Insert Date

Participant Name

Participant Address

Town State Postcode

Dear Insert Participant Name,

# Sustainable Farm Families,

# Insert Program Name and Dates

Time flies and we are looking forward to seeing you all again as part of the 6-monthly workshop of the Sustainable Farming Families™ program.

Following the overwhelming feedback from farming families, we have designed the second workshop to include a repeat of the popular gender benders session (men to women and vice versa) along with the important topic of mental health and wellbeing and allowing time for your one on one assessment and discussion.

This workshop is a **one day program** and commences in location on date at venue details.

Like the last workshop, we ask you to arrive at **X:XX am** for your physical health assessment and a yummy breakfast will be served afterward. Don’t forget to let me know if you have any special dietary requirements. Please note the day goes from X.XX am – X.XX pm for all participants. Individual one-on-one health assessments will be undertaken between X.XX pm – X.XX pm.

Insert facilitator name will be there again to meet you. Insert health professionals name will be undertaking the health assessments.

**What do you need to do now?**

1. Please complete the enclosed:
2. Profile Health Behaviours/Conditions
3. DASS
4. Farm Safety Survey
5. Return all completed forms in the reply paid envelope provided by the **Insert Date**. It is important the information is completed accurately, so please contact me if you require any assistance. Even if you are unable to attend this workshop, please complete and return the paperwork as it is vital for the continued success of this program to have as much information as possible from Victorian farming families.
6. Reflect on the changes you have made since our first Sustainable Farm Family workshop. We have included a copy of **your** workshop oneaction-planning sheet.

Please be prepared to discuss in small groups:

1. The actions you’ve undertaken since last workshop
2. The ways you’ve achieved these actions
3. How you now feel about the actions you undertook

You will also be given the opportunity to present your story to the whole group. This has proven to be a great session of sharing within the groups, so please bring photos if appropriate or let us know if you need any special equipment.

**Please remember to:**

1. Complete and return the enclosed surveys
2. Bring along your Sustainable Farm Families resource kit and the copy of your action plan
3. Please do not partake of any food or beverages after 10:00pm the night before. Drink a glass of water if required and remember to wear comfortable clothing.

I shall send final workshop details before the commencement of the Insert Name of program.

If you have any questions or require any assistance with completing the forms, or further information, please do not hesitate to call me on your phone number.

We look forward to seeing you.

Best Wishes,

Name of Program Coordinator

## Name of Health Service

## Position with Health Service