

Farming families make most of SFF program

GLENTHOMPSON farmers attended a Sustainable Farm Families workshop as part of a state-wide initiative to help improve the health of local farmers and their families.

Sustainable Farm Families 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).

The program aims to develop the knowledge of farmers regarding their own health, with a focus on what practical steps can be taken to improve the lives of farm families and the impact this improvement can deliver to their businesses.

One participant at the program said that: "The workshop was interactive and community-based, it was extremely informative and put health and well-

being in context of the farm into the forefront of my mind."

"We all received a free health assessment and the workshop sessions were interactive, and I think everyone enjoyed themselves."

The program was delivered in partnership with East Grampians Health Service. Sue Campigli from the EGHS 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."

Farmers who attended came from Glenthompson and surrounding areas and became aware of the opportunity through the Glenthompson Progress Association.

Farmers who have completed the program have reported that it

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.

All of the participants will return to complete another two-day workshop in 12 months time, again receiving a health assessment so they can track their health indicators over time.

The success of the program in this area has been highlighted with Casterton and Mirranatwa programs being fully booked and only a few vacancies still in the Dunkeld/Woodhouse program coming up in November.



WORKSHOP participants . . . Peter McInnes, Eric Bubb and Dorothy Williams discuss food labels. PIC: SUPPLIED