



GOVERNMENT HOUSE  
TASMANIA

## PATRON'S MESSAGE

I am very pleased to write this Message for the 2012/13 Annual Report of CHAT, the Child Health Association Inc in Tasmania.

As a voluntary organisation dedicated to promoting the health and social engagement of children and their families, CHAT provides a most important community service. The evidence of this is in the growing number of Mums' groups across the State, which I understand to be more than twenty now, with recent new groups established in Lindisfarne, Launceston and Devonport.

In this year under review the Child Health and Parenting Service changed to their new Model of Care, and while New Mothers' groups were not being set up by that service, CHAT staff, members and volunteers were pleased to facilitate groups in as many areas as possible.

Your services are both practical and fun: Pram Walking, Coffee Mornings, Guest Speakers, opportunities to become a volunteer and, of course, Family Food Patch, the all-important Peer Education program dealing with nutrition and physical activity. The ongoing training of more Family Food Patch Educators is, again, evidence of the popularity of this program.

I offer my congratulations on your grant from the Smith Family resulting in your very successful series of cooking sessions in Ravenswood and the publication of the *Chat 'n Munch Recipe Book*. Today, more than ever, it is vital that young children are encouraged to grasp the concept of healthy eating – and what better way to do that than to make nutritious meals that taste good as well!

Related to this as well, I was very pleased to see that in May 2013 your CHAT President, Charlene Milner, and Mary Keller attended an eHealth forum organised by the federal Department of Health and Ageing in Canberra, at which several speakers explained the benefits of having an eHealth record.

I am also thrilled to see that CHAT has been awarded a grant from the Calvary Community Council for the 'Building Healthy Smiles and Bodies' project, which will communicate the importance of having healthy teeth.

Finally, congratulations to you all on your amazing statewide appeal for baby and children's items for the January bush fire victims. There were many wonderful and generous donations given, while volunteers gave much of their time to sort and collect.

Mrs Frances Underwood