

# 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

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2017



Self Help Queensland Office  
Located at Sunnybank, Brisbane

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## From the President

Joseph Soda

Welcome to our March Newsletter.

We have in past Newsletters asked for volunteers to join our Management Committee. We need to build on the expertise we have with our current Committee, and I again ask you to consider joining our organisation so we can continue to deliver our important services to the community.

Our current committee is made up of volunteers with a wealth of expertise. We have three who are Directors of support groups namely, Sleep Disorders Australia, Australian Pain Management Association, and SOLACE (Widows and Widowers) and one Facilitator of the Obsessive Compulsive Disorder group. Our Treasurer is an accountant and registered auditor. We have people with varied experience in the facets of Business, Management, Teaching, Policy Research and front line service delivery.

We are currently endeavouring to connect with rural and regional areas through their Local Councils, to help identify any self help or support groups that may exist in their regions. If you know of any such groups we would appreciate hearing from you so we can share this information with others via our free, online Queensland Directory of Self Help and Support Groups.

As I have advised previously we have registered to sell the popular Entertainment Books as a fundraising project. I encourage you all to get behind this as we need additional funding to continue our work. The details are included in this Newsletter.

We would also appreciate your feedback on our services to allow us to measure our effectiveness and make improvements.

A final request is that our editor is always looking for inspirational stories from people to print in the Newsletter, of how support groups have helped them.

Please feel free to distribute this Newsletter through your networks.

Regards  
Joe Soda, President



Standing for Freedom, Social Justice & Growth.

The SHQ Newsletter is kindly  
sponsored by FSG Australia

[fsg.org.au](http://fsg.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](mailto: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](mailto: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.



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<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 Melody Edwardson
Co-ordinator	Trish Fallon
Bookkeeper	Janette Evans
IT Volunteer:	Roy Hanfling

## How to Contact Us

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Postal:	PO Box 353 SUNNYBANK QLD 4109
Street:	Sunnybank Community Hall 121 Lister Street SUNNYBANK QLD 410
Office Hours :	Tues - 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

### Man flu and hormone headaches

We have all experienced man flu, first or second hand. First hand, the male with man flu just can't function: your head is stuffed with cotton wool, your throat has several razor blades embedded in it, your muscles ache and all you want to do is lie in a darkened room. Second hand, as the female carer responding to requests for hot lemon drinks, reading matter and sympathy, you can't help thinking that it's "just a cold" that will be gone in a few days. Then there are the headaches: men never seem to get them; women often complain of a headache that prevents them doing things they don't want to do. Obviously these are stereotypes, subject of many jokes and cartoons, and always brought out in arguments about the superiority of males or females.

But what if there was some reality in the jokes? What if there was evidence that men do respond to infections differently from women and that women perceive pain differently from men? The difference between the sexes in various illnesses has now become an area of research that is revealing the truth behind the laughs. There really is a biological difference.

We all know about the physical differences between males and females. I recently wrote about the Y chromosome that carries the all important SRY gene. If you have a functional copy of this gene you make a protein that turns on the whole male development pathway; if you don't have it you will be female by default. The process turned on by the SRY protein involves formation of testes that make the male hormone testosterone, and this leads to the development of male sexual characteristics, and all the other male specific body and behavioural features we see every day. Without testosterone the female hormone oestrogen predominates, resulting in female development, body form and behaviours. So some of the male female differences can be attributed to oestrogen vs testosterone.

When we respond to an infection a group of immune system cells immediately recognise the infectious organisms and engulf as many of them as they can. This serves two purposes: it prevents the organisms moving around the body and infecting other susceptible cells, and it stimulates the production of antibodies that recognise the organism. These antibodies then bind to organisms that have not been engulfed and mark them for destruction. It seems that males are not as good at making this immune response as females, and this may explain some of the sex difference. Some studies have shown that females respond better to vaccination than males, and males with the highest levels of testosterone have the worst response to vaccination. Vaccination involves encouraging the cells to make antibodies in the same way as an infection would, so this might explain why females are better at mounting an immune response than males. Is this the reason for man flu?

Well, perhaps not. As part of the response to an infectious organism, the cells of the immune system recruit other cells to the site of infection and activate those cells to produce more of the chemicals that attract cells. If this cycle gets out of control there can be serious and even fatal consequences. It seems that females have a stronger response than males. This may be desirable, since it helps clear the infection, but females are more likely to have an uncontrolled response and suffer the undesirable consequences. It is this response that causes the symptoms we experience when we get a cold or flu: the fever, the aches and pains. So you might expect that females would suffer more than males.

There are many examples of differences between males and females in the response to infection. For example, young adult human females are up to six times more likely to die from certain flu strains than similar aged males. Female mice also have a worse outcome after experimental infection with flu than male mice. On the other hand, male mice developed more severe lung disease when infected with a bacterial strain similar to human tuberculosis bacteria. Male rats were more susceptible to an infection with a nematode worm than female rats. Removing the testes from male rats increased their resistance to the

(Continued on Page 4)

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worm infection in the lungs while removing the ovaries from female rats made them more susceptible.

In these females susceptibility to infection was increased if they were treated with testosterone and reduced by treatment with oestrogens. In humans, one study looked at cells from inside the nose and found that the severity of infection with flu was less in female cells given oestrogen, but oestrogen had no effect on the infection rate in cells from males. All these results confirm that there is a difference in the way males and females respond to infection, possibly related to the sex hormones such as testosterone and oestrogen.

There are also sex differences in other factors affecting health and well-being. Most patients who go to the doctor because of some sort of pain are female. There are differences in how males and females perceive pain and how they respond to treatment. Females appear to be more sensitive to pain and recent evidence shows that they process the pain signal (whether an experimental prick on the leg or a headache) differently, using different groups of cells.

Unfortunately most experimental research is performed on male animals, because researchers are worried about the effect of hormone cycles on their results. When studies are performed only on male animals, the results may only apply to human males. Females may not be helped by the drugs or other treatments developed. But recently the National Institutes of Health in the USA issued a policy that applicants for research funds must consider using both sexes their studies. This should help balance up the results and reveal more about the difference between males and females. Ultimately, treatment may depend on what sex you are as well as what condition you have.

(Kim is Professor of Comparative Genetics, The Roslin 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)

## Rare Diseases are defined as a Condition, Syndrome or Disorder that affects 1 in 10, 000 people or less

(The Australian Therapeutic Goods Authority).

Prevalent statistics about Rare Disease include:

- There are more than 8000 known rare diseases.
- 80% of rare diseases affect children and most begin in childhood and continue throughout life
- Although each disease is rare, collectively they affect up to 10% of the population.
- Neurological and intellectual disabilities occur in about half of all cases regardless of disease type, and lead to loss of independence and opportunities.
- Obtaining a diagnosis is often difficult and delayed and most have no cures

(Source: <http://www.rarediseasedayaaustralia.com.au/what-is-a-rare-disease/>)



## You Can Connect With Other People with a Rare Disease Globally

**RareConnect** is a safe, easy to use platform where rare disease patients, families and patient organisations can develop online communities and conversations across continents and languages. RareConnect partners with the world's leading rare disease patient groups to offer global online communities allowing people to connect around issues which affect them while living with a rare disease.

**RareConnect** is divided into disease specific online communities and discussion groups around topics of interest which may be disease specific or concern issues which touch on many disease areas.

You can meet others and connect with them at <https://www.rareconnect.org/en>





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(07) 5564 0655



Shelley has attempted to find work in the past, but without any success. She has faced degrees of discrimination because of her disability when looking for employment. Living in a house where all of her family members are employed, it is something she has always wanted.

**Goal #1**  
SIT20213 CERTIFICATE II IN HOSPITALITY



Shelley connected with FSG staff who assisted her in enrolling, studying and graduating with a SIT20213 Certificate II in Hospitality. She then went on to complete the FSG Preparation for Work Program.

**Goal #2**  
SECURING EMPLOYMENT



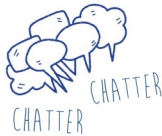
Shelley's FSG employment officer, Kellee, walked alongside Shelley as they set on their journey to secure employment. Off they walked, from business to business... securing employment as a waitress and kitchen hand!

**Goal #3**  
INDEPENDENCE



Unexpected Impact...

Being employed has changed the way Shelley engages with her family when it comes to discussion around the dinner table. Now she can get involved and has exciting things she wants to share.



*"I'm now catching the bus on my own for the first time and don't need someone to drive me around!"*

**Goal #4**  
ACHIEVING DREAMS

Shelley saved her earnings and bought her first laptop, in her favourite colour purple! Now she is saving for a holiday to Disney World in Orlando, Florida with her family.



*"I knew I could do the job after what I learned during my course, I'm so excited to have my first job!"*

Shelley's mum Geraldine says, "Working has given Shelley purpose and she is so much more confident and self-assured. It's helped to improve her social skills as well. She is more independent both financially and personally, which is so wonderful for her."

And this is just the beginning...



## Casserole Club Breaking Down the Barriers in Townsville

An innovative group of people have come up with a brilliant idea to break down the isolation experienced by elderly people in Townsville. The Casserole club is a good way to get older members back into our community with a hot meal and human contact.

### How it Works

Well, there are cooks and there are diners. Diners are community members aged 65 or over who are experiencing isolation for what ever reason. They may be living alone, can no longer drive, live with a disability etc. Cooks are community members over 18 years of age who enjoy contributing to the community by cooking for our diners. Our youngest cook is 20 and the oldest is 70.

Meals are free, home cooked, and delivered to singles or couples. Diners and cooks have the option of sitting down and sharing a meal together. Sometimes a hot meal, human contact and a good chat can do wonders in breaking down the barriers experienced by elderly people living in isolation.

If you live in the Townsville area and would like to become a cook or a diner, or If you would like further information about the Casserole club, we would love to hear from you.

Please contact Sylvia Wadley: Phone 4755 7400 or email [Sylvia.wadey2@lwb.org.au](mailto:Sylvia.wadey2@lwb.org.au)

**The Simplest Ideas are Often the Best!**

## Toowoomba Depression Support Network - Stomp on Stigma & Stamp on Suicide

**Providing Peer Support in the Toowoomba region since 2006**

Depression Support Network Toowoomba (DSN) is a not for profit community organisation that is led and managed by peers.

In a bid to stamp out the stigma of mental illness, DSN is going all out to host a fun event to fundraise to continue their work, raise awareness and engage more community members in stamping out stigma.

Depression Support Network Toowoomba (DSN) has gone mobile with a new number which replaces our landline. 0490 701 865

Depression Support Network (Toowoomba) Inc.  
9B Bell Street  
PO Box 3418 Toowoomba Qld 4350  
Phone: 0490701865  
[dsntoowoomba@gmail.com](mailto:dsntoowoomba@gmail.com)  
<http://hope4recoverytwmba.org>

**Bling up, get your boots on, and see you at Glennie Hall.**

Glennie Hall  
Herries Street  
Toowoomba

Saturday 1st April  
2pm till late  
Live Music

Free Nibbles  
Bar  
Stalls

Dance Performances  
Line Dance Instruction  
Raffles



## New Women's Support Group Formed

DVAC would like to invite you to join our on-going women's support group in 2017.

Many women in our community have or are experiencing domestic and /or family violence. Domestic violence is broad and can take many different forms. For example, sexual abuse, economic control, surveillance, intimidation, controlling behaviour, isolation, threats and blame.

**The aim of this support group is to encourage and explore:**

Support, *friendships*, growth, *solidarity*, change and *new directions*

**Our hopes by coming together are to:**

- To create a safe space where each participant feels listened to, safe and able to talk about her experience of abuse.
- To ensure that every person in the group has the opportunity to share their experience with others in order to break down the barrier of isolation that is a common experience to survivors of trauma.
- Connect with others and possibly make new friendships based on the values of understanding, compassion and respect.
- To share information, knowledge, resources and learn from each other.
- To talk about those issues that are important or relevant to you and
- To have fun!

If you would like to find out more, please do not hesitate to contact us and a worker will be in touch with you to make a time to meet and talk more about the program. Ph: 3816 3000. We hope that you will be able to join us!

When: Each Friday 9.30am - 11.30am

Where: DVAC Ipswich

Facilitator: Martha

Cost: FREE

**Please Phone First if You Wish To Join the Group: 3816 3000**



**For Those Who Can't Leave Home To Attend Lung Cancer Support Group Meetings**

## 3 National Lung Cancer Telephone Support Groups per Month

If you have lung cancer, Lung Foundation Australia's telephone support groups are a great way to connect with other patients without leaving the comfort of your home.

These free and confidential groups are open to lung cancer patients at any stage of your illness. The telephone support groups are run on the second Tuesday of each month and the first and third Thursday of each month.

**Please call us on 1800 654 301 for further information.**

**To find a patient support group in your area go to: <http://lungfoundation.com.au/patient-support/>**

## When is the best time to get through to the NDIS Contact Centre?

NDIS Contact Centre hours have been extended. They are now 8.00 am - 11.00 pm.

Contacting the NDIS Hotline on 1800 112 112 before 10.00 am and after 6.00 pm can reduce call wait times.



## Have You Had Trouble Keeping New Years Resolutions?

- By Doctor Harmony, Psychiatrist ([www.doctorharmony.com](http://www.doctorharmony.com))

Many people find the New Year is a great time to plan ahead and make resolutions and goals for the next year. Now that nearly a quarter of the year is approaching, how are you going with keeping on track with your goals? This is a great time to review your progress or reassess what you aim to achieve by the end of 2017.

Here's some extra tips to see your goals to the end:

1. **Find ways to keep goals consistent with what is important to you and what you value in life.**  
You will be more likely to keep on track with achieving goals. For instance, if your motto in life is "Have fun. You only live once." If your goal is to lose weight this year. Find ways to do this in a fun way, such as joining a local sporting club if you are a sociable being.
2. **Keep your goals realistic**  
Achieving challenges are important to give us purpose in life and maintaining self-esteem. If you set your expectations of what you can achieve too low, there is a risk of dismissing any success, which can ultimately affect self-confidence and self-esteem. Yet, if your goals are too high, there is a reasonable chance of giving up prematurely or feeling demoralised and depressed.
3. **Set smaller goals and shorter term goals which help to achieve the major goal**  
Many of us are more likely to become overwhelmed when faced with what appears to be huge hurdles. The thought of becoming a brain surgeon is not as daunting if you consider studying for that grade 12 mathematics and science test instead. Don't let your mind limit what you can achieve.
4. **Find ways to objectively check on your progress**  
It is easy to feel demoralised by little setbacks in life, which may abolish any feeling of success since first commencing your goals. Life is like a stock market chart. There will be peaks and troughs on a daily, even hourly basis. Find an objective measure to check on your progress. This could mean measuring weight on a weekly basis if you are trying to lose weight, using a tally chart on a daily basis if you are trying to quit smoking or curb temper outbursts.
5. **Celebrate each milestone of reaching a smaller goal. If there's a setback, remind yourself that it happens to everyone & see how you can get back on track.**  
Some of us approach setbacks with an "all or nothing" viewpoint. This means that we totally give up if there is any sign of potential failure or disappointment. This then leads to unfulfilled dreams and living with the "what ifs", such as "I wonder if I would have been better off if I had stuck with it..."

Perseverance and problem-solving is an essential ingredient to success. If you are faced with a set-back, find another way to go around the hurdle. See the positives in challenges or set-backs. It could be a chance to learn about yourself or to grow.

For more information on dealing with feelings, check out series one of my Building Resilience books series [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.



# meetup

Lots of Groups  
Hundreds of Members  
Like minded people  
Choose your event

### Can't Find a Self Help or Support Group? Would A Meetup Group Suit you better?

A Meetup group is a local community of people. Meetup groups are sustained through Meetup events, which are face-to-face gatherings that happen in real life between members and [organizers](#).

<https://www.meetup.com/en-AU/>



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Every sale contributes to our fundraiser, so purchase yours today!

### Self Help Queensland

Contact: Trish Fallon Phone: 0733446919 Email: info@selfhelpqld.org.au

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Alternatively, please complete your details below and return to: PO BOX 353 SUNNYBANK 4109

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\*CVV is the 3 digits on the back of your credit card

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Pre- Purchase before 27<sup>th</sup> March 2017 to receive Early Bird Bonus Offers you can use straight away! (Subject to availability)

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**"Bureaucrats cut red tape - lengthwise."**

**Anonymous**

**The Australian Pain Management Association** runs a network of Pain Support Groups (PSGs) across Australia. PSGs are a place where participants can learn more about life with chronic pain, share their own experiences during both difficult and successful times, learn from other participant's achievements and strategies, and find out about the newest trends and evidence-based information related to chronic pain. Additionally, many groups regularly invite educational guest speakers to speak to the PSG.

PSGs help participants who suffer from chronic pain by giving them a place to go that is supportive and free of judgement. Participants can share with others who understand what they are going through. It can be an opportunity to share experiences of treatments, or tips and information about what is personally helpful. PSGs also provide a social opportunity, which can be important as chronic pain can lead to isolation.

If you or a family member suffers from chronic pain, please feel free to get in touch with one of our local support groups:

<b>Local Support Group</b>	<b>Where</b>	<b>Contact</b>
<b>Brisbane Northside</b>	Chermside Community Health Centre	Annette & Therese <a href="mailto:Brisnorth@painmanagement.org.au">Brisnorth@painmanagement.org.au</a>
<b>Brisbane Southside</b>	Carindale Library, Westfield Carindale	Gabrielle <a href="mailto:Brissouth@painmanagement.org.au">Brissouth@painmanagement.org.au</a>
<b>Brisbane SNAP Younger People</b>	East Leagues Club, Coorparoo	Kirsty <a href="mailto:SNAP@painmanagement.org.au">SNAP@painmanagement.org.au</a>
<b>Bundaberg</b>	Bundaberg Base Hospital, HR Room	Shelley <a href="mailto:Bundaberg@painmanagement.org.au">Bundaberg@painmanagement.org.au</a>
<b>Caboolture</b>	TBA	Janette <a href="mailto:Caboolture@painmanagement.org.au">Caboolture@painmanagement.org.au</a>
<b>Gold Coast</b>	Bumbles Café, Budds Beach Surfers Paradise	Gaynor <a href="mailto:Goldcoast@painmanagement.org.au">Goldcoast@painmanagement.org.au</a>
<b>Logan</b>	Beenleigh Library	Kaylene <a href="mailto:Logan@painmanagement.org.au">Logan@painmanagement.org.au</a>
<b>Redlands</b>	Cleveland Library	Gabrielle <a href="mailto:Redlands@painmanagement.org.au">Redlands@painmanagement.org.au</a>

## Give Away

### 2 Black Printer Cartridges

To Support Group/Not for Profit Organisation

HP CE410A Black Original Genuine  
Laserjet Toner Cartridge 305A

**Pick Up Only From SHQ Sunnybank Office**

**Please phone Trish 3344 6919**



**“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.”**

**Support Group Participant**



## New Spinal Injuries Support Groups Formed - Gold Coast

**2 new support groups have been formed by Spinal Home Help to assist people with spinal injuries and their spouses on the Gold Coast**

If you live on the Gold Coast and are struggling to adjust to life after spinal cord injury or just want someone to talk to, support is only around the corner.

**On the 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month**, the support group will be for people with spinal cord injury only, to create a space that is patient-focused and aimed at sharing experiences dealing with an SCI from a personal perspective.

**On the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month**, the support group will provide a welcoming space for spouses to discuss their struggles and knowledge of experiencing a spinal cord injury second hand, to ask questions and to spend time with fellow carers.

For more information or to register your interest in the support group, please contact Julie or Lourens directly. If you require one-to-one counselling, please contact Lourens directly (details below)

### About the Facilitators



**Lourens Botha** sustained a C5 incomplete spinal cord injury in 2015 after a surgical misadventure. Lourens has a background in psychology and counselling and has an extensive history of family, trauma, abuse and substance abuse counselling. He is committed to helping people with spinal cord injuries to lead meaningful lives and to improve their relationships with spouses, family and friends.

Lourens facilitates the group for people with spinal cord injury.  
Contact: lourens@spinalhomehelp.com.au or 0403 137 458



**Julie-Anne Botha** is the other half of Lourens and has lived experience of being the spouse of someone with a spinal cord injury. Julie has a passion for helping spouses, family member and friends of people with a spinal cord injury to cope with the changes and new demands that they face. Julie operates a Facebook support page for spouses of people with SCI. <https://www.facebook.com/groups/267258700324003>

Julie\_Anne facilitates the group for spouses of people with spinal cord injury.  
Contact: Julie-anne@spinalhomehelp.com.au or 0430 390 051

**Please Sign Our Petition for the Creation of Australia's First Dedicated Spinal Injuries Support Centre**

[www.communityrun.org/petitions/don-t-let-people-with-spinal-injury-and-their-loved-ones-fall-through-the-cracks](http://www.communityrun.org/petitions/don-t-let-people-with-spinal-injury-and-their-loved-ones-fall-through-the-cracks)

### Please Tell Us What You Think

Self Help Queensland welcomes your constructive feedback on any aspect of our service.

All feedback is reported to our monthly Management Committee for discussion and further action.

We strive to improve our service to self help and support groups, individuals, organisations, professionals, health workers, community members, government and of course our sponsors and funders.

If you have any constructive criticisms or suggestions please take the time to let us know and help us do things better. Contact: the President at [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au) or phone Trish on 3344 6919

**"The problem with trouble shooting is that trouble shoots back."**

**Anonymous**

**"When I went to my first support group meeting I felt kind of normal."**

**Support Group Participant**





## Alternative Model of Peer Support Working at Norma House

In many of our communities there are some fairly exceptional people who have the knack of quickly identifying what works and what doesn't in their community, and then they go about setting challenges and making improvements.

Norma House Inc. is a brand new, unfunded community organisation operating out of Hervey Bay in the Fraser Coast region in Queensland. It is independent of government and other funding body contracts which determine what services are provided, and to whom. People who fall through the cracks of other organisations are welcome at Norma House. There are no paid staff, only committed volunteers.

The Hervey Bay region has been identified as an area with endemic mental health and substance abuse problems. There are limited services that cater to consumers in a way that empowers recovery and community integration. Norma House was created to fill the gaps for people struggling with dual diagnosis.

Many consumers are placed in services that do not adequately meet their needs and goals, and as a result tend to fall through the cracks of an already delicate system. Norma House Inc. aims to address this issue by providing a range of programs and services that works on recovery based practices and client-centred therapy, tailoring programs to meet individual need and empower consumers to move through their recoveries on their own terms.

Some of the programs that Norma House Inc. will be offering are:

- Peer-support for all Carers of family members/children who suffer mental health issues.
- Peer-support for all community members struggling with mental health or dual diagnosis. Non-clinical day therapy programs including, but not limited to: mindfulness therapy, CBT (Cognitive Behavioural Therapy), DBT (Dialectical Behavioural Therapy), illness awareness, social inclusion, work day therapy, peer support training, life skills, expressionism/art therapy, yoga and meditation.
- Individualised case management plans that focus on client-centred recovery
- Advocacy and support services
- Community outreach work for all members of the community living with dual-diagnosis issues.
- Family support
- Short term counselling services.

Norma House Inc. will also be working as a training facility for people studying in the mental health/community services field. We are aiming to provide quality training and experience for students wishing to complete work placement hours, with hands on opportunities in all aspects of the organisation as well as regular one on one supervision with the co-ordinator of the service.

The organisation will also be open to taking on volunteers with relevant experience or a genuine interest in dual-diagnosis or mental health/community services as well as Work for the Dole participants wishing to gain valuable work experience.

As the organisation grows we will be aiming to provide extra professional development opportunities to all stakeholders involved with Norma House Inc. like your basic computer skills as well as creating vital networking opportunities in the Hervey Bay region.

“Our goal is to take the message of friendship, hope and recovery from mental illness to the community and offer free services such as basic computer skills, internet, arts and crafts, to try and break the isolation experienced by a person impacted by mental illness.”

Volunteers at Norma House describe what they do as “helping the community at a grass roots level - no bells no whistles, just compassion.”

**You are welcome to ring and have a chat to one of our volunteers!**

**When:** Mon - Fri 9am to 5pm

**Phone:** 0403 598 096

**Email:** [normahouse@outlook.com](mailto:normahouse@outlook.com)





## Discover Ghana in Brisbane

We invite you to Discover Ghana! Our beautiful West African homeland adorned with colourful cultures, fascinating people, rich traditions and defining history.

Discover Ghana is a showcase of the tastes, sounds, and sights of Ghana in the heart of Brisbane City.

**It will include our delicious food, eye popping fashion, cultural displays, workshops, storytelling and joyous entertainment that will have you dancing all day. And it's FREE entry!**

Saturday 1 July 2017  
10am – 6pm  
Reddacliff Place  
George Street, Brisbane City

Please put this date in your Diary now!  
Keep track of new updates at:  
[www.ghanaqld.org](http://www.ghanaqld.org)

## All over Australia, on Clean up Australia Day 5th March 2017, refugee communities came out in record numbers to help clean up their new communities.

Self Help Queensland (SHQ) first met the Somali Community in 2011 when the first arrivals started coming to Queensland from a refugee camp in Eritrea. They fled the war in Somalia, crossed through Ethiopia and spent 14 years in the United Nations Camp in Eritrea before finding their new home in Queensland.

Since then, SHQ has worked with, walked with and watched this community grow into proud Australians of Somali background.

If you have a good story about how refugee support groups have settled into our Queensland community we would love to let others know. Please contact Trish on 3344 6919 or [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au)



Thank you to the Somali Community Association of Queensland who helped clean up a local park in our area of Sunnybank.

## Needed Desperately

**2 desktop computers in good working order for high school refugee students**

**Please help if you can!**

**Or please ask friends if they know any companies that might be updating their computers**

A recent refugee family of 9 is desperately in need of 2 computers (250 - 500gb hard drive) for their high school students to use for homework, study and research. Their school has recommended desktops not laptops would be better suited to school programs. No repairs please as any cost to the family is prohibitive in this instance.

The family's oldest child has qualified for University this year, there are 4 children at High School and 2 at Primary School. Dad is unable to work due to serious wounds sustained in a war torn country.

SHQ will endeavour to pick up if possible. If you can help please phone Trish at SHQ on 3344 6919 or email [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au)

**Thank you!**

## Iceland Knows How to Stop Teen Substance Abuse - But the Rest of the World Isn't Listening

Author of this amazing story, Emma Young, of Mosaic Science of Life, found out how they did it, and why other countries won't follow suit.

### Introductory Excerpt:

.....Twenty years ago Icelandic teens were among the heaviest-drinking youths in Europe. You couldn't walk the streets in downtown Reykjavik on a Friday night because it felt unsafe.....There were hordes of teenagers getting in-your-face drunk.....

.....Today, Iceland tops the European table for the cleanest-living teens. The percentage of 15- and 16-year-olds who had been drunk in the previous month plummeted from 42 per cent in 1998 to 5 per cent in 2016. The percentage who have ever used cannabis is down from 17 per cent to 7 per cent. Those smoking cigarettes every day fell from 23 per cent to just 3 per cent.....

**If you want to read more of this inspiring story go to:**

<https://mosaicscience.com/story/iceland-prevent-teen-substance-abuse>

(SHQ Editor: While this story is both challenging and makes quite a lot of sense, you will also understand why Governments and communities would be reluctant to take on what seems such an insurmountable task - yet the people of Iceland did it!)



## Food Not Bombs - Brisbane Why Not Give it a Go?

Food Not Bombs is a global non-hierarchical organisation that takes 'waste' food and turns it into free vegan meals for the general public.

The Brisbane branch of Food Not Bombs meets every Friday at the Thomas Street Community House (69 Thomas Street, West End) between 4pm and 5pm.

People bring waste food (excess food from local businesses or food collected from supermarket dumpsters) and create amazing meals. Everybody is welcome; there is no obligation to bring food or volunteer more than once.

Food Not Bombs is a weekly street kitchen where we share food together in a public place and invite others to eat with us. Food is served at 6:30pm at the park opposite the lizard at 155 Boundary Street, West End. All people are welcome to come and enjoy a meal – regardless of whether they helped to cook or donated produce.

Do you enjoy dumpster diving, cooking or getting into meaningful conversations while chopping potatoes? We would love you to join us on a Friday afternoon. Cooking starts at 4pm at 69 Thomas Street and we eat at the People's Park (across from the lizard and rumpus room) in West End around 6:30pm.

One of the great things about Food Not Bombs is the horizontal structure. It attracts a diverse range of people and many interesting conversations are had while cooking and sharing food. No one is in charge, you don't need to book, it's completely free and there's no weekly commitment needed to join us.

**Come once, or come every week!**

<http://www.abc.net.au/news/2017-03-17/dumpster-diving-food-not-bombs-feeding-west-end-community/8356172>

**"I don't have a solution, but I do admire the problem."      Anonymous**

## Nursing Home Residents Don't Have the Same Access to Mental Health Services as the Rest of Us.

**Council of the Ageing (COTA) is Petitioning the Federal Health Minister to give nursing home residents the same access to mental health services as everyone else.**

Over 170,000 older Australians living in residential aged care can not access Medicare-funded treatment available to the rest of the community through the Better Access to Mental Health Care program.

University research has repeatedly found that fewer than two per cent of nursing home residents suffering depression have received clinically recommended treatment. And yet we know that aged care residents suffer some of the highest incidence of depression in the country.

Introduced in 2006, the Better Access to Mental Health Care excluded aged care residents. If you are at home and receiving a high level Home Care Package you can access the program - but if you're around the corner in residential care you cannot.

Take action now and sign COTA's petition and join the campaign to ensure the new Minister for Health, Greg Hunt, acts quickly to fix this historic anomaly *and give nursing home residents the same access to mental health services as everyone else.*

**Please Sign the Council of the Ageing Petition (COTA)**

<http://healthforolderaustralians.org.au/>

(Source: Queensland Alliance for Mental Health Spotlight Issue 5)

## Gay and Bi-sexual Men's Prostate and Other Cancers Support Group Queensland

This confidential group is open to all gay, bisexual and transgender men and who have had a prostate cancer diagnosis. Partners are also welcome to attend.

- All issues concerning prostate cancer will be open for discussion including:
- an overview of prostate cancer
- side effects of treatment
- the impact of a diagnosis
- communicating with your partner
- having an ongoing support group for gay men with prostate cancer.

If you would like to come along to explore whether the support group suits your needs, please make contact prior to attending our meeting.

Information about our group will be forwarded via email or a text message.

When: First Saturday of the month (except public holidays)

Where: The Maida Liley Community Centre  
Level 1, 5 Green Square Close, Fortitude Valley

Phone: 1300 762 515

Email: GBCSGQ@hotmail.com

Venue Website (which includes a map)

<http://www.communityinfo.org.au/maida-lilley-community-centre.html>

For further information please contact:

Tony Groom (Information Support): Phone: 0418 182 995

David Wells (Team Leader): Phone: 0411 081 653

# No Body! No Parole!

**If you ever doubted the power of everyday people helping themselves and each other, then please take the time to read what Fiona Splitt and her daughter Liza Schuler have achieved. Words are not good enough to adequately congratulate and thank them.**

5 years ago Fiona's husband, Bruce Schuler, was murdered on a remote Cape York Station. Although the killers have been caught and jailed, Bruce's body has never been found.

A very traumatic part of living with the murder of a loved one is being unable to lay them to rest. Fiona and Liza have spent 2 years lobbying the Queensland Government and collecting almost 9,000 signatures in a petition to not allow parole to people who will not disclose the location of the body.

Thanks to Fiona and Liza, the Queensland Government has announced introduction of the legislation later this year. Premier Anastacia Palaszczuk said victims' families such as Ms Splitt's had been a cornerstone to the law's introduction.

Fiona paid tribute to everyone who helped her. Through her efforts others will also be helped. In the intervening period, before the legislation is introduced, a lot of work is going on behind the scenes to make it watertight. Many families will be hoping it is retrospective, so they too can lay their loved ones to rest.

Backing Fiona and Liza and all families who are victims of homicide in Queensland is the Queensland Homicide Victims Support Group (QHVSG). They will also be contributing valuable knowledge and insights into the correct drafting of the legislation.

QHVSG offers 24 hour emotional support, personal advocacy and information to all people affected by homicides that occur in Queensland, Australia, regardless of age, gender, culture or religion.

**QHVSG 24-HOUR FREECALL SUPPORT LINE: 1800 774 744**

## QHVSG Meetings

Location	Contact Name	Contact Phone
Brisbane	Berni	(07) 3857 4744
Cairns	Ellie	(07) 3857 4744
Gold Coast	Monique	(07) 5593 3528
Ipswich	QHVSG	1800 774 744
Mackay	Leanne	(07) 3857 4744
Sunshine Coast	QHVSG	1800 774 744
Townsville	QHVSG	1800 774 744

(Source: QHVSG March 2017 News Link)

## New TV Series to Feature People With Disability

The current portrayal and inclusion of people with disability in television is a problem, according to the Attitude Foundation, a not for profit aiming to change mainstream attitudes to disability with a new documentary series.

A 13-episode documentary series will feature "interesting people who happen to have a disability" telling their story. It will be in a similar format to Australian Story. To read more go to:

[http://www.attitude.org.au/making\\_a\\_tv\\_series\\_to\\_change\\_disability\\_attitudes\\_makes\\_good\\_sense](http://www.attitude.org.au/making_a_tv_series_to_change_disability_attitudes_makes_good_sense)



# IT'S BACK - IT'S BIG – IT'S STILL FREE ENTRY



## MACGREGOR LIONS HEALTH & WELLBEING EXPO



ACACIA RIDGE HOTEL  
1386 BEAUDESERT RD, ACACIA RIDGE  
THURSDAY 30 March 2017  
9.00am – 3.30pm

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Diabetes

Healthy Preparations (cooking demo)

Seniors Exercise Program

Dementia - Know the Facts

Advance Care Planning

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**patlene2012@hotmail.com**



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Cr Kim Marx



**Self Help Organisations  
United Together**

**SHOUT Facing Closure**

**See Page 18 for details**

## New York Times Reports President Trump Suffers from Rosacea

Based on an interview with his long time doctor, Harold N. Bornstein, President Trump is taking a long acting tetracycline to control his rosacea.

Rosacea is a skin ailment that can cause easy blushing or flushing with visible blood vessels. It also can spread over the face, and sometimes the chest and back. In different forms it can resemble acne and cause bumps.

David Pascoe, Rosacea Support Group Australia founder states **“Seems like pretty good public exposure for the condition rosacea – surely everyone will have heard of it now, right?”**

**Rosacea Support Group Australia**  
<https://rosacea-support.org/australia>

Editor: David writes a newsletter with up to date, credible, authenticated information including new treatments even before they arrive in Australia.

**Sign up to receive Rosacea News**  
[david@rosacea-support.org](mailto:david@rosacea-support.org)

## My Cancer Pal

My Cancer Pal is a mobile app for Australians living with cancer, providing 24/7 access to key management and support tools, combined with reliable peer-reviewed information.

Functions with the app include a pain tracker, the facility to track and manage medications and a weekly carers update.

For more information or download the app visit:  
[www.mycancerpal.com.au](http://www.mycancerpal.com.au)

(Source: Lung Foundation Australia LungNet February 2017 Newsletter. Editor's Note: This is not a free app)

**“Self Help is the Best Help. Prevention is the greatest power of Public Health”.**

**Dr Margaret Chan, Current Director-General World Health Organization**



The SHQ Newsletter is kindly sponsored by FSG Australia  
[fsg.org.au](http://fsg.org.au)

## SHOUT Announces Closure

Self Help Organisations United Together (SHOUT) has announced it will close at the end of May 2017 after failing to secure long-term funding.

35 year old SHOUT is the ACT older sister of 34 year old Self Help Queensland.

Along with the self help and support groups in the ACT that SHOUT supports, SHQ is devastated that such a long standing, valuable community organisation is being lost not only to the ACT community, but also to the nation.

Over many years, SHOUT has been a nurturing older sister; sharing valuable information, resources, specialist sector knowledge, mutual assistance in creating our directories, referrals and connections to families with rare conditions.

SHQ is hoping that wisdom and understanding of the value of SHOUT will prevail, and that the ACT Government will re-think its decision and provide on-going funding to sustain the Self Help and Support Group Community Sector.

SHQ faced the same dire situation when we were looking at having to close our doors in December 2015 after being defunded, along with 27 other organisations, by the previous government.

Luckily we were thrown a lifeline by the current government, who recognised the valuable work carried out by community organisations at a grass roots level. They understand how far we can stretch a dollar, and the value for money we provide with government funding.

If you have moved here from the ACT, or just want to offer support to SHOUT staff and management we know they will appreciate it.

Phone: (02) 6290 1984

Email: via <http://www.shout.org.au/contact-us/>

Open Monday to Friday, 9 am to 3 pm

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

7th International  
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 ADELAIDE CONVENTION CENTRE, SOUTH AUSTRALIA  
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