

## Other Burdekin Centre for Rural Health Services

The Burdekin Centre for Rural Health also promotes the following services for rural residents:

- ◆ A range of Visiting Allied Health Professionals
- ◆ Information on Accessing Health Services
- ◆ Limited Transport Services for Health and Wellbeing Needs
- ◆ Health Education and Information
- ◆ First Aid and Resuscitation Courses
- ◆ Health Promotion Information for Farm Families and Itinerant Workers
- ◆ Working with Groups and Organisations to Optimise Health and Wellbeing in our Rural Communities

To find out more about us phone (07) 4783 2711 or at [www.bcrh.org](http://www.bcrh.org)

## Other BCA Services

- ◆ Seniors' Support Service
- ◆ Home and Community Care Service
- ◆ Home Care Transport
- ◆ Veterans Home Care Service
- ◆ Counselling Service
- ◆ Crisis Housing Service
- ◆ Community Information Centre
- ◆ Community Visitors Scheme
- ◆ Emergency Relief Program
- ◆ Burdekin Community Rehabilitation Centre
- ◆ Burdekin Mental Health Foundation
- ◆ CORES Burdekin

To find out more information about BCA phone (07) 4783 3744 or at [www.burdekincommunityassociation.org](http://www.burdekincommunityassociation.org)

## Who Can Access This Service?

- ◆ Individuals
- ◆ Couples
- ◆ Families
- ◆ Family Groups
- ◆ Interested Groups (eg. Harvesting Groups, Women's Groups, etc.)
- ◆ Owners, Employees and family members of anyone effected by changes within the industry.
- ◆ Farmers (Sugarcane, Small crops, Graziers)
- ◆ Harvester/Haulout businesses
- ◆ Transport
- ◆ Milling
- ◆ Businesses effected by change within the rural industry's

**Contact the office on  
(07) 4783 2711  
for an appointment**



This Program is developed and delivered by the Burdekin Community Association and has been made possible with Commonwealth Department of Health and Ageing funding.

## BURDEKIN CENTRE FOR RURAL HEALTH

# *Rural Industry Lifeskills Program*

Lifeskills are abilities which help us to deal in a positive way with the demands and challenges of everyday life.

A **CONFIDENTIAL** program for all rural industry families and individuals living in the Burdekin Area.

**Phone:** (07) 4783 2711

**Fax:** (07) 4783 7611

**Website:**

[www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

## Rural Industry Lifeskills Program

Rural industries are a vital part of the fabric of the Burdekin Community.

The Lifeskills Program offers a range of services which have been developed to assist those families and individuals who are experiencing the social and financial impact of the downturn in the industry's, and who are feeling the effect of the present climate of uncertainty which surrounds it.

The Program is aimed at helping people learn and put into practice the skills they need to deal or cope with the effects of this downturn and uncertainty. The Program has been set up to work with people at a group, family or personal level. The Program does this through information and training workshops, and small group, family or individual counseling and support sessions. There is no charge for these services, and in all cases, the work at family and personal levels is **CONFIDENTIAL**.

Workshops can be conducted at a suitable venue anywhere in the Burdekin. Venues for family and individual sessions are as arranged with the program worker.

Because the skills you can gain through the Program can help you to cope positively with a broad range of problems, Lifeskills education is an important part of health promotion. It is not, however, a solution to

all of your problems. As a result, as well as working with you or your family, the Program worker may refer you to other services or professionals with particular expertise in your area of need. By referral, we mean that the worker may tell you about another service which may be able to help you with a particular issue, and may give you written information about that service. In such cases there is no obligation for you to use that service, and it is up to you to follow through with the matter.

## What Are Lifeskills?

Lifeskills are the skills required to produce new forms of thought, new ideas and strategies to remain "alive" and to respond to the ever increasing challenges in our society. Lifeskills are:

- ◆ Necessary for successful living and learning.
- ◆ Skills that can enhance your quality of life and prevent abnormal or impaired behaviour.
- ◆ Any skill that enables you or your family to live full and happy lives in the community.
- ◆ Skills that help you to communicate and lead to better understanding between family members or between you and other people.
- ◆ Skills that encourage problem solving and logical thinking.

In these ways Lifeskills help us to cope with a challenging and rapidly changing society.

## Some Examples of Lifeskills are:

- ◆ Coping with Change
- ◆ Coping with Emotion
- ◆ Health Management
- ◆ Problem Solving
- ◆ Decision Making
- ◆ Communication and Listening
- ◆ Conflict Management
- ◆ Budgeting
- ◆ Goal Setting
- ◆ Dealing with Alcohol and Substance Abuse
- ◆ Time Management
- ◆ Leadership Skills
- ◆ Assertiveness
- ◆ Career Choices
- ◆ Extending Potential
- ◆ Countering Prejudice
- ◆ Tolerance for Diversity
- ◆ Community Involvement
- ◆ Ability to Empathise
- ◆ Forming Relationships
- ◆ Knowing how to access other services offered by health, financial, management and government organisations.