

# Farmer Health E-News

National Centre for Farmer Health

July 2015

## The Ripple Effect

### Steering Group Nominations now open closing Sunday 26 July 2015

**Are you passionate about supporting farmers affected by suicide? The Ripple Effect Steering Group could be for you.**

The Ripple Effect is an online intervention being designed to investigate what works to reduce the self-stigma (negative attitudes you have towards yourself) and perceived-stigma (negative attitudes you believe others have about you) among males from the farming community, aged 30-64 years, who have lost someone to suicide, attempted suicide themselves, cared for someone who has attempted suicide, experienced thoughts about their own suicide, or have been touched by suicide in some other way.

The Steering Group will comprise between 10-15 members, with at least three males from the farming community and aged 30-64 with a lived experience of suicide. The remainder will include stigma experts, academics, health professionals, industry representatives and digital designers.

Members will be appointed for a period of 18-24 months. The initial meeting will be face-to-face with further meetings held via tele/videoconference. A small sitting fee will be paid.



## Calling Young Victorian Farmers

### Let's hear your voice

The Victorian Minister for Agriculture is seeking Expressions of Interest for the new **Young Farmers Ministerial Advisory Council**. Nine passionate candidates, including the Chair, representing the diverse breadth of agriculture professions, industries and regions are being sought to be a part of the Council.

The Council will be a visible and important voice for young people in agriculture to government and help shape future support for young people on the land and in the agriculture sector more broadly.

The expression of interest is open from 26 June 2015 to 19 July 2015. The application

### Interested?

**The Terms of Reference and Nomination Form are available online at:**

<http://www.farmerhealth.org.au/careers>

**For more information contact:**

Alison Kennedy  
(03) 5551 8533

[alison.kennedy@wdhs.net](mailto:alison.kennedy@wdhs.net)

**Closing date: Sunday 26 July 2015**

The Ripple Effect is funded by beyondblue with donations from the Movember Foundation and is a partnership between The National Centre for Farmer Health, Deakin University, Western District Health Service, Victorian Farmers Federation, AgChatOZ, Sandpit and Mental Illness Fellowship North Queensland.

information can be found on the [Young Farmers](#) website.



Photo: Amy Louise Urquhart, QLD  
Together We Are The Future



After a very successful event in 2014 we will be back again! On October 18th we will be running for farmer health at the Melbourne Marathon and we would love you to join us. You can show your support for the unique programs we deliver in regional communities by walking or running with us. There are different distance runs and a walk to choose from and they all finish with a lap of the MCG.

**For further information and to register and/or fundraise [click here](#)**

**To donate to team Run 4 Farmer Health [click here](#)**

Can't make it to Melbourne but would like to run to support the health of farmers and their communities? You can also run at the following events:

[Adelaide City to Bay - Join team Fat Farmers](#)

[Brisbane Bridge to Brisbane - Join Aq Force Qld team](#)



Photo: Ed Kus, VIC, who ran the last 12km of the 2014 Marathon (42km) in a cow onesie to raise extra funds for the NCFH.

### **NCFH Online Communications Coordinator: based in Hamilton, Vic**

We are seeking a dynamic Online Communications Coordinator who will be responsible for content creation and interactive aspects of all online communication for National Centre for Farmer Health through user-friendly content for the [www.farmerhealth.org.au](http://www.farmerhealth.org.au) Facebook, E-Newsletters and other online and social media communications.

#### **Interested? Go to**

<http://www.farmerhealth.org.au/careers>

Position description available [here](#)

**Closing Sunday 19<sup>th</sup> July 2015**

### **A Call for Volunteers for New “Fitter Farmers” study**

The National Centre for Farmer Health is seeking participants for a new study to investigate just how active our Victorian farmers and communities are.

The ‘Fitter Farmers’ study is seeking full-time workers (18y or over) to wear a FitBit and an ActivPal physical activity tracker over a 7-day period. You will receive a \$50 gift voucher for your troubles!

If you are a farm-based agricultural worker, a regionally-based health service worker, or a Geelong-based worker, we would love to hear from you!

For more information, please see [www.farmerhealth.org.au](http://www.farmerhealth.org.au), or contact Dr Vanessa Vaughan (03 5551 8533)



**National Centre for Farmer Health**  
**Western District Health Service**  
 20 Foster Street  
 Hamilton Victoria 3300 Australia  
**T** +61 5551 8533 **E** [ncfh@wdhs.net](mailto:ncfh@wdhs.net)  
**W** [www.farmerhealth.org.au](http://www.farmerhealth.org.au)  
**Twitter** @farmerhealth