



# Farmer Health e-News

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## Make a Difference to Farmers Lives: Study Agricultural Health & Medicine

### Enrolment & Scholarships Now Open for 2016

HMF701, run jointly by the National Centre for Farmer Health and Deakin University, is the only post-graduate course in Australia that focuses on Agricultural Health and Medicine.

Beginning with a 5-day intensive in February and running throughout Trimester 1, students learn the influencing social, environmental, physical, and mental factors that affect the health, wellbeing and safety of rural and remote farming communities.

A number of scholarships are now open for students studying in 2016, to assist with transport, accommodation and study costs.

The 5 day intensive is held in Hamilton, Victoria, and runs from 22<sup>nd</sup> to 26<sup>th</sup> February in 2016. Further information regarding the details, enrolment, and scholarship opportunities can be found on our website:

<http://bit.ly/1LWx7fi>



## Hugh Macdonald the new WDHS Chairman

Congratulations to Hugh Macdonald on his appointment as the Chairman of the Western District Health Service board. Hugh is a NCFH board member, farmer, and avid supporter of our program and research.

To read the Hamilton Spectator article on our website, [click here](#).



HUGH MACDONALD is the new chairman of the Western District Health Service Board. PHOTO: JERRY DE BARR.

## Out & About



Tam Phillips, RN, presenting an Agrisafe™ and CROP education session at the Lake Bolac Bush Nursing Centre, to an audience of 20 farmers and medical students.

## Sitting in Machinery All Day?

### Try these exercises to Target, Tighten, Tone & Trim



#### 1. Target your shoulders

Keeping your arms and shoulders relaxed and holding lightly onto the steering wheel, lower your shoulders and pull back as far as you can moving your shoulder blades together. Hold for 10 seconds. Repeat 5 times.

#### 2. Tighten your tummy

Flatten your stomach by breathing out and pulling your stomach in towards your back as far as possible. Hold for six seconds and release. Repeat 10 times.

#### 3. Tone your butt

You can tone your glutes almost anywhere by squeezing your buttock muscles together for 10 seconds and then releasing. Repeat 10 times.

#### 4. Trim your thighs

Squeeze your thighs together as hard as you can. Hold for 10 seconds and release. Repeat 10 times. You can increase the toning effect by squeezing a ball or rolled up jumper between your legs.

Repeat every 1-2 hours throughout the day.

## 3 Weeks to Go!

How is your training going? With only three weeks to go until the Melbourne Marathon on Sunday 18<sup>th</sup> October, we are gearing up for a great event with our wonderful Run 4 Farmer Health team.

If you have already signed up as a participant and would like to join our team, you will need to contact Melbourne Marathon directly via email: [enquiries@melbournemarathon.com.au](mailto:enquiries@melbournemarathon.com.au) and give them the following information:

1. Your name
2. Your team name : "Run 4 Farmer Health"
3. The team password: "run2015"



For further information, to register and/or fundraise [click here](#).  
To donate to team Run 4 Farmer Health [click here](#).

**Congratulations** also goes to 'Fat Farmers' for their fantastic effort at the City 2 Bay last weekend in Adelaide. The team raised \$6,000 for Menswatch and contributed to a great community atmosphere.



"The Future is in My Hands."

Image by Janine Waters.

2012 Finalist – 'Future Farmers' –  
Open Category

## 'Stewards of the Soil' Photography Competition

To celebrate the [International Year of Soils](#), we are running a nationwide photography competition.

Titled 'Stewards of the Soil', entrants are asked to create an evocative image that explores the connection farmers have to the land they live and toil on.

### JUDGING & PRIZES

Entries will be judged in the three categories

– Primary Students, Secondary Students, and Open category – by renowned photographers Jill Frawley, Ewan Bell and Rob Drummond. Cash prizes will be awarded to both the Winner and Runner-up of each category, as well as the winner of the People's Choice Award.

Entries close on Sunday 25<sup>th</sup> October 2015. Finalists will be announced, and the People's Choice Award open for public vote, on the Farmer Health website on Monday 16<sup>th</sup> November.

An exhibition of finalists will be held, and winners announced, at Federation Square on Saturday 5<sup>th</sup> December, in conjunction with International Day of Soil activities.

To enter the competition, please visit: <http://bit.ly/StewardsOfTheSoil>



2015  
International  
Year of Soils

Angel  
Flight



## Do You Need to Travel Long Distances for Healthcare?

Access to quality healthcare for chronic and long term medical conditions is a major concern in rural and remote areas.

Angel Flight assists those living in remote and country areas with non-emergency transport for specialist medical treatment - treatment that would otherwise be unavailable due to vast distance and high travel costs.

Registered pilots and drivers donate their time, and aircraft or vehicle, to transport the patient and their carer to medical appointments across the state or country, and then home again.

The service requires a referral from a health professional, and is completely free for the patient, with no limit on repeat services.

Angel Flight is a non-for-profit organisation that is fully funded by donations alone. Started in 2003 and available in all states of Australia, the service will complete its 20,000<sup>th</sup> flight this year.

For further information on how to access their services, becoming a volunteer, and how to donate, please visit: [www.angelflight.org.au](http://www.angelflight.org.au) or call: 1300 726 567 (toll free) or (07) 3620 8300.