



December 2015

Farmer Health e-News

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Making a difference to farmers' lives

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Wow – What a year!

What a year it's been! Since receiving the generous funding announcement from the Hon. Jaala Pulford, Victorian Minister for Agriculture and Regional Development, in April we have been flat out!

AgriSafe™ Clinics commenced in partnership with Lake Bolac Bush Nursing Centre, then Penshurst and then Hamilton. We delivered over 200 full health assessments with farm men and women located in Victoria, SA and QLD.

We have entered into a new information partnership with the national Health Direct service. Our farmer health fact sheets will now be available through their website to a wider audience and complement our longstanding partnership with Better Health Channel.

The Ripple Effect project has begun, with strong support from a national steering committee, with the objective of reducing the stigma of rural suicide. Farmers and their communities have been invited to start their own ripple by sharing a story of what has helped them. To do this, please go to: www.therippleeffect.com.au

Sustainable Farm Families™ now has a new group of 20 facilitators and health professionals, following the 'Train the Trainer' workshop in December. We are ready to roll out programs across Victoria and already have two programs booked in for VIC in 2016, and one in SA.

Research has been busy too with five peer-reviewed publications – from skin cancer in farmers to pesticide exposures. You can read them on our website.

In October we recognised our new partnership with Rural Bank by signing a Memorandum of Understanding. Our plans are in place for a collaborative approach to supporting rural and agricultural communities.

We would like to acknowledge the support of staff, community, farmers, WDHS and Deakin University.

All the staff at the National Centre for Farmer Health, wish you all a safe and happy festive season. Merry Christmas!

Susan Brumby - Director



See the Christmas Countdown on our [Facebook page](#), featuring the [Tarrington Hay Bale Art](#).

Keeping safe this Christmas

Have a wonderful festive season this year, while staying safe at the same time.

Don't forget to stay sun safe, remember to watch the kids around water, reduce alcohol intake by swapping in 'soft' beverages.

Swimming is a great way to cool off in summer. Keep yourself and your children safe by fencing all dams and pools, and always keep an eye on the kids around water. <http://bit.ly/1NmjXtd>

Practice the 5 S's of sun safety: <http://bit.ly/1YbROx5>
Slip on a shirt; **Slop** on some sunscreen; **Slap** on a hat; **Seek** shade; **Slide** on your sunnies.

Tips on having a good time without alcohol: <http://bit.ly/1Nh1qMN> and mocktail recipes from the OcSober website: <http://bit.ly/1M1Xm00>

Enrolments now open for Australia's only Agricultural Health & Medicine course.

Challenge yourself and lead the way in making a difference to farmers' lives by studying HMF701 with the NCFH and Deakin University. A course that better equips health providers, rural professionals and our farming communities with the knowledge and skills they need to help turn things around. [Professor Gert van der Laan](#), Occupational Physician, Netherlands will be in attendance.

Apply now for [HMF701 Agricultural Health and Medicine](#) beginning 22nd February 2016.

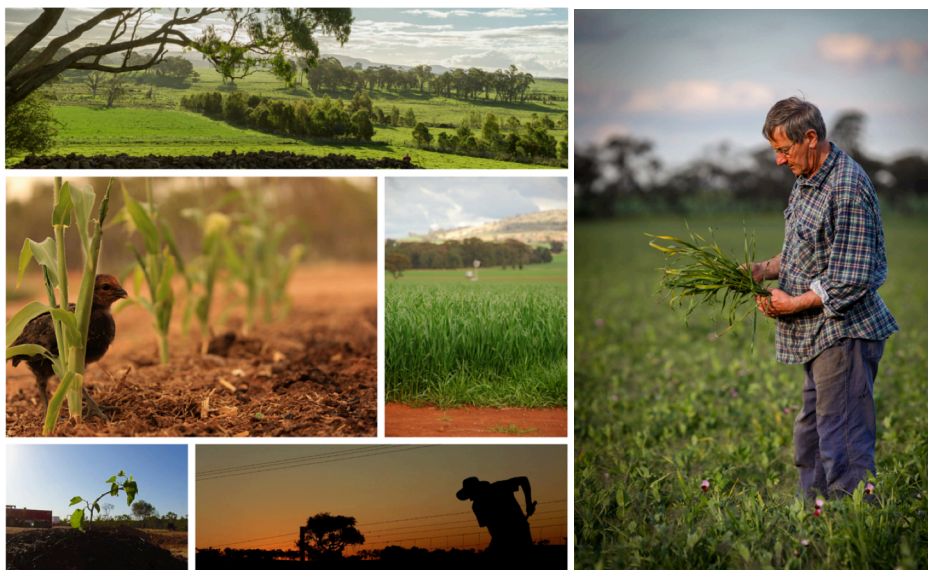
And the Winners are ...!!

Congratulations to the winners of our Stewards of the Soil photography competition.

The Honourable Major General Michael Jeffery announced the winners at Federation Square on Saturday 5th December, as part of the World Soil Day celebrations.

Thanks to everyone who entered, our generous sponsors, the public who voted in the People's Choice Award and also to those who visited the exhibition at The Cube Gallery at Federation Square.

An exhibition of entries will now travel to numerous venues, with dates and locations to be announced on social media soon. To see the finalists and the winners, visit our website: <http://bit.ly/StewardsOfTheSoil>



The 2015 competition would not be possible without the generosity of our sponsors and supporters.



Upcoming Events

16th December 2015 :

Look over the farm gate workshop @ Wycheproof, VIC.

24th December 2015 – 3rd January 2016 :

National Centre for Farmer Health office closed.

25th December 2015 :

Merry Christmas!

January 2016 :

The Ripple Effect – Digital Storytelling workshop. (Exact date and location tbc)

10th – 12th February 2016 :

NCFH Health & Lifestyle Assessments at Sungold Field Days @ Allansford, VIC.

16th – 17th February 2016 :

Sustainable Farm Families™ @ Hopetoun, VIC.

19th February 2016 :

Professor Gert van der Laan, Occupational Physician, Netherlands : Guest lecturer at School of Medicine @ Waurnd Ponds, VIC.

22nd February 2016 :

Shire reception for Agricultural Health & Medicine Students @ Hamilton, VIC.

22nd February – 26th February 2016 :

HMF701 Agricultural Health & Medicine 5-day intensive @ NCFH, Hamilton, VIC.

1st – 2nd March 2016 :

Sustainable Farm Families™ @ Birchip, VIC.

7th – 8th March 2016 :

Sustainable Farm Families™ @ Yorke Peninsula, SA.

9th – 10th March 2016 :

Sustainable Farm Families™ @ Spalding, SA.

18th – 20th March 2016 :

NCFH Health & Lifestyle Assessments at Hopetoun Women on Farms Gathering @ Hopetoun, VIC.

www.hopetounwofg2016.com.au

SFF™ Train the Trainer recap

In early December we ran a Sustainable Farm Families™ 'Train the Trainer' program. Twenty enthusiastic health, rural and agricultural professionals completed the course, which will enable them to run SFF™ programs in their own communities.

The Sustainable Farm Families™ programs will be rolling out across Victoria in 2016. Keep an eye out on our [Facebook page](#) for workshop dates, as well as our newsletters.

You can read more about the program, and register your interest in running one in your area, on our website:

<http://bit.ly/1OA9xYj>

