

SFF project running in Walgett, Burren Junction

The good health of the farmer and the farm family is the most important investment a farming enterprise can have.

This is the key message of the award-winning Sustainable Farm Families (SFF) project, which has been funded by the Federal Government to run a one-off pilot program in the Walgett shire.

The project has been working with farmers across eastern Australia, developing a program which improves farming family health, which in turn improves the farm's bottom line.

It is now being brought to Walgett by Jodi McLean, the Department of Health and Ageing and Western District Health Service, Hamilton – the initiator of SFF.

The program involves a two-day workshop, followed by a one and a half day workshop the next year.

Over the two days, participants are provided with practical information on the importance of good health, health and safety and its link to productivity of the farming business.

Each participant undergoes a physical health check to assess blood sugar levels, cholesterol, body mass index, waist-hip ratios, blood pressure and physical assessment.

John Anderson says, "as a farmer, I know too well that my health and the health of my family is the single most important part of investment capital that a farming business can have.

"As we are all aware, our health is linked to our productive output and this course will assist with assessing our health needs or areas that can be potentially improved.

"I urge you to consider finding time to commit to the Sustainable Farm Families Project as every person should be aware of their health and in particular understand the consequences."

Kate Schwager, 2006 RIRDC Rural Women's NSW Award Winner who with her husband runs a successful cotton and wheat share farming enterprise says, "the SFF Program is a great opportunity for people to take a good look at their health and gain a basic understanding of what you should be looking for to improve your health.

"I attended a workshop and it certainly made me think about my health.



Jodi McLean

"I have given up smoking and now have a very different outlook on what sort of foods I should be eating.

"SFF was handled very professionally and confidentially by the team. I recommend attending this workshop to test how your health is."

Facilitator Jodi Mclean says the pilot program has been funded to come to the area for a single program, (one in Walgett and one in Burren Junction) and interested farm families should take advantage of this one-off opportunity.

For more details, visit www.sustainablefarmfamilies.org.au, or phone Jodi Mclean on p/f (02) 6828 335 or 0427 926 301.

Sustainable Farm Families (SFF) Workshop

Date: 26-27 February 2007 (Walgett) or 1-2 March 2007 (Burren Junction)

Cost: FREE with breakfast/lunch provided.

Includes physical health check and practical health information for farmers.

This is 1 of only 5 SFF projects offered in remote Australia.

100% of Australian farmer past participants recommend attending.

Farm families are encouraged to attend (parents and children over 18).

Registrations are required **now before January 13, 2007** and classes limited to 30 so hurry to ensure a place.

Contact Jodi McLean (02) 6828 335 or 0427 926 301 to register

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