

RAHMS & NRHSN Weekly Update

21 April, 2010

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@RAHMS

Join the RAW Crew!

Want to get involved in RAW 2010?

RAW (Rural Appreciation Weekend) is one of RAHMS' biggest events for the year. It's on the 1st-4th of October (the long weekend), out on a farm near Dunedoo in western NSW. You'll be chasing sheep, talking to local health professionals and meeting students from clubs all over NSW. Registration is not for a while yet, but RAHMS is calling for people to come and join the RAW crew - the people who make this event happen.

If you want to see a bit more behind the scenes, and have a guaranteed place at RAW 2010, email your name to president@rahms.org.au by **Friday 23rd of April**.

NURHC 2010 Awards

NURHC 2010 awards and competitions are now open for all Rural Health Club members to apply, regardless of whether you are currently attending NURHC! RAHMS members can either nominate themselves for the awards or nominate another member.

The awards available include:

Award for outstanding contribution to Indigenous Communities

REMINDERS

NURHC 2010 award nominations are now open to all rural health club members, regardless of whether you are currently attending NURHC!

RAW crew applications close this Friday!

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



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

All awards include a **cash prize of up to \$1000** and applications for most awards close **Monday the 10th of May!** For more details about all of these awards and to access the online nomination forms please go to www.nrhsn.org.au/awards

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

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 so we can make sure it is on our funding list.

VIBE ALIVE 2010 www.vibealive.com.au

NSW	Moree	19-20 May 2010
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WAKAKIRRI 2010 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

Free Spots to Remote Health Conference!

Are you interested in remote health? Do you like free stuff? If so then you are in luck!!! In August 2010, Mount Isa will host the fifth biennial Remote Health Conference. This event aims to bring together people involved in all aspects of health in remote Australia.

Dennis Pashen, Director of the Mt Isa Centre for Rural and Remote Health, has kindly offered an **all expenses paid trip** to three lucky students who are interested in attending. To apply, send through an expression of interest to exec@nrhsn.org.au by **Friday 30 April**.

To find out more about this conference go to: <http://www.micrrh.jcu.edu.au/conferences-workshops/2010-remotely-interested/>

Next Generation Community Care Conference

A unique opportunity exists for rural and remote, including indigenous, service providers to attend the ACSA's "Next Generation" National Community Care Conference at the Gold Coast Convention and Exhibition Centre from **2-4 June 2010**. **Three \$1000 sponsorships are available!**

If you are interested, see the attached pamphlet for more info.

Feel Like a Greenchange?

Have you considered an intern year in Mount Gambier?

Mount Gambier Hospital is the only rural hospital in South Australia to offer a full year of internship in a rural environment. This is a special collaboration between Country Health SA and Flinders University.

Some bonuses include:

- Reimbursement toward HECS debt
- Purpose built state of the art training facilities on hospital grounds
- Adventure and extreme sports (sand boarding, caving, diving, kite boarding, 4WD etc!)

For more info about this great opportunity see the attached pamphlet!

Royal College of Nursing Australia - Free Student Membership!

Are you a 1st or 2nd year nursing student? Well, if you are, get off your backside and make sure you sign up to the Royal College of Nursing Australia. It's Free!!!

Go to <http://www.rcna.org.au/membership/nursingstudents> for more info!

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. Plus, there are great prizes up for grabs!

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

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

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/eze73wsezxr4mwd> 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)

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 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

Dates for your diary

23 rd April	Last Chance to Join the RAW Crew
30 th April	Applications Close for Free Spots at Remote Health Conference
24 th May	NURHC Photo Competition Submissions Close
15-17 th July	National University Rural Health Conference (NURHC)
15-17 th Sept	SPERA Conference
1-4 th Oct	RAW (Rural Appreciation Weekend) Dunedoo

If you have any suggestions for RAHMS or feedback please email RAHMS Secretary Amanda Cohn secretary@rahms.org.au

To view this update online or for further information about any other RAHMS activities please visit: www.rahms.org.au