

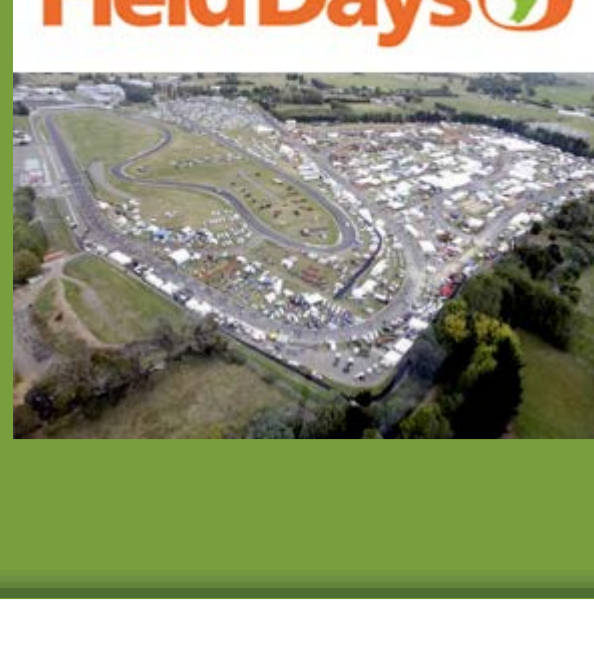
Nau mai. Haere mai. Ki te pānui o RHĀNZ mō tēnei wiki (Te Reo for welcome to the RHĀNZ Newsletter for this week).

In this issue: Getting real about rural wellbeing: farmers stripping off; accountants stepping up, more Safe Hands, Safe Plans workshops, RHĀNZ members driving golf carts and Government announces a long overdue inquiry into Mental Health & Addiction services plus a selection of relevant media and research articles...

Who are RHĀNZ?

The Rural Health Alliance Aotearoa New Zealand represents a united voice from across multiple rural sector organisations. Our aim is to provide solutions and influence policy affecting the health and wellbeing of rural communities.

[Visit our website](#)

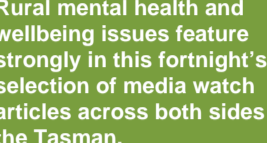
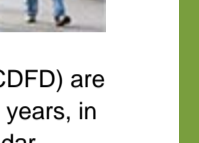
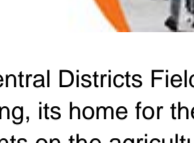
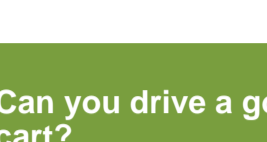


We thank our strategic partner and supporters.

Strategic Partner



Strategic Supporters



Hosted by Fairfax Events, the Central Districts Field Days (CDFD) are returning to Manfeild Park, Feilding, its home for the past 25 years, in March for one of the biggest events on the agricultural calendar.

As New Zealand's largest regional agricultural event attracting an expected 600 exhibitors and 25,000 visitors, it is a calendar regular for much of the Manawatu farming community - with many more coming from further afield to keep up to date with the latest trends and developments in rural innovation, agribusiness and agritech.

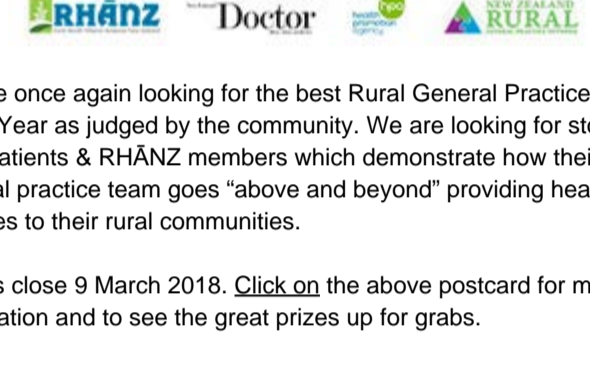
This year CDFD is celebrating its 25th anniversary. From a small collection of marquees in 1993 to a nationally significant showcase of the latest trends and developments in rural innovation, agribusiness and agritech, they are still delivering new features.

A new development this year is the pre-selling of tickets. The move to a new platform opens up the opportunity for consumers to buy tickets online, including a multi-day pass, to quickly access the event through scanning their tickets at an express queue at the entrance.

Other new initiatives include all visitors being able to access free and easy Wi-Fi at the hang-out area and the main food court through Inspire Net. There are shuttles for anyone that needs a lift, especially suited for the very young, the very old or anyone that has trouble walking. Gold coin donations will be used to support rural mental health in partnership with Rural Health Alliance Aotearoa New Zealand's great community work.

[Read more](#)

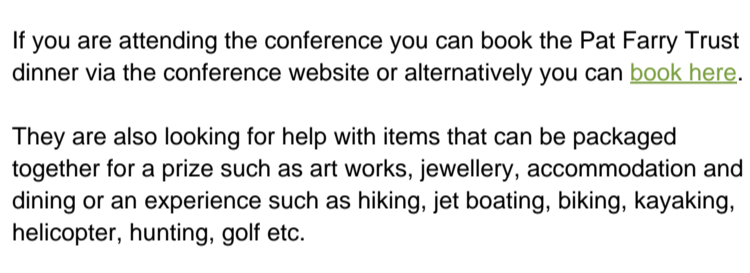
RURAL GENERAL PRACTICE TEAM OF THE YEAR AWARD



We are once again looking for the best Rural General Practice Team of the Year as judged by the community. We are looking for stories from patients & RHĀNZ members which demonstrate how their rural general practice team goes "above and beyond" providing health services to their rural communities.

Entries close 9 March 2018. [Click on](#) the above postcard for more information and to see the great prizes up for grabs.

PAT FARRY RURAL HEALTH EDUCATION TRUST



The Pat Farry Rural Health Education Trust was established back in 2010 to honour the vision Dr Pat Farry had for the education and training of our rural health professionals. The Trust will be hosting an authentic Lebanese family cuisine fundraising dinner as well as a silent art/experiences/wine auction as part of the National Rural Health Conference held in Auckland this year.

The dinner will be held at Gemmayze St restaurant on Friday 6 April from 7:00pm. Gemmayze St is the brainchild of chef, Samir Allen, (Pat Farry's nephew) a talented young chef whose roots are deeply entrenched in his Lebanese heritage. After pursuing his dream of a pilgrimage back to Lebanon to study the gastronomic practices of his patrimony he returned to Auckland to open the amazing "GEMMAYZE ST."

If you are attending the conference you can book the Pat Farry Trust dinner via the conference website or alternatively you can [book here](#).

They are also looking for help with items that can be packaged together for a prize such as art works, jewellery, accommodation and dining or an experience such as hiking, jet boating, biking, kayaking, helicopter, hunting, golf etc.

If you can help out either with ideas or items please contact Claire Dooney, patfarrytrust@gmail.com, 027 632 0821. Thank you.

Media Watch

Climate Change Minister James Shaw keen to put away talk of urban-rural divide

The Climate Change Minister tried to put away talk of an urban-rural divide when he visited a Wairarapa farm on Friday. "I really want to be seen to be working alongside the industry, who are trying to solve those problems to do with water quality, to do with climate change."

He was visiting the dairy farm in South Wairarapa, a Fonterra poster child for good environment practise. "We have to get past the idea that this is somebody's fault and somebody else's problem to fix," he said. "I think it's all of our problem to fix and we've got to get past the blame game." (News Hub)

[Read more](#)

Chris Reid: Is this the end of after-hours doctors?

It is widely acknowledged that the increasing average age of rural GPs means there is a workforce crisis on the near horizon. Kicking hard-working GPs in the teeth will only hasten this.

Ask most people about 'urgent care' and 'after hours primary care' and they will assume they are the same thing. With Rural GPs to Northland, they are for the most part correct. Rural GPs simultaneously provide for after-hours care and urgent care, with the help of a wider multi-disciplinary team, including St John and hospice nurses, not forgetting our hospital-based colleagues in Kaitiaki and Kawakawa. (NZ Herald)

[Read more](#)

Mischa Clouston: Exercise tips to stay fit and well

In the second of a five-part series on wellbeing and wellness with a rural focus, Mischa Clouston, a rural practice nurse in North Otago – among other things - takes a look at being active. "We all know in theory how much better we could feel after a good dose of exercise or time spent outdoors.

Research is plentiful, but prioritising it can be a challenge. Look for little ways you can get more activity into your day." (The Country)

[Read more](#)

NZ Post increases rural charges without consultation

The rural community is upset NZ Post has increased delivery charges without consultation. The rural delivery fee of \$3.70 - which already applies to tracked and courier parcels - will now be slapped on untracked post packages.

Rural Women National President, Fiona Gower, says many people rely on the service to regularly deliver things from town. (Newstalk ZB)

[Read more](#)

Rural communities feeling strain of a series of unfortunate events

Rural support helplines are experiencing a surge in calls as farming communities struggle after years of adversity. The current drought across the country is just the tip of the iceberg. Says Neil Bateup, chair of the Waikato Rural Support Trust and Rural Support Trust National Council. The trusts operate a helpline that rural people can access for advice on a range of issues, including mental health and counselling services. Over the past year, the service has noticed a significant rise in calls related to mental health issues. (NZ Doctor – subscriber only)

[Read more](#)

Text messaging puts psychologists within easy reach of people in the bush

Psychologists are texting with patients in the bush to try and take better mental health care to isolated parts of Australia. The program, which is a joint initiative between Virtual Psychologist and Aussie Helpers, is designed to offer people free, personalised assistance on a device most have in their pocket all day — their mobile phone.

Founder of fundraising organisation Aussie Helpers, Brian Egan, said he hoped it offered people an outlet to seek help without needing to leave their property. (ABC News)

[Read more](#)

Bondi Beach Herd of Hope charity calls on organ donor and recipient families

Setting up stockyards in a hurry of hope, which is why the organisers of the Herd of Hope charity cattle drive at Bondi Beach are calling for the help of families touched by organ donation.

Families of both organ donors and organ recipients are invited to help set up the yards at Bondi Beach on the afternoon before the Herd of Hope's Saturday morning cattle drive.

The Herd of Hope is raising funds, awareness and support for services to the families and loved ones of organ donors as well as transplant recipients, which are sadly lacking across rural and regional Australia. (Farm Online)

[Read more](#)

Action on rural mental health wanted now

Action is needed now to address rural mental health challenges. While there have been some positive announcements since the election, Rural Health Alliance Aotearoa New Zealand (RHAANZ) chief executive Michelle Thompson says rural communities cannot wait for another government inquiry into mental health.

She said RHAANZ had a role in upskilling health workers and professionals who worked with rural communities, but these services were "completely over-subscribed and underfunded".

"We know the Government has invested in a new study and that it may want to wait for its findings, but what we are saying is we can't wait.

"We have plans and activities in place and we want the Government to enable us to progress these plans." (Otago Daily Times)

[Read more](#)

The naked truth about depression: Kiwi farmers bare all for mental health

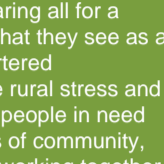
Kiwi farmers are removing their overalls and gumboots in a lighthearted bid to raise awareness about the mental health crisis in rural communities. Amid stubbornly high suicide rates among the rural community, Australian Ben Brooksby launched The Naked Farmer social media site last year.

It quickly caught on and he soon had farmers sending in their disrobed shots from all over the world, including a few from New Zealand. (NZ Farmer)

[Read more](#)

Can you drive a golf cart?

Rural mental health and wellbeing issues feature strongly in this fortnight's selection of media watch articles across both sides of the Tasman.



While we didn't intentionally set out to do this, it clearly demonstrates that wellbeing issues remain a significant area of concern for our rural communities. We have farmers baring all for a calendar to raise awareness for what they see as a mental health crisis, we have chartered accountants training to help tackle rural stress and psychologists engaging with rural people in need via texting. Good to see examples of community, industry and health professionals working together in creative ways to complement plans for a more nationally coordinated approach to improving mental health and wellbeing outcomes for all New Zealanders.

To this end, RHĀNZ welcomes the Government Inquiry into Mental Health and Addiction announced last month. The inquiry will be chaired by former Health and Disability Commissioner, Professor Ron Paterson, and will report back to the Government by the end of October. It's pleasing to see addiction services have been added to the inquiry as we know that mental health and addiction are often interlinked and therefore need to be considered together. It is also pleasing that the word "rural" appears several times in the terms of reference and even more pleasing that our *Framework to Improve Mental Health and Addiction Outcomes in Rural NZ* is to be formally considered as part of this inquiry. Hallelujah.

[Click here](#) to read more about the inquiry, the terms of reference and the biographies of the panel members.

In the meantime, our advanced suicide prevention training workshops Safe Hands, Safe Plans for rural health professionals resume this month, starting with the Waikato and Bay of Plenty regions. [Click here](#) for more information and to register for a workshop.

We are also delighted to be working in partnership with Fairfax Media at this year's Central Districts Fielddays. We'll be running our Healthy Behaviours challenge once again and will be organising a team of volunteer drivers for the "golf cart" shuttle service. There are six 10-seater golf carts and we are looking for volunteer drivers to do a 3-4-hour shift on any one of the following three days: Thursday 15 March, Friday 16 March or Saturday 17 March. People will be asked to make a gold coin donation in return for a ride and proceeds will go to RHĀNZ to support our rural mental health initiatives. This is a great idea and cause so if you could spare a few hours on one of these days please contact me (ce@rhaanz.org.nz, 021 234 7413). Thank you.

Cheers and best wishes
Michelle

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Anyone interested in rural health is welcome to subscribe to this newsletter. Keep up to date with us by [subscribing now](#).

Member Column

Would you like to contribute an article for our newsletter? Tell a story about yourself or one of your members or something you're passionate about. Email your item to Michelle ce@rhaanz.org.nz

Media Watch

Study shows 'courage' key part of rural midwives' job

A new international collaborative study of 200 practicing midwives in New Zealand and Scotland is showing just what it takes to operate in a remote rural area. Dr Andrea Gilkison, who has been a midwife since 1985 and is a Senior Lecturer of midwifery at AUT explains why the education of new midwives, as well as remuneration models that suit their special set of needs, is crucial. Kathryn is also joined by Professor Jean Rankin from the University of the West of Scotland Plus to discuss the findings. (Radio NZ)

[Read more](#)

Research & Resources Watch

Influence of student debt on health career location and speciality

Journal of Primary Health Care - https://doi.org/10.1071/HC17052
Published online: 2 February 2018

This study looks at the association of student debt levels of medical, nursing, pharmacy and optometry students on career choices. The researchers found that:

- Current levels of student debt do not appear to deter students from planning a career in rural or primary care settings.
- Higher levels of debt are associated with greater rural practice intentions for medical and pharmacy students, although the underlying reasons are uncertain.

A story featured in The Otago Daily Times this week provides a useful [summary of the research](#) and you can access the [full research article here](#)

Kellogg report puts a human face on small rural business challenges

NZ Farmer journalist, freelance writer and 2017 Kellogg Rural Leadership Scholar Kate Taylor undertook a study to look at the challenges small rural businesses face (farming and non-farming). Kate came up with three central recommendations for small rural business owners:

- Say yes to knowledge;
- Say yes to support; and
- Say yes to networking.

She also encourages us to "learn from each other and learn from others – If you don't have the knowledge, find it. Learn it. Use it. Share it." NZ Farmer wrote an [article](#) on Kate's research which is a useful summary.

And you can access a full copy of Kate Taylor's report on www.kellogg.org.nz.

Events Watch

Webinar Invite: Living Life after Breast Cancer

February 20 February, 7pm-8pm, online wherever you are. Register your interest in this free event [here](#).

National Rural Health Conference



Pullman Hotel, Auckland, 5-8 April 2018.

The dates are Thursday, April 5 to Sunday, April 8, with the two main conference and exhibition days being Friday, April 6 and Saturday, April 7.

[Click here for more information](#)

6th RRHS Symposium will explore current research in rural and remote health

The 6th Rural and Remote Health Scientific Symposium, Outback Infront, is being held in Canberra on 11-12 April 2018 and [registration is now open](#). With its sights fixed on the future, the Symposium program will reflect the breadth and depth of current research in the rural and remote health sector today.

5th Annual Future Farms Conference | Conferenz

The 5th NZ Future Farms Conference, Palmerston North, 13-14 March 2018. The conference is aimed at preparing the next generation farmer for the future farm with insights into innovation and information in the agritech and agrifood sectors.

www.confereenz.co.nz

Emerging Tech in Health, 22 May 2018, Christchurch

How will healthcare be provided in over 10+ years? What part will technology play in the transformations that will occur through to the year 2030?

This event will focus on models of care, and how they will change and be delivered. The presentations will have a clinical and patient outcome focus whilst highlighting how technology will be developed and used to support these outcomes.

<http://www.hinz.org.nz/?page=2018ETH>