



October 2015

Farmer Health e-News

Making a difference to farmers' lives

www.farmerhealth.org.au

T: +61 (03) 5551 8533

20 Foster St, Hamilton, VIC, 3300

ncfh@wdhs.net

Rural Bank Investing in Farmers Health

Rural Bank and the National Centre for Farmer Health (NCFH) have announced a new partnership that aims to improve the health and wellbeing of farmers and their communities.

The partnership will assist the NCFH to deliver programs to improve farmer health, wellbeing and safety, and to promote the Centre's internationally recognised work through Rural Bank's extensive network across regional and rural communities.

The collaboration will also explore opportunities for the NCFH to help develop skills across Rural Bank's team of Relationship Managers to understand and identify the health, safety and wellbeing issues regularly faced by farmers.

To the full article, [click here](#).



Rural Bank General Manager Agriculture, Will Rayner, the National Centre for Farmer Health Director, Dr Susan Brumby, and Western District Health Service Chief Executive, Rohan Fitzgerald.

HURRY! Calling Nurses, Doctors, Veterinarians, Rural & Agricultural Professionals.

2016 Scholarships Close 30th October!

Do you want to help the farmers and agricultural workers in your region? You should study HMF701 Agricultural Health & Medicine. [Click here for unit details](#).

Nine generous scholarships are being offered, ranging from \$1,500 to \$2,500, to assist students with the study and travel costs associated with attending the five-day intensive workshop, being held in Hamilton, Victoria, from 22nd - 26th February 2016.



For information please call: 03 5551 8533, or to apply [please visit our website](#).

Support During Drought

Access the services you need, when you need them most

Staying healthy and well is important in good times and trying times. The times when we least feel like looking after ourselves are when we need to do it the most.



The National Centre for Farmer Health has compiled a list of resources – water, household allowances, support, animal health - that can be used as an easy reference for farmers and rural professionals to seek emotional, financial, and business support services. Visit: <http://www.farmerhealth.org.au/drought-support>

Closing this Sunday! Prize Pool of Over \$1700

Get Down, Get Dirty and Show Us Your Shots!

Have you submitted your entry into our 'Stewards of the Soil' photography competition?

Thanks to the generosity of our sponsors, the winner of the Open Category will win **\$600 cash**. Our Primary and Secondary student prizes have also increased.

An exhibition of finalists will be held, and winners announced, at Federation Square on Saturday 5th December, in conjunction with International Day of Soil activities.

Be quick and get your entry in! Visit: <http://bit.ly/StewardsOfTheSoil>





Heard about our Sustainable Farm Families™ program?

Want to run one in your region? Apply to become an SFF™ Trainer.

Sustainable Farm Families™ is an award winning evidence-based health promotion program that aims to improve the health, wellbeing and safety of farm families. Each program is run as a collaboration between the NCFH, a local health professional and an industry partner facilitating the event.

We are running our next Train the Trainer workshop in Hamilton, on the 1st, 2nd and 3rd December 2015, and are looking for submissions from rural health professionals and industry organisations who would like to attend, and run a program in their area.

For more information please call us on: 03 5551 8533, or to submit your expression of interest before **30th October 2015**, please visit our website: <http://www.farmerhealth.org.au/sustainable-farm-families/sff-programs>

Thanks for the Marathon Effort!

On Sunday 18th October 2015, 77 runners pounded the bitumen in the Melbourne Marathon as part of the Run 4 Farmer Health.

Our team featured first-timers as well as those with more marathon experience. We had 10 participants in the 42km marathon, 14 in the 21km half marathon, 36 in the 10km event, 11 in the 5.7km event, and 6 in the 3km walk.



Everyone achieved fantastic results, with a special shout out going to farmers Peter Cutler and Wayne Aitken who both completed the 42km marathon in less than 3 hours! You can learn more about these fantastic ambassadors on our [Facebook](#) page.

A very massive Thank You must also go to team Murray Goulburn, who have raised over \$5,000 for the National Centre for Farmer Health. We are extremely grateful to all of you and look forward to running with you again next year.

It was great to see so many people proudly wearing their t-shirts and visors, giving it a go, and raising awareness about the health of our farmers. Congratulations to you all.



City Cousins sought for Study

The Fitter Farmers study seeks to discover the physical activity level of farmers, and how they compare to other workforces.

For the next stage of the study we are looking for non-farming workers, 18-years and older, who work full time within 10kms of Geelong CBD to participate in the study.

You will receive a \$50 gift voucher for your involvement, which will include wearing a supplied FitBit, as well as an ActivPal activity tracker, for a period of 7-days.

For more information, please contact Dr Vanessa Vaughan at NCFH on: 03 5551 8533 or visit: <http://bit.ly/1jrOz2o>



Upcoming Events

26th October 2015

Birchip Cropping Group— understanding and responding to stressed people @ Birchip, VIC.

26th – 28th October 2015

7th Australian Rural & Remote Suicide Conference @ Novotel Forest Resort, Creswick.

4th November 2015 : 7pm – 9pm

Community Forum - Social & Emotional Wellbeing @ Bush Nursing Centre, Lake Bolac.

11th November 2015 : 7pm

Cohuna District Hospital AGM @ Cohuna Bowling Club. Guest speaker: Dr Susan Brumby.

18th November 2015 : 7pm – 9pm

Community Forum - Social & Emotional Wellbeing @ Sheppard Centre, Penshurst.

Promote your non-for-profit event on our calendar. Send the details to erinna.ford@wdhs.net