

Good health help for rural families

THE successful Sustainable Farm Families program is being run in Beechworth on May 20 and 21 at La Trobe University Conference Centre.

The program allows farmers to access up to date and accurate health, well-being and safety information that recognises the complexity of a farm business.

This includes health and well-being including a health assessment, information on heart disease, cancer, diet and nutrition, men's and women's health, stress and diabetes plus farm safety issues facing farm families, a supermarket tour and action planning for the coming year.

"The program is aimed at addressing farm family health and the farm business," said Olivia Johnstone, Beechworth Health Service nurse and part of the

Sustainable Farm Families team.

Previous participants in the program have found the program to be very informative saying that they know so much more about their own and their partner's health.

"Other farmers have noted that the program was run at the right level for them to understand so much more about their own wellbeing leading to a healthier and happier lifestyle," Mrs Johnstone said.

"With a 100 per cent return rate for the follow up session 12 months later over 1000 farmers swear it is a great thing to have done."

As places are limited, contact David Kidd at Beechworth Health Service on 5728 0200 for information or to register.

Sports ground to be drought proofed

THE Barnawartha Recreational Reserve will be drought proofed as part of the second round of the State Government's Drought Relief for Community Sport and Recreation Program.

Kaye Darveniza (MLC, Northern Victoria) announced \$40,000 to install automatic irrigation and bore systems at the popular reserve.

"Local sports grounds are vital to the social fabric, strength and wellbe-

ing of any community and by improving the quality of those facilities we are encouraging greater participation for all Victorians, so this is a great result," she said.

"These projects are also about supporting sport at the grassroots level and providing more opportunities for our local clubs to continue playing, no matter what the weather brings."

Indigo Shire Council is contributing \$16,000 to the Barnawartha Reserve

project, with mayor Vic Issell welcoming the State Government funding.

"Installing the automatic irrigation system and bore at Barnawartha Reserve will enable the main oval to be used all year round for cricket, football and recreational activities," he said.

The State Government also granted \$24,400 to install a bore and associated infrastructure at Coulston Park, Tangambalanga.