



CREATIVE. Nola Haines, left, and Bev Scherr showed participants at last week's Sustainable Farm Families workshop their artwork, which they use to relax and de-stress.

Farm families sustain well-being

FARMERS from Macorna returned last week to attend a second Sustainable Farm Families workshop.

Twenty people arrived at Macorna Recreation Hall and had a health assessment with local health professionals and then participated in workshops on diabetes, exercise, depression and anxiety, and women and men's health.

This followed on from a

workshop 12 months ago where all participants learnt about cardiovascular disease, cancer, injury, stress and nutrition, as well as receiving a full health assessment.

"I really found this workshop invaluable because it made me think about my own health and how that impacts on the farm business," local farmer Wendy Angel said.

"The workshop was also great because we were able

to get free health assessments and this managed to pick up a few health problems that some of us didn't know we had and some of the warning signs for health problems that we are at risk for," local dairy farmer Pat Quinn said.

Local nurse Cindy Boyd said it is really important for people to have regular health checks and learn about how they can be well.

"We have had several

participants who have identified risk factors that they need to keep an eye on that they didn't know about before they came to this program," she said.

"In the 12 months between workshops farmers have made progress on making personal changes in their lives to improve their own health and wellbeing," local nurse Joe McCallum said.

Continued Page 2



Northern Times
13/03/2009
 Page: 1
 General News
 Region: Kerang VIC
 Circulation: 2210
 Type: Regional
 Size: 506.39 sq.cms
 -T--F--



COUPLE. Sustainable Farm Families Program participants Michelle and Pat Quinn on their Macorna property.

Farm families sustain well-being

From Page 1

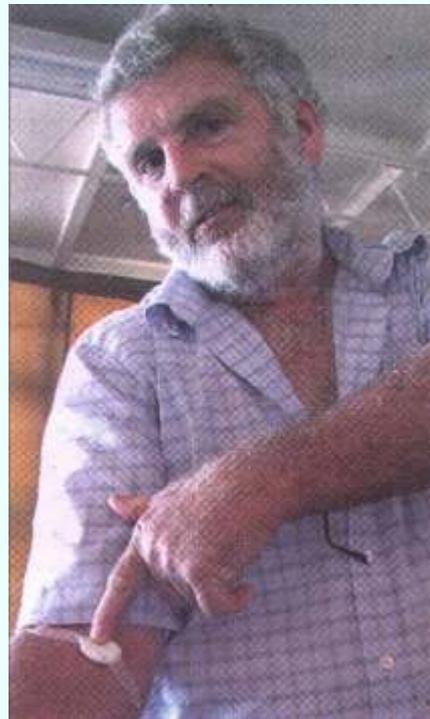
“Participants have been doing regular cardiovascular exercise, eating more balanced diets, making improvements to farm safety, taking more time out for themselves and their families as a result of attending this program.”

Farm men and women who attended became aware of the opportunity through the Macorna Alliance Group, which incorporates several community groups including the Macorna football and netball club, the Pony Club and the Hall Committee, as well as Kerang and District Health.

Mr Quinn said these farmers recognise the importance of looking after your own health and that of your family as a part of running a successful and sustainable farm business.

“There is no point achieving a better bottom line if you’re not there to enjoy it,” he said.

SFF is an award winning initiative of Western District Health Service, based in Hamilton, and is delivered in partnership with the Department of Primary Industries (DPI).



HEALTHY. Bill Quinn is all smiles after a blood test during a Sustainable Farm Families workshop.