



# Newsletter

## September Quarter

### Issue 3. 2012



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

**(PO Box 353) SUNNYBANK 4109**

**Ph/Fax 07 3344 6919 Email: [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au) [www.selfhelpqld.org.au](http://www.selfhelpqld.org.au)**

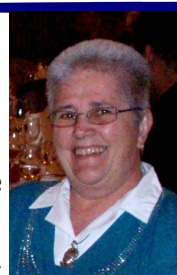
Self Help Queensland Inc is a network of self help organisations and groups in Queensland. The network was formed by self help organisations to share resources, support each other, assist in the development of new groups, raise community awareness of the importance of self help and provide a strong united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

### **From the President**

Hello all

Mid-winter is traditionally a time we slow down a bit, reflect a bit, even hibernate. I know we don't live under Arctic conditions, but still, on these cold winter mornings it is tempting, isn't it?

There are many of you for whom this is a vaguely remembered luxury from the time before you were preoccupied with either your own condition or that of someone near and dear to you. I'm talking about sufferers of chronic conditions as well as those caring for them. I'm talking about those of you hit 'from left field' by an unexpected trauma.



*Thea Biesheuvel*

It is common for us to get so caught up in these that we cannot relax or let ourselves take it easy. Every day brings with it some challenges and worries. But think on this, if you can.

We've probably all had some of those talks or seminars that started with "is your glass half full or half empty".

As I raise my half full or half empty glass I'm asking you "how much does this glass weigh? How heavy is it?" Will it be 8 ounces or 20 ounces? What will that matter?

If I hold my glass (either half full or half empty) for a minute it won't be a problem. If I hold my glass (either half full or half empty) for an hour, my arm will complain. If I hold it for a day, you might have to call an ambulance. It is the same weight, of course, but the longer I have to hold it, the heavier it becomes."

That's the way it is with challenges and worries. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on.

As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding it longer and better each time we practice.

(Continued on Page 3)

## 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

Janine Rhodes

#### 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

P.O. Box 353, Sunnybank QLD 4109

**Phone/Fax:** (07) 3344 6919

**Email:** info@selfhelpqld.org.au

**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.

## Contents

President's Message	1
SHQ Management, Staff, Office Contacts	2
Recovery Day 2012	3
Special Care Clothing	4
Genetic Matters	5
Racism. It Stops With Me	6
Self Help Queensland News	7
Self help Queensland News	7
Invitation to AGM	9
Know Something is Wrong?	10
Practical Tips from a Brain Injury Survivor	12
New Mental Health Scholarships	12
New Free to Air Rural Health Channel	12
Useful Information for Groups	13
Coping with Grief	15
How Australia is Faring	20
15 Ways to Keep Cool When It's Hot	21
4 Ways Pets Improve Your Health	22
Dealing with the Office Psychopath	24
Disability Awareness & Opportunity Expo	25
Why is Evaluation of an Event Important?	25
Diary Dates	26

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

(Continued from Page 1)

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night.... pick them up tomorrow. Whatever you're carrying now put them down for a moment. Relax a bit; pick them up later after you've rested. Life is short.

Similarly with the group of which you are a member. Sometimes the group carries the glass for too long and it becomes too heavy. We need to 'build in' to our group meetings or processes, something that says "it's OK to put the glass down for a while, let's focus on something else to relieve the strain." It helps renew the energy and make the group more sustainable. It helps the individuals to carry some of the burden as well.

As we move into Spring (yes, it's not far away), let's look at our half full glass, admire it and put it down every now and then.

Regards  
Thea



Please join us for an exciting day for those interested in wellbeing and growing through mental health challenges, their families, carers and friends, as well as workers in the mental health sector. Visit [www.aplacetobelong.org.au](http://www.aplacetobelong.org.au) for a full list of workshops, speakers, as well as information on registration.

Those attending Recovery Day will have the opportunity to explore ways of enhancing mental health. The day will consider questions like:

- What does wellbeing mean?
- How does one transition to better mental health and is the process life giving?
- How do we participate with this process in our own lives?
- How do we support and encourage others in their quest for mental health
- How can mental health services assist us on our journey toward wholeness and wellbeing?

Fees for the day, including catering are \$10 for those in need of mental health support, their carers and supporters, and \$60 for professionals and waged participants. For out of town guests subsidised fees and travel costs may be available. A brochure is available online.

**Time:** 9am-4.30pm. Registration, tea and coffee at 8.30am  
**Venue:** St Aidan's Anglican Girl's School, 11 Ruthven Street, Corinda  
**Contact:** 07 3217 2522 or [registration@aplacetobelong.org.au](mailto:registration@aplacetobelong.org.au) or Kym Thomas, [kym.thomas69@bigpond.com](mailto:kym.thomas69@bigpond.com)

[www.aplacetobelong.org.au](http://www.aplacetobelong.org.au)

**Registration closes: Friday, 7th September**



Special Care Clothing  
solutions

**Are you, or a member of your family, having difficulty dressing in standard off the peg clothing?**

**Need adaptive clothing to suit elderly, people with particular disabilities, wheelchair users, hospital/palliative care etc?**

### **Special Care Clothing Solutions has the Adaptive Clothing answer!**

The initial range of adaptive clothing has been designed for the person who needs full assistance when dressing and is ideal for residents of high-care facilities as well as people with limited mobility due to age or disability.

The majority of the range has back openings and other adaptive features that make dressing a more gentle and easy task for carers. More importantly, the clothing is designed to offer maximum comfort and dignity for the wearer.

The Adaptive Clothing range helps:

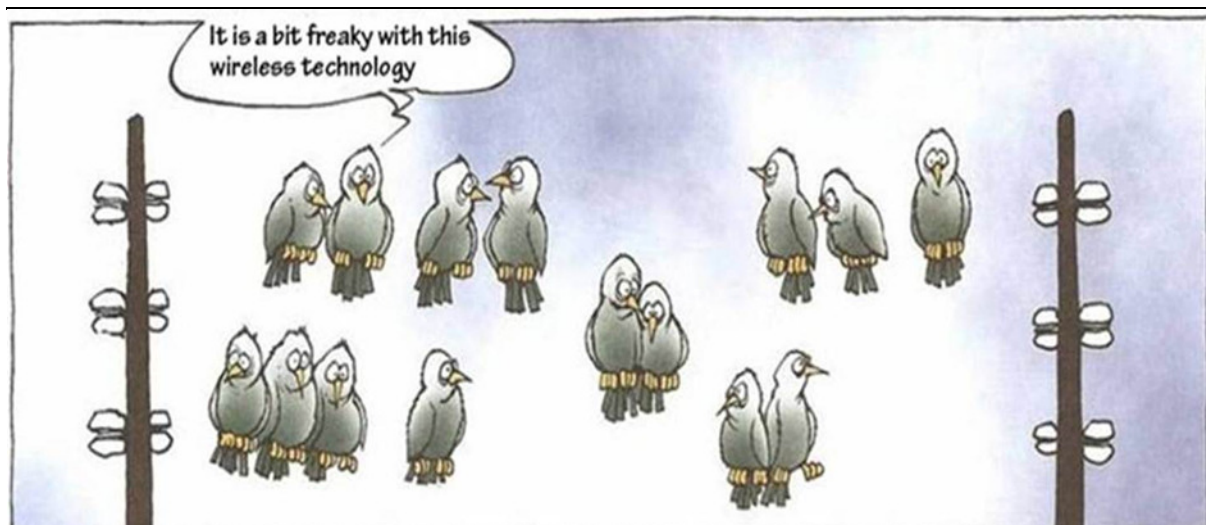
- Home carers and Nursing staff dress your loved one with ease, comfort and dignity
- Retain dignity and keep the "standard" look with special design features to suit the need
- Designs of clothing for the elderly are for easy changing and no pressure on sensitive skin

Special Care Clothing is Queensland owned and all clothing is manufactured in Australia under stringent quality control. With superior fabric quality, the clothing has been tested successfully in commercial laundry machines.

For further information and to view video go to **[www.specialcareclothing.com.au](http://www.specialcareclothing.com.au)**  
To contact Special Care Clothing **Phone: 1300 780 755**

**(Editor's Note: SHQ does not usually promote commercial businesses. However, in this instance we considered the service a very worthwhile one to inform people about; carers in particular. With a no risk guarantee there is also a Carer's Business Discount Card Scheme offering a 5% discount to carers. Special Care Clothing funds Special Care Central Inc, a not for profit community organisation which is a central portal linking people with a disability, senior citizens/aged care and carers and families to service providers. <http://specialcarecentral.com.au>)**

-oOo-



# Genetic Matters

by Kim Summers PhD

## Fighting fat

A close family member died in January. He always said he had lost several hundred kilos in his life but unfortunately he had found them all again. He died because his heart, worn out by years of obesity and yoyo dieting, couldn't function any more. He was 53 years old.

Many of us have struggled at one time or another to lose (or even gain) weight. We know that body weight tends to run in families and it seems that about half of the variability in weight in the population is related to genes. We even know some of the genetic factors that might determine whether you stay slender all your life or ricochet between skinny and obese. Now a company has taken that information and developed a personalised approach to weight loss based on testing your DNA to see which diet and exercise plan will work best for you.

So what is the basis for the new diet scheme? Over the last few years, a number of proteins that are involved in breaking down our food and using it for fuel and to build muscle, bone, fat and other tissues have been identified. If the genes that carry the instructions for these proteins are different between people, we might have different abilities to process the food we eat into energy or fat.

For example, our saliva contains an enzyme that breaks down carbohydrates. Some people inherit extra copies of the gene that encodes this enzyme and therefore have more of the enzyme in the saliva. This allows them to process carbohydrates (including starches) more efficiently. The researchers discovered that people with the extra copies tended to come from cultures that traditionally have high starch diets. So natural selection favoured a mechanism to allow them to make the most of their diet. Of course, if people with the extra copies move to a diet that has more fat and less carbohydrate they are not able to change their genes and the resulting imbalance can lead to over or underweight.

I wrote some time ago (December 2007) about lactose intolerance. This is another example of genetic influences on the processing of food. Most humans (and most other mammals) are unable to break down lactose after weaning, but in cultures where dairy products have been an important part of the adult diet for generations (for example Scandinavia and Britain) a genetic variant that allows adults to process lactose has reached very high frequencies. People without this variant can't take advantage of the protein, calcium and fluid in milk into adulthood. They are likely to lose weight and have poor nutritional status in cultures where dairy products are an important source of food. But if you have it you can eat ice cream into your nineties, and your body mass index might also reflect your indulgence in dairy products!

There are other examples of genetic variation which could influence the way we break down our food and process it into fat and muscle. There is also genetic variation that influences our ability to do different forms of exercise. Some people have the genetic make up for endurance exercise (think of the Kenyan athletes at the Olympics who can run and run and run) and some are built for short bursts of intense exercise (Jamaican Usain Bolt in the 100m sprint). There are some clues about the genetic variants that determine our capacity for different types of exercise. For example, one gene controls a protein that is important in the development of muscle during resistance training. Another influences the uptake of oxygen into cells during endurance training.

(Continued on Page 6)

(Continued from Page 5)

The company offering the new approach to weight loss tests eight genetic variants in seven different genes and then develops a diet and exercise program that supposedly suits your genetic make up. There are four types of diet (balanced, low glycemic, low fat, low carbohydrate), two exercise types (endurance or intensive) and three exercise levels. In the UK, you pay £99 for the initial test and results, including a 30-page personalised report that assigns you to the appropriate diet and exercise plan, or pay more (£159) if you also want the support of the dieticians for three months.

The basis of the weight loss is the same as for any diet: reduce input and increase output. That is, you eat less and you exercise more. The selling point of this new approach is that you will be able to stick to the diet because it is tailored for your genetic nature. If your body isn't designed for a high carbohydrate diet you will eat more protein; if your body copes best with intensive exercise you will do lots of short high energy sprints. The testing just removes the uncertainty so you know the diet is right for you.

At least that's the theory. Of course the company website has testimonials from people for whom this strategy worked. However, researchers generally agree that factors like weight gain and exercise tolerance depend on many different genes, not just the seven targeted by this testing. Reducing input (eating less) and increasing output (exercising more) should always result in weight loss, regardless of your genetic makeup. It may take longer or be harder to keep up if you are going against your genes, so spending the money to have this test may be answer at least for those people who have genetic variants in the genes being tested. But if your weight problems are related to different genes the testing won't help, and could even put you on the wrong track.

The Wellcome Collection (museum of artefacts related to health and disease) in London has a whole section devoted to diet and weight loss books. Each of these has followers and detractors; what's certain is that the authors made a lot of money, regardless of whether the diet worked. We all know weight loss isn't easy, and there can never be one strategy that works for everyone. Maybe this new approach will stand the test of time, maybe only the company will win. The Wellcome Collection also contains a print out of the 3,300,000,000 letters of the human genetic make up. Could just eight of those letter make all the difference?

**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.**

---

## **Racism. It Stops With Me.**

**- a campaign which invites all Australians to reflect on what they can do to counter racism wherever it happens.**

Around 1 in 5 Australians say they have experienced race-hate talk such as verbal abuse, racial slurs or name-calling.

Racism. It Stops with Me aims to:

- Ensure more Australians recognise that racism is unacceptable in our community
- Give more Australians the tools & resources to take practical action against racism
- Empower individuals & organisations to prevent & respond effectively to racism

Over the next three years, the National Anti-Racism Strategy will focus on five key priority areas: schools and higher education, the media, government service provision, workplaces and the internet. By signing up to the campaign, companies and individuals will commit to playing a visible role by taking a public stance against racism in the community. Go to: <http://itstopswithme.humanrights.gov.au/>



# Self Help Queensland News

3rd Annual Self Help and Support Group  
Awareness Day 2012

With  
Apologies!

**Cancelled**  
Due to Lack of Funding  
and Resources



**But We're Not Giving Up!**

**Please Support Self Help and Support Group  
Awareness Day 2013**

**Please help support YOUR event. Details in future newsletters!**

---

---

## Welcome Janine!

Self Help Queensland, which auspices the Brisbane Obsessive Compulsive Disorder Support Group, is pleased to welcome Janine Rhodes, recently appointed co-ordinator of the group.

The Brisbane Obsessive Compulsive Disorder Support Group (BOCDSG) is for people diagnosed with OCD, their carers or significant others. Interested professionals are also welcome to make contact with the group. The BOCDSG offers:

- Monthly meetings
- Referral and information about OCD resources and services
- Telephone support
- Specialist guest speakers
- A range of activities to promote the health and well-being of people with OCD
- Annual newsletter
- Friendship, support and encouragement

BOCDSG is always seeking new members. This is an exciting time for the group with a survey about to get underway about activities the group will offer in future. If you require further information, please contact the Co-ordinator, Janine Rhodes on mobile 04873 04873 (call back is available to limit the costs to callers) or via email [bocdsg@gmail.com](mailto:bocdsg@gmail.com)

**About the Coordinator:** Janine is a social worker with experience working in the areas of drug and alcohol dependence, elder abuse, domestic violence, depression, anxiety and chronic disease.

**Please Note Self Help Queensland's New Email Address**  
**[info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au)**

# Self Help Queensland News



**IT'S SPRING**

**TIME FOR RENEWAL**



**We need your skills for our future Committee Leaders**

**(especially for President)**

PLEASE NOMINATE BY RINGING 07 3344 6919

OR **email** [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au)

(AGM 10TH October 2012)

## **Farewell and Thank You Thea!**

After 10 years of dedication to leading, managing and growing Self Help Queensland (SHQ), initially in the role of Secretary and in recent years as President, Thea Biesheuvel is moving on to the next exciting phase of her life.

Apart from donating countless hours of voluntary time and effort, Thea has brought a broad range of professional skills and creative ideas to SHQ, always striving to convince all around her to "move with the times".

Thea exhibits a deep knowledge, understanding and enthusiasm for the Self Help Sector, having been the Co-ordinator and Facilitator of a Survivors of Family Abuse Support Group for many years. In this role, Thea gave countless hours to helping women and children attain a better life after abuse, often completing legal documents, writing submissions and spending days assisting women in court.

Representing the broader Sector, Thea makes sure the voice of Self Help and Support Groups is always heard at the highest levels. She is no stranger to letting Government, both State and Federal, know how much the Sector deserves better recognition. Thea's parting wish is for someone with the same enthusiasm to step into the role at this year's AGM on Wednesday 24th October.

**We all thank you Thea, and wish you a wonderfully adventurous next stage!**

## **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 [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au) If you no longer wish to receive the newsletter we would appreciate hearing also.



# Self Help Queensland News

## Invitation

Valued members and friends of Self Help Queensland Inc  
are warmly invited to attend

Self Help Queensland Inc  
2012 Annual General Meeting  
& thank you to our President, Thea Bieshevel

**Wednesday 24th October 2012 at 9.30am**

Sunnybank Community Hall  
121 Lister Street (Cnr Gager Street), Sunnybank  
9.30am followed by morning tea

### Agenda

Opening of meeting and welcome to guests  
Apologies  
Minutes of 2011 AGM  
Business arising from the minutes  
Correspondence  
President's Report  
Treasurer's Report and presentation of audited financial statement  
Election of Office Bearers  
Appointment of Auditor  
General Business  
Close of Meeting

Morning tea and networking opportunity

RSVP: Monday 22nd October Ph: SHQ 3344 6919 or email: info@selfhelpqld.org.au

-----✂-----✂-----✂-----✂-----

### Nomination Form for Management Committee Members

Name:.....Organisation:.....

I wish to nominate for the position of.....

Proposed by: (Name).....Signature.....Date.....

Seconded by: (Name).....Signature.....Date.....

I accept the above nomination (Signature)..... Date.....

SHQ Management Committee Positions: President, Secretary, Treasurer, General Members

Please return nomination forms no later than Monday 22nd October 2012 to:  
The Secretary, Self Help Queensland Inc, PO Box 353, SUNNYBANK QLD 4109  
Email: info@selfhelpqld.org.au Phone: 07 3344 6919



## Know Something is Wrong - but can't get help?

In the June 2012 newsletter we wrote about a national support group that was in the early stages of its formation. It is now well under way, and is the only known group of its kind in Australia.

The aim of LASS is to inform, educate and support sufferers. Professor Neil Piller, Lymphologist, is the group's Patron.

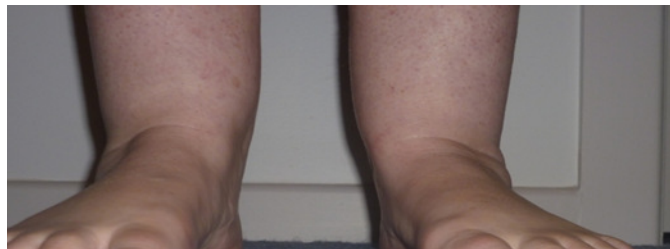
Lipoedema is a condition that affects 5-15% of the population, mainly female. There has not been much research done on this condition even though it was first diagnosed in 1940. Support is rare and effective medical help is mainly from the physiotherapy side of the medical fraternity, this help usually involves Manual Lymphatic Drainage (MLD) and/or compression garments. This condition can flare up during hormonal changes such as puberty, pregnancy and menopause.

Lipoedema is a painful adipose (fat cells) condition which means your legs pain almost constantly, they bruise easily and swell up all the time. To squat is extremely painful. To be diagnosed is unusual. You can be a size 10 top and size 14 or 16 bottom. Your feet are normal in shape and size. Doctors think you are lying when you say you have stuck to a diet and exercise as these efforts make little difference.



↑ Figure 1. Stage 1 Lipoedema

The picture at left is of a 'Stage 1' sufferer. Not all are as marked as this lady; some have less swelling, less cellulite and some more. But in all cases the feet are normal, the bruising is constant and is long lasting (compared to non-sufferers). If you can google lipoedema (various spellings include but not limited to lipodema, lipedema) you will see that the placement of the adipose tissue can vary to some degree and also has varied terminology eg jodhpur syndrome.



↑ Figure 2. Elastic band effect around ankles

Unkindly, Lipoedema is sometimes described as:

- Painful Fat Yndrome
- Tree Trunk Legs
- Stovepipe Legs
- Peasants Legs
- Big Fat Legs

Other factors include:

- Your legs don't tan
- Your legs bruise easily and stay bruised longer than 'normal'
- Your skin feels hard and or thick

Does any of the above describe **your** legs? Do you struggle to keep them looking reasonable? Do you diet and exercise but the result never changes your legs - your upper body may change but not your lower body? You are not alone!

### Psychological Aspects

Lipoedema is frequently misdiagnosed as lymphoedema or chronic venous insufficiency, or patients are told they are "just fat." Consequently, many patients endure treatments  
(Continued on Page 11)

(Continued from Page )

that will not improve their condition or embark on aggressive dietary programs that fail to result in weight loss in the legs. Coupled with the embarrassment of their condition, it is not surprising that the typical lipoedema patient is demoralized.

## Differential diagnosis between Obesity, Lipedema, Lymphedema, & Lipolymphedema

Characteristic	Obesity	Lipoedema	Lymphoedema	Lipolymphoedema
Gender	Male or female	Almost exclusively female	Male or female	Almost exclusively female
Time at onset	Childhood onward	Typically at age 30 y	Childhood (primary) adult (secondary)	Typically at age 30 y onward
Family history positive	Common	Common	Only for primary lymphoedema	Occasionally
Effect of dieting on condition	Positive	None	None	None
Effect of elevation	None	Minimal	None	Helpful until fibrosis occurs
Pitting oedema	Absent	Minimal	Pitting may stop as fibrosis progresses	Usually present to some degree
Brusies easily	No	Yes	No	Yes
Pain	None	Present in legs	None in the early stages	Present in legs
Area affected	All parts of the body	Bilateral legs, thighs, buttocks (feet spared); arms sometimes (hands spared)	Feet affected first, then progressive leg involvement; unilateral more common than bilateral	Feet affected eventually with positive Stemmer's sign; usually lower extremities (bilateral)
Stemmer's sign	Absent	Absent	Present	Present

**For further information about LASS please contact Coral:  
Lipoedema Australia Support Society (LASS)  
43 Liston St NAMBUCCA HEADS NSW 2448  
Ph: 02 6569 4915 Email: coral8@rocketmail.com  
<http://www.lass.org.au/>**

(Sources: Information provided by Lass and URL: <http://www.nursingcenter.com/pdf.asp?AID=965295>)



### Self Help Groups

- Reduce depression
- Increase self-esteem
- Provide more personal contact
- Reduce isolation
- Increase skills in conflict management
- Give a comparative perspective of one's own problems
- Lead to more selective use of the formal care system

## Practical Tips from a Brain Injury Survivor/Thriver

The following tips come from Ken Aitken, (self titled the Recycled Man) in relating to people with brain injury. Ken, is a prolific writer and advocate for the "Brain Injury Community", a global support network of people who have suffered brain injuries.

- Focus on what the person can do
- Give the person choices and responsibilities, even if it something simple
- Encourage the person to keep a gratitude journal. This wires the brain to look for things to be thankful for
- Keep the surroundings bright and light. Research has shown that brain function is worse when the lighting is dim
- Provide independence wherever possible
- Keep introducing new experiences
- Let the person see that their opinions matters
- Provide a calendar to write down what will happen and what has happened
- Get the person to put a red line through the day when it is over.

<http://braininjurycommunity.wordpress.com/>

---

## NEW mental health practice scholarships on offer to support non-government sector mental health workers

**If you currently work for a non-government mental health organisation and would like to further develop your skills, Griffith University is offering mental health practice scholarships for new enrolments in 2013.**

The Community Mental Health Career Scholarship provides 50% funding support for people, employed or interested in employment in the non-government mental health workforce, to enrol in the Graduate Certificate or Master of Mental Health Practice. These programs are offered in an off-campus, online learning mode and will equip practitioners with specialist knowledge to support people with mental illness or psychiatric disability living in the community. Scholarships are available to those undertaking university study for the first time as well as those looking to upgrade their qualifications. Visit [griffith.edu.au/mental-health-practice-scholarship](http://griffith.edu.au/mental-health-practice-scholarship)

**(Scholarships available thanks to the Mental Health Alcohol and Other Drugs Directorate, Queensland Health, Skills Queensland and the Health and Community Services Workforce Council.)**

---

## New! Free to Air National Rural Health Channel RHC 600

The *Rural Health Channel* is a free-to-air health channel on the Aurora Digital satellite system that carries VAST (Viewer Access Satellite Television). The VAST system has been set up as part of the Government-mandated conversion from analogue to digital television, to provide television via satellite to people who cannot receive terrestrial television, mainly those living in 'black spots' in rural and remote areas of Australia.

RHC 600 will broadcast Rural Health Education Foundation professionally accredited programs as well as health education information and programs from other providers such as government, professional organisations and health associations. The *Channel* gives other organisations wishing to connect with those living and working in rural and remote Australia an effective, regular and targeted communication channel.

VAST currently reaches 75,000 households. For more info go to: [www.myvast.com.au](http://www.myvast.com.au)

RHC 600 is on air up to 24 hrs per week. For more information about Rural Health Education Foundation's *Rural Health Channel* go to: [www.rhef.com.au/rhc](http://www.rhef.com.au/rhc) and for the full TV Guide go to: [www.rhef.com.au/rhcguide](http://www.rhef.com.au/rhcguide)

# Useful Information for Groups

## Restore deleted files easily with "Recuva"

Recuva (pronounced "recover") is a freeware Windows utility to restore files that have been accidentally deleted from your computer. This includes files emptied from the Recycle bin as well as images and other files that have been deleted by user error from digital camera memory cards or MP3 players. It will even bring back files that have been deleted by bugs, crashes and viruses.

As with any deleted file, the older it is, the harder it will be to bring back. So if you want to bring a deleted file back, you need to do it as fast as possible.

**For further information go to:** <http://www.makeuseof.com/tag/restore-your-deleted-files-easily-with-recuva/>

---

## How to clean up your Windows Desktop

Your desktop is a mess? Just like a desk with papers all over, a messy computer desktop is far from productive. If you're having issues finding the recycle bin on your desktop, it's probably a sign that you need to change things up a bit.

There are steps to follow without downloading any software to your computer.

**Go to:** [http://www.makeuseof.com/tag/clean-up-your-windows-desktop-once-and-for-all/?utm\\_campaign=newsletter&utm\\_source=2012-08-16](http://www.makeuseof.com/tag/clean-up-your-windows-desktop-once-and-for-all/?utm_campaign=newsletter&utm_source=2012-08-16)

---

## Mindhealthconnect

Mindhealthconnect is the new national e-mental health portal. The first national e-mental health online portal has been launched by the Commonwealth Government. The portal provides access to information and treatment as an alternative to traditional face-to-face services, as well as information on high prevalence conditions such as depression and anxiety.

**For further information go to:** [www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au).

---

## Community Door: Risk management

Risk management is the process of planning, organising and controlling an organisation's resources to minimise or eliminate negative outcomes. Effective risk management can:

- help your organisation operate effectively
- manage workplace health and safety issues
- reduce potential liability
- reduce insurance premiums or help your organisation become eligible for insurance, and help your organisation make better use of resources.

QCROSS, in collaboration with the Australian Centre for Philanthropy and Nonprofit Studies, has developed a resource to assist community sector organisations with effective risk management. This resource is now available through the Community Door website.

For further information go to: [www.communitydoor.org.au/risk-management](http://www.communitydoor.org.au/risk-management)

---

(Thanks to QCROSS 2012 E-News Editions 33 & 34 for much of the information disseminated on Pages 13 & 14)

Self Help and Support Groups are often co-ordinated by people from their own homes..... Please ensure that you call at an appropriate hour.

# Useful Information for Groups

## One-off Carer Adjustment Payment

A Carer Adjustment Payment is a one-off payment that helps families deal with the increased care needs of a 0 to 6-year-old child who has had a sudden and severe illness or accident. For more information go to: [www.humanservices.gov.au/customer/services/centrelink/carer-adjustment-payment](http://www.humanservices.gov.au/customer/services/centrelink/carer-adjustment-payment)

---

## Free App to Help Overcome 'Spending Leakage'

According to MoneySmart, Australians spend almost \$70,000 per year on everyday expenses. Small purchases such as coffee, a block of chocolate, lunches or the occasional drink can add up to almost \$3000 per year.

TrackMySpend is a new phone app released by MoneySmart and the Australian Securities and Investments Commission (ASIC) to help people track their spending on the go.

Use the app to get a clear picture of what you are spending your money on and gain control of your money.

You can:

- Track expenses by categories
- Track expenses while you are travelling or on an outing
- Record work or project-related expenses

For more information go to: [www.moneysmart.gov.au/tools-and-resources/calculators-and-tools/mobile-apps/trackmyspend](http://www.moneysmart.gov.au/tools-and-resources/calculators-and-tools/mobile-apps/trackmyspend)

To download the app go to: <http://itunes.apple.com/au/app/trackmyspend/id542589077?mt=8>

---

## Social Media Fundraising Guidelines for Australian Charities

Fundraising Institute Australia (FIA) has launched best-practice guidelines for social media fundraising. The guidelines cover the management of donations, spamming, privacy issues and use of images.

To view the Principles and Standards of Fundraising Practice go to: [www.fia.org.au/pages/principles-standards-of-fundraising-practice.html](http://www.fia.org.au/pages/principles-standards-of-fundraising-practice.html)

---

## Ensuring Public Comment Achieves Your Purpose

Redfern Legal Centre (RLC) has recently published Speaking Wisely – Considerations and strategies for managing public comment. It is freely available from RLC's website. Speaking Wisely is aimed at community organisations that wish to speak publicly about their services, their members and clients or about changes needed to achieve a just or sustainable society

The kit has checklists, how-to guides, background explanations, some illustrative case summaries and scenarios, as well as suggestions for policy and procedures.

To access the tool kit Speaking Wisely – Considerations and strategies for managing public comment go to: <http://www.rlc.org.au/publications/publications.html>

---

**“To me, one of the great benefits of the group is finding out you're not alone. Whatever you're thinking/deciding/experiencing, you're not the only person who's been there”**

# Coping With Grief

By Bob Wyborn

## What is Grief?

Grief is the natural and normal physical, mental, emotional and spiritual response to any significant loss. Its depth is in direct proportion to the degree of attachment and love that we have to that loss.

The best way that I can describe Grief is to suggest that it is the most painful experience of chaos that we will ever experience. The dictionary defines chaos as "the state of matter before the universe was reduced to order" There is no pain as severe as Grief. It is that gut wrenching, mind numbing, dry retching state that renders us almost useless.

## What Grief is Not!

1. Grief is not a life sentence
2. Grief is not insurmountable
3. Grief is not a long term compulsory disorder requiring medication
4. Grief is not a bad thing
5. Grief is not the enemy
6. Grief is not quickly resolved

## What Impedes the Resolution of Grief?

1. Revenge
2. Hatred
3. Unwillingness to deal with the pain of grief
4. Unawareness of how to deal with the pain of grief
5. Resentment
6. An unforgiving heart
7. A heart that has lost love
8. A decision to stay in your grief
9. Self pity
10. Sometimes our Belief systems
11. Permanence theory
12. Academic unrealities
13. Unresolved past life crises
14. Excessive Drug or Alcohol intake
15. Social Stigma e.g. Suicide
16. Poor employers attitudes and Workplace Laws
17. Cliches
18. Deification of our Loved One
19. Legal necessities, Coroners reports, Court Cases etc
20. High Risk taking activities
21. Escapism through work, sport or other activities
22. Sublimation of our feelings

## What is the Goal of our Grief Experience?

"The ultimate goal of grief work is to be able to remember without emotional pain and to be able to re-invest emotional surpluses. While the experience of grief work is difficult and slow and wearing, it is also enriching and fulfilling.

The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths.

These people have an appreciation, sensitivity and an understanding of life which fills them with compassion, gentleness and a deep loving concern. Beautiful people do not just happen." Elisabeth Kubler Ross

(Continued on Page 16)

(Continued from Page 15)

## **How Do We Cope?**

### **You can't heal what you don't feel. Grief is not resolved by Academic Reasoning or the Absence of it.**

Grief is the worst pain known and it is an unbelievable cocktail of emotions and at the same time it is the ultimate barometer of our love. We must learn to sit with our pain, little by little and thus we disempower it. Grief is not something that happens to you; grieving is something that you do. We must not run away from our pain but learn to go through it and thus we master it and learn how much inner courage we have. There is a direct relationship with pain and suffering and I offer the following remarks for your exploration.

GRIEF = PAIN

PAIN + RESISTANCE = SUFFERING

PAIN + AWARENESS = ACCEPTANCE

PAIN MEETS FEAR = PITY

PAIN MEETS LOVE = COMPASSION

When we encounter the pain of grief we very often react or recoil from it; rather than respond to it. It seems as if we are almost naturally conditioned to do this. Aversion to pain is a reaction to pain. We do not want to face it and sit with it because it is too difficult and it hurts us so very much. We give it power and thereby authorise it to diminish our current feelings and life experience. Our decision to turn our backs upon it restricts us from getting very far because we have gone in the opposite direction to healing and recovery. The task of facing our pain and responding to it is extremely difficult. I do not proclaim it to be otherwise. It is the hardest thing you will ever do and it will give you the greatest rewards of any course of action that you will ever undertake.

Relating **to** our pain instead of **from** our pain is what it is all about. Relating to our pain brings acceptance and peace; running away from it brings misery. Pain is a given in life – whilst you have a body and mind you will always have pain. It keeps you alive and functional. Suffering is not a given –it is how we handle our pain. Suffering is resistance to pain. Mental and physical pain attracts grief. Pain makes life very difficult to focus and to be stable as it can easily cause fear, anger and create total chaos with our emotions.

Look at your grief and see if it has collected any anger and has it developed a tendency to want to blame, blame, blame! Grief is all about loss, the death or removal of someone or something deeply cherished. It is all about separation. If we want to heal and be free of the pain then we have to concentrate our work in this area.

Suffering is resistance to pain. A lot of our suffering is created by our own choices – some is not. Be kind to yourself. Do not be a "strong toughie" Those who adopt this approach are the very opposite. Strong toughies run away from life.

We hold false beliefs and understandings about our permanency and the projected permanency of others across the age spectrums. Our suffering is caused by our holding on to things that might have been, should have been and could have been. Grief is a part of daily living. We suffer so much less when our understanding of life includes the reality of impermanency and the acceptance of death as being part of the natural order of things.

### **Allow Yourself to Grieve**

You need to openly express your feelings as topsy turvy as they are;(Continued on Page 17)



(Continued from Page 16 )

it is your true expression of how you feel as a result of the death of your loved one. It is a vital part of your healing. Understand that there is no manual given as there wasn't at their birth. Both experiences are ones of love. Do not strangle your emotions for fear that others will disapprove. It is not always easy with young children.

### **Realise Your Grief is Yours Alone**

Your grief is unique. No one else on this earth will feel it as you do. It has evolved because of your individual physical, mental, emotional and spiritual relationship with your loved one. Try to understand it as it is – the incontrovertible evidence of your love. At this point we often mistakenly believe that the relationship has finished.

### **Expect and Accept Your Mixed Range of Emotional States**

Grief has rightly been described as a "dance" where we go forward and backwards. It is never linear. Do not be afraid of this pattern. You are not a disturbed soul but one that has had their life disrupted by life's companion – death. We, in the Western world, find death less than acceptable as we seem to have slotted it away for some in the future and then and only then shall we consider it. Your emotional day may include such feelings as lethargy, anger, nausea, intense sorrow, joy, fear, disbelief, jealousy, anguish, regret and many more and in any order. This is normal grief behaviour.

### **Be Kind to Yourself**

It is very probable that you live in a state of perpetual tiredness and you do not need to make it worse for yourself by false incriminations. Be kind to yourself. Accept yourself for who you really are – someone who has had a loved one die and is totally lost and is floundering in the painful experience. Grief is enervating. Understand that being available to all is not practical and will drain whatever energy that you have left. Share your normal daily burdens and accept your life for what it is at that point in time. Live one day at a time. Some things are within your control, and some things are not.

### **Discuss Your Grief**

Do not be railroaded by those who wish you to deny your loved one's existence and not talk about it. Share your feelings as it is a very healing experience and it validates your life and your loved ones. Speak openly about them just as you did when they were with you.

### **Avoid the Job Comforters**

Part of the grief experience is to be delivered a cliché or equally heartless piece of advice from a relative, close friend or professional. They invariably come from those who have never experienced grief. Stay away from them, despite their relationship to you or their belief systems.

### **Remember Your Loved One**

**"Line by line, moment by moment, special times are etched into our memories in the permanent ink of everlasting love" ~ Gloria Gaither**

There are so many ways that you can honour your loved one. Collect their memories in book or album form, legacies, fundraising activities, memorial gardens, writing, lockets of hair, memory boxes, photographs etc

**"Memories are the key not to the past, but to the future" Corrie ten Boom**

### **Develop Support Systems**

A very powerful and proven way of assisting you to find peace is to develop support systems. You may be able to have one consisting of family and

(Continued on Page 18)

(Continued from Page 17)

friends and another that is a Support Group established to meet the needs of your circumstances i.e. bereaved parent, spouse etc. By sharing your feelings you help download those pent up emotions which can be most beneficial in giving your life a more global perspective. It won't fix things there and then but it will validate you and reassure you that you are not suffering from a "mental" condition ;you are just being very normal.

Make sure that those in whatever system you prefer are honest, positive and allow you to be who you are on the day.

### **Meditation**

There are a number of different forms of meditation and you should investigate them and find the one that is the most effective for you. In my case it is Transcendental Meditation as guided meditation distracts me. It could be totally the opposite for you. The psychological, spiritual and physical benefits are irrefutable and you may wish to find a group that regularly practices this most beneficial exercise.

### **Walking**

Bushwalking is a wonderful and peaceful form of exercise. The beauty that is nature can help us to find some sanity in the world that has recently challenged us to accept that it has any purpose; leastwise a purpose that involves the death of our loved one. A regular beach walk is extraordinarily powerful. There is an eternal force that rolls over our being as we absorb the oceans sounds and sights. It seems to me as if the ocean is reminding us that life is a series of ongoing events which are influenced by a power beyond our total comprehension and to observe its force and understand the purpose of its continuum. Walks in any environment can produce the same effect. There is a healing in regular physical exercise as it reprograms our brain to a regular pattern from which it can function.

### **Massage**

A regular fortnightly or weekly massage can relieve an enormous amount of tension that builds up in our bodies as a direct result of the grief we are carrying. The body stores our emotions and they settle in our muscles and tissue. With a regular massage we can release this pent up pressure and assist our mind in placing our perspectives back into reality. When we hear the comment to "get it out of our system" we should take it as a profound direction.

### **Verbal Expression**

We store up our emotions in our body and they can have a very negative effect upon our health. All functional storage systems have pressure release valves. We need to activate ours by releasing our tensions through the oral expression of our feelings. It can be very beneficial to scream, yell or simply state our feelings to the "Universe" This expulsion reduces the stressors in our body and once again allows us to balance our perspectives. We should do this whenever we feel "uptight" however the place where we do it may need some consideration as the supermarket aisle may cause slight consternation to those making the choice of which breakfast cereal may advance their digestion. Dial a friend when you feel the need to download some of your pain.

### **Breathing Techniques**

There are many ways in which we can use various different breathing techniques to release stress and advance our well being. I suggest that you investigate them as they are most powerful. The maximising of oxygen to our bodies is revitalising and helps maintain our bodily functions. Please retain the practice of breathing as all of life's solutions result from this pleasant habit.

(Continued on Page 19)

(Continued from Page 18)

## **Music**

There is untold healing power in music. Choose whatever music you love and play it when you like. Music soothes the spirit and invigorates the soul - play your loved one's music as well as your own. It will help you relax and free the mind from some its incessant chatter.

## **Gymnasiums**

The use of physical exertion is a positive way of expunging those emotional demons that build up in our bodies as a result of the pain that grief engages. For those of us who no longer can defy the law of gravity it can also help refashion its outcome. The first Law of Lycra states that "whatever is confined into a small space must expand in a contradictory manner."

## **Yoga/Tai Chi etc**

All forms of these spiritual practices have enormous benefit to the participant. The use of a physical discipline to enhance the wellbeing and "wholeness" of our bodies is without dispute. The power of a group to further build an experience is also indisputable.

## **Routines**

The establishment of routines is what we have built our lives upon before "the assassin struck our fold" and this practice brought stability and direction. As difficult as it is to desire a return to our daily habits the brain directs the body functions much better when it has a known and proven pathway to follow. With gentle persuasion we can push through the pain barrier and resume the newly adjusted routine. Do NOT force any habit that sublimates a reality.

## **Love Never Dies**

### **Honour Your Loved One**

#### **Walk in the World for Your Loved One**

**(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.)**

#### **Short list of grief Support Groups (Apologies for lack of space to list more)**

### **Bereaved Partners Support Group**

**The Compassionate Friends** (for parents who have lost a child of any age through any means, as well as siblings & grandparents) Both groups facilitated by Bob Wyborn at Redcliffe Phone 07 3283 7224 or Mob 0419 683 195

### **Young Widows and Widowers Support Group of Brisbane**

For enquiries call Ellen or Robin 07 3376 9545 URL: <http://www.youngwidows.info>

### **SIDS and Kids**

Support for bereaved families during pregnancy, birth, infancy and childhood  
Ph: 07 3849 7122 URL: <http://www.sidsandkids.org/>

### **Survivors of Suicide Bereavement Support Association (SOSBSA)**

Support for loved ones Ph: 1300 767 022 URL: <http://www.sosbsa.org.au/>

### **Hannah's Foundation**

Support for families after water tragedies <http://www.hannahsfoundation.org/>

**SOLACE: Gold Coast** 07 5580 7034, **Chermside** 07 3263 9121, **Mt Gravatt** 07 3341 4643 For those grieving the death of their partner URL: <http://www.solace.org.au/>

**The Compassionate Friends** - 15 Qld groups - Support for bereaved parents

Ph: 07 3263 9121 URL: <http://www.compassionatefriendsqld.org.au/>

## How Australia is faring - Social connection

Results from the 2nd edition of 'How Australia is Faring' highlight the vital role that social participation, such as connecting with friends and family or community groups, plays in building people's support networks and helping people to feel connected.

### Almost 3/4 of Australians are involved in a community group.

In 2010, 71% of Australian adults had actively participated in a social, community or political group. Such participation provides networks and friendships and may also support the development of skills.

Participation in different community groups generally increases with age, although it drops off in later years. For example, participation in civic and political groups peaked at 24% among people aged 55 to 64 years.

There were also differences in the rates of participation by household income, 60% of people in the lowest income group participated in a community group, compared with 80% in the highest household income group.

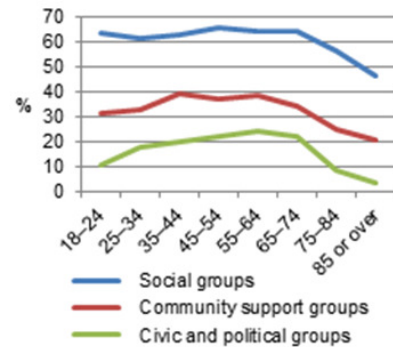


Fig 1. Participation in community groups by age

### Over a third of Australian adults volunteered in 2010.

In 2010, 6.1 million people aged 18 years or over had undertaken voluntary work in the previous 12 months. High rates of volunteering reflect a greater sense of community connectedness and social inclusion.

People in families with dependent children were more likely to volunteer than those without children. Volunteering was lower in the major capital cities (34%) than elsewhere (42% in inner regional & 41% in other areas).

Employed people, especially those who worked part-time (44%), were more likely to volunteer than those who were unemployed (20%) or those people who were not in the labour force (31%).

Overall, rates of volunteering were highest among the 'baby boomer' generation of people aged 45 to 64 years (43%). Volunteering within this group increased significantly between 2006 and 2010, particularly for those aged 55 to 64 years, where rates increased from 32% to 42%.

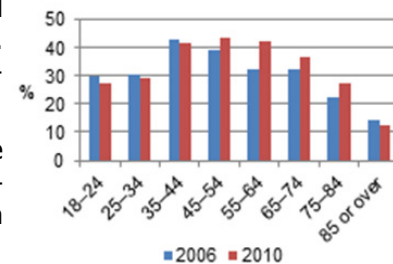


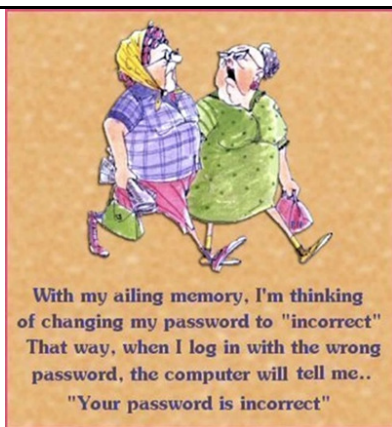
Fig 2. Volunteering Rates in different age groups

(Source <http://www.socialinclusion.gov.au/resources/social-connections>)



Often you think when you're **rejected** that you are not good enough, but the truth is they weren't ready for all you have to **offer**.

WWW.LIVELIFEHAPPY.COM



**'Active, participant directed communities are healthier places to live in than insular ones.'**

## 15 Ways to Keep Cool When It's Hot

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

1. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color.
3. Cotton clothing will keep you cooler than many synthetics.
4. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
5. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
6. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
7. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
8. Take frequent baths or showers with cool or tepid water.
9. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
10. Some people swear by small, portable, battery-powered fans. At an outdoor event I even saw a version that attaches to a water bottle that sprays a cooling mist.
11. I learned this trick from a tennis pro: if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
12. Avoid caffeine and alcohol as these will promote dehydration.
13. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
14. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.
15. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

**Queenslanders are particularly susceptible to heat related illnesses during our hot summer months - especially the elderly, infants, children, the obese and those with chronic illnesses. Our much loved pets can also be at risk.**

- Heat-related illnesses include heat stroke, heat exhaustion, heat cramps, heat syncope, and heat rash.
- Heat stroke is the most severe form of heat-related illness, and requires immediate medical attention.
- Signs and symptoms of heat-related illness vary based on the condition, but may include an elevated body temperature, headache, nausea, weakness, dizziness, fainting, muscle cramps, seizures, confusion, and coma.

(Source: <http://www.medicinenet.com/script/main/art.asp?articlekey=52796>)

# 4 Ways Pets Improve Your Health

By Bill Phillips and the Editors of Men's Health Mar 13, 2012

## 1. Pets Keep Your Heart Healthy



According to a recent study, pet owners have higher heart-rate variability—the heart's ability to cope with various situations—than those without animals. Low heart-rate variability can increase your risk of dying from heart disease.

Previous research confirms the heart-healthy finding: In 1980, Erika Friedmann, Ph.D., now a professor at the school of nursing at the University of Maryland, followed 92 men and women hospitalized for either heart attacks or angina pectoris. She found that over the following year, 11 of the 39 pet-less patients died, while only three of the 53 owners of dogs or other companion animals died.

And an American Journal of Cardiology study in the mid-'90s found that, among 369 patients with a dangerous form of arrhythmia, only one of 87 dog owners died the following year. Meanwhile, 19 of 282 patients without dogs did not survive. Of course, petting Fido is no guarantee that your heart will never attack. Make sure you also follow the 10 Golden Rules for Protecting Your Heart.

## 2. Pets Reduce Your Stress

A pet can be a real life de-stressor. University at Buffalo researchers gave 24 hypertensive stockbrokers a dog or cat along with antihypertensive drugs called ACE inhibitors. Another 24 got the pills, but no pet.



In follow-up testing 6 months later, all the test participants enjoyed significant reductions in their resting blood pressure. But during stress-inducing tasks, such as public speaking or math equations, those on drugs alone still showed dramatic spikes in blood pressure. Those who

had the social support of their pets showed no such elevations. They also performed measurably better on the stressful tasks. Here are more easy ways to Conquer Your Stress Instantly!

## 3. Pets Improve Your Self-Esteem



A Miami University study found that all pet owners—yeah, we're talking lizards and goldfish owners too—show higher levels of self-esteem, are more extroverted, and tend to be less lonely than nonowners.

"It isn't so much about the animal," says Allen McConnell, Ph.D., professor at Miami University and author of the study. It's more about the attributes of a companion that an owner gives to a pet, he says. If you feel like you have a friend in your pet, it can have the benefits that real friends do. Studies have shown that pets offer social support in the same way humans do - this is, by lowering your levels of cortisol, the so-called stress hormone.

In other words, if snakes are your thing, and you see yours as having human qualities, then you can see these added benefits, says McConnell.

## 4. Pets Help You Stay Fit



New dog owners quickly discover that their pet's insatiable love for walks is a powerful incentive to abandon their couches. Studies have shown that dog owners who regularly walk their canines have a significantly lower body-mass index, along with daily activity levels that are 11 percent higher, than those who don't walk their pets.

(Continued on Page 23)

(Continued from Page 22)

This leads to better health overall. Researchers in the United Kingdom examined the health status of adults after they acquired either a dog or a cat. Both groups, the data showed, experienced a "highly significant reduction in minor health problems during the first month following pet acquisition." In dog owners, this effect was still holding strong after 10 months.

Cat owners didn't see the same health benefits continue after 10 months, presumably because their pets aren't as playful as they were as kittens. I'll see if that happens with Pixie. Right now, at 5 months, her appetite for exercise is insatiable—she chases balls, plays hide and seek, and didn't even mind an accidental swim in the bathtub. Hmm, wonder if she can catch a Frisbee?

**(Source: <http://health.yahoo.net/experts/menshealth/bio/bill-phillips>)**

**Bill Phillips is the Editor of MensHealth.com and the Executive Editor of Men's Health magazine.**



**LifeTec is visiting North Queensland**

**15th - 19th October 2012**

towards easier living

**Including (but not limited to): Cairns, Ingham, Mt Surprise, Atherton, Ravenshoe, Mt Garnett, Innisfail, Babinda, Gordonvale, Tully**

Through Assistive Technology, LifeTec Queensland provides people with practical solutions to everyday life activities.

- Look after loved ones by assisting with showering, dressing, and eating
- Make mobility safer and easier
- Open jars and turn taps on and off
- Make computers easier to use and screens clearer to read
- Ensure personal safety by using personal alarm systems at home
- Make recreational activities much easier

**<http://www.lifetec.org.au/home/default.asp>**

**Bookings close on 14th Sept 2012**

### **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 [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au) If you no longer wish to receive the newsletter we would appreciate hearing also.

Strange new trend at the office. People putting names on food in the company fridge. Today I had a tuna sandwich named Kevin.



**Nothing in the world is friendlier than a WET DOG!**

When "I" is replaced by "we" even *illness* becomes *wellness*



## Dealing with the Office Psychopath

by Beth McHugh

The corporate psychopath is fast becoming recognized as a toxic force in the workplace. Although psychologically they are classified under the category of Narcissistic Personality Disorder, these business bullies go by the common name of Corporate Psychopath.

Let's look at some examples. Charles is a typical corporate psychopath. He holds a senior position at a major university and displays all the hallmarks of the corporate narcissist. One of his PhD students discussed a new theory based on some of the data that she had been collecting over a period of months. Charles then later recanted her idea as his own, first to her and then to a board meeting for a government grant. Because of his high stature, the PhD student was unable to act on the incident.

Lara works for a woman who can be both charming and venomous. The latter sends Lara witty emails that have an implied level of intimacy that initially suggested to Lara that her boss was both friendly and funny. When a computer glitch appeared and Lara was having problems with her duties because of it, her boss was initially understanding. However, when Lara inquired about how the IT staff was coming along with the problem, Lara saw a side of her boss that had previously remained well hidden. Obviously frustrated at the situation, the woman took out these frustrations on Lara, blamed her for being inadequate, even though it was not Lara's job to rectify computer problems in her firm. Unable to accept personal responsibility for her actions, Lara's boss now keeps Lara at arms length as she perceives Lara as a threat. If Lara were to initiate a complaint against her boss, she would find herself personally attacked this office bully.

John Batras, a psychologist from Swinburne University in Melbourne, Australia, described people such as Charles and Lara's boss as charming but "they don't give a damn about anybody. They manipulate their way to success by conning those above them and exploiting those beneath them."

Suggestions for working with corporate psychopaths include:

- Keep extensive records of your own work, including times, dates and other relevant material that you will need to back up your word against theirs.
- Be aware that any flattery they offer you is just that; flattery. It does not mean they like you or value you in the team. It means that they want you to do something for them, protect them in some way, or use you as a pawn in plan to better their own position.
- List all dealings with your boss, keep all memos, text messages and emails so that this material can be presented as evidence should there be a confrontation between you and your boss.
- If you are working on important issues, such as Charles' PhD student was, document and keep dated backups of all your work so that you can provide evidence of corporate stealing should you need to.

(Source: <http://mental-health.families.com/blog/dealing-with-the-office-psychopath#>)

**Beth McHugh is a university qualified psychologist. Contact Beth at [youonlinecounselor.com](mailto:youonlinecounselor.com)**

---

### Only in Germany - An Organised Work-rage Hotline!

In Germany, for 1.49 euros per minute you can dial a phone number and unleash your work rage to a real live human on the other end.

The swearing hotline, known as 'Schimpf-los' ('swear away') has operators standing by 24/7 so angry individuals can vent their rage – with no recriminations. So much so, that when callers are not creative in their cursing, operators provoke them to encourage the frustrated callers to 'get it off their chests.'

(Source: Windsor Temps email 30/8/12)





## Disability Awareness & Opportunity Expo 12th September 2012

Mt. Gravatt Showground  
1644 Logan Road, Mt. Gravatt Qld  
**9.30am till 3.30pm**

Come along to a fun and informative day showcasing opportunities for people with a disability and their carers.

A chance to have your say and tell us what you need

40 Service Providers

11.30 am & 12.30 pm - Dance demonstrations by "The Tertiary Place" Guest Speakers:

11.00 am - NDIS (Every Australian Counts - Fiona Anderson)

12.00 Noon - "How to access Government Goods and Services" - Janice Ellson

1.00pm **Local Disability Award presentation - \*7 categories .**

\*Volunteering - \*Community Service Award

\*Sport & Recreation - \*Best Employee

\*Business Award (Best Employer)

\*Achievement Award - \*Leadership

**\*Request a nomination form from Yvonne Campbell on 0417 729 315 or download a copy from the site: <http://specialcarecentral.com.au>**

---

## Evaluating Your Event Can Be Good For You!

Even for small groups, evaluating an event can be of great benefit to the group. Gathering feedback and producing a report can be useful for planning future events, and provides good evidence when applying for grants. It can also generate new ideas.

### Gathering Feedback

- Before the event, prepare a short survey of about 6 relevant questions
- Allocate ratings to each question eg 1 to 5 with 5 being the highest rating
- At the end of the event, ask those attending to fill out the survey
- Have pens, forms and people on hand to distribute and collect the surveys
- Ensure that the surveys are collected before people leave the event
- Anonymous surveys have a better chance of gathering reliable feedback, after all, the aim is to hear the truth
- Be sure to ask a question to elicit suggestions for doing better next time

### Developing a Report

The report should give a clear overview of the event's success. Include survey results and other information about the event in the report eg:

- How many people took part
- How well they rated the event
- Include photos of the event - gaining people's permission if they are used for a public report
- Pie charts and graphs are good ways to report

It's also a good idea to distribute a copy of the report with a thank-you letter to any sponsors who contributed to your event to let them know how their sponsorship helped.



## Diary Dates

### 9th - 15th September 2012: Disability Action Week

#### Events Calendar at:

<http://www.qld.gov.au/disability/community/disability-action-week-events/>

PH: 1800 177 120 (TTY 1800 010 222).

### 15th - 16th September 2012: Androgen Insensitivity Syndrome Support Group Australia Inc. Annual Conference

URL: <http://home.vicnet.net.au/~aissg/>

Venue: Sydney

### 7th - 13th October 2012: Mental Health Week: Local Activities

[www.mentalhealthweek.com.au](http://www.mentalhealthweek.com.au)

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

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

Venue: Byron Bay

### 20th - 23rd November 2012: Inaugural Community Wellbeing Symposium hosted by the Local Government Association of Queensland

[communitywellbeing@lgaq.asn.au](mailto:communitywellbeing@lgaq.asn.au)

Phone: 07 3000 2220

Venue: QUT Gardens Point Brisbane

### 5th - 7th December 2012 National Indigenous Health Conference 'Many Pathways, One Outcome' Bringing together Government and Non government agencies working in the fields of indigenous health. The Conference centres on sharing information, increasing networks and access to programs.

URL: [www.indigenoushealth.net/registration.htm](http://www.indigenoushealth.net/registration.htm)

Venue: Gold Coast

**Please Note Self Help Queensland's New Email Address**

[info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au)



## Introduction & Information Sessions

**Monday 8 October**

**10:30am to 11am or 6:30pm to 7pm**

**1014 Logan Road, Holland Park**

- Hear about our unique and proven Program for mental wellbeing
- Be inspired by a members' remarkable journey of recovery
- Ask about weekly groups and what to expect
- Find out about other opportunities Grow can offer, i.e. social activities, training, community building activities, personal development etc
- Learn about other key features of the Program, e.g. our Caring and Sharing Community
- Stay for a cuppa afterwards



Assisting people who are experiencing depression, anxiety or other mental or emotional issues. 12 Step Program

Grow offers understanding, friendship and practical help

Ph: 3394 4344 Email: [gld@grow.net.au](mailto:gld@grow.net.au)

URL: [www.grow.net.au](http://www.grow.net.au)



Morris was beginning to wonder if this witness protection thing was going to work.