New Network Supporting Men

Males experience significantly higher rates of suicide, drug and gambling addictions, violence, mental illness, crime, motor vehicle accidents and premature death. They too have significantly higher death rates for illnesses such as cancer, heart disease, stroke, respiratory problems and diabetes.

A new Tasmanian Network of Mens’ Service Providers has been established state-wide, to plan the way forward for improving the health and wellbeing of men and their families, and to celebrate the positive contributions they make to their communities.

Network members include representatives from State and Local Government, as well as non-government and community organisations. A range of services, active in the provision of services to men and boys around the state, provide valuable input. The Tasmanian Network of Men’s Service Providers meets every month at different locations.

For more information, contact John Edwards at Relationships Australia Tasmania on 6336 7000 or email johne@reltas.com.au.

Family FoodPATCH Project

Promoting Good Nutrition and Physical Activity for Children throughout Tasmania

The Family Food PATCH project aims to improve the knowledge and skills of parents in relation to child and infant nutrition and physical activity, by training peer educators (Family Food Educators) from the community.

The project is a joint initiative between the Child Health Association of Tasmania and the Department of Health and Human Services (Community Nutrition Unit) and is funded by the Tasmanian Community Fund.

Since 2001, the project has trained 189 volunteers in 21 different regions throughout Tasmania. Volunteer educators undertake a short training course in nutrition and physical activity for children, communication, and community action.

On completion of the training, educators promote good nutrition and physical activity throughout the community through talks and practical demonstrations, manning community displays, and preparing and promoting healthy food options. Community and council events provide a valuable opportunity to promote healthy lifestyles. Regular events attended by the volunteer educators include Dad’s Day Out in Glenorchy, Teddy Bear Picnics, and Launceston City Council’s children’s activities in the Mall.

Through the program, educators have become positive agents of change in their local communities and, after five years, the long-term benefits are becoming evident. Volunteer educators are an invaluable community resource, giving their time and energy in various community settings and through a variety of creative ways to promote healthy lifestyles to Tasmanian families.

For further information please contact Kim Jose, Project Officer, Family Food PATCH on 6224 9198, or email: familyfoodpatch@iprimus.com.au.
Eat to Your Heart’s Content

Healthy eating is essential for people on the run but it doesn’t have to be boring or time-consuming. If you’re looking for a dose of healthy inspiration in the kitchen, grab yourself a copy of the Heart Foundation New Classic Cookbook featuring healthy and tasty takes on some classic dishes.

The cookbook features 148 new recipes by award-winning food writer Loukie Werle and each recipe has been analysed and developed to meet the Heart Foundation guidelines for healthy eating. The cookbook also makes a great Christmas gift idea.

The Heart Foundation New Classic Cookbook is available for $16.95. To order your copy, please phone the Heart Foundation on 1300 55 02 82 or visit www.heartfoundation.org.au.

Community Indicators Victoria Website

The Community Indicators Victoria (CIV) website is now live. The site uses local community wellbeing indicators to improve citizen engagement, community planning and policy-making. Local Government, policy makers, individuals and community groups can obtain a unique snapshot of trends and issues that are important to local communities. The website can be found at www.communityindicators.net.au.

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4C Bounty Street Warrane Tas 7018
PO Box 205 Rosny Park Tas 7018
Phone: (03) 6244 2277 Fax: (03) 6244 5237 ABN: 44 055 920 306
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Website: www.oakdaleindustries.com.au