



Welcome

This issue of Falls Links highlights a selection of April Falls Day/Month 2011 activities held in facilities and centres throughout Local Health Districts and Clinical Support Divisions of NSW as well as Residential Aged Care Facilities.

We would like to acknowledge the contributions made by our April Falls Champions 2011 (listed on page 13) and also thank all staff who actively participated in April Falls Day/Month activities in their health districts or divisions.

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**CEC April Falls Day 2011
Tai Chi Demonstration in Martin Place by St Vincent's Tai Chi Group**

1st April 2011 APRIL FALLS DAY

Clinical Excellence Commission April Falls Day 2011

Planning for April Falls Day

This year the Clinical Excellence Commission (CEC) formed the April Falls Day Subcommittee of the NSW Falls Network Advisory Committee to guide the planning for this year’s activities. This resulted in information that was made available via the Network and CEC websites. Members included: Bharat Nepal (SESLHD), Kathy Bullen (HNELHD), Anthony Best (MNCLHD), Margaret Armstrong (Falls Prevention Coordinator NS&CCLHD) and Ingrid Hutchinson (CEC).

Falls Prevention Information on NSW Health staff Pay Slips

All Staff paid by TC1 Parramatta received the following message on their payslips from Mid March to the first week in April 2011:

Falls Prevention is Everyone’s Business – April Falls Day, 1st April 2011

Presentation on the Community Network TVs in Hospitals

The health promotion team in the South Eastern Sydney LHN, commenced work to have falls prevention messages run throughout the Community Network TVs. The CEC supported this initiative and finalised the falls prevention presentation and was successful in having it screened on 44 TV Monitors in Hospitals across the state.

CEC April Falls Day

The CEC celebrated April Falls Day 2011 on Friday 1st in Martin Place, Sydney. Professor Clifford Hughes CEO CEC; Dr Peter Kennedy, Deputy CEO, CEC; A/Professor Jacqueline Close, Geriatrician, Prince of Wales Hospital and Dr Catherine Mc Veigh, Advanced Trainee Geriatrician, Prince of Wales Hospital were present to discuss falls prevention with visitors to the marquee.

Promoting falls prevention and the importance of exercise a Tai Chi group, led by Master Trainer Fiona Black from the Rex Community Centre and supported by St Vincent’s Community Health provided exercise demonstrations during the morning. This year we filmed the Tai Chi demonstrations and interviewed some of the participants about their experiences with Tai Chi and what it has done for their quality of life.

The CEC Falls Prevention Program Leader, Lorraine Lovitt and Project Officer, Ingrid Hutchinson together with Esther Vance, NSW Falls Prevention Network supported the distribution of information, and the new web-directory of falls prevention physical activity programs: www.activeandhealthy.nsw.gov.au and the falls prevention community resource: *Staying active and on your feet* were promoted.



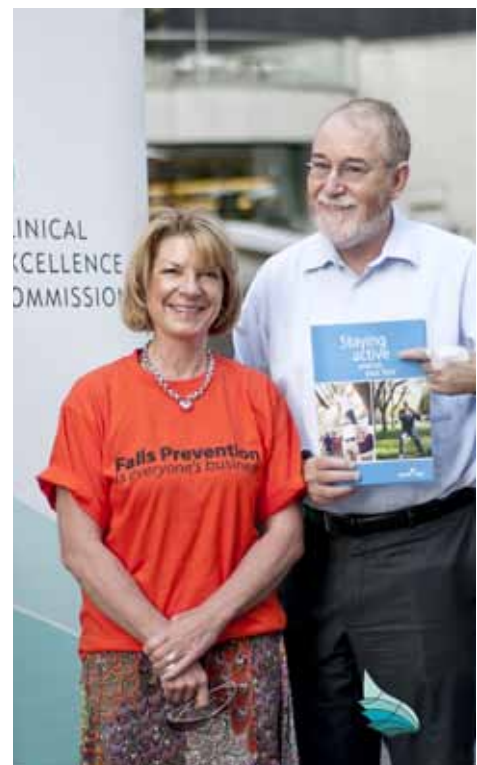
Ingrid Hutchinson & A/Prof Jacqueline Close



Esther Vance, Dr McVeigh, A/Prof Close, Prof Hughes, Lorraine Lovitt, Ingrid Hutchinson & Megan Swann



Esther Vance with interested members from the general public



Lorraine Lovitt & Dr Peter Kennedy

1st April 2011 APRIL FALLS DAY

Northern Sydney and Central Coast Local Health Districts

On Friday 1st April, all public hospitals, and a number of private hospitals across the Northern Sydney and Central Coast various health services participated in our annual celebration of April Falls Day.

It gets bigger and better each year and it just is fantastic to see the level of enthusiasm and commitment to participating in the day.

As usual, there was orange everywhere! Orange themed displays were evident in all hospital foyers with lots of information and handy 'giveaway's' to raise awareness of the significance of falls and how to prevent them. Orange pens, post-it-notes and eye-glass cleaners were very popular!

Many of our wards and support departments took part in their hospital based competitions for the best falls prevention themed displays. The displays were imaginative and wonderful. Orange balloon people were very evident! Orange styled fashion parades and large scale 'sit-to stand' competitions were also encountered.

Selected in-patients and carer's received a falls meal mat, bookmark, magnet, the new NSW Health Staying Active on your feet booklet and the CC Healthy Eating booklet.

So much time and effort went into making April Falls Day such a success!



Hornsby Hospital April Falls Mascot



'Falls Busters' RRCS



Hospital Patient's meal tray mat



RNSH Foyer Display



Manly Hospital OT Department winning AFD display



Manly Hospital ward display



Hornsby Hospital Ward competition

April 2011 APRIL FALLS MONTH

April Falls Month across Northern Sydney and Central Coast is our longer annual celebration which covers all community service providers who work with older clients/patients, and the staff of residential care facilities.

Community service providers were provided with orange goodies and resources for their staff and clients during the month of April. A number of residential aged care facilities came on board for the first time this year and had some fantastic displays and facility wide uptake of the orange falls prevention awareness scheme.

The new staff activity for 2011 was the development of the 3 x 3 April Falls Month Challenge. This encouraged the uptake of 3 healthy items daily over 3 weeks, to promote strong bones and a healthy body. The daily items were: exercise, a calcium rich diet and exposure to Vitamin D. This was encouraged to be done as a team activity to promote a competitive spirit.

The other staff activity was the development of a standardized education package provided to staff which outlined the best practice initiatives to the prevention of falls as well as the promotion of: the ACSQHC Best Practice Guidelines, the Staying Active and On Your Feet booklet and the Active and Healthy website.

Woodlands Nursing Home

Woodlands Nursing Home at Cherrybrook keenly participated in April Falls Day. The facility is committed to reducing the fate of falls and risk of injury to the residents within the facility.

The following were all components of April Falls Day and April Falls Month:

- Many staff wore 'green' as the theme colour for April Falls Day
- Resident education and word games relating to fall prevention concepts completed by the diversional therapist
- Posters and signs around facility relating to Falls Prevention for residents, staff and visiting friends/relatives
- Luncheon and meeting for all staff to launch April Falls Awareness Month and discussion of current issues within the facility
- Staff balance challenge games
- Staff education sessions throughout the month of April
- An 'ideas board' in the staff room for feedback, raising concerns, offering ideas etc for all staff to be able to contribute to falls prevention initiatives
- A facility floor plan to track location of falls and a running falls rate statistics poster with monthly goals set to encourage falls rate reduction
- Daily group exercise sessions with a focus on balance, flexibility and lower limb strength for all residents
- Weekly individual exercise with physio assistant for residents with known high risk of falls
- Footwear screening and a visit from 'Comfort and Fit' for residents in need of 'safer' footwear
- Trialing bed sensors for residents with known high risk of falls

All staff at Woodlands are working together to contribute to the falls prevention initiative and have shown great enthusiasm and passion for falls prevention and injury minimisation within the facility.



The 3x3 April Falls Month Challenge



Woodlands staff wearing green for April Falls Day



Woodlands Staff participating in a 'balance challenge'

Sydney Local Health Network and South Western Sydney Local Health Districts

April Falls Day 2011 for both LHDs was highlighted as either a day, weekly and or monthly session filled with a vast array of fall prevention activities that included information stalls in main foyers, displays of safety products such as non-slip mats and of products used to reduce the severity of injury such as hip guards, and an hour-long tai chi demonstration. Other activities also included a Quiz competition for staff, education sessions for all staff presented by Falls Champions, nursing staff and allied health, competition for the best decorated ward, patient participation and giving a talk about having a fall from their own point of view and how they have managed it.

We also launched our pamphlet on *'Preventing Falls in Hospital'*. This pamphlet tells patients coming into hospital what they should bring, i.e. any equipment they normally use, such as glasses and walking aids, and any medication they are taking.

It was a great day had by all and only reinforced the importance of falls prevention and management!

Campbelltown & Camden Hospitals

There was a falls display in the front foyers of both hospitals. These displays carried interesting information from local, state and national sources. The information was presented for patients, family/carers, and staff, and was accessed by two family members before the display had even been completely finished.

The Director of Nursing and Midwifery was involved and gave permission for nursing staff to wear green (the falls colour for South Western Sydney LHN). The wearing of green extended to allied health and medical officers, and even to a school girl on work experience. One of the staff members wore green stockings (we have a picture to prove it!) We did not know there were so many shades of green!

Finally, there was ward decoration and falls prevention promotional activities. A 'Highly Commended' goes to Perioperative Services for their efforts in decorating and dressing up (including specially ordered green caps), and having a green morning tea.

The winner for Campbelltown Hospital was Medical Assessment Unit and the winner for Camden Hospital was the Rehabilitation Unit. There were plenty of streamers, balloons and bows, and plenty of signs and posters, even a themed cake and an alien (green of course).

The Rehabilitation Unit also included patients the whole day. They had an information session on falls prevention, a sing along to songs with "Falling" in the title (questionable karaoke!), and a demonstration of how serious a fall could be. Then they had a green afternoon tea and once again involved patients and carers. The dining room was full. Lastly, they had a patient talk from their perspective on having a fall.

All in all a fine day was had by all, with lots of laughs to reinforce our learning about falls, and we are looking forward to next year...

Able & Stable Program

The theme selected was: *'put your best foot forward'*. To that end a demonstration by patients of their exercises from the hospital Able and Stable program was held at the launch, in the hospital cafeteria. This was followed by the cutting of the cake. Patients present were encouraged to join in the exercises, led by the physiotherapist. Hospital staff were encouraged to wear green to mark Falls Prevention Month.



Camden & Campbelltown staff involving patients



Bankstown staff practising Tai Chi



Concord Repatriation General Hospital



Able & Stable demonstration in Fairfield Hospital Cafeteria

South East Sydney & Illawarra-Shoalhaven Local Health Districts

A range of activities were held across facilities in South Eastern Sydney and Illawarra Shoalhaven Local Health Districts both on April 1st and throughout the month of April.

Activities included:

- hospital foyer displays with reosurces and brochures
- posters in wards promoting state and site resources
- falls prevention messages on the patient education chanel
- launch of CALD falls prevention patient fact sheets on intranet site
- displays showcasing innovative approaches to clinical practice changes or risk management strategies to reduce inpatient falls
- staff education on patient falls prevention and management
- meal tray Falls Prevention information sheets for patients
- education sessions provided to staff by Dietician regarding Vitamin D and Bone health
- footwear displays by allied health staff
- updated falls research journal article ciruclated daily on hospital mailing list for a week
- mini "Stepping On" program facilitated on in-patient wards for patients, staff and families. A questionnaire was provided to patients post the sessions to review the effectiveness of the sessions.

Illawarra-Shoalhaven Local Health District

April Falls Day was the start of Falls Awareness Prevention Month, with a range of activities as outlined above. A falls prevention audit (both observational and documentational) was conducted across the ISHD during the second week of April. It was designed to audit inpatients who were assessed as 'At Risk' of a fall during their admission.

Education sessions for staff were conducted over the last 2 weeks of April with a target of 80% of Nursing and Allied Health to complete Falls Prevention - Module 1.

Community Health Centres that participated in April Falls Day 2011:

- Wollongong Community Health Centre
- Warilla Community Health Centre
- Bulli Community Health Centre
- Shoalhaven Community Health Centre
- Cringila Community Health Centre
- Ulladulla Community Health Centre



David Berry Hospital display



Shoalhaven Hospital OT Assistant Heather Bell and NUM Carol Blackwell



Shoalhaven Hospital Staff



Kiama Hospital staff and the patient turntable



Milton-Ulladulla staff participating in Falls prevention education sessions



Wollongong Hospital Falls Prevention Poster

Southern Hospitals Network Prize Winners 2011:

- Winner of the Perpetual Trophy for 2011 – Bulli District Hospital
- Commendation for Sustained Effort – Milton Ulladulla Hospital
- Best Risk Management Activity – Wollongong Hospital (Falls Clinics).

Milton April Falls Day

Health Promotions Officer Kim Thompson welcomed 30 people to April Falls Day activities held at the Sarah Claydon Residential Care Community Room, Milton on Friday April 1.

Circuit stations of balance exercises were set up for individuals to perform under the supervision of Fitness Leader Patti Bartlett.

Patti then discussed a number of falls prevention strategies including vision, medication, footwear, environment, incontinence, osteoporosis management and others.

Music created an environment of energy before the group was taken through some beginner level strength and balance exercises.

Information sheets and booklets were given out and the session was finished with a morning tea and the request for more of these sessions to occur.

April Falls Day was the official start of “Falls Prevention Awareness” month. During April all of the two Heartmoves classes and three Better Balance classes in the Burrill Lake to Lake Conjola area have concentrated on strength and balance exercises with the goal of preventing falls to maintain mobility and independence.



Milton Community Falls display



‘Falls Fairies’ at Royal Newcastle Centre

Hunter New England Local Health District

The Otago falls prevention program and Stepping On for Hunter New England Health for April Falls Day.

On Thursday 31 March, we held a staff morning tea, providing education and games to increase falls prevention awareness for community staff within the Newcastle region. Staff of Otago and Stepping On became the “falls fairies” and held stations for Staff to check their shoes, glasses and medication. Staff had to “walk the gauntlet”, tandem walking along a rubber strip with their eyes closed, we played last man standing (single leg stance with eyes closed), and ran a coordination aerobics session.

On Friday 1st April The “falls fairies” Otago and Stepping On staff joined forces with the fractures clinic at the Royal Newcastle Centre (RNC), and set up an information display, increasing the awareness of falls prevention, risk factors associated with falls and promoting falls prevention programs run in the Newcastle and Hunter regions. We received a great reception from the general public.

All in all, we had a fantastic couple of days promoting falls prevention within our area!



Staff ‘walking the gauntlet’

Rankin Park Centre April Falls Day

Rankin Park Centre (RPC) April Falls day 2011 targeted the release of a new policy compliance procedure for Hunter New England Local Health Network which is focused on falls prevention strategies in acute and subacute care.

Many thanks go out to the team at RPC who supported the day and care for our patients so well.



Les Moore and Stephen Thiering reviewing the display at RPC

Murrumbidgee Local Health Network

Cootamundra Hospital April Falls Day/Month

Cootamundra hospital extended April no falls day to April no falls month. We placed displays in strategic areas around the hospital highlighting either falls risks or falls prevention strategies. We have also offered free balance and home screening assessments to the general public over the age of 65.

Photo – back row (L-R) Claire Schofield, Narelle Davison
 Front Row (L-R) Michael Broadbent, Derek Lum, Candace Cormier



Cootamundra Hospital

Culcairn Health Service April falls Day

At Culcairn Health Service (Murrumbidgee Sector) we held a display for staff to resource and for the Community a model wearing hip protecters with information about the benefits of exercise, good eating, minimal clutter around home and garden and visit to GP for medication review/check up.

Robyn Wood (EN) wore the bright orange T-shirt with “ falls prevention is everyone’s business” message and badges to highlight the Day.



Robyn Wood of Culcairn Health Service

St Vincent’s Community Health

April Falls month is a great opportunity to showcase St Vincent’s Community Health year-round commitment to falls prevention. Raising awareness regarding the risk of falls which can happen anywhere, in the home, the community and in hospitals and reminding everyone that falls prevention is everyone’s business.

The staff at St Vincent’s have been very busy. Friday the 1st April, the Tai Chi group had a great time running a demonstration in Martin Place, hosted by the Clinical Excellence Commission, and promoted our groups - such as Stepping On.

Megan Swann also manned a stall with staff at Sydney Hospital later in the day.

On April 5th, staff from St Vincent’s Community Health manned a stall in the foyer of the hospital, providing a range of information on preventing falls as well as giving out healthy apples.



St Vincent’s Hospital display



St Vincent’s Community Health Staff

Western Sydney and Nepean and Blue Mountains Local Health Districts

Auburn Hospital

Patients, visitors and staff at Auburn Hospital were entranced by a special demonstration of tai chi in the hospital courtyard. Clinical Practice CNC John Senior said tai chi is increasingly recognised as a gentle exercise that improves people’s balance and general wellbeing and is also a relaxing social activity. A large stall by the hospital entrance had ideas to help make elderly people’s lives safer, ranging from bookmarks to recipe books. PSAs, nursing staff, physiotherapists, dietetics and other allied health all got involved with the green theme of the day and the multicultural nature of Auburn was highlighted by handouts and notices available in a variety of languages.



Tai Chi in the Auburn Hospital courtyard

Blacktown Mt Druitt Hospital

Clinical Nurse Consultant for Aged Care Services Emergency Team (ASET), Maureen Buckley, said a special falls prevention information trolley circulated around Blacktown and Mt Druitt hospitals on 1 April by the ASET team.

The trolley was titled ‘Don’t Be the Fall Guy’ and included written material, as well as displays of non-slip socks, rubber-soled shoes, a light bulb to represent lighting, food packages, glasses and other things to show how everyday items play a role in falls prevention.



‘Don’t be a Fall Guy’ trolley at Blacktown and Mt Druitt Hospital

Westmead Hospital

NUM Juli Thwaite, Nurse Educator Shin Hwa Kang-Breen, NUMs Carol Taylor, Russell Roxburgh, Mark Richardson and CNC Sonia Johnston held a stall displaying fall prevention strategies and equipment, including a state-of-the-art Liftcare Hi-Lo bed. Information packages were distributed to Westmead NUMS, staff and visitors to promote falls prevention throughout the day.



Shin Hwa Kang-Breen and Juli Thwaite in Westmead’s foyer

St Joseph’s Hospital

Physiotherapists held a stall in the hospital foyer offering information about falls prevention. They screened a falls prevention video and, as pictured, conducted special tests on staff and visitors to measure balance and reaction time.

Blue Mountains Hospital

Nurse Educator Barbra Monley donned a “celebrity head” with balloons and walked around the hospital, quizzing staff about falls. Those who answered correctly were given small prizes. Two display boards to promote the falls prevention message to the community, providing information about local exercise programs and free falls prevention booklets, were erected.



‘Celebrity Head’ doing the rounds at Blue Mountains Hospital



Physiotherapists held a stall in the foyer of St Joseph’s

Anglican Retirement Villages- The Better Balance Zero Falls Festival for 2011

This year Anglican Retirement Village (ARV) has engaged residents, community clients and staff in the April Falls Month Campaign. This is ARV’s 3rd year of adopting this popular Falls prevention theme. ARV would like to enhance the wellbeing of everyone in our organisation- residents, clients and staff. The Zero Falls Festival commenced at the beginning of April for everyone in the organisation and will continue until the end of June for staff.

The Zero Falls Festival has the

1. **Better Balance Challenge**- an original initiative of Sydney West Area Health’s falls prevention program and went from 4-17th April .We asked residents, clients and staff to:

Be Active - for 30mins a day

Be Strong - do some strength and balance exercises daily

Be Healthy- eat 3 or more serves of dairy or calcium enriched food daily

Be Well - get some sunshine- Vit D – daily

For the residents and community clients to kick start the Zero Falls Festival there have been Occupational Therapy Expos to advise residents on how to reduce their falls risks within the home followed by a healthy calcium enriched morning tea.

2. **Better Balance WiiGames**- an Olympic – style challenge for residents and staff where they can compete individually or as a team in games that require them to utilise their strength and balance will commence in June. The Nintendo Wii machines were generously donated by the Foundation For Aged Care

3. **Zero Slips, Trips and Falls Prevention Program** in the workplace for staff to improve workplace safety. Every staff member was issued with a **bright orange Better Balance** T shirt. This program will run throughout the months of April, May and June and will focus on practical and commonsense ways of eliminating slips, trips and falls.



ARV staff wearing the Better Balance, zero slips, trips and falls T-shirt



Looking for Zero slips, trips and falls



Sharon Butler leading a Better Balance Challenge Class



Better Balance Wii Games at St Stephens

Anglican Care April Falls Month Celebrations

Anglican Care has embraced this year’s April Falls Month where the clinical focus throughout all of our facilities and services will be on falls prevention and raising awareness of the importance of preventing falls for our Residential, Community and Retirement Living Residents and Clients.

The month started off in a glow of orange hued clothes, streamers and balloons on 1 April, with staff wearing some interesting orange garments – one staff member even managed to make and wear an orange balloon dress –not something you see every day! The launch day also included some orange themed food with staff and residents with a sweet tooth enjoying orange topped patty cakes and pikelets, orange cordial and sherbies!

In celebration of the launch day, each of our residential aged care facilities and Day Therapy Centre had display tables chock-a-block with information for residents and clients on falls prevention. Footwear and Tai Chi demonstrations were organised, strength and balance exercise demonstrations held by our physiotherapist and exercise physiologist and quizzes for our residents on falls information.

A number of these initiatives will continue during the month of April, together with a jam packed education calendar highlighting falls strategies.



Display at Carey Bay Village



Toronto Nursing Home Staff



Display at CA Brown Nursing Home Booragul



Macintosh Hostel Staff demonstrate balance exercises



Display at Scenic Lodge Merewether

Baptist Community Care Sydney Region

BCS actively aims to prevent falls and minimise fall-related injuries to care recipients and their carers. Across the entire Sydney Region staff rallied in support of April falls prevention month. Each staff member was given a promotional pen, T-shirts were worn and balloons inflated. In community clients were provided with 'prevent a fall at home' fridge magnets; while care staff attended training in-services.

In RAC the orange falls risk dot system was promoted and 'preventing a fall' pamphlet prepared to guide staff. At SCAC relatives were invited to a special falls prevention training session offering skills for relatives when on outings with their loved ones. Even the Moving on Audits falls data for April took a decline. Congratulations everyone



C Jurd and J Law prepare an in-service for community

CEO R Low and RGM M Furner support the initiative

C Jurd on Harley Davidson

Resources and displays throughout facilities and offices

From the BCS Sydney Region News April May 2011, from the desk of Sr CIM C Moir

APRIL FALLS CHAMPIONS 2011

We wish to acknowledge the contribution of the following staff who were nominated as April Falls Champions and we thank them for making April Falls Day/Month such as success:

Cheryl Baldwin - Central Coast Local Health Network
Melanie Perry and **Sharon Strahand** -Hornsby Hospital
Emily Barnabas and **Fiona Cameron** - Northern Beaches Health Service
Anna Krzysica and **Julia Poole** - Royal North Shore Ryde Health Service
Sandra Lever and **Shirley Wyndham** - Royal Ryde Rehabilitation Centre Sydney
Alex Joyner - The Mater Private Hospital.
Carolyn Moir - Baptist Community Services Northern Region
Micheal Cropper - BUPA Care Central Coast.
Anne Temblett - Sydney Adventist Hospital.
Sharon Butler and **Kris Rice** - Anglican Retirement Villages
Sarah McRae - Lady Davidson Hospital
Gali Bates and **Jan Lee** - Anglican Care - Central Coast and Hunter New England.
Colleen Burns- Physiotherapist, Falls Prevention Program Co-ordinator, Woodlands Nursing Home

Laraine Dunn from Stepping On, Hunter New England LHD
Lee Riley, Anna Wollstein, Toby Osborn, David Catt, Renee Rabbit and Jo Clarke from the Otago Falls Prevention Program in Hunter New England LHD.
Merilyn Armstrong - Manning Rural Referral Centre

Robyn Wood, Enrolled Nurse - Culcairn Health Service

Jan Lee – Residential Care Executive – Anglican Care
Bruce Thompson – Physiotherapist – Anglican Care
Jane Meldrum – Lifestyle and Wellbeing Coordinator – Anglican Care
Kylie Jacques – Marketing Officer – Anglican Care
Lindy Read - Adrienne Baker, Clinical Educators – Anglican Care
Sue Ferguson - Physio Aide CA Brown Nursing Home Booragul
Janelle Jones and **Tracey Robinson** – Warnervale Gardens Hostel, Woongarra
Judith Cornish, Janice Milburn, Tracey Bates – Jesmond Grove Hostel
Shayne Blackburn, Janet Ayton – Macintosh Hostel Booragul
Michelle Henderson – Greenmount Gardens Hostel – Mt. Hutton
Felicity Duff - Day Therapy Centre Booragul
Irene Wright - Scenic Lodge Merewether
Vanessa Puller - Carey Bay Village

We also thank all staff who actively participated in April Falls Day/Month activities in their health districts or divisions.



<http://fallsnetwork.neura.edu.au/>

NSW FALLS PREVENTION NETWORK BACKGROUND

The NSW Falls Prevention Network has existed since 1993. The role of this network has grown since its inception and now includes:

- Meetings for discussion of falls related issues;
- Dissemination of research findings both local and international;
- Sharing resources developed and exploration of opportunities to combine resources in joint initiatives;
- Encouragement of collaborative projects and research;
- To act as a group to influence policy;
- To liaise with NSW Health to provide information on current State/Commonwealth issues in relation to falls and
- Maintenance of resources pertinent to the field.

The main purpose of the network is to share knowledge, expertise and resources on falls prevention for older people.

The NSW Falls Prevention Network activities are part of the implementation of the NSW Falls Prevention Policy funded by the NSW Department of Health.

Network Information

Joining the Network

To join the NSW Falls Prevention Network listserv, send an email to: majordomo@lists.ealth.nsw.gov.au

In the body of the message type **subscribe nsw-falls-network** on the next line type **end**

Do not put anything in the subject line. You will receive an e-mail to confirm you have been added to the listserv.

To unsubscribe send an e-mail to the above address and in the body of the message type

unsubscribe nsw-falls-network on the next line type **end**

If you have any problems, contact Esther at e.vance@neura.edu.au.

Share your news and information/ideas

Do you have any news on Falls Prevention you want to share with others on the network, or do you want to report on a project that is happening in your area.

Please email Esther with your information. We also welcome suggestions for articles and information you would like to see in this newsletter.

Send your information to e.vance@neura.edu.au

The Network Listserv

It is great to see the increased activity on the listserv and we want to continue to promote this. To send an item to the listserv where all members of the network can see it, send an email to:

nsw-falls-network@lists.health.nsw.gov.au

You need to be a subscriber to the listserv to send an email that will be distributed to all members of the on the listserv. Remember to put a short description in the subject line.

Recently some posts to the listserv have bounced due to email address changes in the area health services, you need to re-subscribe with your new e-mail address and unsubscribe from your old address following the Join the Network instructions as shown on this page.