



November 2015

# Farmer Health e-News

Making a difference to farmers' lives

[www.farmerhealth.org.au](http://www.farmerhealth.org.au)

T: +61 (03) 5551 8533

20 Foster St, Hamilton, VIC, 3300

[ncfh@wdhs.net](mailto:ncfh@wdhs.net)

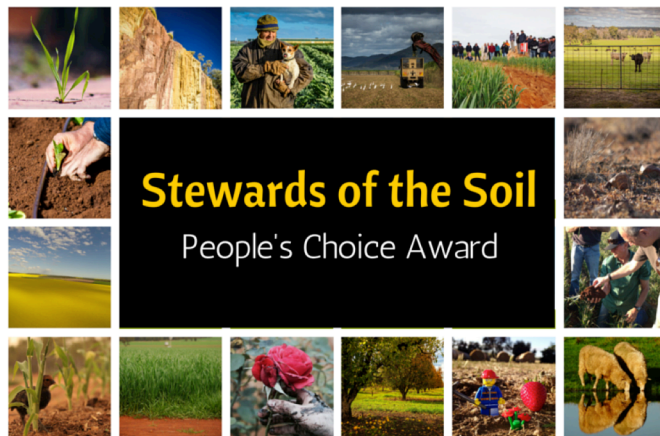
## People's Choice Voting is OPEN!

### Who do you think should win? We want to know!

The People's Choice Award is now open for the Stewards of the Soil photo competition. You have until Sunday 29<sup>th</sup> November, so get in quick to vote for your favourite. The most popular photo will win \$240!

**Vote Now:** <http://bit.ly/1PBtzSz>

The photographs will be shown at **The Cube Gallery** at **Federation Square**, on **Saturday 5<sup>th</sup> December**, as part of the World Soil Day celebrations. Category winners, and the People's Choice Award, will be announced on the main outdoor stage at **2:30pm**. Be there!



## SFF™ Trainers Wanted

### Want to help farming families in 2016?

**A few spots left!**

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.

The next 'Train the Trainer' workshop is being held in Hamilton, from 1<sup>st</sup> – 3<sup>rd</sup> December 2015. We have a few spots left 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 visit our website to submit your application ASAP:

[www.farmerhealth.org.au](http://www.farmerhealth.org.au)

## Responding to Stress

Living in rural Australia can be very rewarding. However, farming can be a stressful occupation. Keeping yourself in a fit state to enjoy the good times is important, but is even more important in difficult times.

Some tips on how to get through stressful times:

- Eat healthy, nutritious food
- Get adequate sleep (7- 8 hours per night)
- Keep physically active
- Make time to get off the farm (even just for a few days)
- Find things to laugh about
- Allow yourself time to do something you enjoy. A short walk, sitting with a cup of tea, a hit of golf

Remember your best farm asset is YOU. Act smart, act early and recognise when stress is doing you harm. Read more on our website: [Recognising and Responding To Stress \(PDF\)](#)

## Start the ripple of support—send us a postcard!

**Share one thing from your experience of dealing with suicide that could help others.**

We are inviting farmers and rural community members to complete and return (by reply paid mail) a Ripple Effect postcard. These postcards will share personal insights with others who have been through, or are going through, a similar experience. All postcards will be anonymous.

Ripple Effect postcards are being sent out to all Victorian Farmers Federation members. If you are not a VFF member but would like a postcard—or you would like a batch of postcards to pass around to your community—visit: [www.therippleeffect.com.au](http://www.therippleeffect.com.au) to order or phone NCFH on (03) 5551 8533.

The postcard messages will be shared on the Ripple Effect website. So, remember to fill in and send us your postcard. Thankyou!



The Ripple Effect is a partnership between, National Centre for Farmer Health, Deakin University, Sandpit, Victorian Farmers Federation, AgChatOz, Mental Health Fellowship North Queensland and Western District Health Service.

The Ripple Effect is funded by beyondblue through donations from the Movember foundation.

## Avoid the Hospital this Harvest

Be aware of potential falling hazards on your farm.

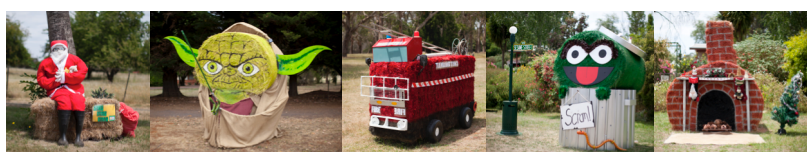
Falls are one of the most common causes of death and injury on farms, especially among older farmers. Falls are common from horses, motorbikes, farm machinery, steps, haystacks, trucks, ladders, silos, windmills, fences, the back of utes and in livestock yards.

There are many things you can do on farm to help prevent falls:

- Attach extra grab rails on trucks, tractors, headers, ramps and steps.
- Use non-slip tape on ladders, and non-slip matting in the workshop.
- Replace old steps with non-slip metal mesh and a rail.
- Wear well-fitted boots with non-slip soles.
- Wear a safety harness if working from heights.
- Install good lighting around sheds and in workshops.
- Tidy up workshops, don't clutter, and keep paths and walkways clear.
- Keep fit – falls are less likely if you are in good physical shape.

Once you hit 40, get your eyes checked every two years. Poor eyesight is a major cause of slips, trips and falls. [Click here to read more](#) about avoiding slips, trips and falls this harvest.

## Christmas Countdown



Keep an eye on our [Facebook page](#) in December for our Christmas Countdown, featuring the 2015 [Tarrington Laternenfest Hay Bale Art](#).

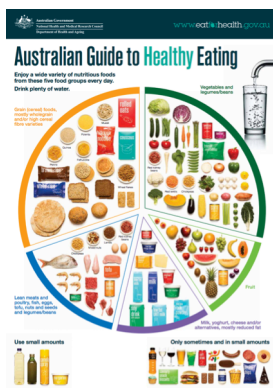
## Eating off the Land

To maintain a healthy lifestyle and reap the benefits of a nutritious diet, it is recommended that adults eat at least 5-6 servings of vegetables and legumes each day, in addition to 2 servings of fruit; 4-6 servings of lean meat, fish and poultry; and 2.5 serves of milk products.

Here are some hints for healthy lunchbox choices and a healthier you!

- Use whole meal bread instead of sliced white
- Include two pieces of fruit in your lunchbox as well as a small tub of yoghurt alongside your ice block
- Avoid chips and high salt snacks
- Drink lots of water!

To read the recommended daily intakes specific to your ages and gender, visit the [Nutrition Australia website](#). [Click here to download the Australian Guide to Healthy Eating poster \(PDF\)](#), as shown in the image above.



## Upcoming Events

### 16<sup>th</sup> November 2015 :

People's Choice Voting Opens, Stewards of the Soil Photography Competition : <http://bit.ly/1PBtzSz>

### 18<sup>th</sup> November 2015 : 7pm – 9pm

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

### 25<sup>th</sup> November 2015 :

Agrisafe Clinic @ NCFH, Hamilton, VIC.

### 29<sup>th</sup> November 2015 :

People's Choice Voting Closes, Stewards of the Soil Photography Competition

### 1<sup>st</sup> – 3<sup>rd</sup> December 2015 :

Sustainable Farm Families - Train the Trainer workshop @ NCFH, Hamilton, VIC.

9<sup>th</sup> December 2015 : Agrisafe Clinic @ NCFH, Hamilton, VIC.

### 5<sup>th</sup> December 2015 : All Day

Stewards of the Soil Exhibition & Winners Announced @ International Day of Soil celebrations, Federation Square, Melbourne.

### 21<sup>st</sup> December 2015 – 1<sup>st</sup> January 2016 :

National Centre for Farmer Health Office Closed.

Promote your non-for-profit event on our calendar. Send the details to [erinna.ford@wdhs.net](mailto:erinna.ford@wdhs.net)

## Farmer Health for Hire

Do you need a keynote speaker at your next conference or event? Have you thought about offering Health & Lifestyle assessments at your next field day?

The National Centre for Farmer Health has knowledgeable and trained Agricultural Health and Medicine staff available who can offer a unique insight into numerous topics relevant to rural and agricultural professionals and communities, including social and emotional wellbeing, agricultural health and safety, and drought support.

For more information on how we can offer a great service to your clients and delegates please call us on: 03 5551 8533