



## NEWSLETTER SUBMISSIONS

**GET YOUR RESEARCH,  
NEWS, PAPERS, MEDIA  
RELEASES,  
RECRUITMENT TRIALS,  
EVENTS OUT THERE!!**

*Submissions by end  
September for our next  
issue out in October*

**Social Media  
submissions  
(X, FB AND LINKEDIN):**

*Submissions open  
anytime*

**Submissions must align  
with HDA:**

We aim to promote, facilitate and enable multidisciplinary research to advance understanding of healthy development, ensuring the physical, psychological and social health of infants, children and adolescents.

## OUR PARTNERS

### PLATINUM



### GOLD



**University of  
South Australia**



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### SILVER



**Government of South Australia**  
Department for Education



**Government of  
South Australia**

Women's and Children's Health Network



Women and Kids



**Government  
of South Australia**  
Preventive Health SA



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of South Australia**  
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Child Protection



### BRONZE



**HDA 20<sup>th</sup> Anniversary Research Afternoon + Oration - 16 October**  
**::: event sponsor :::**  
**Commissioner for Children and Young People**

South Australia  
needs an  
overarching vision  
for children's and  
young people's  
health



[ccyp.com.au](http://ccyp.com.au)



Helen Connolly, South Australia's Commissioner for Children and Young People, is calling on the State government to provide leadership in relation to children and young people's health by providing an overarching vision and plan that focuses specifically on the underlying determinants of their health. Our future depends on investing in healthy children, families, and communities. This must start with provision of an overarching vision that can ensure policy and decision making prioritises investment in children and young people and which follows through with a plan that builds on existing evidence, policy, and partnerships to repeat, enhance and expand on what we know is working, and which remedies and reforms what isn't.

Setting a clear vision for South Australian children and young people's health will enable a joined-up approach to be taken – one that is focused specifically on reducing health inequities by improving the conditions in which all South Australian children and young people live. The range of policies, datasets and services covering different aspects of children's and young people's health in South Australia, do provide part of the picture of how children and young people are faring. But without an overarching vision and plan, there is no way to have oversight of or to measure effectively any improvement in the health of SA children and young people at the population level.

South Australian data shows that inequities start early in life and compound as children age, leading to adverse long-term health, education, and employment outcomes. We need to understand whether current investment in children's health is working. If we don't measure equity across the health system and health networks, we limit our understanding of the groups of children who are either missing out, hidden or overrepresented. We also miss picking up on patterns around the same children who are missing out across multiple indicators because these are children who need to be identified and supported in targeted ways.

The siloed and fragmented nature of SA health services means we currently operate a system which has competing agendas and priority areas, and where policy design is commonly separated from policy implementation.

We can do better. We must do better and an overarching vision for children and young people's health is the right place to start.

**Download the Commissioner's Policy Position here:**

**[Why we need an overarching vision for children and young people's health in South Australia.](#)**



# HDA 20<sup>th</sup> Anniversary Research Afternoon + Oration - 16 October

::: event sponsor :::

## The Hospital Research Foundation Group

### Life-changing research and patient care

The Hospital Research Foundation Group funds life-changing medical research, patient care and healthcare services across more than 50 areas of disease and illness, from birth to end of life.

Giving kids the best start in life is paramount to overall health and wellbeing, as well as giving them the best treatments possible when faced with disease.

The Hospital Research Foundation Group funds extensive projects to improve health outcomes in early life, including pregnancy, birth, infancy, childhood and adolescence.



Prof Jordan Hansford, Hospital Research Foundation Group Paediatric Proton Oncology Fellow

Some examples include:

- Extensive support for research and clinical trials into childhood diseases including cancers, juvenile idiopathic arthritis, autism, cerebral palsy, glaucoma, juvenile diabetes, mental illness and more
- Extensive research, equipment and trials at the Women's & Children's Hospital, including in oncology and AI.
- Educating newly pregnant women to test for Omega-3 to prevent pre-term births
- Developing better treatments for low breast milk supply in mothers
- Investigating the causes of peanut and egg allergies in children
- Providing cinema experiences for children with chronic health conditions, disabilities or special needs through a program called KidsFlix
- Improving the triage of mental health services for young adults battling depression
- Providing funding for grassroots charity Treasure Boxes to provide essential items to disadvantaged mums, kids and teenagers
- And so much more!

The Hospital Research Foundation Group offers regular competitive grant rounds for researchers and clinicians to access funds across many healthcare areas. Visit [www.hospitalresearch.org.au](http://www.hospitalresearch.org.au) to learn more and sign up to our grants e-news.

The Hospital Research Foundation Group is reliant on generous donors, fundraisers, corporate partners and Home Lottery ticket buyers to make this support possible.

**HDA 20<sup>th</sup> Anniversary Research Afternoon + Oration - 16 October**  
**::: event sponsor :::**  
**Gowrie SA**



Since 1940, Gowrie SA has been dedicated to providing innovative early childhood and parenting programs that prioritise the wellbeing of children and families while fostering partnerships within the broader community.

Our services include integrated birth to three and three to five children's programs, learning and consultancy support for early childhood professionals as well as Out of School Hours Care and Family Day Care sectors, and parenting programs. We serve as the Inclusion Agency for South Australia, funded through the federal Inclusion Support Program (Department of Education).

We are proudly not-for-profit, reinvesting in our programs and people. Children's wellbeing and their place in society is considered holistically across all programs. We are committed to ensuring each child receives the best start in life by safeguarding their rights, including access to quality education and learning opportunities.

Through our efforts to provide and advocate for inclusive environments, we support children's learning, wellbeing and development while promoting understanding within the broader community. Our commitment to action research and quality improvement initiatives enable us to deliver evidence-based and community-driven programs, often in partnership with various agencies and sectors. This commitment aligns with our mission to offer exemplary programs that adapt to the changing needs of our diverse community.

We give respect to social justice, sustainability, Aboriginal and Zenadth Kes (formerly Torres Strait Islander) cultures and reconciliation. Gowrie SA was one of the first education and care sites in Australia to create a Reconciliation Action Plan in 2011, and is soon to launch our third Stretch Reconciliation Action Plan.

Gowrie SA specialises in designing responsive, localised, targeted and universal parenting intervention and support programs. Central to our initiatives is empowering parents and caregivers with knowledge about activities that support their child's development, aligning these activities with the developmental needs identified in the Australian Education Development Census.

An integral and unique feature of our unique Teach-Do-Learn program is transitioning families into a supported play-based learning environment and introducing them to allied health professionals who support learning about activities that can improve language, literacy, play and physical development – activities that can be easily replicated at home.

Please visit us here [www.gowriesa.org.au](http://www.gowriesa.org.au)



# HDA 20<sup>th</sup> Anniversary Research Afternoon + Oration - 16 October

::: event sponsor :::  
**Telethon Kids Institute**

## **The vision of the Telethon Kids Institute is simple – happy healthy kids**

The Institute brings together community, researchers, practitioners, policy makers and funders, who share their mission to improve the health, development and lives of children and young people through excellence in research.

Importantly, the Institute wants knowledge applied so it makes a difference.

The Institute recognises and values collaboration to ensure research is informed by real-world contexts and can be more effectively translated into policy and practice outcomes that make a tangible difference.

The Early Years Systems Evidence team is focused on how children's life chances are shaped by their experiences and environments from pregnancy through to their school years, and how this differs across the contexts in which children are raised.

Team Leader Associate Professor Yasmin Harman-Smith said partnerships were at the core of the work the team did.

"Our team works in partnership with policy makers and service providers to develop pragmatic and robust research methodologies and evaluations to address their questions," Associate Professor Harman-Smith said.

"The work we do is strengthened by collaborating with others to ensure research outcomes help to shape the experiences and environments of children and families in Australia."

Associate Professor Harman-Smith said the team's research expertise spanned child development, well-being and learning support in school, and parenting support services and programs.

"Our breadth of experience supports us to advocate for cohesion across the system with a focus on improving the experiences of families. For example, as families progress through universal services - that is from antenatal services to maternal child health services to early education and care and into schooling – how can we ensure they have a really great experience. We're also interested in ways families can have a positive experience as they touch targeted aspects of the system, such as child protection, mental health services, relationship support, disability support."

Find out more about our work and opportunities to partner with us at [www.telethonkids.org.au/eyse-team](http://www.telethonkids.org.au/eyse-team)

Meet our Early Years Systems Evidence team (from back left): Adam Gavin, Tess Gregory, Trudy Crickmar, Zara Boulton, Maxine Gross, Honey Rahmanian, Ellen Harvey, Neida Sechague Monroy, Yasmin Harman-Smith. Alanna Sincovich, Tania Plueckhahn and Miriam Posselt (not pictured).



# HDA 20<sup>th</sup> Anniversary Research Afternoon + Oration - 16 October

::: event sponsor :::  
**Emerging Minds**

## **Emerging Minds – free, evidence-based resources to help you support child mental health**

Emerging Minds develops a wide range of digital resources for practitioners and families to help support child mental health.

Working together with practitioners and families, and drawing on the latest research, Emerging Minds produces videos, animations, podcasts, webinars, practice papers, factsheets, online learning courses and more – all available for free on their website.

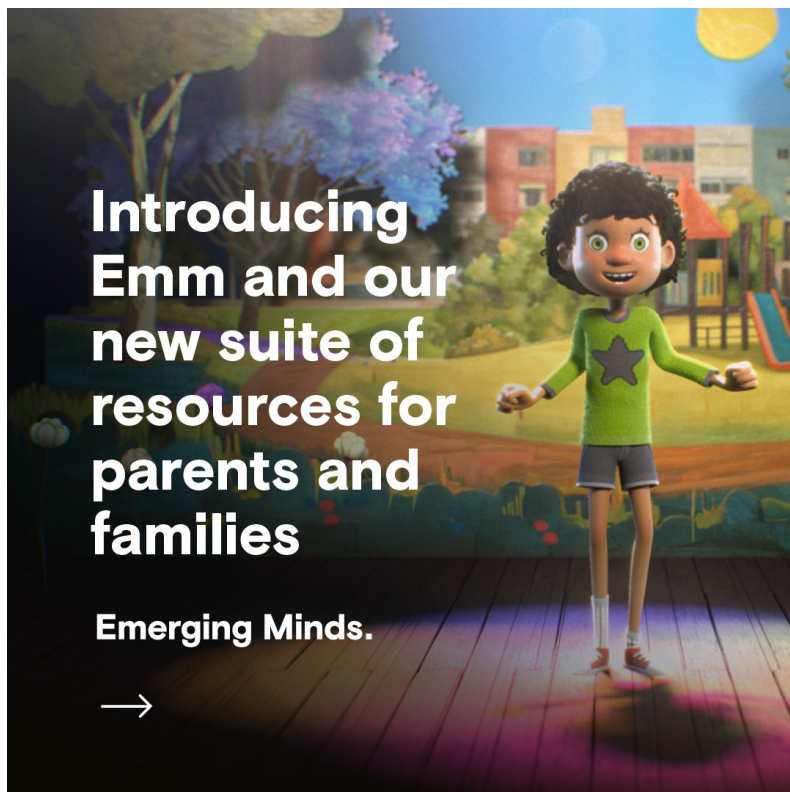
Topics include infant and child mental health, trauma, disasters (including bushfire, flood and drought), substance use, family domestic violence, bullying, anxiety and much more.

Their team of child mental health advisors also work with organisations across Australia to help support workplace policies and practices that champion positive mental health outcomes for infants and children.

### **Latest releases**

Emerging Minds' most recent release is a suite of resources for parents and families, [Understanding and supporting child mental health](#).

Developed in collaboration with families and practitioners, the suite is an important tool for families and professionals alike. The resources aim to strengthen families' knowledge and confidence in talking about children's mental health with practitioners and educators by offering shared language and understanding.



The suite introduces Emm, the child character who leads Emerging Minds' [What is child mental health?](#) animation.

Emm's purpose is to bring key concepts about children's mental health to life in a way that is easy to understand and inspires further thought and actions.

Along with Emm, the suite includes a range of factsheets and videos as well as the PERCS of parenting – five key things parents can do to support key areas related to children's mental health: [Parent-child relationships](#); [Emotions and behaviours](#); [Routines](#); [Communication and meaning-making](#); and [Support networks](#)).

The PERCS concept provides a checklist to look at what's going well in a child's life, but also what areas might need support. These resources also provide parents with practical ways to support a child's mental health throughout their daily life.

For more resources, ways to get involved and to get in touch [visit the Emerging Minds website today](#).



### **Kudos Services: Holistic Supports, Lifelong Empowerment**

Kudos Services, a South Australian allied health agency, offers a range of therapy services designed to enhance the quality of life for children, young people, and adults living with disabilities. The multidisciplinary agency provides hands-on therapy, positive behaviour support and support coordination services that foster independence, growth, and community integration.

Born out of Government in 2018, Kudos Services prides itself on a holistic approach to therapy, recognising that each individual's needs and goals are unique. The agency offers a diverse array of services, including occupational therapy, speech pathology, physiotherapy, social work, developmental education, positive behaviour support and psychology. This all-inclusive approach ensures that clients receive well-rounded support tailored to their specific circumstances, at all life stages.

Kudos employs a team of highly skilled and compassionate professionals who are dedicated to implementing the latest developments in disability therapy. By incorporating evidence-based practices and innovative therapeutic techniques, Kudos ensures that clients benefit from the most effective and up-to-date support available.

This team of 180 staff serves both metropolitan and rural South Australia. Participants and families can choose to receive support at home, at school, or at one of Kudos' three locations. Recognising the growing need for disability services in the southern suburbs, Kudos recently established an office within the Can:Do South Hub in Noarlunga. This new location offers south-based clients greater accessibility to a larger, dedicated space and state-of-the-art therapy rooms. The \$4 million facility also hosts other like-minded organisations serving the community. Rurally, Kudos extends its team and services to outreach locations in Whyalla, Pt Augusta, and Mt Gambier ensuring those in remote areas have access to high-quality care.

Kudos operates with strong community-centric values, emphasising the importance of collaboration and partnership. The agency works closely with families, caregivers, and other service providers to create a supportive network that empowers clients to achieve their full potential. By fostering strong relationships within these communities, Kudos helps to break down barriers and promote social inclusion for individuals with disabilities.

Kudos Services offers lifelong support, from early intervention for children to ongoing therapy for adults, ensuring continuity of care. Driven by a passion for positive change and disability advocacy, Kudos makes a significant impact through comprehensive therapy supports and community engagement, fostering a more inclusive and compassionate future.



## HDA UPCOMING EVENT

### FROM INSIGHTS TO IMPACT: PIONEERING INNOVATIONS FOR THRIVING FAMILIES

Please join us for the **Healthy Development Adelaide (HDA)** and **Robinson Research Institute** forum - **From Insights to Impact: Pioneering Innovations for Thriving Families**.

This forum will be held on Wednesday 7 August, 5.30-8.00pm, Napier G04 lecture theatre, Napier building, Ground floor, University of Adelaide, North Terrace.

On a mission to tackle reproductive challenges and children's health, this event will take you on a journey of discovery that is destined to change the lives of mothers and children. Hear about the novel approaches and technologies that are hoped will increase IVF rates in the future, revolutionise the way endometriosis will be diagnosed, transform the lives of children with cystic fibrosis and pioneer health equity in sexual and reproductive health for migrants.

#### OUR SPEAKERS

**A/Professor Kylie Dunning**, Head, Reproductive Success Group, Robinson Research Institute / Deputy Director, Centre of Light for Life, Institute for Photonics and Advanced Sensing, University of Adelaide - **Unveiling embryo developmental potential with advanced photonics**.

**A/Professor Zohra Lassi**, (HDA Co-Convenor), NHMRC Emerging Leader-2 Fellow, Robinson Research Institute and School of Public Health, University of Adelaide - **Equal Access: Pioneering health equity in sexual and reproductive health for migrants and refugees in Australia through cutting-edge research**.

**Professor M. Louise Hull**, Head, Endometriosis Research Group / Head, Fertility and Conception Theme, Robinson Research Institute, University of Adelaide / Deputy Head, Discipline of Obstetrics and Gynaecology, University of Adelaide and **Dr Jodie Avery**, Senior Research Fellow, Endometriosis Research Group, Robinson Research Institute, University of Adelaide - **IMAGENDO: Building a revolutionary diagnostic healthcare solution for women's health using AI**.

**A/Professor Martin Donnelley**, Adelaide Medical School, Robinson Research Institute, University of Adelaide - **Unveiling the Dynamics of Breathing: X-Ray velocimetry's breakthrough in Cystic Fibrosis lung imaging**.

#### OUR CHAIR

**A/Professor Zohra Lassi** (HDA Co-Convenor), Robinson Research Institute and School of Public Health, University of Adelaide.

#### Other event information:

*Networking and light refreshments will follow the session from 7.00pm.*

*Open to everyone, public is welcome.*

For the full program and to register go here: <https://events.humanitix.com/from-insights-to-impact-pioneering-innovations-for-thriving-families>

Associate Professor Zohra Lassi

2024 International Nurse  
Researcher Hall of Fame  
Award by Sigma Nursing



Congratulations to  
A/Professor Zohra Lassi,  
HDA Co-Convenor

Robinson Research Institute,  
Discipline of Public Health,  
University of Adelaide

## HDA UPCOMING EVENT

### WORKING IN PARTNERSHIP TO SUPPORT CHILDREN AND FAMILIES IN THE EARLY YEARS

Join us for the **Healthy Development Adelaide (HDA)** forum on **Working in partnership to support children and families in the early years**.

This forum is held in conjunction with our partner organisation **Preventive Health SA**. The forum will be held on Thursday 22 August, 5.30-8.30pm, Napier G04 lecture theatre, Napier building, Ground floor, University of Adelaide, North Terrace.

It is well known that the early years of life lay the foundations for future health and wellbeing. Positive health and wellbeing behaviours established across early childhood can have a lasting effect across the lifetime and play a critical role in primary prevention. This forum will focus on the collaborative partnership between Preventive Health SA and Caring Futures Institute, Flinders University and their joint commitment to supporting families for improved health and wellbeing in the early years.

#### OUR SPEAKERS

**Professor Rebecca Golley**, Interim Director and Dean of Research, Caring Futures Institute, Flinders University - ***Evidence informed action to support health and wellbeing of all South Australian families: making a difference by connecting the dots in a complex system.***

**Dr Natasha Schranz**, A/Executive Director, Population Health, Preventive Health SA / HDA Ambassador - ***An overview of Preventive Health SA.***

**Dr Brittany Johnson**, Senior Research Fellow, Caring Futures Institute, Flinders University / Early-Mid Career Research Fellow, The Hospital Research Foundation Group - ***Co-designing an evidence dashboard for planning child health behaviour programs and services.***

**Konnie Kalompratsos**, Registered Nurse and Midwife, Child and Family Health Service (CaFHS), Women's and Children's Health Network & **Dr Sarah Hunter**, Senior Research Fellow (joint), Caring Futures Institute, Flinders University and Preventive Health SA - ***Caring for caregivers: implementing an evidence informed program to support caregiver wellbeing.***

#### OUR CHAIR

**Professor Rebecca Golley**, Interim Director and Dean of Research, Caring Futures Institute, Flinders University

#### Other event information:

Networking and light refreshments will follow the session from 7.30pm.

This is a public forum and also open to the community, everyone is welcome to attend.

For the full program and to register go here: <https://events.humanitix.com/working-in-partnership-to-support-children-and-families-in-the-early-years>

**2024 YTP  
FINALIST**

DR  
BRITTANY  
JOHNSON



**2024 SA Young Tall Poppy SA!**

**Congratulations to Dr Brittany Johnson,  
HDA Member**

**Senior Research Fellow,  
Caring Futures Institute, Flinders University**

**Early-Mid Career Research Fellow,  
The Hospital Research Foundation Group**

## HDA PAST EVENTS

**Healthy Development Adelaide (HDA) and Australian Association for Infant Mental Health SA branch (AAIMH) forum on The clinician, the family, and systems: Building infant mental health into the future.** Chaired by **Rachael Yates**, Executive Director Nursing and Midwifery, Women's and Children's Health Network / HDA Ambassador.



Speakers included **Sally Watson**, SA AAIMH branch President - **AAIMH and building our workforce competencies**; **Lynly Mader**, Senior Occupational Therapist, Infant Mental Health Therapist, Perinatal and Infant Mental Health Service, WCH, Women's and Children's Health Network - **Infant mental health within a paediatric hospital: Supporting the infant-parent relationship within the context of a medical diagnosis**; **Joy Makepeace**, Kamilaroi / Murrawari woman from North Western New South Wales - **Infant Mental Health Education Interpretation for Aboriginal Team and Community. Meaning making in culture.**

Pic l to r: Rachael Yates, Joy Makepeace, Lynly Mader and Sally Watson.



**Healthy Development Adelaide (HDA) and Women's and Children's Hospital Grand Round** presented by **Professor Alice Rumbold**, perinatal epidemiologist and Leader of the Women and Kids Theme of the South Australian Health and Medical Research Institute (SAHMRI), on **The global revival of human milk banking: benefits for preterm infants, social impacts, and ongoing controversies.** Chaired by **Rachael Yates** (HDA Ambassador), Executive Director of Nursing and Midwifery, Women's and Children's Health Network.

In the past decade there has been a resurgence in milk banking, driven by increased recognition of the advantages of human milk for preterm infants. Drawing on local and international research, this presentation examined the benefits of donor human milk for preterm infants and current controversies including safety, access and the need to protect milk banks from commercial interests.

**Healthy Development Adelaide (HDA) forum on Development and Wellbeing in Early Childhood: Building a brighter future for our children.** This forum was held in conjunction with our partner organisation the Department for Education. Chaired by **Professor Carol Maher** (HDA Co-Convenor), Professor of Population and Digital Health, Medical Research Future Fund Investigator / Deputy Director of the Alliance for Research in Exercise, Nutrition and Activity (ARENA), University of South Australia.



Speakers included **Kim Little**, Chief Executive, Office for Early Childhood Development on **Investing in early childhood**; **A/Professor Yasmin Harman-Smith**, Head of Early Years Systems Evidence, Telethon Kids Institute on **Targeting impact to achieve change that matters for kids**; **Ben Rogers** on **Integrating Mental Health into the Early Childhood Development story**; **Kylie Dankiw**, PhD candidate, Allied Health and Human Performance, University of South Australia on **Nature play for well-being in early childhood, the challenges and opportunities.**

Pic l to r: Kim Little, Kylie Dankiw, Ben Rogers, Yasmin Harman-Smith and Carol Maher.



## HDA Media Training Workshop 2024

**Thank you to our HDA Ambassador Mike Smithson from 7NEWS who delivered our HDA Media Training Workshop last week to a group of our HDA Scholars and PhD student members.**

Mike Smithson is news presenter and chief reporter at Channel 7 Adelaide. He has more than four decades experience in newspaper and television news gathering in Adelaide and internationally.

"I came away from the workshop with a new confidence in how to handle myself when being interviewed by the media. It was a very informative afternoon and I look forward to putting what I have learnt into practice in the future".

"Mike gave some great general advice in the session, particularly related to ensuring that there is adequate time to prepare for interviews. I found the suggestions around structuring a key message particularly useful".

"The media training was well delivered with a good mix of theory and practice, proceeding at an excellent pace that provided ample opportunities for interaction and engagement. We received valuable information, and it was a fantastic learning experience".

"I found the workshop very useful. Mike is well versed in the art of the interview. I was lucky enough to be picked to have a mock interview which was a very useful experience".

Our attendees, pictured l to r, Bereket Menota (University of Adelaide), Lisa Callahan (Flinders University), Yohannes Efa (UniSA), Jessica Williamson (Flinders University), Jun Ho (UniSA), Rachel Lever (UniSA), Steve Kinsey-Trotman (University of Adelaide) and Zoe Herriman (University of Adelaide) with Mike Smithson.



## HDA MEMBER PROFILE - DR TANIA PLUECKHAHN TELETHON KIDS INSTITUTE



Dr Tania Plueckhahn is an early career research with a variety of other work experiences behind her. Her background includes Psychology, Education and Health. Tania's research interests are in the areas of learning and behaviour, inclusive education, implementation science, trauma-informed practice and human-animal interaction in animal assisted services.

In 2022, Tania completed her PhD in Psychology at the University of Adelaide. Her thesis focused on understanding the relationships between brain lateralisation, temperament and problem-solving in domestic dogs (*Canis familiaris*). She also explored the relationship between owner self-rated personality and owner rated dog temperament. She is interested in continuing to explore the inclusion of animals in health and education settings through better understanding of human-animal interactions. Tania has previously provided tutorials in the School of Psychology in Learning and Behaviour, and Social Psychology. As part of her adjunct role, she currently provides lectures for the third year Learning and Behaviour course on Animal Training and Research.

As a Research Fellow in the Early Year Systems Evidence team at the Telethon Kids Institute, her role includes managing and supporting the delivery of high-quality research and evaluation projects. Tania brings an understanding of early years systems, government policy, and implementation, and how these intersect to contribute to positive outcomes for children and young people.

Previously, Tania worked in research roles in not-for-profit organisations and policy roles in state government, collaborating on projects with government departments, not-for-profit organisations and Aboriginal Controlled Community Organisations. She has experience in the evaluation of programs and services, population research and data analysis. Tania has experience in working with stakeholder organisations and communities to build capacity in evaluation skills and knowledge, mentoring individuals to collect and analyse data for specific projects. She builds positive relationships with stakeholders working closely with them to report and present findings to a wide variety of audiences. Recent projects have focused on outcomes for children and young people, and Aboriginal communities.

### BECOME A HDA MEMBER TODAY ...

Join us in fostering South Australian multidisciplinary research, policy and practice at basic, clinical, social and population levels to enhance the healthy development and wellbeing of Australia's future generations.

HDA membership is open to researchers, PhD students and professionals working in areas relevant to HDA's research.

#### Membership benefits

- Access to travel grants (PhD students and early career researchers)
- Access to PhD scholarships
- Eligibility to apply for HDA awards
- HDA event attendance certificates towards your continuing professional development points
- Build relationships with people working in areas relevant to the health and development of young children and adolescents
- Contribute your knowledge and expertise to make a difference
- Support HDA into the future

**If you are not involved in research or are part of the general community not to worry as we also welcome your membership and support. We would love to have you be a part of our network!**

1 year for \$30 or 3 years for \$60 (excluding GST).

<https://health.adelaide.edu.au/healthy-development-adelaide/get-involved>



## Celebrating 20 Years in 2024 HDA Scholars - Where are they now?



**Dr Verity Booth**, 2016 5<sup>th</sup> cohort

Verity was awarded her PhD in 2023, however she is currently using her skills in a different role as teacher to her son in home education. She is also using this time to write up her research for publication.

Verity's PhD project focused on auditing existing data on Australian children's physical activity and sedentary behaviour.



**Dr Victoria Branson**, 2016 5<sup>th</sup> cohort

Victoria is currently working as a clinical psychologist at the Statewide Eating Disorder Service.

Victoria's PhD project focused on designing, evaluating, and utilising a holistic measure of adolescent stress.



**Dr Amy Wooldridge**, 2014 4<sup>th</sup> cohort

Amy Wooldridge is currently working as a postdoctoral researcher within the Robinson Research Institute at the University of Adelaide.

Amy's PhD project focused on the impact of placental restriction on adolescent immune function in sheep.



**Dr Bing Wang**, 2014 4<sup>th</sup> cohort

Bing is currently a Postdoctoral research fellow at the Adelaide Medical School, University of Adelaide and Women's and Children's Hospital, Women's and Children's Health Network, Adelaide.

Bing's PhD project focused on the clinical and financial burden of invasive meningococcal disease in Australian children and young adults.



**Dr Stefania Velardo**, 2012 3<sup>rd</sup> cohort

Stefania is a Senior Lecturer in Health Education in the College of Education, Psychology & Social Work at Flinders University. She recently completed a secondment as a Senior Project and Policy Officer with the South Australian Council of Social Service in South Australia.

Stefania's PhD project focused on understanding preadolescent food literacy in low socioeconomic communities.

*We thank the Channel 7 Children's Research Foundation for their financial support for the Scholars program and the PhD Excellence Awards.*

To read more on our Scholars career paths go to: <https://health.adelaide.edu.au/healthy-development-adelaide/our-people/celebrating-20-years-in-2024>



## **Celebrating 20 Years in 2024 HDA Scholars - Where are they now?**



**Dr Susan Smith, 2020 9<sup>th</sup> cohort**

Susan is employed conjointly by Flinders University as an academic with a teaching focus as well as SA Health working on a research project investigating the experiences of First Nations Women's birthing experiences in the South Adelaide area.

Susan's PhD project focused on an exploration of vaccine hesitancy in pregnancy and parenting.



**Dr Shabnam Kashef, 2019 8<sup>th</sup> cohort**

Shabnam is working as a Research Analyst for ECH, a South Australian provider of retirement living accommodation and aged care services.

Shabnam's PhD focused on enhancing menu compliance and vegetable intake among Australian children in long day care settings through a Menu Box Delivery Service.



**Dr Rosa Virgara, 2018 7<sup>th</sup> cohort**

Rosa is a Lecturer in Physiotherapy within Allied Health and Human Performance and member within the Alliance for Research in Exercise, Nutrition and Activity (ARENA) research group at the University of South Australia.

Rosa's PhD project focused on Physical activity, screen-time and wellbeing in Outside School Hours Care Services.



**Dr Jago Van Dam, 2017 6<sup>th</sup> cohort**

Jago is now a Software Developer working at Sintelix, a leading provider of text intelligence software.

Jago's PhD project focused on the effects of pro-inflammatory conditions of pregnancy on cortical development and neuroendocrine function through childhood and adolescence.



**Dr Joyce Haddad, 2017 6<sup>th</sup> cohort**

Joyce is an early career researcher in nutrition and dietetics, and living in Switzerland and working at the Bern University of Applied Sciences where she focuses on e- and m-Health and behaviour change research to improve the diet quality of adults and children in Europe.

Joyce's PhD project focused on establishing the effect of digitally delivered, tailored nutrition messages on improving the diet quality of Australian adults.

*We thank the Channel 7 Children's Research Foundation for their financial support for the Scholars program and the PhD Excellence Awards.*

To read more on our Scholars career paths go to: <https://health.adelaide.edu.au/healthy-development-adelaide/our-people/celebrating-20-years-in-2024>

## HDA Travel and Development Grant Recipients, round 2 2024

**Congratulations to our following members who will each receive funding towards their conference travel and development, July-December 2024.**

**Dr Erandi Hewawasam**, Australia and New Zealand Dialysis and Transplant Registry, SAHMRI / Faculty of Health and Medical Science, University of Adelaide. *International Joint Congress of the International Society of Obstetric Medicine and the Society of Obstetric Medicine of Australia and New Zealand, Sydney, Australia.*

**Dr Grace McBride**, School of Public Health, University of Adelaide. *Global Evidence Summit, Czech Republic.*

**Meredith Smith**, School of Allied Health Science and Practice, University of Adelaide. *Australasian Academy of Cerebral Palsy and Developmental Medicine conference, Cairns, Australia.*

**Alexandra Procter**, School of Public Health, University of Adelaide. *Society for Social Medicine and Population Health 68th Annual Scientific Meeting, Scotland.*

**Narelle Robertson**, Education Futures, University of South Australia. *British Educational Research Association Conference, United Kingdom.*

**Rachel Lever**, Australian Centre for Child Protection, University of South Australia. *Child Sexual Abuse and Harmful Sexual Behaviours National Conference, Melbourne, Australia.*

**Emily Eglitis**, Alliance for Research in Exercise, Nutrition and Activity (ARENA), University of South Australia. *Physical Activity and Public Health Practitioner Course, USA.*

**Amandi Hiyare**, Flinders Health and Medical Research Institute, College of Medicine and Public Health, Flinders University. *International Population Data Linkage Conference, USA and World Congress of Epidemiology, South Africa.*

**Evangeline Lovell**, Robinson Research Institute and School of Biomedicine, University of Adelaide. *Australian Reproduction Update, Melbourne, Australia.*

## HDA MEMBER PUBLICATIONS

**Receipt of parenting, disability, unemployment, and other income support payments in persons aged 16 to 33 years – the associations with child maltreatment**

Emmanuel S. Gnanamanickam, Leonie Segal >> [see page 22 for the media release](#)

<https://www.sciencedirect.com/science/article/pii/S0145213424003156>

**Investigating the impact of Out-of-Home Care on early childhood development**

Krystal Lanais, Emmanuel Gnanamanickam, Miriam Maclean, Leonie Segal

<https://www.sciencedirect.com/science/article/pii/S0145213424002461>

**Cardiovascular disease in adults with a history of out-of-home care during childhood: a systematic review and meta-analysis of prospective cohort studies**

Emmanuel Gnanamanickam, Leonie Segal et al

[https://www.thelancet.com/journals/lanpe/article/PIIS2666-7762\(24\)00151-0/fulltext](https://www.thelancet.com/journals/lanpe/article/PIIS2666-7762(24)00151-0/fulltext)

**The Australian Child Maltreatment Study: National prevalence and associated health outcomes of child abuse and neglect**

Leonie Segal and Emmanuel S Gnanamanickam

<https://www.mja.com.au/journal/2024/220/5/australian-child-maltreatment-study-national-prevalence-and-associated-health>



## HDA PARTNER NEWS THE WCH FOUNDATION

**The Women's & Children's Hospital Foundation is pleased to announce the awarding of the 2024 Matthew Scriver PICU Nurses scholarship to Carley Manhire.**

Carley is pictured here with Matthew's parents Nicola and Peter, who established the scholarship in their son's memory in 2006. Carley has spent time working in various critical care settings at the Women's and Children's Hospital, including the Paediatric Intensive Care Unit, Neonatal Intensive Care Unit, and the Emergency Department.

During her time in these settings, Carley has seen the benefit of providing a way for patients and their families to document and tell the story of their medical journey. As a result, Carley's project will explore the feasibility of a bead-gifting program in PICU, where medical procedures and interventions are visually represented using beads. Carley hopes that a bead-gifting program in PICU will improve the patient experience during hospitalisation, whilst also providing a tool for children and their families to discuss, reflect upon, and articulate their individual health journey. Congratulations Carley!



### HDA Partner News Women's and Children's Health Network

The Women's and Children's Health Network (WCHN) is proud to celebrate the achievements of staff, volunteers and consumer advocates across our organisation with the annual Excellence Awards.

View the finalists here

<https://www.wchn.sa.gov.au/about/wchn-excellence-awards>

Winners of each category will be announced at the 2024 WCHN Excellence Awards dinner on Friday 23 August, which is proudly supported by the Women's and Children's Hospital Foundation.



# PARTICIPANTS NEEDED! TACKLING CHILDHOOD PERFECTIONISM



## PERFECTIONISM

Is the enemy of

*progress*

Winston Churchill

This research has been reviewed by:

- \* The Human Research Ethics Committee Flinders University (HREC 5816)
- \* Curtin University Human Research Ethics Committee (HRE2023-0652)
- \* South Australian Department for Education
- \* Association of Independent Schools of South Australia
- \* Catholic Education South Australia

**Funded by the Channel 7 Children's  
Research Foundation**



## Are you the parent/carer of a child aged 7 to 12 who:

- Feels bad about themselves if they do not do very well at things (e.g., school, hobbies).
- Continually sets goals for themselves that seem difficult to reach.
- Tends to procrastinate, or put things off, even though they feel bad about it later.
- Spends a lot of time thinking about their mistakes or any errors in what they do.



### What is the approach of the Guided Parent-Delivered Cognitive Behaviour Therapy for Perfectionism research study?

The program includes six modules, designed to be used by the caregiver with the child, in interactive learning activities, supported by an online guidance session once a week. Each of which contains:

- Information about perfectionism.
- Activities for the caregiver to complete independently.
- Handouts for the caregiver to give to the child and discuss with them and exercises that the caregiver and child can complete together.
- Questionnaires for you and your child to complete online over the course of the evaluation and 12-weeks after the intervention is completed.



**Flinders  
University**

Institute for Mental Health &

*wellbeing*

The program aims to help: (1) children pursue meaningful goals whilst reducing distress – not lowering their standards; (2) children explore new thoughts, behaviors, and less harmful avenues to achievement; (3) caregivers identify perfectionism in themselves, promoting joint learning.

**To participate or see additional study details  
follow the QR code or email  
[maya.jabs@flinders.edu.au](mailto:maya.jabs@flinders.edu.au)**



**PARTICIPANTS NEEDED!**  
**\*\* FOR HEALTHCARE PROVIDERS \*\***

## **Relationship Satisfaction in Women from Migrant and Refugee Backgrounds**



- Do you possess experience or expertise in offering sexual and reproductive healthcare services to women from migrant and refugee backgrounds?
- Whether you're a gynecologist, general practitioner, sexual health specialist, nurse, midwife or hold any other relevant role, we extend an invitation for you to join us.
- We welcome healthcare providers practicing in Adelaide, South Australia.

The healthcare provider will receive compensation for their participation in the study.

To take part, email  
[negin.mirzaeidamabi@adelaide.edu.au](mailto:negin.mirzaeidamabi@adelaide.edu.au) or  
For more information click [HERE](#)

The project has been approved by the University of Adelaide's Human Research Ethics Committee  
(Ethics approval number: H-2024-011)



## **PARTICIPANTS NEEDED!** **'BALANCE GAMES' STUDY**

The University of South Australia are inviting parents and children/youth aged 10-15 years to participate in a study about digital balance games.

Participants will receive \$50 for their time.

Interested? Visit the Research Volunteers Website to see what's involved!



## **'BALANCE GAMES' STUDY**

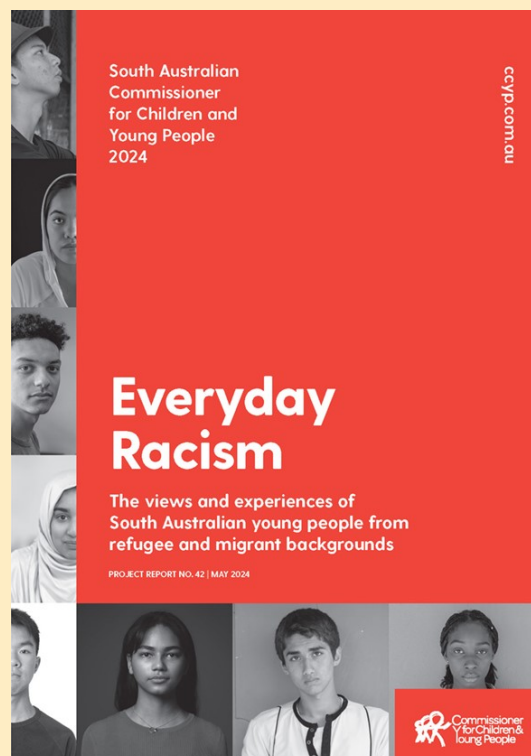
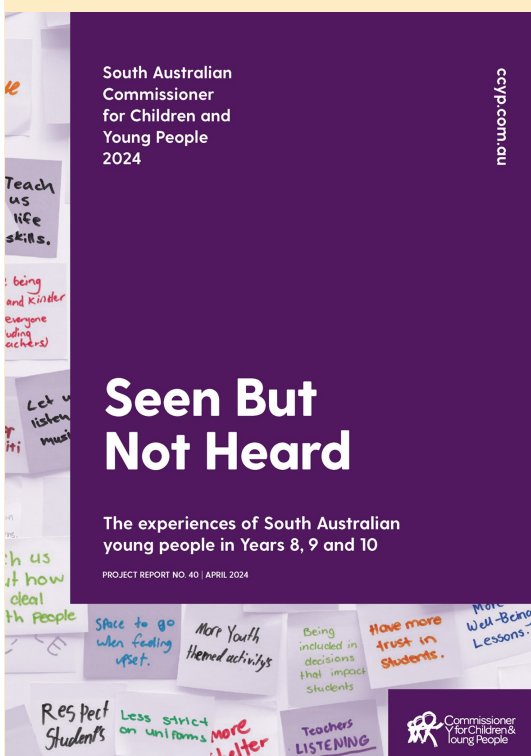


This project has been approved by the University of South Australia's Human Research Ethics Committee. (Ethics protocol 206184)

### **Curious about digital balance games for children/youth?**

The University of South Australia want to hear from you! Visit <https://www.unisa.edu.au/research/research-volunteers/exploring-the-biodex-bioswaytm-digital-balance-games-for-children-and-adolescents/> to find out if you and your child are eligible.

### **Commissioner for Children and Young People - recent reports**



The reports can be found at [www.ccyp.com.au/publications](http://www.ccyp.com.au/publications)



# Circular RNAs - the new frontier in cancer research

Media release - 2 August, Flinders University

Unravelling the complexities of circular RNAs (circRNAs) in cancer biology has positioned scientists on the cusp of revolutionary breakthroughs in the diagnosis and treatment of cancer.

A new Flinders University study published in *Nature Reviews Cancer*, one of the world's top-ranking cancer journals, predicts remarkable potential for circular RNAs to improve cancer treatment and patient outcomes within next 5-10 years.

"Over the past decade, research into circRNAs has emerged as a vital area of study, revealing the crucial role these unique RNA molecules play in cancer biology," says Flinders University Professor Simon Conn, who leads the Circular RNAs in Cancer Laboratory at the Flinders Health and Medical Research Institute (FHMRI).

"By understanding the specific functions of circRNAs at every stage of cancer, we hope to harness them in the fight against cancer paving the way for innovative diagnostic and therapeutic developments that may change the landscape of oncology forever."

RNA is a family of genetic fragments, very similar to DNA, present within human cells. CircRNA is the most recently discovered type of RNA which differ to other RNAs in that they are a closed circle, and they have a special significance in the continuing fight to combat cancer.

The study '*Circular RNA in Cancer*' reviewed key aspects of circRNAs including how they are made, the way they function in driving cancer and how they can be exploited as a novel treatment for cancer.

"We only became aware of circRNAs approximately 10 years ago. But in that short time, we have found there are more than 10 times as many circRNAs than all other RNAs combined, and they play a huge role in every stage of almost every cancer – from initiating the first cancer-causing mutation through to metastasis and even making

cancer cells resistant to chemotherapy," he says

"Information on circRNAs is rapidly advancing, we now know that natural circRNAs can be used to induce an immune response to kill cancer cells, mimicking the way the synthetic COVID-19 vaccine works to target the virus. We've also discovered that high levels of circRNAs in certain people can cause mutations in their DNA which results in a form of blood cancer, called leukemia."

The study also highlights the potential to use circRNAs as a cancer biomarker.

Lead author, Dr Vanessa Conn, Senior Researcher at Flinders University, says circRNAs will play an important role in cancer detection and diagnosis in the future.

"CircRNAs can be used as cancer biomarkers in liquid biopsies, such as blood, to help doctors know when cancer starts before it can be imaged by MRI, and even when it is responding to treatment," says Dr Vanessa Conn. Critically, by using strategies to increase or decrease specific circRNAs in cancer, we can use them as a completely novel therapy that will benefit patients with difficult to treat cancers, such as brain cancer and pancreatic cancer. As we continue to uncover the intricate workings of circRNAs, the potential applications in personalised medicine may soon become a reality," she says.

The Flinders University based, husband and wife research team is continuing the study to investigate circular RNAs' role in cancer and other diseases.

The article, '*Circular RNA in cancer*' by Vanessa M. Conn, Arul M. Chinnaiyan and Simon J. Conn is published in the *Nature Reviews Cancer* journal, DOI: 10.1038/s41568-024-00721-7

*This study involved researchers from Flinders University and the University of Michigan.*

**Acknowledgements:** The research was supported by the Australian National Health and Medical Research Council (GNT1198014 and research fellowship to S.J.C.) and Tour de Cure (RSP-089-2020 to S.J.C. and V.M.C.). A.M.C. was supported by the following National Cancer Institute grants U2C CA271854, P50 CA186786 and R35 CA231996.

## Impact of excess folic acid on the pathogenesis of Gestational Diabetes



There are links between excess folic acid intake and gestational diabetes. This project will establish how excess folic acid intake contributes to gestational diabetes and will help to inform screening and advice for women during pregnancy. This project includes collaboration with clinicians and midwives from South Adelaide Local Health Network (SALHN) – \$1,000,000.

Led by Professor Claire Roberts, Flinders University (HDA Co-Convenor)

# Confirmed link between maternal asthma and child allergies

Media Release - 29 July, University of Adelaide



For the first time, researchers from the University of Adelaide's Robinson Research Institute, University of South Australia and University of Queensland have confirmed maternal asthma increases risks of child allergies.

In a systematic review of more than 20,000 sources, PhD student Andrea Roff and team discovered children whose mothers have asthma are 76 per cent more likely to have the condition themselves.

The review is the first time anyone has brought together the data on how severity and control of asthma during pregnancy affects allergy and asthma outcomes in the children.

It also found better asthma control during pregnancy reduces the risk in children.

"We found maternal asthma is associated with an increased risk of wheeze (59 per cent), food allergy (32 per cent), eczema (17 per cent) and hay fever (18 per cent)," said Ms Roff.

"Associations between maternal asthma and risks of progeny asthma were similar when the exposure was maternal asthma during the index pregnancy or as a history of asthma, consistent with the chronic nature of asthma.

"Uncontrolled and more severe maternal asthma during the index pregnancy were also associated with increased risk of progeny asthma.

"There was insufficient evidence to assess impacts of maternal asthma control and severity on progeny wheeze or allergic disease, nor of asthma exacerbations or inactive v active asthma during pregnancy."

Senior author and Associate Professor Kathy Gatford said the review also found better asthma control during pregnancy reduced the risk for children.

"Our analysis suggests programs targeted to improve pregnancy management of asthma might improve long-term progeny health as well as reduce risks of pregnancy complications," said Associate Professor Gatford.

"When mothers have asthma, risks of asthma in progeny are 13 per cent lower when maternal asthma is well-controlled, and 19 per cent lower in those whose mothers had mild asthma compared to moderate or severe asthma.

"This provides a new motivation to work hard on asthma control during pregnancy.

"We already know that good asthma control improves outcomes during pregnancy and at birth, and we now know that children whose mothers had well-controlled asthma during pregnancy are at lower risk of developing asthma themselves."

## 2024 Future Fellow - A/Professor Kylie Dunning



Kylie Dunning was awarded **\$1,061,521** for research into improving fertility through an innovative method of growing ovarian follicles in the laboratory – suspension using sound.

The project will generate new knowledge on how to provide optimal conditions for follicle culture using newly developed acoustic technology, with the expected outcomes being the development of new platforms to monitor and optimise growth of the developing follicle, which will ultimately increase how many viable eggs can be grown from stored ovarian tissue.

Potential applications of this research are broad – from its application to threatened species protection, to the economic benefit through development of novel, next-generation reproductive biotechnologies.

## Protect the child, save the adult: An opportunity to cut welfare costs by nearly 40%

Media release - 23 July, University of South Australia



New research from the University of South Australia shows that people who have suffered child abuse or neglect are three times more likely to access government income support payments in early adulthood, underlining the costly and long-term effects of adverse early life experiences.

Linking child protection records with national welfare income payment records, researchers found that the extra costs associated with child protection contact added 39% to the national income support budget.

Specifically, the study found that individuals involved with child protection were:

- 5 times more likely to receive unemployment payments (Jobseeker or Youth Allowance)
- 5 times more likely to receive long-term disability payments
- 3 times more likely to receive parenting payments (with dependents under eight years and meeting income and assets tests).

For the 339,411 individuals in the study, cumulative income support payments (age 16 to 33 years) were \$181,743 for individuals who had been placed in out of home care, compared to \$38,570 for those with no child protection contact).

These large downstream costs of child abuse and neglect (related to income support) reflect reduced employability (associated with lower education attainment), difficulties with relationships, and physical and mental health conditions.

Researchers say the high budget costs present a strong case for effective preventative and protective measures to halt child maltreatment and its longer-term outcomes.

"It's well-established that child abuse and neglect have a wide range of negative consequences across life," UniSA's Dr Emmanuel Gnanamanickam says.

"We have previously estimated the costs to the public hospital system, but this is the first time globally, that the excess costs to government income support payments (associated with child protection contact) have been reported.

"By quantifying the relationship between child protection and income support payments, we're able to see some of the longer-term effects of child abuse and neglect (and associated adverse childhood experiences), and their bearing on the national budget.

"Our study shows that people who have had contact with child protection agencies are three times more likely to receive welfare payments as they get into early adulthood, which when extrapolated to the Australian population equates to more than \$5.2 billion of the Federal Government's income support budget."

In Australia, an estimated one in seven (or 2.1 million) people have experienced childhood abuse.

Senior researcher, UniSA's Professor Leonie Segal, says that the dollar figures amplify the imperative to invest in prevention.

"By highlighting the burden associated with maltreatment, we're providing a budgetary impetus to invest in preventive interventions and to support children and young people experiencing maltreatment to change their life trajectories," Prof Segal says.

"Children affected by child abuse deserve to grow into young adults who can successfully navigate and ideally heal from their maltreatment experience. They deserve to be able to fully participate in society and the economy, and to do so without persevering disadvantage.

"We know that adverse early-life experiences can have life-long impacts. We know that not enough is being done to prevent child abuse and neglect or minimise the harms.

"Putting a dollar figure on the longer-term burden of child maltreatment may be the only way that we can ramp up investment in prevention and better support children involved in child protection and their families."

\*This research is funded by the Channel 7 Children's Research Foundation, a not-for-profit organisation dedicated to enriching the lives of children through research.

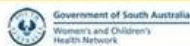


## Helen Mayo House Perinatal & Infant Mental Health Conference

THE 2024 HELEN MAYO HOUSE  
PERINATAL & INFANT MENTAL HEALTH  
CONFERENCE

21 – 22 November 2024

Adelaide Convention Centre



Enriching  
Outcomes  
in the  
Early Years



The 2024 Helen Mayo House Perinatal & Infant Mental Health Conference will be held at the Adelaide Convention Centre from 21 - 22 November 2024.

With the theme *"Enriching outcomes in the Early Years"*, we will gather a host of interesting and thought-provoking speakers in Plenary and Break-out Sessions to enrich your knowledge and your work.

More information on the program and speakers can be found here: <https://www.wch.sa.gov.au/professionals/workforce-development/hmh-annual-conference-2024>

Register now at: <https://pecbookings.eventsair.com/2024hmhconference/registration/Site/Register>

## Maternal Child and Family Health Nurses Australia Conference *Driving Change for Better Outcomes*

# Innovations

*'Driving Change for Better Outcomes'*

August 29-31, 2024

Brisbane Convention & Exhibition Centre



The 2024 conference theme is **"INNOVATIONS-Driving Change for Better Outcomes"**. This will be an opportunity to shine a light on exciting initiatives; showcase new ideas and ways of practicing; emerging thinking and evidence; improvements in program designs and creatively engaging with parents and children to showcase what is happening in your location, to challenge and lead debate and be part of advancing the practice of Maternal, Child and Family Health.

The conference is set to impress and inspire, including

- Key guest speakers and experts - to challenge and provoke thinking, practice and our future
- Opportunities to be in a collective 'Community of Practice' environment
- Listen, learn and be stimulated by the vast number of abstracts submitted by colleagues from across the country, each depicting valuable learnings and research in the field of Maternal Child and Family Health Nursing
- Cultivating new skills and acquiring knowledge through the selection of workshops
- Conference Dinner

Further info: [www.mcafhna.org.au](http://www.mcafhna.org.au)



## Supporting infants' and toddlers' resilience during daily transitions AIFS and Emerging Minds - online webinar



### Presenters:

Dr Robyn Dolby, Dr Belinda Friezer, Claudius Reiman and Vicki Mansfield.

This webinar will explore ways to support parents/carers and educators during daily transitions to promote resilience in infants and toddlers.

Wednesday 14 August, 12:30 - 1:30 PM ACST

Further info and registration:

<https://register.gotowebinar.com/register/1521892758610294361>

## SO YOU WANT TO KNOW WHAT'S GOOD FOR YOUR KIDS? Dr Norman Swan

Bestselling author **Dr Norman Swan** returns to the Hawke Centre to present insights from his latest book, *So You Want To Know What's Good For Your Kids?*, followed by an in-conversation with University of South Australia's **Professor Susan Hillier**.

We all want children to grow into happy, healthy adults, and the first ten years count more than any other time in their lives. Dr Swan's book is the ultimate parenting guide, cutting through to what matters most in raising a healthy, resilient child from birth to ten. Dr Swan replaces myths, half-truths, and misconceptions with practical knowledge on topics that parents agonise over, including sleep, diet, school refusal, screens, social media, genetics, anxiety, ADHD, and much more.

Register to attend this event either in-person at the venue or via livestream online.

Tuesday 27 August, 6.00 - 7.15pm

Online & Allan Scott Auditorium, Hawke Building, UniSA City West Campus, 55 North Terrace Adelaide

<https://unisa.edu.au/connect/hawke-centre/events-and-exhibitions/events/2024/norman-swan-so-you-want-to-know-whats-good-for-your-kids/>

## Research Tuesdays, University of Adelaide Improving endometriosis care

Nearly one million Australians suffer from endometriosis pain. Associated healthcare expenses and loss of social and economic engagement cost Australia billions per year. And yet, despite its undeniable toll, pathways to diagnosis and treatment remain challenging. Fortunately, researchers from the University of Adelaide are breaking down the barriers to accessible care. With AI, new medicines, and community platforms, they're revolutionising less invasive diagnosis, pain management, and information accessibility.

Presenters: **Professor Louise Hull, Dr Beck O'Hara and Dr Jodie Avery**

Tuesday 13 August, 5.30pm start

The Braggs Lecture Theatre, University of Adelaide, North Terrace

Register in person:

<https://events.humanitix.com/research-tuesdays-improving-endometriosis-care>

Register for the webinar:

[https://adelaide.zoom.us/webinar/register/WN\\_XqkNxIleSnqtKoIF4TSh8w#/registration](https://adelaide.zoom.us/webinar/register/WN_XqkNxIleSnqtKoIF4TSh8w#/registration)

## Supporting fathers and fathers-to-be: Insights from research and practice AIFS and Emerging Minds - online webinar



Presenters:

Harley Hall, Dr Vincent Mancini, A/Professor Tim Moss, Rosie Schellen, Dr Melissa Willoughby and Dr Sean Martin

This webinar will discuss ways to support fathers and fathers-to-be to promote child and family wellbeing.

Wednesday 28 August, 12:30 - 2:00 PM ACST

Further info and registration:

<https://register.gotowebinar.com/register/9024418047636536922>

## Nutrition Essentials Online (Free)

### Nutrition Essentials

Healthy Minds and Sprout team up to address the psychology of health and eating. You will leave this session with the skills, knowledge and motivation to implement positive nutrition changes in your diet

Themis Chryssidis from Sprout to address the psychology of health and eating, explore the relationship between diet, health and performance, what a healthy diet actually is, barriers to a healthy diet and practical strategies to overcome these barriers.

Themis Chryssidis has a Masters of Nutrition and Dietetics, Bachelor of Psychology, Graduate Certificate of Human Nutrition, Certificate IV in Training and Assessment, Certificate IV in Fitness, and he is currently Managing Director of Sprout.

Thursday 22 August, 12:00 - 1:00 pm ACST (Adelaide time)

Register here: <https://events.humanitix.com/nutrition-essentials>

## Media and communication workshop for researchers

**Adelaide**, Monday 26 August, 9am to 5pm

Level 9, Adelaide University Health & Medical Sciences Building, North Terrace

This is a full-day practical workshop where you will learn how to **effectively communicate** about your work to the media. Over the course of the day, you will:

- Meet local journalists and find out how the media works.
- Practice being interviewed 'on tape' and in front of camera by journalists.
- Learn how media coverage can help you amplify the impact of your research.

By spending the day meeting, talking, and working with journalists from television, print and radio you will learn how to tell your story in a way that works for the media. Our two presenters are experienced science communicators who will guide you in how to ensure your story stays true to the science and delivers impact. The skills you learn will be useful across other audiences that you need to reach including government and industry.

Read more here: <https://events.humanitix.com/sip-adelaide-aug2024> and if you have any questions, or would like to find out more, please contact Sarah Brooker on [sarah@scienceinpublic.com.au](mailto:sarah@scienceinpublic.com.au) or 0413 332 489.

The cost is \$800 +GST per person. Includes morning tea, lunch, and afternoon tea.