



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

Queensland Self Help & Support Group Sector

News & Information
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Self Help Queensland Office
Located at Sunnybank, Brisbane



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From the President

Joseph Soda

Well can you believe half the year is behind us; soon we will be making plans for Christmas.

There is one thing we can be sure of is that the future will be nothing like the past. If you have been following the world scene and local politics there seems to be nothing but negative news. Therefore what should we be doing ourselves in our own patch?

In the first instance it would be wise to distance ourselves from the fear generating main stream media. Once you have sourced the basic news ie. just what you need to know, then shut off the rest. I believe in the saying you can't be concerned with what you cannot control. It's never healthy to dwell on bad news, and our time would be more profitably spent on other pursuits.

We all should have a resilience plan, by that I mean we need to be well prepared for the future, eg learn new skills, develop a more healthy living and start putting some cash aside for our future. Downsizing and moving to a more desirable location seems to be the flavour of the day amongst many retired Seniors.

So how is your connection to your local Community? Having community around you in the face of challenges can mean the difference between success and failure. Is the community you reside in resilient? Look out for those in your community who are involved in organisations that are helping local communities and groups to become self sufficient and to look after each other. We should be working to make the future a better place for our community and family who come after us.

In other words get involved with these organisations. Self Help Qld is one such organisation that provides assistance to groups and organisations and has a proven record over many years.

So I encourage you all to show your support for us in the future, either by donations or volunteering to be on our committee. I can assure you it is satisfying to see how self reliant and successful the groups are that we have assisted over the past years.

Regards
Joe Soda



Freedom • Social Justice • Growth

The SHQ Newsletter is kindly
sponsored by FSG Australia
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

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

How to Contact Us

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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.

Heard of the “Heart Bus”?



Heart of Australia, affectionately known as the “Heart Bus”

“Heart of Australia” is a 25m-long custom-designed clinic-on-wheels, driven by a Kenworth K200 prime mover. The purpose-built, self-sufficient trailer provides two private clinic rooms, a testing room and a reception area for patients. It is wheelchair accessible and fully-air-conditioned.

Heart of Australia is the brainchild of Dr Rolf Gomes, a cardiologist from Brisbane. “The vision for Heart of Australia is to bring services to people’s doorsteps – to give them what city people have easy access to and hopefully prevent further poor health.” Dr Gomes said.

“It is difficult for farmers in rural and remote locations to leave their farms and livelihoods to travel hundreds of kilometres for medical care, let alone travel when they’re unwell.” he said.

All non-invasive tests available to patients in Brisbane will be available on board the mobile clinic, including everything from echocardiogram and cardiac stress testing to heart monitoring, blood pressure monitoring and respiratory testing.

Heart of Australia will bring fortnightly cardiac and respiratory services to each area it visits with specialists working on rotation as the trailer travels from town to town.

Towns being visited in 2017 include:

Barcardine	Charters Towers	Cunnamulla	Emerald
Goondiwindi	Hughenden	Moranbah	Roma
St George	Stanthorpe	Winton	

Timetable 2017

<http://www.heartofaustralia.com/patient-information/timetable/>

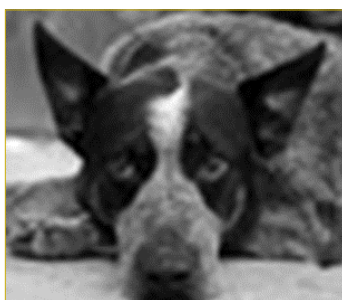
How to Make an Appointment

Obtain a referral from your GP

Once you have a referral from your GP, please call (07) 3162 5310 or email reception:

reception@heartofaustralia.com

Enquiries about Heart of Australia Services: 1800 432 78 69



Whiskey is the inspiration behind Whiskey’s Wish

Whiskey’s Wish Inc

Highly skilled Service Dogs are trained at Whiskey’s Wish to provide mobility and social support to Veterans and Early Responders with disabilities, particularly PTSD.

“Whiskey Dogs” are a safe, effective and inexpensive non-pharmaceutical therapeutic intervention for the treatment of PTSD

Phone Enquiries for help or to donate:

Scott - (President) 0428 368 390.

Liz - (Secretary/Treasurer) 0429 800 868

Marilyn- (Vice President) 0429 928 545

For further information, or to read whiskey’s story go to:

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

Email Enquiries: info@whiskeyswish.org.au



Loneliness and Isolation in Local Communities

Graham Perrett, Federal member for Moreton, recently met with Self Help Queensland to discuss his concerns about the impacts of social isolation on peoples' health and wellbeing.

Graham's concerns stem from the findings of recent research carried out by the British Red Cross. He is particularly interested in learning about the strategies local community organisations might be applying to combat the problem.

"I had a great chat with Trish from Self Help Queensland about the impacts of social isolation and the ways community organisations can play a vital role in reducing this growing problem" said Graham.

Given the findings that isolation impacts negatively on health and well being, Self Help Queensland is interested in hearing from anyone with experiences or knowledge about any of the following

- Instances or types of isolation that might generally be overlooked by government or services
- Successful outreach methods
- Strategies to help combat isolation
- Resources needed in combating isolation
- Involving local communities
- Anything else that might be relevant

Your assistance will help us put helpful information together to pass on to Graham. Please contact Trish at info@selfhelpqld.org.au or phone 07 3344 6919

We look forward to hearing from you, even if it is just your good ideas!

How Self Help Qld Can Help You

- Help you start a new support group
- Promote your support group via our Online Directory and e-Newsletter
- Video your group for FB page or website
- Assist your group with starting a website
- Help your group locate appropriate funding grants and assist with application
- Troubleshoot
- Anything you would like to discuss

How You Might Like to Help Self Help Qld

- Provide feedback about our services
- Join our Committee
- Become a data entry volunteer
- Become a membership volunteer
- Register your self help/support group with us
- Become a financial member
- Buy an Entertainment Book
- Contribute to our Newsletter in any capacity
- Make a Donation

This Father's Day, give the gift of *entertainment*

BUY NOW



"First step is the hardest. You've got to admit that you don't have a problem."

click here

[Every Sale Helps Self Help Queensland](#)

Genetic Matters

by Professor Kim Summers PhD FRSB

Stem Cells and Untreatable Diseases

Some time ago (June 2008) I wrote about stem cells and the promise of treatments that might help diseases currently considered untreatable. A lot has happened in the stem cell world since then, but can we now treat these diseases?

Stem cells are cells in the body that are able to change into a number of different forms. Early in embryonic life all the cells are totipotent: they can go on to form all the cells that are necessary to create a life, including all the cells in the adult body as well as the placenta and other structures involved in the pregnancy. As the embryo develops, the cells lose the ability to make the structures of the pregnancy that are not part of the embryo but they can divide and form any of the cell types needed to make a whole body. The cells are called pluripotent. As development progresses, the cells of the embryo take on specialised functions. The stem cells lose their pluripotency, but some retain the ability to develop into a range of related cell types, for example different cells of the immune system. These are called adult stem cells.

It is the pluripotent cells that offer the greatest possibility of treatment for some diseases, including macular degeneration of the eye, spinal nerve damage resulting in paralysis, diseases involving degeneration of the brain and many others. When I wrote before the source of pluripotent cells was the early embryo. There are cell lines that have been derived from human embryos, and it might also be possible to create an embryo that was genetically closer to the patient by cloning (nuclear transfer) or in vitro fertilisation. However, the ethical and practical issues with these approaches are extensive. Adult stem cells, if they could be identified and obtained in sufficient numbers, could be useful for specific cell types, and could potentially come from the patient so there would be no issues of rejection.

In 2007 a group in Japan showed that they could create pluripotent stem cells from adult cells taken from the skin or other tissues. These “induced pluripotent stem cells” (iPSCs) could differentiate into many different cell types: nerve cells, heart muscle cells that could be seen beating, immune cells that could respond to an infection and so on. They offer great possibilities for treatment because they would be genetically the same as the donor, could be obtained from a skin sample and could be transformed into any needed cell type.

There is a concern that the reagents used to create the stem cells from the adult cell type could induce cancerous changes in the cells derived from them. Now iPSCs have been created from many animals in addition to humans. This means that it is possible to test possible therapies and protocols on different animal models before attempting treatment in humans. The impact of different procedures can be assessed, for example to see what the risk of cancerous changes is, or how best to use the cells for treatment. However, the protocols to derive the cells and turn them into specific cell types are different for different animals, so the findings in the models may not be directly transferrable to humans.

In addition, the cost, time and unreliability of deriving iPSCs from one individual are high, so that it may not be possible to create you own iPSCs in many cases. The group in Japan and others are trying to create banks of iPSCs, each with a different genetic background, so that there is likely to be a match for any individual. This means that treatment could start immediately rather than having to wait (and pay) for creation of the individual-specific stem cell line.

There are very few stem cell treatments that have passed through appropriate clinical trials and been shown to work. Bone marrow transplants are a widely established use of stem cells: stem cells from blood, bone marrow or umbilical cord are infused into the body to replace or supplement faulty blood cells. Skin stem cells are used to grow replacement skin for burns patients. A stem cell treatment for damage to the surface of the eye is close to clinical use in Europe. In some animal treatments, a stem cell type called mesenchymal stem cells are being used to help rebuild bone and muscle.

(Continued on Page 6)

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Stem cells play a key role in any organ transplant; they are needed to replace cells damaged by the procedure and keep the organ alive. These treatments all use adult stem cells that come from the patient or a donor.

In spite of the very few validated treatments, if you search Stem Cell Clinics on the internet you will find many descriptions of the outstanding successes from stem cell therapy for a wide range of conditions including diabetes, Alzheimer disease, cardiovascular disease, multiple sclerosis, spinal cord injury, Parkinson disease, cerebral palsy and motor neuron disease. This has led to “stem cell tourism” where patients travel to different countries in search of a treatment that is not available at home. Usually these clinics perform “autologous stem cell treatment”, that is taking adult stem cells from some part of the patient’s body (often bone marrow, blood or fat), processing them and then returning them to the same patient. Some may say that they are also adding stem cells from other individuals, for example stem cells from blood in the umbilical cord of new born babies. These clinics often feature stories of miracle cures and they frequently offer luxurious surroundings and premium service. They also charge premium price. Sometimes these treatments work. A recent story in the UK described a woman who travelled to Mexico for stem cell treatment of multiple sclerosis and noticed marked improvements after a few weeks. Sometimes they go disastrously wrong. A clinic in Florida USA treated both eyes of three people suffering macula degeneration of the eyes with stem cells derived from fat. All three are now blind, where they had had some vision before the treatment. A clinic in Germany was closed down after two children suffered severe effects following injection of stem cells into the brain. One patient reported that independent analysis after expensive treatment at the clinic could not find any evidence of a stem cell transplant having taken place.

None of these treatments have been through objective clinical trials, where groups of patients are not treated (controls) or treated and the outcomes compared over the course of the disease. Short term improvements can happen because of belief in the treatment, changes in lifestyle or other treatments that parallel the stem cell treatment, the relief of undergoing some sort of treatment, the luxurious surroundings. Clinical trials are needed to see whether these changes persist and result in demonstrable long term improvements attributable to the treatment and not to other factors. They also follow patients for long enough to know that there are no unacceptable side effects of the treatment.

Many people enrol in genuine clinical trials to ensure that these treatments are real. These are usually run through well known hospitals with university affiliations. However some of the clinics offer “experimental treatments”. If you have to pay for it, it is not an official clinical trial, it is an unproven treatment with unknown usefulness and potential for damaging side effects.

People with untreatable conditions may feel that they have nothing to lose and that they might as well give the stem cell clinic treatment a go as a last option. But they stand to lose any residual function (like the three people treated for macula degeneration), a large amount of money, and their lives.

The development of iPSCs may lead to a powerful new approach for a wide range of conditions but it is not yet a reality. The increasingly large number of clinics offering unproven treatments are preying on vulnerable people who have no other options. But for now, the promise of stem cells has yet to be fulfilled.

For more information about stem cell treatments and how to assess clinics offering them, consult <http://www.closerlookatstemcells.org/> and <http://www.closerlookatstemcells.org/stem-cells-and-medicine/nine-things-to-know-about-stem-cell-treatments>

(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)

Self Help Queensland welcomes feedback on any aspect of our service, including this newsletter. Please tell us what you think. Contact Trish at the SHQ office on 3344 6919 or email info@selfhelpqld.org.au

ARE YOU READY FOR NDIS?

ROLLING OUT NOW IN
BALLINA - BEAUDESERT - IPSWICH

From a six month coma to three years of rehabilitation to relearn basic life skills, speech and mobility in a wheelchair. James is now living independently, presenting to school groups and playing his favourite sport, cricket.

MAKE THE MOST OF YOUR NDIS



**CONNECT WITH US,
TO SOLUTION TOGETHER.**

(07) 5564 0655 | fsg.org.au/ndis





Incontinent? Travelling?

Want to Find 16,000 Public Toilets in Australia?

It's Easy!

Check Out The National Public Toilet Map

You can access the map by going to toiletmap.gov.au and opening the page. Once there, you will be asked to enter your destination, and you will be provided with the location of all the nearby toilets.

In addition, you can plan your trip by providing the start and finish points, and be given locations of all the toilets along the way.

You can also access the map as an iPhone app or on mobile phones with internet browsers. It includes information such as opening hours, baby change room facilities and disability access. Download the official [National Public Toilet Map iPhone App](#) from the iTunes App Store.

Thanks to the Continence Foundation of Australia and the Australian Government Department of Health and Ageing for this great resource.

Continence Helpline: 1800 33 00 66

Website: <https://www.continence.org.au/>



Remain at Home Safely

St John "Silver Cord" Telephone Service provides vital friendship and security calls, assisting people to remain at home safely.

The Telephone Reassurance Service particularly helps people aged over 65, or aged over 50 if Aboriginal or Torres Strait Islander, people with ongoing medical conditions and people with a disability or their carers.



St John

**This service is available to eligible clients Queensland-wide
Security Calls, Friendship Calls, Respite Calls**

- **Security calls** can be made seven days a week to ensure you are safe and well. The purpose of these calls is reassurance so that if the call goes unanswered, an activation process is commenced to ensure your wellbeing.
- **Friendship calls** help you stay connected in the community through regular calls from a like-minded volunteer. Our clients love to hear from their 'phone friends', and for some, it may be the only friendly conversation they have all week. Our caring callers love the chat too.
- **Respite calls** can be made after you return home from hospital, or while family and friends who normally check on you are away.

Phone: 1300 785 646

<https://www.stjohnqld.com.au/Services/Social-Services/Silver-Cord-Telephone-Reassurance-Service>

RESILIENCE- The Myths & The Facts

By Doctor Harmony- Psychiatrist/ Author (www.doctorharmony.com)

There has been increasing interest in resilience over the last several years. Why the hype?

What is resilience? Do resilient people ever need help? Do resilient people break under pressure?

It is commonly believed that resilience means putting on a brave face, dealing with problems yourself and not burdening others. Some believe it means not talking about problems or admitting distress. Others believe that resilience means getting on with life without thinking about the past or issues.

Contrary to these views, there is increasing research that suggests that bottling up feelings and avoiding discussion of issues lead to worse physical and mental health outcomes. This means higher death rates longer-term, increased risk of heart attacks and cancer, depression, anxiety, drug and alcohol problems and increased suicide rates. It contributes to arguments, broken relationships and even has negative effects on work.

The reality is that no one is exempt from feeling stress and pressured.

There is an advantage of being under stress. Stress can be helpful in promoting performance. It only becomes problematic if stress levels are excessive for what an individual can cope with. Everyone has a different threshold for breaking point. Signs of breaking point can include problems sleeping, muscle tension, reduced concentration, forgetfulness, tiredness, irritability, feeling anxious or tearfulness. It can mean feeling out of control or relying on alcohol, cigarettes, drugs, shopping, comfort-eating gambling to get through.

Resilience is the ability to constructively deal with life stress and changes. It is the ability to use uncomfortable feelings positively. This can only happen by being aware (mindful) about how life events lead to the way we feel and being able to view life upsets in a more helpful way. An example of this is seeing the pros of a disappointing situation, such as learning from the experience and assessing what you could have done differently so it does not re-occur in future. It could mean trying to see the situation from other viewpoints.

Often when we get angry or upset about a situation, we are only seeing it from our perspective, rather than appreciating the perspectives of others. With empathy, it allows us to forgive and feel less angry or disappointed.

Gratitude also helps to put life upsets into perspective. Appreciate what you have in your life, no matter how insignificant it may seem. It is easy to take for granted what we have, such as good health, loved ones, a job, financial stability, eyesight, a healthy family, a safe home, good sense of humour and the ability to walk or hear. A helpful way to remember blessings is to ask, "What would life be like without...?"

If you like the tips, 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.)



MIFQ **Palm Beach Hub** is now offering a space that is safe, supportive and inclusive to the LGBTI community, and are accepting Expressions of Interest from people who are interested in attending this new group - to socialise, talk about issues and share information.

Please send us an email mihubpalmbeach@mifq.org.au or phone on **5587 0600** if you would like to be kept up to date with group day/times.



3 Million Australians are Still Not Online

Digital Divide Deepens For Low Income, Disabled, Indigenous, and Ageing Australians

Three million Australians are still not online and are missing out on educational, health, social and financial benefits as a consequence, a new report has found.

The [Australian Digital Inclusion Index](#), released on Tuesday, revealed that although online participation is increasing across Australia, gaps continue to exist- and widen- between those who are digitally “included” and “excluded”.

The report found that Australians with low levels of income, education and employment are less digitally included – as well as Indigenous Australians and people with a disability.

Compiled by RMIT in partnership with Swinburne University’s Centre for Social Impact and Telstra the report also found the digital divide was widening between older Australians and younger Australians, and those on low incomes compared to high-income earners.

Lead researcher Professor Julian Thomas from RMIT’s Digital Ethnography Research Centre said although more Australians are getting online “much more work needs to be done” to include all Australians.

“We can see that there are particular groups who are more likely to be digitally excluded, and who lack the ability to maximise the benefits of being online,” Thomas said.

“As an increasing number of essential services and essential communications move online, the divide is getting deeper.”

The report also found affordability and geographic location continue to be a challenge for many Australians, while digital skills and confidence was identified as a significant barrier for older Australians.

Director of the Centre for Social Impact Swinburne Professor Jo Barraket said Australians who have lower levels of income, education and employment less likely to be online.

“Digital inclusion has become fundamental to participation in economic and social activities at a community, national and global level,” Barraket said.

“The index is a vital information tool to shine a light on areas of exclusion and with four years of data we’re now able to get a longer term view of trends that are significant.”

Telstra’s General Manager of Digital Inclusion Nancie-Lee Robinson said the index would be used by Telstra and its partners across the community, government, education, and corporate sectors who are focused on addressing digital inclusion.

“We wanted to help create an information tool to inform not only our work in addressing digital inclusion – but that of others in this space. Over the past 12 months we know that our partners have been using this information to focus and refine their work to address digital inclusion gaps,” Robinson said.

“As we continue to head down the digital highway, being online is becoming a prerequisite, not a choice, and those who are excluded will become significantly more marginalised.

“The Australian Digital Inclusion Index is about understanding the drivers of digital inclusion to help us bridge the gap.”

(Source: Pro Bono Australia News; Racheal McFadden 1/8/2017)

Have you Previously Undergone Radiation for Head and Neck Cancer and Do You Now Experience a Dry Mouth (Xerostomia)?

Xerostomia is the most common complication in patients who have had radiation to the head and neck area for the treatment of cancer.

Salivary flow may continue to decline for up to several months after radiotherapy. Thereafter, some recovery is possible up to 12 to 18 months after radiotherapy depending on the radiation dose received by the salivary glands and the volume of salivary gland included in the irradiation fields. However, generally, xerostomia develops into an irreversible, life-long problem.

Are you willing to participate in a study to improve the salivary flow for treatment of Dry Mouth?

With the reduced saliva flow, it causes accumulation of dental plaque and increased retention of food particles between teeth, promoting recurrent caries. Post radiation, the saliva pH and buffer capacity is lowered, promoting growth of fungus, *Candida albicans*, as well as accelerated tooth wear, dental erosion and infection.

A saliva test is an excellent way of being able to identify patients with this particular problem, and it provides the framework around which your management can be based.

Step 1: Saliva test is at the beginning of your treatment

Step 2: Saliva test after the course of Hyperbaric Oxygen Therapy (HBOT)

Step 3: Saliva test at six weeks after the end of treatment of HBOT

Dr Ohnmar Aung, MB,BS, FANZCA, is the Principal Investigator for the Wesley Centre for Hyperbaric Medicine.

If you would like to be involved in this study or need more information:
Please call: 07 3371 6033 or email: reception@wesleyhyperbaric.com.au

Research Approval Uniting Care Health No. 2016.30.210



Telephone 07 3371 6033 (Int +61 7).

Facsimile 07 3371 1566 (Int +61 7).

Email reception@wesleyhyperbaric.com.au



Augmentative and Alternative Communication (AAC)

People with communication difficulties may benefit from technology and equipment to support getting their message across more effectively. This is an exciting field that is expanding rapidly as technology improves. For further information contact LifeTec:

<https://lifetec.org.au/>

mail@lifetec.org.au or call us on 1300 543 383

PO Box 353 SUNNYBANK, QLD 4109

Ph: 07 3344 6919

Email: info@selfhelpqld.org.au

URL: www.selfhelpqld.org.au



Need Tenancy Advice?

QSTARS is a free independent advice and referral service for all Queensland renters.

QSTARS can assist you with:

- Advice and assistance to understand your tenancy rights and responsibilities
- Support to resolve your tenancy issue
- Advocacy support to talk to your lessor or agent
- Help to write a letter or fill in tenancy forms
- Help to attend or prepare for a QCAT tenancy tribunal hearing
- Referral to other services if needed

The QSTARS program is managed by Tenants Queensland (Previously Tenants Union of Queensland) and delivered in collaboration with partner organisations across Queensland.

Phone: Statewide advice number 1300 744263

Hours: 9am – 5pm Monday – Friday (extended to 7pm Tuesdays and Wednesdays)

Website: <https://qstars.org.au/>



Invitation to All Weekly Musical Morning Tea

We have a weekly program that we run for our local community. Every single person is welcome to come along.

Musical Morning Tea is designed to promote healthy ageing, defeat social isolation and to have some fun.

When: 10am to 12 noon every Monday

Where: Cnr. Japonica & Robinia Street, Inala 4077 QLD

Phone: 07 3372 1711 | **Email:** reception@ich.org.au

Entry: \$3

Pick up and drop off services available \$4 (Please let us know in advance if you require this service)

ACNC Warns Charities “Do Your Homework” on Crowdfunding

The Australian Charities and Not-for-profits Commission (ACNC) has launched a guide to help charities, donors and fundraisers with their use of crowdfunding websites.

The guide, called **Crowdfunding and Charities**, examines the increasingly popular method of online fundraising. Crowdfunding generally sees individuals and organisations set fundraising targets online, and then calls for support from members of the public.

But the guide warns that “an important aspect of good charity governance involves doing sufficient research on any partners a charity plans to work with – even if it is simply a website for fundraising”.

Download the Crowdfunding and Charities Guide

(Source: <http://www.acnc.gov.au/>)

“It’s hard to soar with the eagles when you’re surrounded by turkeys.”

Adam Sandler - movie “Mr Deeds”



Having our Grandmothers Sleeping Under Bridges is

NOT OK

Homeless, older women are being described as “Australia’s Homelessness Crisis”, “the hidden face of homelessness”, the “emerging elderly underclass”, the “new face of homelessness” and a “tsunami of older single women in housing stress”, among others.

Couch surfing among older women has almost doubled over the past four years and there has been a similar rise in the number of older women sleeping in cars, a report by Homelessness Australia has found.

Google searches reveal growing awareness, countless statistics, reports and efforts to combat the emerging problem; but they don’t portray a real picture of real women. If we think of our grandmothers being homeless, sleeping under bridges and in doorways we might paint a more poignant picture in our mind that will spur us into accelerating our efforts to end homelessness.

To attend a Forum which is focused on Innovative Ideas to End Homelessness see below.

The Lady Musgrave Trust is Extending an Invitation to Attend

The 2017 Annual Forum on Women and Homelessness

Wednesday 30 August 2017 9am - 4pm

Queensland Multicultural Centre, 102 Main Street, Kangaroo Point, Brisbane

Free of charge, Light lunch provided, Registration Essential

To Register: <https://www.ladymusgravetrust.org.au/event-2582744/Registration>

* One of the presenters at the Forum, Linda Mina, is featured on Page 15 of this newsletter for her innovative solution to end homelessness.

Do You Suffer From OCD?

Researchers at Griffith University are currently conducting research into the new intervention that could reduce disgust responses in people with OCD who are particularly concerned about disgusting objects and situations.

We are seeking volunteers over 18 years of age with OCD to participate in a study that helps to understand better how people acquire and reduce anxiety and disgust related to certain objects or situations.

Participation will involve brief phone interview, completing a number of questionnaires, and then participating in a single hour long session at Griffith University in which you will be asked to view contamination-related images unrelated to your OCD. You will not be asked to come into physical contact with any contaminated objects. A telephone screening interview will determine your suitability for the treatment. Your travel expenses will be reimbursed for up to \$20.

For more information, please contact Dominika Ludvik on +617 56 788 756, or email:

disgustresearch@griffith.edu.au or d.mihalova@griffith.edu.au



ICESUP - Looking for Support Group details (for families with loved ones affected by Ice) in your area, to share with others.

If you have meeting details please email me on icesupcapcoast@gmail.com or leave a message on my FB page; Ice Support CQ. This request applies to anywhere in Australia. Regional areas are the hardest to locate groups. Perhaps you, or someone you know might be willing to start a group? **The more we can share, the more help we can give. Thank you, Debbie.**

People Looking Out for Their Community- Gladstone Style

Free Little Pantry

A group of ordinary people, unpaid and unsung, are quietly yet effectively assisting members of their community who have been affected by local unemployment, poverty and sometimes just being unable to make ends meet.

What's so unusual about this? Well, it happens without judgment or stigma; no regulations, no check ups and no registration. The group itself doesn't even have a name. Its just the Free Little Pantry, and their motto is "If you need something take it....If you have something donate it."



The Free Little Pantry acts on the "honour system". It is set up on trestle tables outside a row of shops at 121 Tooloola Street, South Gladstone. Opening hours are Monday to Friday 9am to 4pm, and Saturday 9am to 12 noon. **If you need it take it.....**

-oOo-

Share the Dignity

Each April and August in **Gladstone**, along with other locations in Australia, is "Share the Dignity" time where local people collect sanitary and other relevant products for homeless women and other women in need. Donations are left at collection sites and all items are used locally. Homelessness is high in Gladstone post mining and gas boom.

A special call is being put out for clutch purses, or even pencil cases to make up discreet kits. Baby wipes are also very sought after by those who use the kits.



Share the Dignity Collection Points in Gladstone:

Glenn Butcher MP office (Philip St)

Roseberry Community Services

H&R Block (Tank St)

Australian Hearing Services

New Auckland Place

Good Price Pharmacy

Remax Energy (Boyne Island)

1770 Clothing Coy (Agnes Waters)

Is Your Group or Organisation a Double Defaulter?

The ACNC has issued 190 registered charities with a notice of intention to revoke charity status. Despite many reminders, these charities have failed to submit two Annual Information Statements.

If you are involved with one of the charities or know someone who is, please contact the ACNC immediately.

These charities have until 12 September to lodge their outstanding Annual Information Statements. Those that fail to do so will have their charity registration status revoked, and will therefore lose access to Commonwealth charity tax concessions.

The ACNA has published the list of potential double defaulters at the link below.

http://acnc.gov.au/ACNC/FindCharity/Double_defaulters/ACNC/OnlineProcessors/Online_register/Double_defaulters.aspx



Seniors Share Houses

- A Wonderful Way for Vulnerable Seniors to Find Affordable Accommodation

Self Help Queensland recently had the pleasure of speaking with Linda Mina, founder of Seniors Share Houses, and asked her to tell her story. Thank you Linda for this brilliant community initiative!

“My name is Linda Mina and I run Seniors Share Houses free Facebook groups in Gold Coast, Sunshine Coast, Brisbane, Bribie Island, Gympie, Northern NSW, Gladstone and South Burnett. There are over 2000 people in the groups now since I started the Gold Coast group 2 years ago.

My reason for starting Seniors Share Houses groups came from my own life experience. I retired at 60 years of age due to ill health. My children had moved out and I was left with a mortgage, struggling to make ends meet. I decided the only way to afford any sort of life was to sell my house and rent. However, when I looked at the cost of rentals I soon realised I could not afford even a one bedroom apartment on my pension.

So, remembering the share houses from my youth, I decided to check Gumtree. I found most share adverts were from younger people who were not interested in sharing with a mature aged person.

As my background is in community development, I decided to create a group that would allow Seniors to advertise when seeking or offering share accommodation. I chose Facebook because it is free to use, has the capacity to reach many people, and libraries and community groups are now offering courses for Seniors in the use of social media.

My first group Seniors Share Houses Gold Coast, has been running for two years now and has helped many find their perfect flatmate (and friend). There are currently approaching 1000 members and membership is growing continuously.

Due to this group's success, I was asked to develop Seniors Share Houses groups in other areas, which I co-admin with a local person. There are now 10 Seniors Share Houses groups. Of these, 8 are well established and growing and 2 are in the development stage.

All group administrators, including myself, work in a voluntary capacity. We consider Seniors Share Houses is a vital service for the growing number of vulnerable Seniors desperate to find affordable accommodation.

I also recognised the need for Seniors Share Houses group members to make a connection with others because of their social isolation. So I started Seniors Connect, which has 360+ members now. People use the site to post pics, chat about something of interest or to just say 'Hi'.

Everyone is very welcome to join, just simply for the friendship or to perhaps host or attend a Meetup in their local area. A Meetup for coffee, lunch, movies etc can be an informal way to meet potential flatmates or just to make some new friends. You can also post your business or service on Seniors Connect Noticeboard.” **Seniors Connect Noticeboard** <https://www.facebook.com/groups/337919813210914/>

Links to Seniors Share Houses

Seniors Share Houses Bribie Island	https://www.facebook.com/groups/1814931262165717/
Seniors Share Houses Brisbane	https://www.facebook.com/groups/409112492772554/
Seniors Share Houses Gladstone	https://www.facebook.com/groups/1885774548369634/
Seniors Share Houses Gold Coast	https://www.facebook.com/groups/842673972481760/
Seniors Share Houses Gympie	https://www.facebook.com/groups/396611227364982/
Seniors Share Houses Northern NSW	https://www.facebook.com/groups/995468597251315/
Seniors Share Houses South Burnett	https://www.facebook.com/groups/1911606775791352/
Seniors Share Houses Sunshine Coast	https://www.facebook.com/groups/681536018691198/

Can you Imagine a World Where People Trade Their Goods, Services and Skills With One Another Without Money?

Well that world exists right here in Queensland!

Queensland CES Locations

Brisbane
Darling Downs
Far North Queensland
Mackay
Maleny
Sunshine Coast
Stanthorpe
Nambour
Sunshine Coast Social Work
Noosa Sunshine Coast
Toowoomba
Wide Bay and Burnett
Woodford

The Community Exchange System (CES) is an exchange group allowing users to buy, sell, share, swap, barter and gift their skills & wares in lots of different ways – such as gardening, home help, baby sitting, office work, providing transport or by teaching someone a new skill.

There are currently over 50 Australian Exchange Groups registered with the Australian CES and 750 groups trading on the global CES Server.

For More Information, or how to contact individual CES groups go to: here: <https://communityexchange.net.au>



Community Focused
Operates Without Money
I Help You - You Help Another -
and Someone Else Helps Me!

Interested in Building a New Economy for Australia?

You are invited

To a 3-day New Economy Network (Nena) Conference and Grassroots Economics Fiesta

Friday 1st to Sunday 3rd September, 2017 – Southbank, Brisbane

Join us for three days of fun-filled discussions, 'unconference' working sessions, facilitated workshops, site-visits, clinics, training and learning opportunities – as well as presentations, debates, games and more

The 2017 New Economy Conference will:

- Bring together hundreds of people and organisations interested in moving beyond the current unjust and unsustainable economic system that currently dominates Australian society
- Enable people to share, learn, listen, play, and work together to co-create a strong, vibrant economic system that's fair for all Australians and cares for our precious natural environment
- Launch a New Economy Network/Coalition for Australia
- Launch powerful new collective strategies for creating positive social and economic change, to achieve long term, liveable economies that fit within the productive capacity of a healthy environment

Email: neueconomy@earthlaws.org.au Website: <https://neueconomy.org.au/2017-conference/>

DON'T MISS: LETS Market Showcase for CES users (see article at top of page) and interested people who would like to learn more.

What? Market stalls, healing tent, haircutting, information, sales etc

When? All day Saturday and Sunday morning

Where? Griffith Uni QCA at Southbank

How to Make Tough Decisions

NFP leaders and managers are called upon to make tough decisions as a matter of course. But what do you do when the decision is really important, and it's really not clear what course of action you should take?

Even if you know all the facts, your feelings, thoughts, experience, character and imagination will all come into play.

So how do you balance these to make a good decision?

Harvard Business School professor Joseph L. Badaracco is an expert in making what he calls "grey area" decisions – ones that can sometimes be difficult to clearly assess. On HBR.com, he suggests that there are five practical questions you should ask yourself that can help you and your team illuminate the "greyest of grey areas".

Drawn from his research into the experiences of decision-makers over many centuries and cultures, these questions work by demanding a systematic approach to a problem – rather than relying on instinct, intuition or routine:

1. What are the consequences of all my possible options?

To come to the best possible decision – which could impact many people's lives and livelihoods – you first need to lay out all the possibilities.

Ignore your preconceptions about what you *should* do, and take the time to consider every possible course of action you *could* take in response to the problem – and the full consequences of each.

What are the options available to you? And who will these affect, both in the immediate and longer term? In a practical sense, this process might take the form of a roughly sketched-out decision tree within which you note all possible actions and probable outcomes.

Don't do this alone – Badaracco says "Gray-area problems are rarely resolved in a flash of intuitive brilliance from one person". So make sure you've got a trusted advisor or two to explore the options with. You could even assign a "devil's advocate" role one person in your team, asking them to pinpoint any weaknesses in your thought process.

2. What are my main obligations?

As a manager or leader, it goes without saying that you have a fundamental responsibility to care for and respect your staff, stakeholders and others who are affected by your decisions.

But how do you determine how these duties should affect the decision you make?

By relying on your "moral imagination", Badaracco suggests. This is a process of stepping out of your own role and putting yourself in the shoes of others in order to identify your own biases and blind spots, and answer questions like: How would you feel if you were them? What kind of treatment and rights would you expect? What would you consider fair?

Then, make an effort to speak to those affected by your decisions – or, if that's not possible, ask a team member to role-play – to help put yourself in their shoes.

Ultimately, your duty towards the wellbeing of your staff, clients and wider community is more important than your obligation to serve your organisation. Why? Because you're a human being, and addressing a difficult decision means thinking deeply about the implications of that.

3) What will work in the real world?

After considering the previous two questions, think about practicalities: which possible solution is the most likely to succeed given the real circumstances of the situation?

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(Continued from Page 17)

What are the constraints on you? What about possible roadblocks or impediments to various solutions? Who are the people with power in the situation, and how hard will they fight for their own interests? In other words: what will work in the world as it is, not as you wish it could be?

4) Who are we? What are our values?

We all work within communities and groups of people. And when making a decision, you need to reflect on what do you, your team, organisation, community and broader culture really value.

As an NFP organisation, what things are most important to prioritise? Equity? Justice? Participation? Impact? Transparency? Urgent needs? Long term viability?

What about as a manager – what values are important in your team relationships? Communication? Accountability? Efficiency? Privacy? Care? Democracy? Achievement?

How can you act in accordance with these values, and what takes precedence if there's a conflict?

Badaracco gives a simple but powerful way to answer this question if you're struggling with it:

"Imagine that you are writing a sentence or a chapter in your company's history. Of all the paths you might choose in this gray area, which would best express what your organization stands for?"

5) What can I live with?

Ultimately, you need to be able to reflect back on your decision and be comfortable with it, beyond whether it meets any criteria you set.

When considering this question, block out all distractions and reflect on what you can really live with. Think about how you would feel explaining the decision and its outcomes to a loved one – would you feel comfortable? Or would you be reluctant to tell them?

Finally, try writing down your decision – and the reasoning behind it – to help you gain clarity.

As a leader, it's your responsibility to make the tough decisions. But keeping in mind these five simple questions and answering each one systematically will hopefully help you to get to the right outcome next time the answer doesn't come easily.

(Source: Not for Profit People: May 24, 2017 Leadership, Making Decisions)

<https://nfppeople.com.au/2017/05/how-to-make-tough-decisions/>



Are you looking to make contact with an individual or family with the same or similar rare genetic condition? Why Not Try "Contact Corner"

Genetic Alliance Australia (GA Australia) was formed in 1988 to provide peer support and information for individuals and families affected by a rare genetic condition/rare disease.

GA will post requests for contact and letters from people searching for families with similar experiences, from those seeking or contributing specific information as well as other resource information.

Anyone who wishes to reply to a request should write directly to the individual or group concerned where an address is provided. The GA office may be contacted for the information to be passed on in the case of anonymous requests. Privacy and anonymity will be ensured if requested.

It should be remembered that a shared genetic condition does not necessarily mean an equally shared value system between families. Different degrees of acceptance and different mechanisms for coping will be encountered and a non-judgemental approach is recommended in establishing contact.

To register with Contact Corner go to http://www.geneticalliance.org.au/contact_corner.php

26th National Conference on Incontinence

15th - 18th November 2017

International Convention Centre

Darling Harbour, Sydney

<https://www.continence.org.au/national-conference.php>

Medical Cannabis Seminar for Patients and Carers

Presented by Medical Cannabis Research Australia and Epilepsy Action Australia.

Wednesday 13th September 6.30-8.30pm at Uni of QLD – Pharmacy PACE Auditorium, Cornwell Street, Brisbane

To book tickets :

<https://www.trybooking.com/book/event?>

Sense of Self Carers Workshop

Due to high demand Mental Illness Fellowship Queensland (MIFQ) are offering another “Sense of Self” Carers workshop to be held over two days at our Southport Hub on the 2nd and 9th October.

This workshop is designed for people who are caring for someone who has a mental illness, to learn how to manage stress, be assertive and move forward with your life.

Ring **5587 0600** to book as numbers are limited.



ACNC Free Webinar for Charities

Tuesday 22 August. 12pm (AEST)

This webinar will look at some of the common problems that charities face and the ways they can stay out of trouble.

You can sign up for free at the link below.

<http://acnc.informz.ca/z/cjUucD9taT04NDU5MDMmcD0xJnU9OTEwOTI-wMzAzJmXpPTg2MTEzMzY/index.html>



The SHQ Newsletter is kindly sponsored by FSG Australia
fsg.org.au



Brisbane's Parent Collective

Parents of all shapes and sizes are invited to join this meet up group. The groups aim is to provide a fun & social atmosphere where you can meet new friends and also get some great parenting tips and tricks from our amazing lineup of guest speakers. We'll feature everything from child physiologists to Nutritionists and ensure plenty of laughs each month.

<https://www.meetup.com/Brisbanes-Parent-Collective/>

LifeTec wins Funding - for Innovative Digital Project to Assist People Living with Dementia

LifeTec will be engaged in launching a digital learning project supporting people living with dementia to stay in their own home. A range of digital resources will grow capabilities in the sector, enabling people to engage with the benefits offered by smart assistive technologies for people living with dementia.

For further information please contact LifeTec on 1300 543 383

“Smart Savings” Website launched in June 2017 by Queensland Government

Concessions and Rebates for Queenslanders are now under the one roof so they are easier to locate.

If you are wondering what you or your clients are eligible for you can now find them on the one website. Go to: <https://campaigns.premiers.qld.gov.au/smart-savings/#>

Are you hosting an event for Queensland Mental Health Week?

The Queensland Alliance for Mental Health, on behalf of the Queensland Mental Health Commission, invites eligible organisations to apply for up to \$2,500 (ex GST) under the Community Events Grant Program to host registered QMHW community mental health awareness events and activities. Go to: <http://qldalliance.org.au/grants/>