

TIMBOON SUSTAINABLE FARM FAMILIES A GREAT SUCCESS

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Timboon and District Healthcare Service

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TIMBOON WORKSHOP WILL IMPROVE THE HEALTH OF LOCAL FARMING FAMILIES Farmers from Timboon and surrounds attended a Sustainable Farm Families workshop last week as a part of a statewide initiative to help improve the health of local farmers and their families. The Sustainable Farm Families 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. The workshops was excellent and over the two days participants certainly learnt a lot about their health. They all received a free health assessment and the workshop sessions were interactive, and I think everyone enjoyed themselves. Melanie Green 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 Timboon and district and became aware of the opportunity through their local discussion group and Westvic Dairy. 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) as part of their longer term drought work. 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. 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. For more information contact the Western District Health Service on (03) 5551 8508 or visit www.sustainablefarmfamilies.org.au

