

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
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Self Help Queensland Office
Located at Sunnybank, Brisbane



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**From the President
Joseph Soda**

President's Report to AGM
28th November 2017

At this time we reflect on past achievements and our plans for the New Year 2018.

It is also a time for saying thank you to the numerous organisations and individuals who support and encourage us.

My thanks go to Queensland Health for the funding we receive to help us carry out our work, and to the Brisbane City Council for 20 years of low cost rent. We would not survive without them.

In particular I would like to thank my colleagues on the SHQ Management Committee. Chris Spriggs, Kathy Thomas, Val McNamara, Rosa Prahl, Lil Carrigan and Melody Edwardson. They are all busy people, some of whom remain in the workforce and some who also fill other volunteer roles, yet give their time to guide and direct the vital work carried out by Self Help Queensland.

I would also like to recognise and thank our SHQ staff:

Trish Fallon, Co-ordinator, who continues to provide the professionalism and enthusiasm required to innovate despite an ever increasing workload.

Roy Hanfling, our skilled IT volunteer who devotes 2 days per week to solving IT problems and creating new opportunities to improve the website and social media, among other tasks.

(Continued on Page 3)

Self Help Queensland reserves the right to edit articles or information submitted to this newsletter.

Wishing You A Safe, Happy & Relaxing Christmas

from
Management & Staff
of
Self Help Queensland

**May 2018 Bring You
Health & Happiness**



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



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.

(Continued from Page 1)

Janette Evans, bookkeeper who travels a long distance to SHQ and has contributed many volunteer hours. Partnerships are vital for us to be able to continue our work within the Community. We have been developing ongoing relationships with several organisation including:

- FSG who generously continue to sponsor our bimonthly Newsletter, thank-you to the folk at FSG
- Sherwood Neighbourhood Centre to support a new Depression and Anxiety Support Group, it's great working with you.
- The Australian Pain Management Association continue to be a wonderful support and ally, as is Sleep Disorders Australia and Solace Queensland.
- St David's neighbourhood Centre, Coopers who will be working with us in 2018 to continue providing opportunities for Refugee Support Groups to learn to sew. This will involve both men and women and some of the expected outcomes will be improved English language skills, friendships, breakdown of isolation and connection to community. Thank you St David's NC.

Our stakeholders are individuals, support groups, organisations, professionals, government and any Queensland community members. During the year 2016/2017 we continued to provide a broad range of information and support via phone, email, face to face meetings, newsletter, website and social media.

Direct assistance was provided to 184 self help and support groups eg formation of new groups, help to apply for funding grants, finding no cost meeting venues, networking, referrals, conflict resolution, training and many others, We shared our resources such as photocopier, data projector, sound system, video camera etc.

As a member of Giveit we were able to assist groups to acquire specific resources such as computers, laptops and phones. A highlight was harnessing the support of the local community who donated sewing machines and fabric to assist refugee support groups to learn to sew.

SHQ averaged 24 phone calls and 200+ emails per week during this period. Almost half of the requests for assistance related to mental illness.

SHQ met all of its statutory obligations and funding requirements, qualified for the new charity tick, and managed to come in under budget with a great amount of scrimping.

We are using Social Media as a useful source in developing relationships and new ideas. LinkedIn, Facebook and our Web Site will continue to be a major influence in developing our profile and exposure in the wider community. Our website is being made user friendly and we are working on linking to other self help clearing houses, building a resource library, and an alternative services page.

Income continues to be a challenge, and we have been somewhat successful in obtaining volunteer grants, small donations, and a small but growing membership.

As we approach the end of the year I wish you all a safe and happy festive season and look forward to your continued support in 2018

Regards
Joseph Soda
President

Self Help Queensland welcomes feedback on any aspect of our service, including this newsletter.

Please feel free to email Trish Fallon, Co-ordinator at info@selfhelpqld.org.au or phone the SHQ office on 3344 6919.

Self Help Queensland Recognises and Thanks

FSG who generously sponsor this newsletter

Professor Kim Summers who has been writing genetic articles for this newsletter for 15 years

Dr Harmony, Psychiatrist who has been writing articles for this newsletter for 2 full years now

Have you Heard of Hypersomnolence?

Or Where to Seek Community Help?



Hypersomnolence Australia (HA) is Australia's only Health Promotion Charity registered with the Australian Charities and Not for Profit Commission (ACNC) specifically dedicated to being a strong advocate for raising awareness and educating others about the neurological sleep disorder Idiopathic Hypersomnia. Our goal is to not just change the process to diagnosis but also the level of care and services available to patients post diagnosis.

We are concerned at the standard of care that we see patients with excessive daytime sleepiness and hypersomnia receive so while our primary goal is to change the prognosis for people suffering from Idiopathic Hypersomnia we are also determined to see improvements made with regards to the diagnosis, treatment and care of patients who suffer from all forms of excessive daytime sleepiness and hypersomnia, regardless of the cause.

HA raise awareness and provide information through our website, social media, factsheet and other means for patients, their families, the general public and healthcare professionals. We organise, host and promote the annual international Idiopathic Hypersomnia Awareness Week event held in the first full week in September. We participate in and promote various community health programs. We also support relevant awareness campaigns including Rare Disease Day, World Sleep Day, Brain Awareness Week and Sleep Awareness Week. We network with other sleep health organisations including Sleep Disorders Australia with regards to our aim to provide information, referrals and advocate for better management of sleep disorders, sleep and general health. We also work with relevant health care professionals to ensure our information is accurate and up to date.

All of our small team are volunteers. We do not charge membership and we do not receive funding. The success of our efforts relies on the generous donations of our supporters and the dedication of our staff.

What is Idiopathic Hypersomnia?

Idiopathic Hypersomnia (IH) is a neurological sleep/wake disorder. Despite extraordinary amounts of good quality sleep people with IH are in an almost constant state of sleepiness. It is a debilitating condition often profoundly affecting work, education and relationships.

Most people can feel tired, fatigued and at times even, excessively sleepy however what sets people with Idiopathic Hypersomnia apart is that they experience all that too, and usually at a much higher extreme, however, they also sleep excessively and their sleep is typically deep and long in duration and usually not refreshing.

Symptoms

The main symptom of IH is excessive deep sleep. Despite adequate and often extraordinary amounts of good quality sleep (eg: 11 hours or more per night) people with IH still feel excessively sleepy during the day. Other symptoms typically include:

- Chronic excessive daytime sleepiness often resulting in long daytime naps.
- Long and unrefreshing naps. Naps are usually more than one hour long and are typically not refreshing.
- Extreme and prolonged difficulty awakening from sleep, confusion, disorientation, irritability and poor coordination with an uncontrollable desire to go back to sleep. It can also be accompanied by automatic behaviour (performing tasks without consciously knowing it and not remembering you have done them eg: turning off alarm clocks or answering your phone). This is clinically known as "sleep drunkenness".
- Cognitive dysfunction (commonly referred to as 'brain fog'): problems with memory, automatic behaviour, concentration and attention.

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Unlike in other sleep disorders, the sleep in patients with Idiopathic Hypersomnia is normal; there are no disturbances that can account for these symptoms.

Diagnosis

Diagnosing IH can be difficult as excessive daytime sleepiness can be caused by various disorders and/or conditions as well as numerous medications. A physical examination, medical tests and a comprehensive medical history are necessary to rule out all other possible causes, including insufficient sleep.

Sleep studies involving a Polysomnography (PSG) followed immediately by a Multiple Sleep Latency Test (MSLT) are also carried out to exclude other sleep disorders such as sleep apnoea.

Treatment and Management

There are no medications specifically for Idiopathic Hypersomnia. Medications used to treat Narcolepsy including stimulants and wake-promoting medications are prescribed to counter daytime sleepiness, however, there are no medications currently available that assist with cognitive dysfunction or extreme difficulty waking up and sleep drunkenness.

Stimulant and wake-promoting medications can be helpful to relieve sleepiness for some patients however they are rarely effective long term. Some people with IH find a combination of medication and lifestyle changes are helpful in managing their symptoms.

If you think you may have Idiopathic Hypersomnia ask your GP for a referral to a sleep specialist. If you have already been diagnosed with Idiopathic Hypersomnia and you are interested in more information, check out our website www.hypersomnolenceaustralia.com

You can also Follow Us on:

[Facebook](#), [Twitter](#) and [Instagram](#) and Check us out on [Pinterest](#)

You can also sign up to our [Newsletter](#)



ACNC Has Made it a Lot Easier for Charities to Report

While Charities have an ongoing obligation to report annually, the ACNC has a range of resources available to assist charities to complete their mandatory reporting.

The 2017 Annual Information Statement sees the introduction of easier-to-understand questions and improved auto-filling and auto-calculation capabilities. The new AIS Hub on the ACNC website also contains a helpful step-by-step guide and checklist, designed to simplify the reporting process for charities.

You can find more information or submit your charity's 2017 AIS at this link acnc.gov.au/2017AIS >



Perinatal Depression and Anxiety Australia

PANDA supports women, men and families across Australia to recover from post and antenatal depression and anxiety, a serious illness that affects around 100,000 Australian families every year.

National Helpline

Providing the only National Helpline dedicated to perinatal mental health, PANDA is driven by the lived experience of people affected by perinatal anxiety and depression. PANDA responds to the needs of families across Australia, from major cities to rural and remote areas. Helpline peer support workers and professional counselling staff offer support, information, counselling and referral to mothers, fathers, family and friends. Our team also provides secondary consultation to health professionals.

PANDA National Helpline (Mon to Fri, 9am - 7.30pm AEST)

1300 726 306 <https://www.panda.org.au/>

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



SUPPORTED INDEPENDENT LIVING IS NOW AVAILABLE FOR YOU TO ENJOY!



FULLY ACCESSIBLE

INDEPENDENT LIVING

24/7 SUPPORT AVAILABLE

Have you considered living independently?

FSG Australia is excited to offer the first Supported Independent Living Model.

The complex is specialist disability accommodation (SDA) approved.

Four brand new, fully accessible apartments with an adjoining Community Hub in Ballina, Northern NSW, and another close to completion on the Gold Coast, South East QLD.

📞 QLD 07 5564 0655 | NSW 02 6618 4970

📷 📺 🌐 [fsg.org.au](https://www.fsg.org.au)

Genetic Matters

by Professor Kim Summers PhD FRSB

Sweet and sour

You often hear someone saying that they don't really like sweet things. On the other hand you may see people tucking into sugary drinks or very sweet cakes throughout the day. Now several studies have shown that genetic variants can determine whether we seek out sweet treats, over-salt our chips, love Brussels sprouts or hate fresh coriander.

A major determinant of food preferences is its taste and smell. This is important, because things that taste or smell bad are often bad for you. Evolution has favoured individuals who carried genetic variants that allowed them to detect the taste and smell of potential poisons and avoid them, unlike those who could not discriminate between good and bad foods. It has been known for more than 80 years that some people taste the compound phenylthiocarbamide (PTC) as very bitter while others can barely detect it. Since chemicals very similar to PTC are often found in green vegetables such as Brussels sprouts, kale, asparagus and watercress, it may explain why some of us have trouble getting our five a day.

Taste is largely detected through taste receptor genes. The relationship between variants in these genes and the tastes they detect are only now beginning to be understood. In general type 1 receptors (encoded by three different genes) are responsible for tasting sweet things and type 2 receptors (43 genes) for bitter tastes. The different number of sweet and bitter receptor genes probably reflects that fact that bitter things are more likely to be toxic than sweet things. The detection of PTC appears to be controlled by the type 2 *TAS2R38* gene and genetic changes in this gene have been associated with the ability to detect the bitter PTC taste. Unfortunately people who can taste PTC are likely to add extra salt to their food, as this has been shown to mask the bitter taste of the green vegetables. So being a PTC taster may impact on your health both because you eat fewer green vegetables and because you increase the amount of salt you eat to disguise the taste of the vegetables you do eat.

Smell is also a key component of taste. Many people have very poor ability to detect certain smells such as roses. The compound androstenone is found in meat from uncastrated male pigs and is responsible for the "boar taint" odour of some pork. The ability to smell androstenone is variable among humans, so some of us are unable to face "tainted" pork while others don't know what the fuss is about. Similarly, some people find that fresh coriander smells soapy or like dirt, while others find the smell delightful and add it in handfuls to stir fries and salsas. So smell also determines our eating preferences.

Differences in ability to smell certain odours is determined by genetic variants in our olfactory receptors. People who find the smell of fresh coriander unpleasant probably have a change on one of the olfactory receptor genes, called *OR6A2*. Humans have about 400 different olfactory receptor types. As there are far more than 400 different smells that we can detect, different odours are likely detected by combinations of receptors. Mice and dogs have at least twice the number of functional olfactory receptor genes, allowing them to detect more subtle differences in smells as well as lower concentrations of the molecules that cause the smell.

But smell and taste aren't the only factors that determine whether we like a particular food. A recent study looked at a protein made by the liver in response to sugar. People with specific genetic variants of the gene encoding this protein, *FGF21*, were more likely to eat sweet foods. The levels of the protein went up after eating sugars, but those who disliked sweet food had higher levels at all times than those who chose to eat lots of sweet things. The researchers are now looking at people who are completely deficient in *FGF21* to see whether their sugar consumption is extreme. Perhaps the main role of *FGF21* is to prevent excess sugar intake, and people with the genetic variants do not have this regulatory system.

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Eating preferences are partly due to habits, environment, what our families eat, but clearly there is also a genetic component to how we want our food to taste. The toddler who refuses to eat greens or the adult who hates coriander may just be fulfilling a genetic destiny.

"Kim is a Professorial Research Fellow at the Mater Research Institute - University of Queensland, and Professor of Comparative Genetics, The Roslin Institute, University of Edinburgh. Kim is also a valued past Committee Member of Self Help Queensland Inc. The views expressed are her own and not necessarily those of her employer"



Fact: All Fruits Contain Sugar

Fact: Some Fruits are Much Lower in Sugar Than Others

Fruit is a healthy way to cater to a sweet tooth and add nutrients to the diet, but some fruit, such as [bananas](#) and [mangoes](#), have a higher amount of sugar than many others.

For anyone looking to reduce their daily sugar intake without compromising on taste and nutrition, below are some of the low-sugar fruits

1. Strawberries. Like many other berries, they are high in fibre and contain very little sugar. There are only about **8 grams** of sugar in 8 medium-sized strawberries. They are a good source of vitamin C.

2. Peaches

Although they taste sweet, a medium sized peach only contains around **13 g** of sugar.

3. Blackberries

Blackberries [contain](#) **between 4 and 5 g** of sugar, 5.3 g of fibre, and 1.39 g of protein per 100 g. They are also a good source of [antioxidants](#). Interestingly, blueberries contain around double the amount of sugar as blackberries.

4. Lemons and limes

A lemon or lime has **no more than 2 g** of sugar per fruit and high levels of vitamin C. Lemon juice can be squeezed over a salad instead of using a salad dressing.

5. Honeydew melon

A slice of honeydew has around **11 grams of digestible sugar** and contains potassium, vitamin C, and iron.

6. Oranges

A medium-sized orange has around **14 g of digestible sugar** and is also an excellent source of vitamin C.

7. Grapefruit

Half a medium-sized grapefruit contains around **11 g of sugar**.

8. Avocados

Avocados are **almost sugar-free**. They are also a good source of healthy fats and fibre.

Source: Medical News Today 18/11/2017 <https://www.medicalnewstoday.com/articles/320078.php>

"If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse, and you say that you are neutral, the mouse will not appreciate your neutrality."

Desmond Mpilo Tutu

Clergyman, Theologian, Anti-apartheid and Human Rights Activist

Born: 7 October 1931, South Africa

Introducing My Support Broker to Queensland

My Support Broker Qld (MSBQ) is a Peer to Peer Social Care Model.

This social enterprise business provides self employment opportunities for those with the lived experience of disability and their carers, within their local communities. Trained Peer Support Brokers offer Support Coordination (personal shopping), Plan Management (financial intermediary) and support for Self Management in the NDIS and Aged Care package space.

How MSBQ Works

Free internationally accredited training is provided for peer brokers to operate a virtual business via an online platform and user friendly e-wallet (for easy receipt of invoices and payments). Broker curated services and supports are sourced in accordance with a participating customer's requests, creating innovative personalised plans that works towards their goals and aspirations. Independent Quality Assurance guides all brokerage, providing reassurance and safeguarding for all involved in the planning process. Ongoing professional development is provided for brokers and customers can also receive training opportunities to work towards self management. Flexibility is key to the interaction between broker and customer, where fluctuation in health status and related circumstances impact.

What MSBQ brings to the Community

- Social capital through valuing the lived experience of people with disability, ageing and their carers.
- Improved quality of life for those experiencing disability or the challenges of ageing and caring via better experiences of care and support. Improved perceptions of health, and in some cases reduced hospital admissions. Increased links to, and use of community supports and services.
- Self employment opportunities for those people who are often challenged to find meaningful, yet flexible work.
- Our virtual platform can also produce regional based intel reports to inform local service providers or support networks the unmet needs within the community, therefore leading to potential business expansion or start ups.

What's Next?

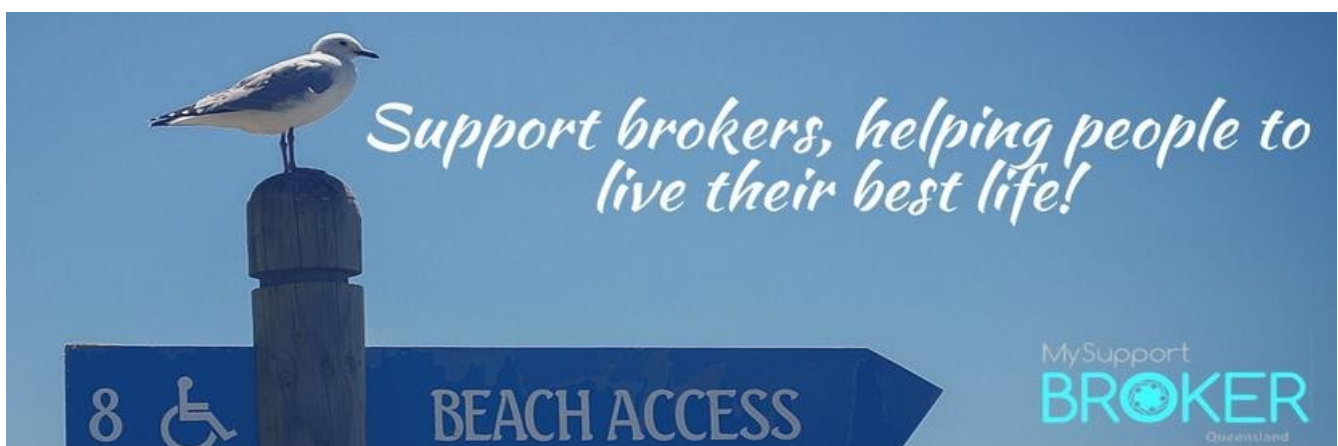
We have recently trained Peer Brokers in support coordination and plan/fund management of NDIS and Aged Care packages, but will need more as participant numbers increase. Training dates and locations will be announced before the end of the year. For more information please contact

Rose Vearing 0411 455 972

rose@mysupportbrokerqld.com.au

Robyn Bryan 0428 684 721

robyn@mysupportbrokerqld.com.au



Reach Out

- By Doctor Harmony, Psychiatrist (www.doctorharmony.com)

Do you keep a brave face to the world but suffer silently?
 Do you feel no one cares? Do you feel all alone?
 Are you embarrassed and ashamed to talk about your challenges?
 Is it hard to ask for help and to rely on people?
 Do you worry about being a burden on others?
 Are you the type of person who fixes other people's problems but finds it hard to ask for help?
 Do you find it hard to talk about your feelings?
 Are you used to being able to deal with your problems and am fiercely independent?

Research suggests that "bottling emotions" causes an array of problems, unintentionally. It alienates people, causes conflicts, increases the likelihood of mental illness, sexual problems, drug and alcohol issues, significantly raises the risk of death from heart disease and cancer and is associated with many other health conditions.

Often, I see family and friends care about a struggling loved one, who will not talk about issues they are having or seek help. Loved ones frequently report that they feel helpless, frustrated and alienated. Often, tension builds up in the relationships. This then makes the struggling person feel unsupported, alone and angry. A vicious cycle ensues.

The benefits of talking to people, be it friends, family or health professional, are endless.

Opening up to loved ones about your worries and vulnerabilities shows them that you trust them and value them. Accepting help can make them feel less helpless. It is the best gift you can give to yourself and those who love you. It builds intimacy.

Also, talking about issues, even if no solution has been found yet, can feel like a burden lifted and halved. I hear this frequently when people get counselling. Sometimes, it also is helpful to hear different perspectives on the problems.

On another note, often I see people who struggle to talk about issues because they think they should be able to deal with it themselves. They often have very high expectations of themselves. This can be to the extent that it is unrealistic, such as thinking, "I shouldn't have to get help. I'm the one who helps everyone". If they cannot fix the problems then they often feel useless, hopeless, depressed or increasingly helpless. They forget that everyone is imperfect and will need help at some time or other. It helps to remember that life is full of situations which are out of one's control. No one is immune to this. It could be health problems, family issues, money worries or work concerns.

I often hear that people "put on a brave face" because they have always been strong. In fact, the irony is that it takes immense courage to be honest with ourselves and others around us. It takes even more personal strength to seek help and confront issues head-on.

Especially over the festive season, let's build bridges with people we love, not walls. Be kind to yourself. Reach out and be honest to yourself and with others. It is a priceless gift that you can give to yourself and people you love this festive season.

If you would like to find out more ways of dealing with anger, sadness and other uncomfortable feelings, check out series one of my Building Resilience books series www.doctorharmony.com. Although it is marketed as children's picture books, it has great tips for children and adults alike.



*This column is general information only and is not intended to be taken as clinical advice. Please seek professional advice with your local doctor or counsellor for individual circumstances.

New Anxiety and Depression Peer Support Group - Update

One of the most common enquires that we get is from people looking for Depression and Anxiety Support Groups. Unfortunately there are not a lot around.

Last month **Maria** approached us with an idea to set up a depression and anxiety support group at the [Sherwood Neighbourhood Centre](#). We were very excited, and found another interested co-facilitator, **Roy**, from our networks. The group had it's third meeting recently and it is going very well.

This is NOT a clinical program it is a Peer Run, Self Help/Support Group. A lot of people find these very valuable; a way of connecting with others, sharing tips and tricks and feeling less alone. Support groups like this are very welcoming and they recognise that people who are dealing with anxiety and depression may not attend every meeting but the connection is there.

Details about the group are available via their Meetup Page [Western Suburbs Anxiety and Depression Support Group](#).

If you want to join there is a button to [click](#) and a question. We have two kinds of members:

- 1 People who are actively working with their anxiety and depression (members)
- 2 Those who are supports and allies (associate members)

It costs nothing to join but we ask for a \$2 donation at the meetings to help support the [Sherwood Neighbourhood Centre](#)

Our associate members are an interesting group, three of them might identify as having "Recovered" from anxiety and depression. Recovery is possible!

Have you considered putting Your Group on Meetup?

Self Help Queensland recently helped the [Western Suburbs Anxiety and Depression Support Group](#) set up a Meetup group.

Meetup has a directory of face to face groups operating in your area, <https://www.meetup.com/> They will ask you to sign-up. It is free and then you will have access to a list of groups.

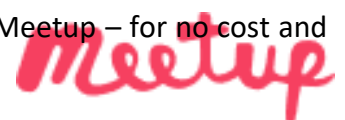
There are a lot of varied groups. Choosing a day at random, You can attend a meeting within 5 miles of your home eg [Western Suburbs Anxiety And Depression Support Group](#), [Brisbane Public Speaking Meetup](#), [Improve Your Impromptu Speaking Skills](#), [Spanish Playgroup](#), [Spanish Story Time At Toowong Library!](#), [Hiking South East Qld And More](#), [Brisbane Facilitators Network](#) . I could join [Join The Tech-fugees & Homelessness Hackathon Christmas Meetup!](#), [Brisis - Brisbane Javascript](#), [The Brisbane Book Club Meetup](#), [Women Success Mindset Brisbane](#), or [Play 500 Cards Group](#) and that's only the 4th of December!

For Self Help and Support groups, putting your groups up on **Meetup** allows you to have a website for your group. It provides a system where members can sign up, it notifies people of meetings and it advertises your group to a wide audience.

Since we put up [Western Suburbs Anxiety and Depression Support Group](#) last week, we have attracted 12 members, two have already committed to attend the next meeting on the 4th of December.

Would you like help to put your group on Meetup?

If you are interested, Self Help Queensland can help you put YOUR group up on Meetup – for no cost and no risk. Contact Roy at SHQ on 0400 921 510.



Street Homelessness is a Global Concern, But Adelaide Has Been Chosen as One of 10 Cities in the World to Join Together to Solve the Problem.

South Australia's efforts could help shape the global response to street homelessness. The Institute of Global Homelessness (IGH), has recognised Adelaide as one of a select group of 10 cities on six continents to partner with the IGH in setting "ambitious but achievable goals" to solve the problem of homelessness as part of a campaign called A Place to Call Home.

Dame Louise Casey, a driving force behind the establishment of the IGH, said homelessness was a global challenge but "an eminently solvable problem".

Adelaide was chosen not only because it has a significant homelessness problem, but "we didn't want to pick areas that were going to be too easy, but at the same time we need areas where there was recognition both politically, in terms of the charities that work here, and the public, that actually they wanted to do something about it"

"We wanted areas that do have problems but that are really, really up for trying to do something about those problems in a very determined way. So Adelaide made it over the line in terms of that."

"There is something about knowing that the world is watching you, that basically levers up more power, so that actually the people here when they did their announcement with me were facing not only their own media and their own public in this country and this city and this state, they know that they'll be under international scrutiny as well....."

"A Place Called Home is about an emotional and a different approach to trying to show that for some of these very long term vulnerable people, it is possible for them to move away from the streets both psychologically, emotionally and physically."

(Source: Pro Bono Australia 21/11/2017 Wendy Williams, Journalist)

Meanwhile, What can we do to help in our own neck of the woods? Especially at Christmas!

Self Help Queensland has recently experienced street homelessness on our own doorstep. We became aware of some simple needs that could make a big difference in some people's lives.

Being homeless does not mean you enjoy going without a shower, or being unable to do the things most people take for granted every day - cleaning our teeth, using soap, deodorant and other personal hygiene products.

Therefore, SHQ is undertaking a modest campaign of our own. Donations of any toiletries products can be left at our office to pass on to those who need them most. We are joining a network of others who are doing the same small thing in their local community.

As Dame Louise Casey (see above story) tell us, what makes a campaign successful is ensuring the community feels a connection to those most vulnerable.

If you have soap, toothpaste, toothbrushes, deodorants, shampoo, band aids, feminine hygiene products, razor blades, shaving cream, toiletry bag, betadine, dettol etc please drop them off to our office In Lister Street Sunnybank. It would be best to phone first on 3344 6919 or email info@selfhelpqld.org.au to make sure we are here to meet you. Thank you!



Simple! Makes Sense! Easily Replicated!
Feels Good! Reduces Waste! Improves Soil!

Brisbane Residents are contributing their kitchen scraps to nearby community gardens - and feeling good about it!

Brisbane City Council has partnered with a number of community gardens around Brisbane to help residents turn kitchen scraps into nutrients for soil.

Food waste is a big part of what goes into Brisbane's bins and composting helps to reduce the amount of organic waste we send to landfill. Composting is an easy way to build an understanding of where our food comes from and how valuable our kitchen scraps can be in the cultivation and harvesting cycle.

This program asks residents living near the new community composting hubs to regularly contribute their kitchen scraps to the community garden compost bin.

With the support of Council and local garden volunteers, residents will also learn more about the many benefits of composting and other great ways to reduce the amount of organic waste they create.

Registered participants will receive a free kitchen caddy to help them collect and transport scraps to their local composting hub where onsite signage will make composting quick and easy.

Community composting hub locations

There are a number of community composting hubs across Brisbane - Annerley, Morningside, Lota, West End, Bowen Hills, Kelvin Grove, Aspley, Yeronga, Moorooka, Windsor, Nundah, Sunnybank Hills, Toowong, The Gap.

[View the locations as a Google map or table](#)

Register online

[Register online](#) to be involved at a community composting hub near you or come to one of the welcome and information events at the community composting hubs.

You can also sign up for a free Council compost and [worm farm workshop](#) to learn more.

How to set up a Crowdfunding Project: A Checklist

Before you launch your project upon the world, think it through, from how you'll tell your story, to how you'll persuade people to support you. This [crowdfunding checklist](#) can help you get started. It's just one of the great resources on tap at the Funding Centre's [crowdfunding help centre](#) among help sheets and books.

New Free Phone Service to Support QLD CALD Communities

Multicultural Communities Council Gold Coast (MCCGC) in partnership with Red Cross is launching a new free service called 'I Speak Your Language'. Volunteers who speak languages other than English will give a friendly phone call to people who are feeling lonely or may be isolated across Queensland and would like to speak in their native language.

We are looking for participants who would like to receive a social phone call once a week. There is no eligibility criteria and we currently have volunteers who speak Spanish, Korean, Italian, Thai, Farsi, Turkish, Hungarian and we will match other languages where possible based on demand. For further information:

<https://www.mccgc.com.au/mccgc-news/mccgc-news-feed/volunteers-needed-i-speak-your-language/>

The Soft Bigotry of Low Expectations

One of the biggest barriers to people with disability getting a job is the culture of low expectation, writes Kelly Vincent MLC from Dignity Party.

In Australia, 82 per cent of people without a disability are in the workforce, compared to only 53 per cent of those who have disabilities.

Unfortunately, an Australian survey shows that fewer people with disabilities are participating in the workforce than they were 20 years ago.

It feels at times as though we are slipping backwards. The statistics indicate that there are still significant barriers to people with disabilities getting a job and, importantly, getting a position that provides them with a living wage.



Some of those barriers are physical – ramps, adjustable desks, screen readers and accessible toilets – everyday, practical kind of things. Transport to and from work can also be a

barrier to overcome. **However, the bigger issue, and the one that can't be seen, is the attitudinal barriers that people with disabilities face from potential employers and workmates.**

It was George W Bush, former US President, who back in 2000 described institutional discrimination and bias as “the soft bigotry of low expectations”.

It is safe to say that politically I don't have much in common with George W. Bush, former president of the United States, but he used a phrase to describe institutional discrimination and bias that seems as apt today as when he spoke it, back in 2000. He described it as the soft bigotry of low expectations. Even today in 2017, it is a real thing and it is forming a barrier around people with disability every day and in all aspects of their lives.

When it comes to employment it seems that there exists this culture of low expectation, there is also fear, and there is a view that it is absolutely fine to pay someone with a disability \$3 (or less) an hour when the rest of us are supported by laws that guarantee us a minimum wage.

Time and time again I hear about the resistance, ignorance and outright prejudice of employers when it comes to having a conversation around employing people with disabilities.

In my home state, in 2015, the South Australian public sector embarked on a special three-month long campaign aimed at increasing the number of people with disabilities employed by the government. You could see it on their website, they had a big push internally to find positions for people with disabilities. I can report that this campaign resulted in just eight new positions for people with disabilities. Now, with a public sector workforce in SA of 103,000 I know we can do better than that, and to do that we must become part of creating the inclusive future we want to see in the world.

It is important that we look at how to overcome the barriers to employment, especially the understanding the community has about people with disabilities.

We need to devise effective programs to increase the level of disability awareness and values training in the community. This needs to happen in schools and universities, in business and in government. It is preferable that this training be delivered by people with disabilities, as sharing our lived experience has a big impact – as well as providing quality employment.

Finding work that is meaningful makes such a difference to people's overall (Continued on Page 15)

(Continued from Page 14)

health and wellbeing. It's also important that we don't seek short-term runs on the board in terms of placing people with disabilities in employment. It is not enough to have a job for the sake of having a job. We need to get individualised programs in place to properly prepare people for the job market, and raise their skill level, and their expectations.

In Australia we have an ageing community; it is estimated that four in 10 workers will be aged 45 or over by 2020. We know that disability increases with age, so clearly there are some significant workplace implications with this ageing workforce that will increasingly include more people with disabilities.

Australia is also facing skills shortages and, economically, our employers and service providers simply cannot afford to ignore this substantial market segment of the community. The most significant barrier for people with disability, however, continues to be stereotypical assumptions and attitudes of employers about what people with disability can and cannot do.

It is clear that people with disabilities must have equal work opportunities and equal pay when they perform work of equal value.

About the author: Kelly Vincent MLC is the youngest woman ever elected to an Australian parliament, the first elected on a disability rights platform and leader of the Dignity Party in the SA Legislative Council. First elected in 2010, Vincent ensured the trailblazing Disability Justice Plan, instigated a select committee into the education of students with disabilities, and wrote universal design principles into state planning law.

***Kelly Vincent MLC is the youngest woman ever elected to an Australian parliament, the first elected on a disability rights platform and leader of the Dignity Party in the SA Legislative Council.**

(Source: ProBono Australia 20/2/2017 <https://probonoaustralia.com.au/news/2017/02/soft-bigotry-low-expectations/>)

National Health Genomics Policy Framework 2018-2021

In November 2017, COAG Health Council members agreed to the first [National Health Genomics Policy Framework](#) (Genomics Framework) and [supplementary information](#). The Genomics Framework is a cross jurisdictional plan to align efforts to integrate genomics into the national health system. Genomics has the potential to contribute to early diagnosis, better targeted treatments and disease prevention. The Framework provides for better co-ordination of genomic activities across Australia which harness the benefits of genomics in an efficient, effective, ethical and equitable way, for the benefit of all Australians.

Genomics has enormous potential in the rare disease space, particularly for improving diagnosis – a priority for the rare disease community. An implementation plan for the Genomics Framework is being developed and is expected to be considered by Health Ministers in the first half of 2018.



ausee Inc is an Australian charity providing support and information to anyone diagnosed with or caring for someone with an Eosinophilic Gastrointestinal Disorder (EGID) including Eosinophilic oEsophagitis (EoE).

We offer an online **Facebook support forum** that you can join [here](#).

We also have a **Facebook group for Adults with an EGID** and it can be joined [here](#).

Our **Teen Facebook group** is by invite only, please send email to admin@ausee.org.

The **Keep in Touch Program** is for children of all ages with EGID so that they can connect with other children in Australia and/or New Zealand. Please complete the form on our website [here](#)

Livewire Australia can be joined by anyone aged between 10 to 20 and living with a serious illness, chronic condition or disability (and their siblings). Join Livewire [here!](#)

For details on hosting or attending a **local support group** in your area please contact support@ausee.org

www.ausee.org



Design for Anxiety Carers and Loved Ones Wanted

A doctorate project is looking for people over 18, who care about a young adult (18-25 yrs old) who experienced anxiety in the past or present. This might be a friend, partner, family member, teacher, colleague etc. of a young adult.

The aim is to help design a user-friendly information resource on anxiety that young adults and their loved ones can use. No design or drawing experience is needed.

Participation will involve attending a workshop on Saturday 16th December 9.30-12.30 at OUT Kelvin Grove; and completing two brief questionnaires. During workshops we will discuss ideas about designing an information resource. This will include choosing images that represent your preferences, understanding your information needs and contributing to image making.

Participants will be offered a \$20 Coles Myer voucher upon completing the workshop.

If interested please contact Luca at lucaireland@gmail.com or call 3138 1650.



Ethics approval: 1700000434

In Addition to the Above Project



Design for Anxiety Participants Wanted

A doctorate project is looking for people aged 18-25 to help design user-friendly information resources on anxiety. No design or drawing experience is needed.

Participation will involve attending a workshop on Saturday 9th December 10am-1pm at QUT Kelvin Grove; and completing two brief questionnaires.

Participants will be offered a \$20 Coles Myer voucher upon completing the workshop.

If interested please contact Luca at lucaireland@gmail.com or call 3138 1650.



Ethics approval: 1700000434

Grow

mental
wellness
programs

Finding Help Is Easy

Grow is a community-based organisation that has helped tens of thousands of Australians recover from mental illness through a unique program of mutual support and personal development.

Grow Groups meet weekly and vary in size from three to ten members, and are run by seasoned 'Growers' who have taken a voluntary leadership role within the Group.

Over the course of each meeting, the group engages in a series of group discussions, interactions, and readings that follow a structure and timetable to ensure everyone has an opportunity to participate, and meetings finish on time.

What makes Grow so special is the practical advice and the wisdoms that are discussed every week from a range of literature, some of which has been written by the founders of Grow. This literature has proven to be of enormous benefit, and can assist with keeping 'Growers' on track with their road to recovery.

There are also opportunities to develop new friends and interests and support each other in practical ways.

There is no charge to participate in Grow programs. There are no assessments, no need for a diagnosis and no strict eligibility criteria.

There are 20 Peer Support Meetings throughout Queensland as well as an online eGROW Group for those Queenslanders who are not able to attend face to face meetings.

Regions where GROW Groups are located

Brisbane North, Brisbane South, Central and North Queensland, Sunshine Coast, Gold Coast, Darling Downs West Moreton. To view Group Meeting Locations go to: <https://www.grow.org.au/qld/>

Contact Grow

Address: 1014 Logan Road Holland Park Brisbane

Postal: PO Box 178 HOLLAND PARK Q 4121

Phone: 07 3394 4344 or free call 1800 558 268

Email: gld@grow.org.au

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LORD MAYOR'S SENIORS CHRISTMAS PARTIES

OH WHAT FUN IT IS

Experience the joy of Christmas at the Lord Mayor's Seniors Christmas Parties. Celebrate the festive season among friends and fellow Brisbane seniors.

Enjoy a high tea and the finest local artists performing traditional singalong Christmas carols and performances from Monday 4 December to Friday 8 December at 9am or 12.15pm at Brisbane City Hall.

Tickets are \$5. Bookings are essential. Visit qtix.com.au or phone 13 62 46.



For more information visit brisbane.qld.gov.au/whats-on or call 3403 8888.



Dedicated to a better Brisbane

LGBTIQ Peer Social Group

This is a peer facilitated support group where all LGBTIQ people and allies are welcomed.

It is a safe and supportive environment where participants can have open and honest conversations.

Would you like to:

- Meet people in your community?
- Engage in conversation with like-minded people?
- Share your experience?
- Find LGBTIQ friendly professionals?

Southport Hub: 10 Mick Veivers Way, Southport
1st Friday of month 1.30pm - 3pm
Ph 5591 1750 mhubsouthport@mifq.org.au

Palm Beach Hub: 1/19 Fifth Ave, Palm Beach
3rd Friday of month 10m - 11am
Ph 5587 0600 mhupalmbeach@mifq.org.au

An initiative of MIFQ Qld. www.mifq.org.au

New Peer Support Group for NFPs

We've created a new Facebook group for Australian not-for-profits called [Not-For-Profit Happy Hour Australia](#). It's an online space to ask and answer questions, vent, celebrate, throw ideas around, seek advice and support others' pursuits. Join the conversation!

(Source: EasyGrants Newsletter - November 2017)

National Volunteering Conference 2018

Registrations are now open for the 17th National Volunteering Conference held next year 20-22 June 2018 at the International Convention Centre in Sydney.

The conference theme this year is *"Ignite, Invigorate, Inspire"*. The 2018 Conference will provide a forum for not-for-profit, managers of volunteers, researchers and policy contributors to advance and strengthen the volunteering sector through knowledge sharing and discussion.

To view registration rates visit the [National Volunteering Conference 2018 website](#).

<http://nvc2018.com.au/>



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



Invitation to Join Us & Celebrate

There will be various prizes to be won. Bring your friends, family, colleagues and neighbours to be part of this celebration. We look forward to celebrating with all Ghanaians and friends in Queensland!

Date: Saturday 9th December 2017

Time: 5:30pm – 11pm

Venue: Wellers Hill Bowls Club,
164 Sexton St, Tarragindi QLD 4121

Dress: Smart Casual

Cost: Children 1 to 5 years **Free**, \$10 children under 18
\$20 for youth under 25, \$25 for Individuals

[Book Now](#)

Medical Christmas Tree



"Heroes didn't leap tall buildings or stop bullets with an outstretched hand; they didn't wear boots and capes. They bled, and they bruised, and their superpowers were as simple as listening, or loving. Heroes were ordinary people who knew that even if their own lives were impossibly knotted, they could untangle someone else's. And maybe that one act could lead someone to rescue you right back."

Jodi Lynn Picoult
 American Author
 Born May 1966