



## "STOP SMOKING" CLINIC

The Beaufort & Skipton Health Service intends to become a smoke free workplace within the next six months. To assist staff and community members that wish to give up smoking a Smoking Cessation Clinic has been established at the Community Health Service in Skipton and will be operational by April.

The Clinic is an initiative based on studies conducted by The Smoking Cessation Research Unit at the University of Sydney and supported by The Lung Health Promotion Centre at The Alfred Hospital.

The program uses a combination of nicotine replacement therapy with individual support sessions to assist you in giving up smoking. All appointments are with a trained smoking cessation clinician.

For further information or to make an appointment phone 53401135.

## **JOINT WALKS    ARTHRITIS WEEK    8TH APRIL**

**FREE**

*Join Beaufort & Skipton Health Service staff, follow the Walking Tour of the Lexton Township.*

*Bus available from Beaufort or Skipton - Booking required  
(gold coin donation)*

*Leaving Skipton 8.30 am*

*Leaving Beaufort 8.50 am*

*Lexton walk at 9.15 for approx 1 hr*

*Morning tea provided*

*Mystery prize for 2 lucky participants*

*Contact Bronwyn or Robyn 5340 1134*

### **Sustainable Farm Families in Beaufort.**

Beaufort & Skipton Health Service has held a successful first year of this award winning program. The motto of the program 'there is not point in a better bottom line if you are not there to enjoy it' is one that all farmers can identify.

The program, Sustainable Farm Families is an initiative by Western District Health Service and with funding provided by the Department of Primary Industry (DPI) aims to engage 1000 farmers in the program. The program benefits individual farmers, farming communities and data collected will be used by farming industries.

The 23 farmers attending hailed from Snake Valley, Raglan, Lexton, Avoca, Skipton, Amphitheatre, Mt Wallace, Learmonth, Chepstowe, Buangor, & Streatham. The majority ran broad-acre business, farming sheep, cattle and crops. Presenters from Lake Bolac Bush Nursing Centre, Western District Health Service and the DPI assisted Beaufort & Skipton Health Service health promotion officer Bronwyn Cuthbertson in the delivery of the program over two days.

All those attending had the opportunity for a health assessment, identifying health indicators such as blood cholesterol and glucose levels, lung function testing and skin checks. Discussion is a key component of the program, lively discussions could be heard on the risk of cancers, nutrition, and farm safety during the program.

Bronwyn Cuthbertson from B&SHS hopes that the participants found something that resonates with them from the program that they would like to address during the next 12 months. "We do not tell participants how to manage their health, rather provide good reasons for them to decide to make lifestyle changes, which we hope they will report back to us when we run the second year of the program in 2009"

