

# 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**

SHQ turns 35 this year: a very significant milestone!

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

This is an appropriate time to reflect on our history since inception and the contribution our organisation has made to the Queensland Community.

I would like to pay tribute to those founding volunteers who were dedicated to the principles of self help and worked hard to set up an organisation which still remains the only one of its kind in Queensland.

This in itself is a reflection of the many volunteers who have taken the reins since, and who, in 1995, convinced Queensland Health to provide funding to help build and strengthen the Self Help Sector in Queensland.

SHQ is dedicated to developing, growing, promoting and building the capacity of self help and support groups in Queensland. As of 2018, we have identified more than two and a half thousand groups. This number modestly translates to at least 250,000 Queenslanders.

On our website we provide a free, online database of groups which is available to everyone in the community.

Groups include those relating to rare or common disorders, genetic conditions, chronic illness, mental health, grief and loss, abuse, addiction, disability, refugee, sexual health, parenting, childbirth, GLBTIQ, emotional issues, culture, environment etc.

SHQ has weathered a lot of storms over the past 35 years, primarily financial ones. It has been quite a struggle at times, and still is, but volunteers are a resilient lot, and successive Management Committees have worked not only to overcome the obstacles, but to grow SHQ into a respected, ethical and effective organisation.

Thank you to all our stakeholders and everyone who has contributed to the success of SHQ over the past 35 years.

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](mailto:info@selfhelpqld.org.au)

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

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

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

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

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

### Disclaimer

The views expressed in this publication are those of the individual authors and not necessarily those of Self Help Qld.

The material supplied is for information purposes only, and is not to be used for diagnosis/treatment, or as legal, tax, accounting or any other type of advice. The SHQ newsletter editor reserves the right to edit contributed articles.



Queensland Government

Thank you 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	Rosa Prael Elizabeth Carrigan Melody Edwardson
Co-ordinator	Trish Fallon
Bookkeeper	Janette Evans
IT Volunteer:	Roy Hanfling

## How to Contact Us

Phone:	07 3344 6919
Email:	<a href="mailto:info@selfhelpqld.org.au">info@selfhelpqld.org.au</a>
Website:	<a href="http://www.selfhelpqld.org.au">www.selfhelpqld.org.au</a>
Postal:	PO Box 353 SUNNYBANK QLD 4109
Street:	Sunnybank Community Hall 121 Lister Street SUNNYBANK QLD 410
Office Hours :	Tues - Friday 9am - 4.30pm

## Please Help Us by Becoming a Member of SHQ

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

Concession: Students, pensioners	(\$10)
Support groups and individuals:	(\$20)
Professionals and organisations:	(\$30)

To become a member please click the link below <http://www.selfhelpqld.org.au/membership>

## What We Do

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

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

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

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

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

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

Promoting the benefits of self help and support groups.

Bi-monthly newsletter, website, facebook.





# Story of change



## Goal #1 - Social Inclusion

The FSG team introduced Wayne to the Southport Central Hub community in mid-2016, with Wayne joining their weekly Thursday night dinner and some of the social activities with other FSG customers. The impact was immediate and considerable. Wayne's outlook became more positive and he loves socialising with his mates. *"I go camping with my friends and we have a BBQ. We also go Tenpin bowling on Saturdays."*

## Goal #2 - Learning New Skills

Wayne now has a busy week out and about in the community. He works at the FSG Retail Training Centre and gets involved in the weekly numeracy and literacy group, Cooking Club, the grocery shopping group, the bowling group, and the budgeting and practical money handling group. These initiatives provide real life learning opportunities, in a group environment.

## Goal #1 - Building Confidence

Wayne recently moved into his own 21st floor supported independent living apartment overlooking the Gold Coast waterways. FSG DSE's are working with Wayne to increase his independence. After just three weeks of practicing, Wayne can now independently navigate the security system and lifts in and out of his apartment. Wayne is also learning how to use public transport on his own. *"I love the view! I live close to the shops so I can walk everywhere."*



*...and this is just the beginning*

#NDIS #letsdothis [fsg.org.au](http://fsg.org.au)

# Genetic Matters

by Professor Kim Summers PhD FRSB

## A ripe old age

As I approach retirement age, I am increasingly interested in studies of aging. The average life expectancy of people in Australia has increased over the last century; a person born in 2010 can expect to live to 81 on average whereas their grandparents born in 1960 are expected to live to 70 on average. If you were born in 1880 you expected to live only to 50. This change is partly due to the development of antibiotics which prevented the serious bacterial diseases that caused many deaths in the first half of the 20th century, but also because of earlier recognition and treatment of common diseases associated with aging, such as some cancers and heart disease.

This figure for life expectancy is the average age at which people born in the same year die and it has been rising because more and more people survive infancy and adolescence. So there are more of us reaching venerable old age. But the maximum age that a human can live to has not changed in the same way. There were (rare) centenarians in 1880, more in 1980 and even more in 2017. The documented oldest person was Jeanne Calment who was more than 122 years old when she died twenty years ago in 1997. There are many people who lived to between 110 and 119, some still alive, but so far no-one has lived longer than Jeanne Calment. This hints that around 120 is the biological limit of a human life. Life expectancy has increased not because the maximum age we can reach has increased but because more of us are getting close to that maximum age.

Living to a ripe old age is no fun if you are hospitalised, in pain, unable to sense the environment around you or incapacitated in other ways. As more of us reach our centuries, focus of research into aging has to be on how to provide a healthy old age. Here in Edinburgh there is a long running study of people who sat country wide tests at 11 years old in 1932 (born 1921) or 1947 (born 1936). Recently researchers tracked down nearly 2000 of these people and recruited them into a study of aging. They were given the same test in their seventies and performance compared. Many of them have also had studies of their brain, thinking processes, biological well-being, life style, genetics and other factors that might influence their longevity and quality of life.

There have been many results published from these studies. For example, an effect genetic variation of a specific gene (*APOE*) on measured intelligence was seen at 79 years of age but not at 11. This variant has been associated with Alzheimer disease; perhaps the test is measuring very early changes associated with dementia. Other studies have looked for markers of dementia. There have been studies of predictors of tooth loss in old age, height and mental aging, kidney function, personality and mood, social mobility and associations with other aspects of health and wellbeing in older people. The goal of these studies of aging is to discover how to help people be healthy for the whole of their life span.

We have taken an alternative approach to the study of aging. In 2010 we established Dogslife, a longitudinal study of Labrador Retrievers throughout life (<http://www.dogslife.ac.uk>). The oldest dogs in Dogslife are now 7, equivalent to human middle age, and we are starting to see diseases associated with aging both in humans and dogs: obesity, cancers, heart disease, diabetes. We are hoping to continue Dogslife throughout the life of our doggie research subjects and to use the results to ensure whole of life health both for dogs and their human companions.

Two recent studies may lead to treatments that will also help us to lead healthy lives as we age. Both have discovered molecules that may revitalise aging cells in the body and perhaps prevent some of the inevitable consequences of cellular degeneration. One compound was administered to mice in their drinking water.

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After a week the livers of old mice resembled those of young mice, with no apparent side effects. This compound promotes repair of damage to the genetic material of the cells, the DNA. Such damage often leads to cancerous changes or loss of cells through senescence (cellular aging). The second compound targets and kills these senescent cells, which have been shown to produce chemicals that are harmful to surrounding healthy cells. Aged mice given this treatment over 10 months gained fitness, regrew hair that had been lost and had improved kidney and liver function. Mice are not humans, and both drugs will need to be tested in large animals and human trials, but perhaps in a few years there will be treatments to ensure that we live our allotted life span with all our organs functioning properly and plenty of hair on our heads.

I would like to dedicate this article to a beloved elderly relative who died recently at the age of 94 and to the older sibling who is thriving at 98. Thank you both for being in my life for so long!

**"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"**



## Results of Recent Self Help Group Survey



Recently, in partnership with the Australian Pain Management Association, Self Help Queensland surveyed Queensland self help and support groups to identify their training needs, if any. Results of the survey indicated the following top training needs:

- 1 Applying effective governance, ethics and standards to self-help groups
- 2 Promoting and publicising a new self-help group
- 3 Self-help group program preparation
- 4 Facilitating a self-help group and structuring meetings
- 5 Sustaining self-help groups

Subsequently a funding application was submitted for a grant to provide 2 days training for Self Help Groups in Brisbane, Rockhampton and Townsville.

We will keep you informed of the outcome of the application, regardless of which way it goes.

## At-home PSA Testing Kit Met with Controversy

A new at-home blood test to measure prostate specific antigen (PSA) has become available for purchase online. This has been met with controversy, as routine PSA testing is not necessary or recommended in most men and may inadvertently cause fear and panic if PSA levels are misinterpreted. [Read more](#)

(Source: "The Healthy Male" Newsletter of Andrology Australia, Autumn 2018 Issue 66)

## Is Your Self Help or Support Group Battling Alone With a Particular Issue?

Like Someone to Talk to?

Perhaps Self Help Queensland Can Help?

Please give Trish a call on 3344 6919

That's What We're Here For!







## Queensland Fetal Alcohol Spectrum Disorder Support Group (FASD)

**A Vital Player in Supporting, Educating and Informing our Community about FASD.**

The Queensland FASD Support Group started from a need to meet and talk with other parents, carers and interested people about living and raising a child who has been affected by alcohol during pregnancy.

Receiving a diagnosis on the Fetal Alcohol Disorders Spectrum can be quite confronting and very often there is the question of "what now?" that follows.

The Qld FASD group is made up of biological parents, kinship carers, foster carers and community members raising children and young people who have been affected by alcohol in pregnancy. We also have adults who have been diagnosed with FASD.

FASD is the most undiagnosed disorder in Australia as many have never heard of it. Many members of the medical community know very little about FASD, having received just a passing mention in their training.

Many women still receive conflicting information about the safe level of alcohol consumption during conception, pregnancy and breastfeeding.

Education systems struggle to support children diagnosed with FASD unless they have a dual diagnosis including intellectual disability or ASD.

There is no funding for children with FASD and they don't fit neatly into a box for verification within the education system.

Many children develop secondary disabilities during their school years due to lack of support and understanding of their needs and how they learn.

### **FASD is often referred to as the "Silent Disability"**

We welcome anyone with an interest in FASD and look forward to providing support in whatever way you need... be it a shoulder and a listening ear, support to deal with the foster care system, education system, Disability Services Queensland, etc. We may not know the answer, but we will work it out together.

The Queensland FASD Support Group is a closed [Facebook group](#). It is a safe place for people to talk. Only members can see and comment. We have a NO SHAME, NO BLAME MOTTO and no judging towards biological mums.

The group was formed on the Gold Coast over three years ago by a mother who could not find the support she vitally needed. It now boasts an impressive 584 members across the various states of Australia as well as overseas countries; a very considerable membership considering the group is a closed one. Doctors, Allied Health professionals, therapists etc are also members of the group along with biological parents, kinship carers, foster carers and people living with FASD.

We try to get together monthly for a coffee and to just talk to others who understand how you feel. There is also a Christmas get together on the Gold Coast with a focus on the children. FASD can be a lonely journey, as many parents struggle to cope with their children's behaviours and judging by others. If you are looking for FASD Groups where members may get together in other Australian states, why not join the [Queensland Group](#) and seek help via its members.

**Source: The founder of the group, Sam, kindly made herself available to Self Help Queensland on several occasions and provided valuable information for us to share with the Queensland Community. She also pointed us to the FASD Hub overleaf.**

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

FASD is a diagnostic term for severe neurodevelopmental impairments (you may see these as difficulties with physical activities, language, memory, learning and behaviour) that result from brain damage caused by alcohol exposure before birth.

FASD Hub Australia is a “one stop shop” for information, services, training, research and publications on Fetal Alcohol Spectrum Disorder (FASD) for Australian health professionals, teachers, justice professionals, service providers, researchers or parents and carers.

Thanks to the [FASD Hub Australia](#) SHQ has chosen to highlight some aspects of FASD that may not be commonly known:

- The effects may not be seen at birth
- All people with fetal alcohol spectrum disorder (FASD) will have damage to different parts of the brain which can cause structural (eg. small head) and functional impairments which can be physical, cognitive and behavioural
- Some people with FASD will have other birth defects such as heart and eye problems
- Although the use of ‘fetal’ may imply that it only relates to babies, FASD has lifelong consequences and can be diagnosed in children, young people and adults
- People with FASD will have strengths and difficulties
- Some people with FASD will have distinctive facial features, but most do not
- FASD occurs in all parts of Australian society where alcohol is consumed
- FASD is a social issue not just a medical condition
- No level of maternal alcohol consumption at any time during pregnancy can be guaranteed to be completely ‘safe’ or ‘no risk’ for the developing fetus
- Some women are at higher risk of drinking and need support from partners, friends, family, health professionals and drug and alcohol workers to stop drinking alcohol when they are pregnant  
It is important to get an early diagnosis so that early interventions and support can be provided.  
With the right support and early interventions, good outcomes across a range of life goals are more likely to be achieved.

A circle of collaboration between health professionals, the family, school and service providers ensures the best opportunities for people with FASD.

The current [Australian Guide to the diagnosis of FASD](#) refers to FASD as a diagnostic term with two diagnostic sub categories:

1. FASD with three sentinel facial features
2. FASD with less than three sentinel facial features

These are the terms used in Australia, Canada and New Zealand since 2016.

### There are Many Common Myths About Alcohol in Pregnancy Below are the Facts

- The brain continues to develop throughout pregnancy and drinking alcohol at any time can damage different parts of the brain. There is no level of drinking alcohol that can be guaranteed to be completely ‘safe’ or ‘no risk’ or a ‘safe time’ to drink alcohol during pregnancy.
- No level of alcohol exposure has been established as ‘safe’ or ‘no risk’ for the developing fetus. The more alcohol and the more frequently a pregnant woman drinks alcohol during pregnancy the higher the risk of FASD.
- Alcohol crosses the placenta. The baby is exposed to the same blood level of alcohol as the mother. Because the liver is not fully formed the fetus cannot process the alcohol and (Continued on Page 8)

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may have the same blood alcohol content or higher than the mother and it remains at that level longer.

- It doesn't matter whether its champagne, wine, beer or spirits. A standard drink contains 10 grams of alcohol – we measure the amount of alcohol not the amount of liquid or type.
- No level of maternal alcohol consumption has been deemed 'safe' or 'no risk' for the developing fetus. Although the risk is greatest with high, frequent maternal alcohol consumption, particularly in the first trimester, low to moderate levels of alcohol consumption can also affect the development of the brain at any time during pregnancy.
- Unfortunately FASD is a lifelong disability and although can be effectively managed and improved it cannot be cured.
- Most people with FASD will not have distinctive facial features. FASD is often referred to as the 'invisible' disability as you can't tell just by looking at the face. It is the damage to the brain that causes the physical, cognitive and behavioural impairments.
- An intellectual disability is an Intelligence Quotient (IQ) score of less than 70. Most people with FASD have an IQ between 70 and the low 80s. Some people with FASD can have a higher IQ.
- Alcohol does not increase milk production, and has been shown to inhibit let-down and decrease milk production.
- Alcohol inhibits let-down and creates stress for the mother and the baby who can't get enough milk.

For a broad range of information, along with some excellent videos, check out [FASD Hub Australia](#)

(Source: [FASD Hub Australia](#) Self Help Queensland is very thankful for the Hub's support for FASD.)

## *meetup* Anxiety & Depression Support Group Now Meets Weekly

The [Western Suburbs Anxiety and Depression Support Group](#) now meets weekly, instead of fortnightly.

We meet every Monday (except public holidays) at 1pm at the [Sherwood Neighbourhood Centre](#) The group has been running for several months now and is very successful.

It is a peer run group where everyone has experiences of living with Anxiety and/or Depression. It's useful to be able to share in a non-judgemental space with people who have had similar experiences.

I seem to learn something new and useful every week.

Roy

0400 921 510

[roy@hanfling.id.au](mailto:roy@hanfling.id.au)

Catch up with us on [Facebook](#)



## Launch of Australians for Mental Health

[Australians for Mental Health](#), a new nation-wide mental health initiative, has been launched in an effort to give a voice to the four million Australians with lived experience of mental ill health, as well as their family and friends.

Australians for Mental Health is demanding a new national mental health culture and architecture that delivers timely, high-quality care for Australians with mental ill-health. [Read more....](#)



# Pain Management

## - A Common Factor for Many Members of Support Groups

Ever have trouble when a doctor asks you to describe the type of pain you are experiencing, then proceeds to ask on a scale of 1 to 10.....

Part of our role at SHQ is to disseminate information relevant to self help and support groups in Queensland and then pass it on.

We came across an excellent article on pain management in the recent newsletter of the Amputees and Families Support Group, which could be valuable to anyone experiencing pain.

*The article contains valuable tips and information, common questions and misconceptions.*

### Words to Describe Pain

Dull	Throbbing	Tight	Burning	Shooting	Pinching
Crushing	Cramping	Tender	Sore	Knot-like	Electric
Stabbing	Deep	Pulsing	Prickling	Stretching	Gnawing
Pounding	Aching	Pressing	Sharp	Pins and needles	

Read the comprehensive article on pain management on the [Amputees and Families Website](#).

## Gambling Community Benefit Fund Round 97 Now Open Closes 11.59pm on 31 May 2018

### To Apply for funding

**Step 1:** Familiarise yourself with the new grants portal

**Step 2:** Read the funding guidelines

Ensure you have a copy of the [current funding round guidelines](#) and refer to these while writing your funding application. You can also access [previous funding round guidelines](#)

**Step 3:** Register your organisation

**Your organisation must register as either a legal entity or sponsored entity before being able to submit an application.** Old 'business partner' numbers are no longer valid. A new 'organisation number' will be issued at registration. To register your organisation visit [www.gamblingcommunityfund.qld.gov.au](http://www.gamblingcommunityfund.qld.gov.au)

**Step 4:** Provide your bank account details

When registering your organisation, you will be required to submit a completed ['bank verification form'](#), that has been signed and stamped by your bank. You can update this if your bank account details change. (You **do not** need to submit a bank statement with each funding application). Please note: If CBFU has already transferred your registration details to the new system, you will be required to submit a bank form when you submit your next application.

**Step 5:** Apply online for a Gambling Community Benefit Fund grant

Once you have registered and received your organisation number, you can log in to the GCBF online grants portal and start your application. You can exit the process at any time after clicking the 'save' button. When you next log in you can easily access your draft application to complete and submit it.

To submit an application visit [www.gamblingcommunityfund.qld.gov.au](http://www.gamblingcommunityfund.qld.gov.au).

**"To me, one of the great benefits of the group is finding out you're not alone.**

**Whatever you're thinking, deciding or experiencing, you're not the only person who's been there".**

Self Help Group Member

## You May Want to Know This!

### Household Workers' Insurance Policy Compulsory According to Work Cover Queensland

**If you employ a household worker in, or about, or in connection with your primary place of residence or connected property, it is compulsory to take out a Household Workers' Insurance Policy.**

#### Who should I cover?

Paying workers to help you around the home can make you an employer.

If you employ a household worker in, or about, or in connection with your primary place of residence or connected property, it is compulsory to take out a Household Workers' Insurance Policy. This will cover you against potential compensation costs if the worker is injured while working for you.

#### Who is considered a 'household worker'?

Household workers include cleaners, nannies, baby sitters, gardeners, handymen and in-home carers. Individual sole trader contractors with ABN's operating their own business may also be considered to be household workers.

#### What does a Household Workers' Insurance Policy cost?

WorkCover Queensland's Household Workers' Insurance policy costs \$50 for a two-year term.

The current period of insurance runs from 1 January 2017 to 31 December 2018. This is a set time frame where all policies have a common end date irrespective of when the policy commences. The premium is not pro-rated and is discounted to \$25 if a policy is taken out less than 12 months before the common end date.

Renewal notices will be sent in late November 2018 or early December 2018. To insure for another two years, simply pay your premium by the due date.

Check out WorkCover's [FAQs page](#) for scenarios where a Household Worker policy may be required, or call WorkCover on 1300 362 128 to discuss your circumstances with an expert advisor.

For further information or to apply for a policy check out [WorkCover Queensland](#)

(Source: WorkCover Queensland website <https://www.worksafe.qld.gov.au/>)



### For Queensland Residents Only Energy Efficient Appliance Rebates

**No Income Test - Simple Requirements - 1 rebate per household**

Rebates will apply to **purchases on or after 1 January 2018**  
for the following household appliances:

**\$200 for a 4 star energy rated Washing Machine** - This includes a combination washer/dryer but does not include an appliance that is a dryer only.

**\$250 for a 4 star energy rated Refrigerator** - This includes a combination fridge/freezer but does not include an appliance that is a freezer only.

**\$300 for a 4 star energy rated Air Conditioner** - This includes ducted, split system and window air-conditioners, but does not include freestanding portable air-conditioners or evaporative air conditioners

**Limited funding available so sign up to receive a notification as soon as applications are open. Go to:**

<https://www.qld.gov.au/community/cost-of-living-support/about-energy-efficient-rebate>

## 'Selfie Generation' Most Likely to Volunteer

By Wendy Williams, journalist specialising in the Not for Profit sector



**Millennials and Gen Z are the demographic most likely to volunteer with a community organisation, according to new research.**

A report, released by NRMA Insurance, found that the so-called “selfie-generation” was among the most helpful and community-minded in the country.

The research, which surveyed more than 2,000 people, found the majority of Australians were committed to helping others with nearly three quarters giving up their time to help the community and 41 per cent of respondents formally volunteering.

In particular, young people aged between 18 and 34 were found to be the group most likely to give up their time to help others (80 per cent compared to 74 per cent on average) or volunteer in their community (43 per cent compared to 41 per cent on average).

NRMA Insurance executive general manager shared value, Ramana James said while millennials were often perceived as “fickle or entitled”, the reality was quite different.

“Young people are well connected, open-minded and have the energy and optimism needed to make a difference,” James said.

“Help is who we are as Australians. We give people a hand up when they need it and we roll up our sleeves when things get tough.

“It’s reassuring to see that this spirit of ‘help’ is alive and well among those who are the future of Australia.”

Volunteering Australia CEO Adrienne Picone told Pro Bono News she was “pleasantly surprised” with the findings.

“In our experience it isn’t backed up by numbers particularly looking at the ABS data and Giving Australia Data,” Picone said.

“Certainly in ABS they found that the age group between 45 and 54 were likely to be the highest group that were volunteering, and I think in Giving Australia it was 35 to 44 years olds but very closely followed by 45 to 54.

“However, anecdotally, we do hear that young people are volunteering in vast numbers and they are volunteering in different ways than perhaps their older counterparts.

“It is really promising for the future when we are getting these sorts of numbers of young people telling us that they are actually giving back to the community.”

Picone speculated there could be an issue in how volunteering data was captured and how volunteering was defined that could account for the different findings.

“Often what we call volunteering, people don’t necessarily see as being a volunteer, they may consider themselves helping out or working on a project, they might not use that word. I think that often is the case with young people,” she said.

According to the survey, young people were more likely to say they gave back because it made them “feel good” (54 per cent compared to 41 per cent on average) and because they wanted to make a difference (36 per cent compared to 34 per cent on average).

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The latest study also asked people about how they felt about their community and the challenges faced in helping others.

The findings showed those who volunteered were more likely to feel like they belonged in their community (with 78 per cent compared to 65 per cent on average).

However the biggest barriers to helping others or volunteering were identified as work commitments (36 per cent), “busyness” (31 per cent) and the out of pocket expenses involved (25 per cent).

James said while it was not always easy to find the time to volunteer and give back, for those who did, the rewards were great.

“Not only are you helping others, but you are helping make your community stronger and more connected,” he said.

“We think it’s important for people to remember that every little bit of help counts. Taking a few minutes out of your day to help a neighbour maintain their property, or help a local community organisation with a project can make a real difference.”

Michael Andrews, the Queensland Young Volunteer of the Year 2017, told Pro Bono News there was an “organisation for everyone”.

“I think now more than ever people, especially young people, are volunteering for causes that are close to their heart and causes that they are passionate about,” Andrews said.

“There is an organisation for everyone.”

“Especially now organisations are taking a different approach to volunteering, and not just sticking with the traditional models, they have project based and skilled based instead of just the long term traditional model. It is great that they are providing the opportunity.”

The 19 year old, who started volunteering with St John when he was five years old and has spent the last five years volunteering with Surf Life Saving Queensland, said he thought people would be surprised to hear that young people were volunteering more but that it made sense.

“I think our generation are passionate about issues. It should come as no surprise that people want to give back in ways that they enjoy,” Andrews said. He said it boded well for the future.

“I know in the organisation where I am volunteering at the moment, they always say that young volunteers are the future, which is true to some extent, but they are also part of the present,” he said.

“I think it is great that you can engage young people now, so as they grow up, they can still be involved in not-for-profit organisations, or volunteer organisations and continue throughout their life.”

Source: Wendy Williams, Editor, Pro Bono Australia News 29th March 2018 [probono@probonoaustralia.com.au](mailto:probono@probonoaustralia.com.au)

## Sexual Health and Diabetes

Sex is meant to be fun, intimate and bring you and your partner pleasure. But for men with diabetes, this is not always the case, as sexual problems often occur. The good news is these problems can usually be reduced or slowed by actively managing diabetes and making lifestyle changes. And when that isn’t enough, other medications are available. The first step to improve your sexual health is to talk to your doctor to get the help you need. [Read more:](#)

(Source: “The Healthy Male” Newsletter of Andrology Australia, Autumn 2018 Issue 66)

**“Tact is the intelligence of the heart.” Anonymous**



## Powerless Over Your Emotions?

Emotional problems can make men and women of any age totally helpless. However, there is a way out! If you feel:

**Worried?**  
**Resentful?**

**Angry?**  
**Anxious?**

**Frightened?**  
**Full of Panic?**

### You Can Come to Emotions Anonymous for Help!

This self help twelve step group may give you the support you need to learn to live without fear and to deal with unsolved problems one day at a time.

For information on local meetings call Scherelle on 0403 821 152. Meetings are held at the Hub Neighbourhood Centre, Inala, every Wednesday 10.30am - 12 noon.



## Support for Eating Disorders & Body Image Issues

**The Butterfly Foundation provides personalised and confidential support for the following:**

- People with an eating disorder
- People with body image issues
- Carers
- Partners, family and friends
- Anyone with a question about eating disorders or body image
- Teachers
- Counsellors
- Employers
- Health professionals

The Butterfly Foundation National Helpline for eating disorder support has expanded and is now available 8am to 12am AEST, 7 days a week.

**Butterfly National Helpline** call **1800 33 4673**,  
Access Butterfly's [Online Counselling](#)  
Email [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)

There are four monthly Online Support Groups.

**Recovery Support Group** - Every Monday 7:00pm – 8:30pm AEST.

These groups are for people aged 16 and over, who are experiencing an eating disorder or significant eating issues. Conversations will focus on the shared experience of recovery.

**Carers Support Group** - First and Third Friday of the month from 5:00pm – 6:00pm AEST.

Carers Groups are for any adult who is a carer of someone with an eating disorder. Conversation will focus on the carers' experiences and on topics that may help carers to cope better with an eating disorder.

**Siblings and Young Carers Support Group** - Second Friday of the month between 5:00pm – 6.00pm AEST.

Sibling and young carers groups are for anyone aged 16 - 25 who would like to learn more about how they can support their friend or loved one with an eating disorder.

For further information or to register for an online group call **Butterfly National Helpline 1800 33 4673**,

Self-help and support groups are different from counselling sessions. They are not services provided to you, or programs that may last a few weeks. Self help groups are run by members of the group who all share the same issue or condition and provide support, encouragement and information etc to each other. Everyone is equal. Support groups are run by a professional or someone with an interest in the issue, but do not have the issue or condition themselves. The facilitator is often viewed as the "expert". Peer support groups are usually facilitated by a "peer" who has received training to run the group. None is preferable over the other, it just helps to recognise the differences - Self Help Queensland



**ALMOST 2 MILLION AUSTRALIANS  
LIVE WITH A RARE DISEASE - THAT IS  
HIGHER THAN DIABETES**

### Did you know?

**80% of rare diseases are genetic**  
**There are 8,000 different rare diseases**  
**50% of people with a rare disease are children**  
**Rare diseases are often complex and life threatening**

To find a comprehensive A-Z list of rare disease support groups and organisations just [click here](#)

Source: Rare Voices Australia (RVA)

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

Phone: 0497 003 104

Email: [info@rarevoices.com.au](mailto:info@rarevoices.com.au)



### StrokeSafe Speakers

#### for Community Groups and Workplaces

**In Australia, a stroke occurs every 9 minutes. That's more than 56,000 strokes every year across people of all ages... and the impacts last a lifetime. But did you know stroke can be prevented?**

The Stroke Foundation has passionate volunteer StrokeSafe Speakers available to present to community groups and workplaces. Many have personal experience with stroke and are willing to share their challenging yet inspirational journey. Your group will learn:

- What stroke is and how to recognise the signs of stroke.
- What to do if someone is having a stroke.
- How to prevent stroke in you or the people you love.

Talks are offered free to community groups thanks to the generous support of individuals and groups who have made donations to help us cover costs.

**Invite a Speaker! It's Free!**

[Register now](#) to book a speaker for your preferred date

Phone: 1300 194 196

Email: [strokesafe@strokefoundation.org.au](mailto:strokesafe@strokefoundation.org.au)

## Sharp Decline in People Accessing Disability Support Pension

Tougher compliance measures have led to a sharp decline in people accessing the Disability Support Pension, with the Department of Human Services revealing almost 75 per cent of claims for the scheme were rejected in 2016-17. [Read the full story here](#)

(Source: Pro Bono Australia News 21/2/2018)

Latest information, news and alerts on the latest scams (and how to report a scam) can be accessed via the Federal Government page <https://www.scamwatch.gov.au/>

Scams target people of all backgrounds, ages and income levels across Australia. Find out how to protect yourself from scams in your language.

### Latest Scams

#### [Scammers targeting Chinese community in Australia](#)

Scamwatch is warning the Chinese community in Australia to be wary of scammers posing as Chinese authorities and/or employees of DHL and threatening them with deportation or arrest unless they pay large sums of money

#### [Beware of scammers impersonating energy and telecommunications companies](#)

The ACCC is warning consumers to beware of scammers impersonating energy and telecommunications providers and demanding payments.



Australian Government

Office of the Australian Information Commissioner

## Mandatory Data Breach Notification Came into Force in 2018

### New obligations for notifying clients of privacy breaches

The Notifiable Data Breaches scheme is now in effect across Australia and this means many businesses are obligated to report a data breach when it is likely to result in serious harm to any individual whose personal information is involved.

Given the nature of client records in community services, this may mean the scheme applies to your practice or employing organisation. If you're not sure, you'll need to find out quickly using the information on The Office of the Australian Information Commissioner [website](#).

The Office has also produced a [guide](#) that will help you develop a robust response strategy, including the key steps to take when a breach occurs, the capabilities of staff, and governance processes. Once the strategy is in place, all staff will need to be briefed so they know practical details like when a line manager can handle a data breach and when it must be escalated.

For further information and resources go to <https://www.oaic.gov.au/>

## Social Sector Urged to Implement 'Trauma-Informed' Approach to Service Delivery

"Talking About Trauma", a recently released report by the Blue Knot Foundation, outlines the key principles of trauma-informed practice, including prioritising the foundational principle of "do no harm", understating the effects of stress on the brain and body and remaining sensitive to client comfort levels and the way in which a service is delivered (not just what the service is).

Dr Cathy Kezelman AM, the president of Blue Knot Foundation, said the report was critical to improve the services received by Australian childhood trauma survivors.

"Around five million adult Australians have experienced childhood trauma alone, and many experience further trauma in seeking justice and support, due to a basic lack of understanding," Kezelman said.

"All services, whether it's health, whether it's Centrelink or whether it's a police department, need to be trauma-informed. It is not about clinical treatment, but it's knowing how to relate to and engage with people who may have underlying trauma," said Co-author of the report and Blue Knot Foundation's head of research Pam Stavropoulos. [Read the entire article .....](#)

(Source: Luke Michael, ProBono News 9th April 2018)



## Beware Of Yuccas!

### Yucca Plants to Blame for Gardening Injuries Including Permanent Hearing Loss

The fashionable Yucca plant is to blame for a spike in gardening-related ear injuries, new research has found.

Over a five-year period 28 patients presented to the Royal Victorian Eye and Ear Hospital in Melbourne with ear injuries caused by the spikey plant, according to a study published in the UK journal *Clinical Otolaryngology*.

Ear, nose and throat (ENT) surgeon Stephen O'Leary, who authored the report, said some of those injuries were very serious.

"We had repeated episodes of people coming in after they were gardening or handling their yucca plant." He said one in seven of those cases resulted in the patient suffering permanent hearing loss. He said the spikey leaves initially perforate the ear drum, but "fortunately for us the ear drum can recov-

**"The fronds can pass down the ear canal like an arrow"**

er. But if they go much further, the angle and orientation of these things heads them straight into the little bones of hearing and the inner ear itself. That's what causes very significant and permanent injury to the hearing."

Professor O'Leary said the inner ear was an "incredibly delicate structure" that was notoriously difficult to treat, and any injury should be seen to quickly by an ENT surgeon.

"ENT surgeons are the people that can actually operate on your ear and patch up that inner ear if it needs to be, and that has to be done soon," he said.

"If it is actually done in time there's a good chance of stopping that progression to a permanent hearing loss. "If you feel at all dizzy after you have had an injury to the ear with a yucca plant, that's the red flag that this could be very serious indeed."

(Source: Lets Hear It Feb 2018 Newsletter of Better Hearing Australia)



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

Please feel free to phone or email Trish with any constructive criticism or suggestions.

We are also keen to learn your training needs, so please help us by filling out the quick survey on Page 4.

According to your response, our partner APMA and ourselves will endeavor to meet your requests.



### SHQ Seeks New MC Member

We are looking for a skilled person to fill a vacancy on our Management Committee.

The position is for a general Committee Member; someone who enjoys actively contributing their skills and experience to a not for profit community organisation.

We meet monthly at Sunnybank for 1½ hrs. Please email [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au) or ring Trish on 3344 6919 for details.

**Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him on a car ride, he sticks his head out the window?**

**Anonymous**



## Worried About a SPER Debt?

*You may be able to pay by regular instalments*

If you can't afford to pay your debt with the State Penalties Enforcement Registry (SPER) immediately, you may be able to pay by regular instalments. SPER can automatically deduct your instalment plan payments from your bank account, debit/credit card or eligible Centrelink payment. You can also pay in person at Australia Post or at any QLD Magistrates Court or QLD Government Agent Program (QGAP) office.

**Apply for an instalment plan** by using your party ID to log in to [BPOINT](#)

Completing an [instalment plan application form](#)

Calling us on **1300 365 635** or Visiting a local [magistrates court](#).

## Experiencing Hardship and Can't Pay?

*You may be able to do Unpaid community work*

You may be eligible to have an unpaid fine or penalty converted to unpaid community work if you have a debt registered with SPER. This has previously been referred to as community service. Performing unpaid community work may be available to you if you are in financial hardship and can't afford to pay your debt in full or by regular [instalments](#).

The order converting a debt is called a work and development order. If you meet the eligibility criteria and would like to apply for a work and development order, contact your local [QCS office](#). They will assess your financial situation to determine if you are eligible.

Source: State Penalties Enforcement Registry (SPER) [website](#)

## Lesser Known Phobias

- Alektorophobia - Fear of chickens
- Amathophobia - Fear of dust
- Atychiphobia - Fear of failure
- Bufonophobia - Fear of toads
- Chrematophobia - Fear of money
- Cyberphobia - Fear of computers
- Decidophobia - Fear of making decisions
- Deipnophobia - Fear of Dinner Parties
- Ergophobia - Fear of work
- Genophobia - Fear of knees
- Geniophobia - Fear of chins
- Gephydrophobia - Fear of crossing bridges
- Hippophobia - Fear of horses
- Hyepgiaphobia - Fear of responsibility
- Lachanophobia - Fear of vegetables
- Mottophobia - Fear of moths
- Metathesiophobia - Fear of changes
- Neophobia - Fear of anything new
- Ombrophobia - Fear of rain
- Ostraconophobia - Fear of shellfish
- Pentheraphobia - Fear of your mother-in-law
- Pteridophobia - Fear of ferns
- Pogonophobia - Fear of beards
- Scoionophobia - Fear of school
- Telephonophobia - Fear of telephones
- Turophobia - Fear of cheese
- Uranophobia - Fear of heaven
- Xanthophobia - Fear of yellow

**Boomerang Bags** is a grassroots, community driven movement tackling plastic pollution at its source.

Volunteers from all walks of life get together to make re-useable 'boomerang bags' using recycled materials, as a means to provide a sustainable alternative to plastic bags.

By getting involved, you are participating in a global movement, celebrating a grassroots initiative focusing on community building and sustainability.

You can be one person or a village. Join a nearby Boomerang Bags community, or get some friends together and start a group of your own! [Read more](#)....



**Are you lonely?**

Tired of working on your own?  
Do you hate making decisions?

**HOLD A MEETING!**

*You can –*

- See people
- Show charts
- Feel important
- Point with a stick
- Eat donuts
- Impress your colleagues

All on company time!



**MEETINGS**

—THE PRACTICAL ALTERNATIVE TO WORK—



## Second Annual Mental Health and NDIS Conference

The Second Annual Mental Health and NDIS Conference will be held in Melbourne on **October 31 - November 1**. The conference is jointly hosted by Mental Health Victoria and CMHA.

More details will follow and be made available on the [CMHA](#) website.

## 3rd Biennial Australasian Haemochromatosis Conference

Saturday & Sunday 25 & 26 August 2018

New Space  
University of Newcastle  
City Campus' Hunter St  
NEWCASTLE NSW



**More information**  
[ha.org.au/conference2018](http://ha.org.au/conference2018)



National  
Organisation  
for Fetal Alcohol  
Spectrum Disorders

## 2nd Australasian FASD Conference 21 - 22 November 2018

The 2nd Australasian Fetal Alcohol Spectrum Disorder Conference will be held in Perth on 21-22 November 2018. It is important that families living with FASD know this conference is designed to benefit those with FASD, those with lived experience, family support services, clinical professionals and researchers.

[Read more](#) .....

## Whirled Foundation Closes

Sadly, the Whired Foundation committee has commenced the process of winding up the organisation which has been dedicated to helping individuals experiencing vertigo, chronic imbalance and dizziness problems.

Thank you to all the volunteers who worked so long and hard over so many years.



**WHIRLED FOUNDATION**  
support for chronic imbalance sufferers

## 19th International Mental Health Conference - Gold Coast 8th August to 10th August 2018

**RACV Royal Pines Resort, Gold Coast, Queensland**

This annual Conference is now in its 19th year and continues to be the pinnacle event in the mental health industry. The conference topics are inclusive of citizens from the diverse society we live in from the aged, child and adolescent, Aboriginal and Torres Strait Islanders, Indigenous, CALD and LGBTIQ to examine solutions and share ideas in regard to mental health care.

**For more information:** <https://anzmh.asn.au/conference/>



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

**"Health nuts are going to feel stupid someday, lying in hospitals dying of nothing."**

**Redd Foxx 1922 - 1991**

Redd Foxx was the stage name of John Elroy Sanford, an African American comedian and actor best known for his role on the 1970s sitcom Sanford and Son. He grew up in poverty and left home around the age of 13 to become a performer.

Foxx performed on the "chitlin circuit" of black nightclubs during the 1940s and 1950s. His stand-up comedy routines were once considered too racy for white audiences.