



Newsletter

March Quarter Issue 1. 2008

Self Help Queensland Inc is a network of self help organisations and groups in Queensland. The network was formed by self help organisations to share resources, support each other, assist in the development of new groups, raise community awareness of the importance of self help and provide a strong united voice on issues which affect our members.

From the President

Sue Smyllie

Hello Everyone

I am writing this with the words of the Australian Parliament's apology to the stolen generations still ringing in my ears. I watched in wonder as crowds spontaneously gathered around television sets in shopping centres and public places around the country. I felt proud, personally touched and thankful, bound up in the emotion and relief. As the country looks forward to a brighter future, SHQ also looks forward to providing all the support we can to Indigenous and non- Indigenous self help groups across Queensland in 2008.

Of the 700 or so groups that SHQ is aware of, none of them particularly identify as Indigenous groups. Very few, to our knowledge, have Indigenous participants. Over the years SHQ has made a number of efforts to meet our inclusive value base in this regard. The latest was an application in partnership with the Indigenous community in Loganlea, to the Department of Families, Community Services and Indigenous Affairs, community mental health program. We were unsuccessful. I can't tell you why – the feedback we received was long winded and generic.

SHQ' professional network includes a number of Indigenous services organisations and personal contacts to whom we turn for advice and to share and exchange information on Indigenous issues. We are always pleased to expand this network and I invite any information or referral other groups may be able to share.

These events have reminded me just how important our deep democracy project is. Building the capacity of the self help sector to lead, to make decisions, to bend our effort wider than government funding imperatives and to help and support each other will require our governments to lift their game. In 2008, SHQ has a number of activities designed to further our deep democracy project.

One is a leadership development activity. This was requested by the 42 people who attended our Complexity Science workshop facilitated by Kristine Quade in October last year. Gail MacPherson, our local Brisbane City Councillor, attended our AGM this year and was very interested in the outcomes and feedback from this workshop. Gail encouraged us to apply, through her office, for funding from the Lord Mayors Livability Fund and I'm very happy to report that the Council has provided over \$8000 to fund a leadership development event to be provided free to up to 60 participants. Criteria for place offered will be the same as those used for the complexity workshop. More information will be provided shortly, you can register your interest at any time.

The event has also been designed to maximise the opportunities for the sector to meet and share expertise and will take place over one full day workshop and one half day workshop with 6 months between them to support reflection and action on the learning. We hope to engage a first class leadership development professional who will also design the content based on participant need. ...I'm excited!...

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**Self Help Queensland Inc
Management Committee Members**

President Sue Smyllie
Secretary Thea Biesheuvel
Treasurer Kathleen Zarubin
Members Diana East
Sharon Neill
Opal Ocean
Cossette Urbani
Bob Wyborn

Committee Meetings

If you would like to attend our meetings, please contact the office for dates and times. Everyone is welcome to attend.

Project Officer

Trish Fallon

Office

The office is attended Monday to Friday, 9am to 4.30pm. However, staff are sometimes required to liaise with groups or attend meetings away from the office.

If you wish to call in to use the office facilities or talk to the project officer, please phone first to ensure that someone will be available to meet with you.

Office Location:

Sunnybank Community Hall
121 Lister Street (Cnr Gager Street)
Sunnybank 4109

Postal Address

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Phone/Fax: (07) 3344 6919

Email: selfhelp@gil.com.au

URL: www.selfhelpqld.org.au

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The material supplied is for information purposes only, and is not to be used for diagnosis/treatment, or as legal, tax, accounting or any other type of advice. Self Help Qld reserves the right to edit contributed articles.

Thanks to Queensland Health for providing funding to Self Help Queensland to help carry out its activities, and for supporting the publication of this quarterly Newsletter.



**To the People of Mackay,
Emerald and Other Areas
Affected by the Recent
Floods**

Our thoughts are with you!

Self Help Queensland has many members living in these areas, and we would like you to know that we are thinking of you. We see you on our television screens bravely facing the destruction of your homes and businesses, and can only be in awe of the courage and humour you bring to the task of cleaning up the aftermath.

The management and staff of Self Help Queensland wish you well, and hope that you and your communities will eventually get to experience some long term benefits as a result of all that rain.

SHQ's Policies and Procedures Manual is reviewed annually, and may be seen at the office by contacting Trish on 3344 6919.

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Genetic Matters

by Kim Summers PhD

Just cloning around

February 2008 was the 10th anniversary of the introduction of Dolly the cloned sheep to the world. Dolly, who died a few years ago, is preserved in the Museum of Scotland in Edinburgh and has become the number 1 attraction of the museum. Dolly was significant because she was the first mammal created from the genetic material of an adult animal and hence almost identical to her donor.

The word “clone” comes from the Greek “klon” meaning twig or slip. It was originally used in biology more than 100 years ago to describe a plant created from a cutting (“slip”), which would be identical to the parent plant. It was adopted to describe cells in a test tube which are derived from a single parent cell (so are identical to it – cellular clones). More recently the term has been applied to stretches of DNA which have been copied to a high number in the laboratory (molecular clones). But the clones which are raising issues today are reproductive clones: identical copies of a whole individual.

Reproductive clones are produced by taking the nucleus of one of the individual's cell and inserting it into an ovum which has had its own nucleus removed. The nucleus contains almost all of the genetic material of the individual, the DNA. In theory the nucleus has the capacity to create an identical copy of the donor. The ovum with the inserted nucleus is then allowed to develop. If implanted into a surrogate mother, it can result in a pregnancy and delivery of an infant whose DNA comes from the donor.

Since the breakthrough production of the most famous clone, Dolly the sheep, reproductive clones have been made for a wide range of mammals including mice, pigs, cattle and cats. The success rate is very low – in producing the first cloned cat over 200 embryos were created for one liveborn kitten. The cloned creatures often do not survive, are born with abnormalities or live shortened lives. This may be related to irrever-

sible aging processes affecting the donor nucleus which often comes from an adult.

The cloned animals are not identical to the donor, for a number of reasons. There is a small amount of genetic material which is not in the nucleus, and in a clone this material comes from the ovum. Other processes which affect one of the two DNA copies can change the characteristics of the clone. The nucleus donor of the cloned cat was tortoiseshell (patches of tabby and orange) but the clone is all tabby. Some characteristics are not due solely to genes and how the offspring develops depends on external factors such as the environment pre- and post-birth.

Clones of humans might offer the promise of replacement parts, cells or organs which could be created from cloned cells in the laboratory (*in vitro*) and transplanted to replace diseased cells without the risk of rejection. This would also overcome the shortage of organs for transplantation. Currently the technology to grow cells and make them convert into particular types is being developed. These cells might be used to replace damaged spinal nerves in paraplegic patients, to reseed the heart with healthy cells after a heart attack, to populate the liver in an individual with advanced cirrhosis, or to replace damaged brain cells in Parkinson or Alzheimer disease. Unfortunately, to create these replacement cells, an early stage embryo must be created and then destroyed to extract the critical cells. This ethical issues involved in creating a potential life to destroy it make many in the scientific as well as general community uncomfortable. But the promise of safe, healthy replacement cells holds out hope for people suffering incurable diseases, and research will continue on how to cause the cells to develop into the specific type, or even to form a whole tissue or organ.

If we can clone humans (and it hasn't been done yet in the laboratory), it raises even more ethical issues. Why would anyone want to clone a human? The organs in the clone would take years to develop to a size which could be used for transplants, so it would not be a short term solution to kidney or liver failure. Removal of the heart and many other organs would result in death of

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the clone, and the clone could not legally be a source of spare parts. Some people might want a clone to replace a dying relative. But the clone would not be physically or behaviourally identical to the donor, for the reasons outlined above, both social and biological. Identical twins are natural clones who are genetically more alike than artificial clones would be, and yet they are not the same as each other. Because of the low success rate of cloning, it is likely that many embryos would be created to result in a single full term pregnancy, which is unacceptable to many people.

The company that cloned the cat tried to make a profit by creating clones of treasured pets but was unable to sustain a viable business. They created two cat clones for \$US50,000 but were never able to clone dogs and went out of business at the end of 2006. Clones of agricultural animals, made by splitting early stage embryos (similar to identical twins) have had some success and nuclear transfer clones have now also been produced commercially. These clones cost about 8 times as much to produce as normal breeding (about \$US15,000 per animal), so they are created from highly desirable parent animals, to be used as sperm and ovum donors. Herds of cloned cattle won't be roaming the fields at those prices. But our own backyards contain hundreds of clones: every time you snip a piece off a neighbour's plant and get it to grow in your own garden you are cloning.

Kim Summers is a Senior Scientist at the Roslin Institute, University of Edinburgh and a member of the School of Molecular and Microbial Sciences of The University of Queensland. She is a past member of the SHQ management committee.

-oOo-

The Cat's Morning

By Thea Biesheuvel

Feline feet
padding my cheek
'open your eyes, I want to eat'
who said that cats cannot be taught
to speak?
we know 'catspeak' for 'meat'!

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Another event is a group skills development workshop which will take place in early March. More information is provided later in the newsletter.

This year is also 'the year of the Centre /s'. Participants of our AGM this year endorsed a plan to advocate for a purpose built self help centre or centres across Queensland. Our vision is a centre with communal meeting rooms, office equipment and administrative support for small self help groups. Groups would be able to use an office intermittently as required and there would be lots of secure storage for other supplies and the equipment that some groups need. I'm sure there are folks with lots of other good ideas for such a centre as well. SHQ hopes that all sorts of small groups would be able to use the centre.....not just health based groups, but also perhaps environmental, social and other groups..a real community self help centre. We have a couple of folk who have volunteered to be on this project working group....anyone is welcome....our first meeting will be in early March, please let Trish know your interest.

I don't know how such a Centre would be funded (though the savings to the State Government by reducing duplication of funding would be significant!). I hope our working group can come up with some ideas. SHQ would love to hear your thoughts on this as well.

All in all, 2008 is shaping to be a busy and important year. I look forward to working with everyone and meeting more of our group members in workshops and meetings.

Regards

Sue Smyllie



Would you like to
catch up on past
SHQ newsletters?

Quarterly Newsletters dating back to March 2005 can be viewed or downloaded free from the Self Help Queensland website at www.selfhelpqld.org.au



The Home of Self Help Queensland

For those of you who have never had the chance to visit us, we thought you might like to see where Self Help Queensland lives so you can place us in some sort of context. We are very fortunate to occupy an office and meeting room in this lovely old Brisbane City Council hall at Sunnybank.

The hall itself is used by many community groups, and scrubs up really well inside when it's set up for special occasions. It has a lovely old fashioned look and feel about it.

Self Help Queensland has occupied the hall for nearly ten years now, and we are very grateful to the Brisbane City Council for maintaining it so well and providing us with affordable rent.

The small meeting room (sits about 10 people comfortably) is air conditioned, and available free to self help and support groups for meetings or counselling sessions. There is disability access and the use of kitchen facilities.

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“There are more pleasant things to do than beat up people.”

Muhammad Ali
17/1/1942.....

Self Help Queensland Thankful for Brisbane City Council Grant

- for Self Help Group Project

Thanks to Councillor Gail MacPherson, our local councillor for the Runcorn Ward, for her strong backing of our application for funding to provide leadership development for Self Help Groups.

Through the Lord Mayor's Suburban Initiative Fund, SHQ has just received a generous cheque for \$8,764.80 to provide a high level leadership development program rarely available to the Self Help Sector.

In October 2007 SHQ held a training program for self help groups across Queensland. 42 people attended. At the end of the session the participants identified a huge need for leadership development and opportunities to get together and learn from each other.

While attending our AGM a week later, Councillor MacPherson advised SHQ about the Lord Mayor's Suburban Initiative Fund, offering her support and encouragement to us to apply.

The 2008 Project will provide a one day leadership event for self help group members and a follow up day learning and sharing opportunity in 6 months.

The initial session will be evaluated by identifying learning and take home messages. The follow up session will identify how the skills gained have been used in the community over the 6 months.

The grant will cover all training costs, catering, workshop materials etc. There is a very small budget to assist people who may need help with transport costs. While the vast majority of groups are located in the Brisbane area, groups from anywhere in Queensland will be very welcome to participate.

Details of the Program, along with all other relevant information, will be advertised to groups once they become finalised. There will be no cost, and the venue will be at the home of Self Help Queensland - the Sunnybank Community Hall. To make sure your group receives an invitation please contact Trish on 3344 6919 or selfhelp@gil.com.au



FREE Group Program

for

Women affected by Domestic or Family Violence

Lifeline Redlands is offering a "Next Steps" Group Program for women who have been impacted by domestic or family violence. The 8 week program provides women with the opportunity to meet other women in a safe environment and gain information, support and practical strategies to deal with the violence that has affected their lives.

The "Next Steps" program is based in the Redlands/Wynnum area and is an educational support group. Alongside the group, Lifeline also offers individual counselling support and an "On-Going" therapeutic support group for those who complete the 8 week program.

Issues covered in the program include:

- Defining abuse and violence – how has it affected you?
- Understanding the cycle of violence – is there a pattern?
- Exploring what causes violence in relationships
- Dealing with the feelings of fear, anger, pain and confusion
- Grief and loss
- Stress management strategies
- What are healthy relationships?
- Learning the warning signs of abusive people
- Understanding the impact of violence on children
- Parenting in a domestically violent situation
- What are your legal rights? Information from a legal representative
- Enhancing self-esteem and strategies for self-care
- Information on support services etc.

Women living outside the Redlands area are welcome to participate.

3 Programs are on offer in 2008 - the next around July. For more information, or to book, please phone 07 3823 2555.

You are Invited to A Unique Night Out

"The Spirit of Difference"

Presented by

Chromosome 18 Registry &
Research Society (Aust) Inc

Tuesday 1st April at 7pm

*An evening celebrating the lives
of people born with disability*

Program

- Entertainment by 'IF' professional capella singers staffed by Access Arts QLD.
- Screening of '18q - a valuable life' by Veronica Wain - (Parent of a child with 18q deletion syndrome. Writer/ Producer, BC(Media & Comm), PhD Candidate Sessional Academic, Queensland College of Art, Griffith University). Veronica will welcome any feedback on the night about this DVD presentation.
- "The Spirit of Difference' Presentation by Rick Guidotti, from Positive Exposure, New York. Positive Exposure, is a not-for-profit USA based organisation, whose innovative programs challenge stigma associated with difference, celebrating the richness of genetic diversity and disability. The organisation is committed to fostering an understanding of the impact of conditions on individuals, families and communities.

Positive Exposure masterfully combines an appreciation of both Science and Art to explore society's concepts of beauty and stigma that are associated with genetic difference cross culturally.

POSITIVE EXPOSURE attacks public fears about difference with positive images and powerful life stories.

The event coincides with Rick Guidotti's visit to Australia. www.positiveexposure.org.

Limited seats. There is a small cost involved.

Venue: Visy Theatre, Brisbane Powerhouse

For further information please contact:

Marlene (NSW) 02 9580-5707, 0400-809-366
Veronica (QLD) 0433-433-204

Nothing like it
seen before in
Australia!

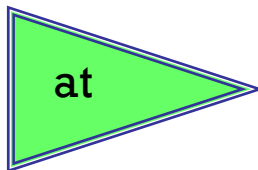
Are You Running A Group?

(or is the Group running you?)

Invitation

to

Come And Learn More About Facilitating



Self Help Queensland
Sunnybank Community Hall
121 Lister Street SUNNYBANK
Monday 17th March 2008
9am to 3pm

for

Facilitators of Self Help Groups or those trying to form a Group

Facilitated by Thea Biesheuvel DipHRD, BA (Psych) MScSoc
Co-ordinator of Survivors of Family Abuse, Secretary Self Help Queensland, JP (Qual)

Participants will be able to:

- Identify the difference between directing and facilitating
- Discuss and practice strategies for getting groups going
- Recognise and tackle common problems in a group
- Build on the strength of the membership of the group
- Develop self-perpetuating groups
- Become part of the 'self help sector'

**Only 20 Places
Available**

RSVP

**RSVP: by 10th March
2008**

**Receipt of \$10 payment
will confirm attendance**

Ph 3344 6919

selfhelp@gil.com.au

Cost: \$10

Morning and Afternoon tea provided

Please bring your own lunch

(Fridge and Microwave available)

Disabled Access

Handouts provided



Marvellous Mature Women

A Friendship and Support Group

Marvellous Mature Women have been offering friendship and social contact to women in their community for the past three years.

“Mature” generally relates to women 40+ though nobody is refused. People new to the area, or people who may just be feeling lonely, are particularly welcomed. The group encourages members to share their skills and talents with each other in an atmosphere of fun and laughter. It also offers:

- Regular guest speakers
- Morning tea
- Outings and social get togethers
- Health promotion
- A suggestion box for members to submit ideas and suggestions which may benefit the group.

The group has only one rule - “Do unto others as you would have them do unto you”

Meets every Tuesday
9.00am to 12.00 noon
Venue: C.A.S.V. Unit 5
13-21 Mayes Avenue
LOGAN CENTRAL

For further information please contact:
Norma Jean Ph: 07 3038 5090

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Informal networks are recognised as a fundamental resource in the promotion of health. There is strong evidence that people who have strong social support are healthier than those who do not”.

Achieving Health for all, Health Canada, 1988

“What you see here, what you hear here, when you leave here, let it stay here”.

Dreamcatchers peer support group pamphlet



New Support Group

SOLACE - Chermside

In the December edition of our newsletter we promised to let you know about a new Solace support group being formed in 2008 on the north-side of Brisbane.

Solace is a group for widowed people run by widowed people. Solace aims to provide a warm, caring environment where people are accepted and encouraged to be themselves.

Solace groups are also located on the Gold Coast and at Mt Gravatt.

Solace - Chermside meets at:
Chermside Library
Hamilton Road, Chermside
Date: Every 2nd Monday
Time: 1pm to 3pm

For further information contact:
Kathy
07 3341 4643
Email: solace@nqvemail.com
URL: www.solace.org.au/queensld.htm

Free Resources on Confidentiality for Self Help and Support Groups

Because it is a very important issue, and since there is a lack of materials written on confidentiality for a lay audience, the Ontario Self Help Network has produced a free 23 page Confidentiality Resource Kit for self help and support groups.

The kit is an excellent resource which contains: An introductory Fact Sheet; Planning Guides to help you build clarity and commitment in your group; Help Sheets for difficult challenges you may face; as well as Group Activity Sheets to help you talk about and practice tough situations. To download this resource for free go to:

<http://www.selfhelp.on.ca/resource/Confidentiality1.pdf>

Self Help Queensland thanks the Ontario Self Help Network for generously providing this free resource.

NO ONE IS AN ISLAND

by Bob Wyborn

(With Apologies to John Donne)

I would like to share with you some simple evidence that we all live on the Mainland. In early 2007 I was invited to speak to the Southside Stampers (a craft group) about the possibility of the Australian Leukodystrophy Support Group being the recipient of their well established fundraising activity. In my address I outlined what the genetic disorder Leukodystrophy is and what it does to our children and adult men and how the central and peripheral nervous systems are destroyed.

I explained to them that this disorder has no cure and all our effected children die an early death. Our men, with whom it presents as young adults, suffer immobility and other incapacitating symptoms as it works its inevitable outcome with them at a later time in their mature adult life.

I gave them a brief outline of what it was like to watch a healthy 9 year old Son rapidly lose all bodily functions and die at the age of 11 years old. I further explained that due to its rareness it is classified as an orphan disease and therefore has not been adopted by the pharmaceutical companies for research into a possible cure.

We were successfully accepted as their beneficiary.

The Southside Stampers held a 12 hour marathon – 8am to 8pm - on the 21st July. It is a well known and attended craft day which demonstrates the many uses of stamps in creating, cards, posters, memorials etc. The profits from sales, food, raffles etc are then donated to their chosen charity. The purpose of this fundraising is for the recipient organisation to ensure that the money is used to purchase equipment or the like to assist the child in practical ways.

We received a record amount of \$10,920.00. What an effort! Annette Jebb and her wonderful team are simply to be praised for all their efforts. Late last year we (ALDS) distributed most of this amount to our families to meet their various stated needs. How was it spent?

For one family; it has allowed them to supplement the purchase of two standing frames for their 8 year old immobile Son. One is for home and the other is for School. He can now stand – something we often complain about having to do. For him his “trellis of trust” brings joy and smiles.

Another family can now commence the expensive task of installing an internal hoist. The bathroom and house also needs to be modified for its completion. This will allow them to move their wonderful Son around with more ease and to bath him with much less discomfiture than is normally created by doing it manually. It also saves damaging the various family members’ backs which I can assure you is a very serious matter. For him this hoist will becomes his “wings” and allow him greater freedom of movement. Another state of being we often take for granted.

The costs of medicine and allied health requirements are very high and our donation allowed another family to purchase a bonus six month supply of nappies. Families are allowed 1.5 nappies per day and after that you purchase them. An average usage for a family usually ranges between 6-8 units per day.

At a cost of \$2.00 per nappy this leaves the family out of pocket to the about \$13.00 per day x 7 days = \$91.00 per week. When my very ill Son exceeded his allowed quota he totally ignored my daily protestations. This bonus became a godsend to this family and a “protector” to their financial well being.

For one of our adult men it allowed him to supplement his funds to purchase a home rowing machine which will play a significant role in helping his muscle tone. It will also help him stay in that positive frame of mind that regular exercise can bring. As stated there is no cure for our men either but we owe it to them to make their time of limited mobility as purposeful as we can. It is to be hoped that this will make his life easier and that he can “glide” through the difficult waters that lay beyond the next reach.

Others used it to supplement the cost of the vast range of drugs that are used to treat their symptoms. The money could be said to be a partial analgesic to the hip pocket “nerve”.

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You can see from these few examples how lives were positively impacted and how a few lovely, caring, talented ladies played such a significant role in bringing some practical love into families who have a very ill child. What influenced these people to decide upon this course of action? I can assure that not one of them wants or desires recognition or reward. The answer of course is quite simple – they chose to be part of the universal body of humanity and care for their fellow tenants on this mainland we call Earth.

Upon reflection one is constantly reminded that we all hold the power of influence. We all influence people and it is simply a matter of whether it is a positive or negative force that we exude. One cannot sit on the fence for that is a negative place to be. The fence holds those well known Mugwumps – those whose mugs are one side and their wumps on the other.

One cannot put into words the absolute joy and gratitude that you see when you visit a family who has been befriended with a gift that can enhance their current situation. The ripple effect spreads smiles and love for those whose journeys are different than our own. It beams across the land and is never insular. Hope is reinforced and in some cases rekindled. We are all connected to each other and it is just the connection that varies. Who and how were our connections created? Who influenced me and how did I influence others? What do I do to make my fellow mainlander feel welcome in our shared dwelling place?

No one lives on an island for we all are part of the whole interconnectedness of this planet - our mainland.

Bob Wyborn is a committee member for Self Help Queensland. He is also the Queensland contact for The Australian Leukodystrophy Support Group. He helped nurse his 11 year old Son Brendan for two years before he died of Adrenoleukodystrophy in 1999. He is a Volunteer with Zoe's Place and is connected to two families with very sick children. He is the Facilitator of The Compassionate Friends Chapter at Redcliffe.

To contact Bob: Phone 07 3283 7224
Mob: 0419 683 195 Fax: 07 3283 7229
PO Box 209, WOODY POINT QLD 4019
Email: bobwyborn@bigpond.com

The Forgotten Australians

Thank you to two "Forgotten Australians" who sent this letter to Self Help Queensland, and kindly gave us permission to re-print it.

Dear Friends

As national sorry day was celebrated, many of us wondered if those other stolen children will be remembered.

Please have a look at The Senate Committee Report, 'Forgotten Australians: A report on Australians who experienced institutional or out-of-home care as children.' 2004 www.aph.gov.au/Senate/committee/clac_ctte/inst_care/report/

Within our small group of family and friends, all survivors of childhood institutional abuse and their families, we all said "sorry" to one another - for the suffering endured by countless numbers of children of all ethnicities in Australian institutions last century.

If you know a Forgotten Australian, or someone in their family, please let them know you're sorry for what happened to them, too.

Best wishes
Sylvia and Rosemary

Know How to Complain: Stand up for your Consumer Rights

The ACCC's consumer guide *Know how to complain: Stand up for your consumer rights* is now available in large print, audio and Braille versions. This initiative will help to ensure that key information is accessible to people with print disabilities.

The guide sets out the main rights and protections that consumers have under the *Trade Practices Act 1974* and the steps consumers can take to enforce their consumer rights. It also explains what the ACCC can and cannot do for consumers and identifies other agencies that can also assist in resolving a complaint.

Large print and audio versions of the *Know how to complain* guide can be downloaded free from the ACCC website or by calling the ACCC Infocentre on **1300 302 502**.

A free copy of the Braille version is available by contacting the ACCC infocentre.



We are Trialling Our Last Newsletter by Post!

Due to increased financial and environmental costs, this March 2008 edition of the Self Help Queensland newsletter will be the last that goes out by post. The cost of each quarterly edition has grown to \$2,343 - a heavy impost when calculated over the year, and lot of trees that have lost their lives! While we can no longer carry this cost, we still want to make the newsletter available free to those who are interested in receiving it. Therefore, except in special circumstances, all future editions will be sent by email.

We may not have your current email address, so please contact us to ensure you keep receiving the newsletter. Phone or email Trish on 3344 6919 or selfhelp@gil.com.au. (It would help if you could tell us the name of the person/organisation/address to which the newsletter is posted.)

While people change email addresses from time to time, we are not in a position to chase them up if they bounce, or your in-box is overflowing. So please try to remember to let us know of any changes to your email address so we can keep you in the loop.

If there are special circumstances eg you don't have a computer (or some other valid reason) please contact us and we will continue to send you the newsletter by post. Unfortunately, if you forget to contact us, it will automatically cease until you do.

Thank you for your understanding and co-operation. We have been very reluctant to make this change, because we know people generally prefer to receive a hard copy! The upside will be that we will not only be able to stay within budget, but hopefully try to build a resource library with any savings. The new changes will be on trial for the next two editions, after which a review will determine the effects on our contact with the community. We would welcome any good ideas you may have to improve the newsletter. Please contact Trish on Ph : 3344 6919 or Email: selfhelp@gil.com.au

Leadership Development

Presented by Self Help Queensland

Coming Soon!

- For Self Help and Support groups
- Facilitated by a first class leadership development professional
- Content based on participant need
- Register your interest at any time
- Lunch, morning and afternoon tea, workshop materials provided
- FREE!!!

Sponsored by Brisbane City Council



What is the National Disability Abuse & Neglect Hotline about?

The Hotline is a National service that accepts reports of abuse and neglect:

- In government funded disability services
- In other government services
- Domestic settings
- All other situations

Refers the reports to appropriate bodies for investigation;

State or federal government bodies i.e.. Department of Health, Housing and Community Care, FACSIA, DEWR

Police on occasion

Ombudsman, Health complaint bodies, Age Care Complaints Resolution Scheme

Phone: 1800 880 052

Fax: 02 93181372

TTY: 1800 301 130

NRS: 1800 555 677

TIS: 1800 555 677

Email: enquiries@disabilityhotline.org

URL: www.disabilityhotline.org

"If everything's under control, you're going too slow."

Mario Andretti
28/2/1940.....

Understanding Other Minds:

Social Skills and Social Understanding in Children with Autism Spectrum Disorders



A research team from the University of Queensland is wanting to hear from families who have a child (aged 5 to 12 years) with a diagnosis of **Autism, Autistic Spectrum Disorder (ASD), or Asperger Syndrome.**

This research represents an exciting development in our understanding of the social skills problems for children with ASD. It will focus on increasing our knowledge of the social understanding difficulties that may underlie the social problems in this disorder with the aim of informing future interventions. In addition it aims to increase social understanding. Participation may involve assessment and one on one instruction for the participating child. Participation is free of charge and can be conducted at a room in the university or in your home.

If you would like to participate or find out more about this research project, please contact:

Jessica Paynter

University of Queensland

Phone: (07) 3346 7326 (voicemail facility available)

Email: jpaynter@psy.uq.edu.au

(Jessica is recruiting all year so there's no real cut-off date as for geographical area: either willing to drive to the university (so up to families whether they are able/willing to drive further) or within one hours drive from the university (I am happy to drive out to families within the greater Brisbane area, Logan, Ipswich, etc).

"I have missed more than 9000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot . . . and missed.

And I have failed over and over and over again in my life. And that is why . . . I succeed."

Michael Jordan
17/2/1963.....



AVP Qld

What's it about?

Alternatives to Violence Project (AVP) is an independent, not-for-profit association of volunteers.

AVP workshops have been functioning internationally since 1975 and in Brisbane since 1990. There's one happening in Brisbane soon.

Alternatives to Violence workshops are more experiential than theoretical. They offer a practical approach for community groups, social service agencies, youth organisations and individuals who would like to transform conflict creatively.

- Meeting People who value Peace
- Learning to Trust Others
- Laughter - Fun - Games
- Practising Effective Communication
- Standing my Ground when it's Important
- Understanding myself better
- Understanding others better
- Learning what triggers my anger
- Practising how to resolve our conflicts
- Solving Problems without Violence
- Facilitating Other's Learning
- Taking a step Towards a Better World

Workshop dates can be viewed on the website or phone AVP Qld for a flyer.

Cost: \$125 waged, \$40 concession. Cost can be negotiated if money is a barrier.

Want to know more? Ask about the Alternatives to Violence Project, Qld:

AVP Qld
 PO Box 78
 SHERWOOD 4075
 Ph: 07 3286 2593
 Mob: 0435 007 405 (Heather)
 Email: AVPQ@yahoo.com.au
 Url: www.AVPQ.org.au

-oOo-

"A society is great when old men plant trees in whose shade they know they shall never sit."

Greek Proverb



Positive Women Together

Queensland Positive People provides peer and social support for people living with HIV/AIDS (PLWHA) in QLD, and have recently formed a group for women, which will continue to meet every second month at various locations around the south-east corner. The group is designed to include both educational information specific to women living with HIV as well as the opportunity for women to meet their peers in a safe and comfortable environment.

Women who attend say that the benefits include learning about women's HIV issues from women, meeting other HIV+ women and being able to find where assistance can be accessed. There is money set aside for a Women's Retreat at some stage in the future which will also benefit many QLD women not just in the south-east.

The group will meet every 2nd month throughout 2008 (March, May, July, September and November), with dates to be confirmed. As well as social support opportunities, QPP also offers peer support groups for people who are newly diagnosed, advocacy for PLWHA and general information to anyone in the community.

For more information on anything QPP offers the HIV+ community in QLD or to get involved in the women's group, then please call Jarran on 1800 636 241, e-mail info@qpp.org.au or visit us on-line at www.qpp.net.au.

-oOo-



Newsletter Feedback

Self Help Queensland regularly asks for, and occasionally receives, feedback about our newsletter. Please help by sending us your views about particular articles, or perhaps some constructive criticism about the newsletter in general.

Get A Free **MedicinesTalk** Newsletter Posted To Your Group Four Times A Year

Medicines Talk is an excellent newsletter which provides information for consumers and consumer groups about using medicines wisely.

At Self Help Queensland we have occasionally reproduced articles in our own newsletter, and thought it could be a useful resource for self help and support groups to use too. Subscription is free.

Ring 02 8217 8700, and ask to be put on the MedicinesTalk mailing list or go to: www.nps.org.au/consumers, and under 'Free Information' in the top right hand corner, click on 'Order now' or: Write to MedicinesTalk, NPS, Reply Paid 1980, Strawberry Hills, NSW 2012.

Download a web version by going to: www.nps.org.au/consumers and click on MedicinesTalk in the left hand column.

Who writes MedicinesTalk?

MedicinesTalk is written and edited by Ros Wood and Sarah Fogg, and overseen by an Editorial Committee comprising consumer representatives, health professionals and the National Prescribing Service (NPS).

MedicinesTalk is sponsored and published by NPS, an independent non-profit organisation for the Quality Use of Medicines (QUM) funded by the Australian Government Department of Health and Aging.

-oOo-



Have you or your group changed contact details?

Does your group still exist?

Please let us know so we can change our records. Referrals to groups that have closed can have destructive effects, causing frustration and disappointment for callers.

If you no longer require the newsletter we would also appreciate knowing - on Ph: 07 3344 6919 or email: selfhelp@gil.com.au



Doubts A GP May Have

- about making referrals to Self Help Groups

Groups in our network sometimes report to Self Help Queensland that they rarely, if ever, receive referrals from GP's.

While many GP's are very supportive of the activities of self help and support groups, and regularly make referrals, there still seem to be some commonly held fears.

The following are some doubts held by GP's, which groups and their members might be able to allay with a friendly visit or via some of the group's literature.

- The group might offer medical advice
- Joining a group might cause a person to become depressed because they are mixing with other sick people
- The patient may feel the doctor is trying to fob them off by suggesting they join a support group
- The group might influence a patient to stop taking their medication, or encourage them to try radical alternatives
- The group may not respect patient confidentiality
- The GP may not know much about self help groups
- Joining a group might make their patient worse, not better
- Groups might be led by incompetent or inappropriate people
- Incorrect information may be promoted

If your group would like to become known to local GP's, perhaps it would be helpful to address some of these long standing fears.

-oOo-

"Too bad all the people who know how to run the country are busy driving taxicabs and cutting hair."

George Burns
20/1/1896.....9/3/1996



What is the Queensland S.A.F.E. Network?

Queensland S.A.F.E. Network Inc. (Survivors of Abuse for Friendship and Education) is a state wide not for profit organization, dedicated to establishing peer connections and therapeutic links for adults still impacted by the legacy of abuse perpetrated against them in childhood and their non offending family members; non offending adult family members and carers of child survivors, therapeutic professionals and significant support people. We are currently also launching the Queensland Teen SAFE Network, a peer support network for teenage survivors overseen by the Management Committee of the Queensland SAFE Network Inc.

2005-2006: 264,000 babies were born to this nation. (Australian Bureau of Statistics)

2004-2005: 252,831 reported cases of child abuse nationally.

2003-2004: 220,000 reported cases of child abuse nationally (Child Protection Aust.)

Estimated population of children under 15 years nationally @ June 30th 2004 = 4,020,000 (Australian Bureau of Statistics)

Put another way, for every child born every 2 minutes in Australia, every 2.5 minutes a child is recorded as being abused. 1 is too many; this is outrageous.

Out of 4.02 million children under 15 years of age in that given year 220,000 were reported as abused yet it is estimated by authoritative bodies that over 80% of childhood abuse never gets reported leaving us with a substantial intake of adult survivors that only begin to explore the legacy of living such a childhood in adulthood, recognising their disordered or maladapted lives because of the impacts that abuse has continued to have in their lives making functional living and self-empowering choices as an adult within society ^{difficult}, if not impossible for many.

Research suggests that 76% of women and 72% of men with severe mental illness have been abused. Ritsher, J.E.B. & Coursey, R.D, Farrell, E.W. (1997) A survey on Issues in the Lives of Women with Severe Mental

Illness, *Psychiatric services*, 48(10), 1273-1282, APA, US

Research also suggests that approximately 74% of women attending domestic violence services were also survivors of child abuse but perhaps more alarming and not so well discussed is that women commit between thirty-one – fifty percent of physical assaults on children (ABS, 2001; Motz, 2001; AIC, 2001). Mothers commit almost fifty percent of the recorded infanticide (Morris and Wilczynski, 1993) and women perpetrate between two – seven percent of sexual assaults against children (Finkelhor, 1986; ABS, 1996, 2001; Motz, 2001; AIC, 2001).

84% of Odyssey House participants (drug rehabilitation program in Australia) report a history of child abuse. Anecdotal reports, [Odyssey House](#), Melbourne

It is estimated that 80-85% of women in Australian prisons are victims of incest or other types of abuse. Austeal, P., (1994) Don't Talk, Don't Trust, Don't Feel, *Alternative Law Journal*, 19(2)

The odds for future delinquency, adult criminality overall, and arrest for a violent crime specifically, increased by around 40% for people abused or neglected as children. Widom C, (1992) *The Cycle of Violence. Child Protection Seminar Series No. 5* NSW Child Protection Council

The Queensland SAFE Network Inc was created to support all those whose lives have been impacted by childhood abuse and there are so very many of us profoundly affected in many different ways.

We recognise the impact and legacy of all forms of abuse of offer support, friendship and education workshops, forums and peer support groups for individuals affected by Emotional Abuse, Mental Abuse, Verbal Abuse, Spiritual Abuse, Physical Abuse, Sexual Abuse, Peer Abuse (i.e. schoolyard bullying and disempowerment).

Programs and services available or currently being initiated are:

- Nationally distributed e-magazine "Stepping Stones" for survivors and industry professionals
- Peer Support Groups

(Continued on Page 16)

(Continued from Page 15)

- Coffee Club Social Gatherings
- Qualified and Experienced Professional Therapist Database
- Qualified and Experienced Professional Alternative Therapist Database
- 1300 Information/Support line
- Internet interactive message boards and chat room
www.myspace.com/qld_safe_network
- Information and Education Website
www.qldsafenetwork.org.au
- Access to Professionally facilitated training and development programs for our volunteers
- Public and Professional Educational forums and awareness seminars
- Weekend retreats
- Access to therapeutic week long healing programs
- A referral network to other community service organizations to meet the needs of individual survivors of child abuse and their families.

Membership Fee Schedule

Guests and Visitors to Groups (It is not compulsory to be a financial member to attend group meetings however a gold coin donation toward the running of such groups is appreciated.

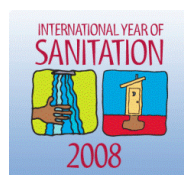
Membership: Concession: \$25 Full: \$40
Initiating Membership Administration (one off payment only) \$15 applicable to all

- Become actively involved in your group having an equal say in activities, policies and procedures on a group level
- Receive bi-monthly Newsletter delivered via email or mail
- Access to Internet message boards and chat rooms
- Have voting rights and a voice in organisational matters, policies and procedures
- Become one of our valued volunteer workers having access to all training and education programs.
- Be informed of upcoming weekend retreats, healing and recovery workshops

For further information please contact Bonnie Trevanion: Phone: 0419 205 967

Email: qldsafenetwork@optusnet.com.au

URL: www.qldsafenetwork.org.au



2008
is
**International Year
of Sanitation**

The General Assembly of the United Nations last year declared 2008 to be the International Year of Sanitation.

The goal is to raise awareness and accelerate progress towards reducing by half the proportion of the 2.6 billion people without access to basic sanitation by 2015.

The UN holds that:

- Sanitation is vital for human health
- Sanitation generates economic benefits
- Sanitation contributes to dignity and social development
- Sanitation helps the environment
- Improving sanitation is achievable!

Some remote Australian communities are still in need of the higher standards of sanitation envisaged by the UN.

However, our attention was drawn to the needs of another Australian community in relation to sanitation. One of the support groups in our network sent us a letter outlining the issues their community would like to see addressed in the International Year of Sanitation. It relates to the needs of people with a disability and their carers:

“This is a great opportunity to raise issues such as the need for disabled access to toilet facilities, the need for increased funding support for continence products, and the need for many more properly trained and accredited attendant carers and Home Care workers. Design of, access to, and funding for personal care items like dressing sticks, bottom wipers, tampon inserters etc and permission to take these aides and appliances on board planes.

Also, access to plane toilets for wheelchair users, wheelchair accessible baby change facilities, adequate funding for teacher aides who assist students with disabilities with toileting . The list is HUGE.”

World Water Day 20th March 2008

How to Kill a Transperson

By Ceridwen Troy

This article was written on Friday, Feb. 15, 2008. Thank you to the Australian Transgender Support Assoc of Qld Inc. for sending it to us.

On Saturday, Sanesha Stewart, a transwoman of colour living in the Bronx, was murdered in her own apartment. She was 25 years old. Her accused killer, Steve McMillan, had known her for months, yet when he was arrested, he claimed to have been enraged to find out that she was what the media coverage called not really a woman. He stabbed her over and over again in the chest and throat. She tried to fight him off; there were defensive wounds found on her hands.

On Tuesday, eighth-grader Lawrence King was in a classroom in Oxnard, California. He was openly gay, and often came to school in gender-bending clothing, makeup, jewelry and shoes. According to another student, it was freaking the guys out. One of them shot Lawrence in the head. He was declared brain-dead on Wednesday.

It is easy to look at cases like this and think, how tragic. How random. How senseless.

But then, you forget how easy it is to kill a transgender person.

You forget that all across this nation, faith leaders of all stripes, men and women who claim to speak for God Himself, call us sinners, call us abominations, call us evil.

You forget that at best the media depicts us as something to be pitied, something that our families must be strong and overcome. At worst, they depict us as abnormal, exploiting our bodies for ratings, exploiting the public's fear of us for shock value.

You forget that on a good day, law enforcement agents are neglectful of us, and that far more frequently they join in our harassment. You forget the transwomen of colour who are rounded up on suspicions of prostitution. You forget the beatings that go uninvestigated. You forget the molestation and rape we face when we are arrested.

You forget the medical establishment that drains our wallets for the therapy and hormones and surgeries they tell us we need. You forget the way we are then refused treatment when we are dying, dying of treatable diseases, dying of easily patched wounds.

You forget that, by the law of the land, it is legal in the majority of states to deny us employment, to deny us service, to deny us housing.

You forget the shelters and the rape crisis centres that will not allow us through their doors.

You forget that many of us do not even have family to turn to when we are at our most desperate.

You forget that the leaders of our own community have told us that it is not time for us to have rights, that it is not pragmatic for us to be considered worthy of the same respect as other human beings.

You forget that in our own circles, it is considered a negative thing to be too flamboyant. You forget the way our pride parades have been derided by our own community. You forget the scorn heaped upon drag queens by other gay men. You forget the fear to be seen in public with a friend who is considered too open, too queer.

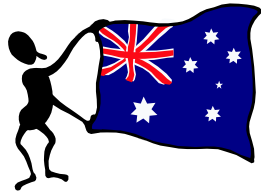
You forget the way it seeps into the minds of transgender people, too. You forget the way a transsexual will shout that she is not a crossdresser, as if there were something wrong with that. You forget the catty names we call each other if we don't pass;

You forget how many of us take our own lives every year.

You forget because the noise is always there, a constant drone in the background. Every newspaper piece that calls a transwoman he instead of she. Every talk show host who spends an hour talking about our genitals. Every childish taunt about looking like a tranny. Every transperson who talks about themselves as true transsexuals. Every activist and politician who tells us now is not the time.

You forget too, how easy it is to kill a person of colour, with myths

(Continued on Page 18)



Australia 2020

Everyone can contribute!

You would already be aware that Prime Minister Kevin Rudd will convene an Australia 2020 summit at Parliament House in April to help shape a long term strategy for the nation's future.

Contributing a submission to the Australia 2020 Summit is a way for all Australians to be involved in bringing the best ideas forward to address Australia's long term challenges.

Individuals, schools, groups, and organisations are invited to participate. Self Help Queensland will be making a submission, and we would encourage members of our network to think about it too.

All submissions will be made publicly available on www.australia2020.gov.au/ and will be presented to the Australia 2020 Summit participants to stimulate discussion and ideas about addressing our future challenges.

1000 leading Australians will be discussing 10 critical areas:

1. Future directions for the Australian economy – including education, skills, training, science and innovation as part of the nation's productivity agenda
2. Economic infrastructure, the digital economy and the future of our cities
3. Population, sustainability, climate change and water
4. Future directions for rural industries and rural communities
5. A long-term national health strategy – including the challenges of preventative health, workforce planning and the ageing population
6. Strengthening communities, supporting families and social inclusion
7. Options for the future of indigenous Australia
8. Towards a creative Australia: the future of the arts, film and design

9. The future of Australian governance: renewed democracy, a more open government (including the role of the media), the structure of the Federation and the rights and responsibilities of citizens
10. Australia's future security and prosperity in a rapidly changing region and world

You can contribute a [submission online](#), by [downloading a form and mailing it](#), or by contacting the [toll free number](#) to have a form mailed out to you.

Submissions due Wednesday 9 April 2008

Any enquiries regarding the Summit should be directed to Australia 2020 Summit Secretariat, Dept of Prime Minister and Cabinet
Toll free number: 1800 703 599 (during business hours Eastern Standard Time)

(Source: www.australia2020.gov.au/submissions/index.cfm)

(Continued from Page 17)

about gangsters and lies about immigrants. You forget how easy it is to kill a person living in poverty, cutting off her welfare because she is supposedly being paid to breed.

You forget how easy it is to kill a sex worker, with sex-shaming language, slinging about slurs like hooker and whore.

You forget the message hidden inside every single one of those statements.

You are less than I am. You are not worthy of the rights and respect that I am worthy of.

You are not human.

It is very easy to kill something that you do not see as human.

It is very easy to kill a transperson.

For support and information in Queensland, please contact the Australian Transgender Support Assoc of Qld Inc

Phone: 07 3843 5024

Email: trans.atsa@pacific.net.au

URL: www.atsaq.com

(Source: Letter is posted on the website of The Gay Alliance

http://www.gayalliance.org/index.php?option=com_jd-wp&Itemid=27&p=2205)



Cansurvive Gympie - Supporting You

A window of light into the world of healing for those challenged with cancer

Cansurvive Gympie is a non - profit cancer support group for cancer patients, their family, friends and carers and any one who has been touched in some way by cancer.

We welcome members of all other cancer support groups to come along and join us any time they wish to. It is our aim to provide a positive, friendly, caring, supportive and confidential environment, in which the supply of positive informative information, including regular speakers on many varied and helpful subjects, can be provided.

A healing Meditation is an important part of our regular bi-monthly meetings. Attendance to meetings is free of charge with a tasty morning tea provided, all donations are most gratefully appreciated. Cansurvive also provides hospital and home visits if requested by cancer patients. We also will be having workshops and outings to places of interest throughout the year.

Some Future Speakers of Interest

Wednesday March 12th 2008

BETH BEADON

(Hydrotherapy & massage)

Topic. "The Health Benefits of a Happy healthy colon."

Tuesday March 18th 2008 (Special meeting)

SHAUN WATSON. N.D Adv.Dip.T

(Naturopath, Blood analysis, Kinesiology)

Topic. "Improved Health is About Nutritional and Lifestyle Choices)

Wednesday March 26th 2008

BEVERLY & GRAHAM BAILLIE

(Clinical Thermography, Digital Infrared thermal Imaging)

Topic. Benefits of thermal imaging . Demonstration .

Meetings

2nd and 4th Wednesday of each month

10am to 12.30

Gympie Community Place

24 Lawrence Street, Gympie

For more information please contact:

Kathy 07 5483 9436

Email: cansurvivegympie@yahoo.com.au

Gympie Community Place 07 5482 1147



Partners of Men with Prostate Cancer

Support Group

The partners of men with prostate cancer support group offers an opportunity to meet people in a similar situation as yourself and to receive information and support in an open and friendly environ-

Do you have a partner with prostate cancer?
This group is just for you.

Meetings are held at:

6pm on the 4th Wednesday of each month*

at The Cancer Council Queensland

553 Gregory Terrace, Fortitude Valley

Our meetings offer:

- The opportunity to meet and connect with people in a similar situation to you
- Presentations from professionals on relevant, informative and fun topics
- Access to resources
- The opportunity to share and learn in a fun and welcoming environment

All partners of men with prostate cancer are welcome. If you would like to attend, please RSVP at least one week prior to the meeting.

To register your attendance or for more information please contact:

Mischa Cooper

Community Liaison and Support Group Co-ordinator

The Cancer Council Queensland

Phone: 07 3258 2264

Email: mischacooper@cancerqld.org.au

* Excluding December. Additional daytime meetings may be introduced in 2008.



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



Do You, Or Someone You Know Who Is Living In Australia, Have Albinism?

We need you!

The Institute for Molecular Bioscience at the University of QLD, in collaboration with the Albinism Fellowship of Australia, is conducting a survey to determine the incidence of Albinism in Australia. Your help is sought in responding to our questionnaire (5 - 10 minutes). The success of this research depends on the assistance of volunteers and we are extremely grateful for your participation.

Please take the time to visit the online survey as soon as possible before the end date. This survey should be completed by the 31st of April 2008. Preliminary findings will be presented at the 'Albinism Fellowship of Australia' conference in Adelaide.

Albinism is a rare genetic condition that is divided into two categories, Ocular albinism (OA) and Oculocutaneous albinism (OCA). A key characteristic of both forms of albinism is ocular changes resulting in poor vision, nystagmus & possibly strabismus. Individuals with albinism often fall within the 'legally blind' visual range. Oculocutaneous albinism is characterised by the ocular features combined with lightened colouration of the hair, skin & iridies of the eye when compared to others of the same ancestral background.

There has not been a survey like this recorded for Australia before, and it is not likely that there will be another in the near future. Please take this opportunity to record your details and help us to generate accurate incidence figures for Australia.

We are currently quoting incidence statistics collected in America approximately 1 decade ago. America has a very different population demographic when compared to our region of the World.

By taking part in this study you will help to identify how many adults and children living

in Australia are affected by this form of blindness. The findings of the study will benefit public health planners, researchers and managers in Australia in the context of strategic decision making in the health & education sectors. It will also benefit our own 'Albinism Fellowship of Australia' network and the other 6 support organisations.

Information collected during the study will be completely confidential and data obtained from individuals will only be reported in aggregate terms. Your private information will be used in order to prevent doubling up of individuals counted and this will be permanently destroyed at the close of the survey once numerical statistical figures have been generated.

This study has been cleared in accordance with the ethical review processes of the University of QLD. Your participation in the study is voluntary and you are free to withdraw from the study at any time before the end date. In addition, data submitted to the study may be withdrawn at any time.

To visit the online survey please go to:
<http://research.imb.uq.edu.au/albinism/>

Thank you for your time and assistance

Helene Johanson
Principle Researcher
Institute for Molecular Bioscience
University of QLD

For further information about Albinism, or to join a support group, please contact:

National:
Albinism Fellowship of Australia
URL: www.albinismaustralia.org

Queensland:
Albinism Friends & Family Support Group
Helene Johanson
Email: albinismqld@albinismaustralia.org

2008 Albinism Fellowship of Australia Conference 4th - 6th April, Adelaide

Contact: Kim Gillespie Ph: 0425 229 799
Email: albinismnsw@optusnet.com.au
URL: www.albinismaustralia.org



2008 Regional Symposium on Autism Spectrum Disorders

8th & 9th May
Cairns

'Thinking and Learning Outside the
Square'

Keynote Speakers

Professor Tony Attwood *Clinical Psychologist, Professor, Griffith University*

Dr Jacqueline Roberts *Research Associate, Centre for Early Interventions, Faculty of Education and Social Work, Sydney University*

Topics by keynote speakers and other speakers include:

Employment and Asperger Syndrome; Practical Strategies; Managing Feelings; Paediatrician's Perspective on ASD; Treatments and Interventions for Children with ASD; Making School Work for Children with ASD; Communication; Legal Matters; Engaging with Children with ASD; Talking to Classmates; Sensory Processing; Personal Perspective and more.

A community forum, presented by the Cairns ASD Support Group Inc, will take place on Thursday 8th May from 3pm to 8pm, for anyone with a personal or professional interest in ASD to meet and share information on local services.

For Symposium agenda and registration form please contact Pauline:

Phone: 07 3273 0030

Email: paulinea@autismqld.com.au

URL: www.autismqld.com.au

Venue: Rydges Esplanade Resort

Bookings by Wednesday 30th April 2008

"I am not a vegetarian because I love animals; I am a vegetarian because I hate plants."

A. Whitney Brown
8/7/1952.....

Invitation

to

Annual Family Meeting
(for the Australian Region)

of

**Chromosome 18 Registry &
Research Society (Aust) Inc**

on

Saturday 29th March 2008
Sydney

If families with a Chromosome 18 affected member would like to attend please contact Marlene Brightwell 02 9580 5707 or email chromosome18@optusnet.com.au

Invitation

to

Lymphoedema Awareness
Seminar

on

Saturday 19th April 2008
Broadbeach

'Lymphoedema! What Does It Mean?'

The Lymphoedema Association of Queensland and the Gold Coast Support Group extend a warm invitation to interested people to join us for an information packed day of presentations by Health Professionals involved in treatment on topics relating to the condition, its management, support and lifestyle considerations.

For further information please contact:

Brisbane: Nerida 07 3269 1498

Gold Coast: Margaret 07 5563 1423

Email: info@lymphqld.org

- Opportunity for questions to the panel
- Information tables
- Trade displays
- Raffle

Lymphoedema Support Groups in Queensland are located at:

**Brisbane Bundaberg Gold Coast
Mackay Sunshine Coast Toowoomba
Townsville**



Diary Dates

11th - 14th March 2008: National Nutrition Networks Conference. Presented by the National Rural Health Alliance

URL: www.ruralhealth.org.au

Venue: Alice Springs

29th March 2008: Thalidomide Network Re-union. For Australian and International survivors and their families. Visitors from England, Germany, Sweden and Spain, expert guest speakers - Dr Janet McCredie, Dr Mark Chorlton

Contact: Lance Fletcher

Email: thalidomide@people.net.au

Venue: Rydges Camperdown, Sydney

29 March 2008: Chromosome 18 Registry and Research Society Annual Family Meeting see Page 21

10th - 11th April 2008: 10th Annual Health Symposium "Diabetes Complications - Keep it Simple". Presented by Diabetes Australia, the Symposium will focus on providing health professionals with up to date information and management techniques on complications that people with diabetes face on a daily basis.

Ph: 1300 136 588

Email: sarah@daq.org.au

URL: www.diabetesqld.org.au

Venue: Brisbane Greek Club

19 April 2008: Lymphoedema Awareness Seminar see Page 21

8 - 9 May 2008: Autism Qld Symposium see Page 21

12 - 13 May 2008: Connecting Up 08 Conference: "Online and Off to the Future". Presented by Community Information Strategies Australia (CISA) Inc. (Australia's only national conference focused on the use of information and communications technologies in charity and non-profit settings). Emphasis will be on practical and hands-on workshops, and opportunities to network.

Self Help and Support Groups generally receive little or no funding. Please help them to keep going by paying a modest membership fee in return for their service.

URL: www.comunit.info

Venue: Brisbane

12 - 14 May 2008: Alcohol and Drug Foundation Queensland - Australian Winter School "Seen and Unseen Harms"

Confirmed presenters for the 2008 conference include Professor Margaret Hamilton, Associate Professor John Toumbourou, Dr Maree Teesson, Professor Paul Mazze-rolle, Associate Professor John Pead. Dr Lisa Najavits from Harvard Medical School is also travelling to Brisbane to present at Winter School.

Ph: 07 3834 0214

Email: winterschool@adfq.org

URL: www.winterschool.info

Venue: Brisbane

24 June 2008: 4th National Motor Neurone Disease Conference 'Living Better for Longer, Pathways for the Future'

URL: www.mndaust.org.au

Venue: Melbourne

6th - 8th July 2008: Inaugural Rural and Remote Health Scientific Symposium Presented by the National Rural Health Alliance

URL: www.ruralhealth.org.au

Venue: Brisbane

27th - 30th August 2008: 2008 SARRAH Conference: (Services for Australian Rural and Remote Allied Health) Presented by the National Rural Health Alliance

URL: www.sarraah.org.au

Venue: Yepoon

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Unwanted Office Furniture?

Do you or anyone you know have any office furniture or equipment in good condition to give away? Self Help Queensland is happy to try to pass it on to needy not for profit groups.

If you would like to advertise your event in Diary Dates or contribute an article about your group, please contact Trish at SHQ on Ph 07 3344 6919 or selfhelp@gil.com.au

"I am extraordinarily patient, provided I get my own way in the end."

Margaret Thatcher

13/10/1925.....