

Menzies B.Strong training in Townsville

Wednesday, 23 January 2019

More than 80 Health workers from around the Townsville region will be taking steps to improve the health of their communities by participating in a brief intervention training workshop delivered by Menzies School of Health Research (Menzies) this week.

Healthy Lifestyle workers, health workers and community members have registered to take part in training workshops delivered by Menzies' B.strong training facilitators.

The participants are from a diverse range of service providers including Townsville Aboriginal and Islanders Health Services (TAIHS), Lives Lived Well, Australian Red Cross and Townsville Correctional Centre.

B.strong facilitator, Royden Fagan says he is delighted about the enthusiasm we have received from Townsville to attend the B.strong Program.

"It reflects not only the need but the diversity of professionals making changes within the Aboriginal and Torres Strait Islander communities in Townsville".

"The involvement of TAIHS from the very beginning (as a pilot site) has been integral to the development and success of B.strong. We are so pleased to be coming back here to continue further training with TAIHS and hear how they have been implementing what they have learnt."

"The training we deliver will help health and community workers feel more confident in delivering these messages to clients and supporting them on their journey to better, happier and healthier lives" said Mr Fagan.

Through B.strong, which is funded by the Queensland Government, Aboriginal and Torres Strait Islander health and community workers will receive training in brief interventions for smoking cessation, nutrition and physical activity to support their clients to change their unhealthy lifestyle behaviours.

B.strong will be delivered at TAIHS and James Cook University on 23 and 24 January.

For more information about the B.strong Training Program or to book a community training session, visit www.bstrong.org.au.

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Menzies School of Health Research

Menzies School of Health Research is one of Australia's leading medical research institutes dedicated to improving Indigenous, global and tropical health. Menzies has a history of over 30 years of scientific discovery and public health achievement. Menzies works at the frontline, joining with partners across the Asia-Pacific as well as Indigenous communities across northern and central Australia. Menzies collaborates to create new knowledge, grow local skills and find enduring solutions to problems that matter.