

# Self Help Queensland Support & Information Since 1983



'supporting people in finding their own solutions to improve well being'

Queensland Self Help & Support Group Sector

News & Information  
Bi-monthly

Issue 1  
January  
2016



Self Help Queensland Office  
Located at Sunnybank, Brisbane

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## What We do

Provide free online Directory of Qld self help and support groups across a broad range of health conditions and related issues

Help people start new self help and support groups

Give assistance to existing groups to identify needs and work towards achieving them

Promote benefits of above groups to wider Qld community

Disseminate information to above groups, organisations and professionals.

Make referrals and provide low cost training to groups as needed

Auspice above eligible groups

Bi-monthly Newsletter  
-oOo-

## Welcome to our First Newsletter in 3 years!

What has been happening to Self Help Queensland (SHQ) and why did the newsletter cease?

We won't dwell on the negatives except to say that we were due to close our doors in December 2015, after 33 years, due to a previous Government decision to withdraw funding from community organisations funded under Queensland Health's Self Care Funding Program.

We were also forced to cease our newsletter production in 2013 as the decision was also made not to fund it any longer.

Thanks to Premier Anastacia Palaszczuk and Health Minister Cameron Dick we were rescued at the 11th hour. SHQ has secured funding for the next 3 years and we are very thankful for the lifeline thrown to us to continue our work.

We will be talking in further editions about our need to raise funds to sustain ourselves. Like all other Not For Profits, Government cannot fund all our work. We have to plan other sources of funding to keep solvent and remain effective.

## Please Help Us by Becoming a Member of SHQ

After 33 years, Self Help Queensland has been forced to introduce a membership fee to help sustain our work. There are three tiers of membership which we have kept to an absolute minimum cost.

Concession: Students, pensioners (\$10)

Support groups and individuals: (\$20)

Professionals and organisations: (\$30)

To become a member please click on the link below

<http://www.selfhelpqld.org.au/membership>

## Looking for a Self Help or Support Group in Queensland?

The SHQ Queensland Directory of Groups is now online and free. To search for a self help or support group follow this link

<http://www.selfhelpqld.org.au/> and click on 'Search the Directory'.

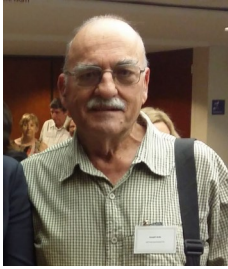
## To Register Your Group in the Free SHQ Online Directory

Please go to <http://www.selfhelpqld.org.au/> and click on 'Register a Support Group' or call Trish at the SHQ office on 33446 919 or email [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au) for a registration form.



Standing for Freedom, Social Justice & Growth.

The SHQ Newsletter is kindly sponsored by FSG



## From the President

Joseph Soda

Welcome to the first edition of our Newsletter for 2016, which has been made possible through the kind sponsorship of FSG.

You may have heard that we were recently granted continued funding from Qld Health for the next three years.

The funding will assist in keeping our doors open, but we will need to supplement it to enable us to offer the same service to the many existing and new groups that require our ongoing assistance, as well as the individuals, organisations and professionals who contact us for referrals and other information about groups.

Therefore we are initiating a membership drive, encouraging all the organisations and groups that use our service, to support us by way of a nominal joining fee.

The fees will be based on a three tier system to suit professionals, organisations, students and pensioners.

I encourage you all to contribute so that we can offer you all the same service in the future.

We are also continuing meet with other organisations which we may be able to develop ongoing partnerships.

We are receiving some assistance from Board connect with this project.

I wish you all a Happy New Year and look forward to your support in 2016.

Kind Regards,  
Joseph Soda

## 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.



Queensland Government

Thanks to Queensland Health for providing funding to Self Help Queensland to help carry out its activities.

## Who We Are

President	Joseph Soda
Secretary	Kathy Thomas
Treasurer	Christopher Spriggs
Committee Members	Val McNamara Rosa Prah Elizabeth Carrigan
Co-ordinator	Trish Fallon
Bookkeeper	Janette Evans

## How to Contact Us

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## Office Hours

Tuesday to Friday	9am - 4.30pm
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## Parliament House Reception October 2015

25 community organisations were invited to Parliament House to meet the Premier, Health Minister, other Ministers and DG's to receive the official news that their funding had been re-instated. It was an enjoyable as well as productive afternoon speaking with Ministers and networking with other groups.



Premier Anastacia Palaszczuk spoke with Joe Soda and Trish Fallon from SHQ

Health Minister Cameron Dick also spoke with Joe and Trish at the Parliament House Reception.



We took the welcome opportunity to chat with Michael Walsh, Director General of Qld Health, about what we do and other sector issues.

Premier Palaszczuk thanked all the organisations for the valuable work they do supporting the health and well being of the Queensland community.

## **A Very Effective Process for Not for Profits in Queensland to Speak Face to Face With the Premier or a Nominated Minister - Across the Table, Alone, for 15 Minutes.**

### **- But You Have to do it Right!**

- Does your organisation have something very important to say to Government?
- Do you think it has no hope of being heard because it is small, not well known, or unfunded?
- Have you been writing letters without success, requesting to meet with a particular Minister?
- Are you sick of red tape, waiting months for a reply that may or may not arrive?
- Have you given up trying? Well don't!

### **Here are some tips from SHQ's own recent experience.**

1. Firstly, if you don't know what a community cabinet meeting is check out the website: <https://www.qld.gov.au/about/contact-government/have-your-say/community-cabinet/>
2. Ask your State Member to put you on his/her mailing list, to notify you if a Community Cabinet is coming to his/her Electorate and send you a "Deputation Request Form". If you don't ask, he/she might not send you one. He/she may also send you a list of upcoming grants you can apply for.
3. If there isn't a community cabinet meeting coming up in your area in the foreseeable future, ask him/her to lobby the Premier to have one held in your Electorate. (Our local member did this of his own accord).
4. The Deputation Request Form is very important - give it your best effort as this gets your foot in the door and helps makes the path to the top much easier. Make a good impression by submitting a crisp, clean, empathetic deputation before you meet. If you do this well, you will be more assured of securing a meeting, and having a much more receptive hearing.
5. Run your completed Deputation Request Form past an experienced, objective person before you submit it. If you need help SHQ would be happy to read it over and provide some suggestions.
6. Keep your deputation form brief and on point. Don't be tempted to add reams of paper, it won't be read. Provide evidence to back up your statement.
7. If you have trouble saying who you are and what you do in an interesting way, try adding a few very short stories to demonstrate your success. Do be specific about what you want though!
8. Make yourself well known to your State Member, but make friends with his Secretary! She/he is the gatekeeper.
9. Once you have been accepted to meet with your preferred Minister, or the Premier, it's up to you! As they have already been briefed by their DG, you can expand your conversation further.
10. If you do not currently receive Government funding, and that is what you are wanting, the road could be slightly harder. However, don't despair. It might not happen, but you may have made a good enough impression to warrant some other action or assistance.

### **What was a Very Positive Experience for Self Help Queensland**

In August 2015 a Community Cabinet Meeting was held in Stretton thanks to lobbying by our local member, Peter Russo MP. 2 representatives from SHQ met with the Premier, Minister for Health and their two Directors General, along with other Ministerial staff who took notes. We sat face to face across a narrow table, and were listened to intently and respectfully for 15 minutes. Questions asked of us showed knowledge and understanding of our issues. A friendly and positive experience, we think this meeting helped us in our long standing efforts to reverse the previous Government's decision to defund all of the not for profits in the Self Care Funding Program.

The outcome, announced in September, was thankfully positive for all of the organisations in the Program, and SHQ did not have to close its doors as planned in December 2015. Whether our request had been successful or not, the Process was well worth it. Many good things have emerged since!

**\*Editors's Note** There are 2 components of the Community Cabinet Meeting - questions from the floor and the deputation process. Make sure you apply for the deputation as you are not guaranteed there will be enough time to ask a question from the floor, and if you were lucky enough to be chosen, it would have to be kept brief.



## Need Help With A One-off Task?

### New National Charity Undertakes Very Promising Pilot Project in Brisbane

'Help Me With It' is a national, charitable, social enterprise organisation formed in Brisbane. It's very worthy aim is to connect individuals who need help to do one off tasks with people who can volunteer their time to fix, clean, care, transport, shop, garden, sort, teach and more.

Help Me With It is quite different to what we have become familiar with. It addresses issues associated with traditional volunteering, including the fact that volunteers want more choice in what they do, and more flexibility around when they volunteer and for how long.

People are generally recruited to volunteer their time on a regular basis. This excludes the majority of would-be volunteers in this country. The issue for many volunteers is that they have specific skills and knowledge they want to use when volunteering, and they also want flexibility in when they volunteer (i.e. not always weekly).

**Basically, the Program is an online interaction between Seeker and Helper. Currently the medium is Facebook, but this will eventually be transported to the organisation's own digital platform.**

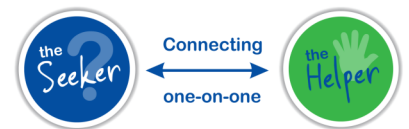
#### How Does it Work?

For a full explanation of how it works, including the terms of the pilot, and to register for help or to become a volunteer, check out the Help Me With It website:

<http://www.helpmewithit.org.au/>

As of 20th January 2016, Seekers have received help from volunteers to:

- Prepare a job application
- Put up shelves
- Transport donated goods
- Understand important documentation
- Put together outside furniture
- Write a resume
- Research



**SHQ supports the concept of Help Me With It. The Project seems too worthwhile not to be supported by all of us. With Brisbane's support it could go National!**



### Refugee Support Group Needs Help with a Small Office Space

A very worthy Refugee Support Group is searching for a place where they can set up a small office. The group is completely voluntary, receiving no Government or private funding.

Self Help Queensland is well acquainted with the refugee families who were forced to escape a war in Africa, and spent 14 years in a refugee camp in the dust of Eritrea before being selected by the United Nations to come to Australia. Many of the children were born in the camp.

The group works very hard to help itself to integrate, learn English, acquire skills, engage in community events and raise their children to be productive Australian citizens.

If you are able to provide a small space in a building or existing office, preferably between Sunnybank and Logan City, we would love to hear from you. The office is now a necessity to conduct the work of the group in a more professional manner eg using technology to connect, keep track of vital information, contact members, organisations and government, store records in a safe place under the one roof etc

We are hoping for the generous donation of the space, at least on a trial for 12 months, but if this is not possible, a very small peppercorn rent would be much appreciated. Please contact Trish at Self Help Queensland on 3344 6919 or email [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au) if you are able to help. **Thank you!**

"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."



It takes our brains 80 milliseconds to process information. That means we are all living ever so slightly in the past.

Plant the seeds of your dreams  
 & together we can make them grow!



From every corner of FSG Australia we are committed to providing **Freedom, Social Justice and Growth** for all people. Come in & visit us today at one of our 16+ locations across QLD and Northern NSW, or call an FSG Dreamweaver on **07 5564 0655**



## Do You, or Does Someone you Know Experience Chronic Pain?

### Would you like to speak with others in the community, either by phone or face to face in a group, who know and understand what you are going through?

SHQ recently had the privilege of sharing an office with the Australian Pain Management Association (APMA) for a couple of months. We had the opportunity to witness first hand the professionalism of the staff and the breadth of service provided to Australians living with chronic pain.

APMA was formed in Brisbane in 2009 with the purpose of providing advice, assistance and advocacy as the voice of Australians living with chronic pain. Staffed by trained volunteers and managed by an experienced professional Board, APMA relies on membership and donations. It is a not for profit community organisation, operating nationally from Brisbane, providing a first class, professional service with no Government funding. Amongst many other services, APMA provides:

#### **Pain Link Helpline: 1300 340 357**

For the cost of a local call, you can speak with trained volunteers who live (or have previously lived) with chronic pain themselves. Support is only a call away. Don't suffer alone.

#### **Pain Support Groups**

APMA runs 20 Pain Support Groups throughout Australia. For the purposes of this newsletter we will list the Queensland groups, but others can be located on the APMA website [www.painmanagement.org.au/](http://www.painmanagement.org.au/) Many of the Pain Support Groups undertake activities or events additional to the regular meetings. You are invited to contact or join a support group today - or help set one up in your area.

**Brisbane Southside Pain Support Group**  
Coorparoo  
[brissouth@painmanagement.org.au](mailto:brissouth@painmanagement.org.au)

**Bundaberg Pain Support Group**  
Bundaberg  
[bundaberg@painmanagement.org.au](mailto:bundaberg@painmanagement.org.au)

**Gold Coast Pain Support Group**  
Southport  
[GoldCoast@painmanagement.org.au](mailto:GoldCoast@painmanagement.org.au)

**Logan Pain Support Group**  
Beenleigh  
[apma.psg.logan@painmanagement.org.au](mailto:apma.psg.logan@painmanagement.org.au)

**Saturday New Approaches to Pain (SNAP)**  
Norman Park  
[snap@painmanagement.org.au](mailto:snap@painmanagement.org.au)

**Brisbane Northside Pain Support Group**  
Chermside  
[apma.psg.brisbanenorth@painmanagement.org.au](mailto:apma.psg.brisbanenorth@painmanagement.org.au)

**Contact APMA :** [secretary.apma@bigpond.com](mailto:secretary.apma@bigpond.com) or Phone 1300340 357 for information.

**Editor's Note:** The Professional services carried out by APMA are provided by volunteers. If you receive help from APMA please consider membership or a donation. Donations of \$2 and over are Tax Deductible.

### Younger Onset Dementia Group to Start in 2016

Younger onset dementia is the development of dementia before the age of 65. Communiify, in partnership with Alzheimer's Australia, are forming an engaging social group to support people to stay connected and active in the community.

SHQ is very excited about the formation of this group, as we have no knowledge of any previous groups of this type. We have jumped the gun in telling you about it, as Communiify is currently looking for the right person to facilitate this exciting, consumer directed group.

If you have someone in mind who might benefit from such a group, contact Communiify for more information. It is a Pilot Project in Brisbane which will be reviewed and evaluated after 6 months.

Communiify and Alzheimers Australia deserve to be congratulated, supported and encouraged in this initiative. If you think it is a worthwhile undertaking let them know so it can be supported to grow and expand to other regions. Contact Communiify: Phone: (07) 3510 2700 Email: [admin@communiify.org.au](mailto:admin@communiify.org.au)

**Do You Know Queensland's State Motto?**  
*Audax at Fidelis* - meaning 'Bold but Faithful'.

**"When I went to my first support group meeting, for the first time I felt kind of normal"**

## Genetic Matters

by Kim Summers PhD

### Within and without - non-human cells of the human body

Cells are the building blocks of the body. Each organ and tissue is made up of millions of cells, with a range of different functions. For example the heart has muscle cells, nerve cells, blood cells, cells that make the membrane covering the heart and so on. The total number of human cells in a human body is probably between 10 and 100 trillion ( $10^{13}$  -  $10^{14}$ ).

But the total number of cells in the human body is likely to be 10 times this number. This is because of the microorganisms in our bodies, so most of the cells that we carry are not our own. Some of these microorganisms carry out useful tasks, many of them live in harmony with our own cells with no known benefits or costs, and a few can cause problems, either during normal living or when their numbers increase or they move from their usual organ of residence.

These non-human cells include bacteria, protozoa and fungi. The largest numbers are in the digestive tract, where the bacteria perform valuable tasks, including fermenting some foods that we could not normally break down and keeping the numbers of harmful species low. Treatment with antibiotics reduces the numbers of these bacteria, sometimes causing an upset stomach, and eating yoghurt with live cultures can help replenish them. In a healthy human, more than 50% of the faeces (bowel motion) is made up of bacteria! We also carry bacteria and other organisms on our skin, in our eyes, throughout the mouth and in the vagina.

Because of their possible important role in human health, a large research project has been established to characterise all the organisms we carry. The Human Microbiome Project was launched in 2008 and the aim is to study the microorganisms in human health and disease. It is important to establish whether variation in the number or type of organisms is associated with diseases suffered by humans. For example, Crohn's disease is an inflammation of the gut that could be associated with invasion by different bacteria. Some skin conditions might be made worse by the presence of specific organisms on the skin. Oral and vaginal thrush result from overgrowth of fungal organisms which might depend on the presence of specific variants of the fungus and other organisms. It also seems that these friendly bugs can control weight gain and the activities of the immune system.

Studies of the microorganisms associated with humans and other animals (the microbiome) have been difficult in the past because many of the organisms could not be grown in the laboratory. Now techniques of DNA sequencing mean that laboratory culture is not necessary. DNA can be extracted from the various sites of colonisation. The result is a mix of human DNA and DNA from the various organisms. We can easily work out what is human because the human DNA sequence is now well known. So the rest is from the other organisms. This project gives a snapshot of the microbiome of humans in health and disease, which will serve as the background for further studies where the effects of manipulating the microbiome are tested.

There have already been a number of key findings from this approach. A role for microorganisms in the mouth in development of atherosclerosis (clogging of the arteries) has been established. A study has demonstrated that bacteria causing meningitis, septicaemia and sexually transmitted diseases exchange genetic material with the benign organisms in the same location, opening the way for the creation of new disease strains. The different populations of organisms in healthy and diseased gut have been compared.

Recently a "genetic catalogue" of all the microorganisms in and on our bodies has been published, based on study of 242 healthy people. There was considerable variation between the species found in different sites from the same person, and also in the same site for different people. This suggests that there are many organisms that can inhabit our bodies, and each person carries a subset of these at different sites. They can all carry out the helpful functions, but perhaps at different levels of efficiency and potential harm.

There are many interesting questions that can now be explored. How similar are the microorganisms of people who are blood relatives or who live together? (Continued on Page 8)

(Continued from Page 7) Might this explain some disease clusters that seem to run in families? How does the genetic information (the genome) of the human host influence the microbiome that person carries? Are these differences associated with susceptibility to different diseases and might we be able to manipulate the microbiome to prevent or cure certain conditions?

We are finally beginning to see some benefits from the genome sequencing initiatives that began more than 20 years ago with the effort to sequence the human genome. The technologies developed along the way are allowing us to tackle scientific questions that could never be studied before. It may be a while before you are given a dose of bacteria to treat your skin rash, but these studies of the microbiome are the first step.

(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.)

## Training Opportunity for Regional Community Leaders



We are putting forward a proposal for an exciting year ahead for Emotional CPR.

Emotional CPR (eCPR) is a public health education program designed to teach people to assist others through an emotional crisis by three simple steps: C = Connecting, P = emPowering, and R = Revitalizing.

Do you volunteer or support a local ...  
 School                      Business  
 Group                        Sporting team  
 Organisation              Church group  
 Community group

Would like to continue to support your community with new skills that will become a testimony to your leadership potential? Then we want to hear from you. We know that people who have been through the training have become better communicators in all their relationships. eCPR is a way of life.

The initial training will be conducted in Brisbane this year (\*return flights paid for).

People from these areas are encouraged to apply. Flights will be paid for from regional airports such as :

<b>Bundaberg</b>	<b>Darwin</b>	<b>Mackay</b>	<b>Longreach</b>	<b>Townsville</b>
<b>Cairns</b>	<b>Gladstone</b>	<b>Mount Isa</b>	<b>Rockhampton</b>	<b>Alice Springs</b>

If you want to be the change in your community, we want to hear from you. An expression of interest describing how ECPR can assist you in your community is required by 15 Feb 2016.

[Ecpr.australia@gmail.com](mailto:Ecpr.australia@gmail.com)

**Contact:** Sharon: 0415 612 319 or Vinay: 0402 370 422



**Approximately 6-8% of Australians are affected by a rare disease.**

A rare disease, also referred to as an orphan disease, is any disease that affects a small percentage of the population. There are more than 8,000 rare diseases. Many have no formal title and are difficult to diagnose.

Most rare diseases are genetic, and therefore remain present throughout the person's entire life, even if symptoms do not immediately appear. Information about rare diseases is often scarce or difficult to access for professionals, patients and supporters. The psychological burden and lack of practical support is a major issue in the treatment and management of rare diseases.

Rare Voices Australia is an organisation that provides advocacy and education for the rare diseases community, and does not charge fees for its work. Please give thoughtful consideration to people with rare diseases and their families on 29th February, (and other days too) and show your support by participating in local activities and joining or making a donation to Rare Voices.

For further information on rare diseases, rare diseases day, or to contact Rare Voices Australia go to:

<https://www.rarevoices.org.au/> Email: [info@rarevoices.com.au](mailto:info@rarevoices.com.au) Ph: 02 9967 5884

PO Box 353 SUNNYBANK, QLD 4109 Ph: 07 3344 6919 Email: [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au) URL: [www.selfhelpqld.org.au](http://www.selfhelpqld.org.au)



**Doctor Harmony, Australian Psychiatrist and Author, Has Kindly Agreed to Write Especially for the Self Help Queensland Newsletter. Below is the First Article of Interest to Most of Us - Stress!**

## **STRESS- How Do You Deal With It?**

-By Doctor Harmony

Modern society seems to be faster paced, with more demands on us and extra pressures compared to earlier generations. Many of us are time-pressured, financially-stretched or feel socially disconnected and alone. Finding work or maintaining job satisfaction in a competitive market may be added pressures. This could be in addition to family conflict, relationship issues, concerns about our children or health problems. The list of external or life pressures is endless.

What is often overlooked is the pressure that we have placed on ourselves, or the internal stress. This can include expectations we have about our achievements, how people treat us, how life should be, how we should look, and standards that others should reach.

If we are struggling to cope with the stress we are under, then this can have further negative effects on our lives, such as arguments, job loss, health problems, sleep disturbance and weight gain from comfort-eating. Also our children may sense our stress and react by withdrawing from us or acting out with behavioural changes. These effects then cause further stress in our lives.

Stress can lead to depression, anxiety or eating disorders. It is also associated with physical illness or medically-unexplainable symptoms despite numerous investigations. Stress can either trigger illnesses, increase severity of existing illnesses or cause recurrence of illnesses. Stress-related illnesses include irritable bowel syndrome, chronic fatigue syndrome, migraines and headaches, particular sexual problems, polymyalgia rheumatica, chronic pain conditions, eczema, asthma, cancer, heartburn, ischaemic heart disease, hypertension, and diabetes...The list goes on.

Have I convinced you enough about the importance of addressing stress in our lives? Mind you, I am not advocating that all stress needs to be eliminated in our lives. In fact, we all need a bit of stress to keep us going. Can you imagine going for a job interview or exam without preparing for it, as we do not feel nervous? A small amount of anxiety and stress is necessary to make us perform at our best. Problems only arise when we are struggling to cope with the stress or if the amount of stress is excessive. Remember, we all have a breaking point once a certain amount of pressure and stress are experienced. Each one of us has different breaking points though, as we have individual coping styles, personalities and backgrounds.



We may not be able to control what happens to us, such as illness or death, but we can change the way we deal with it or minimise the internal pressure. So, if we change the way we think or learn to deal with the internal and external pressures, we can feel less burdened, more at peace and become physically healthier. It is about changing our habits in the way we act and think long-term. This could mean being kinder to ourselves and others (with our expectations), learning to forgive and accepting situations that we cannot change rather than getting resentful, frustrated and angry. It might mean delegating more to others, being honest with people when we cannot oblige them and living within our limitations (such as if we have pain or illness). Accept that some days will be better than others.

-oOo-

\*Editor's note: If you would like to find out more ways of dealing with stress, check out Series 1 of Dr Harmony's Building Resilience books series at [www.doctorharmony.com](http://www.doctorharmony.com) Although it is marketed as children's picture books, it has great tips for children and adults alike.

If you would like to suggest a topic of general interest to our readers, please let us know and we will pass on your suggestions to Doctor Harmony.

Would you like to promote your group through this Newsletter?

or

Do you have any helpful, practical information to share with other Groups?

Please contact Trish at SHQ Ph 07 3344 6919 or email [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au)



### Asia Pacific Lymphology Conference Darwin 2016

- A Rare Opportunity for Australians with Lymphatic conditions to hear from international and national experts in the field of Lymphology from 26th to 28th May.

The Lymphoedema Association Queensland (LAQ) advises that a Lymphoedema Information Day will take place during the Conference on Saturday 28th May 2016 8.30am - 4.30pm. It will be a wonderful opportunity for Queenslanders to receive up to date information on the latest research and treatments etc, as well as make new friends and catch up with old ones.

LAQ has been working very hard in a voluntary capacity for 25 years supporting Queenslanders with Lymphoedema - the accumulation of excessive amounts of protein-rich fluid resulting in swelling of one or more regions of the body due to the mechanical failure of the lymphatic system.

There are 7 support groups under the LAQ banner.

Brisbane: Nerida 3269 1498  
June 3865 1195

Bundaberg: Olga 4152 8507

Mackay: Heather 0448 823 388

Sunshine Coast: Margaret 5492 4437  
Bev 5441 4420

Toowoomba: Amber or Joan 4690 5900

Townsville: Libby 0439 745 716  
Neradah 4771 6377

Rockhampton: Jan 4928 6852

Contact Lymphoedema Association Queensland  
Ph: 0403 782 795 Email: [info@lymphqld.org](mailto:info@lymphqld.org)  
[www.lymphqld.org/](http://www.lymphqld.org/) or for Conference info see  
[www.2016asiapacificlymphologyconference.com/](http://www.2016asiapacificlymphologyconference.com/)

I love radio - its immediacy and especially its intimacy. It is part of your life, whispering into your ear. You can't see it, but equally importantly, it can't see you.

**Malcolm Turnbull Prime Minister of Australia**

PO Box 353 SUNNYBANK, QLD 4109 Ph: 07 3344 6919 Email: [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au) URL: [www.selfhelpqld.org.au](http://www.selfhelpqld.org.au)

### To receive this newsletter in hardcopy by post

Self Help Queensland can no longer afford to distribute a free hardcopy newsletter. The cost of paper, printing, postage and handling has forced us to charge a fee of \$20 per year for 6 issues.

We appreciate that some professionals like to leave them in their waiting rooms, or facilitators take them to group meetings, and we apologise that we are no longer in a financial position to provide this service free.

Please contact Trish if you would like to opt for a hardcopy by post. Ph 07 3344 6919 or Email [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au)

### GIVIT Launches new Charity App

- to directly access donations via phone or tablet

Services/Charities that are registered with GIVIT can now sit down with their clients and access GIVIT's Virtual Warehouse from any location.

A full list of donated items can be accessed, and requests for specific items can be made which members of the public are then encouraged to donate.

**Download the free GIVIT Charity app via iTunes and Google Play stores.**

For more information or to register with GIVIT please go to [givit.org.au](http://givit.org.au)

### Queensland: An Age Friendly Community

The Queensland Government is looking for ideas on how communities can work together to make our State a place that welcomes and supports people of all ages. These ideas will be used to develop a new strategy for older people called Queensland: An Age-friendly Community.

**Have your say by completing an anonymous 3 question survey. Go to:**

<https://www.surveymonkey.com/r/XKSX8LC>



Queensland Government

**A Fact!**



A can of diet coke floats in water, but a can of regular coke sinks. (We know you will just have test this for yourself - like we did!)

## Fake Bus Stops for Alzheimer's Patients in Germany



Fake Bus Stop Outside German Nursing Home

A German nursing home has come up with an idea that has taken off in nursing homes throughout Germany and other European countries. Benrath Senior Center in Düsseldorf came up with the idea of a fake bus stop to prevent Alzheimer's patients from escaping.

After some careful observation, the staff at the centre noticed a trend that escaped Alzheimer's patients often headed directly to their only exit: public transportation. The patient's long term memory recognised the bus stop, and that it meant the way home. Staff allowed the patient time to relax and diffuse their anxiety before letting the patient know that the bus was delayed, and invite them in for refreshments. Because of their diminished cognition, they had forgotten why they were there.

Source: <http://www.iacp.org/Fake-Bus-Stops-For-Alzheimers-patients-in-Germany>

## Internet Addiction a National Health Crisis in South Korea

The Government of South Korea has recognised Internet Addiction as a national health crisis. The looming global problem of Internet Addiction is being tackled head on, with special concern being given to South Korea's children. The most wired nation on Earth, virtually every home is connected with cheap high-speed broadband. It also has the highest rate of internet addiction in the world with one in ten children being addicted to fantasy role playing or gaming.

To tackle the problem, children are being sent to camps to rebuild connections back to the real world and weaken ties to the virtual one to reclaim a childhood lost to the computer. Recognizing that internet abstinence is unrealistic, counsellors help children to self-manage their emotions and the desire to use the internet so they can continue to use it when they go back home.

South Korean psychiatrists are urging more action as they are finding evidence too much screen time is damaging developing brains. Professor Kang Seak Young from Dankook University said the addiction was damaging critical thinking. "It effects the frontal lobes which are important for critical analysis," he said.

Internet addiction has been a hot topic in the years leading up to the publication of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), the American Psychiatric Association's (APA) classification and diagnostic tool. In Australia, it is one of two diagnostic manuals currently used. The DSM5 doesn't recognise Internet Addiction as a disorder but it has included it in the appendix "to stimulate research."

### What are the warning signs of Internet addiction?

- Preoccupation with the Internet. (Thoughts about previous on-line activity or anticipation of the next on-line session.)
- Increasing use of internet time in order to achieve satisfaction.
- Repeated, unsuccessful efforts to control, cut back or stop Internet use.
- Feelings of restlessness, moodiness, depression, or irritability when attempting to cut down use of the Internet.
- On-line longer than originally intended.
- Jeopardized or risked loss of significant relationships, job, educational or career opportunities because of Internet use.
- Lies to family members, therapists, or others to conceal the extent of involvement with the Internet.
- Use of the Internet is a way to escape from problems or to relieve a dysphoric mood. (e.g. Feelings of hopelessness, guilt, anxiety, depression.)



Source: <http://www.abc.net.au/news/2015-09-13/south-korean-children-seek-help-at-digital-detox-boot-camp/6769766>  
<http://www.addictionrecov.org/Addictions/index.aspx?AID=43>

**Editor's Note: Please let SHQ know if you are aware of any Internet Addiction specific support groups in Queensland**

## SOLACE – a support group for those coping with the death of their life partner.

The group is run by Widowed People for Widowed People



Solace is run by volunteers who understand the issues and trauma that follows the death of a husband, wife or life partner because they have been travelling that road themselves for some time. When one's partner dies, "all normal life" ceases in an instant and a new way has to be found to cope with living. Until someone experiences such catastrophic happenings, it is impossible to imagine the pain, the emotional turmoil and the difficulties that will have to be faced.

Unfortunately, in our society, there is an expectation that bereaved people should be "over their grief" in a matter of weeks or months. Gradually there is a growing realisation that this is not the case. Like other major life challenges, people gradually adjust to the enormous changes that they face. The loss becomes a part of the person they become as they continue on life's journey, just as the relationship that they had with their partner remains a part of the person they are. This can be a long and difficult process.

SOLACE aims to provide companionship along the way. Being able to share the complex, often unpredictable, at times frightening, emotional rollercoaster that follows the death of ones partner with others who have travelled a similar path can be enormously beneficial. Many people experience shock, numbness, anger, guilt, disruption to sleeping and eating patterns, depression, anxiety, a lack of concentration and confidence, bitterness, helplessness and many other often unexplored emotions.

Knowing that others have experienced the turmoil that follows the death of their own life companion, and been able to work through that to build a new, fulfilling life, can be of tremendous comfort.

SOLACE aims to:

- Help normalise the grieving process and reassure those who grieve that their feelings are normal.
- Provide a safe environment in which grief can be freely expressed.
- Assist people in adjusting to their loss.
- Provide opportunities for involvement in social activities where the possibilities of new friendships and interests can be explored.
- In Queensland each of the three SOLACE branches meet twice each month. If you would like any further information you are welcome to contact one of the numbers listed below.

In Queensland each of the three SOLACE branches meet twice each month. If you would like any further information you are welcome to contact one of the numbers listed below.

Location	Contact Person	Venue
Gold Coast	Betty 5580 7034	Senior Citizens' Centre, Broadwater. 2nd and 4th Wednesday
Mt Gravatt	Kathy 3103 3474	Garden City Library Meeting. 1st and 3rd Thursday
Chermside	Gill 3289 1279	Kedron-Wavel Services Club. 1st and 3rd Monday



**Were You Aware that Queensland has its own State Tartan approved & officially registered in 2000?**

**The Tartan is allowed to be worn by anyone. Colours are:**

- White for the sparse cloud in winter.
- Blue for the waters of the Barrier Reef and Coral sea.
- Azure for the Queensland Blue Skies
- Green for the Tropical Rain Forests and Fields
- Yellow for the Tropical Beaches
- Lilac for the Sugar Cane Flower
- Crimson for the Floral Emblem of Queensland, the Cooktown Orchid

<http://www.queensland-tartan.com.au/>

"I used to think I was poor. Then they told me I wasn't poor, I was needy. Then they told me I was self-defeating to think of myself as needy, I was deprived. Then they told me underprivileged was overused, I was disadvantaged. I still don't have a dime, but I have a great vocabulary."

**Jules Feiffer**  
American Cartoonist, Author. Playwriter  
1929.....



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