



Weekly Update – 56
For week ending Friday 15TH January 2010

Contents

Physical Activity	2
Promoting Men’s Health and Physical Activity Forum	2
Walking-Area Coordinator training	2
Other Happenings	3
Pit Stop-Great Parenting program for dads.	3
Motivational Interviewing Skills Training.	4
Motivational Interviewing Skills Training.	4
Stanford – Better Health Self Management Leaders Training.	4

Physical Activity

Promoting Men's Health and Physical Activity Forum

Tuesday 16 February, 2010
9.45am- 3.00pm (9.00 am Registration)
William Angliss Institute, Melbourne
Corner of La Trobe and King St

Facilitated by Kinect Australia, this is one of a series of state-wide physical activity promotion forums. This forum is delivered through the 'Go for your life' Physical Activity Information Centre. The 'Go for your life' Physical Activity Information Centre is supported by the Victorian Government through the 'Go for your life' initiative.

This forum will be focusing on recent research on Men's Health in Australia and internationally, and the development of the National Men's Health Policy. A range of tools and strategies for engaging men in health promoting programs will be provided.

The forum is presented in partnership with Andrology Australia.

Registration:

Please register by Thursday 11 February by completing the form from:
http://www.kinectaustralia.org.au/content/Public/InfoLine_InfoCentre/Forums/Upcoming_Forum/Mens_Health_Registration_Form.aspx

There is no cost to attend this event. Places are limited, early registration is encouraged.

Walking-Area Coordinator training

Are you a professional interested in administering walking groups in your area? Or would you like some additional support to make your existing groups more sustainable and less time intensive? We can help you to set up and maintain walking groups in your local community.

As an Area Coordinator, you will receive training, ongoing assistance, support and resources from the Heart Foundation.

Next Area Coordinator Training:

DATE: Thursday March 11th

TIME: 10am 2pm

VENUE: Heart Foundation

Level 12, 500 Collins Street, Melbourne, VIC 3000

Call Tara on (03) 9321 1515 to reserve your place

To register for the (free) Area Coordinator training or for more information, please contact:

Tara Henderson

Walking Project Officer

Heart Foundation (Victoria)

Level 12, 500 Collins St

Melbourne 3000

Tel: (03) 9321 1515

Fax: (03) 9321 1574

Email: tara.henderson@heartfoundation.org.au

Other Happenings

Pit Stop-Great Parenting program for dads.

Get the facts on fatherhood

- Why Dads Matter to Kids
- Developing Your Own Parenting Style
- Improving Family Communication and Closeness
- Steering Your Children Through Stressful Stages
- Disciplining Kids Without Losing It... or Them!
- Balancing Life Work and Family
- Working as a Team
- Identifying and Implementing Change
- Place are limited to 30 dads
- Multi-media presentation plus small group discussions
- Relevant for Dads of babies through to lower primary age
- Dads attend without children but partners invited Week 7
- Comprehensive practical manual included
- Lots of great snacks and refreshments

NEXT COURSE 2010

February 9th To March 30th

Tuesdays

7.00pm – 9.00pm

Kilmany Uniting Care office

49 McCulloch st Bairnsdale

REGISTRATION ESSENTIAL

To register or enquire contact Damon Piercy, Kilmany Uniting Care Project Officer. Pit Stop, on 0428620470 or email Damon.Piercy @ Kilmany.org.au

Motivational Interviewing Skills Training.

HACC workers, Home Based Nurses, Aboriginal Health Workers and Practice Nurse

Two workshops delivered a week apart to give participants the opportunity to practice skills learnt.

Thursday 21st January and Thursday 28th January.

1pm – 4pm

Gippsland Lakes Community Health Centre.

Bairnsdale

Multipurpose Room.

Please register with Vicki Jesty.

Chronic Disease Self Management Project Worker

East Gippsland Primary Care Partnership

5152 0071.

Motivational Interviewing Skills Training.

HACC workers, Home Based Nurses, Aboriginal Health Workers and Practice Nurse

Two workshops delivered a week apart to give participants the opportunity to practice skills learnt.

Monday 8th February and Monday 15th February.

1pm – 4pm

Gippsland Lakes Community Health Centre.

Lakes Entrance.

Please register with Vicki Jesty.

Chronic Disease Self Management Project Worker

East Gippsland Primary Care Partnership

5152 0071.

Stanford – Better Health Self Management Leaders Training.

East Gippsland Primary Care Partnership are looking for Health Professionals and community volunteers to train as leaders to run this valuable Self Management Program within our community.

Training will be held locally in February and March 2010.

For more information about the program and the training please contact:

Vicki Jesty

East Gippsland Primary Care Partnerships

5152 0071