

RAHMS & NRHSN Weekly Update

23 March, 2010

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@RAHMS

Indigenous Bush Medicines Tour!

Come join your fellow RAHMies on an awesome guided tour of the Botanical Gardens this Thursday where an experienced guide will teach us about traditional indigenous bush medicines and foods. Come experience medicine the way it was BEFORE CT, MRI and ECG machines, and learn about indigenous culture along the way!

When - This Thursday the 25th of March at 4pm

Where - Royal Botanical Gardens. Meeting at the Opera House steps at 3:30pm

Cost - Free!

How to get there - Just catch any bust to Circular Quay from the NIDA side of Anzac Parade outside of Uni

There are 15 places available, just email Haylee at indigenous@rahms.org.au by Thursday afternoon to let us know you're are interested in coming!

RAHMS Life-skills Program: Event 1 Lead 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 **Lead 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 - Lead Massage with green tea afterwards

To reserve a spot please email vicepresident@rahms.org.au

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

NURHC Call for Abstracts

Do you want to attend NURHC (National Undergraduate Rural Health Conference) for just **\$200**? Then get writing because the NRHSN is calling for abstracts! 40 lucky students from across Australia will get the opportunity to present at the conference (each presentation is to be no more than 15 minutes long) in Alice Springs from July 15-17.

They don't require super duper PhD style presentations - they can be about a placement you've done, how your club runs a certain activity or even your view on health reform at the moment! The more fun the better! If you would like to be involved with the student presentations but don't know how, please email the NRHSN Exec at exec@nrhsn.org.au

Oh, and did we mention that Ernie Dingo will be performing the Master of Ceremonies duties?!

Interested? Email your abstracts to Francesca Garnett president@rahms.org.au before the 2nd of April 2010.

See the attached pdf document ***UPDATED*** for suggested topics and submission requirements.

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

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 tickest, please apply through: 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 or email Matt Irwin at 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/eze73wsezxrk4mwd> 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 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

CRANAplus Membership for Students

If you are a Nursing or Allied Health student then listen up! The CRANAplus annual student membership rate has been reduced to just \$50!

Benefits of membership include:

- Access to professional support, advice and representation
- CRANAplus Magazine (4 annually)
- Weekly news email - Friday Flyer
- Discounts on CRANAplus short courses, programs and annual conference

For more information and to apply online go to www.crana.org.au or call (08) 8408 8200 or email membership@crana.org.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 and you go into the draw to win!

Send any questions to Shelagh Lowe at shelagh.lowe@bigpond.com

Australian Association of Gerontology (NSW) Rural Conference

Are you interested in our ageing population and the issues it poses? The AAG Rural Conference will provide the opportunity to discuss some key issues relating to housing and communities for older people.

The conference will be held on 15-16 of April 2010 at the Ballina RSL Club in Ballina NSW.

To view the conference program and registration information please see the attached pdf or visit the conference website at www.aagruralconference.com

Earlybird registrations have closed but regular registrations are still open.

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 15th-17th 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

25 th March	Indigenous Bush Medicines Tour
2 nd April	NURHC Abstracts Due
6-9 th April	All Together Better Health Conference
9 th April	Applications Close for NURHC
8-10 th April	National Rural Leadership Development Seminar
13 th April	Life-skills Lead Massage
15-16 th April	AAG Rural Conference
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