



Sharon Grierson MP
Federal Member for Newcastle

Media Release
22 July 2010

Sharon Grierson Makes Pit Stop with Veterans

Federal Member for Newcastle, Sharon Grierson MP, today visited TPI House to inspect the "Pit Stop" Health Day, a Hunter New England Area Health initiative promoting health check ups for Veterans.

"This is wonderful program is performing a vital service for our local Veterans community," said Ms Grierson.

"Today alone, it is expected to provide free health check ups for up to 80 Veterans."

The Pit Stop Health Day is being held as part of Veterans' Health Week, which aims to reinforce the benefits of regular health checks and good nutrition.

The program uses the language of a car workshop to focus on health issues specific to men. It provides brief health checks, information, and education/discussion sessions.

Veterans are provided with general screening and information for their Spare Tyres (girth), Exhaust (smoking), Shock Absorbers (emotions), Ball Bearings (testicles), Fuel Additives (alcohol) and Seat Belts (Carers).

The Program was originally developed in Western Australia but in the last few years has been rolled out by a number of health services across the country.

It has been so successful that there are plans for it to be adapted for the wider community within the next year.

The next Pit Stop Health Week will be held on Saturday the 16th October at the Department of Veterans' Affairs Expo at the Newcastle Police and Citizens Youth Club.

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