



NATIONAL RURAL
HEALTH
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Media Release

22 April 2009

Community Day to kick-start rural health conference

The health of individuals and families in rural and remote Australia will take centre stage on Sunday 17 May, when the 10th biennial National Rural Health Conference gets underway in Cairns.

Leading in to the Conference itself is a special community workshop on the Sunday, designed to provide skills and insights to high school students, carers and other local people, and early Conference delegates.

“The Community Skills Workshop is a more hands-on opportunity for people, especially from North Queensland, to learn about their own health and developments in the region – and to learn or practise health-related skills,” said Owen Allen, Convenor.

The skills workshops will cover issues relating to personal health, caring, palliative care, managing multiple medications, and how to write on health for the media.

Lesley Fitzpatrick, Chief Executive of the Australian Rural Leadership Foundation, will discuss leadership in rural areas. Barbara Dennis from Carers Queensland will talk about self-care for carers, while a team from the National Rural Health Students’ Network will pass on bush survival skills and techniques in first aid.

The Community Skills Day will also include three keynote addresses. Dr Dennis Pashen, Director of the Mt Isa Centre for Rural and Remote Health, will describe how the health sector works and how people can influence its direction into the future.

Alison Taylor, Principal Demographer with the Queensland Department of Infrastructure and Planning, will discuss current and future demographic change in Far North Queensland. And Liz Hanna from the ANU will consider some of the local effects of climate change.

“The Sunday program has been structured so that people will be able to enjoy the festivities while having a picnic lunch, they can sing along with our combined choir *OutLoud* or interact with the circus group known as the *Blackrobats*,” Mr Owen said.

People can register for the Community Skills Day and the 10th National Rural Health Conference at www.ruralhealth.org.au

Further Contact

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