

Sustainable farm Families: An A
(Cute) perspective on becoming
proactive in improving health, well-
being and safety of our farming
families

Introduction

- Cindy Boyd
- Joe McCallum
- “Who we are, What we do, Where we work, Why we are here 😊”



Kerang And District Health

- Kerang is a small rural town of a population around 5,000 people – services an area of 15,000 people
- We provide a wide variety of services to the community



The SFF Program

- A three year award winning program
- Transferable to all farming groups
- Provided an excellent opportunity to farmers in our area



How we Got into SFF

- A Very Enthusiastic ,
Director of Nursing
- Huge Diverse farming
population
- Recognized need for
proactive programs
- We were Volunteered
😊



Initial thoughts....

- Not really keen.....we were acute nurses....
- But then we had Prof John Martin “AH HA!!” moment when it all clicked



Our Initial Concerns...

- Not public speakers
- A new way of thinking for us..... Different mindset in becoming proactive rather than reactive
- Liked immediate outcomes....this was going to take 3yrs !!



Our Strengths

- We knew the topic material inside and out
- Willing to learn – try new things
- Used to doing the physical assessments
- Worked well together 😊



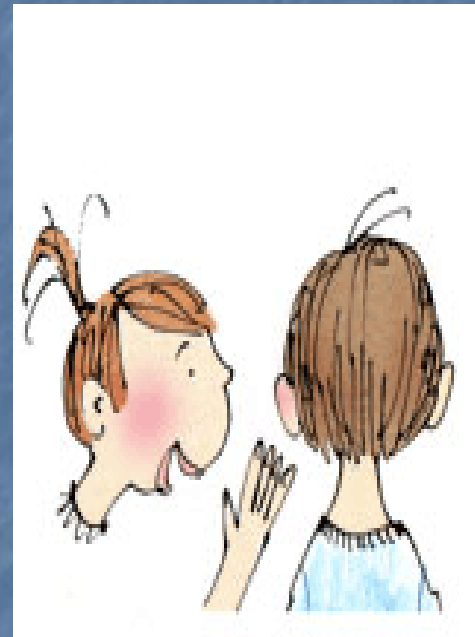
Our First Program

- Really, Really enjoyed it.....What a buzz!!
- Nerves +++++
- WOW!!! The paperwork



Feedback

- Excellent return rates each year
- Developed some great peer support within the groups
- Strong positive Community response
- More groups wanting to participate



Our Groups so Far....

Nullawil - Best Lamb, Best wool

Kerang - Fairley, Bael Bael, Sandhill
lake land Care Group

Macorna – Macorna Progress
Association

Swan Hill – Tresco VFF Horticultural
group

Quambatook – Q/Took Alliance
Association

Lalbert – Lalbert Progress association

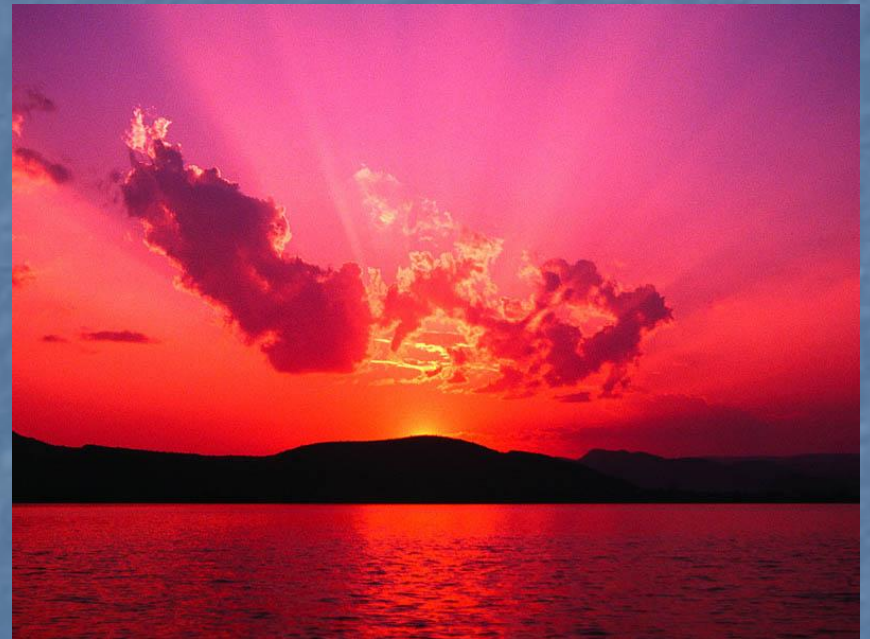
Leitchville – Cohuna / Leitchville Dairy

.....and assisted in many, many, more ☺



Where to now for us....

- A big future in Community health nursing??
- SFF is an award winning program for a reason....



Thank You 😊



- Questions / Comments ? ?