



Newsletter December Quarter Issue 4. 2012



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

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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

It is with some trepidation that I take on the role of President of SHQ.

Our past President Thea has worked hard over the past four years to bring the organisation to this stage, having achieved many milestones along the way.

Our core business is to support and assist Self Help and Support Groups in their efforts to improve health and wellbeing.

We do this by undertaking activities which assist in developing, promoting and sustaining groups in Queensland across a broad range of health conditions and wellbeing issues eg rare diseases, mental illness, chronic illness, grief and loss, sexual health, genetic conditions, parenting, aged, CALD, refugee, drug and alcohol etc.

SHQ provides information and practical assistance to groups when requested, and acts as an information and referral service to the broader community.

We also produce a Newsletter and educative leaflets and brochures where required. Where possible, our premises are available for groups to meet, and we endeavour to assist groups that may be experiencing difficulties. None of this can continue without appropriate funding for our core business for which we thank Queensland Health.

However, as the current funding contract expires in June 2013, we have a challenge if it is not renewed to find funding from other sources so that we continue our good work. I am pleased to say we have a dedicated staff and Committee which will assist me in getting a better understanding of the SHQ operation and how we will meet the challenges ahead.

We are very thankful to receive a grant recently from the Gambling Community Benefit Fund to produce an Online Searchable Directory of Self Help and Support Groups in Queensland. We anticipate that the Directory will become an exceptionally useful resource available to the entire Queensland community.

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Self Help Queensland Management Committee Members

President	Joseph Soda
Secretary	Cathy Thomas
Treasurer	Chris Spriggs
Member	Jan Tipping Seonaid Linn

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.

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Thank you to our current funding bodies - Qld Health and the Gambling Community Benefit Fund.

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The auspicing of the Brisbane Obsessive Compulsive Disorders group will continue thanks to funding from the Mental Health Branch of the Department of Communities. Our Coordinator Janine Rhodes is capably managing that role.

The year ahead offers us many challenges. As stated earlier, funding will be our main priority.

We may need to look at streamlining our contact with groups and individuals through our website and other social media where appropriate.

Last but not least I would like to see more return support from the groups that we have assisted and continue to assist by being represented at any of our general meetings when they are arranged.

I wish you all a safe and happy festive season and look forward to a rewarding New Year in 2013

Joseph Soda

Great News Comes to SHQ in Difficult Times!

A Very Big Thank You to the Gambling Community Benefit Fund

SHQ was thrilled to learn recently that we had been successful in applying for a grant from the Gambling Community Benefit Fund to establish our much longed for 'Online Searchable Directory of Queensland Self Help and Support Groups.'

A grant of \$43,487 was awarded for IT Development and Testing, Data Integration and Search Functionality, Research, Data Collection and Data Input.

We will be contacting groups shortly, as well as in the New Year, to gather important information about the Sector to share with the broader community, other NGO's, health professionals, government etc

How the online searchable directory will work

Anyone will be able to freely log on to the SHQ website at www.selfhelpqld.org.au and choose a number of ways to search for Self Help and Support Groups in Queensland eg by specific condition, broad index category, postcode, town, suburb.

We are hoping to register every group possible so that there is one central location to find Self Help and Support Groups in Queensland. We would welcome community support for this Project so that it becomes a valuable community resource and a showcase for the Self Help and Support Group Sector.

The best way to show your support

- Fill out the group registration form we send you
- Ask for a registration form if we inadvertently miss you
- Let us know about newly formed groups or any you think we may not be aware of

Contact: info@selfhelpqld.org.au or Ph: (07) 3344 6919

3rd Annual Self Help and Support Group Awareness Day 2013

We are still hopeful of celebrating Awareness Day in 2013, but we can't do it alone! We will keep you posted through our newsletters and website.

Thank you to all those groups and individuals who that have contributed to this Bumper Edition of the SHQ December Newsletter!



Where to Find Queensland Pain Support Groups

The Australian Pain Management Association (APMA) holds a number of pain support groups across Queensland to assist people living with pain to manage on a daily basis. Pain support groups meet in a number of locations and are set up where ever there is a need and volunteer staff is available to facilitate the groups. The groups provide an avenue for people with pain to have their living with pain experience validated by their peers. The groups use the Pain Toolkit calendar to learn a new pain self-management technique each month.

If your community or health organization is interested in partnering with APMA to establish a new pain support group, please contact me at secretary.apma@bigpond.com As well, we welcome health professionals who can donate their time and expertise to present different topics each month. For further information, contact Lil Carrigan on 07 3391 6629

Brisbane South Pain Support Group

WHERE: Coorparoo RSL: 45 Holdsworth St Coorparoo.

WHEN: 2nd Tuesday of the month 10.30-12.00

CONTACT: Annette, 07 3359 2275 or annette.ssr@hotmail.com

Brisbane North Pain Support Group

WHERE: Chermside Community Health Centre. (HACC training room)
23, 490 Hamilton Rd Chermside (Use the gate on Hamilton Rd, keep left, outside walkway at Community Health Centre).

WHEN: 4th Tuesday of the month. 5.30pm-7.00. (Light refreshments provided)

CONTACT: Annette, 07 3359 2275 or annette.ssr@hotmail.com

Gold Coast Pain Support Group

WHERE: Bumbles Café: 19 River Drive, Budds Beach (Surfers Paradise) QLD, 4217.

WHEN: 3rd Thursday of the month, 11.30am – 1.00pm

CONTACT: Gaynor, 07 56790067 Or 0402 278 465 or gaynorkemmett@mac.com

Mackay Pain Support Group

WHERE: McKay's Solicitors, Boardroom, 1st Floor (lift available), 34 Wood Street, Mackay City

WHEN: 3rd Saturday of the month

CONTACT: Joyce 0412327795 or mackaypain@gmail.com



Our Name May be New

- but who we are and what we do is just the same

In May this year the Alcohol and Drug Foundation Queensland, Gold Coast Drug Council and the Queensland Drug and Alcohol Council, merged to establish Live Life Well Australia. For further information go to:

Live Life Well Australia Corporate Office
Level 1, Boundary Court, 55 Little Edward Street
Spring Hill Q 4000

Ph: 07 3834 0200 Fax: 07 3832 2527

contactus@livelifewell.org.au

<http://www.livelifewell.org.au/default.htm>



Can you guess what this is?

Answer Page 24

Genetic Matters

by Kim Summers PhD

Coughs and sneezes

In spite of concerns about a world-wide pandemic of swine flu in 2009, very few people became sick. Recent studies have shown that the majority of the UK population was exposed to this new flu virus (called H1N1/09), but most people made antibodies to the virus and fought off the infection, so were probably not even aware that they had been infected.

For a few unfortunate people, encountering the virus had drastic effects. These were the people who ended up on life support machines in intensive care units in hospital. Researchers at the Roslin Institute recently took part in a study to identify a genetic factor that might be involved in determining whether infection with this virus is life threatening or passes unnoticed.

The research took two approaches, focussed on a protein called IFITM3. This protein was already known to play some role in response to infection with a number of different viruses. Could variation in the gene encoding this protein (gene symbol *IFITM3* in humans and *Ifitm3* in mice) account for the difference in susceptibility to swine flu?

In the first part of the study, mice that lacked a functional *Ifitm3* gene were infected with a mild strain of flu. In normal mice, this flu strain usually gives minimal signs of infection. The virus does not get copied in the body and the mice do not get sick. The normal mice lost only small amounts of weight and recovered rapidly from the infection. But the mice lacking the *Ifitm3* gene developed serious disease. Within six days of infection they lost at least 25% of their body weight and developed signs of serious disease including rapid breathing and severe pneumonia. They had ten times as much virus in their lungs as their genetically normal infected siblings.

The healthy mice showed increased amounts of the IFITM3 protein encoded by the *Ifitm3* gene as the infection progressed. In contrast the mice lacking functional copies of this gene had none of the protein before or during the infection. The researchers then showed that cells from the *Ifitm3*-deficient mice could be restored to normal responses if IFITM3 protein was added to the culture. This clearly indicates that a full *Ifitm3* gene, making functional IFITM3 protein, is involved in the response of the mice to infection with flu strains.

The study then looked at the *IFITM3* gene in humans. They were able to obtain DNA samples from 53 people who had been hospitalised with H1N1/09 or seasonal flu over the UK winter of 2009-2010. Seven of these people had one or two copies of a rare genetic variant of the *IFITM3* gene. This was double the incidence seen in the general European population. In particular, the frequency of individuals with two copies of the rare variant was unexpectedly high in the patients.

When exposed to flu virus, cells from people with the rare genetic variant were found to be more susceptible to infection and make less functional IFITM3 protein than cells with the normal version of the gene, just like the *Ifitm3*-deficient mice. This supported the idea that IFITM3 protein forms a barrier to infection with flu virus. The reduction or loss of this protein converted the mild cases seen in most people into a severe infection requiring intensive care hospitalisation.

Clearly these results do not explain all the cases of severe swine flu. 46 hospitalised cases did not carry the rare genetic variant.

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This study suggests that there may be many different genes in the body's weaponry against flu and other viruses, and that genetic variants in any one of these could lead to the catastrophic consequences seen in these hospitalised cases. And what of those people in the population who do carry the risk genetic variant and yet did not get serious flu? Perhaps they were not exposed to the virus, or perhaps they have other genetic variants that protect from flu and outweighed the disadvantage caused by the abnormal *IFITM3* gene.

As we discover more of these anti-virus weapons that are carried in our genetic make-up, we will develop ways to identify and help people unfortunate enough to inherit the faulty versions of the genes, as part of our ongoing fight against the ever-changing influenza virus.

(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.)

Victorians Wanting to Link With Others 'In Same Boat'

The Genetic Support Network of Victoria (GSNV) promotes the interests and well-being of people affected by genetic conditions. Assisting individuals and families with the 'human', non clinical side of genetic diagnosis is a common place day to day activity.

The GSNV works hard to connect individuals and families interested in sharing their experiences and insights with others. If you would like to make contact with people experiencing the following conditions, please contact the GSNV.

- **Osteofibrous Dysplasia**
- **Coffin-Siris syndrome**
- **Pallister-Killeen syndrome**
- **Osteogenesis Imperfecta**
- **Ring Chromosome 8**
- **Langer-Giedion syndrome**
- **Smith Magenis syndrome**
- **Hereditary Sensory Autonomic Neuropathy**
- **Carriers of balanced translocations**
- **Palmar Plantar Keratoderma**
- **Incontinentia Pigmenti**
- **Undiagnosed Genetic Condition**

Contact GSNV: Ph: (03) 8341 6315 or email: lynley.donoghue@vcgs.org.au
URL: <http://www.gsnv.org.au/> (Source: GSNV Bits & Pieces enews September 2012)



Find and Connect is a new national network of support services to help **Forgotten Australians and Former Child Migrants** access counselling, trace their past and reconnect with family where possible.

The Find and Connect services will deliver personalised support and counselling, assistance to obtain records, shed new light on personal histories and connect with family where possible, and connection and referral to other services such as aged care, health, housing and dental services.

Visit www.findandconnect.gov.au or free call 1800 16 11 09 to find out more.

"Alone we can do so little; together we can do so much."

Helen Keller

American author, political activist and lecturer

1880 - 1968 (She was the first hearing and visually impaired person to earn a Bachelor of Arts degree)



Self Help Queensland News

Welcome to Our New Management Committee

Congratulations to our new Management Committee headed by President, Joseph Soda, who comes to us with an impressive combination of skills and experience in both the business and community sectors.

Joining the Committee as Secretary is Cathy Thomas, and thankfully remaining on is our Treasurer, Chris Spriggs. We also very much welcome the return of Jan Tipping and Seonaid Linn as Committee members.



Thea Biesheuvell (sitting) at her recent farewell with friends attending the 2012 AGM.

A big thank you and farewell to Thea Biesheuvell and Cathy Wu who retired at the AGM.



About our New SHQ President, Joseph Soda (Joe)

Originally from small town of Mareeba in Far North Queensland, Joe received his High School education at St. Augustine's College in Cairns. His working background has been in the Corporate area with several management roles working in the Fertiliser and Chemical Industry.

Joe spent 10 years as Area Manager in Cairns and Mackay, 10 years as District Manager of the Company's transport business in Mackay and Townsville, and 15 years as marketing and Business manager of transport of Dangerous goods Nationally and based in Brisbane. Joe then spent 5 years as Company Quality Manager responsible for implementing Quality Systems throughout the Company Branches Nationally.

Joe is now retired and involved with two other organisations apart from SHQ: Sleep Disorders Australia as Qld President and National Chairman
Sleep Health Foundation as a Director representing the Patient support group

(Editor's Comment : To quote Lucille Ball "If you want a job done, ask a busy person to do it")

*Wishing You All a Safe and Enjoyable
Holiday Season*



Happy 2013

from

All at Self Help Queensland



Our Apologies

In the September 2012 edition of this newsletter (Page 19) we inadvertently published the wrong phone number for the Compassionate Friends. The correct phone no is 07 3254 2657.

Our apologies go to both the Compassionate Friends and SOLACE Chermside whose numbers we confused. The correct number for SOLACE Chermside is 07 3263 9121.



Lymphoedema Association of Queensland

Living Life With Lymphoedema

What is Lymphoedema? It is the inability of the lymph system to remove the lymph fluid from a limb or other part of the body causing chronic swelling which does not go down of its own accord.

Who gets lymphoedema? There are two types, primary and secondary.

Primary lymphoedema results from being born with an improperly developed lymph system. Swelling may occur in childhood or as an adult.

Secondary lymphoedema occurs as a result of obstruction or removal of lymphatic vessels or lymph nodes. This may be after surgery or radiotherapy for cancer, or from other operations or accidental wounds.

Lymphoedema causes pain, discomfort, inability to carry out normal activities, and can lead to infection and more serious complications. It is a lifelong condition, but it can be managed by a range of effective treatments.

Many in the **Lymphoedema Association of Queensland (LAQ)** have found that if you have the correct treatment, work at it, and wear your compression garment, your condition and lifestyle can be improved. Our theme this year is "Living life with lymphoedema."

Mutual support is one of the key factors as members encourage each other and keep up with the latest information. The LAQ publishes a quarterly newsletter, *Node News* and support groups meet in Brisbane, Bundaberg, Mackay, Rockhampton, and the Sunshine Coast.

Knowledge breaks down barriers so the LAQ offers telephone support and an informative website at www.lymphqld.org. A document to assist general practitioners to diagnose lymphoedema is also available.

Because finding the right therapist to treat the condition is essential, the website publishes a list of accredited lymphoedema practitioners in Queensland and northern NSW so people can find local treatment facilities.

The LAQ liaises with the Australasian Lymphology Association (ALA), a health professional body of lymphoedema therapists. This year we participated in their conference in Cairns, "Hot topics in the Tropics" with a display stall and a consumer day with international speakers.

Alongside health professionals, the LAQ promotes research into lymphoedema and its treatment, and has been invited to participate in the International Lymphoedema Framework Australia.

Advocacy is an important aspect of the Association's work, which involves lobbying state and federal governments for improved services and financial assistance for garments and treatment, and requesting better rebates from health funds.

This year's major fundraising project is an inspiring **2013 Calendar**. It portrays males and females with lymphoedema, from children to grandparents, enjoying sport, leisure, and fun, while wearing their sleeves or stockings—managing their condition while enjoying life. It is available from LAQ at info@lymphqld.org or telephone 07 3269 1498.

Lymphoedema Is Treatable!



About Peach Tree Perinatal Wellness

Peach Tree Perinatal Wellness was founded in March 2011 by women who have experienced perinatal mental health issues. It is a "peer support" service, offering understanding, compassion and comfort to families, that is generally unattainable in clinical practice. Peach Tree aims to address the fact that there is a huge lack of "on the ground" support services for women and their families experiencing mental illness associated with the perinatal period (perinatal = ante + postnatal).

At the moment our services are on the Northside of Brisbane, however we are working hard at establishing a business model that will replicate our services on a National basis. We widely advocate that there is no shame in having perinatal illness, it is not a reflection on character and encourage parents who are feeling like this to reach out and ask for help. We speak widely about our own experiences and our own journey to wellness, and definitely like to think that our experience gives women hope that their own journey to recovery is possible.

Why is peer support for perinatal mental illness essential?

"Postnatal depression affects around 16 per cent of women who give birth and recent research suggests that about 10 per cent of women experience depression during pregnancy."

Although each woman's experience of depression is different, depression commonly impacts not only upon the mother herself, her relationships with her partner, family and friends, but it affects the mother's interaction with the baby. If postnatal depression persists for a long period of time, it may also impact on the infant's development.

*Early identification, treatment and support helps women recover from postnatal depression. Recovery can lead to an enhancement of their life skills, emotional development and the rebuilding of relationships. **However, despite the prevalence and consequences of antenatal and postnatal depression, most women do not seek and/or receive treatment.**" @beyondblue*

At Peach Tree, we have identified barriers to women seeking help or receiving treatment as:

- The medicalised nature of treatment is threatening
- Isolation, social withdrawal
- Fear of judgment
- The illness prevents ability to ask for help, asking for/accepting help feels like failure.

Peer support provides:

- An environment of understanding and acceptance
- Opportunity to "share experiences" in a safe environment
- Education on perinatal mental health disorders to gain better understanding of experiences
- Hope for recovery
- A well supported parent

What We Do

Peach Tree currently run weekly support groups at Strathpine, Stafford and Caboolture. The group are attended by women who are currently experiencing and/or in the process of recovering from perinatal mental health illness, and have babies/children. other locations in the New Year.

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We are working at expanding these to additional locations throughout Brisbane to enable greater access for more women, and plans are underway to have groups in Carindale and other locations in the New Year.

Peach Tree also participate in "*Emotional Wellness*" antenatal classes at the Redcliffe Hospital. These education sessions are attended by women who are 24+ weeks pregnant, and their support partners. In these sessions we tackle issues such as adjustment to parenthood, mental health stigma, expectations of parenthood, perinatal mental health illnesses and importantly, where to access support services. As with our support group, we are also seeking to expand these classes to more hospitals and private antenatal practices.

Our Leading Concepts encourage women to engage (preferably in the antenatal period), in conversations about perinatal depression and anxiety, educating them about signs and symptoms and most importantly, how to get help if they need it. We also feel strongly that pregnant women should identify at least two "Parenting Partners" who are trusted with the task of helping the women take care of her mental health. These parenting partners need to be educated about how to help and how to access services. Expecting a woman with ante or postnatal depression to put her hand up and admit she needs help is a very flawed expectation, we believe it is those who are closest to the woman need to be educated about how to recognise the signs/symptoms of depression and anxiety, how to help and where to seek support and resources.

We do not offer a phone service, as we believe that other organisations (such as PANDA, Beyondblue, Lifeline) already offer this well established service.

What We Want to Do

Peach Tree want to enhance the mental health and wellbeing of women, infants and their families in the perinatal period and therefore contribute to positive mental health outcomes and reduce the likelihood of future mental health problems.

We also believe the following is important:

- **Increasing the uptake of services** by women and families accepting pathways to treatment for perinatal mental illness. This would involve collaboration with other local services, both government and non-government, in the local community;
- Creating a service that is supported by **evidence based research** that suggests women need flexible delivery of grass roots services and social support to recover from perinatal mental illness;
- Implementing **Health Promotion** – create a hub of education, information and resources about parenthood, mental health and emotional wellness;
- **Increasing awareness** in the broader community of the services available to support the mental health needs of families during the perinatal period and during infancy and during infancy;
- **Tackling stigma** of perinatal mental illness in the community.

We are therefore fundraising to open a "**Peach Tree House**", which would be a physical location providing services and support to achieve the above mentioned goals. Peach Tree House would be a centralised hub, providing services a number of services that will benefit the individual, the family unit and the community as a whole. It is pivotal that these services are provided in an environment aligned with Peach Tree's values, a non-medicalised and non-threatening environment where a person feels comfortable to seek advice and support.

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As Peach Tree is a not for profit association, we rely on grants and fundraising to keep our organisation and services going. This is no easy feat in the current economic and government environment! Our Peach Tree Coastal Trek is our major annual fundraiser. The Coastal Trek is a 22km walk along the Sunshine Coast waterfront, starting at Golden Beach walking to Currimundi Lake and return. It is a beautiful walk, and as it is not a race, participants are encouraged to enjoy the beautiful landscape and fresh air as they walk with their friends. 2012 was a very successful trek, and we want to make 2013 bigger and better. So please save the date of Saturday 11th May 2013 and come along for a healthy, active day while supporting a good cause!

We are also holding the Peach Tree Family Expo at Murrumba Downs on the 24th November (in conjunction with PND Awareness Week). This expo will provide opportunity for young families to connect with local health services, and promote health and wellbeing in a fun and friendly environment.

If you would like to register your interest for the Trek, or ask any questions about this article or about Peach Tree, please contact Viv on viv@peachtree.org.au.

You can also find Peach Tree on Facebook by searching "Peach Tree Perinatal Well-ness".



What Are Arafmi Carer Support Groups All About?

Arafmi Carer Support Groups are open to anyone who is caring/supporting for a friend or relative with a mental illness and /or psychiatric disability.

You do not need to be a member of Arafmi or book in to attend a group, just turn up. There is no cost in attending a Carer Support Group. Come along and meet new friends and enjoy a cuppa.

Sunnybank group meets on the 2nd Thursday of each month from 10am – 12 noon.
Self Help Qld Meeting Room
Sunnybank Community Hall
121 Lister Street
Sunnybank

The meetings are still being held in December 2012 and January 2013

Groups meet for 2 hours, for more information please call 3254 1881 or visit our website: www.arafmiqld.org

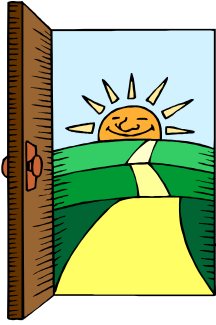
YOU ARE NOT ALONE

New website offers families tips on children's mental health

A new website – kidsmatter.edu.au – has been launched to help families, primary schools, and early childhood education and care (ECEC) services support children's mental health and wellbeing.

The website includes free parenting information sheets on more than 40 topics affecting children, including fears and worries, dealing with anger, making friends, starting school and more. The sheets have been developed by mental health experts and are evidence-based.

For information sheets for parents: <http://www.kidsmatter.edu.au/families/information-sheets>



Accessibility Doesn't Just Mean Physical Access

'The dictionary defines accessible as "easily approached or entered." However, this definition is especially limiting when we consider that a meeting is not "accessible" simply because a person can enter the facility easily.

A sense of "belonging" is necessary for accessibility to be fully realized. Belonging in this context means having a sense that you are in the right place and feel comfortable participating, rather than being just a spectator; this kind of belonging requires respect and equity. This means that the physical accommodations must be appropriate for all the participants and that the materials, the pace of a meeting and the time allotments for different activities must respect differences among individuals.'

A Comprehensive Resource is Available to Make Accessibility "Real" in Planning for Meetings, Conferences and Gatherings

Developed by the Home and Community-Based Services Resource Network, Boston College, Massachusetts, **'Making Accessibility Real: A Guide for Planning Meetings, Conferences and Gatherings'** helps organizations think more broadly about the term "accessibility" in the context of planning for meetings and conferences. The guide also has useful templates and checklists for making events accessible.

The guide includes **General Strategies for All Meetings and Conferences** eg.

- Guidelines for Physical Space
- Guidelines for Organization of Meeting Materials
- Guidelines for Presentations

The guide also includes **Strategies for Specific Functional Challenges** eg

- Experiences acute sensitivity to everyday chemicals
- Experiences fatigue easily
- Experiences low visual acuity
- Experiences diminished peripheral vision
- Uses supports to maximize Mobility
- Uses supports to maximize hand Mobility
- Experiences diminished hearing or does not hear
- Speaks slowly or has difficulty with verbal expression
- Has dietary needs
- Uses supports to absorb complex material
- Requires supports to organize and/or sequence information
- Uses supports to store, absorb and retain information
- Uses supports to assist with orientation and decision making
- Experiences periodic interference with electronic impulses of the brain
- Cannot read/has trouble
- Reading
- Experiences diminished auditory Processing
- Experiences difficulty with the English language
- Experiences difficulty understanding the structure, format and purpose of the meeting unless it is laid out clearly beforehand

Templates include:

- Sample Conference/Meeting Registration Form
- Sample Hotel Reservation Form
- Sample List of Services (To include with Confirmation Letter)

To download the entire Guide go to:

¹ (<http://www.aucd.org/docs/HCBSAccessibleMeetings.pdf>)



About Survivors of Suicide Bereavement Support Association

SOS Survivors of Suicide Bereavement Support Association (SOSBSA) is a Queensland based association with branches across the state, including Brisbane, Bundaberg, Mackay and Cairns. The Management Committee and the Brisbane Support Group meet in Annerley, while the official postal address is in Springwood.

SOSBSA is here for those who have lost loved ones to suicide. Most of our members have had such a loss and know the shock, trauma, confusion, fear, disbelief, emptiness, powerlessness, anger, longing, detachment, guilt, regret and overwhelming love one can go through – and these are only some of the emotions you may feel on this wild, unwanted ride. Your thoughts, emotions, beliefs and even behaviour may clash chaotically together and you may even question your sanity.

We are here to let you know you can and will survive, even though you may not believe it at this time. There will be better days.

SOSBSA is a non-profit and charitable self help association formed by and for people bereaved by suicide, and offers:

- Friendship and support
- Bereavement and support groups
- Grief and loss helpline
- Awareness and education
- Promotes prevention
- Crisis intervention helpline

Our Management Committee, is composed entirely of members who have lost loved ones to suicide and volunteer their time to the organisation. Most of the Support Group facilitators and helpline volunteers have also lost loved ones to suicide. These are people who have reached that point in their grief journey where they are able to provide support and bring comfort to others. They are survivors just as you are.

SOSBSA does not receive any recurrent government funding and relies on memberships, donations and the odd grant to survive.

Aims and Objectives

Aims and objectives of the Survivors of Suicide Bereavement Support Association are:

- Provide support and a safe environment for those bereaved by suicide when and if needed, to meet and share experiences with others who understand how you feel
- Provide a 24/7 telephone support line
- Provide a referral service
- Increase public awareness about suicide, suicide prevention and suicide bereavement through publicity and education
- Form links with other suicide prevention, intervention and postvention groups
- Actively pursue funding to provide ongoing support where it is needed

Everyone is free to contact SOSBSA and we will provide whatever support we can. Support groups operate in Queensland in Brisbane, Bundaberg, Mackay and Cairns. If you are not located near one of these support groups please contact us anyway as we have a comprehensive list of support groups here in Australia and can assist in locating groups in other parts of the world.

As the internet and facebook communities grow we have ever increasing contact with those bereaved by suicide from across the globe, all giving and sharing their experiences with each other and providing support.

Attending a Support Group Meeting

If someone wishes to attend the support group meetings across the (Continued on Page 14)

(Continued from Page 13)

state the details can be found on our website and they can just turn up. They do not need to contact anyone before hand. Everyone who has lost a loved one to suicide is welcome to attend, and to bring a support person if they feel the need. There will be tea and coffee provided, and everyone is asked to bring a plate on the night.

The thought of walking into a room of "strangers" can be very daunting but once you arrive you will realise it's a lot easier than you anticipated – here are people who really "understand". The purpose of a support group is to support each other and to help each other through your grief "work" by sharing stories, coping techniques, new understandings and friendship and to be there to encourage each other through "set backs".

- Groups are usually run by the facilitator or another attendee, someone who is bereaved themselves.
- What is discussed within the group is confidential and this is made known to all attending.
- Meetings vary in size from 4 to 12 people.
- After introductions, attendees are invited to recount their stories though you don't have to speak – yes, there usually are tears, many of them, but that is ok.
- The facilitator or another attendee may gently encourage you to expand on a particular point which may be troubling you and in general discussion others may talk about how they handled that particular issue. There are no "shoulds".
- After everyone who wants to recount their stories have had their turn, a particular issue brought up by an attendee may be discussed or the facilitator may initiate a discussion about a particular issue/issues. Sometimes he/she may inform the group of research findings, news items, grief and loss matters or discuss mental health/illness information.
- As the meeting progresses, people usually begin to relax and it is not unusual to hear laughter.
- The final half hour is usually spent mixing informally, drinking tea/coffee and eating.
- Some people come to many meetings in a row, others drop in every so often and others may come every couple of years just to be with others who understand.
- If you are within the first 6 months of your loss, it can be very daunting to hear so many stories at once. If you would like some advice you can call the help line (1300 767 022) and she/he may have some recommendations.
- The groups are for those over 18 – we do not yet have a children's group. Ask your facilitator for information about local services for children.

Statistics on Suicide in Australia (courtesy of LifeLine website)

Suicide is the leading cause of death in Australia for men under 44 and women under 34.

Deaths by suicide:

- The most recent Australian data (ABS, Causes of Death, 2009) reports deaths due to suicide at 2,132. That equates to 6 deaths by suicide a day, or one every four hours
- However, this is under-reported and sector estimates are that this figure could be as high as 2,500 a year
- The overall suicide rate in 2009 was 10.2 per 100,000 in Australia (ABS, Causes of Death, 2009)
- This compares to an overall suicide rate of 11.0 for USA in 2002, 11.7 for New Zealand in 2004, and 7.0 for the UK in 2004*

(Continued on Page 15)

(Continued from Page 14)

- The highest suicide rates in the world are 34.3 in the Russian Federation in 2004 and 27.7 in Hungary in 2003*
- Men in Australia are four times more likely to die by suicide than women
- Indigenous people are four times more likely to die by suicide than non-indigenous people
- The most recent data (ABS, Causes of Death, 2009) shows that more people die from suicide in Australia than in road related transport deaths (1,151)The most recent data (ABS, Causes of Death, 2009) shows that more people die from suicide in Australia than from skin cancer (1,837)

Suicide attempts

- For every completed suicide it is estimated that as many as 30 people attempt
- That's 180 attempts per day
- That's more than one new attempt in Australia, every 10 minutes

Thoughts of suicide (Suicidal ideation)

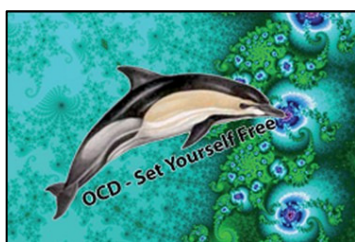
- It is estimated that 249 people make a suicide plan everyday
- It is estimated that as many as 1014 people think about suicide every day

Contacting SOSBSA

SOSBSA can be contacted by mail, phone, email or through our website or facebook:

Post: PO Box 334 Springwood Qld 4127 Phone: 1300 767 022

Email: secretary@sosbsa.org.au Website: www.sosbsa.org.au Facebook: SOSBSA



About The Brisbane Obsessive Compulsive Disorder Support 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

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@selfhelpld.org.au If you no longer wish to receive the newsletter we would appreciate hearing also.

Thank you



Why the Flannel Flower is Australia's Symbol for Mental Health Awareness

The Flannel Flower, an Australian native, is a national symbol to promote awareness of mental health.

Flannel flower is commonly found growing wild in the Australian bush, which has a wonderful inherent beauty and strength and is known for its extremes of weather and landscape.

To survive the extremes of Australia's climate the Flannel Flower has had to be adaptable, in the same way all of us, regardless of our life circumstances, need to develop resilience and the ability to adapt to change, in order to strengthen and maintain our mental health.

The Flannel Flower, with its soft silky texture, encourages contact and is thought to help people express their feelings verbally and to develop sensitivity.

Being open and empathetic to a person's expression of distress can help not only the recovery of a person experiencing mental illness, but to change the negative attitudes of our society to mental illness.

(Source <http://www.mhca.org.au/index.php/about-us/the-flannel-flower>)

DSM - 5 Due in May 2013



Publication of the fifth edition of *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5) in

May 2013 will mark one the most anticipated events in the mental health field. As part of the development process, the preliminary draft revisions to the current diagnostic criteria for psychiatric diagnoses are now available for public review.

Please continue to check this site for updates to criteria and for more information about the development process <http://www.dsm5.org/Pages/Default.aspx>



Internet Addiction to be Added to the List of Serious Mental Disorders

Children addicted to the internet could soon be classed as having a serious mental illness, it has been claimed.

According to the Sun-Herald, 'internet-use disorder' will be included in the DSM-IV – the Diagnostic and Statistical Manual of Mental Disorders – from May next year.

The diagnosis will include those who are addicted to their smartphones as well as using tablet computers or desktop machines.

Australian experts joined the Australian Psychological Society in submitting the classification to the international manual, and added an inclusion of internet gaming addiction.

From next May, the internet-use disorder will be listed as a condition 'recommended for further study'.

The addiction is said to be part of the fall-out over the 'always on' mentality that has engulfed many countries over the last decade, with the prevalence of cheap access and the rise of the smartphone.

For the full report go to: <http://www.channelstv.com/home/2012/10/03/internet-addiction-to-be-added-to-the-list-of-serious-mental-disorders/>

Patient Advocacy Information, Rights and Resources



Australian
Patients
Association

The Australian Patients Association (APA) is an independent not-for-profit organisation dedicated to championing and protecting the rights and interests of patients, and improving overall patient care and health outcomes.

The APA was established in September 2010 to be a voice for patients in the Australian health care system. The APA seeks to work co-operatively with all sectors of the healthcare industry to develop a higher quality, more affordable and readily accessible healthcare system for all Australians.

The Australian Patients Association is the premier independent organisation representing patients in the Australian healthcare system.

To contact APA:

Ph: (03) 9867 2526 URL: <http://patients.org.au/>

Email: Stephen Mason: smason@patients.org.au

Jeanine Purdie: jpurdie@patients.org.au

Australian Patients Association, Level 9, 499 St Kilda Road, Melbourne VIC 3004

(Source: <http://patients.org.au/>)

The Health Advocacy Toolkit

An advocacy toolkit for people using the health system in Queensland



This toolkit is designed to support you, as a health consumer, to take charge of your own healthcare and receive the best health outcomes possible. This can be through speaking up, acting or writing (advocating) on your own behalf or on behalf of another person within the health system. It can also be by advocating on behalf of a group or groups to change the system itself.

The Health Advocacy Toolkit has information, ideas and tips for making informed decisions in order to take charge of your own healthcare, or to advocate on someone else's behalf. The kit may also be useful to community organisations, health professional bodies and other agencies to assist them in their work.

http://www.health.qld.gov.au/hcq/publications/hcq_toolkit_may11.pdf



Australian Health Practitioner
Regulation Agency

The Australian Health Practitioner Regulation Agency (AHPRA)

All doctors, nurses and many other health practitioners have to be registered to treat patients in Australia.

National registration protects Australian consumers by ensuring that health practitioners are treating patients appropriately and complying with standards and codes of conduct.

You can make a complaint if you have concerns about treatment you've received from a health practitioner. You can also search for information on the registration status of the health practitioners who are treating you.

The Australian Health Practitioner Regulation Agency (AHPRA) protects Australian patients in partnership with 14 National Boards and administers national regulation for more than 14 different health professions. This ensures health practitioners in those professions are trained, qualified, and working safely and effectively.

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

Patient Advocacy Information, Rights and Resources



Australian Charter of Health Care Rights

This Charter describes the rights of patients and others using the Australian health system. These rights are essential to make sure that, wherever and whenever care is provided, it is of high quality and is safe.

The Charter recognises that people receiving care and people providing care all have important parts to play in achieving healthcare rights. The Charter allows patients, consumers, families, carers and services providing health care to share an understanding of the rights of people receiving health care. This helps everyone to work together towards a safe and high quality health system. A genuine partnership between patients, consumers and providers is important so everyone achieves best possible outcomes.

The 7 Healthcare Rights:

Access, Safety, Respect, Communication, Participation, Privacy, Comment

To download the Charter go to:

<http://www.hqcc.qld.gov.au/Resources/Documents/Brochure-Australian-Charter-of-Healthcare-Rights-A-guide-for-consumers-carers-and-families-English-Jan-2012.pdf>

To make contact with the **Health Quality and Complaints Commission:**

Ph: (07) 3120 5999 or 1800 077 308 (freecall outside Brisbane) TTY (07) 3120 5997
Health Quality and Complaints Commission. Level 17 53 Albert Street Brisbane Qld 4000; or GPO Box 3089 Brisbane Qld 4001



MVAS Australia
Medical Victims Advocate
& Men's Health Services



**Home Care
2U Australia**
No Borders -- No Boundaries

Medical Victims Advocate Services Australia is a new service offered under the banner of Home Care 2U Australia.

MVAS Australia offers support to men and their families in Regional, Rural and Remote Australia by an experienced, long term advocate of Men's Health and Victims of Medical Negligence Support.

Laurie Brock Founder of MVAS Australia, has been advocating for Health Reform since 2005 and has been involved in discussions and decision-making regarding Patients Rights, Open Disclosure, Duty of Care, Transparency and open communication between Health care providers, Patients and their Carers. Laurie's work has contributed to the publication of the **Australian Charter of Health Care Rights.**

In 2009 Laurie became part of Health Consumers Queensland and the national Consumer Health Forum. For about MVAS go to: <http://mvasaustralia.com.au>

To contact MVAS: Ph: 0417 356 603 PO Box 424 Kallangur, Qld. 4503

To learn more about Home Care 2U Australia go to: <http://homecare2uaustralia.com.au>

(Source: <http://mvasaustralia.com.au>)



Patient Opinion Australia (POA) was established in 2012 and, similar to its UK counterpart, is registered as an independent not-for-profit charitable institution. Patient Opinion is about honest and meaningful conversations between patients and health services.

We believe that patients' feedback - good or bad - is essential to improving Australian health services.

Tell us what was good and what could be improved, say thanks or call for change - we'll pass your stories to the people in the health services who can make a difference.

For further information go to : <http://www.patientopinion.org.au/>

Phobias - Common and Uncommon & How Phobias are Named

The word *phobia* is Greek, therefore any word that is connected to it should be Greek. To coin a new phobia name, it is proper to follow this rule. The rule has been broken many times in the past especially within the medical profession which is steeped in Latin and often, when forming a name for a phobia, they have dipped into what they know and have used a Latin suppletion affixed to the Greek stem to form their names.

The language pundits frown on this but it has happened time and time again over the years and these words have become accepted. There are a number of these words used daily. Television is one such word, *tele* from Greek, meaning distant, and *vision* from Latin, meaning a seeing.

Ants - Myrmecophobia	Marriage - Gamophobia
Belly buttons - Omphalophobia	Moths - Mottephobia
Changes, making; moving - Tropophobia	Night- Noctiphobia
Computers - Cyberphobia	Ocean or sea - Thalassophobia
Creepy, crawly things - Herpetophobia	Old people - Gerontophobia
Criticism - Enissophobia	People in general or society - Sociophobia
Crowds - Ochlophobia	Pleasure, feeling - Hedonophobia
Death or dying - Thanatophobia	Politicians - Politicophobia
Decisions, making decisions- Decidophobia	Poverty - Peniaphobia
Defeat- Kakorrhaphiophobia	Praise, receiving - doxophobia
Doctor, going to the - Iatrophobia	Relatives - Syngenesophobia
Dust - Amathophobia	Religious ceremonies - Teleophobia
Eating or swallowing- Phagophobia	Reptiles - Herpetophobia
Everything - Panophobia	Self, being touched - Aphenphosmophobia
Feathers - Pteronophobia	Sharks - Selachophobia
Fish - Ichthyophobia	Single, staying single- Anuptaphobia
Flowers - Anthrophobia	Snakes - Ophidiophobia
Flying - Aviophobia	Speaking in public - Glossophobia
Foreigners or strangers - Xenophobia	Tapeworms - Taeniophobia
Frogs - Batrachophobia	Teenagers - Epebiphobia
Fur or skins of animals - Doraphobia	Tests, taking - Testophobia
Garlic - Alliumphobia	Ugliness - Cacophobia
Hospitals - Nosocomophobia	Vomiting - Emetophobia
Injections - Trypanophobia	Wasps - Spheksophobia
Kissing- Philemaphobia	Work- Ergophobia
Lightning and thunder - Brontophobia	Wrinkles, getting - Rhytiphobia
Love, falling or being in - Philophobia	

(Source: <http://phobialist.com/>)

"A Phobia is an irrational and excessive fear of an object or situation.

In most cases the Phobia involves a sense of endangerment or a fear of harm."

(American Psychiatric Association)

F = False
E = Evidence
A = Appearing
R = Real

"Fear makes the wolf bigger than he is."

Old German Proverb

"Courage is not the lack of fear but the ability to face it."

Lt. John B. Putnam Jr (1921-1944)

Dementia in the Younger Population

Niemann-Pick Disease type C

Dementia is not just a disease that affects older adults, but in very rare cases it can affect young adults and even children. Niemann-Pick disease type C is a rare inherited disorder, unrelated to Pick's Disease (fronto-temporal dementia), that affects mainly school-aged children, but may occur from early infancy to adulthood.

The disease causes the buildup of excess sugar and fat molecules in the brain and cholesterol throughout the body's nervous system (spinal cord and peripheral nerves), which results in movement difficulties such as walking, speaking, swallowing, and eye control. Other symptoms include cognitive changes such as difficulties with memory, learning and concentration.

It may potentially be misdiagnosed as Attention Deficit and Hyperactivity Disorder (ADHD), a learning disability, or developmental delay. Whilst there is no current treatment for this condition, two mutated genes have been identified which is the focus of current research into this condition.

For further information about this type of dementia, visit the Niemann-Pick Disease Group (UK) (<http://www.niemannpick.org.uk/>) or The Australian NPC Disease Foundation Inc – <http://npcd.org.au/>.




Support groups are held monthly at the following locations during 2012:

- Toowoomba
- Ipswich
- Newmarket
- Redcliffe
- Mt Gravatt
- Qld Wide Telephone Support Group
- Evening (Upper Mt Gravatt)
- Young Onset Dementia
- Hervey Bay

For further details or to register please contact the Toll Free Dementia Helpline on 1800 639 331 or check our website www.alzheimersonline.org for information regarding the range of services Alzheimer's Queensland provides.

(Source: Dementia Matters Spring 2012)



The National Mental Health Commission regularly holds **open community and stakeholder forums** as it visits states and territories around Australia.

If you have a lived experience of mental health issues, are a family member, friend, or support person for someone with a mental health difficulty, or you work in the mental health sector or a related field and would like to attend a future event, please subscribe to our mailing list on our **website** and be sure to list your home state. This mailing list will also keep you updated on all our news and activities. <http://www.mentalhealthcommission.gov.au/>

Bits & Pieces

Accessing Philanthropy

A vast array of philanthropic organisations exist in Australia focusing on giving money and other resources to a broad range of not-for-profit community groups. QCOSS, in collaboration with the Australian Centre for Philanthropy and Nonprofit Studies, has published a resource on the Community Door website to assist community sector organisation to access philanthropic funds. The resource contains information and links to guides, training and donor organisations.

Find out more: www.communitydoor.org.au/philanthropy

(Source: QCOSS Issue 37)

Need a guest speaker?

Alzheimer's Queensland (AQ) run free community awareness sessions which can improve people's understanding about dementia. The feedback that AQ receive for these sessions is very positive and that it generates a lot of questions and discussion about the topic. Please call the Dementia Help Line on 1800 639 331 to make an enquiry for a guest speaker from AQ to talk to your community group or organisation about dementia.

(Source: Dementia Matters Spring 2012)



NEW NATIONAL HEALTH SERVICES DIRECTORY AVAILABLE

The National Health Services Directory (NHSD) is a new national resource. The directory provides access to reliable information, and will assist individuals choose and connect with the most appropriate health services for their current needs. When will Health Service Information be available via the NHSD?

Currently, the Directory provides Service information about GPs, Pharmacies, Hospitals and Emergency Departments.

In late 2012 it will be increased to include detailed information about services and practitioners for primary care, mental health and local hospital network services.

In 2013 it will be extended to include allied health and human services.

Find out more at www.nhsd.com.au/

OPEN CAPTIONED FILMS



Captioned movies are now screened 6 times a week (every day except Saturday) at Greater Union, Myer Centre, Brisbane.. Please check your local press or cinema websites for times.

For further information, please contact:
MEDIA ACCESS AUSTRALIA on (02) 9212 6242 Voice / TTY, or go to www.mediaaccess.org.au

(Source: Let's Hear It! Newsletter of Better Hearing Aust (Brisbane) September 2012)

Queensland is getting it ... an end to government secrecy

Totally open government, or e-government, is the model and it will make the need for Freedom of Information requests or right to information requests virtually redundant.

All the information of government will go online, except for Commercially in Confidence data and data covered by Privacy regulations. All the other data will be accessible.

The address is www.data.qld.gov.au but the website is still under construction.

Bits & Pieces



Microsoft

10 Tips on How to Help Reduce Spam

Below are just the headings of an article produced by Microsoft to help reduce spam. To read the full article and receive instructions to make the necessary changes, go to:

<http://office.microsoft.com/en-us/outlook-help/10-tips-on-how-to-help-reduce-spam-HA001230026.aspx>

1. Take advantage of the Junk E-mail Filter in Microsoft Office Outlook 2007
2. Block pictures in HTML messages that spammers use as Web beacons
3. Turn off read and delivery receipts and automatic processing of meeting requests
4. Limit the places where you post your e-mail address
5. Review the privacy policies of Web sites
6. Watch out for check boxes that are already selected.
7. Don't reply to spam
8. If a company uses e-mail messages to ask for personal information, don't respond by sending a message
9. Don't contribute to a charity in response to a request sent in e-mail
10. Don't forward chain e-mail messages

Trans-Tasman retirement savings portability scheme

Draft legislation to establish a trans-Tasman retirement savings portability scheme, expected to assist the thousands of Australians and New Zealanders who move across the Tasman Sea, has been released by the Minister for Financial Services and Superannuation, Bill Shorten.

"The new scheme will help Australians and New Zealanders make the most of their retirement savings, as they will be able to take their retirement savings with them across the Tasman when they move," Mr Shorten said.

"This will make it easier for people to move freely between the two countries, help consolidate their retirement savings in their country of residence and avoid paying fees and charges on accounts in the two countries."

Currently, Australians and New Zealanders working in Australia cannot take their superannuation with them when they permanently leave Australia.

The legislation is expected to be introduced into Parliament later this year, and is likely to take effect from 1 July 2013.

For more information go to: <http://ministers.treasury.gov.au/DisplayDocs.aspx?doc=pressreleases/2012/061.htm&pageID=003&min=brs&Year=&DocType=>

Are you involved with a seniors or community group looking for guest speakers on topics of interest?

Better Hearing Australia has presenters who will speak to groups about hearing loss and its effect on the lives of the hearing impaired person, their family and friends.

For further information, please contact Sue Brown:

Phone: 07 3844 5065

Fax: 07 3846 5260

Email: bhabris@bigpond.com

URL: <http://www.bhabrisbane.org.au>

Bits & Pieces

Resource to assist community sector organisations with effective volunteer recruitment and management.

Volunteers play a crucial part in the support and running of community organisations. About 700,000 nonprofit organisations operate in Australia, of which about 35,000 employ staff. The remainder are mostly small organisations entirely dependent on the voluntary commitment of members. The management and development of volunteers and volunteering is key to the sustainability of a skilled and involved volunteer workforce.

QCROSS, in collaboration with the Australian Centre for Philanthropy and Nonprofit Studies, have developed a resource to assist community sector organisations with effective volunteer recruitment and management. You will also find links to online volunteer databases, peak bodies and government agencies.

For more information: www.communitydoor.org.au/volunteers

(Source: QCROSS e-News Issue 38 September 2012)

Australian Civil Society Report to the United Nations Committee on the Rights of Persons with Disabilities

The Report has been compiled by Disability Representative, Advocacy, Legal and Human Rights Organisations. It can be found at <http://www.daru.org.au/resource/australian-civil-society-shadow-and-baseline-report-to-the-un-committee-on-the-rights-of-persons-with-disabilities>

New Domestic Violence and Family Protection Act 2012

On Monday 17 September 2012, new domestic violence laws came into effect. The new Domestic and Family Violence Protection Act 2012, which repealed the previous Act, provides police and the courts with better powers to impose police protection notices and domestic violence orders.

For more information got to: <http://www.communities.qld.gov.au/gateway/news?id=9171044375&start=1&results=10>

To obtain a copy of the Act, visit <http://www.legislation.qld.gov.au/OQPChome.htm>

For support information: for www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/

(Source: QCROSS e-News Issue 38 September 2012)

More About Spammers

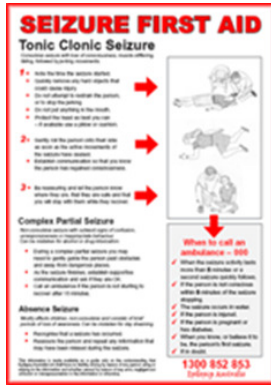
According to the United States Federal Trade Commission (FTC) Spammers typically use computer programs that search public areas on the Internet to compile lists of email addresses - a tactic known as "harvesting."

An investigation by the FTC recently found that some areas of the Internet are more fertile for email address harvesters than others. In the study, addresses posted on web sites, newsgroups and chat rooms received the most Spam, while other areas, such as instant messaging user profiles or online resume services, received no Spam at all.

To find out which fields spammers consider most fertile, and tips for avoiding the harvesters, check out: www.ftc.gov/spam and <http://www.ftc.gov>



Bits & Pieces



Valuable Epilepsy Resource for Everyone Downloadable First Aid guide

This 3-step guide provides easy reference to Seizure First Aid. Please feel free to download a copy for your home, workplace or school at <http://www.epilepsyqueensland.com.au/site/content/downloadable-first-aid-guide>

For more information or advice about epilepsy and seizure first aid contact Epilepsy Queensland on 1300 852 853 or email: epilepsy@epilepsyqueensland.com.au

(Source: www.epilepsyqueensland.com.au)



Complex Child E-Magazine

Written by Parents for Parents

Practical information drawn from personal experience

Complex Child is a monthly online magazine written by parents of children with special healthcare needs and disabilities.

We recognize that parents usually know best when it comes to children with complex medical needs or disabilities. At Complex Child, we are trying to assemble the collective knowledge of parents to help each other through this journey. It is our hope that the articles published here will help parents give their children the best possible quality of life and medical care.

Founded in 2008, Complex Child is free and online only. For further information go to: <http://www.complexchild.com/>

Internet Addiction Test

How do you know if you're already addicted or rapidly tumbling toward trouble?

http://www.netaddiction.com/index.php?option=com_bfquiz&view=onepage&catid=46&Itemid=106

The Internet Addiction Test is the first validated and reliable measure of addictive use of the Internet. Developed by Dr. Kimberly Young, the IAT is a 20-item questionnaire that measures mild, moderate, and severe levels of Internet Addiction.

Your score is automatically calculated and you are able to determine your level of addiction. Take the test online at the Centre for Internet Addiction website listed above.

(Source: <http://www.netaddiction.com/>)



"I just joined a support group for Internet addicts. We meet every night from 7:00 until midnight on CompuServe."

Foster Carers Needed in Cairns

We desperately need carers to make a real difference in the lives of our community's most vulnerable children. If you can help in your local area, please contact us on 07 4058 3500



(Foster & Kinship Care Placement Support - Cairns)

Answer to Question on Page 4 - It's a shaved Alpaca!

Bits & Pieces



New Website to Help Queenslanders Reduce Electricity Costs and Save Money

While there is lots of energy efficiency information out there, it is not always relevant to Queensland households. Energex and Ergon Energy have developed a new website to help Queenslanders manage their energy use and save money on bills.

The yourpowerqld.com.au website offers Queensland-specific information about electrical appliances, economy tariffs, heating, cooling and more.

It includes easy-to-use energy calculators to show how much you can save, as well as links to the latest energy rewards and rebates in your local area.

You can use the website to:

- calculate, compare and save using the interactive calculators
- customise an Energy Saving Action Plan for your home
- learn how economy tariffs can save you money
- find advice on ways to save on water heating costs
- look up information about energy efficient appliances
- get tips on how to save on pool running costs.

To find out more go to: www.yourpowerqld.com.au (Source: QCOSS eNews Issue 40, 2012)

Is it Time to Re-register?

Do Not Call Registration Valid Only for 6 Years



You can list your home, personal mobile or fax number to reduce telemarketing calls. Registration is free. Once your numbers are listed on the register, telemarketers and fax marketers must not contact you.

Some groups can still contact you after you register. These include charities, research companies, political parties and educational institutions

Register easily by phone on 1300 792 958 or online at <https://www.donotcall.gov.au/onlineNumReg.cfm>



24/7 Help for Men to "Talk it Over"

MensLine Australia is a national, 24-hour professional telephone and online support, information and referral service, helping men to deal with family relationship problems in a practical and effective way.

Available 24/7

Telephone: 1300 78 99 78

Website: <http://www.mensline.org.au/Home.html>

How to Report a Scam

You can report a scam to the Australian Competition and Consumer Commission (ACCC) by calling 1300 795 995 or visit www.scamwatch.gov.au

One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors.

Plato
Greek Philosopher (427 BC - 347 BC)

Bits & Pieces

New Online Mental Health Support Service Increasing Access To Professional Support for Queenslanders!



mental health
association australia

A new and exciting free online video support service is being rolled out across Queensland to better serve the needs of all Queenslanders and particularly remote and rural communities. This service, staffed by Clinicians qualified to provide longer term counselling and therapeutic intervention, enables people to remotely access professional support via online video to assist in addressing any issues that may be affecting mental health and quality of life. By providing free and accessible professional support from outside of the person's usual community, the Online Support Service aims to increase the participation of people who delay accessing mental health support due to a lack of economic or social convenience or who have concerns regarding a lack of anonymity in smaller communities. The main aim is improving access and equity of services for these people and regions.

People might use the Online Support Service if they:

- feel they need to talk to someone about what's going on in their life
- could use some support while clarifying their goals and future direction
- are worried about their mental health or feeling down or stressed
- are feeling isolated or alone
- want to reduce their drug and/or alcohol use
- are concerned about a friend or family member

The Online Support Service is appointment based, via online video. However, if online video is not accessible, support may also be available by telephone. The service is individualised and therefore more able to meet the needs of the person referred, with no limit on the amount of sessions available.

Referral into this service is via the **Mental Health Information Line** on **1300 729 686**. Please call this number if you would like more information or to access referral.

Mental Health Information Line Extends Service

You can now call the **Mental Health Information Line** on **1300 729 686** from 9:00am to 7:00pm, Monday – Friday for the cost of a local call.

"Around 1 in 3 Australians (32%) will experience a mental illness at some stage in their lives.



Australian Government

National Mental Health Commission

When alcohol and drug-use disorders are included, this figure rises to 45%."

National Mental Health Commission

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



Looking After Your Brain Health

The *Your Brain Matters* program is a guide to improved mental well-being based on increasing evidence that good mental, physical and cardiac health can result in a decreased likelihood of developing dementia.

The program revolves around the Alzheimer's Australia yourbrainmatters.org.au website, which provides information and activities to improve brain, body and heart health.

Go to: <http://www.yourbrainmatters.org.au/>



Young Widows and Widowers (YWW) Support Group (Brisbane)

YWW meetings are for self help and support. The group believes that sharing in a caring environment by people with similar life experiences helps ease the pain of grief.

Also available at the meetings is access to a number of contacts, telephone numbers, web sites and reference material.

We meet at 7.30pm at Rainworth State School, 185 Boundary Rd Bardon on the second Wednesday night of the month. Meetings go for about 2hrs. Parking is available on the street; come up the concrete stairs at the front of the school, the building on your right is where we meet. Alternately you can park in the school grounds; the gate is located just past the mural on the wall.

A light supper is provided; regular members usually bring a few nibbles to share.

Please BYO cups. Attendees pay \$1 to cover supper and the annual donation to use the venue.

To make contact: **Website:** <http://youngwidows.info/>
Phone support: Ellen/Robin 3376 9545 (home) or 0414 871 461
Email: ellenandrobin1@bigpond.com

(Source: YWW Spring Newsletter No 90)

Epilepsy Queensland Support Groups

Information, Friendship and Support



"It's so great to listen to others who are going through the same challenges that you have been through. You then realise you are not alone."

"It's great to be able to talk to people who you know understand."

An epilepsy support group can help you:

- Learn more about epilepsy
- Realise you are not alone
- Become informed about treatment options and side effects
- Spend time with others who understand what you're going through
- Share ideas and coping strategies

Brisbane Adult Support Group

Contact: - Lois Trudinger
(07) 3435 5000
ltrudinger@epilepsyqueensland.com.au
For adults with Epilepsy

Dravet Support Group

Contact: Charlene Mundy
(07) 3435 5000
cmundy@epilepsyqueensland.com.au
Meets at Epilepsy Queensland
For parents of children with Dravet Syndrome

Gold Coast Epilepsy Support Group

Contact: Liz Ward
(07) 5556 0613
lizward1@dodo.com.au
For adults with epilepsy and their families

Mackay Family Support Group

Contact: Beryl Neilson
0417 362 093

For further information about Epilepsy Queensland and its services contact:

Epilepsy Queensland, PO Box 1457 Coorparoo BC QLD 4151
(07) 3435 5000 or 1300 852 853 fax: (07) 3435 5025
email: services@epilepsyqueensland.com.au
<http://www.epilepsyqueensland.com.au>

Carer Support Groups offer carers social and emotional support, an opportunity to share information and ideas and time out for carers. If you care for a family member or a friend who has a disability, mental illness, chronic condition, terminal illness or who are frail aged you may wish to become part of a support group.

We have Carer Support groups all over Queensland and you don't need to be a member of Carers Queensland to be a part of one.

Benefits of joining a group

Becoming part of a Carer Support Group may help you with:

- Talking about overwhelming feelings and other impacts of caring
- Getting new ideas and advice on how to deal with specific issues of caring
- Relaxing and taking time out from the caring role
- Making you feel more connected with the community
- Understanding that you are not alone and knowing that others may feel the way you do
- Making new friends, especially if you have lost touch with friends and family because of the demands of your caring role
- Learning more about education and training opportunities relevant to carers
- Understanding what services are available to you, entitlements, events and policies relevant to carers

Our Carer Services Officers provide guidance and resources for all carer support groups throughout Queensland. If you would like to join a support group contact the nearest regional office or view support group meetings in your region.

Locations, times, dates, events/activities, venues for Support Groups: <http://www.carersqld.asn.au/news-and-events/events.html>

Brisbane North - Stafford office (11 groups)
Brisbane South - Mount Gravatt office (6 groups) 07 3723 5001
Moreton - Ipswich office (5 groups)
South Coast - Gold Coast office (14 groups) 07 5534 2899
Sunshine Coast - Maroochydore office (8 groups) 07 5451 1882
Wide Bay (9 groups)
Central Queensland - Rockhampton office (9 groups) 07 4921 4486
Darling Downs (17 groups) 07 4632 8922
Roma (2 groups)
Mackay (15 groups) 07 4944 0544
Far North Queensland - Cairns office (8 groups)

Carer Advisory Service 1800 242 636

<http://www.carersqld.asn.au/>

"When I was 5 years old, my mother always told me that happiness was the key to life.

When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'.

They told me I didn't understand the assignment, and I told them they didn't understand life"

**John Lennon
English musician, singer, songwriter
1940 - 1980**

Chance to Have Your say to a National Enquiry!

The Senate is holding an inquiry into the Involuntary or Coerced Sterilisation of People with Disabilities in Australia. The Community Affairs References Committee will conduct the inquiry and report to the Senate by 24 April 2013:

Terms of Reference:

- A. the types of sterilisation practices that are used, including treatments that prevent menstruation or reproduction, and exclusion or limitation of access to sexual health, contraceptive or family planning services;
- B. the prevalence of these sterilisation practices and how they are recorded across different state and territory jurisdictions;
- C. the different legal, regulatory and policy frameworks and practices across the Commonwealth, states and territories, and action to date on harmonisation of regimes;
- D. whether current legal, regulatory and policy frameworks provide adequate:
 - steps to determine the wishes of a person with a disability,
 - steps to determine an individual's capacity to provide free and informed consent,
 - steps to ensure independent representation in applications for sterilisation procedures where the subject of the application is deemed unable to provide free and informed consent
- application of a 'best interest test' as it relates to sterilisation and reproductive rights;
- E. the impacts of sterilisation of people with disabilities;
- F. Australia's compliance with its international obligations as they apply to sterilisation of people with disabilities;
- G. the factors that lead to sterilisation procedures being sought by others for people with disabilities, including:
 - the availability and effectiveness of services and programs to support people with disabilities in managing their reproductive and sexual health needs, and whether there are measures in place to ensure that these are available on a non-discriminatory basis,
 - the availability and effectiveness of educational resources for medical practitioners, guardians, carers and people with a disability around the consequences of sterilisation
 - medical practitioners, guardians and carers' knowledge of and access to services and programs to support people with disabilities in managing their reproductive and sexual health needs
- H. any other related matters.

(Source: http://parlinfo.aph.gov.au/parlInfo/search/display/display.w3p;query=Id%3A%22chamber%2Fjournals%2F20120919_SJ113%2F0036%22)

To find out how to make a submission to a Senate Committee of Inquiry go to:
http://www.aph.gov.au/Parliamentary_Business/Committees/Senate_Committees?url=wit_sub/bro_one.htm



Have your say on the National Disability Insurance Scheme

The Australian Government has launched an online forum to give people with disability and their families and carers the opportunity to help design the National Disability Insurance Scheme **NDIS Your Say** at <http://yoursay.ndis.gov.au/> will provide people with the opportunity to get involved in transforming how disability care and support are provided in Australia.

Over the next few months a number of online discussions will help to inform key design questions for the NDIS, starting with **"What do you look for in a disability support worker or service provider?"** <http://yoursay.ndis.gov.au/topic/what-do-you-look-for-in-a-disability-support-worker-or-service-provider>

People will also be able to share their own stories, videos and photos through **NDIS Your Story** at <http://yoursay.ndis.gov.au/yourstory>

The Advisory Group will take the feedback on board in formulating their advice to governments on the design of the scheme ahead of the launch of the first stage starting from July 2013 in South Australia, Tasmania, the ACT, the Hunter region of NSW and the Barwon region of Victoria.

To receive alerts when new discussion topics open and have your say, register at www.ndis.gov.au (Source: National Rural Health Alliance eNews September 2012)

Website Developed to Support University and TAFE Students in Australia with ASD

The Olga Tennison Autism Research Centre, with the support of the Department of Human Services (Victoria), has developed a website with information **to support university and TAFE students with ASD and their families, and university and TAFE staff.** The information on the website is relevant for tertiary students, families, and tertiary staff in **Australia**, not only Victoria.

(The centre is keen to get feedback on the site content and layout and there is a short feedback questionnaire which students and parents are encouraged to complete.)

Website link: <http://www.latrobe.edu.au/otarc/info/support>

Feedback questionnaire link: http://latrobepsy.qualtrics.com/SE/?SID=SV_6tHB8j7WvwZeXg8

(The Olga Tennison Autism Research Centre is in the School of Psychological Science, La Trobe University, VIC)



E-mental Health Strategy for Australia

The Australian Government is moving from funding a small number of proven and successful online mental health and telephone crisis support services, to an evidence based, accessible, professionally recognised and integrated e-mental health service.

Research in Australia and internationally has shown that outcomes for those who participate in online therapies are broadly comparable to those of face to face services using similar treatment techniques. E-mental health services allow people to access the services at a time and place that is convenient to them, and offer an effective alternative to conventional treatments for people who live in areas with limited services, have difficulty with transport or are reluctant to engage with face to face services.

To find out more or to download the E-mental Health Strategy for Australia go to : [http://www.health.gov.au/internet/main/publishing.nsf/Content/D67E137E77F0CE90CA257A2F0007736A/\\$File/emstrat.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/D67E137E77F0CE90CA257A2F0007736A/$File/emstrat.pdf)

(Source: QCOSS eNews Issue 40, 2012)



HIV/AIDS is still here

Listen to real stories from people living with HIV

Logan World AIDS Day Forum

Bring your friends, families and anyone you know

When: Saturday 1 December 2012
Time: 12:00 noon to 3:30 pm Multicultural lunch from 12:30 pm
Speech from 1:00 pm
Where: Logan Central Library
2nd floor meeting rooms 3&4
26 Wilbur Street
Logan Central

For more information and RSVP please contact Zhihong on 38449166,
via email on health@eccq.com.au

All Free

The forum is supported by the Logan Multicultural HIV, Hepatitis and Sexual Health Network

A Support Program of the Ethnic Communities Council of Queensland
www.eccq.com.au/health

Toowoomba World AIDS Day Forum

Bring your friends, families and anyone you know

When: Saturday 24 November 2012
Time: 12:00 noon to 3:30 pm Multicultural lunch from 12:30 pm
Speech from 1:00 pm
Where: St Anthony's Parish Hall
3 Memory St, Harristown
Drayton North

For more information and RSVP contact
Daniel Akech 0421956599
John Deng 0421249366
Pauline Muraa 0412362 968 health@eccq.com.au

Free gifts and resources

Supported by: HIV/AIDS, Hepatitis and Sexual Health Program
Ethnic Communities Council of Queensland www.eccq.com.au/health



Diary Dates

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 **Venue:** Gold Coast

7th - 8th March 2013: National Mental Health Commission Community and Stakeholder Forum

www.mentalhealthcommission.gov.au/
Venue: Cairns

7th - 10th April 2013: 12th National Rural Health Conference

Strong Commitment. Bright Future.
Venue: Adelaide Convention Centre, SA

7th - 10th May 2013: 7th Australian Women's Health Conference 'Gender Matters: Determining Women's Health'

<http://www.womenshealth2013.org.au/>
Venue: Sydney

14th - 17th May 2013: Alzheimer's Australia 15th National Conference 'The Tiles of Life - Colouring the Future'

<http://www.alzheimers2013.com/>
Venue: Hobart

Please Note Self Help Queensland's current email address is:

info@selfhelpqld.org.au

All emails to **our old gil address** will **bounce back** after 29th November 2012



Seen Outside a Brisbane Church



Family Expo

Free Family Fun and Wellness Day

Join us in celebrating Postnatal Depression Awareness Week

**Saturday 24th November 2012
10am to 3pm**

**Undurba State School
Ogg Road, Murrumba Downs**

- Experts available for advice
- Midwife lounge
- Kids fun
- Magic Sam - 11.30am
- Nicki Noo and the OO Crew - 2.10pm
- Baby massage and children's yoga
- Man cave for dads - with games!
- Helpful presentations by experts
- Rupert McCall MC for the day
- Markets and food available for purchase
- Local service exhibitors

**For more information visit:
www.peachtree.org.au**

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!

