

SHAKE THE BLUES

**DEPARTMENT OF HEALTH &
HUMAN SERVICES TASMANIA**

Dorset Municipality North East Tasmania

National Centre for Farmer Health Conference

Gretchen Long
Primary Health Care Coordinator

Gaynor Peaty
Community Social work

Peter Howard
Community Mental Health

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Project team

- Community farming members
- Community social work
- Community mental health
- Council community development
- Primary Health Care Coordinator

14.09.20

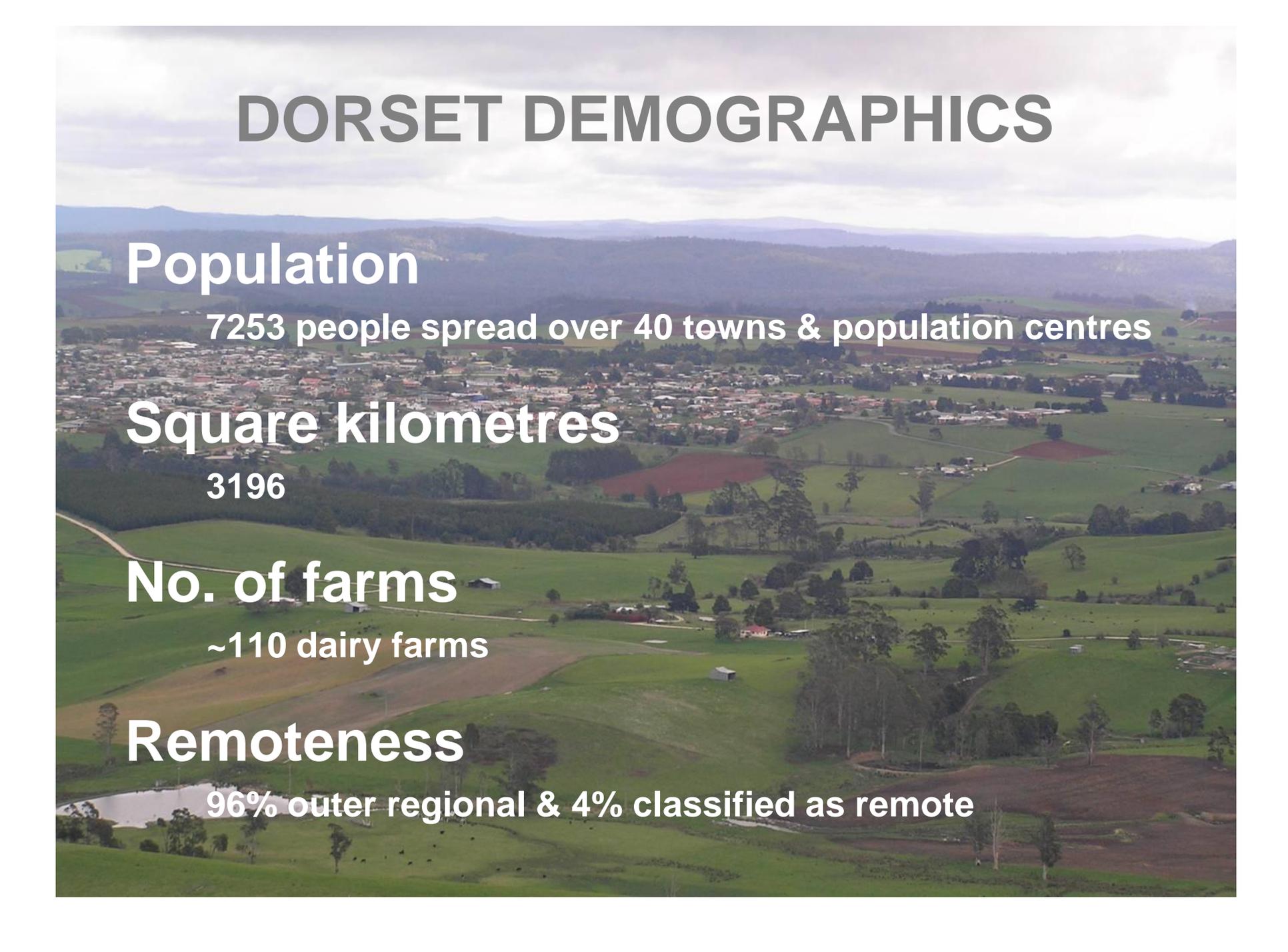
Where is Dorset?



Where is Dorset?



DORSET DEMOGRAPHICS



Population

7253 people spread over 40 towns & population centres

Square kilometres

3196

No. of farms

~110 dairy farms

Remoteness

96% outer regional & 4% classified as remote

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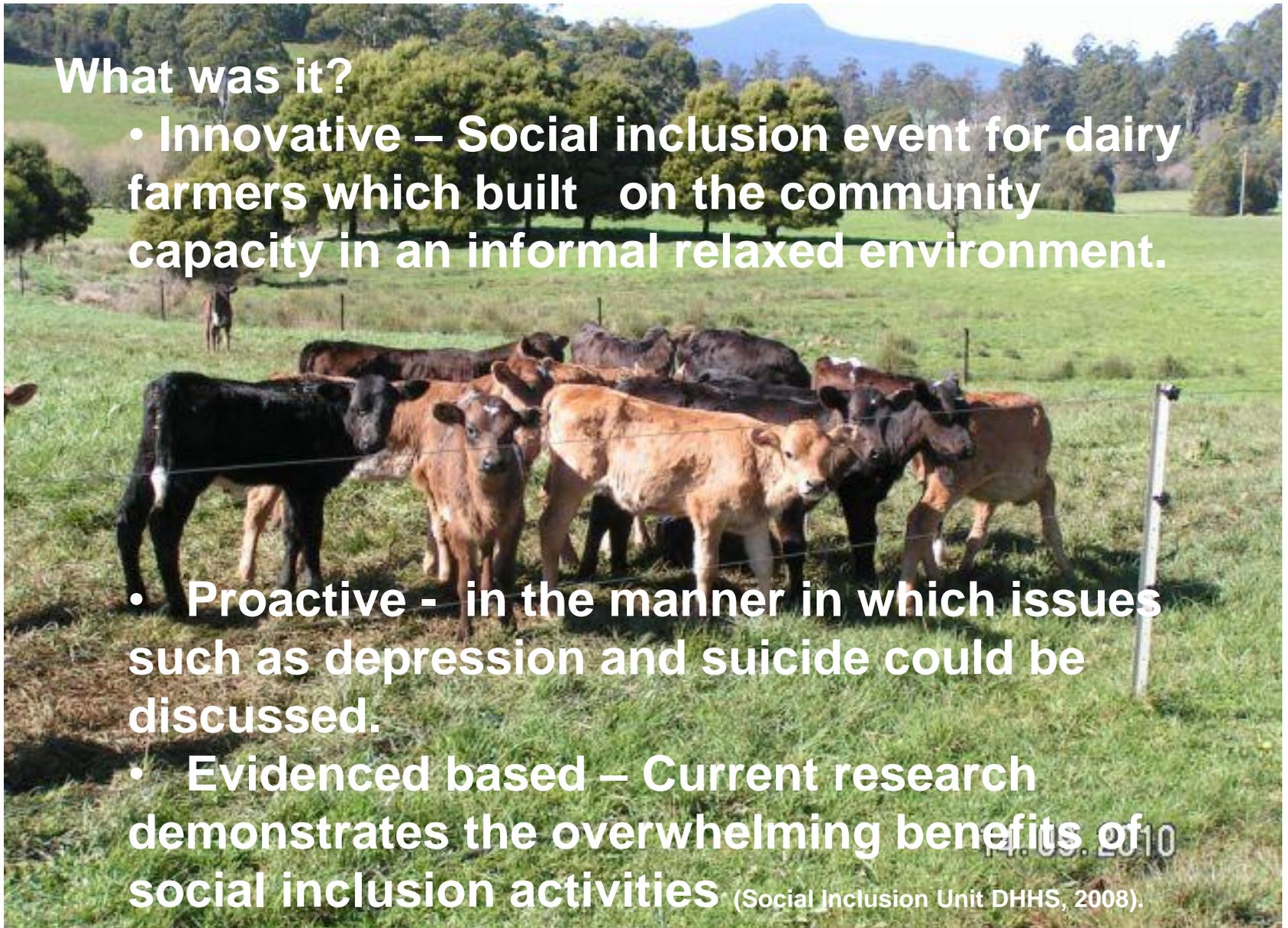
What was it?

- **Innovative – Social inclusion event for dairy farmers which built on the community capacity in an informal relaxed environment.**

- **Proactive - in the manner in which issues such as depression and suicide could be discussed.**

- **Evidenced based – Current research demonstrates the overwhelming benefits of social inclusion activities** (Social Inclusion Unit DHHS, 2008).

14.09.2010



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How did we do it?

- Funding from the TFGA Dairy communities Social & Community Events program
 - Project partners consulted with the dairy farming community
 - Project developed according to the identified needs of dairy farmers
 - Project partners linked with wider community such as milk tanker drivers and local hotels
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- A scenic view of a rural landscape with rolling green hills, a red tractor, a windmill, and a large tree. The background shows a valley with a small pond and a windmill. The foreground is a grassy field with a fence line. A large tree is on the right side of the image.

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- **Why did we do it?**
 - **Provided linkages to local mental health service providers**
 - **Raised awareness of individual, family and community health needs**
 - **Provided a social outlet emphasising the importance of social inclusion activities to health and wellbeing.**

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Outcomes

- Attendances increased with each event
- Referrals to local service providers
- Cost \$18.00 / head which is significantly less than the cost of a hospital bed.

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THANK YOU

