

## RAHMS & NRHSN Weekly Update

7 April, 2010

### REMINDERS

NURHC applications close 5pm on Friday the 9th of April!

Life-skills: Led Massage will be held on Tuesday the 13th of April

Don't forget to sign up to the [Facebook](#) page to keep up to date!



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### **@RAHMS**

#### **Join the RAHMS Exec!**

Are you doing psychology, med science, public health, social or exercise science?  
Are you keen to see more events specific to your degree?  
Do you want to see what it's like on the RAHMS exec?

Applications for psychology, med science, public health, social and exercise science representatives are now open!

To apply, send a paragraph on why you would like to be the RAHMS representative for your degree to [president@rahms.org.au](mailto:president@rahms.org.au) by Monday 12th of April (the first day back after the break).

#### **Calling all First Years!**

The first year representative position on the RAHMS exec is now open!

If you're in first year and a RAHMS member, you can apply.

To apply, send a paragraph on why you would like to be the first year representative to [president@rahms.org.au](mailto:president@rahms.org.au) by Monday the 12th of April (the first day back after the break).

#### **RAHMS Life-skills Program: Event 1 Led Massage**

Feeling the stress in those hunched over shoulders? Want to learn a valuable new skill?  
Keen to meet other people with an interest in rural health?

RAHMS will be running its **Life-skills** program again this year starting with **Led Massage!**

Life-skills is a series of practical skills and informative lectures designed to promote aspects of rural health and to allow you to meet other students with an interest in rural health.

**Events will include:**

- **Indigenous Health**
- **Mental Health**
- **Sexual Health**
- **Lead Massage**
- **Yoga**
- **Dance**

So if you're just looking to learn a new skill, if you're keen to meet other like-minded students or if you feel like padding out your portfolio a bit (third years, it is never too early to start working on your phase II portfolio) Life-skills is for you!

**Where** - SG rooms 6 and 7

**When** - 6pm to 7pm Tuesday 13th of April

**What** - Led Massage with green tea afterwards

To reserve a spot please email [vicepresident@rahms.org.au](mailto:vicepresident@rahms.org.au)

Don't forget to sign up to the [Facebook](#) page to keep up to date!

### **NURHC Rural Media Competition**

The NRHSN are pleased to announce a new competition at NURHC this year - the Cattleman's Cup!

This competition is seeking our IT gurus from out there in rural health land to bring together a 2-3 minute video advertisement for any of the following topics:

- Why country trumps city
- The NRHSN is awesome because...
- Rural living - there's nothing like it
- Lamborghini??? Give me a horse!!!
- Save a horse... ride a...?

All videos entered will be played at NURHC and judged based on originality and their ability to promote rural practice. RAHMS will have the opportunity to submit one video so please email your creative concoctions to [communications@rahms.org.au](mailto:communications@rahms.org.au)

If we win, the video will be placed on the NRHSN website and \$500 awarded to RAHMS to use on a rural health club activity/project!

### **Get ready for Indigenous Festivals! Dates enclosed**

Over the year, RAHMS will give you the opportunity to attend Indigenous Festivals FULLY PAID FOR BY RAHMS! Here are some of the dates – check them out their respective websites! Now unfortunately RAHMS doesn't own a money tree, thus if you're interested in a particular one below, please email [indigenous@rahms.org.au](mailto:indigenous@rahms.org.au) so we can make sure it is on our funding list.

- **VIBE ALIVE 2010** [www.vibealive.com.au](http://www.vibealive.com.au)

NSW	Moree	19-20 May 2010
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- **WAKAKIRRI 2010** [www.wakakirri.com](http://www.wakakirri.com)

NSW	Wilcannia	04 June 2010
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- **DEADLY DAYS 2010** <http://deadlydays.net/>

NSW	Casino	1 September 2010
NSW	Kempsey	2 September 2010
NSW	Great Lakes	3 September 2010

**@NRHSN**

### **NURHC 2010 Awards**

NURHC 2010 awards and competitions are now open for all Rural Health Club members to apply. RAHMS members can either nominate themselves for the awards or nominate another member.

#### **The awards available include:**

*Award for outstanding contribution to Indigenous Communities*

*Award for outstanding contribution to a Rural Health Club*

*Award for outstanding contribution to the promotion of rural health*

*Award for outstanding contribution to a rural or remote community*

*Award for outstanding contribution to rural leadership*

*Award for the Best NRHSN Rural Health Club Event*

*Janie Dade Smith Award*

For more details about all of these awards and to access the online nomination forms please go to [www.nrhsn.org.au/awards](http://www.nrhsn.org.au/awards)

### **NURHC Photo Competition**

The NURHC 2010 photo competition is a great opportunity to show off your photography skills as well as showcase all the spectacular things that can be seen when out bush.

For further details on the photo competition click [here](#). Email your entries through to Kerryn [kerryn@nrhsn.org.au](mailto:kerryn@nrhsn.org.au) with the completed [photo consent form](#).

Applications close on **Monday 24th of May** so get snap happy!

### **NURHC Application NOW OPEN!!!**

Here it is!!! The awesome-est rural health event of the year. Based in the red-centre, the NRHSN is hosting the 12th National University Rural Health Conference on 15-17 July. Come meet over 400 medical, nursing and allied health students from across the country, or even come to increase your odds of meeting that special someone! NURHC this year will be having Ernie Dingo as its Master of Ceremonies and will be certain to provide an amazing and innovative academic program, whilst providing those much loved social nights.

As always, the NRHSN is sponsoring 9 students from RAHMS to attend this great event, so to secure some HUGELY discounted tickets, please apply through: [www.nrhsn.org.au/nurhc\\_applications](http://www.nrhsn.org.au/nurhc_applications)

Registration for these places closes 5pm Friday 9th of April. Don't worry though if you do not get a place through the NRHSN funding scheme, there are plenty of opportunities to become involved!

For more info go to: [www.nrhsn.org.au](http://www.nrhsn.org.au) or email Matt Irwin at [NRHSN@rahms.org.au](mailto:NRHSN@rahms.org.au)

### **NRHSN Member Benefits**

The NRHSN Community and Advocacy Portfolio are working hard for you to get you some extra incentives on the side for being a rural health club and NRHSN member. At the moment they are in touch with RM Williams to try and get every NRHSN member an RM Williams discount card.

To help them out with this, they would like you to take this ONE question survey asking whether you would use the discount card if we got one from RM Williams. Please go to <http://www.doodle.com/eze73wsezrk4mwd> to complete the survey.

### **NSW Rural Doctors Network Scholarships**

Applications are now open for the following scholarships from the NSW Rural Doctors Network.

**Bush Bursary/Country Women's Association Scholarships** (Applications close 3 May 2010)

**Cotton Industry Medical Scholarship** (Applications close 9 April 2010)

**NSW Rural Residential Medical Officer Cadetships** (Applications close 2 August 2010)

Students must be in their second or later year of their medical degree. For scholarship information, eligibility criteria and application forms, go to the RDN website at [www.nswrdn.com.au](http://www.nswrdn.com.au) and click on 'Students and Scholarships' then 'RDN Scholarships'. For further enquiries, contact Marie Kelliher on 02 8337 8100 or email [students@nswrdn.com.au](mailto:students@nswrdn.com.au)

### **SARRAH Survey**

Want to win 12 months of free SARRAH membership or a 25% discount on registration for the next National SARRAH Conference, to be held in Broome in October? Simply complete the SARRAH survey found at [www.surveymonkey.com/s/KNBZMC7](http://www.surveymonkey.com/s/KNBZMC7) and you go into the draw to win!

Send any questions to Shelagh Lowe at [shelagh.lowe@bigpond.com](mailto:shelagh.lowe@bigpond.com)

### **SPERA Conference**

The Society for the Provision of Education in Rural Australia (SPERA) is running the Sustaining the Rural Education Community Conference! The conference will run from 15<sup>th</sup>-17<sup>th</sup> of September at the University of the Sunshine Coast, Queensland.

To find out more or to register visit: <http://www.spera.asn.au>

### **Dates for your diary**

9 <sup>th</sup> April	<b>Applications Close for NURHC</b>
8-10 <sup>th</sup> April	<b>National Rural Leadership Development Seminar</b>
12 <sup>th</sup> April	<b>Applications for RAHMS Degree Reps Close</b>
12 <sup>th</sup> April	<b>Applications for RAHMS First Year Rep Closes</b>
13 <sup>th</sup> April	<b>Life-skills Led Massage</b>
15-16 <sup>th</sup> April	<b>AAG Rural Conference</b>
15-17 <sup>th</sup> July	<b>National University Rural Health Conference (NURHC)</b>
15-17 <sup>th</sup> Sept	<b>SPERA Conference</b>
1-4 <sup>th</sup> Oct	<b>RAW (Rural Appreciation Weekend) Dunedoo</b>

If you have any suggestions for RAHMS or feedback please email RAHMS Secretary Amanda Cohn [secretary@rahms.org.au](mailto:secretary@rahms.org.au)

To view this update online or for further information about any other RAHMS activities please visit: [www.rahms.org.au](http://www.rahms.org.au)