one hundred and forty dollars a week less than men.”

“These are important issues for our whole community, not only for women, and it is time we stood together and said no more!”, Ms Fahey said.

According to an Access Economics study commissioned by the Commonwealth and reported in 2009, violence against women costs the Australian economy in excess of $13 billion per year, with this figure projected to grow substantially over the next few years if violence continues to blight the lives of women and children. For Tasmania, the cost of violence to the economy is very conservatively estimated at $70 million annually.

The postcards invite community members to have their say about these facts by returning the postcards, with their comments, to the community organisation partners.

In addition to raising awareness of the issues, the feedback provided by the community will support and influence the future work of the partner organisations.
14 -17 June-2011 Refugee Conference: Looking to the future, learning from the past. Marking 60 years of the Refugee Convention, University of N S W , Sydney. The aim is to reflect on the strengths and achievements of the Refugee Convention and refugee protection system, and to consider what further action is needed to secure the rights of refugees during flight, in countries of asylum and in resettlement. [link]http://refugeeconf2011.arts.unsw.edu.au/

15 - 18 June 2011- Promoting healthy eating and physical activity - latest international research: Melbourne This is the 2011 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity. Two satellite meetings will be held in conjunction with the 2011 Conference Post Conference Satellite Meeting in Perth, Western Australia JUNE 19-21 2011 “Advancing research on the built environment and active living: working with policy makers and designing natural experiments”


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

8-10 July 2011 -Melbourne - Australian Literacy Educators Association National Conference: Multiliterate, Multicultural, Multifaceted [link]www.alea2011.com/. This conference aims to: meet the literacy challenges and opportunities of a networked, multilingual and culturally diverse literacy landscape. Provide an opportunity for literacy educators to share conversations about how to foster traditional and multimodal means of expression, using relevant and accessible tools and practices to develop the capacities of the 21st century learners.

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


Multicultural Youth Sports Partnership Program Grants
The Australian Sports Commission is offering grants of between $5 000 and $50 000 to support the costs associated with building sport and physical activity in multicultural communities. The grants could help off-set costs like membership fees, travel to sporting events, uniforms and coaching and officials’ costs for young multicultural athletes. Applications open mid-April with successful applicants to be announced on 1 July 2011. For more information see [link]www.ausport.gov.au

16 - 17 July 2011 -Melbourne - Australian Literacy Educators Association National Conference: Multiliterate, Multicultural, Multifaceted [link]www.alea2011.com/. This conference aims to: meet the literacy challenges and opportunities of a networked, multilingual and culturally diverse literacy landscape. Provide an opportunity for literacy educators to share conversations about how to foster traditional and multimodal means of expression, using relevant and accessible tools and practices to develop the capacities of the 21st century learners.

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


Multicultural Youth Sports Partnership Program Grants
The Australian Sports Commission is offering grants of between $5 000 and $50 000 to support the costs associated with building sport and physical activity in multicultural communities. The grants could help off-set costs like membership fees, travel to sporting events, uniforms and coaching and officials’ costs for young multicultural athletes. Applications open mid-April with successful applicants to be announced on 1 July 2011. For more information see [link]www.ausport.gov.au
Leadership and Management program now linked to UTAS

The DHHS Management and Leadership program is now linked to the UTAS Health and Human Services (Management and Leadership) degree. UTAS is offering a new unit towards the Graduate Certificate in Semester Two, have attending the DHHS Management and Leadership Foundation course is a pre-requisite.

There is no cost to business units for staff participation in the Foundation course. Participants need approval from their managers to attend the Foundation course and to enrol in the UTAS academic program. Use these links for more information about the UTAS Academic Program and the DHHS Foundation Program. Contact the Management and Leadership team at mandleprogram@dhhs.tas.gov.au

Applied Suicide Intervention Skills Training 2011 – This well researched and interactive 2 day programme is being offered throughout Tasmania. The workshop provides practical help for caregivers seeking to prevent the immediate risk of suicide. Participants will learn how to:

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

2011 Training dates:

- Thurs/Fri June 23/24 – Hobart
- Thurs/Fri August 4/5 – NW Coast
- Tues/Wed October 11/12 – Launceston
- Tues/Wed November 15/16 – Hobart

Cost: $230 per participant (GST Inclusive), REGISTRATION LIMITED and close 2 weeks prior to workshop. Contact: CLS 6423 3181 Or Annette Rockliff: 0417 320 861 e-mail: Annette@parakaleo.org.au

Professional Development Opportunities

Leadership and Management program now linked to UTAS

The DHHS Management and Leadership program is now linked to the UTAS Health and Human Services (Management and Leadership) degree. UTAS is offering a new unit towards the Graduate Certificate in Semester Two, have attending the DHHS Management and Leadership Foundation course is a pre-requisite.

There is no cost to business units for staff participation in the Foundation course. Participants need approval from their managers to attend the Foundation course and to enrol in the UTAS academic program. Use these links for more information about the UTAS Academic Program and the DHHS Foundation Program. Contact the Management and Leadership team at mandleprogram@dhhs.tas.gov.au

DHHS communications and health literacy action plan

The draft Communication and Health Literacy Action Plan will be ready for consideration in early May. It will focus on small changes many staff can make within existing resources. We welcome comments and suggestions. Please feedback to health.literacy@dhhs.tas.gov.au
### Coming Up

**2011 Health Events calendar NOW AVAILABLE ONLINE!!**


#### MAY

<table>
<thead>
<tr>
<th>Month of</th>
<th>Event</th>
<th>URL Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-7</td>
<td>Jelly Baby Month</td>
<td><a href="http://www.idrf.org.au">www.idrf.org.au</a></td>
</tr>
<tr>
<td>2-8</td>
<td>Osteopathy Awareness Week</td>
<td><a href="http://www.heartfoundation.com.au">www.heartfoundation.com.au</a></td>
</tr>
<tr>
<td>5</td>
<td>World Hand Hygiene Day</td>
<td><a href="http://www.asthmaaustralia.org.au">www.asthmaaustralia.org.au</a></td>
</tr>
<tr>
<td>5</td>
<td>International Midwives Day</td>
<td><a href="http://www.hha.org.au">www.hha.org.au</a></td>
</tr>
<tr>
<td>8-14</td>
<td>Neighbourhood House/ Centre Week</td>
<td><a href="http://www.midwives.org.au">www.midwives.org.au</a></td>
</tr>
<tr>
<td>9-15</td>
<td>National Volunteers Week</td>
<td><a href="http://www.tach.asn.au">www.tach.asn.au</a></td>
</tr>
<tr>
<td>9-15</td>
<td>Diversional Therapy Awareness Week</td>
<td><a href="http://www.volunteeringaustralia.org">www.volunteeringaustralia.org</a></td>
</tr>
<tr>
<td>10</td>
<td>World Lupus Day</td>
<td><a href="http://www.diversionaltherapy.org.au">www.diversionaltherapy.org.au</a></td>
</tr>
<tr>
<td>12</td>
<td>International Nurses Day</td>
<td><a href="http://www.lupusnsw.org.au">www.lupusnsw.org.au</a></td>
</tr>
<tr>
<td>15-21</td>
<td>National Families Week</td>
<td><a href="http://www.rcna.org.au">www.rcna.org.au</a></td>
</tr>
<tr>
<td>16-22</td>
<td>Schizophrenia Awareness Week</td>
<td><a href="http://www.familiesaustralia.org.au">www.familiesaustralia.org.au</a></td>
</tr>
<tr>
<td>16-22</td>
<td>National Crohns &amp; Colitis Awareness</td>
<td><a href="http://www.mifa.org.au">www.mifa.org.au</a></td>
</tr>
<tr>
<td>17</td>
<td>World Hypertension Day</td>
<td><a href="http://www.osteopathic.com.au">www.osteopathic.com.au</a></td>
</tr>
<tr>
<td>17</td>
<td>Intl Day Against Homophobia</td>
<td><a href="http://www.midwives.org.au">www.midwives.org.au</a></td>
</tr>
<tr>
<td>19-26</td>
<td>Hepatitis Awareness Week</td>
<td><a href="http://www.tach.asn.au">www.tach.asn.au</a></td>
</tr>
<tr>
<td>20</td>
<td>Walk Safety to School Day</td>
<td><a href="http://www.diversationaltherapy.org.au">www.diversationaltherapy.org.au</a></td>
</tr>
<tr>
<td>22-28</td>
<td>National Palliative Care Week</td>
<td><a href="http://www.mifa.org.au">www.mifa.org.au</a></td>
</tr>
<tr>
<td>22-28</td>
<td>Macular Degeneration Awareness</td>
<td><a href="http://www.tach.asn.au">www.tach.asn.au</a></td>
</tr>
<tr>
<td>23-29</td>
<td>Responsible Gambling Week</td>
<td><a href="http://www.diversionaltherapy.org.au">www.diversionaltherapy.org.au</a></td>
</tr>
<tr>
<td>22-29</td>
<td>Kidney Health Week</td>
<td><a href="http://www.msta.asn.au">www.msta.asn.au</a></td>
</tr>
<tr>
<td>25-5 June</td>
<td>MS Week</td>
<td><a href="http://www.diversionaltherapy.org.au">www.diversionaltherapy.org.au</a></td>
</tr>
<tr>
<td>25-6 June</td>
<td>World MS Day &amp; MS Week</td>
<td><a href="http://www.diversionaltherapy.org.au">www.diversionaltherapy.org.au</a></td>
</tr>
<tr>
<td>26</td>
<td>National Sorry Day</td>
<td><a href="http://www.diversionaltherapy.org.au">www.diversionaltherapy.org.au</a></td>
</tr>
<tr>
<td>26</td>
<td>Australia’s Biggest Morning Tea</td>
<td><a href="http://www.diversionaltherapy.org.au">www.diversionaltherapy.org.au</a></td>
</tr>
<tr>
<td>27-3 June</td>
<td>National Reconciliation Week</td>
<td><a href="http://www.diversionaltherapy.org.au">www.diversionaltherapy.org.au</a></td>
</tr>
<tr>
<td>31</td>
<td>World No Tobacco Day</td>
<td><a href="http://www.diversionaltherapy.org.au">www.diversionaltherapy.org.au</a></td>
</tr>
</tbody>
</table>

#### JUNE

<table>
<thead>
<tr>
<th>Month of</th>
<th>Event</th>
<th>URL Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Go Red for Women</td>
<td><a href="http://www.goredforwomen.com.au">www.goredforwomen.com.au</a></td>
</tr>
<tr>
<td>5-11</td>
<td>Bowel Cancer Awareness Week</td>
<td><a href="http://www.unep.org/wed">www.unep.org/wed</a></td>
</tr>
<tr>
<td>8</td>
<td>Red Apple Day</td>
<td><a href="http://www.bowelcanceraustralia.com">www.bowelcanceraustralia.com</a></td>
</tr>
<tr>
<td>14</td>
<td>World Blood Donor Day</td>
<td><a href="http://www.bowelcanceraustralia.com">www.bowelcanceraustralia.com</a></td>
</tr>
<tr>
<td>14-20</td>
<td>International Men's Health Week</td>
<td><a href="http://www.donateblood.com.au">www.donateblood.com.au</a></td>
</tr>
<tr>
<td>16-22</td>
<td>Crohn's &amp; Colitis Awareness</td>
<td><a href="http://www.menshealthweek.com.au">www.menshealthweek.com.au</a></td>
</tr>
<tr>
<td>19-25</td>
<td>Refugee Week</td>
<td><a href="http://www.acca.net.au">www.acca.net.au</a></td>
</tr>
<tr>
<td>19-25</td>
<td>Drug Action Week</td>
<td><a href="http://www.refugeecouncil.org.au">www.refugeecouncil.org.au</a></td>
</tr>
<tr>
<td>20-26</td>
<td>World Continence Awareness Week</td>
<td><a href="http://www.drugactionweek.org.au">www.drugactionweek.org.au</a></td>
</tr>
<tr>
<td>20</td>
<td>World Refugee Day</td>
<td><a href="http://www.continence.org.au">www.continence.org.au</a></td>
</tr>
<tr>
<td>24</td>
<td>Red Nose Day</td>
<td><a href="http://www.refugeecouncil.org.au">www.refugeecouncil.org.au</a></td>
</tr>
<tr>
<td>29</td>
<td>Childhood Hero Day</td>
<td><a href="http://www.rednoseday.com.au">www.rednoseday.com.au</a></td>
</tr>
</tbody>
</table>

#### JULY

<table>
<thead>
<tr>
<th>Month of</th>
<th>Event</th>
<th>URL Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-10</td>
<td>Diabetes Awareness Month</td>
<td><a href="http://www.juleye.com.au">www.juleye.com.au</a></td>
</tr>
<tr>
<td>10-16</td>
<td>National Diabetes Awareness Week</td>
<td><a href="http://www.diabetesaustralia.com">www.diabetesaustralia.com</a></td>
</tr>
<tr>
<td>11</td>
<td>World Population Day</td>
<td><a href="http://www.dryjuly.com">www.dryjuly.com</a></td>
</tr>
<tr>
<td>18-24</td>
<td>National Wee Week</td>
<td><a href="http://www.naidoc.org.au">www.naidoc.org.au</a></td>
</tr>
<tr>
<td>18-24</td>
<td>National Farm Safe Week</td>
<td><a href="http://www.diabetesaustralia.com">www.diabetesaustralia.com</a></td>
</tr>
<tr>
<td>22</td>
<td>FragileX Awareness Day</td>
<td><a href="http://www.unfpa.org">www.unfpa.org</a></td>
</tr>
<tr>
<td>23</td>
<td>Stress Down Day</td>
<td><a href="http://www.naidoc.org.au">www.naidoc.org.au</a></td>
</tr>
<tr>
<td>24-31</td>
<td>Pituitary Awareness Week</td>
<td><a href="http://www.kidney.org.au">www.kidney.org.au</a></td>
</tr>
<tr>
<td>28</td>
<td>World Hepatitis Day</td>
<td><a href="http://www.farmsafe.org.au">www.farmsafe.org.au</a></td>
</tr>
<tr>
<td>31</td>
<td>National Tree Day</td>
<td><a href="http://www.fragilex.org.au">www.fragilex.org.au</a></td>
</tr>
<tr>
<td>31</td>
<td>National Premmie Day</td>
<td><a href="http://www.stressdown.org.au">www.stressdown.org.au</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Next Edition: Spring / Summer 2011</th>
</tr>
</thead>
</table>

If you would like to submit health promotion information, please forward it to us via email by Friday 29 July 2011.

[www.quittas.org.au](http://www.quittas.org.au)

Remember the focus will be on the DHHS Health Promotion Framework each edition. The next priority area will be: Preventing Injury.
Contact:

Health Promotion
Primary Health
Northern Area Health Service

healthpromotion.north@dhhs.tas.gov.au