



Farm families health focus

Farmers from Inglewood, Bridgewater, Rheola, Arnold, Newbridge, Tarnagulla, Laanecoorie, Woodstock, Derby, Serpentine and districts have an exciting opportunity to attend a Sustainable Farm Families program on March 12 and 13 at Inglewood and Districts Health Service's Inglewood site.

Sustainable Farm Families is an award winning initiative of Western District Health Service, Hamilton, delivered in partnership with the Victorian Department of Primary Industries. Already 600 farmers have participated in the program and 100 per cent of participants recommended it to other farmers and helped shape the program.

Sustainable Farm Families health educator, Rebekah Barnfield said "the program covers a range of areas including cardiovascular disease, cancer, diabetes, women and men's health, stress, depression, farm safety, nutrition and exercise. All participants also have a health assessment and is available to farming men and women."

The Minister for Agriculture, Joe

Helper, said "the Sustainable Farm Families program focus is to improve the physical and mental health of farmers and their families".

"This program is about recognising that for many Victorian farming families the drought's impact continues to affect their lives; and helping people get through that" Mr. Helper said.

Farmers who have completed the program have reported that the program enhanced their overall health with everything from better eating to improved farm safety. Some also found that they were able to make better decisions because they had a new perspective of how important their health and families were in their lives.

Farmers interested in attending should contact Rebekah Barnfield Community Health Nurse at Inglewood & Districts Health Service on 5431 7000 or rbarnfield@idhs.vic.gov.au as bookings are necessary.

- More information on the program can also be obtained from the Western District Health Service on (03)55518450 or visit www.sustainablefarmfamilies.org.au