



NATIONAL RURAL
HEALTH
ALLIANCE INC.

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Students to learn about better rural health

Have you ever wondered how well you could survive in the Australian bush? Could you find first aid items in the surrounding environment? How would you treat poisoning from snake, spider or marine stinger? Can you build a camp oven, cook a damper or make drinking water when none appears to be available?

Students from the National Rural Health Students' Network will present a session on bush survival skills at *A healthy place to be: Community Skills Workshop* at the Convention Centre in Cairns on 17 May, preceding the 10th National Rural Health Conference which starts on the same day.

Conference convenor, Atherton physiotherapist Owen Allen, said students from the students' rural health club at James Cook University will also lead two other sessions.

"One will be of particular interest to high school students considering a health career. Health club members will outline various means of entry into health courses, as well as a range of scholarships that can make health sciences more accessible for rural students," he said.

There are also plans for some practical hands-on fun.

In another session pharmacy students will provide information for people needing to manage multiple medications, with tips on how to simplify the medication regime to suit lifestyle and how to access community and government programs that provide support.

Health students will also participate in mainstream sessions at the 10th National Rural Health Conference, which runs from 17-20 May. Registration forms for the Community Skills Workshop and the main program are at www.ruralhealth.org.au

Mr Owen said the Community Skills Workshop is free to students, Conference delegates and those not in the paid workforce. For everyone else the cost is \$22.

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