



**Australian Government**  
**Cotton Research and  
Development Corporation**

Media Release  
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**WEE WAA SELECTED FOR FARM FAMILY HEALTH AND SAFETY WORKSHOPS**

A new Cotton Research and Development Corporation project which aims to raise the health status and awareness of cotton farmers and their families has been launched in the Wee Waa district.

The Sustainable Farm Families Project, which was initially developed for the Victorian dairy industry, explores links between farming family health, farm related accidents and farm sustainability.

The project takes farmers and their family members through an intensive health evaluation, education and training process which identifies potential health and well-being risks.

Over a 12 month period, participants will attend a series of workshops covering health education, risk assessment, health action planning, health assessment, farm accidents and farm sustainability.

CRDC's Program Co-ordinator, Helen Dugdale, says that despite a perception that the country is a healthy place to live, the reality is that farming families can have more health problems than city residents.

"Similar projects held in other farming regions and industries have attracted a great deal of praise and support from local communities as well as delivering measurable improvements in the health and well-being of farming families." She added.

A series of Cotton industry workshops are due to take place, and CRDC are currently recruiting participants for the Wee Waa workshops which will begin on 13 & 14 February.

The workshops are a fun, informative and relaxed way of increasing awareness levels of potential health related issues for farming families. All personal information discussed during the duration of the project is strictly confidential.

Participants will be required to attend an initial 2 day workshop as well as keeping records before, during and after the program.

There is no charge for participants, and anyone interested in taking part is encouraged to contact Helen Dugdale at CRDC on 6792 4088. Deadline for registration of interest is 16<sup>th</sup> December.

Media Contact - Julie Burt - 0429 916 758

Pictured - Helen Dugdale (CRDC) and Ben Stephens (Auscott) with the Farm families Health and Safety Manual.