

Self Help Queensland Support & Information Since 1983



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

Queensland Self Help & Support Group Sector

News & Information
Bi-monthly

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Self Help Queensland Office
Located at Sunnybank, Brisbane



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



From the President

Joseph Soda

In my last message I announced that 2018 was a celebration of our 35th birthday, and paid tribute to those who pioneered the organisation and helped it evolve to what it is today.

In this edition I think it is fitting to reflect on how much we have "grown" and how "far we have come" in those years.

Historical records show we began as part of a research project in the then new satellite City of Logan, where there were very few doctors and an overwhelming number of young families. Mothers were trained by health care nurses to help other mothers care for their babies and young children. The successful project was replicated in other areas of the State, with many self help groups emerging as a result. The Australian Self Helping Health Care Association was born, and a small but dedicated group of volunteers worked out of their own homes to promote the value of people providing support and information to each other to improve their health.

In 1995 Queensland Health recognised the value of self help groups, and provided funding to the organisation which by then was called "The Queensland Network of Self Help Organisations."

A small office in the Sunnybank Community Hall was leased from the Brisbane City Council in 1998, and the organisation rebirthed as Self Help Queensland. By this stage the number of self help groups had risen to 60, as recorded in a small exercise book covered in bird pictures and affectionately known as the "bird book". Similarly covered, a small exercise book containing the names of 30 professionals and service organisation graces our shelves as the "fish book"

We have come a long way since the days of the bird and fish books. From being in contact with only a handful of support groups we now have the ability to contact over 2,500 across the State. As part of our work we have helped form and develop a large number of these groups. Our network of health professionals and services is extensive.

(Continued on Page 3)



Freedom • Social Justice • Growth

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

To receive This Newsletter in Hardcopy

Self Help Queensland can no longer afford to distribute a free hardcopy newsletter. The cost of paper, printing, postage and handling has forced us to charge a fee of \$20 per year for 6 issues.

We appreciate that some professionals like to leave them in their waiting rooms, or facilitators take them to group meetings, and we apologise that we are no longer in a financial position to provide this service free.

Please contact Trish if you would like to opt for a hardcopy by post. Ph 07 3344 6919 or Email info@selfhelpqld.org.au

Looking for a Self Help or Support Group in Queensland?

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

Please Register Your Group in the Free SHQ Online Directory

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

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

Disclaimer

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

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



Queensland Government

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

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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)

SHQ still works out of the same Sunnybank office and has acquired an extra room to accommodate our growth. Here is a small snapshot of the range of our successes over the years:

- Recognition in both Federal and State Parliaments as making a valuable contribution to the Queensland Community.
- Development of the only Online Directory of Queensland Self Help and Support Groups
- Successful management of 2 Major projects which involved building the capacity of 200 Mental Health Self Help and Support Groups in Queensland
- Close collaboration with groups to provide assistance not otherwise available to them
- Assistance to numerous small groups to successfully apply for funding grants
- Representation of the Queensland Self Help Sector at State and National level
- Locating and uniting families of children with rare diseases where no support group exists
- Organisation and hosting of 2 major, very successful “public awareness days” in Central Brisbane in 2 successive years to promote over 100 self help and support groups in attendance each time.
- Responding to training needs requested by hundreds of groups and service providers
- Publication of popular bi-monthly newsletters of information and resources for the Sector
- Development of strong networks, partnerships and collaborations with a wide variety of individuals groups and organisations Statewide, Nationally and Internationally.

SHQ has helped numerous small groups to identify their needs, problem solve and carry out activities. Here are just a few examples:

- Build a community garden
- Learn to sew
- Find a safe venue to meet free from intimidation and violence
- Start a library
- Learn to vote
- Border Security and Police relationship building
- Successfully apply for grants
- Learn facilitation skills
- Publish a newsletter
- Learn to create flyers, brochures, information packs
- Collate data used for research

With your ongoing support we can continue to assist organisations in achieving their goals

Regards
Joe Soda

Confucius Has a Message For Leaders Who Want To Succeed: Reflect

By [Khatera Sahibzada](#)



Confucius

One of the most admirable and arguably underrated qualities of leadership is the capacity for reflection. Confucius called it the most noble way to learn wisdom.

But when we talk about what makes someone a successful leader, we typically describe attributes like the ability to innovate, make strategic decisions or manage uncertainty. We rarely mention reflection among the core traits of a great leader.

But the ability to reflect is actually among the most important traits that will determine a leader's success. [Read more.....](#)

Khatera Sahibzada Ph.D., Industrial/organizational Psychologist, Consultant, Lecturer at University of Southern California.
(Source: June 25, 2018 Not for Profit People Blog)

Farewell and Thank You

As Co-ordinator of Self Help Queensland and editor of this newsletter for almost 20 years, I would like to farewell and thank absolutely everyone I have had the pleasure of knowing during my time here. It would be impossible to name all the individuals who have enhanced my life, supported me and taught me so much.

To all the management committee members, past and present, to colleagues I have worked with - paid and unpaid, and to all the individuals, groups, organisations, health and other professionals, government project officers and managers, city council representatives, funding bodies and Politicians who worked with me, please accept this as my personal thank you to each one of you.

Please continue to support this wonderful organisation, its Committee and the incoming Co-ordinator who will receive an introduction and welcome in the next newsletter.

Warm wishes to you all

Irish Fallon

The Value of Small Charities - "Size Does Matter"

By Wendy Williams

"Size does matter" when addressing complex social issues according to new UK research, which found small and local charities offered a range of economic and social benefits, prompting a call to arms to support small charities.

The Value of Small, commissioned by Lloyds Bank Foundation for England and Wales, provides in-depth research into the distinctive contribution, value and experiences of small and medium-sized charities in England and Wales.

It found that when tackling social issues like homelessness, domestic abuse or mental ill health, smaller charities had a distinctive impact.

However researchers pointed to a "critical mismatch" between what smaller charities do and the people they help, and how public bodies fund, commission and contract services and measure value, which instead favours larger providers. Currently as much as 84 per cent of local government funding goes to larger charities.

According to the report authors, with the government currently consulting on its new Civil Society Strategy, the need for specific action at national and local level to support smaller charities is "urgent".

Lloyds Bank Foundation for England and Wales chief executive Paul Streets said there was "not a moment to lose".

"For over 30 years we have funded thousands of small and local charities knowing their work changed lives, but this research sets out why – they're distinctive in who they serve, what they do and how they work. And this has real benefits for the people in need they serve, communities and the public purse. Yet so many small and local charities are under-pressure and under-funded from cuts and the rush to ever larger contracts," Streets said.

He said the evidence was "overwhelming" – citing Carillion, Probation privatisation, and the Grenfell Tower – that big contracting doesn't work and people and communities value small and local charities.

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

Wendy Williams is a journalist specialising in the Not for Profit sector.

Source: ProBono Australia 3rd July 2018

Genetic Matters

by Professor Kim Summers PhD FRSB

The end of the promise of gene therapy?

Forty years ago, the development of techniques to manipulate DNA was being lauded as the beginning of the gene therapy era. Patients with genetic diseases would have their faulty DNA replaced or supplemented with the normal version of that DNA. There was the promise of cure for familial diseases by changing the patient's DNA, possibly with a single treatment.

But this promise has never been fulfilled. In Europe the only licenced gene therapy treatment has been taken off the market, because of lack of demand. In fact, only one person has been treated (and it was success) using this gene therapy approach. This seems to be for two reasons: there are very few people with the condition (familial lipoprotein lipase deficiency) and the treatment was very expensive (\$US 1 million).

The molecular genetic techniques developed over the last forty years as part of the quest for gene therapy have had many useful outcomes. Firstly, they opened up the possibility of genetic testing for specific disease mutations in the DNA. There are now many families who have had prenatal or preimplantation diagnosis for a wide range of genetic diseases. Family members can also be tested for a genetic condition before symptoms are noticed, with the possibility in some cases (such as DNA mutations that predispose to breast cancer) of preventative treatment. Individuals with specific signs and symptoms can be tested to see whether there is a single genetic cause, which can then lead to specific treatment based on the experience of others with the same mutation.

Secondly, the diagnosis of infectious disease has been revolutionised. In the recent outbreak of Ebola virus in western Africa, the blood of patients could be tested using DNA sequencing in the field for rapid confirmation of the virus and even the strain of the virus. This made it quicker to treat and allowed appropriate treatment early on. In the pathology laboratory DNA technology is essential for diagnosing viral diseases and is increasingly used to detect different strains of bacterial infections.

Thirdly, the use of the new recombinant approaches allowed production of important proteins for treatment. Proteins like insulin, for treating diabetes, and growth hormone, for treating growth deficiency, are now routinely produced in bacteria rather than being purified from animals or deceased humans. This has made them cheaper and safer and is a major outcome of the new DNA technologies.

Gene therapy, on the other hand, has struggled to get out of the research lab and into the clinic. There were some high profile cases where clinical trials resulted in death of one patient and development of blood cancer in others. While we now understand why this happened, each death or unexpected disease slows down the research and the acceptance of these therapies. The other problem is the rarity of many of the conditions that might benefit from gene therapy. Only 1 to 2 people per million are affected with lipoprotein lipase deficiency, the target of the drug that was licensed in Europe. Once the course was completed the treatment was permanent. This means the drug companies put a lot of money into developing and validating a drug that is needed only once. It is difficult to justify commercially, without the huge price tag. Now, with the withdrawal of the only gene therapy treatment licensed in Europe, commercial companies will think twice before they take on a drug of this type.

This will be disappointing to those families with an untreatable genetic disease, who have hoped that a treatment might be developed. The commercial reality is that drug companies can't make money from rare diseases. There was an initiative recently in Europe to fund research into treatment for rare diseases and we are now often reading about new successful gene therapy approaches for a range of diseases.

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It is to be hoped that these new discoveries will keep the hope of gene therapy, or some form of treatment for rare genetic diseases, alive, and that commercial development of gene therapy approaches will not be stifled by the first experience of a licenced treatment.

"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"



Have You Heard Of The eGROW Scattered Group?

What is the eGrow Online Group Experience?

By Clifton, Organiser of the Queensland eGrow Scattered Group

Instead of the traditional face to face group, eGrow meets online. Clifton says "As with anything in life, the more effort you put in, the more you get out of it. To be a part of the eGrow experience, you have to grow through your (possible) fears of technology.

Yes, there are technology challenges to being in an eGrow group. But as with a face-to-face Grow group, it is our sharing of difficulties, laughing about the difficulties and embracing the difficulties that makes eGrow such a rewarding, growing experience.

In an eGrow group, we have human bonding through the way we meet—video conferencing or telephone conferencing. There has to be more respect shown to give everyone a chance to talk. In fact, the technology means we can't talk over each other or have a chat in the background.

In part, because of this, I believe we are learning about caring and sharing, and helping others to help ourselves as much as you would in any face-to-face group. In our eGrow group, we are learning about mental health together. We are sharing our trials and triumphs, and celebrating our shared humanity.

Some people may find it strange that we can do this by video or on the phone, but for how many elderly people is the phone their whole lifeline? Grow's 12th step calls have been a part of Grow for 61 years. Our pioneers in the Australian bush championed the School of the Air, that had hand wound generators, to keep in contact by radio. They knew that to isolate was unhealthy. They valued the sound of the human voice almost as much as the physical presence of another.

Grow is a community of people helping each other to deal with our loneliness, isolation and mental illnesses. Ideally, if you can get to a face-to-face group, then you will have the physical presence of other humans. The value of this is enormous. But for those who can't get to a face-to-face Grow group, our eGrow groups can give everyone the opportunity to experience the life changing resources of the Grow program.

In the eGrow scattered group, we practice all of the Grow program and the group method. From choosing a different member to lead the meeting each week, the housekeeping and the opening routine. The first group interaction, the middle routine and the second group interaction are followed by group issues and forward planning before going on to the closing routine. Our recorder, Kerrie, does the attendance and evaluation sheets, and the meeting closes after about 2 hours. Just like at any other Grow meeting.

We work at it, we persevere, we share, we challenge, we laugh and cry and live our humanity together."

To contact Grow Queensland Branch for information:

1014 Logan Road Holland Park
PO Box 178 HOLLAND PARK Q 4121
P: 07 3394 4344

E: gld@grow.org.au

W. <https://www.grow.org.au/gld/>

(Source: Grow National Member Newsletter First Edition, June 2018)

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



Introducing Klinefelter Syndrome Australia Inc

Klinefelter Syndrome is also commonly known as XXY Syndrome

Klinefelter Syndrome is one of the most common chromosomal disorders, occurring when a boy is born with an extra copy of the chromosome X. It is evenly spread in all ethnic groups, and occurs in 1 to 2 per 1,000 live male births in the general population. It is named after Harry Klinefelter who identified the condition in the 1940s.

Thirty years ago in Australia, many men and boys who knew “something was different” did not receive a diagnosis despite consulting medical specialists. Nowadays, babies can be diagnosed in utero, at birth or shortly after.

Klinefelter Syndrome Australia (KSA) is a Queensland Charity supporting people diagnosed with XXY.

Founder and president Emily Wadsworth was informed her son has Klinefelter Syndrome (XXY) and a Chromosome duplication of Sq 15.23 and their lives changed forever. Being unsatisfied with the information readily available in Australia, Emily set off to the 2nd International Klinefelters conference in Muenster, Germany. When she returned she established Chromosome Structure XY & Variations (CSVXY), the first charity in Australia to solely support individuals living with an extra X. The name has now been changed to Klinefelter Syndrome Australia Inc to better reflect the nature of the organisation and the work that it does.

KSA is a central location for factual information that is easy to digest and understand, as well as being a focal point for support services. KSA also provides information and awareness to health and education professionals as well as the wider community; so “we can advocate and create positive changes within our community, for our community.”

Self Help Queensland is a strong supporter of the work of Klinefelter Syndrome Australia Inc. It is an energetic organisation with a determined focus to make life better for people diagnosed with XXY, their families and carers.

Visit the very user friendly website, full of valuable information.

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

Phone: 0423 050 277

Check out the links to email, twitter and Facebook on the website

“Better yet” says Emily, “we love our XXY community, so feel free to contact us during normal business hours to organise a meet.”



Queensland Culture Train Regional Music Tour 17 to 31 August 2018

As part of Queensland Multicultural week, a group of Queensland multicultural performers travel to communities in regional and remote Queensland to host free workshops and performances.

This transcultural musical journey through some of Queensland’s most remote towns takes the concept of cultural and musical harmony to new levels with more than 25,000 regional Queenslanders enjoying the tour in 2017.

Check out the [map for tour dates and locations](#) (PDF, 311 KB). Venues and artists will be announced shortly.

Meet Phil...



Prior to connecting with FSG, Phil lived in boarding houses and hostels for 15 years, being referred from one service to another. He describes this time as feeling constantly isolated and lonely. Living with schizophrenia and mild intellectual disability, Phil was present in his community but not socially included.

Goal #1 - Dreams and Goals

Since Phil was 16, not once had he been asked what his dreams and aspirations were. Through conversation with the FSG team, Phil set goals to live by himself and secure a job. For the first time, he felt valued.

Goal #2 - Peer Connection

Phil joined the Men's Working Group at FSG's The Deck. He began to feel the benefits of meaningful engagement with other people, and developed new skills which resulted in him selling his woodwork masterpieces.

Goal #3 - Living Independently

Phil is now living independently in his own apartment. He has become a valued member of many groups. The team threw him a housewarming with all his new friends. Phil now has the self confidence to continue growing.



FSG My Home Coordinator, says, "Just because you have a disability, why can't you, and why don't you, deserve the same quality of life as everyone else."

And this is just the beginning ...



To read Phil's full story and others, visit fsg.org.au





Forgetfulness and Aging: What's Normal?

As we get older, it's good to know the difference between typical forgetfulness and something you probably should mention to your doctor.

Odds are, you won't be as flexible at age 60 as you were at 20. Or as fast. Or strong. Time affects your body, and your brain comes right along for the ride. Connections between brain cells that make and pull up memories change as we age. And the proteins and hormones that do upkeep in our brains don't work as well. As we get older, it's good to know the difference between typical forgetfulness and something you probably should mention to your doctor.

16 short examples of what is typical forgetfulness and what should send you a warning to see a doctor

(Source: WebMD e-newsletter 9th May 2018)

Experiencing Tenancy Problems in QLD?

Tenants Queensland (TQ) manages and delivers the [Queensland Statewide Tenant Advice and Referral Service \(QSTARS\)](#) which is a free, independent service for Queensland renters, including caravan park and boarding house residents.



Tenants Queensland Inc

TQ also provides a broad range of information, fact sheets and other excellent resources for tenants.



Renting your home and need tenancy advice?

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

Advice line:

1300 744 263

Visit www.qstars.org.au for tenancy information.

QSTARS can assist you with:

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



The QSTARS program is managed by Tenants Queensland and delivered in collaboration with partner organisations across Queensland.



QSTARS is a free advice service for all Queensland renters.

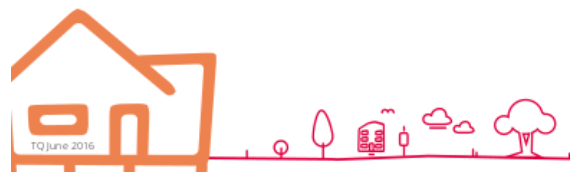
You will receive expert advice and assistance and may be referred to a regional QSTARS office for further support.

Call QSTARS on 1300 744 263 if you need advice on a tenancy matter or visit www.qstars.org.au

If you require an interpreter let us know or contact Telephone Interpreter Service National (TIS) first on 13 14 50.

Tenants Queensland is a statewide community and legal service and delivers the QSTARS program in collaboration with:

- The Advocacy and Support Centre
- Community Plus+
- Enhance Care
- The Hervey Bay Neighbourhood Centre
- Ipswich Regional Advocacy Service
- Mackay Regional Community Legal Centre
- Suncoast Community Legal Service



TQ June 2016



You Are Invited To Our Fundraiser Dinner 20th July 2018

Michael's Restaurant and Function Centre
223 Padstow Road, Eight Mile Plains
Doors open 5.30pm

Be part of our journey...

Since 2013, Spinal Home Help has been providing much-needed information, encouragement and peer support for people who have incurred a spinal cord injury, as well as their families. 100% of funds raised will help us to continue this work and to assist in our campaign to build accessible, short-stay accommodation in Brisbane for people with SCI & their loved ones who are adjusting to life after a traumatic injury.

Tickets

\$65 per person

3-Course Meal
Soft-drinks included
Special Guest Speaker
Entertainers
Raffle Prizes
Lucky Door Prizes
Charity Auction
Wheelchair accessible

Alcohol can be purchased separately from the venue

How to book:

Please visit our Eventbrite page to book your tickets online:

<https://www.eventbrite.com.au/e/spinal-home-help-fundraiser-dinner-tickets-45274510279>

For queries, please contact:

Gabriella Arvai

Fundraising Manager

(07) 3189 3414 or 0413 234 004

gabriella@spinalhomehelp.com.au

“When I went to my first support group meeting, for the first time, I felt kind of normal”

Related to Self Help Queensland by Anonymous

Queensland Prostate Cancer Support Groups

There are 29 Prostate Cancer Support Groups in the urban, regional and rural areas of Queensland. The groups welcome both men and women.



People who attend the groups are often either dealing with a current diagnosis of cancer or are survivors of cancer. They meet on a regular basis to help each other, discuss shared experiences, and learn more about the disease and how to manage it.

To find a Queensland Prostate Cancer Support Group near you : [Click here](#)

Free call: 1800 22 00 99

E-mail: enquiries@pcfa.org.au

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



Diabetes
QUEENSLAND

Turn to us

Queensland Diabetes Support Groups

There are currently over 20 diabetes support groups in Queensland

To find a support group you can [view the list](#) or search by postcode to find a group near you.

Contact Diabetes Queensland for help, information, education, resources: **1800 177 055**

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

Epilepsy Queensland Support Groups

Just click on the below links for more information about each support group.

[Brisbane Adult Support Group](#)

[Adult Social Group Ipswich](#)

[Carers of Children with Uncontrolled Epilepsy Support Group](#)

Please contact the Services Team for more information about joining a support group near you.

Tel 07 3435 5000 or 1300 852 853 (outside Brisbane)

Email: epilepsy@epilepsyqueensland.com.au

Website: <https://www.epilepsyqueensland.com.au/>



Parkinson's Queensland Support Groups

To find out where your nearest Parkinson's QLD Support Group is, please see the [Support Group Map](#) (which shows the geographical location of the group) for all our groups and relevant contact details, phone us on 1800 644 189 or email supportgroups@parkinsons-qld.org.au. **If enquiring with our Support Groups directly, please remember it may take some time for people with Parkinson's to answer the phone.*

Parkinson's Queensland support groups use a self-help model and are not therapy groups.

Rainbow Families QLD is Re-launching After Several Years in Hiatus



On July 22, 10am-1pm at the East Brisbane Bowls Club, LGBTQIAP families from all over Queensland will be converging to re-launch Rainbow Families QLD. Regional groups across the state will also be celebrating on the day, with community picnics planned in areas from Cairns through to Mackay and the Fraser Coast.

Rainbow Families Qld represents LGBTQIAP families in Queensland regarding advocacy, legislation reform, and educational resources. The organisation also runs social events, an annual camping trip, and fertility information sessions for the LGBTQIAP community, and helps coordinate monthly get-togethers in both Brisbane and across regional Queensland.

“Having an umbrella organisation representing rainbow families in Queensland is important to protect and advance our rights, educate the wider community about different kinds of families, and to create a social network. Bringing us all together as a group gives us more resilience and helps build a sense of wider community that has previously been missing from Queensland,” convenor Holly Zwalf said.

The re-launch on July 22nd will have something for kids of all ages. Jabiru Community, Youth and Children's Services Association is running a craft station where everyone can get messy and creative. Clown, acrobat, and rainbow parent Phoebe Manning will be teaching the kids how to hula hoop, juggle, plate spin and acro-balance in the circus play space. Drag storytime, featuring the faaabulous Carmen Taykett, is showcasing Todd Parr's “The Family Book”, which celebrates everything from two dads and two mums through to solo parents, adoptive parents, and grandparents, and also “Introducing Teddy”, about a teddy who comes out as transgender. And for the littlies there's the ukulele singalong cushion corner.

Attendees will also have a chance to add a rainbow ribbon to the ‘Rainbow Love’ sculpture, created by artist Cath Johnston, a piece created to advocate for same sex marriage reform, which has toured regional Victoria and is now in its new home in Queensland.

“We want our kids to feel they a part of something special,” convenor Holly Zwalf said. “Being a part of a rainbow family is something to celebrate.”

Rainbow Families QLD are in the process of establishing two weekly playgroups in Brisbane, one northside and one southside, as well as a playgroup on the Sunshine Coast, in conjunction with Accessible Playgroups Qld. There are also plans to start groups on the Gold Coast, Ipswich, and Toowoomba in the near future.

Rainbow Families QLD welcomes all LGBTQIAP parents and prospective parents including solo parent families, foster families, adoptive families, and grandparent-carer families, as well as parents of children who identify on the LGBTQIAP rainbow.

To get involved like our page on Facebook: ‘Rainbow Families QLD’, join our group: ‘Rainbow Families Qld Community’, or contact convenor Holly Zwalf for more information: admin@rainbowfamiliesqld.org or 0479175551.

Sunday 22nd July 2018 from 10am to 1pm at East Brisbane Bowls Club
Circus Workshops, Drag Story Time, Jumping Castle, Craft Station, Yarning Circle

Are You Having Trouble Getting Your Bond Returned?

Do you think a real estate salesperson or agent may have inappropriately dealt with your bond money?

You can lodge a complaint with the Office of Fair Trading at www.qld.gov.au/fairtrading or with the Residential Tenancies Authority (RTA) at www.rta.qld.gov.au or by calling 1300 366 311



Think Twice Before Spending Dollars on Testosterone ‘Boosting’ Supplements

Men who experience what they believe to be symptoms of androgen (testosterone) deficiency should think carefully before self-medicating with so called ‘testosterone enhancing’ products or testoboosters.

Despite the lack of evidence of the benefit or safety of these products, they are marketed aggressively to men over 40 with promises of a cure for all male-related ailments. Consequently, the testosterone supplement industry is a booming multi-million dollar business. Testosterone and age Testosterone is the male sex hormone made in the testes and in adult men is responsible for sexual drive, muscle growth and strength, and male characteristics such as facial hair. Testosterone levels are regularly claimed in the media to decrease with age; however, a sharp decline in testosterone in older men is more likely to be due to another underlying health problem, such as obesity, than age itself.¹

What are testoboosters? Testoboosters are supplements that claim to enhance the body’s natural production of testosterone. They generally take the form of tablets that contain an array of ‘natural’ ingredients such as various vitamins, minerals, plant extracts and amino acids. However, these ‘testosterone-enhancing’ products are not proven to work or be safe for use in humans and typically come with a hefty price-tag. Safety concerns Testosterone therapy is only indicated in men with a medically-diagnosed bona fide testosterone deficiency. In men without a medical diagnosis of testosterone deficiency, the evidence of any benefit is weak.

Furthermore, its use in other settings has not been subject to adequate safety testing, especially for problems such as heart disease and stroke. Other side-effects include male infertility, acne and mood swings. Supplements may contain natural remedies that have chemical properties that could interact with other medications leading to unpredictable side-effects. Product purity, quality control and accurate labelling of all constituents are also of concern. Approach celebrity-endorsed medication with caution. What may look like a legitimate product due to endorsement by well-known public figures may be a scam.

In late April, the story hit the headlines that Eddie Maguire was suing Facebook for defamation after ‘fake-news’ materialised that the celebrity had used and endorsed a male enhancement (erectile dysfunction) drug. Companies may promote their product without permission from a public figure, making the calculation that they won’t be ‘called out’ or that the advertising benefit or publicity will exceed the penalty that may or may not be imposed later. The bottom line is, be sceptical about celebrity endorsement of any health product. Be aware that some advertisements will include quasi medical facts, enthusiastic personal endorsements and/or the opinions of professed experts with dubious qualifications. If in doubt, ask your GP for an honest opinion!

(Source: The Healthy Male, Newsletter of Andrology Australia. Winter 2018, Issue 67)



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

Please feel free to phone or email with any constructive criticism or suggestions for improving our service.

You can call 07 3344 6919 Tues– Fri 9am to 4.30 pm or email info@selfhelpqld.org.au



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 ring 3344 6919 or email info@selfhelpqld.org.au for details.

Anxiety Need Not Be Your Enemy

By Steve Buster Johnson

Anxiety can manifest in many forms, including panic attacks, of which I have a lifetime's experience. When I was young, treating anxiety was mostly overlooked, with medication reserved for only extreme cases of mental illness. The stigma associated with even asking for help led me to the conclusion that I should keep my problems to myself and find my own solutions.

I was born into a musical family, the youngest of three children and the only boy. Great things were expected of me and I found the prospect of competing with my older sisters daunting. Concerts for family and friends sent me into a 'meltdown' whenever it was my turn to perform and every failure only compounded my anxiety. Despite the coping mechanisms I developed as a teenager, school years were a nightmare, with examinations creating an impossible challenge. Somehow I scraped into university, emerging three years later to join IBM as a programmer. "Problem solved," I thought, but I was wrong.

Two years later, when working for an American chemical organisation, I was asked to stand in for my boss and talk to the whole company, something I'd never done before. When I climbed up on the stage and looked out at the audience, it was as if the clock had been turned back twenty years. Grasping the microphone, my knees started to knock and sweat poured down my face so profusely that my glasses slid off my nose and fell to the floor. You can imagine how the presentation went!

That afternoon, one of the senior managers came to see me.

"You know, Steve," she said, "Your talk was very interesting. It's just a pity you let your nerves get the better of you."

"I didn't let my nerves do anything," I replied bitterly. "They simply took control."

The words she then uttered have helped me whenever I'm called upon to speak in public.

"The audience wants a speaker to be good, because if he looks uncomfortable or embarrassed, that is what they become. If a presenter speaks with confidence, even if he doesn't feel it inside, the audience is relaxed and will listen to anything he has to say. Starting off with a joke will also help break the ice."

After fifty years of public speaking, I still get nervous before a speech, but as soon as I interact with the audience, my nerves disappear. In life, preparation is paramount, but confidence comes a close second. Occasionally, I'll come out in a sweat during a presentation, just like the time my glasses slid off my face. When this happens, I make a point of wiping my face with a large handkerchief, telling the audience it's just a flare-up of Malaria picked up in the Far East and that I'll be fine in a minute. This strategy works every time.

My personal experiences described above covers but one area of anxiety, the fear induced by the prospect of 'performing in public'. My daughter, on the other hand, has experienced panic attacks on and off for the past twenty years which have been harder to quell. There are certain quantifiable triggers which are likely to set one off but there is no such thing as being able to predict when they will happen. Her current psychiatrist is of the opinion that her panic attacks stem from the break-up of my first marriage, but that knowledge only brings a reason for panic attacks happening, not a cure until she can take the time to work back and put the trauma experienced by a young girl into an adult's perspective.

If you are suffering from panic attacks, the best strategy is to render them harmless and irrelevant, rather like having to cope with a head cold. If you can do that, they will lose their hold on you and become less frequent. You should ask yourself one question, *"What is the worst thing that can happen when I suffer a panic attack?"* A panic attack won't kill or maim you. At worst it will embarrass you and leave you exhausted, but most people get embarrassed and exhausted without even having a panic attack, so what's the big deal? If you happen to be driving a car at the time, pull off the road as soon as you can, slow your breathing, clear your mind and wait.

(Continued on Page 15)

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Then, when the panic attack subsides, resume your journey and carry on. You may be late for your next appointment, but that is a small price to pay. On occasions in the past, I've been able to talk my daughter through a panic attack when we were both driving, but in opposite directions in different cars. If you happen to be with friends or in a stressful situation at work, excuse yourself and find somewhere quiet where you can calm down and let the panic attack pass. If people are able to hold down important jobs when prone to suffering epileptic episodes, a mere panic attack is inconsequential in the scheme of things.

Over the years I have used self-hypnosis, visualisation and meditation to minimise stress and anxiety levels, essential in my chosen career as infrastructure project manager before I retired and decided to write books. None of these techniques are rocket science but they do take time to learn and develop. My main aim in doing this was to communicate with my subconscious and trick it to work for me rather than against me. If you have the time and inclination, Google these methods and decide for yourself if any of them might help you.

In "A Man of Many Letters", I write that the subconscious can be a powerful ally, but it can never be your friend. No matter how successful you think you may be at keeping panic attacks at bay, your subconscious will let you down when you least expect it. The trick is to brush off the occasional relapse and jump back up on your horse.

After a long and successful career managing IT Infrastructure projects in Europe and Australasia, Steve 'Buster' Johnson retired early to concentrate on his other interests, including writing novels and WW1 military aviation. It was only after several close relatives were diagnosed with anxiety and other mental disorders that he decided to write a self-help guide on how to succeed in life without the need of medication, based on his own life experiences and the coping mechanisms developed over a lifetime suffering a blend of ADHD, OCD and ODD. "A Man of Many Letters" is the product of two years soul-searching, with a Foreword written by a leading child psychologist.

Participants Wanted: Communicating With Males About Health

We know getting the right information at the right time can be tricky. To understand how we can make this easier, we are seeking your feedback on how males of all ages and backgrounds prefer to get information about health.

We would love to hear about your experiences, and get your thoughts on how access to health information can be improved. This will help us get the right information to those who need it.

Click [here](#) to take part in the survey.

This survey is open to all males aged 18 years and over and take 15-20 minutes. The survey is completely anonymous. This study has been approved by Monash University Human Research Ethics Committee.

[Read more...](#)

(Source: Andrology Australia News, The Healthy Male, Issue No. 67 - Winter 2018)

How You Can Help Epilepsy Research

Are you starting on Fycompa? Would you please consider being part of the Fycompa Patient Registry?

Registries are an important tool, recommended by health authorities world-wide, to obtain more in-depth, high quality information on the effectiveness and safety of a new drug. This registry will help your doctor understand and use your medication more effectively.

This registry is recruiting: Patients with refractory epilepsy who are being started on Fycompa (perampanel)

Patient involvement includes 3-monthly questionnaires on seizure severity, quality of life and side effects, by phone and mail, and keeping a daily seizure diary (over a 12-month period).

Contact: Yvonne Gautam, Tel: 3646 2523, yvonne.gautam@health.qld.gov.au

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



Mental health and support groups: Telling your stories and listening to others' can hasten the healing process

By Neerja Birla

Any mental health concern, whether it is depression, anxiety, bi-polar disorder, or panic disorder, can be an extremely debilitating condition. Seeking holistic professional help can make the crucial difference between eventual recovery and wellness vs. prolonged and aggravated mental illness. In addition to various kinds of psychological and psychiatric interventions, one can also look for support groups. Self-help and support groups are also an integral and indispensable part of the recovery process.

Whether they're independent or affiliated with larger organizations, the healing power of such groups is unique. When people facing similar issues come together to share their emotions, thoughts and behaviours, it can be extremely therapeutic. Listening to others tell their stories of trauma and triumph, working together in an environment of mutual support, and forming definitive supportive relationships can hasten the healing process on the whole.

Support groups rely on the concept of self-disclosure, which acts as a catharsis. They also insist on confidentiality, which allows for familiarity and mutual help without intrusion. Joining such a group can be a turning point, as it tells a person that he or she is not alone and isolated, that there are others with similar concerns.

Support groups can be very beneficial for not only for those who are suffering but for their caregivers as well. When someone suffers from a mental disorder, it's not only that person but the entire family that gets affected. Most of all, it takes a toll on the life and emotions of the primary caregiver - a parent, a child or a spouse. Support groups act as catalysts that can empower the caregivers and assist their well-being while they provide care.

For those who may not have access to such a group in their vicinity, thankfully, there is also the option of online support groups, although these should be vetted thoroughly for their authenticity before joining.

All in all, support groups are a focused form of serious intervention that can play a decisive role in the healing process. Whether it is we who need help, our family members or our friends, we must encourage them to take the step to reach out to such self-help groups when needed. It is time for society to become one big support group.

Founder and Chairperson, Mpower Neerja Birla has a B.Sc (Hons) in Psychology from the University of Derby. Mpower, her brainchild, is determined to bring about a positive change in attitude towards mental health.

(Source: The Economic Times updated 29th May 2018)

Want to Make New Cultural Connections?



Search the Queensland Government [multicultural directory](#) to find multicultural community clubs and organisations in Queensland. Many of these groups have their own calendars of events, so it's worth getting in touch and making new connections.

Finally My Winter Fat Is Gone! Now I Have Spring Rolls!





Head and neck cancer forum

To mark World Head and Neck Cancer Day, Cancer Council Queensland invites people affected by head and neck cancer to a free information session. Participants will have the opportunity to gain information and guidance for managing physical and emotional effects of head and neck cancer, as well as discuss related issues with health professionals.

Topics:

1. Role of human papilloma virus (HPV) in head and neck cancer.
2. Managing long-term effects of head and neck cancer and its treatment.
3. Cancer Council Queensland services update.
4. Psychosocial impact and coping strategies.
5. Panel discussion with health professionals.

Bookings are encouraged

When:

Saturday, July 21, 2018
9am – 1pm

Where:

Cancer Council Queensland
553 Gregory Terrace
Fortitude Valley

Parking: Limited parking available on site

Cost: FREE

RSVP by July 19, 2018 via
<http://bit.ly/headandneckjuly21>

For further information, please contact:
communitysupportservices@cancerqld.org.au

All Queenslanders, all cancers

13 11 20
cancerqld.org.au



Head and Neck Cancer Support Australia Urges People to Attend The Head and Neck Cancer Forum on Saturday 21st July 2018

Head and Neck Cancer Support Australia are a small group who have been through the treatment for a variety of forms of Head and Neck Cancer.

“This will be our 4th year and we would like as many Patients, Family, Carers, Medical and Allied Professionals to come along and join in the conversations, so we can all benefit from our experiences” said Co Convenor of the Brisbane Support Group, Marty Doyle.

Email: martydoyle@bigpond.com

Facebook: <https://www.facebook.com/HeadAndNeckCancerSupportAustralia/>


Ninth Annual
Queensland Epilepsy Symposium

Thinking
outside
 the **box!**

Save the date
 Tuesday 30 October 2018
 State Library of Queensland

Join us for some stimulating dialogue...
 Bookings essential!

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Sourcing speakers with extensive knowledge of neurology, widely renowned in their fields of expertise, this annual event is vital in sharing knowledge and information, stimulating dialogue and thinking outside the box when it comes to epilepsy.

Get your tickets today:

<http://bit.ly/EpilepsySymposium>

Multicultural Race Day – 4 August 2018

Saddle up for the National Jockeys Trust Multicultural Race Day. [Brisbane Racing Club](#) will be hosting a multicultural festival at the races on Saturday 4 August celebrating cultural diversity with food, music and photo opportunities.



Trish from Self Help Queensland. Kellie from St David's Neighbourhood Centre.

Community Showcased The amazing work of southside community groups was showcased on Friday may 25th.

Federal Member for Moreton, Graham Perrett held the event to "brag" about the great work they do. The event was a great success with locals getting the opportunity to see what was happening in their own backyard.

(Source: Southern Star Newspaper May 30th 2018)

Self Help Queensland (SHQ), St David's Neighbourhood Centre and the Somali Community Association of Queensland have recently partnered in a project which will see the continuation of a "learn to sew" initiative started by SHQ back in 2011.

With the generous support of the local community who donated fabric and other sewing aids, the provision of 20 new sewing machines by a resident who enlisted the help of the women and youth of the Kuraby Mosque, along with a wonderful group of volunteers, the project was a great success. 20 women who had never learned to sew before can now make their own and their children's clothes. Unfortunately, SHQ no longer has access to its previous venue which is now so popular it is unbookable!

Thanks to Kellie Griffiths and St David's Neighbourhood Centre, Coopers Plains, the next group of 10 refugees will learn to sew in 2018 at St David's, and will happily include some of the men.

Choir of 60 Newstart and Other Welfare Recipients, Plus Supporters, Alter Lyrics to famous Gough Whitlam Campaign Jingle, "It's Time"

The song is being released in Adelaide by the Anti Poverty Network SA, who want an increase of at least \$100 to the \$278 per week Newstart allowance, which it said was \$160 per week below the poverty line. The Australian Council of Social Services (ACOSS) has called for a \$75 rise.

"Similar to Hard Knocks, the choir has authenticity because the singers really do have 'skin in the game', trying to make do on very little money," said Anti-Poverty Network SA spokesperson Pas Forgione

The song's soloist is Adelaide Newstart recipient Eileen Darley. To listen to Eileen and the Choir [go to this site and scroll down](#)

"It's time for changing, not deck-chair rearranging,

"Time for poor folk, not rich folk

"It's time for us folk, yes it's time,

"It's time for Newstart, to give a real start,

"One hundred more a week start, yes it's time."

(Source: Pro Bono News 28 June 2018)



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