

Ag health and farm safety – building on the achievements of the past 23 years

Debbie Payne, Australian Centre for Agricultural Health and Safety

Since the mid-1980s, the Australian Centre for Agricultural Health and Safety at Moree in north western NSW has worked with farmers, regulators and industry organisations to improve the health and wellbeing of those working in agriculture by actively reducing the incidence of injury and illness.

HISTORY

In 1999 the Centre joined the School of Public Health at the University of Sydney. The Centre is also a joint partner of the Australian Rural Health Research Collaboration along with the Centre for Rural and Remote Health, Orange and the University Departments of Rural Health at Broken Hill and Lismore.

NEW SAC MEMBER PROFILE



Angela Martin from Mullaley is the new NSW Farmers' Association representative on the RWN State Advisory Committee.

Angela has been heavily involved in the NSW Farmers' Association. She was Executive Councillor (2006–08), on the Business, Economics and Trade Committee (2007–08) and on the Rural Affairs Advisory Committee (2005–07).

Angela is the mother of three young children. She is married to Peter and is a partner in their grain production company in Mullaley where they produce durum wheat, sorghum, canola, mung beans and faba beans.

She completed a Bachelor of Science at the University of Sydney in 1998.

ACTIVITIES

A key part of the work of the Centre is the collection of data that identifies the production areas and work in which injuries and deaths occur most commonly. This information is used widely by agricultural industries, government, researchers, students and others.

The work is undertaken by the National Farm Injury Data Centre. A series of chart books report the information collected. RIRDC has been a key partner in providing funding for the series which commenced in 2005.

In the past three years the *Farmsafe Australia National Farm Injury Prevention* program, funded by the Commonwealth Department of Health and Ageing, has had a positive impact on farm safety. Major components of the project were: child safety on farms, farm workshop safety, farm machinery safety, safe use of all terrain vehicles and safety of older farmers.

Earlier this year two other projects, also funded by the Commonwealth Department of Health and Ageing, were completed.

■ *Better hearing for farm families* was conducted within the Hunter New England, Far North Coast and Greater Western NSW Health service areas. The aim of the project was to raise awareness of noise injury prevention and good hearing practices, to improve access to hearing screenings and services and to improve the capacity of local communities to address the needs of farming families' hearing needs.

■ *The North west Farmsafe falls prevention program for older farmers (over 55 years)* consisted of a series of workshops held predominantly in north western NSW. Farmers were invited to participate in a series of self-assessment activities to identify their personal risk level of having a fall. A practical resource was developed as a result of the project which will be available nationally.

For the past 20 plus years, staff from the Centre and Hunter New England Health have offered preliminary hearing screenings and promoted farm safety at field days such as AgQuip at Gunnedah.



One of the resources produced by the Centre

RESOURCES

Many farm safety resources have been developed. Recently updates have been made of *RIPPER* which is a primary school farm safety resource and the *Future Farmers* program which is for years 9 and 10 student of agriculture. Both resources contain information and practical activities on farm safety.

SUPPORT

The Centre would not be where it is today without the invaluable input of all who have supported its work. Hunter New England Health has been a key and important benefactor of the Centre since its inception.

The farmers, farm families and workers who are actively incorporating good safety practices to ensure the safety of all who work on or visit farms are acknowledged. They help ensure that agriculture will remain an important and invaluable part of Australian communities.

More information

Australian Centre for Agricultural Health and Safety / Ag Health Australia
PO Box 256, Moree NSW 2400
02 6752 8210, network@aghealth.org.au
www.aghealth.org.au

Farmsafe
PO Box 256, Moree NSW 2400
02 6752 8218, info@farmsafe.org.au
www.farmsafe.org.au

Adult education

Having the same job for life isn't something that most people can take for granted, although it used to be until a decade or two ago.

Choosing a career nowadays isn't about deciding what knowledge and skills you'll develop through one occupation until you retire.

Your career, today and in the future, is likely to involve:

- a range of different jobs
- developing more than one interest or talent
- working for a number of organisations
- experience in more than one industry
- different types of work arrangements (full-time, temporary, contract, self-employment and so on)
- lifelong learning
- times of unemployment and underemployment.

Information from:

Myfuture, www.myfuture.edu.au

Help with reading and writing

Poor language, literacy and numeracy skills can be a major barrier in getting and keeping a job.

There is help available, it's never too late to learn and it's easier than you think.

The Reading Writing Hotline is a national telephone literacy service for adults.

The Hotline is funded by the Australian Government Department of Education Science and Training (DEST) and managed by TAFE NSW Access and General Education Curriculum Centre.

WHY SHOULD I CALL THE HOTLINE?

- If you, or someone you know, needs help with reading and writing.
- To find information on adult literacy courses in your area.
- If you are a teacher and would like to be included on the Hotline's database.

WHAT HAPPENS WHEN YOU CALL?

If you need help with reading, writing or maths, an experienced adult literacy teacher will talk to you about your needs and give you details of the adult literacy and numeracy classes available in your local area.

If there are no suitable classes available locally, the teacher will give you details of how you can get support by distance delivery.

If you are a literacy or numeracy teacher, you can call the Hotline for information on how to become an adult literacy volunteer tutor.

More information

Reading Writing Hotline,
1300 655 506,
info@literacyline.edu.au
www.literacyline.edu.au

Education is for improving the lives of others and for leaving your community and world better than you found it.

– Marian Wright Edelman

Changing careers

Web Watch (right) focusses on resources for adults embarking on a new career or re-entering the workforce.

FINANCIAL ASSISTANCE FOR STUDYING

If your career pathway requires additional study, there may be some assistance available to help you in the form of scholarships and grants.

TIPS FOR FUNDING

- Start looking for funding early so you don't miss any closing dates.
- Let other people know you are looking – they may have some suggestions.
- Check the eligibility requirements. If you do not satisfy all of the requirements, consider saving your time since scholarships are not usually awarded to ineligible applicants (keep looking for other suitable scholarships!).
- Proof read your application or ask a trusted friend to help.
- Submit a complete application before the closing date. Make sure you have included all necessary documentation.
- Explore many funding options to increase your chances of success.

These tips have been compiled from a variety of Internet sources.

WEB WATCH

www.myfuture.edu.au

Aimed to help people make career decisions. Includes a personal career exploration tool to help people find the type of jobs that suit them.



www.jobguide.dest.gov.au

Describes over 500 occupations and education and training requirements. Includes information on career planning and job pathways.



www.australia.gov.au/skillsforthefuture

Contains information on apprenticeships, technical colleges, career advice and new initiatives to help workers over 25 years to start or upgrade their qualifications.



www.goingtouni.gov.au

Provides information for current and prospective students about studying at a university.



www.jobsearch.gov.au/joboutlook

Presents information about job prospects, employment rates and average incomes in different sectors.

what's on, what's new?



2009 NSW Women's Gathering – Junee

18–20 September

More information:

www.junee.nsw.gov.au

under 'Your community'



Rural Women's Life Stories

Women in the following age groups are invited to join a research project exploring midlife and ageing issues for rural women:

- 40–45 years
- 50–55 years
- 60–65 years

The research is being conducted by Rosemary Bowman at the University of Western Sydney.

For this study, she is seeking women who:

- left school before the HSC or equivalent
- have been married or are still married
- have children
- come from an Anglo/English background.

More information: Rosemary Bowman, 0409 842 390,
r.bowman@uws.edu.au



8 March

A lunch to celebrate IWD will be held in Broken Hill.

More information:

Joanne Pedler

08 8083 7900

For other events:

[www.](http://www.internationalwomensday.com)

internationalwomensday.com



26 January

For information about events around Australia and the Australian of the Year Award:

www.australiaday.com.au

Tele-learning seminars March – June

Six snapshots of successful communication

A series of hour long workshops conducted by telephone.

More information: Foundation for Australian Agricultural Women, 0431 457 927,
workshops@faaw.org.au,
www.faaw.org.au

Field Day

A day for the whole family

17 April

Homebush Recreation Grounds
at Penarie (near Balranald)

- Livestock displays ■ Tools ■ Cars
- Motor bikes ■ Crafts ■ Jewellery
- Children's activities ■ Full bar facilities
- Catering to suit all the family

Proceeds to local charities.

More information: Alison,
0427 502 019



The Interrelate Family Centre at Coffs Harbour is offering the following seminars and courses:

- Seasons for growth – a grief loss program for children
- Being a dad – tips and hints for positive fathering
- Connecting couples – keeping the romance alive
- Rebuilding – after separation and divorce
- Self esteem and communication – a path of personal growth
- Making choices – dealing with anger in relationships
- Parents not partners – for separated parents in conflict over parenting issues

More information: Coffs Harbour Interrelate Family Centre,
02 6651 1010, www.interrelate.org.au

Women and super: taking control

This pamphlet, produced by the Australian Taxation Office and the Office for Women, provides information to help women make the most of their superannuation and provides information to increase their superannuation savings and work towards being financially secure in retirement.

For copies: ATO Publications Ordering Service, 1300 720 092.

Money messages for women

Your guide for effectively communicating superannuation and financial literacy messages to women is a four page guide aimed at people who have to explain financial information to women, such as community organisations, financial institutions and policy makers.

It contains specific communication strategies to apply when working with women from different age groups and circumstances – such as women in remote areas, women with interrupted work patterns and sole mothers.

More information

Office for Women, 1800 050 009

Tax Record Keeper

A Personal Tax Record Keeper (PTRK) can be downloaded free from the ATO website.

PTRK is a record-keeping program that lets you record and manage your income, expense and asset details (including details for capital gains tax) throughout the financial year. The Record Keeper is compatible with the ATO's on-line tax lodgement facility e-tax.

Email and telephone support for PTRK is available.

PTRK is available at: www.ato.gov.au/print.asp?doc=/content/58777.htm

Mortgage stress brochures

These two brochures are produced by Legal Aid NSW.

■ PROBLEMS PAYING YOUR MORTGAGE? THINGS YOU CAN DO.

This brochure tells you what you can do if you are having trouble paying your mortgage.

■ THEY ARE TRYING TO TAKE MY HOME. THINGS YOU CAN DO.

This brochure answers common questions about home repossession.

Both brochures have information on where you can get legal help.

The brochures are free to download from www.legalaid.nsw.gov.au under 'Publications' or they can be ordered by calling 02 9219 5028 or emailing publications@legalaid.nsw.gov.au

WATER DOWN UNDER

This DVD is an entertaining and educational look at an extraordinary resource, one of the world's largest artesian groundwater sources, which underlies nearly a quarter of the Australian continent.

The DVD provides background on the formation of the Basin; its significance to Indigenous people; the importance of its water to unique ecological communities; the history of its use; and its role in exploration, settlement, pastoral development and tourism.

The DVD is an excellent educational resource, ideally suited to screening in

- schools
- tourist information centres
- interpretation and exhibition spaces
- local libraries or
- other community groups.

The DVD is available free of charge by contacting the Great Artesian Basin Coordinating Committee by email at gabcc@secretariat.com.au or by fax 02 6295 8611.

Country Care Link

A confidential family information and support service for Country NSW

- Assistance to find short-term accommodation for country people in the city
- A volunteer to give transport where appropriate
- Legal referral
- Confidential personal counselling
- A referral service to find information
- A volunteer to meet country people in Sydney (48 hours notice necessary for transport)
- A friendly voice for a chat
- Visits for country people in hospital (on request)

FREECALL 1800 806 160

or 02 8382 6432

Monday to Friday – 9:30 am to 3:00 pm

Ollie's Island



This CD ROM explores chains of sustainable production and consumption across all major industries in Australia. Its objective is to help people understand where everything they eat, drink, use and wear comes from and to appreciate the people involved in making this happen.

It covers the issues of sustainability, biodiversity, energy, land management, waste and water across the industries of dairy, fibre, field crops, fisheries, forestry, horticulture, meat, livestock and minerals.

One free copy of the Ollie's Island CD ROM has been distributed to every school in Australia and a national campaign is underway to hold professional development workshops to maximise the use of the Ollie Programs in classroom activities.

The CD ROM is available for \$29.95 from the website www.olliesworld.com or by calling 03 9817 7722.

artpost

An interactive website and short video series which showcases regional and remote artists. The centrepiece is a digital interactive arts map of Australia where you can watch artists at work in their studio. The site provides the tools for students, teachers, art lovers and artists to create short videos about who they are and their work, for inclusion on the digital map. In five easy steps, a video can be created and uploaded directly to what will become a living art gallery of all corners of Australia. Available at: www.abc.net.au/tv/artpost

Family Relationships

Online – www.familyrelationships.gov.au

A central source of information on family relationships such as:

- building and maintaining strong relationships
- communicating effectively with all members of the family
- making arrangements for children after separation
- resources to help you when there is family violence
- family dispute resolution
- counselling services in your area
- supporting children and young people when families separate
- family law

Hotline – 1800 050 321



DROUGHT LAW FORUM
your questions answered
www.rurallaw.org.au

HAVE YOUR LEGAL QUESTIONS ANSWERED FREE!

As one of its drought support initiatives, the Federal Department of Families, Housing, Community Services and Indigenous Affairs has funded the Rural Law Online website to provide a free national online legal information service for rural communities, farmers and rural small businesses.

The National Drought Law Forum is supported by 20 lawyers from around Australia who are ready to provide a response to any legal query.

Organisations working with people affected by drought are also encouraged to utilise the forum by posting a question, sharing experiences or promoting their services.

The forum has already been viewed by several thousand people and is a great opportunity for individuals or organisations working with people in rural Australia to ask a lawyer a legal question and have the response viewed by many others who could benefit from the information.

Anyone with a legal question or comment can post it to the Forum anonymously and receive a response from an independent legal expert.

Visit the Drought Law Forum and post a comment or question at www.rurallaw.org.au

A free brochure titled *National Directory of Free and Low Cost Legal Services for Rural Australians* is also available for organisations and their clients.

More information

Richard Coverdale, 03 5229 0648, richardc@rurallaw.org.au

To order multiple copies of the brochure, email Katrina at therumbles@westnet.com.au

This is a project of the Victoria Law Foundation

Cannabis information

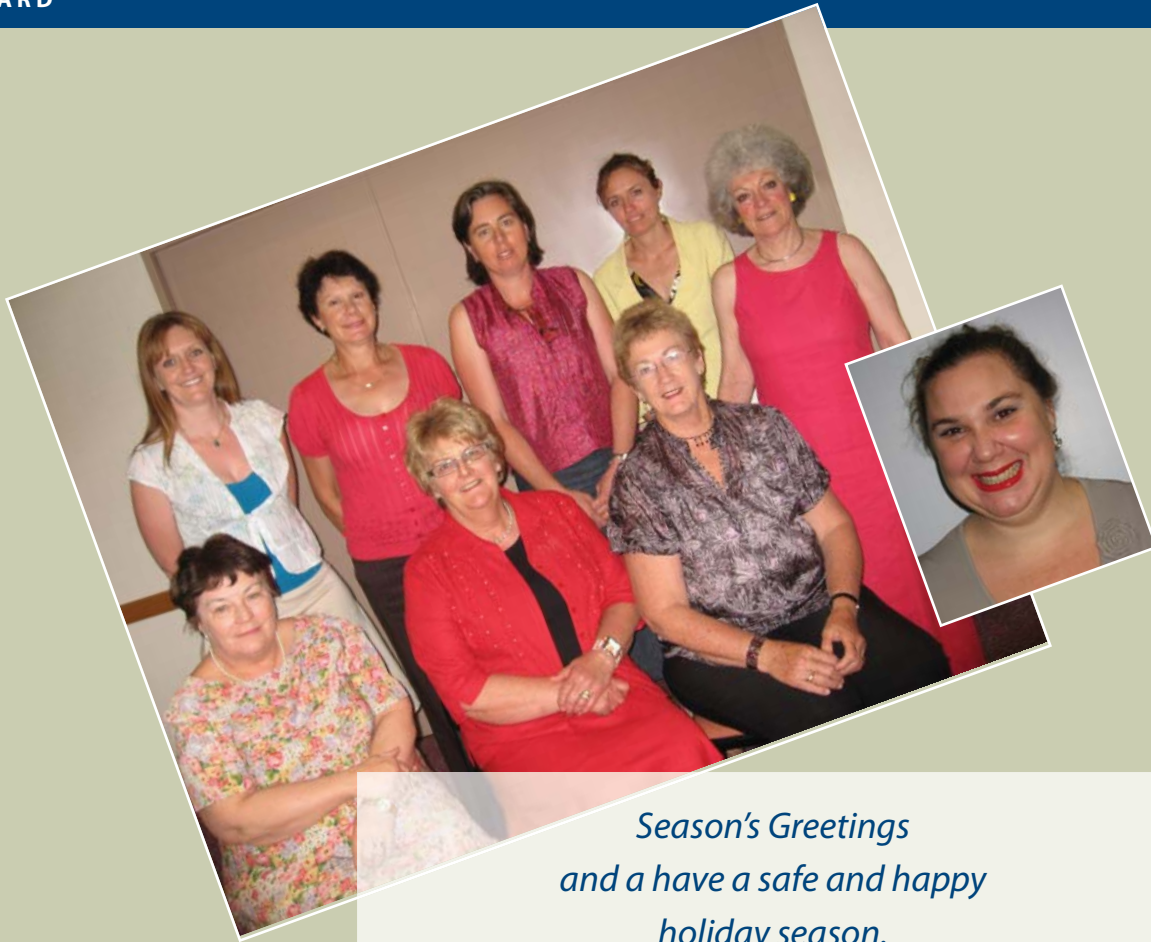
The National Cannabis Prevention and Information Centre (NCPIC) was established to address community concerns about cannabis use.

There is a very informative website which provides help for cannabis users as well as the friends and families of users.

Website: ncpic.org.au

There is also a helpline: 1800 30 40 50

NCPIC is a Department of Health and Ageing initiative



*Season's Greetings
and a have a safe and happy
holiday season.*

From the RWN State Advisory Committee

We'd love to hear from you, so why not send us a postcard or photo from where you live, and share your news and views! Post to:
The Country Web, Locked Bag 21, Orange NSW 2800.

Back: Rebel Black, Patty Byrnes, Kim Deans, Angela Martin, Nerida Cullen
Seated: Frances Parker, Sally Green, Elaine Armstrong (Co-chair)
(Inset: Donna Cruickshank) Page 30 has more information on this committee.

Visit the Rural Women's Network internet site at www.dpi.nsw.gov.au/rwn



**DARING TO DREAM:
STORIES FROM
INSPIRATIONAL RURAL
WOMEN**

The *Daring to Dream* book includes 27 stories of leading women from a wide range of rural backgrounds and is a useful resource for anyone wanting to feel more motivated to follow their passion and achieve their goals. Each story includes individual contact details to encourage informal mentoring. *DTD* costs \$11 incl. GST plus p&h. To order your copy, contact the NSW DPI Bookshop on Toll Free 1800 028 374. (Catalogue No. B302)



NSW DEPARTMENT OF
PRIMARY INDUSTRIES

If you are a NSW resident and would like *The Country Web* sent free to your home please PRINT your details on the form below and return to: RWN, Locked Bag 21, Orange 2800. *The Country Web* is available on the RWN website. If you have internet access please help us lower our production costs by cancelling your hardcopy subscription.

NAME:

ADDRESS:

P/CODE:

PHONE:

I am from an Aboriginal or Torres Strait Islander background

I am from a culturally and linguistically diverse background

<20 20s 30s 40s 50s 60s 70s 80s+

The Privacy and Personal Information Protection Act 1998 obliges the Rural Women's Network to make you aware of the purposes for which we might use the contact details you have supplied us with. This information will be used by RWN for the purposes of disseminating information (including mailouts). Any information supplied by you to RWN will not be disclosed to any other person unless prior consent has been given.