

FARMER HEALTH —THE TOP PRIORITY

Local farming men and women are being provided a unique opportunity to participate in the award winning Sustainable Farm Families™ (SFF) program, which focuses on the health, wellbeing and safety of farmers and their families.

The SFF program was developed specifically for farm men and women— by farm men and women—and involves interactive workshops that address their specific health, wellbeing and safety. More than 2,400 farmers have participated in the program across Australia and praised the program.

The Stanhope workshop will be held on Tuesday 21st June & Wednesday 22nd June, 2016. This program is one in a series of programs being rolled out across Victoria.

Legendairy Group Committee member Kerrie Gray, said while local farmers work tirelessly to take care of their stock and produce, it is important that they take time to assess their health and wellbeing.

“Farmers have higher rates of preventable health issues such as high blood pressure than the general population however small changes to lifestyle can make a large impact on improving health and wellbeing.”

The SFF program is designed to remind farmers that if they don't take the time to look after themselves then it will have an impact not only on them but also on their farm business' bottom line and their family.

Local Stanhope farmer, Andrew Hipwell, commented that “We are so pleased to bring SFF to Stanhope and know that all SFF participants will receive full health assessments and have the opportunity to understand their own health risks, how to manage them and how to more easily integrate them into farming life”.

SFF workshops cover a range of health topics including cardiovascular disease, cancer, diabetes, stress, farm safety, men's and women's health, depression, respiratory illness on farm, anxiety, nutrition and exercise and all focussed on farming communities.

The free program is an initiative of National Centre for Farmer Health delivered in partnership with the Legendairy Committee and GV Health Waranga.

Interested farmers are urged to register their interest with any of the contacts below before May 15th, 2016.

For more information contact;

Kerrie Gray Ph 0409 526 892
Andrew Hipwell Ph 0428 180 700
Glenda Cowie Ph 0438 572 452
Jacqui Wallace (GV Health) Ph 0439 629 400

or visit <http://www.farmerhealth.org.au/sustainable-farm-families/sff-programs>

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