

# **MEDIA RELEASE**

**NEWS FROM THE UNIVERSITY OF TASMANIA**

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ATTENTION: Chiefs of Staff, News Directors

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## Researchers say thank you with afternoon tea

Community volunteers who have slogged their way through a chilli or chick-pea diet, or subjected themselves to an unfamiliar exercise regime in the name of science will be thanked at a special ceremony tomorrow.

The School of Human Life Sciences UTAS will be hosting an afternoon tea to thank the volunteers for their involvement in a range of different research studies.

More than 200 volunteers from the community have been invited to attend the afternoon tea on Tuesday, 19 October (3-4.30pm), at the Sir Raymond Ferrall Centre, UTAS Newnham Campus.

Those attending the event have been involved in one or more studies led by researchers and academics within the school.

Results from these studies are regularly presented at national and international conferences and published in various internationally renowned scientific journals.

One Northern Tasmanian volunteer, Dr June Hazzlewood, has been taking part in a various studies for researchers for several years, including studies on fitness programs, cognitive health, and the effects of certain foods and exercise on the risk factors for heart disease.

“My interest in being a sample participant began when I returned to formal study following retirement and needed to recruit participants for my own research,” Dr Hazzlewood said.

“Apart from the obvious value to the research, the social interaction with both researchers and fellow participants is very worthwhile.

“Above all, having regular blood pressure, weight, balance and general mental and physical health checks gives participants an insight into their lifestyle habits and enables them to make informed mind and body ‘keep fit’ choices.”

The Clifford Craig Medical Research Trust has been the key supporter of these studies with the chief executive officer Peter Milne attending the event to address guests.

School of Human Life Sciences research fellow Dr Kiran Ahuja said community involvement was highly appreciated by researchers because, without it, such studies would not be possible.

Dr Ahuja said the relationship between community members and the University was mutually beneficial -- the University enjoyed the advantage of recruiting volunteers for research while participants benefitted from the knowledge they contributed to finding answers to different health problems.

A register will be available at the event for volunteers to advise their contact details for involvement in future studies.

Research studies are conducted throughout the year and further information is available on the UTAS School of Human Life Sciences website [www.hls.utas.edu.au](http://www.hls.utas.edu.au) or from Dr. Kiran Ahuja on (03) 6324 5478.

**PHOTO OPPORTUNITY:**

- **Tuesday, October 19, 2.45 pm Sir Raymond Ferrall Centre, UTAS Newnham Campus**

**For more information contact Luke Scott, UTAS Media Office, on 6324 5019 or 0438 510 616**

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