



Newsletter June Quarter Issue 2. 2012



Self Help Queensland Inc, Sunnybank Community Hall, 121 Lister Street

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Ph/Fax 07 3344 6919 Email: info@selfhelpqld.org.au www.selfhelpqld.org.au

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

Hello all,

We hope that this edition finds you well and that the group to which you belong continues to support people to find their own solutions to improve wellbeing. It is an important component of what we hope to achieve by supporting you.



You and I know that for many years social and health researchers have confirmed that a self-help process increases the community's capacity to deal with adversity, at the same time enhancing an individual's wellbeing. *Thea Biesheuvel*

It is that term 'wellbeing' that has received a lot of attention. We all crave 'wellbeing'. We work towards it and look for ways to help our 'wellbeing', sometimes with diet and supplements, sometimes with physical activities, sometimes with social activities. How do you know you have achieved your goal? Do you achieve it or is it there for a little 'snatch' of your time only?

A certain Dr. Martin Seligman, from the University of Pennsylvania has spent years trying to come up with answers to those questions. He has sorted out the people who report that they've achieved that happy feeling. There are five common characteristics that shine through his research.

- People have positive emotions when they feel well and at one with the world. This is not to say that they're always smiling or singing and dancing. They have an attitude that attracts others, just like magnets attract iron. People are drawn to them. How? They like the calm and serene way these people act.
- Wellbeing is about an attitude of engagement or absorption in the tasks at hand. There is no 'why am I doing this?' question hovering over the heads of those who have it. People who achieve wellbeing are busy at doing what they know will help them or others.
- Another component of wellbeing is that people who achieve it have relationships that matter, not just with those related to them, or in their friendship circle, but also with their world. More importantly, they have a good relationship with themselves. They are happy with who they are.

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Self Help Queensland Management Committee Members

President	Thea Biesheuvel
Secretary	Joe Soda
Treasurer	Chris Spriggs
Member	Jan Tipping
	Seonaid Linn
	Cathy Wu

Committee Meetings

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

SHQ Staff

Co-ordinator

Trish Fallon

Administration Officer

Janette Evans

BOCDSG Co-ordinator

To be advised

Office

The office is attended Tuesday 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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URL: www.selfhelpqld.org.au

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



**Queensland
Government**

Disclaimer

The views expressed in this publication are those of the individual authors and not necessarily those of Self Help Qld

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. The SHQ newsletter editor reserves the right to edit contributed articles.

Please Tell Us!

Self Help Queensland welcomes feedback on any aspect of our services. We invite you to tell us if you have identified any areas for improvement. Constructive criticism is always welcome. Of course we'd also like to know what you think we are doing right!

SHQ Policy Manual Available

SHQ recently developed and ratified a comprehensive Policy manual in accordance with Community Services Standards

Viewing of the manual at the SHQ office is welcome.

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Thank you to all our current funding bodies - Qld Health, Dept Communities (Mental Health Branch), Brisbane City Council.

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- Wellbeing is also about doing something for others. People who seek out pleasure for themselves never feel as good as those who have pleased others. This is at the centre of all that groups do, of course. Individuals in a group who come only to get out of the group what they need never feel as good as those who participate in a group to achieve the common goal of the group. The wellbeing of a group is crucial to achieve the goals they envisage as a group. That seems straight forward, doesn't it?
- The component that makes everyone value their wellbeing is achievement. For some this achievement might be getting up and getting dressed, one of the most difficult to achieve during times of great stress. For others it might be to diet or leave off 'helpful' (!) substances. Some might have an achievement goal way 'out there', like becoming the 'guru' on a specific subject. Whatever it is, achievement is about having the discipline to 'do it', (step-by-step) and the 'grit' to persevere until you get 'there', (wherever that is).

Dr. Seligman has called the focus on an individual's wellbeing "Positive Psychology", as opposed to the psychology that is used to diagnose problems. His tests are full of interesting questions.

I recommend them. You can find them on the Internet at:
<http://authentichappiness.sas.open.edu>

As the financial year draws to a close, let's concentrate on things other than finances. Let's all find authentic happiness and help others as well as ourselves to achieve wellbeing.

Regards
Thea

What is Mild Cognitive Impairment?

In February, Dr Gerard Byrne from the University of Queensland presented a guest lecture as part of the Dementia Training Study Centre guest lecture series, on Mild Cognitive Impairment (MCI) in older adults. Dr Byrne discussed the developments in establishing a definition for MCI and gave an overview of the numerous studies on MCI.

The characteristics of MCI may include decline in cognition, impairment in one or more cognitive domains, and still able to perform everyday tasks. Cognition is defined as the mental processes, which include thinking, perceiving, feeling, recognising, remembering, problem solving, knowing, sensing, learning and judging.

Researchers have found that the brain structure of people with MCI show similar changes to people with Alzheimer's disease, however not to the same extent. There have been discussions about MCI leading to Alzheimer's disease, however not all people with MCI have been found to develop Alzheimer's disease. Current processes for diagnosing and investigating MCI does not provide enough evidence to predict whether someone is predisposed to a diagnosis of Alzheimer's disease. Many academics continue to pursue the answers through their studies to find an answer to MCI and dementia.

If you would like more information on Mild Cognitive Impairment (MCI) or Dementia, contact the Dementia Helpline on 1800 639 331.

(Source: Dementia Matters Autumn 2012 - A Publication of Alzheimer's Queensland)

Introduction to 'Sociability'

Social Media for People with a Disability

This publication is a review of accessibility of social media in Australia for people with a disability.



SHQ's Review of the Review

This is a brilliant resource!
(Not a dry, academic publication)

Suitable for everyone still learning about Social Media!

As well as being an analysis of Social Media Accessibility, the review is also a wealth of information - offering guides to all of the most popular social media in Australia, along with useful stats, consumer based practical resources, guides and tools. There is help for decision makers who are contemplating introducing social media into an environment where it will be used by people with disabilities.

Strongly recommended. Everything you wanted to know and didn't know where to look.

Aim and Objectives of 'Sociability'

The aim of this Review is to provide an insight into how people with disabilities can best use popular social media tools. Objectives include:

- To help consumers with disabilities participate online
- To learn which social media applications are accessible
- To support consumers with disabilities in performing particular tasks
- To support the use of social media with assistive technologies and mobile devices
- To gain an insight into the future trends of social media applications and their potential for consumers with disabilities

The website socialmedianews.com.au provides statistics on social media usage in Australia. As of July 2011, the most popular social media tools were ranked as follows:

1. **Facebook** – 10,436,860 users in Australia
2. **YouTube** – 9.8 million Unique Australian Visitors per month
3. **BlogSpot** – 4.6 million Unique Australian Visitors per month
4. **WordPress.com** – 2.1 million Unique Australian Visitors per month
5. **LinkedIn** – 2 million Unique Australian Visitors per month
6. **Twitter** – 1.9 million Unique Australian Visitors per month
7. **Flickr** – 1.5 million Unique Australian Visitors per month
8. **Tumblr** – 1.5 million Unique Australian Visitors per month
9. **MySpace** – 930,000 Unique Australian Visitors per month
10. **StumbleUpon** – 150,000 Unique Australian Visitors per month

To download the PDF or Word Document 'Sociability: social media for people with a disability go to:

http://accan.org.au/index.php?option=com_content&view=article&id=444:sociability-social-media-for-people-with-a-disability&catid=98:access-for-all&Itemid=234

A joint publication of MAA and ACCAN

Thank you to
Headway Gold
Coast for
providing the
review to SHQ.



www.mediaaccess.org.au



Australian Communications
Consumer Action Network

<http://accan.org.au>

Lipoedema Australia Support Society (LASS) Currently in the Process of Formation

A national group to support people with Lipoedema is currently in the process of being formed. The aim of the group is to provide information and support to sufferers, educate health professionals and the general community, and importantly, to raise funds for research.

Lipoedema: When you can't lose the excess fat on your legs.

Lip means fat. Oedema means water retention. Both fat and fluid build up in your legs and it won't come off with a diet and/or exercise. About 5-15% of all women suffer from it. Yes, that many. Thankfully in many cases it's mild and what most would simply call a pear shape or 'cankles'. But we want to point out where it goes horribly wrong. These women desperately need your support.

In the 1940's lipoedema was discovered and acknowledged as a medical condition. It is known to flare up during hormonal changes like puberty, pregnancy and menopause and some are believed to be born with it. Unfortunately, very little research has been done. There is no cure. The condition is not mentioned in the standard medical training which means many are left undiagnosed. Bias towards weight issues is so overwhelming, many doctors deny it is real. They have had no training to know how to diagnose this condition.

Imagine having legs like tree trunks. They don't just look unfashionable, they hurt like hell and swell up all the time. It hurts to stand, it hurts to walk. When you squat it feels like your legs will explode. You can be a size 12 top and a size 16 bottom. All this time people think you are an overeater, that you are making excuses when you claim diets don't help, that you are a liar and a cheat. If you can get treatment, it is not uncommon that you have to pay for it yourself. Because you're fat and that makes you to blame. Right?

Wrong!

Many people are overweight due to a number of medical conditions or medication they need to take. Lipoedema happens to be such a condition.

Many of us struggle with lack of self esteem, can't fully participate in life because of the pain and fatigue or face the risk of ending up in a wheel chair because the costs of early treatment and/or management are not covered, but a wheel chair is...

June is lipoedema awareness month. This month we seek publicity and ask for more understanding for those suffering from lipoedema. So please, next time you see a woman with unusually large legs struggling to walk, show some respect. Eerily, it could be you, after your next hormonal change, injury or operation that interferes with your lymph system.

For further information about LASS please contact:

Coral Freeman

Ph: 02 6569 4915 Email: coral8@rocketmail.com

(Our UK representative is Cara Ashley Jones jones.cara@talk21.com)

Read more on Lipoedema at: www.curelipedema.org and www.bigfatlegs.com

Genetic Matters

by Kim Summers PhD

Autism spectrum disorder – too much or too little DNA?

Autism spectrum disorder (ASD) includes autism, pervasive developmental disorder not otherwise specified and Asperger syndrome. ASD has been a genetic puzzle for generations. There is strong evidence for a genetic contribution, from studies of twins, studies of families where there is a high prevalence of ASD in family members, studies of other genetic diseases where an ASD is one of the symptoms and the finding of chromosomal abnormalities in affected individuals. However for at least 80% of ASD cases the underlying genetic basis is unknown. Two studies have now accounted for another 10% or so of cases.

A few genes have been found that are mutated in patients with ASD, but these are only responsible for a small percentage of cases. In addition, not all people with these variants will develop an ASD and siblings who both have ASD may have different genetic variants. One identical genetic variant was associated with ASD, intellectual disability, seizure disorder, obesity, small brain and schizophrenia in different individuals.

One thing these findings have in common is that the genetic variation associated with ASD frequently involves a small change in the amount of DNA of the affected person, rather than a change in the sequence of the DNA. A small segment of the DNA (about one thousandth of the whole DNA) is either removed or duplicated, particularly in families with a single member suffering an ASD. The DNA changes were not found in parents, so happened spontaneously in the child, and were rare in the general population. This phenomenon, called copy number variation, has now been studied in individuals with ASD and their families and a surprising picture is revealed.

Two recent studies used more than 1000 families with a single member affected with ASD, whose DNA was compared with parents and unaffected siblings. The DNA was examined for evidence of these small changes in the amount of DNA at specific sites of the chromosomes. The results showed that more of the affected individuals had these copy number variants than their unaffected siblings. Most had only a single difference. The amount of DNA involved and number of known genes was greater in the affected people than their siblings. For example, one of the studies showed that deletions (removal of some DNA) affected over 500 genes in affected people and only 2 genes in their unaffected siblings. They also reported that more genes were involved in copy number variants in affected females than males. Since ASDs are more common in males than females, this finding may shed interesting light on the reasons that females are apparently protected.

Variation in the affected people was commonly found in a small number of DNA regions, in both studies. The most common was a region of human chromosome 16. DNA changes in this region probably account for slightly more than 1% of ASD cases. Another region is known to be involved in Williams-Beuren syndrome, a disorder that is characterised by a highly social personality which is opposite from the personality traits usually associated with ASDs. In contrast, there was no pattern to the variation found in the unaffected siblings. Since only about 6-8% of the affected individuals (compared with 2% of their siblings) had these new copy number variants, genetic testing for copy number variants is unlikely to be used for diagnosis of ASDs at this stage, although a detection of a variant at key points in the DNA may be a good indicator of the risk of ASD.

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Analysing the genes that are found in the regions of the DNA affected by the copy number variation will give us some idea of genes that play a role in ASD development. A third recent study looked at the function of the genes within the regions of copy number variation in ASD. They found that a network of genes of related functions were affected by the copy number variations, and that the majority of these genes were associated with nerve function, consistent with the idea that abnormal formation of connections between nerves is the basis of ASD.

There will be some genes within the affected regions that may not contribute to the neurological disorder. For example, the gene for elastin, a protein which gives stretch and elasticity to the skin and other tissues, is within the deleted region for Williams-Beuren syndrome that overlaps with an ASD region. Patients with Williams-Beuren syndrome can have problems with the aorta (the large artery leaving the heart) due to the absence of one copy of the elastin gene. It will now be interesting to see whether ASD patients have any symptoms that might relate to elastin or other gene deletion.

It is not surprising that the two studies found very similar results, since they used the same set of families. The difference is in the way that the copy number variants were detected, so the conclusion is that for these families, copy number variation is a significant contribution to ASD development. Since previous projects using smaller numbers of patients had found similar results on different sets of families, it is likely that a proportion (perhaps 10%) of people with ASD will have a new DNA alteration (deletion or duplication). On the negative side, there is still an inconsistency – some people with these DNA changes don't get ASD, so there is still a potential role for environment and other genetic changes which will be much harder to track down. On the positive side, most affected people had only one DNA change, so finding out which genes are within the altered DNA region could enable tailoring of treatment specifically for that person. And the studies have identified a lot of genes (they estimate at least 200) involved in development of nerves and their connections in the brain, so scientists will be busy for some time trying to understand just how these genes interact to cause autism and its relatives.

Kim is Professor of Comparative Genetics at the Roslin Institute, University of Edinburgh, and a member of the School of Medicine at UQ. Kim is also a valued past member of the SHQ management committee.

Free Room Available for Women's Groups

Logan Women's Health & Wellbeing Centre would like to offer free use of a meeting room (seats 8 – 10 people comfortably) for women's groups between the hours of 9am and 4pm Monday - Friday (except Wednesday 9am – 1pm).

Logan Women's Health and Wellbeing Centre is located at 1 Mary St, Kingston, right next to the Kingston Railway Station. It provides a full range of health and wellbeing services for women, including counselling, yoga, fitball, art therapy, massage and other self-discovery, social and physical wellbeing groups. We empower women from all walks of life to make informed choices and to actively participate in their own health care within a safe women's only space. We aim to provide a welcoming and supportive space that nurtures growth, blossoming and resilience.

To discuss availability and make a booking, please email Cathy on cathyt@loganwomen.com.au or phone 07 3808 9233.

Please note that bookings must be made a minimum of 1 week in advance and are restricted to 2 hours per group. Limited ongoing weekly bookings are available.

Self Help Queensland is very excited to have discovered a quite unique kind of organisation that we had not previously known existed. If you have not heard of the work of the St James Ethics Centre, please read the article below about their brilliant service called Ethi-call.

Ethi-call is quite unique, free, available to Queensland groups and individuals, and meets a need experienced by many of us.

**Ethi-call:
1800 672 303**



Ethi-call is St James Ethics Centre's free telephone counselling service. If you're facing an ethical dilemma at home, work or anywhere really, one that seems to have no right or even wrong answer, well, there is someone you can talk to. St James Ethics Centre counsellors are professionals with broad experience in a variety of fields who are trained by the Ethics Centre and provide their time on a volunteer basis. They'll help you explore your dilemma, supporting you to reach a solution that's aligned with your own circumstances, principles and values.

The Service

Monday - Friday 9.00 am - 5.00 pm by appointment T 1800 672 303

Telephone counselling Australia wide or face to face in St James Ethics Centre Sydney offices.

The sessions last up to one hour and are as confidential and anonymous as you want them to be. You don't have to give your real name or the name of any organisation involved. St James Ethics Centre is non-religious and apolitical, so it offers a truly non-judgemental space for you to explore all aspects of your dilemma from an ethical perspective and work out a way to move forward.

Who Takes Part?

Anyone facing an ethical dilemma. And that can come from any kind of situation we face in life - from personal dilemmas of choice to the complex relationships inherent in families, social interactions and of course those that can arise in business, government and not-for-profits.

The issues and challenges callers face originate from down-to-earth, everyday experiences. For example, "What ought I do when I'm facing a situation where everything I do seems wrong?", "What if I have to choose between loyalty to my family and loyalty to work?", "What if I've promised confidentiality to a client only to find out something that I think should be exposed?", "What if my care and concern for one person conflicts with that of another?", "What if I'm not even sure that I have a conflict of interest?"

Ethi-call can help you recognise the ethical dimensions involved in a situation and help clarify them.

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Ethi-call Counsellors

Ethi-call counsellors are professionals with broad experience in a variety of fields. They have been trained specifically for ethics counselling and volunteer their time to the Ethics Centre.

Ethics counsellors training is a rigorous eighty hour program involving a unique dilemma-based counselling method utilised by the Ethics Centre's Ethi-call service. It incorporates the disciplines of philosophy, psychology, socio-analysis and management.

Prospective counsellors selected for training require a certain life and work experience. Counsellor training also builds on and utilises the experience and expertise gained by the counsellors during their careers.

For more information about Ethi-call:

Ph: 02 9299 9566; 0414 188490

Email: counselling@ethics.org.au

To find out more about St James Ethics Centre's work, go to www.ethics.org.au

(Established in 1989, St James Ethic Centre is an independent not-for-profit organisation providing a non-judgmental forum for the promotion, exploration and application of ethics.)

Lifeline **Lifeline Runs 2 Types of Groups for People who are Bereaved by Suicide**

The first is a peer support group which is held on the first Thursday evening of each month in New Farm. Our aim is to give everyone the opportunity and a safe space to share their stories and their feelings with others in a similar situation. The group is facilitated by a bereaved person and a counsellor. People are free to join this group whenever they want, and can come and go as they please. In between group meetings, participants receive a follow-up phone call from one of the facilitators. Anyone bereaved from suicide, whether a work colleague, friend, sibling, partner or parent are welcome in the group.

The second group is an eight week psycho educational group. This group is held weekly at our Chermside and Fortitude Valley counselling centres. Participants are accepted in the first and second week and it is then closed to new membership for the duration. As well as providing an opportunity and safe space to share stories and feelings this group follows a programme which looks at things such as the grieving process, trauma, coping strategies, self care and honouring the life of the person who has passed away.

To find out more about the groups please contact Lyndall:

Ph: 07 3250 2400

Email: enquiries@uccommunity.org.au (attention Lyndall)

Go Green - Read the Screen!

Are you willing to receive this newsletter by email rather than post? It would be a big cost saving to SHQ as well as the environment.

We are still happy to send it by post to small groups or individuals who do not have their own computer. Please let us know at 07 3344 6919 or email selfhelp@gil.com.au If you no longer wish to receive the newsletter we would appreciate hearing also.

Thank you



Self Help Queensland News

3rd Annual Self Help and Support Group Awareness Day 2012

When: Wednesday 22nd August 2012
Where: King George Square, Brisbane
Why: To raise public awareness of the benefits of self help and support groups
What: Individual booths, signage, table, chairs, display board, for groups to display information, meet and speak with general public
How: Contact Trish at Self Help Qld for further information 33446919 or email info@selfhelpqld.org.au

From feedback gathered in 2011

- We have outgrown our previous venue, Reddacliff Place
- King George Square has more room, more traffic, designated entertainment stage
- Wednesday is very busy - market Day - more people in the City
- Less noise restrictions in KGS, therefore more entertainment to attract crowds
- Allocation of more booths to more groups, and friendlier floor plan for booths

Your group's Public Liability Certificate of Currency (photocopy) is required for viewing by SHQ's Insurance Company. If your group does not have Public Liability Insurance please let us know early so we can try to make arrangements to cover you for a special event.

What to do if you are interested in taking part in 2012

Contact Trish at SHQ on 33446919 or email info@selfhelpqld.org.au to express interest in taking part or offer to help with planning.

Please Support Self Help and Support Group Awareness Day 2012

With \$\$ very thin on the ground in the not for profit sector, SHQ is struggling to find sufficient funding for this year's Self Help and Support Groups Awareness Day. We would like to continue this event so that it becomes a well known tradition in our community, and achieves the aim of showcasing self help and support groups and raising awareness of their value to the community. To date, we have not charged groups to participate. We would welcome your donation, large or small.

Donations over \$2 are Tax Deductible

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DONATION PAYMENT DETAILS			
Cheque Enclosed: <input type="checkbox"/>	Money Order Enclosed: <input type="checkbox"/>	EFT (electronic funds transfer):	<input type="checkbox"/>
Make cheques and money orders payable to Self Help Queensland Inc and mail to: Self Help Queensland Inc PO Box 353 SUNNYBANK Qld 4109 E-MAIL: info@selfhelpqld.org.au		Lodge payment using group or surname as reference to: Account: Self Help Qld Inc BSB: 017-324 Account No: 568515525 Bank EFT receipt number:	
Name:			
Postal Address:			
Email Address: _____@_____			



Self Help Queensland is Part of a Group Insurance (bulk purchasing) Scheme

Are you interested in knowing more?

Started in 2001, the Group Insurance (bulk-purchasing) Scheme was established by Lifelong Learning Council Qld Inc (LLCQ) to help non-profit, community-based organisations meet their risk management needs through insurance at a cost effective price.

Membership of this scheme comprises over 50 organisations, including neighbourhood houses; community centres; adult education; literacy, language and numeracy groups; special interest groups; community service organisations working with youth, seniors, migrants, homeless, people with a disability; and many others.

Your organisation is eligible to be a member of the Lifelong Learning Council Queensland's (LLCQ) Group Insurance Scheme if:

- You are a not for profit organisation
- You are a separately incorporated entity
- Your organisation agrees with LLCQ's constitutional objectives
- Your organisation is or becomes a member of LLCQ (Cost \$33 per year)

(Please contact LLCQ to discuss participation in our group scheme and to obtain the initial proposal forms before contacting the Brokers or completing any forms.)

Lifelong Learning Council Queensland
PO Box 5054, West End, Q 4101
Phone: 07 3844 8400
Fax: 07 3844 5599
Internet: www.LLCQ.org
Email: secretary@LLCQ.org



Mercury Rising Project Evaluation Out Now!

As many readers are aware, Self Help Queensland undertook a second Mercury Rising Project in 2010/2011. The aim of the Project, funded by the Mental Health Branch, Department of Communities, was to build the capacity of mental health self help and support groups in Queensland, with particular attention to CALD groups.

As with Mercury Rising 1, an external evaluation of the Project was conducted by the Healthy Communities Research Centre, University of Queensland.

Both Mercury Rising 1 and 2 evaluation reports are available under the Resources tab on the Self help Queensland website www.selfhelpqld.org.au

Forward Notice of 2012 AGM

Please put this date in your diary!

The Self Help Queensland AGM is set down for Wednesday 24th October 2012 at 9am
Venue: Sunnybank Community Hall, 121 Lister Street, SUNNYBANK

All welcome!

Not-for-Profit Information

Not-for-Profit Reform Agenda

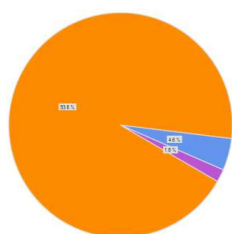
On 13 April 2012, the Prime Minister and First Ministers committed to working together towards reducing the regulatory burden on the not-for-profit sector.

The Council of Australian Governments (COAG) agreed to the terms of reference, work plan and initial milestones for a new Not-for-Profit Reform Working Group.

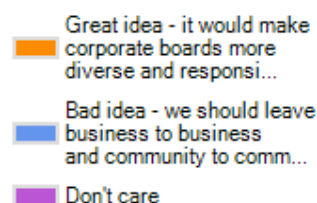
Further information about the Commonwealth Government's not-for-profit reform agenda and copies of the Working Group's terms of reference and work plan are available at:

www.treasury.gov.au

A call in the UK for more not-for-profit representation on corporate boards prompted "Our Community Matters" to conduct a reader's poll on the issue in Australia.



**Results of Australian Poll
March 2012**



Not-for-profits "behind the curve" on Technology & Social Media

The adoption of new technology and communication methods in the not-for-profits sector remains stifled due to the costs of updating software and hardware, according to a report from Connecting Up and Digital Business Insights (DBI).

The report is based on research from DBI which found that 25% of not-for-profit groups were and were having trouble keeping up with the technology and communications needs – including social media and networking.

A large number of groups could not afford to upgrade their technology due to prohibitive costs. 56% said they lacked the skills and knowledge to put in place new technology because they had no capacity to train staff, or only did so as a reactive measure.

(Source: Our Community Matters Newsletter Edition 3, 2012, Page 25)

10 Steps to Protect Other People's Personal Information From the Privacy Commission

The Australian Privacy Commissioner has released a 10 point guide to help Not for Prof-its protect other people's personal information as part of Privacy Week 2012. Personal information means information that identifies or could reasonably identify an individual.

The Privacy Commissioner, Tim Pilgrim says there are some obvious examples of personal information, such as a person's name and address. Personal information can also include medical records, bank account details, photos, videos, and even information about what an individual likes, their opinions and where they work.

Go to: <http://www.privacy.gov.au/materials/types/guidelines/view/6849>

(Source: QCOSS News Issue 18 May 4th 2012)

Not-for-Profit Resources



Rare Disease Support Group Devises Guide to Assist Patient Care in Hospital

The Australian Pompe's Association has recognised that many hospital staff may never have heard of, let alone cared for a patient with Pompe Disease. To assist in the care of the Pompe patient, the association has compiled an excellent 10 page guide which other groups may also like to adapt to their particular rare disease or condition.

The guide describes some of the patient's needs and is intended to provide a quick reference to help the staff in the day to day care of the patient.

Self Help Queensland has obtained a copy of the Guide, courtesy of the Australian Pompe's Association, with permissions to pass on to interested organisations. It is in word version so it can be easily adjusted to suit.

To obtain a copy of the Guide: Email Trish at SHQ: info@selfhelpqld.org.au

Thank You Australian Pompe's Association for Sharing This Valuable Resource!

Need a Bookkeeper or Board Member? Perhaps an Auditor or Accountant?



Pro Bono Australia is still looking for volunteering opportunities for our CPA Australia Accountants.

Over 130,000 registered accountants across Australia are being encouraged and coaxed (with both carrot and stick) into volunteering in a skilled professional capacity with Not for Profit organisations.

We want to ensure that opportunities and openings for these skilled volunteers are there when they come looking, so if you think your organisation would benefit from having a registered Accountant on your advisory board or helping to manage your financial operations, then please register your volunteer opportunity!

It's simple and there's NO COST!

Register at <http://www.probonoaustralia.com.au/volunteer/add>



Save with DonorTec Refurbished Computers

DonorTec's refurbished computer range is growing! Check out these new and improved offers for not-for-profits.

These computers are refurbished by Microsoft Authorised Refurbishers, and include genuine Windows 7 or XP, and most even include Office 2007!

<http://www.donortec.org/refurbished-computers/discounted-refurbished-computers>

Asset Calculator Launched by Queensland Public Trustee

The Public Trustee has launched an online asset calculator to assist Queenslanders with their will making preparation.

Go to: <http://www.pt.qld.gov.au/wills/asset-calculator.html>



Not-for-Profit Resources



We distribute technology donations to Australian nonprofits

DonorTec provides not-for-profit organisations (with income tax exempt status) access to donated hardware and software products from companies such as Microsoft, Symantec and Cisco.

Your organisation can receive products at heavily discounted rates eg

Microsoft Office Professional Plus 2010 - Recommended Retail \$849 - DonorTec \$30

Microsoft Project Professional 2010—Recommended Retail \$1,740 - DonorTec \$54

Important changes to Microsoft's Non-profit Donations Program

- Eligible organisations can request up to 50 licenses from 10 different title groups over any 2 year period.
- A maximum of five server products, regardless of title group
- There are no limits on the number of times Microsoft orders can be placed
- There is no minimum order requirement

How to access DonorTec Products

Register your organisation as a DonorTec member (no cost) online at:

<http://www.donortec.org/user/register>

Are You a Non-Profit? Need Tech Support?



MatchIT is a service that enables DonorTec members (see above) to harness the expertise of non-profit technology service providers.

MatchIT has been specifically designed to assist in the capacity building of Australian nonprofit organisations.

DonorTec members can use MatchIT to:

- Search for technology providers that offer services/products you require
- Pose technology questions to our database of technology service providers
- Access specials and discounts from our IT providers

Go to: <http://www.donortec.org/matchit>

Pocket – The Ultimate Digital Bookmarking Service - Free!

Pocket is a free application that allows you to save articles, photos, tweets, blog posts and anything you want to read later on in the day and you don't even need an internet connection to read your saved content.

It is really easy to use and supports all common platforms like iPhone and iPad, Android, Kindle Fire and of course your internet browser at home on your computer.

Go to <http://getpocket.com>

The difference between 'involvement' and 'commitment' is like an eggs and ham breakfast: The chicken was 'involved' - the pig was 'committed'.

Anonymous

Statistical Tools to Assist Not-for-Profits



Australian Social Trends

USING STATISTICS TO PAINT A PICTURE OF AUSTRALIAN SOCIETY

Statistics Provide Ready Reference for Grant and Funding Applications

'Australian Social Trends' are reports released quarterly by the Australian Bureau of Statistics (ABS) which address a variety of social and societal issues (ABS) eg homelessness, disability and work, households with low incomes and marriage, relationships and divorces.

During the course of a year, the articles will cover a wide range of areas of social concern. Each report contains invaluable statistical information which could prove especially useful for groups working in each sector.

The statistics also provide a ready reference for relevant grant and funding applications, especially when it comes to demonstrating need and illustrating the issues your organisation is looking to address.

The reports are 'flagship publications' available on the ABS website at:
<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4102.0>

Queensland Specific Statistics



Queensland Government

The Queensland Office of Economic and Statistical Research (OESR) is the Queensland Government's statistical and economic agency, providing a variety of Queensland specific statistics.

The Office of Economic and Statistical Research (OESR), a portfolio office of Queensland Treasury and Trade, is the principal economic, demographic and social research agency for the Queensland Government. OESR provides expert services to support national, whole-of-Government and agency policies, programs, and service delivery decisions.

The key areas of work conducted by OESR include:

- providing statistical services including surveys, evaluation and statistical advice
- developing economic, demographic and statistical modelling and research capabilities
- providing policy and guidelines for access to and use of information
- providing access to economic, demographic and social data relating to Queensland

<http://www.oesr.qld.gov.au>

Statistical Tools Available to Assist in Fundraising Submissions

'Our Community' has a number of links to websites and other web-based tools and resources which provide statistics your organisation can use when preparing applications for funding to governments and other grantmakers.

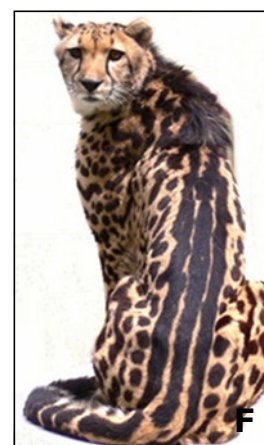
The links are sorted on a state-by-state basis, while those links listed under the Australia-wide heading are for statistical sets and resources which cover all areas across the country - this makes them suitable for groups right across Australia to use as both a reference point for their own area as well as a comparative reference if looking at other parts of the country.

The list will continue to grow in the future as more reference points and statistical tools are added.

www.ourcommunity.com.au/funding/funding_article.jsp?articleId=3537

Can You Spot Which Animals are Fakes?

(Answers on Page 23)



Never give in! Never give in! Never, never, never. Never -- in anything great or small, large or petty -- never give in except to convictions of honour and good sense.

Sir Winston Churchill
English Prime Minister, Statesman and Author
1874 - 1965

Go Green - Read the Screen!

Are you willing to receive this newsletter by email rather than post? It would be a big cost saving to SHQ as well as the environment.

We are still happy to send it by post to small groups or individuals who do not have their own computer. Please let us know at 07 3344 6919 or email selfhelp@gil.com.au If you no longer wish to receive the newsletter we would appreciate hearing also.

Thank you

What Do I Say?

The Solution to Foot in Mouth

By Bob Wyborn

I recently wrote about the meaningless clichés that many people use when klutzing their way through conversations that involve the pain of others. Observations of how we are hurt by this process serve little purpose unless we can offer some alternate ways to successfully communicate with those enduring their pain.

It is my belief that the root of this problem lies with some very basic key misinformation that we seem to inherit from our family upbringing and societal influences and I suggest that these beliefs are not only taught but somehow generationally epigenetically transferred.

Let us examine what it is that we want to do when one of our friends' experiences the death of a loved one, loses their job, suffers a broken relationship or has been subject to some of life's unfairness? I want you to honestly review what it is that you feel at such a time and exactly how you would like to be able to "handle" this situation???"

Perhaps, as you may love, care, are extremely fond or just like this person you want to utter some words that are expressively soothing, you find yourself devoid of an utterance that fits; please do not issue a cliché. I fully understand that we all suffer the pain of words spoken with loving intent that get jumbled somehow with their deliverance and yet we feel entrapped by this almost obligatory process.

My urgent and primary urge to you is to listen with your **heart** and not your head. Your head contains a "fixit gene" and it is the home to that illogic that is always self contradictory (do what I say etc). Too often our desire to want to relieve someone else's pain reflects our own discomfiture and "it will be better for all if this subject is changed quickly". I suggest that we adopt the golden rule approach and relate everything we say or ask as to how we would like to be treated if it was us in that position.

So please ask your self these questions.

1. Do I really understand what it is that has happened?
2. Have I any personal experience with this event?
3. Have I any comprehension as to how that person must be feeling?
4. Have I listened to what has been said?
5. Am I apprehensive about making contact?
6. Have I thought about what to say?
7. Do I already have a set of words that I use under these circumstances?
8. Do I really believe that professional distancing has any value to myself or the person in pain?

When we listen with our hearts we do not need to do the following;

1. Attempt to take away someone's pain
2. Remain aloof and distant with no physical touch
3. Try to fix them
4. Try to protect them from the reality of life
5. Change our language, attitude or adopt an affected voice tone
6. Shift the focus of attention when uncomfortable

(Continued on Page 18)

(Continued from Page 17)

7. Make statements that abstract their grief by comparing it to others or ourself
8. Physically avoid people.

OK, then what do we say and do?

1. Give them a big hug
2. Acknowledge that you do not have any magic words or sponges of comfort.
3. Tell them that you love them
4. Tell them that you are sorry or equivalent words and understand that the word "sorry" becomes wearisome and has intimations that the bereaved person has reason to be "pitied" They often don't want you to be sorry for them but rather just "there" and love them.
5. It is so easy and natural to ask the question; "How are you?" If it slips out simply acknowledge it and reassure them they you know it is a "dumb" question as they must be feeling terrible. When we ask that question it also invites the person to really tell you but they also know you do not want to hear it all.
6. Can I suggest that use the following if you wish; "Would you like to tell me how you are feeling?" Please then listen, listen and keep listening. There is no need for advice!
7. Always ask questions about them
8. Ask questions that extend the conversation
9. Ask questions that prove that you have listened and have started to "get it"
- 10 Tell them that you care
11. Admit to them that you feel inadequate as you have no idea of their pain but it must terrible.
12. Always mention the person or event that has occurred as it validates their experience
- 13.You do not always have to talk

Adopt this approach and be gentle with yourself if it does not go as well as it did when you practiced it in the shower. Just be honest with them as the bereaved and suffering have enormous powers of understanding and support and their antennae can pick up sincerity as well as its opposite.

When you come from the head it will analytical, academic and remote. When you come from the heart it will always be love based. Questions are formed with care and honesty and isn't that how we would like to be understood when it comes our turn as it surely will?

Listen With Your Heart & Not Your Head

(Bob Wyborn is the founder of Grief and Wellness Services. He is a grief counsellor, renowned public speaker, businessman, Australian Leukodystrophy Support Group Qld Representative, and well respected past member of the Self Help Queensland Management Committee)

Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work.

**Vince Lombardi
Premier American Football Coach of His Time
1913 - 1970**



Long Term Companion Cat Program is Launched!

Little Paws Kitten Rescue is a charity with a mission to rescue homeless and surrendered cats and kittens and find loving secure homes for them. In 2011, over 717 cats and kittens were found homes by the dedicated group of volunteers from the local community.

We have a number of challenges in 2012 with our focus to improve helping adult cats to find caring homes. Traditionally most families want a kitten so the adults often get overlooked. There are many great cats with loving personalities, very easy to manage and desperate for someone to show them love and affection.

We developed a program that is being launched in your local area called the Long Term Companion Cat Program. The goal is to match people who are eligible for the program with a loving adult cat that we have waiting to find a safe home. Seniors living in our community tell us they are often fearful to take on the commitment as they know their circumstances may change due to the health conditions or that veterinary costs could be prohibitive for them getting the right care for their cat when needed.



Long Term Cat Companion Program Offers:

- Ongoing support
- Desexed, vaccinated and micro-chipped adult cat that is council registered
- Food bowls, collars, beds, litter tray
- Monthly flea treatments
- Three monthly worming treatments
- Vaccinations and veterinary treatments
- Support providing transport to vet appointments
- Support with boarding should you need to go to hospital or holidays
- Support for the cat if you can no longer care for it

People eligible for the program:

- Single people or couples who are recipient of Centrelink Seniors, Age or Disability Pension
- Able to provide daily food and weekly litter for a cat

(Continued on Page 20)

(Continued from Page 19)

- Safe and suitable home environment (approvals may be needed if renting)
- Time to commit to caring for a cat

To apply call 3300 0497 and we will post information flyer and application form.

Can You Help Us?

We are desperately seeking community support in the way of cat and kitten food, litter and litter trays, food bowls and other items such as cat enclosures and scratching poles to support our cats and kittens that we care for. Our volunteers from the local community work tirelessly to keep the program going and so need to receive your help and support.

If you are looking to adding the addition of a cat or kitten to your home, have a look at our website as we have many beautiful cats and kittens desperately seeking new homes: **www.littlepawskittenrescue.org.au**

If you would like to volunteer for us we have a number of areas we need assistance: Fundraising with sausage sizzles and raffles, education displays and stalls, foster carers for our homeless cats and kittens prior to rehoming.

We are also seeking active people who can volunteer their time to help support our seniors and their cats with our Long Term Companion Cat Program. Weekly phone calls, monthly home visits and assistance transporting sick animals to the vet when needed.



At the present time, the Program is restricted to the South East Queensland area.

**For further information:
Ph: 07 3300 0497
www.littlepawskittenrescue.org.au**

I Can Eat That!

A Cookbook for Easy Chewing and Swallowing

(250 recipes for common everyday meals that are easy to chew and swallow)

'I Can Eat That' was written by Debbie Button to overcome the problems her son Joe experienced with chewing and swallowing, as well as choking and aspirating on food.

Joe had Spinal Muscular Atrophy Type 1 or SMA (progressive genetic disease affecting the part of the nervous system that controls voluntary muscle movement), as well as advanced scoliosis (curvature of the spine). Both of these conditions seriously impaired his ability to obtain adequate nutrition. His greatest desire was to manage nutrition without surgical intervention.

Joe didn't want his food to look any different than the rest of the family. He wanted everyone to eat the same foods. Therefore, the recipes contained in the book are just simple foods found to be successful in the family's daily life. They are not gourmet and all required items may be found in any community grocery store. 'My family was unaware when I began adapting our meals around Joe's chewing abilities instead of creating separate meals for him.'

For further information go to <http://debbiebutton.com>



EURORDIS Interested in Learning More about Rare Diseases Rare Diseases Europe **and How to be an Effective Patient Advocate?**

EURORDIS is a non-government alliance of patient organisations representing more than 510 rare diseases patient organisations in over 48 countries. Eurordis offers training programs and resources to empower rare disease patient representatives.

The **online classes** offer training in the areas of clinical trials, drug development, and regulatory affairs, and use lessons, definitions, case examples and quizzes to build the capacity of patient advocates.

EURORDIS also hosts a summer school program, bringing together individuals from around the world to learn from experts in the rare disease community and foster international collaboration.

Self Help Queensland contacted Eurodis to find out if Australians could access the summer school programs as well as the training. We were grateful to receive the following reply from the Therapeutic Development Director of EURORDIS in France.

"All of these tools are free and available for everyone to use via our website so please go ahead and promote them to your members, this would be wonderful. We have in the past also accepted members from organisations outside of Europe to attend the Summer School that takes place each year in Barcelona. However, in these cases, EURORDIS could not pay for the airfares and could only cover the costs of accommodation, the welcome dinner and lunches during the course."

Go to <http://www.eurordis.org/training-resources>

Living With a Rare Disease?

Australians Invited to Take Part in Consumer Survey



A rare disease is one that affects 1 in 10,000 people in the population of Australia, or less; but there are many such diseases. Those affected often have problems with diagnosis. In Australia and internationally providing effective treatments is also an issue. Any identified drugs still have to go through processes of assessment to determine the safety and effectiveness of the health technology, in this case a medication, and whether it should be available for use in the healthcare system. Important considerations are how it would be funded, how it is best used and which patients would benefit most from it. This is termed health technology assessment.

To learn more about people's awareness about such a process, consumers involved in working to improve patient and carer input into health technology assessment processes and members of the newly formed Rare Voices Australia have joined together to develop a survey.

We invite you to complete a survey to obtain basic information on the support people with rare diseases, their carers and clinicians have and your awareness about processes for making diagnostic tests and treatments publically available.

Go to Survey Monkey

<https://www.surveymonkey.com/s/XBVXWHL>

(Survey conducted by HTAi Patients and Citizens Involvement in HTA Sub-Interest Group/HTA Australia Partnership, and Cochrane Collaboration Consumer Network <http://www.htai.org/index.php?id=545>)*

(The main survey is also followed by a couple of questions from the Rare Voices Australia organisation, to help them in identifying their direction.)

Rate Your Involvement in Mentally Healthy Activities Take the Test!

Act-Belong-Commit (ABC) is a comprehensive health promotion campaign (originated in WA but now launched in QLD) that encourages individuals to protect and promote their own mental wellbeing.

ACT Mentally Healthy Queensland Partners:

Mental Health Association Queensland www.mentalhealth.org.au
Queensland Alliance www.qldalliance.org.au

To learn more about ACT go to: <http://www.actbelongcommit.org.au/> or the above websites.

The Interactive Self Assessment Tool is not designed to evaluate your state of mental health - it's simply designed to help you rate your involvement in mentally healthy activities.

To take the test go to:

<http://www.actbelongcommit.org.au/Take-the-Test.html>

National Compact



801 Not-for-Profit Organisations are National Compact Partners

The National Compact: working together is an agreement between the Australian Government and the not-for-profit sector to find new and better ways of working together based on mutual trust, respect and collaboration.

The Compact was co-created by the government and a broad range of not-for-profit organisations following extensive consultation.

The Compact is based on a shared vision, purpose, principles and aspirations. Implementation of the Compact is focused on eight priority actions and is aligned with the government's reform agenda relating to the not-for-profit sector and social inclusion.

Two Ways to View the list of National Compact Partners

Logo View

<http://www.nationalcompact.gov.au/national-compact-partners-directory>

Table View

<http://www.nationalcompact.gov.au/national-compact-partners-table>

To Subscribe to the National Compact

<http://www.nationalcompact.gov.au>



Zig Zag Mothers Support Group 2012

Zig Zag Young Women's Resource Centre Inc

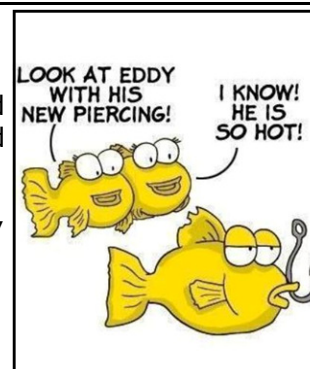
is inviting mothers of children who have experienced sexual abuse to come together in a group facilitated by two sexual assault counsellors.

Dates: 18 June, 16 July, 13 August, 10 September, 15 October, 12 November, and 10 December

Time: 10am to 1pm

Venue: 575 Old Cleveland Road, Camp Hill

Phone: 3843 1823



(Answers From Page 16) **None of the Animals are Fake!**

A - Banded Piglet Squid

Known officially as *Helicocranchia Pfefferi*. The cute Banded Piglet Squid lives in the dim middle-ocean layer several thousand feet beneath the surface. The difficulty in creating a livable environment and the near-impossibility of finding suitable live food has prevented the Banded Piglet Squid from becoming a home aquarium superstar.

B - Star-nosed Mole

The Star-nosed Mole (*Condylura cristata*) is a small North American mole found living in wet lowland areas in eastern Canada and north-eastern United States. A good swimmer, the mole's most distinctive feature is a circle of 22 mobile, pink, fleshy tentacles at the end of the snout used to identify food by touch eg worms, insects and crustaceans.

C - Okapi

The okapi is a forest-dwelling animal that is the only living member of the giraffidae family other than the giraffes. It is not a cross between a zebra and a deer. It is more closely related to the giraffe, and is the International Society of Cryptozoology logo.

D - Aye-aye

The Aye-aye (*Daubentonia madagascariensis*) is a strepsirrhine native to Madagascar that combines rodent-like teeth with a long, thin middle finger to fill the same ecological niche as a woodpecker. It is the world's largest nocturnal primate, and is characterized by its unique method of finding food; it taps on trees to find grubs, then gnaws holes in the wood and inserts its elongated middle finger to pull the grubs out.

E - Blobfish

The blobfish (*Psychrolutes microporosus*) inhabits the deep waters off the Australian coast. Due to its inaccessible habitat, it is rarely seen by humans. Found at depths where the pressure is 36 times higher than sea level, it remains buoyant as the flesh is a gelatinous mass with a density slightly less than water. It floats above the sea floor without expending energy on swimming and swallows edible matter that floats by in front of it.

F - King Cheetah

This is not a new species or subspecies of cheetah, but a mutation caused by receiving two recessive alleles. Melanin is a pigment that makes your skin or fur dark, and these animals have an abundance of it. They are also said to be larger than normal cheetahs.

G - Axolotl

The Axolotl (or ajolote) (*Ambystoma mexicanum*) is the best-known of the Mexican neotenic mole salamanders. Larvae of this species fail to undergo metamorphosis, so the adults remain aquatic and gilled. The species originates from the lake underlying Mexico City. Axolotls are used extensively in scientific research due to their ability to regenerate most body parts, ease of breeding, and large embryos.

H - Sloth

The world's slowest mammal, sloths live in the Central and South American rainforests. It is so sedentary algae grows on its furry coat giving it a greenish tint. Sloths sleep, eat, mate and give birth in trees, getting water from juicy leaves. They have extra neck vertebrae that allows them to turn their heads 270 degrees. Clumsy on land, they are excellent swimmers. They are famous for looking like they are always smiling.

I - Dumbo Octopus

The octopuses of the genus *Grimpoteuthis* are sometimes nicknamed "Dumbo octopuses" from the ear-like fins protruding from the top of their "heads" (actually bodies), resembling the ears of Walt Disney's flying elephant. They are benthic creatures, living at extreme depths, and are some of the rarest of the Octopoda species.

Paraprosdokian Sentences

A Paraprosdokian (*from Greek "para-", meaning "beyond" and "προσδοκία", meaning "expectation"*) is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to re-frame or reinterpret the first part. It is frequently used for humorous or dramatic effect.

- Change is inevitable, except from a vending machine
- I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.
- Do not argue with an idiot. He will drag you down to his level and beat you with experience.
- Light travels faster than sound. This is why some people appear bright until you hear them speak.
- If I agreed with you, we'd both be wrong.
- War does not determine who is right — only who is left.
- Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.
- To steal ideas from one person is plagiarism. To steal from many is research.
- Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?
- A bus station is where a bus stops. A train station is where a train stops. My desk is a work station.
- How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?
- When tempted to fight fire with fire, remember that the Fire Department usually uses water.
-
- I didn't say it was your fault, I said I was blaming you.
- Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they are sexy.
- Why do Americans choose from just two people to run for president and 50 for Miss America?
- You do not need a parachute to skydive. You only need a parachute to skydive twice.
- A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.
- I discovered I scream the same way whether I'm about to be devoured by a shark or a tuft of seaweed touches my foot.
- The early bird might get the worm, but the second mouse gets the cheese.
- Dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish.

(Authors Unknown)

Free Cognitive Therapy Workshop Series for People with Viral Hepatitis

Do you live with viral hepatitis?

Would you like to learn how to better manage stress, anxiety, and depression?

You will experience an introduction to cognitive therapy and learn fundamental, evidence-based techniques used to treat stress, anxiety and depression.

Based on the assumption that people are not disturbed by events in their lives, but by their belief about those events, cognitive therapy can be extremely empowering.

You will also learn relaxation strategies, mindfulness techniques, ways to reduce negative thinking and to tolerate distress, and methods to increase the motivation to pursue your goals.

You will receive texts on cognitive therapy and personal values to keep. The workshop series is conducted on Monday evenings over six weeks. Refreshments are provided.

Time/Dates: Mondays 6pm – 8pm

June 25 | July 02 | July 09 | July 23 | July 30 | August 06

Venue: Hepatitis Queensland, 12 Cordelia Street, South Brisbane
Free on-site and on-street parking. Close to South Brisbane train station

Cost: Free. Funded by Hepatitis Queensland

**Please contact us on 3846 0020 or at reception@hepqld.asn.au
to find out more and register for the workshop.**

Closing date for registration is June 18



Have You Been Diagnosed with Polycystic Ovary Syndrome? (PCOS)

Women's Health Queensland Wide have information for you by leading experts. Presentations are 5 minute videos with a transcript on:

- What is PCOS?
- PCOS and managing your emotions, managing excess hair, insulin resistance, assisted conception
- PCOS - healthy eating and exercise

Watch them at www.womhealth.org.au or the womenshealthQLDwide channel YouTube

Connecting Up
Directory

Over 60,000 nonprofits and charities all in one place

List your organisation for free

www.directory.connectingup.org

Australian Community Workers Association
ACWA Qld/NT branch presents...

Professional Development Day

WellSkills 2012

followed by the ACWA Qld/NT branch AGM

Saturday 25 August 2012

theme: *"A Look at Abilities"*

enquiries to: Alla: 0423 917 110

e: qld.nt@acwa.org.au

cost: \$25 ACWA Members \$20 Students/Retirees

\$30 non Members

venue: TBA



Diary Dates

27 May - 1 June 2012: 12th International Child Neurology Congress & 11th Asian and Oceanian Congress of Child Neurology

Precongress Symposium: Tourette Syndrome and Genetic Movement Disorders; Tourette Syndrome and Genetic Movement Disorders; Advances in Research and Therapy in Autistic Spectrum Disorders and Related Conditions; Malformations of Cortical Development

Email: icn2012@icms.com.au

URL: www.icn2012.com

Venue: Brisbane Exhibition Centre

5th - 7th June 2012: The 2012 25th Australian Winter School Conference

'Looking back/Looking forward'

Ph: 07 3834 0214

Email: dinie.vandenBerg@adfq.org

URL: <http://www.winterschool.info>

Venue: Surfers Paradise

7th - 8th June 2012: Altering States: Working for Wellbeing"

Ph: (+61 3) 9349 2220

Email: info@conorg.com.au

URL: www.alteringstates.com.au

Venue: Brisbane Exhibition Centre

13th - 15th June 2012: Suicide and Self Harm Prevention Conference

"Every Life Matters: Collaboration Across Cultures Building Community Resilience"

Ph: 07 4051 0727

URL: www.kochfoundation.org.au

Venue: Cairns Convention Centre

21st - 22nd June 2012: Young Minds Conference. The Young Minds Conference is a summit of 50+ leading thinkers from Australia and around the world, addressing the vital issues facing our youth.

URL: www.youngminds.org.au

Venue: Sydney Convention and Exhibition Centre

Please Note Self Help Queensland's New Email Address

info@selfhelpqld.org.au

27th July 2012: QCOSS State Conference

Ph: 07 3004 6936

Email: donettef@qcross.org.au

URL: www.qcross.org.au/qcross-state-conference-2012

Venue: Rockhampton

24th - 25th August 2012: Queensland Transgender, Sistergirl and Gender Diverse Conference: "Health and Wellbeing into the Future"

We acknowledge and respect the diverse range of ways people in our community identify and describe themselves and each other or their journeys.

We welcome people from the trans, sistergirl, brotherboy, transsexual, transgender, gender diverse, transman, transwoman, intersex, genderqueer, genderfluid, bigendered, agendered, androgyne, grrl, boi, MTF, FTM, transvestite, crossdresser, pre-op, post-op, female, and male community.

URL: www.transconference.org.au

Venue: Cairns - Rydges Esplanade Resort

11th - 12th October 2012: Adult Learning Australia 52nd Annual National Conference "Lifelong Learning = Resilient Communities"

URL: <https://ala.asn.au/conference/>

Venue: Byron Bay

I don't like to commit myself about heaven and hell --- you see, I have friends in both places.

Mark Twain

American Humourist, Novelist

1835 - 1910

