

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 4
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Self Help Queensland Office
Located at Sunnybank, Brisbane

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Welcome to those who have recently become Members of SHQ. We greatly appreciate your support of the work we do. We warmly invite others to register at <http://www.selfhelpqld.org.au/>

Thank You Sunnybank Quilters

What a lovely surprise to receive a \$200 cheque from the wonderful women with whom we share a building each month. The quilters are not only very community minded, but a lot of fun too!

A Big Thank You from SHQ



Standing for Freedom, Social Justice & Growth.

The SHQ Newsletter is kindly sponsored by FSG

PO Box 353 SUNNYBANK, QLD 4109 Ph: 07 3344 6919 Email: info@selfhelpqld.org.au URL: www.selfhelpqld.org.au

From the President

Joseph Soda



Social media is an important means of communication and we now have a Social media policy in place. This is necessary to manage and control responses and input through our Facebook and Website.

Our main strategy now is to find additional funding so that we can continue to support the groups we currently have in our system and of course assist new groups to become self reliant and effective. Our current funding is just keeping pace with our workload and does not allow us to expand.

Therefore our priority is to develop a funding programme to continue to operate effectively in the future.

We are pleased to have a volunteer who is proficient in database, website and Facebook. We are concentrating on having our Facebook up and running and encourage you to log onto and like and share our Facebook. This will give us more exposure and encourage people to support our organisation.

Regards,
Joe

Congratulations Somali Community Association of Queensland

With the assistance of SHQ, a Volunteer Grant of \$4,923 was awarded to the Somali Community Association of Queensland. SHQ is happy to provide advice and assistance to established small support groups, incorporated or not, who do not have expertise in seeking out appropriate grants, know how to write a grant application, develop a budget, identify risks or acquire funds. To discuss your group's needs please phone Trish at SHQ on (07) 3344 6919.

Do You Have a Personal Story to Share?

Self Help Queensland is looking for people who are willing to share their personal stories that include the benefits they have gained by joining a self help or support group.

We have recently added a 'Personal Stories' section to our website to illustrate the power of people taking charge of their own health and well being. Stories would remain anonymous, using only a Christian or pen name. Please phone or email Trish at SHQ.

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

To receive This Newsletter in Hardcopy

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

Looking for a Self Help or Support Group in Queensland?

The Self Help Queensland Directory of Self Help and Support Groups is now online and free. To search for a self help or support group follow this link <http://www.selfhelpqld.org.au/> On the Home Page click on 'Search the Directory' and follow the prompts.

Please Register Your Group in the Free SHQ Online Directory

We are aiming to feature all of the Self Help and Support Groups in Queensland under the one roof so they can be found more easily.

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 for a registration form.

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.



Please Like Us! We're Just Getting Started on Facebook.

<https://www.facebook.com/SelfHelpQueensland/>

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

Phone:	07 3344 6919
Email:	info@selfhelpqld.org.au
Website:	www.selfhelpqld.org.au
Postal:	PO Box 353 SUNNYBANK QLD 4109
Street:	Sunnybank Community Hall 121 Lister Street SUNNYBANK QLD 4109

Office Hours

Tuesday to Friday 9am - 4.30pm

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 the link below <http://www.selfhelpqld.org.au/membership>

What We Do

Self Help Queensland (SHQ) supports self help and support groups in Queensland across a broad range of health conditions and related issues. We do this by:

Providing a free, online Directory of self help and support groups in Queensland.

Assisting people to start new self help and support groups where no groups exist.

Working individually with existing groups to build their capacity to improve the wellbeing of their members.

Providing Sector information to individuals, groups, organisations and professionals in Queensland.

Making referrals, providing low cost training, assisting groups with funding applications.

Promoting the benefits of self help and support groups.

Bi-monthly newsletter, website, facebook.

Genetic Matters

by Professor Kim Summers PhD FRSB

The thousand dollar genome revisited

Nine years ago (March 2007 SHQ Newsletter) I wrote about the potential to know the complete DNA sequence of an individual and how this might change medicine. In the years since then the “thousand dollar genome” has become a reality and whole genome sequencing is increasingly part of the diagnostic approach for a range of diseases.

Almost all our cells contain the same DNA sequence, made up of a linear string of letters A, C, G and T. These determine the proteins that are made by each cell, and the range of proteins determines what the cell can do (whether it is a liver cell, a blood cell, a muscle cell and so on) and how well it does it. Changes in the letters in the DNA can change whether a protein is made by the cell or whether it functions properly. So knowing the sequence of the letters for any person, and whether that person is different from other people in a particular part of the DNA, can determine whether that person has or will get a disease.

Initially whole genome sequencing has been used to identify the DNA that is responsible for genetic diseases, those conditions that run in families in well known patterns because they are caused by a single DNA change that is passed down from parent to offspring. In the past we used molecular tricks to work out which part of the DNA might be altered in people who had the disease, but often that DNA segment contained stretches responsible for many different proteins. So we relied on good guesses about proteins that might be involved and then looked at the DNA encoding those proteins (the genes) to see whether people who were affected by the condition were different from unaffected people. With whole genome sequencing we can look at the total DNA from an affected individual and find the regions that are different from unaffected individuals, particularly other family members. This has allowed the identification of genes that no-one could have predicted to be candidates for certain diseases. Once the gene and the protein it is responsible for have been identified it leads to greater understanding of the condition and to potential treatments.

Now whole genome sequencing is also being used to look at cancers and see how they are different from the healthy tissue in the same individual. Following from this, doctors can devise specific treatments targeted to that tumour. Some of these treatments may not work for all tumours of a specific type, so this form of “personalised medicine” is minimising the use of unsuitable or even harmful drugs and allowing the most appropriate treatment to be implemented early on. Personalised medicine will be increasingly be used for other common conditions such as heart disease, dementia and even infectious diseases where an individual’s response to the infection and the treatment is very much determined by their genetic make-up - their DNA.

Many countries now have personalised medicine initiatives and it seems that medicine in the future will rely on whole genome DNA sequencing. At \$1000 per genome, the cost is becoming realistic. It only has to be done once (at least for the healthy cells) and can yield information about future disease susceptibility as well treatment of the current condition. Hopefully the savings from not administering ineffective treatments will balance the cost of the sequencing and whole genome sequencing will become a routine test.

(Kim is Professor of Comparative Genetics, The Rosllin Institute, University of Edinburgh and Honorary Professor, School of Medicine, The University of Queensland. Kim is also a valued past Committee Member of Self Help Queensland Inc)



Andrology Australia Faces Closure

Sadly, ongoing Federal funding has been withdrawn from Andrology Australia, the main voice raising awareness of male reproductive health disorders.

SHQ is very thankful to Andrology Australia for the information and resources provided to us over the last 16 years, which has allowed us to disseminate up to date, credible information to consumers and readers of this newsletter. To show your support to help save Andrology Australia please go to:

<https://www.andrologyaustralia.org/saveandrologyaustralia/>

TUNE UP YOUR MOOD FOR FREE!



The lazy sounds of drums and guitars drift across the Wynnum Esplanade on a Wednesday morning. Eight musicians are playing happily together, surrounded by a growing crowd of interested onlookers, some of whom are handed triangles and bongos, or encouraged to sing along.

"Welcome to FSG Symphonics, FSG's musical well-being program, which started to provide social engagement and a confidence-boost for people living with mental health issues", says Symphonics Coordinator Gareth Howell, himself an aspiring guitarist.

Since then we've expanded to include a wide range of activities to appeal to a diversity of musical interests and boost well-being, everything from drumming circles to jam sessions to concerts and more. Everyone is welcome to come along to any session, whether they consider themselves to be musical or not. Jason Hand is an experienced performer and FSG Direct Service Employee (DSE) who turns up with a van full of instruments and heaps of infectious enthusiasm. He puts an enormous amount of effort in, to ensure that everyone who attends is able to connect socially via music. "It's a delight to see these interactions unfold," commented Jason.

One recent participant said: "I've been drumming in New Farm

Park with my children and we love it! Jason asked my daughter to start singing 'Incy Wincy Spider' into the microphone, encouraging everyone to join in, until it became one enormous jam session. Amazing, and best of all - it's free!"

Some are apprehensive at first, staying just long enough to say "hello" and enjoy a cup of tea. Next time they hum along or pick up a simple instrument, eventually finding the courage to express themselves and "let go". There's no judgement, just a shared sense of belonging and a love of music to help people break the ice and express themselves.

We also offer music sessions at the Kingston Butter Factory every second Tuesday. Ron's a retiree who has participated in these sessions for more than a year and he said: "I look forward to each session ... it's always a pleasure to play with new people and I'm sure more would come along if they knew about it..."

Help us make beautiful music!

We offer regular music groups, suitable for all ages and musical abilities in Capalaba, Beenleigh, Kingston, Ipswich, Inala, New Farm, Herston, Wynnum, Redland Bay, Beaudesert, and Broadbeach.

Email symphonics@fsg.org.au or call (07) 3213 7100.



DID YOU KNOW:

Music is widely known to enhance mood and provides many opportunities to build self-esteem, motor skills, attention span, and thinking skills, as well as experience a range of pleasurable emotions. Music also reaches deep inside, helping dementia sufferers to reconnect with youth and happiness.



Grief and Loss

- By Doctor Harmony, Psychiatrist

A grief reaction can occur in any life situation when there is loss, such as loss of independence, physical and mental health, lifestyle, employment, relationships and loss of ability to achieve life aspirations and hopes, death of loved ones or stillbirths/miscarriages.

Many find it a lonely journey as they still may be grieving when their supports around them appear to have “gotten on with life.” Many may feel that they do not want to burden others with their grief. This makes it difficult to reach out to others in their grief.

What is considered “normal” grief?

Swiss psychiatrist, Elisabeth Kubler-Ross famously identified five stages to grief, which can occur in any order. All of the stages need not occur in the grief reaction of one particular person:

DENIAL- of the reality of the situation.

ANGER- with the situation or others. People may blame or feel they are victims.

BARGAINING- negotiating to try to reduce the pain of the loss.

DEPRESSION- which can include hopelessness, guilt, reduced sleep and appetite.

ACCEPTANCE- when the loss is incorporated into daily life and is accepted.

It is common that the grief fluctuates in intensity and is relived with reminders or anniversaries.

Death is a taboo in many cultures. In some cultures, it is not respectful to mention names of deceased people. Religion and personal beliefs also influence perception and expression about death and grief.

How can I overcome grief after a death?

1. Celebrate the time you had with your loved one rather than the time lost.
2. Celebrate their life on anniversaries, birthdays and special occasions. This may mean, starting a new tradition, doing something your loved one enjoyed, exchanging stories of fun times you had with the loved one. Some people find it helpful collating a scrapbook of their loved one’s life or planting a special tree.
3. Ask yourself, “How would they want me to be now that they have gone? How would they feel seeing me so upset?”
4. Use the grief positively to help others, such as volunteer work, donating to charity or even becoming an organ donor.
5. If you have unresolved issues with your loved one, try resolving it creatively, such as writing a letter, talking to their photo or seeking professional help.
6. Avoid using alcohol and drugs as a crutch. This worsens problems longer-term.
7. Seek professional counselling if you are struggling.

For more information on dealing with feelings, check out series one of my Building Resilience books series www.doctorharmony.com. Although it is marketed as children’s picture books, it has great tips for children and adults alike.



This column is intended to be general advice only. It is recommended that medical advice for individual circumstances is sought through your local health practitioner.

‘An election cannot give a country a firm sense of direction if it has two or more national parties which merely have different names, but are as alike in their principals and aims as two peas in the same pod.’

Franklin D. Roosevelt

Stricken with Polio in 1921

Elected 32nd U.S. president in 1933

President for 12 years during the Great Depression and World War 11

Born 1882 - Died 1945

New!

Let's Have a Chat Support Group - Nerang

Let's Have a Chat Support Group are proud to announce the commencement of a monthly support group in Nerang.

This group provides a safe, confidential and friendly environment for anyone who is affected directly or indirectly by mental illness.

Meeting Day: 4th Tuesday evening of each month

Meeting Time: 5.30pm to 7pm

Venue: Meeting Room 2, Nerang Bicentennial Centre, 833 Southport Nerang Road, Nerang

For further information please contact:

Janelle: Mobile 0421 518 551 or Email: letshaveachat2016@gmail.com



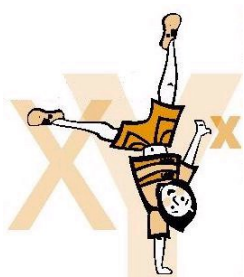
Men's Shed Spring Hill Up and Running!

Men's Shed Spring Hill welcomes men of all ages to join in woodwork and similar activities with other men in a safe, supportive, friendly environment.

The Spring Hill Men's Shed is just getting started again, and would appreciate donations of tools, wood, offcuts, nails and anything else men might keep in their sheds and no longer use. Currently, woodwork is the main activity, but metal, leather and other mediums will soon be on the list once some tools are acquired. The Spring Hill shed is open each Sunday between 10am and 2pm at present, though this will extend to weekdays as numbers grow. For further information please contact:

Robert: Phone 0413 205 499 or Email: robert.or.collins@gmail.com

Location: Men's Shed, Bedford Park Hall, 10 Love St, Spring Hill.

New!

Support for Intersex People and their Families

The Androgen Insensitivity Syndrome Support Group Australia (AISSGA) is a peer-based, not-for-profit support group for people with an intersex variation or who have someone who is intersex in their family.

Once a year our members meet in a different capital city to spend time, share experiences and talk about practical things like health, relationships and advocacy. Our members receive much benefit from sharing their stories, time and experiences with others within a nurturing environment to create platforms for understanding. Attendees come from all walks of life, may be newly diagnosed, long-time members, a parent of a child with an intersex variation or the partner of an intersex person.

In 2016, the conference features presenters who are leaders in the field of medicine, research, social inclusion and personal development. This mixture of information and emotional support is incredibly helpful to gain a deeper understanding and acceptance of our differing bodies. **Many people who attend our conference may have never met another intersex person face-to-face before and the experience of being amongst others can be simply transformational.**

6th - 7th August 2016 Melbourne

Please contact me to register for the conference or for more information. Registration is open to members only, so please email AISSGA at aissgaaustralia@gmail.com for a membership form. If financial hardship will prohibit you from attending, please get in contact to discuss support options.

We look forward to seeing and sharing with you all this year in Melbourne!

Bonnie Hart

President

AISS Support Group Australia Inc.

Ph: 0422 922 406 Email: bonnie@aissga.org.au <http://www.aissga.org.au/>

About 'Hearing Voices'

- What it means and where to find community support in Queensland

Put simply, people are considered to be 'hearing voices' if they hear a voice when no-one else is present with them, or which other people with them cannot hear.

A Common Myth

One of the common myths about hearing voices is that everyone who experiences them is mentally ill.

Facts

- Studies have found that between four and 10 per cent of people across the world hear voices.
- Between 70 and 90 cent of people who hear voices do so following traumatic events.
- Voices can be male, female, without gender, child, adult, human or non-human.
- People may hear one voice or many. Some people report hearing hundreds, although in almost all reported cases, one dominates above the others.
- Voices can be experienced in the head, in the ears, outside the head, in some other part of the body, or in the environment.
- Voices often reflect important aspects of the hearer's emotional state – emotions that are often unexpressed by the hearer.

Where to find Information, Advice, Education, Resources, Advocacy, Understanding, Peer Support Groups and Hope in Queensland



Hearing Voices Qld devotes its energy to passionately advocating education across all sectors of community for the inclusion and understanding of those who hear voices.

The Hearing Voices Qld Message

Voice hearing, by itself, is a normal human experience which, for some, is distressing and disabling but, importantly, there is hope for self-empowerment and self mastery over the experience – that is that 'recovery can and does happen'.

The Hearing Voices Qld Approach

Our approach is not about trying to get rid of your voices. It's about changing the relationship you have with them. Dealing with the fear, anger and shame. Getting support where you need it and learning to get control.

The Hearing Voices Movement Approach

Our approach is based on Prof Marius Romme and Sandra Escher's research which found that many people hear voices without distress or ever needing to seek mental health services. Voice hearers who cope have different skills, beliefs and supports, compared to those in distress. Hearing Voices Groups are a safe environment that encourages interdependency, the intrinsic value of a shared lived experience and self empowerment within individuals

For further information contact Hearing Voices Queensland

Website www.hearingvoicesqld.org

Facebook - www.facebook.com/Hearingvoicesqld

A Voice Hearer's Personal Story

.....after many years of taking medication and going to hospital, I knew my life was getting worse and I felt stuck; I still heard voices. Then I heard about the Hearing Voices Movement, and got the opportunity to go to a hearing voices support group. I was a little scared to go, but really wanted my life to change so I went anyway. I met other people who heard voices and I was surprised it was so helpful to actually talk about them..... I felt safe and comfortable, going to the group was the best part of my week. Read Mandy's story at <http://www.selfhelpqld.org.au/content/mandys-story> (Continued on Page 8)

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Hearing Voices Peer Support Group Locations In Queensland

What some facilitators say Hearing Voices Support Groups are about:

Acceptance and a sense that you are not alone
 A safe place to talk about visions, voices, or intrusive thoughts with others with the same experiences
 An opportunity to learn what the voices mean and how to gain control over the experience
 Dealing with fear, anger and shame
 Making sense of the voices
 Learning about changing the relationship you have with voices
 An opportunity to build stronger social networks and supports
 Experiencing self empowerment
 Learning that hearing voices is a common human experience

Broadbeach

Hearing Voices Queensland Gold Coast

Meetings: Every Wednesday 2pm to 3,30 pm
Venue: Lifeline Building, 2741 Gold Coast HWY Broadbeach
Facilitators: Graeme & Marina
Cost: Gold coin donation
Contacts: Mobile 0418 599 865 E-Mail mcover@live.com

Caboolture

Hearing Voices Group Caboolture

Meetings: Every Wednesday 10am to 11.30am
Venue: RFQ Caboolture Recovery Centre, 6/71 King St, Caboolture
Contact: Spring or Bradley Phone: (07) 3363 2511
spring.de-battista@rfq.com.au or redcliffestaff@rfq.com.au
 Anyone with a voice hearing experience is welcome.

Cairns

Hearing Voices Group

Meetings: Every Wednesday 1pm
Venue: 199 Aumuller Street, WestCourt
Contact: Nancy: nancy.ong@health.qld.gov.au
 The group is only open to people who are case managed in the mental health services in Cairns.
 There is also a Hearing Voices Group at the Mental Health Unit in Cairns Hospital - this is not an open group but for inpatients at the unit.

Caloundra

Hearing Voices Group

Meetings: Every Tuesday 12.30pm to 2pm
Venue: 9 George St, Caloundra
Contact: Robert or Ant - Graceville Centre Nambour - 5441 4682
 Michael - Clinical Support Mountain Creek - 5452 4430
 Lisa - Clinical Support Mountain Creek - 5452 4450
 Sam - Community Focus - 5479 3110
 Anyone with a voice hearing experience is welcome, along with their support worker

Herston

Hearing Voices Group

Meetings: Every Monday 3pm to 4.30pm
Venue: MIFQ, 298 Gilchrist Avenue, Herston
Contact: Facilitator: Daniel. Phone MIFQ (07) 3358 4424 Email: brisbane@mifq.org.au

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Highgate Hill

Hearing Voices Group

Meetings: Every Wednesday 3pm to 4.30pm
Venue: The Brook Red Centre, 25 Brook Street, Highgate Hill
Contact: Alex or Aldo Phone (07) 3846 4209

Ipswich

Hearing Voices Group

Meetings: Every Monday from 2pm to 4pm
Venue: Floresco Centre, 3 Wharf Street, Ipswich
Contact: Jason (07) 3280 5670
 Open to anyone who hears voices or has other sensory experiences that others do not

Nambour

Sunshine Coast Hearing Voices Support Group

Meetings: Every Wednesday 11am to 12.30pm
Venue: Graceville Centre, 5 Sydney Street Nambour
Contact: Robert or Ant - Graceville Centre Nambour - 5441 4682
 Michael - Clinical Support Mountain Creek - 5452 4430
 Lisa - Clinical Support Mountain Creek - 5452 4450
 Sam - Community Focus - 5479 3110
 Anyone with a voice hearing experience is welcome, along with their support worker

Redcliffe

Hearing Voices Group Redcliffe

Meetings: Every Thursday 1.30pm to 3pm
Venue: RFQ Redcliffe Recovery Centre, Cnr Portwood St and Oxley Ave, Redcliffe
Contact: Spring or Bradley Phone: (07) 3363 2511
spring.de-battista@rfq.com.au or redcliffestaff@rfq.com.au
 Anyone with a voice hearing experience is welcome.

Townsville

Hearing Voices Townsville Support Group

Meetings: Every second and fourth Wednesday of the month from 5.30pm to 7pm
Venue: MIF NQ Building, 59A Cambridge St, Vincent
Contact: Mary-Anne Phone: 0402 915 272
 Anyone with a voice hearing experience is welcome, along with their carers

Upper Mt Gravatt

Hearing Voices Group

Meetings: Every Tuesday 1.30 to 3pm
Venue: The Brook Red Centre, 88 Norton Street, Upper Mt Gravatt
Contact: Amanda Phone: (07) 3343 9282

West End

Hearing Voices Group

Meetings: Every Thursday 1.30pm to
Venue: 31 Thomas Street, West End
Contact: Nicole Phone: (07) 3252 3488

Famous People Reputed to be Voice Hearers

Gandhi, Socrates, Joan of Arc, Freud, Anthony Hopkins, Philip K Dick, John Frusciante, Carlos Santana, Robert Schumann, John Forbes Nash, Zoe Wannamaker, Charles Dickens, Zinedine Zidane, Isaac Newton, Plato, Winston Churchill, Oliver Cromwell, Julius Caesar, Lord Byron, Brian Wilson



QUEENSLAND HEARING VOICES COMMUNITY PRESENTS

VOICES OF RECOVERY

A **FREE** WORKSHOP FOR VOICE HEARERS, FAMILIES, FRIENDS & WORKERS!

AN ORIGINAL, REFRESHING CONSUMER LED DAY THAT WILL EXPLORE THE NORMALIZING BELIEF THAT HEARING VOICES IS A NATURAL PART OF THE HUMAN EXPERIENCE.



Debra Lampshire has converted her 30 years lived experience into teaching, research, and writing. An acclaimed speaker she has been a keynote speaker at numerous international conferences. Debra facilitates Hearing Voices Groups and provides training nationally and internationally. Debra is a Professional Teaching Fellow at the Centre for Mental Health Research Development at University of Auckland and a Project Manager for Auckland District Health Board. Debra is the current Chairperson for ISPS-NZ



Amanda Waegeli is a Peer Specialist and Independent Mental Health Recovery Consultant and Trainer; she is a parent with lived experience. Amanda is an ambassador for the QLD Hearing Voices Network, Chairperson for the Steering Committee of the Australian Hearing Voices Establishment Project and well known for work with the International Hearing Voices Movement. She is about to start a pilot project for QLD health facilitating a Hearing Voices Group for the forensic patients at the PARK centre for mental health in Wacol



A/Prof James Scott holds a conjoint position with the University Of Queensland School Of Medicine and the Royal Brisbane and Women's Hospital Early Psychosis Service. James has worked extensively in child and youth mental health community and inpatient services, is chair of the RANZCP Youth Special Interest Group and an expert advisor to the Global Burden of Disease Collaboration for childhood mental disorders. He has co-authored over 120 peer publications, and is an editor of the international journal Social Psychiatry and Psychiatric Epidemiology.

During the afternoon session participants will have the opportunity to ask questions to an experienced and expert panel. This panel will include people with a lived experience of hearing voices and experts at providing support to Voice Hearers including Debra Lampshire, Amanda Waegeli and Dr Scott.

Tuesday 12th July

8.30am to 2pm (Free Lunch and Morning Tea)

To register please email brisbanevoices@gmail.com

Sunnybank Hall - Corner of Lister and Gager Streets, Sunnybank 4109

Free parking is available - drive in off Lister Street



Want to talk to another individual or family with the same genetic condition as yourself? Don't know where to begin?

Genetic Alliance Australia is (GAA) a central point for connecting individuals with a genetic condition with others in the same situation. The usual process for doing this is through connecting with support groups. However, with many rare genetic conditions, a support group may not exist in Australia.

GAA will publish requests for contact and letters in the 'Contact Corner' section of the GAA Newsletter. Only the name of the condition is published. GAA advises that a shared genetic condition does not mean an equally shared value system between families. Contact Genetic Alliance for further details.

Email: info@geneticalliance.org.au

Website: <http://geneticalliance.org.au>

Phone 02 9295 8359



Myasthenia Gravis Association of Queensland Turns 25

Congratulations to the Myasthenia Gravis Association of Queensland, (MGAQ) and to all those volunteers who have worked hard and long over 25 years to support people and families affected by Myasthenia Gravis.

Myasthenia Gravis is a chronic autoimmune neuromuscular disease characterised by varying degrees of weakness of the skeletal (voluntary) muscles of the body. The name 'myasthenia gravis', which is Latin and Greek in origin, literally means "grave muscle weakness". With current therapies, however, most cases of myasthenia gravis are not as 'grave' as the name implies. In fact, for the majority of individuals with myasthenia gravis, life expectancy is not lessened by the disorder.

The hallmark of myasthenia gravis is muscle weakness that increases during periods of activity and improves after periods of rest. Certain muscles such as those that control eye and eyelid movement, facial expression, chewing, talking and swallowing are often, but not always, involved in the disorder. The muscles that control breathing and neck and limb movements may also be affected.

Myasthenia Gravis occurs in all ethnic groups and both genders. It most commonly affects young adult women (under 40) and older men (over 60), but it can occur at any age.¹

The Association has put together an Information Booklet that covers the following topics:

- The different treatment options available
- Information about the condition
- Medication
- Facts for the patient and their family

Called "Myasthenia Gravis. A comprehensive guide to living with and understanding this manageable condition" the booklet is free to download at:

<http://www.mgaq.org.au/resources>

Support Groups, Phone Chats and Get Togethers

MGAQ has Co-ordinators in regions throughout Queensland who organise meetings, chats and events to support people with Myasthenia Gravis.

Areas covered:

Brisbane

Mackay

Wide Bay (Gladstone)

Cairns

Rockhampton

Wide Bay (Hervey Bay)

Darling Downs

Sunshine Coast

Gold Coast

Townsville

For more Information about MGA or to connect with any of the Co-ordinators above, please call:

Freecall 1800 802 568

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

PO Box 16 Mt Gravatt QLD 4122

(Source ¹ National Institute of Neurological Disorders and Stroke USA)



Not Now, Not Ever

Ending Domestic and Family Violence in Queensland is a Community Responsibility!

Brochures have now become available in 12 languages, courtesy of the Queensland Government Department of Communities, Child Safety and Disability Services to help people better understand the signs of domestic violence and where to find support.

Arabic, Chinese, French, Japanese, Korean, Persian, Portuguese, Punjabi, Spanish, Tagalog, Turkish and Vietnamese brochures can be downloaded from the Department's website, along with a wide variety of other Domestic and Family Violence Resources at:

<https://publications.qld.gov.au/dataset/domestic-and-family-violence-resources>

ICE - What it is, its effects, and what ordinary people are doing to help themselves and their families.

What is Ice?

Ice is a Methamphetamine, also known as crystal meth, shabu, crystal, glass or shard. It is a strong stimulant; affordable and addictive.

It gets its name because it generally comes in small crystals that resemble frozen water. It is usually clear but can also be white or a brown colour. Speed is the powdered form. Ice is the purer form of the drug and therefore generally stronger, more addictive and more harmful than speed.



Ice can be smoked in a special glass pipe, ingested or injected; but smoking seems to be the favoured method because it has an almost immediate effect - just 3 to 7 seconds. It is commonly sold in standard weights known as "points", "grams" and "ounces".

There are two things that set ice apart from other recreational drugs, according to Associate Professor Nicole Lee, of the National Centre for Education and Training on Addiction at Flinders University,

“One is that it triggers a greater release of the pleasure chemical dopamine in the brain – as much as 1000 times higher than normal levels – which helps explain both the intensity of the drug’s highs and its crashing lows.

The other is that its effects on the brain are more complicated. While most drugs just act on one centre in the brain, ice affects three. Besides causing the brain to produce more dopamine, it also increases serotonin, a neurotransmitter which regulates sleep, mood and appetite. But ice also activates the ‘fight or flight’ system, causing the release of noradrenaline. This can make people anxious, suspicious and jumpy, and increase the risk of aggression and getting into fights,” she says.

Dr Lee says these effects on the brain can make it difficult to treat dependence on ice. “When people use ice all the time, their dopamine system becomes worn out. They can’t produce normal levels of dopamine and this can make them feel very depressed, and the relapse rate is high,” she says. “Counselling and psychotherapy can help, but it can take 12 to 18 months for people to feel normal again.”

Signs and Symptoms

The user is likely to manifest euphoria, excitement and a sense of well-being that can last from an hour to a full day, and they will seem alert and confident. Their energy will be high and can last as long as the ice supplies last. But they are likely to also have high blood pressure and sleeping problems. The ice user will be inclined to skip meals for as long as they are high from the meth and so will lose weight. When the ice wears off, they are likely to feel depressed and anxious.

In spite of reports in the media, there was no increase in the proportion of Australians (aged 14 years or over) who used meth/amphetamine (including ice) in 2013 compared to 2010. **However, among the people who used these drugs there was a change in the main form used: The use of powder (speed) decreased significantly (50.6% in 2010 to 28.5% in 2013) The use of ICE more than doubled (21.7% 2010 to 50.4% in 2013).**

Long-term Effects of Ice

With regular use, Ice may eventually cause: Extreme weight loss due to reduced appetite; Restless sleep; Dry mouth and dental problems; Regular colds or flu; Trouble concentrating; Breathlessness; Muscle stiffness; Anxiety, paranoia and violence; Depression; Heart and kidney problems; Increased risk of stroke; Needing to use more to get the same effect; Dependence; Financial, work or social problems.

Ice Psychosis

High doses of ice and frequent use may cause 'ice psychosis'. This condition is characterised by paranoid delusions, hallucinations and bizarre, aggressive or violent behaviour. These symptoms usually disappear a few days after the person stops using ice.

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Mental Health Problems

Some people who regularly use ice may start to feel less enjoyment of everyday activities. They can get stressed easily and their moods can go up and down quite quickly. These changes can lead to longer-term problems with anxiety and depression. People may feel these effects for at least several weeks or months after they give up ice.

Withdrawal

Giving up ice after using it for a long time is challenging because the body has to get used to functioning without it. Withdrawal symptoms generally settle down after a week and will mostly disappear after a month. Symptoms can include: Cravings for ice; Increased appetite; Confusion and irritability; Aches and pains; Exhaustion; Restless sleep and nightmares; Anxiety, depression and paranoia.

How Support Groups Help Families of People Addicted to Ice

Support groups provide a safe, confidential place for families of Ice addicts to give and receive support to each other, learn how to navigate the health system, encourage hope, develop resilience and coping strategies, share information and resources relating to a broad range of issues eg financial, legal, health, homelessness, treatment, detox centres etc

The families of people with an ice addiction often live with the fear of assault and violence, shame and stigma, guilt, property theft, loss of employment, financial stress and the grief associated with the loss of the person they used to know. They constantly worry about their loved one's safety, where they are sleeping etc. It is the love they have for their family member, and the hope for recovery, that drives them to find help for themselves and others.

Self Help/Support Groups For Families of People Addicted to Ice

ICE Affecting Families Capricorn Coast (Yeppoon)

Meetings: Fortnightly Thursdays at 6.30pm

Email: icesupcapcoast@gmail.com

Family Drug Support Group (Carseldine)

Meetings: 1st & 3rd Tuesday of the month, 7pm to 9pm

Venue: Shop 3, 521 Beams Rd, Carseldine

(Room in Australian Red Cross)

Contact: Emily 0407 743 033

"We're a friendly bunch who'll make you feel welcome"

Family Drug Support Group (Nerang)

Meetings: 1st & 3rd Monday of the month

Venue: Girl Guides Hall, 40 Ferry Street Nerang

Time: 7pm to 9pm

Contact: Dom 0419 689 857

Peer Support For People Wanting to Recover from ICE Addiction

Crystal Meth Anonymous

Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem, and help others to recover from addiction to crystal meth and all other mind-altering substances. It is based on the 12 step program and the only requirement for membership is a desire to stop using.

Meetings: Weekly on Thursdays Time: 7pm to 8pm

Venue: St Johns Anglican Church, 36 Hamilton Ave, Surfers Paradise

If anyone is interested in starting a Crystal Meth Anonymous meeting they are invited to contact CMA Australia at info@crystalmeth.org.au to receive help. There is only one Crystal Meth Anonymous meeting in Queensland at present.

Anyone with a desire to stop using ice would also be welcome at other 12 step programs such as:

Narcotics Anonymous meeting Phone: 1300 652 820 Website: <http://na.org.au/index.php?lang=en>

or an Alcoholics Anonymous meeting Phone: 1300 222 222 Website: <http://www.aa.org.au/>

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'No matter what drug you are on, if you have even the smallest desire to get off it and make changes in your life, ask someone for help whether it's a professional or just another person you trust.

Every journey of recovery begins with the person just saying to someone please help me.'

Ice Addict in Recovery

(Continued from Page 13)

Prevention Help

Australian Anti Ice Campaign (AAIC)

AAIC offers communities, tools and resources to respond to ICE and other drugs, by incorporating a Community Development approach in providing school based drug education, (grades 7-12), community awareness, education and resources via public community forums with Dual Diagnosis Training to empower communities to develop sustainable interventions to deliver brief & early interventions and family support.

Along with this program AAIC offers connection with a large support network of counsellors, rehabilitation facilities and family support groups within your local community.

Australian Anti Ice Campaign (AAIC)

Phone: (07) 5665 6063

Email: admin@australianantiicecampaign.org.au

Website: <http://australianantiicecampaign.org.au/>

Postal Address: PO BOX 814, Helensvale, QLD 4212

Helplines

Family Drug Support Queensland

1300 368 186

Website: <http://www.fds.org.au/>

Teen Challenge Queensland

(07) 3422 1500

Website: <http://teenchallengeqld.org.au/>

Salvation Army - Addiction Services

137258

Website: <http://www.my.salvos.org.au>

Alcohol and Drug Info Service (ADIS)

Phone: 1800 177 833

Queensland Government Website - Drug Use: Help and Treatment

<http://www.qld.gov.au/health/staying-healthy/atods/drug-abuse/help/index.html>

(Sources: <http://www.quihn.org/Downloads/GuideToCoping.pdf>; Sydney Morning Herald 21 July 4014; <http://www.druginfo.adf.org.au/topics/statistics-trends#methamphetamine>; <http://www.druginfo.adf.org.au/topics/statistics-trends#remote>; <http://www.fds.org.au/>; <http://www.druginfo.adf.org.au/drug-facts/ice#sthash.0Re0Vg9l.dpuf>;



**MENTAL
HEALTH
FIRST AID**

Helping Someone with Mental Health Problems and Financial Difficulties

Mental Health First Aid (MHFA) has developed helpful guidelines especially to assist carers, families or friends who support a person who is experiencing mental health problems and financial difficulties.

The user friendly guidelines have been designed by a wide variety of interested stakeholders who understand the specific sources of financial difficulties for people with mental health problems. These may include:

- Debt incurred to support a drug or alcohol problem
- Increased medical expenses
- Gambling problems
- Overspending when in a manic or depressed state
- Job instability associated with episodic mental illness
- Poor money management due to paranoid thoughts, e.g. withdrawing money from the bank to keep it 'safe'.

The guidelines are very easy to read, practical and quite short in length. They can be downloaded at:

<https://mhfa.com.au/sites/default/files/MHFA-financial-difficulties-support-person.pdf>

SHQ welcomes constructive feedback on any aspect of our services at info@selfhelpqld.org.au

Similarly, if you wish to make a complaint, or read our policy, please email info@selfhelpqld.org.au

Conferences in Australia 2016

There are International, National and Local Conferences of great significance being held in Australia in 2016. Even if you can't attend, you may want to receive Conferences Papers on the latest research information etc. from world experts. Below are some of the Conferences that may be of interest.

Challenging Mental Illness - Violence Nexus

Exploring all aspects of the relationship between mental illness and violence.

Brisbane
13 - 14 July 2016

<https://www.griffith.edu.au/conference/mental-illness-violence-conference>

Q Shelter Housing and Homelessness Conference 2016

Cairns
14 - 15 July 2016

<https://qsconference.org/>

National Suicide Prevention Conference

Canberra
24 - 27 July 2016

<https://www.suicidepreventionaust.org/conferences/>

2nd Biennial Australasian Haemochromatosis Conference

Brisbane
6 - 7 August 2016

<http://haemochromatosis.org.au/conference2016/>

Androgen Insensitivity Syndrome Support Group Australia (AISSGA)

Melbourne
6 - 7 August 2016

Ph: 0422 922 406 Email: bonnie@aissga.org.au
<http://www.aissga.org.au/>

Disability Employment Conference 2016

Anyone with an interest in employment assistance for people with disability should attend.

Melbourne
10 - 11 August 2016

<http://dea.conferenceworks.com.au/>

19th Australasian Conference on Traumatic Stress - Public Issues, Private Trauma Gold Coast

Recognising childhood sexual abuse, domestic violence, refugee and asylum seeker trauma, military personnel on deployment in Iraq and Afghanistan.

8 - 10 September 2016

<http://www.acots.org/>

QUT Personal Insolvency International Conference 2016

Brisbane
7 - 9 September 2016

personalinsolvencyconference@qut.edu.au
<http://personalinsolvencyconference.com/>

Australasian-Pacific Post-Polio Conference Sydney

20 - 22 September

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

World Federation for Mental Health International Conference 2016

Cairns
17th - 19th October 2016

Email: dulcie.bird@kochfoundation.org.au
<http://www.kochfoundation.org.au/> or <http://www.wfmh2016.com/>

Australian International Education Conference 2016

Melbourne
18 - 21 October 2016

<http://aiec.idp.com/>

10th Annual Conference on the Treatment of Personality Disorders Woolongong

Conference: Friday 4 November 2016
Workshop: Saturday 5 November 2016

<http://ihmri.uow.edu.au/content/groups/public/@web/@ihmri/documents/doc/uow214656.pdf>

5th International Conference on Emerging Contaminants and Micropollutants in the Environment

Sydney
20 - 23 November 2016

<http://www.emcon2016.com.au/>

5th International Conference on Sociality and Humanities

Sydney
24 - 26 November 2016

<http://www.icosh.org/>

Free Screening Clinic for Head and Neck Cancers

Do You Have Single Sided Ear Pain, a Sore Throat, Hoarse Voice or a Neck Lump?

On World Head and Neck Cancer Day 2016, the Princess Alexandra Hospital is inviting members of the community to attend a Free Head and Neck Review on Wednesday 27th July 2015 from 12.30pm to 5pm

Registration Essential Ph 3176 7877
Registrations also on the day from 11.30am



Living with Head and Neck Cancer

Join us in the conversation about living with a head and neck cancer. This free event will provide people with support and information and the opportunity to discuss issues with health professionals in an informal setting.

When: Saturday 23 July 2016

Time: 9.00 am – 1.30 pm

Where: Auditorium, Cancer Council Queensland, Brisbane

Topics will include:

- Reflection: What does it mean to be a head and neck cancer survivor?
- Coping with head and neck cancer
- What do I eat? Strategies and tips for good nutrition
- Life-long dental care – how do I manage?
- Cancer Council Queensland Support Services Update
- Open Discussion

RSVP: Required by Thursday, 21 July, 2016

Register on-line <https://cancerqld.org.au/>

Email: communitysupportservices@cancerqld.org.au Phone: 13 11 20

Head and Neck Cancer Support Group

We are a small group who have been through the treatment for a variety of forms of head, neck and mouth cancer. We offer a safe environment and an opportunity to meet with people who have been, or are currently in a similar situation to yourself. We discuss what to expect, methods of dealing with the diagnosis, treatment and returning to an active life afterwards.

Meetings are held in Brisbane

Date: 6.30pm on the second Tuesday evening of each month

Venue: Cancer Council Queensland, 553 Gregory Terrace, Fortitude Valley

For further information contact:

Martin Doyle 0419 708 188

Cancer Council Helpline 13 11 20 (toll free)

**‘Call it a clan, call it a network, call it a tribe, call it a family:
Whatever you call it, whoever you are, you need one.’**

Jane Howard
English Novelist
Previously Actress and Model
1923 - 2014



This Newsletter is kindly sponsored by FSG

<https://www.fsg.org.au>