



'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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2018



Self Help Queensland Office  
Located at Sunnybank, Brisbane



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



## From the President

Joseph Soda

As we commence the start of a new financial year, we reflect on the past year, and it has not been without its challenges.

We have successfully operated on a very restricted funding Budget.

However I am pleased to report that this success has been due to good management by our Co-ordinator Trish, Bookkeeper Janette and IT Volunteer Roy throughout the year, and we have been able to continue to maintain support to our many current and newly registered organisations which required assistance.

Trish has been the Co-ordinator for SHQ for almost 20 years, and has made the decision to retire during August. I am sure that those of you who have been in contact with Trish over years will understand that we are losing a dedicated and capable person who has made a valuable contribution to the organisation.

Janette (9 years) and Roy (2 years) have also recently moved to far away places. We thank them both for their loyalty and dedication and wish them well in their new communities.

The Management Committee undertook the task of recruiting a suitable replacement for Trish by conducting a number of interviews.

I am pleased to report that Selina Utting will take up the position as our new Co-ordinator from Thursday the 9th August.

I trust you will welcome Selina during her introduction period with SHQ.

Regards,  
Joe Soda  
President

## 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	Selina Utting

## 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.



## Vale FSG Australia And Thank You!

It's a very sad time for the people of FSG Australia, a Queensland organisation of 35 years with a long and worthy history of walking alongside people with disabilities to assist them in achieving their goals and reaching their potential.

While FSG has recently had an Administrator appointed to manage its affairs, it cannot be denied that for the many years it has been a lead disability organisation. The words innovative, creative, just, ethical, practical and democratically participative come to mind in how it provided its services.

FSG grew from humble beginnings - a handful of parents of children with disabilities on the Gold Coast got together and formed the Family Support Group with a view to supporting each other and proactively seeking opportunities to improve and enhance the lives of their children.

When Self Help Queensland (SHQ) underwent a funding crisis in 2016 FSG stepped in and partnered with us on a couple of projects because they believed in the value of what we were achieving. Some of you will remember that FSG has sponsored this newsletter for the past couple of years, for which we are very thankful.

CPL – Choice, Passion, Life (formerly the Cerebral Palsy League) announced it has formed an independent partnership with FSG Australia to provide certainty of service to more than 1,500 customers receiving disability support services, and will seek to offer employment to many FSG staff. For more information go to <https://www.cpl.org.au/news/cpl-working-partnership-fsg-australia>.

Meanwhile, SHQ would like to pass on its very best wishes to all the wonderful people with whom we worked at FSG, and give recognition to the amazing difference you have made in many people's lives for so many years. Thank You!

### Volunteer Grants 2018 - open for application

The Australian Government is inviting applications via an open process to apply for funding to support volunteers under the [Volunteer Grants Activity](#).

Volunteer Grants aim to support the efforts of Australia's volunteers by:

- Providing small amounts of money that organisations and community groups can use to help their volunteers
- Forming part of the Government's work to support the volunteers who help disadvantaged Australian communities and encourage inclusion of vulnerable people in community life.
- Applications close at 2:00 pm AEST on **18 September 2018**.

For further information about eligibility and how to apply, go to the [Funding Round Application page](#). Information about applying for this funding round can also be found on [GrantConnect](#).

### Is Your Self Help/Support Group Run Mainly By Volunteers?

**If you have never received or applied for a Volunteer Grant would your group like some help?**

**Call the SHQ office for a chat to see how we may be able to help - 07 3344 6919**



## Thinking of Donating Your Hair to Kids Who Don't Have Any?

Donating your hair to be made into a wig for someone who cannot grow hair of their own is a generous gift and rewarding experience. It's very important to us that not a single gift is wasted, so please be sure to follow these simple steps to ensure your hair meets our requirements. All hair donated to AAAF is sent wig makers who specialize in making hair pieces for medical purposes. We receive funds from the wig makers and these go to support our Wigs For Kids program, which provides financial grants to help families with the costs of wigs. So your hair donation helps kids with Alopecia Areata twice!

### Before You Start: Requirements

In order to donate your locks to be made into Wigs for Kids, your hair must be:

- 36cm in length or longer.
- Free from permanent or semi-permanent hair dye.
- Secured firmly at the top and bottom of the pony tail or braid.
- Clean and dry when cut.

Until recently AAAF accepted hair down to 30cm in length. However, recent changes with our wig makers mean that we are now asking for longer lengths of 36cm or above. This is to ensure that all the hair we receive is long enough to use and that all generous donations go to someone who needs them.

### Other Important Information You Will Need

[Click here to download the Hair Donation Form](#)

[How to cut a ponytail for donation](#)

Post Hair to AAAF, PO Box 5029, Frankston South, VIC 3199

### Queensland Alopecia Areata Support Group

Support groups are a fantastic way to get in touch with other people who are living with Alopecia Areata, to ask questions and find new friends. Our Facebook groups are closed groups and you will be contacted by an administrator to ensure you are joining the correct state group and are part of the alopecia community. [Click here to ask to join the support group.](#)

### Queensland Open Day

10:00 am - 3:00 pm on Saturday November 17 2018

This event is a fantastic opportunity to make friends and forge connections with other individuals and families living with alopecia, and they'll be time to ask all your alopecia questions with our expert team. We're also bringing some friends with us – wig makers and other specialists who work with the alopecia community and can answer all your questions and show you what's new. If you've ever wanted to know more about alopecia, discuss options for wigs, or just meet with others with this condition in a safe and friendly environment, this is the event for you.

**It's totally free to come along**, and plenty of room for everyone – families and friends, including kids, very welcome to come along too. We encourage you to **rsvp by emailing Judy@aaaf.org.au** and save the date for the 17th of November. We can't wait to see you all.

# Genetic Matters

by Professor Kim Summers PhD FRSB

## Research vs diagnostic test

For some time I have been working on a genetic disease in dogs. It's a developmental problem that can lead to glaucoma and loss of vision, so it is relevant to humans as well as dogs, and one of my interests is to understand how the gene we believe to be changed in affected dogs actually contributes to the development of the eye.

Dog owners submit samples (usually cheek swabs) to our research laboratory with some information on the clinical status of the dog. We have used the DNA from these samples to find a genetic region that seems to be associated with the severe form of the condition and we have gone on to sequence all the DNA of a small number of dogs, which led to the finding of a DNA change which could well be what is causing the problem.

The dog owners are very concerned to prevent this problem and they want a genetic test. They are used to being able to test their dogs for a number of other genetic conditions and to plan breeding strategies so they can avoid producing affected puppies. We have results for our gene for about 100 dogs and the owners want me to provide them with the details for their own dog.

My problem is that we are not a certified diagnostic laboratory. Although we do our best not to confuse samples or get the test wrong, inevitably there will be occasional problems, and we don't have the strict mechanisms in place to be absolutely certain that everything is OK. So I am reluctant to pass over results where there is a small chance that it might be wrong.

Now this is for dogs; the problem becomes much worse when the subjects are human. All our research consent forms and information sheets stress that people who take part in a research project may not have any direct benefit and that we will not provide results. Sometimes we do get a result that might make a difference (as with the dogs). We would normally then go to a certified pathology laboratory with the information that they could validate themselves before offering a test.

Going through the pathology laboratory also means that the people getting the test results are supported by appropriate clinical and counselling staff who can help them interpret the results and use the information appropriately.

However today you can send off a cheek cell sample to one of the genealogy or family history sites and get back your genetic profile. You may find you have a third cousin in Brighton or ancestry from Iceland or the Sahara. You may also be told you have a susceptibility to a particular disease. You can get a copy of the raw data which your doctor or a third party company can interpret for you.

The companies providing the results do not guarantee the accuracy, but people may assume that they are getting validated information. In fact, a recent study found that these tests gave the wrong result in 40% of cases. This was due to false positive results (being told you are at risk when you are not) rather than false negatives (being told you are clear when you are actually at risk). The reasons for the incorrect results included the lack of experience or knowledge of the people interpreting the raw data, incomplete or differing understanding of the contribution of a genetic variant to health risks and technical errors in determining the genotype.

While this research involved false positives, it is also possible that many of these do-it-yourself genetic tests can give false reassurance that the individual is not at risk. The methodology used by the genealogy tests is different from what would be done by a clinical diagnostic laboratory.

The do-it-yourself tests sample small segments of the DNA. For research, it is possible to use the same approach to look at up almost five million of the DNA letters; routinely we

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will look at around one million letters of the DNA code. Since a human has two copies of three thousand million letters, we are sampling less than 0.03% of the total DNA. The genealogy companies do not reveal how many letters they look at, but it seems to be of the order of 700,000 DNA letters. So they are sampling about 0.02% of the total DNA. This means that the tests are not comprehensive and people may be given the impression that they are free from a risk that has not actually been tested for.

The availability of these do-it-yourself DNA tests highlights the issues I have with releasing the results of our research on humans and dogs. We may have made errors, muddled samples, misinterpreted the impact of what we are seeing. We do not have the stringent quality control processes of a certified pathology laboratory and we are unable to provide the follow-up advice and counselling that a medical practitioner can. We are doing research; we are the ones who find the genetic variants that may be involved. It is then a long process to show that what we have found does, in fact, represent a disease-causing DNA change. So please, enrol yourself (or your dog) in a research program – we are always grateful to every one of our research subjects and almost feel we know them personally – but do not expect to be given results. And be wary of the clinical results you get from a genealogy DNA analysis!

"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"

## New Support Group Formed on the Gold Coast for People with Neuroendocrine Tumours

If you are affected by Neuroendocrine Tumours (NETs) you are warmly invited to join the newly formed NET support group on the Gold Coast. The first informal gathering of the group was held at the Cancer Council, Southport, on 3rd August 2018.

### What is NETs?

Neuroendocrine tumours (NETs) is the umbrella term for a group of unusual, often slow-growing cancers. These tumours develop from secretory cells found throughout the body and which are particularly concentrated in the gastrointestinal system, lung, pancreas, ovary and testes. These cells are referred to as the diffuse endocrine system to separate them from the discrete endocrine organs such as pituitary, thyroid, parathyroid and adrenal glands.

If you are interested in joining the group or would like further information please contact:  
[netnurse@unicornfoundation.org.au](mailto:netnurse@unicornfoundation.org.au) (Ph: 1300 287 363)

There is also a Brisbane Support Group - same contact details as above.

For information and support relating to NET's in Australia contact the Unicorn Foundation at:  
<https://www.unicornfoundation.org.au/>



**Myasthenia Gravis**  
Association of Qld Inc

**Myasthenia Gravis Carer's  
Group Welcomes You**

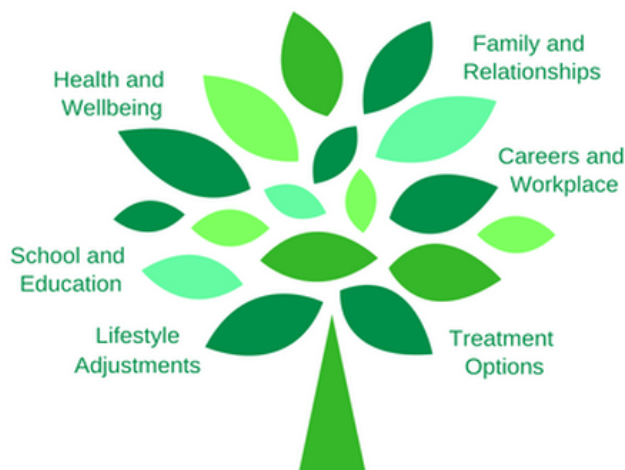
There are many groups out there for those who suffer with Myasthenia Gravis. It is often underestimated how much support carers need and also that they have a place/forum where they can chat confidentially. Looking after someone with a chronic illness where there is no cure can be soul destroying.

**[This page allows carers to talk confidentially together](#)**

So if you have a partner or loved one with MG and want to talk to others in the same boat ..... Please come and join us.

Idiopathic Hypersomnia  
affects every part of a sufferers life

  
IDIOPATHIC HYPERSOMNIA  
AWARENESS WEEK  
3-9 Sept 2018



Idiopathic Hypersomnia (IH), sometimes referred to as Idiopathic Hypersomnolence, is a neurological sleep/wake disorder characterised by excessive sleep and daytime sleepiness despite extraordinary amounts of good quality sleep. It is a debilitating condition often profoundly affecting work, education, and relationships. Click [here](#) for more information about symptoms and [here](#) for information about diagnosis and treatment.

Idiopathic Hypersomnia is one of the most misunderstood and under-researched sleep disorders. Many (including doctors) incorrectly think it refers to any case of excessive daytime sleepiness (EDS) that cannot be explained by another preexisting medical condition, sleep disorder or by lifestyle or behaviour. This is not correct. Idiopathic Hypersomnia is characterised by a number of symptoms and clinical features. EDS is just one of them.

Hypersomnolence Australia is conducting a survey which is designed to help set up a patient registry that will be used for the purpose of aiding future research and to assist us to identify key areas of concern that need to be addressed. [Idiopathic Hypersomnia Patient Survey](#)



## The Little Black Book of Scams

A pocket-sized guide so you can spot, avoid, and protect yourself against scams

**The best way to protect yourself is through awareness and education**

The Little Black Book of Scams is recognised internationally as an important tool for consumers and small businesses to learn about scams including:

- the most common scams to watch out for
- the different ways scammers can contact you
- the tools scammers use to trick you
- the warning signs
- how to protect yourself, and where you can find help.

Individuals and community organisations can place an order for *The little black book of scams* by emailing [publishing.unit@accc.gov.au](mailto:publishing.unit@accc.gov.au) ([link sends e-mail](#)) or by contacting the Infocentre on 1300 302 502. We only deliver to addresses within Australia.



[PDF \(559.18 KB\)](#) [PDF \(559.18 KB\)](#)  
[Listen to PDF](#)  
[Word \(120.5 KB\)](#)  
[Accessibility](#)



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COMPETITION  
& CONSUMER  
COMMISSION



## Would you Know if Someone was Having a Stroke?

The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke.

Using the F.A.S.T. test involves asking these simple questions:

**Face** Check their face. Has their mouth drooped?

**Arms** Can they lift both arms?

**Speech** Is their speech slurred? Do they understand you?

**Time** Is critical. If you see any of these signs call 000 straight away.

It's estimated that more than 80 percent of strokes can be prevented simply by managing risk factors and living a healthy lifestyle.

A stroke is always a medical emergency. The longer a stroke remains untreated, the greater the chance of stroke related brain damage. Emergency medical treatment soon after symptoms begin improves the chance of survival and successful rehabilitation.

Facial weakness, arm weakness and difficulty with speech are the most common symptoms or signs of stroke, but they are not the only signs.

**Other signs of stroke may include one, or a combination of:**

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

The signs of stroke may occur alone or in combination and they can last a few seconds or up to 24 hours and then disappear. When symptoms disappear within 24 hours, this episode may be a mini stroke or [Transient Ischaemic Attack \(TIA\)](#).

For a more comprehensive understanding of stroke you can download this great resource:

[Transient ischaemic attack – Signs, treatment and reducing your risk \(PDF 2.55 MB\)](#)

If you or someone else experiences signs of stroke, no matter how long it lasts, call 000 immediately.

**What is actually happening to you when you are having a stroke?**

A stroke happens when blood supply to the brain is interrupted. Blood is carried to the brain by blood vessels called arteries. Blood contains oxygen and important nutrients for your brain cells. Blood may be interrupted or stop moving through an artery, because the artery is blocked (ischaemic stroke) or bursts (haemorrhagic stroke). When brain cells do not get enough oxygen or nutrients, they die. The area of brain damage is called a cerebral infarct.

### National Stroke Week 3rd to 9th September 2018

Strokeline's health professionals provide information and advice on stroke treatment, prevention and recovery.

**StrokeLine: 1800 787 653**

Operating hours: 9am - 5pm EST, Monday to Friday

**Website:** <https://strokefoundation.org.au/>

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## Stroke Support Groups Play a Vital Role in Stroke Recovery; Empowering Stroke Survivors in Taking Responsibility for Improving Their Own Health and Wellbeing. Check Out the List Below To Find a Group Near You.

### Stroke support groups: Greater Brisbane areas

[Acacia Ridge Stroke Support Group](#)  
[Australian Aphasia Association \(Qld\)](#)  
[Bayside STEPS Network Group](#)  
[Brisbane Central STEPS Network Group](#)  
[Brisbane North STEPS Network Group](#)  
[Browns Plains STEPS Network Group](#)  
[Browns Plains Stroke Support Group](#)  
[Caboolture 'Brainiacs' STEPS Network Group](#)  
[Caboolture Social Coffee Group](#)  
[Centenary STEPS Network Group](#)  
[Ipswich STEPS Network Group](#)  
[Ipswich Stroke Support Group](#)  
[Logan Chatters Aphasia Group](#)  
[Logan North STEPS Network Group](#)  
[Mt Gravatt 'Steppies' STEPS Network Group](#)  
[Mt Gravatt Stroke Support and Friendship Group](#)  
[Northside Coffee Group \(Aphasia group\)](#)  
[Northside Stroke Club Inc.](#)  
[Redcliffe/North Lakes STEPS Network Group](#)  
[Taringa STEPS Network Group](#)  
[Toowong Gossips Coffee Group](#)  
[Young Acquired Brain Injury Group Brisbane Central](#)  
[Young Acquired Brain Injury Group Brisbane North](#)  
[Young Queensland Stroke Support Group](#)

**Call StrokeLine for more information  
on 1800 787 653**

**or email**

**[strokeline@strokefoundation.com.au](mailto:strokeline@strokefoundation.com.au)**

### Stroke support groups: Queensland regional areas

[Atherton STEPS Network Group \(ABI Outreach\)](#)  
[Biloela STEPS Network Group](#)  
[Bribie Island Aphasia Support Group 'Bakehouse Bandits'](#)  
[Bundaberg Brain Injury Friends](#)  
[Bundaberg Stroke Support Group](#)  
[Cairns STEPS Network Group](#)  
[Caloundra Stroke Support Group](#)  
[Caloundra Young Stroke Survivors Support Group - Living Life after Stroke](#)  
[Community Aphasia Group \(Sunshine Coast\)](#)  
[Emerald STEPS Network Group](#)  
[Fraser Coast Hinterland Brain Injury Support Group](#)  
[Gladstone STEPS Network Group](#)  
[Gold Coast STEPS Network Group](#)  
[Gold Coast Stroke Support Group](#)  
[Gympie Stroke Support Group](#)  
[Hervey Bay Carers Support Group](#)  
[Hope After Stroke \(Southport\)](#)  
[Lockyer Valley Stroke and Carer Support Group](#)  
[Mackay STEPS Network Group](#)  
[Mackay Stroke Recovery Group](#)  
[Maroochydore 'No Brainers' STEPS Network Group](#)  
[Noosa \(Young Queensland\) Stroke Support Group](#)  
[Rockhampton 'Rocky Brain Waves' STEPS group](#)  
[Sunshine Coast Aphasia Group](#)  
[Toowoomba STEPS Network Group](#)  
[Toowoomba Stroke Support Group](#)  
[Townsville STEPS Network Group](#)  
[Yarraman STEPS Network Group](#)  
[Yeppoon - Capricorn Coast Stroke Support Group](#)  
[Yeppoon STEPS Network Group](#)



**Can't Find a Self Help Group/Support Group for Your Health Condition?**

**Would You Like Help And Advice to Start Your Own Group?**

**Contact SHQ on 07 3344 6919 for a Chat**



Dr Cameron Stewart

## Australian Scientists have discovered a new gene in your immune system and they want you to help name it!

A team of Australian researchers has discovered a new gene with a critical role in the immune system and they are launching a public appeal to help name it.

**CSIRO researcher Cameron Stewart said studying the gene — currently called C6orf106 or "C6" — could lead to new treatments for cancer, influenza and autoimmune diseases.**

According to Dr Stewart and his colleagues, the gene probably evolved more than 500 million years ago in organisms much simpler than humans.

"We found the gene by studying viruses," he said.

"Viruses can't replicate on their own, they need host genes in order to do that.

"So we performed a comprehensive screening looking through the entire genome to identify human molecules that are important for virus growth."

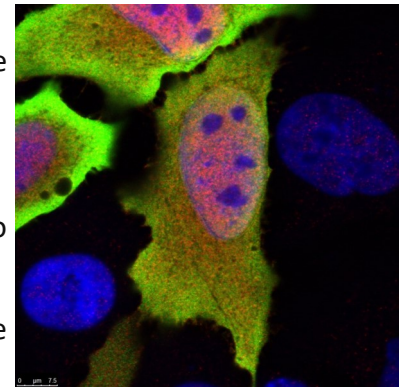
The process took about three years, working in a high containment facility.

Dr Stewart and his colleagues published their findings in the Journal of Biological Chemistry in May and, because they identified the function of a gene that had not been studied before, they have the right to name it.

[Read the article here](#)

The researchers have launched [a new website where the public can nominate suggestions](#).

(Source: ABC News Breakfast 2nd July 2018)



**C6orf106 controls the production of proteins involved in infectious diseases, cancer and diabetes.**

## Causes of Selfie-related Deaths Worldwide

Incidence of selfie-related deaths published in media, December 2013 to January 2017

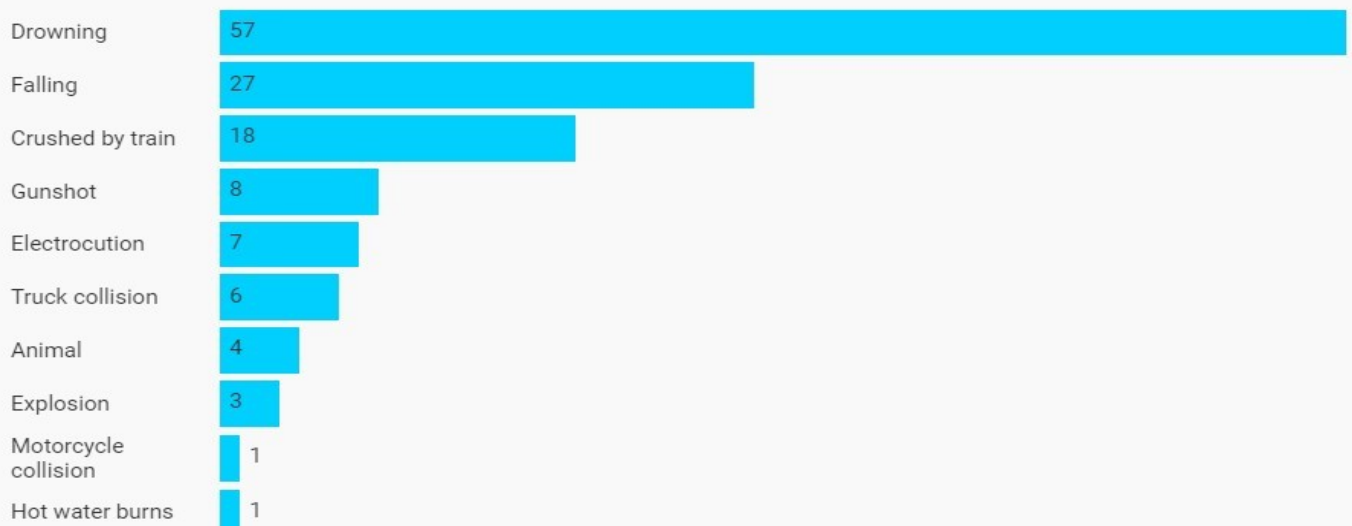


Chart: ABC • Source: Turkish Journal of Trauma and Emergency Surgery • Created with Datawrapper



## Would you like to know more about the effects of trauma on the brain - from the moment of birth and even before?

**An interesting and easy to read article by Jane Macnaught, Editor, appears in the July 2018 edition of “Breaking Free”, the newsletter of the Blue Knot Foundation. Jane discusses what research has led us to now know, and gives us 8 Key Points for Recovery and Good News from Neuroscience**

“Research in recent decades has established that the brain is neurologically plastic rather than what was believed in past decades i.e. that the brain was hard wired.

We now know that neurons can grow and repair - the brain changes with different experiences. Just as damaging experiences can cause negative impacts on nerve pathways so new positive experiences can promote healing. Changes can occur across the lifespan – neuroplasticity means the possibility for ongoing neural growth.

Neuroscience research illuminates the role of social and environmental impacts from the moment of birth, and even before. Life experiences actively influence and shape us via neural networks in the brain. There is the critical and sensitive period very early in life when the ‘right’ brain or ‘emotional’ brain development is more dominant than the left ‘cognitive’ or ‘thinking’ brain. Effective right brain development is dependent on early attachment experience, particularly although not exclusively with the primary caregiver. The child’s attachment experience is crucial to a person’s sense of self and subsequent experience of trust, safety and the ability to empathise.

If early attachment experiences are not favourable, neural development and integration will be disrupted and this can impact many areas of a child’s development and well being. For example, right brain development is important for the crucial capacity to *regulate self* - emotions, levels of arousal and behaviours. Supporting survivors to feel safe and develop the capacity to regulate their self is a particularly important part of trauma recovery work.

When a child has to focus on psychological and physical survival the brain is less able to spend time and energy on other crucial developmental tasks. In neuroscientific terms the child stays mostly within a ‘survival brain’ and less within a ‘learning brain’. This means that the child is more susceptible to ongoing traumatic stress, is less able to establish secure relationships, and finds it hard to feel safe and self-regulate. These challenges can persist into adulthood if the child, adolescent and adult don’t receive the support needed for recovery.

There is a burgeoning field of research on trauma recovery showing the way that the brain changes over time – positively. Knowing about this radically changes the way survivors can understand their own recovery journeys and how trauma specialists can support recovery for trauma survivors of all ages.”

[Click Here](#) for 8 Key Points for Recovery, links to fact sheets, workshops, practice guidelines etc

**Blue Knot Helpline 1300 657 380**

(Source: July 2018 Edition “Breaking Free” newsletter of the Blue Knot Foundation)

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### **Not For Profit People Conference 2018** **19th and 20th November Melbourn Convention Centre**

The Not-For-Profit People Conference is Australia’s largest event focused on how to attract, manage, train and retain the best people for the NFP sector.

Over twenty-nine inspiring sessions, five hundred senior leaders and team leaders, HR professionals and board members, volunteer managers and CEOs will explore the NFP sector’s most pressing people issues.

[2018 Not-For-Profit People Conference](#)

## Note a Change of Sex in a Birth or Adoption Register

If you have undergone sexual reassignment surgery and your birth or adoption was registered in Queensland, you can apply to have your new sex noted on your birth or adoption registration.

Your new birth certificate will not state that your sex has changed, it will only show your sex after sexual reassignment surgery and state that your birth has been re-registered

### [Learn more about changing your name](#)

To note your change of sex, you must:

- be at least 18—a child's parents or guardians can apply with court approval (in certain circumstances one parent or guardian can apply)
- have 2 doctors complete the statutory declaration sections of the application form confirming your surgery. We may accept a recognition certificate in place of the 2 doctors' statutory declarations. Return your old certificate to use for replacement, if you have one.

### How to apply

To note your change of sex, you need to:

Read and understand the rules.

Download, print and fill in the [note a change of sex application form](#).

Get your supporting documents certified by a [Justice of the Peace](#) or another [authorised person](#).

Attach your certified [proof of ID](#), the correct supporting documents and recognition certificate, as required.

Have another adult (18 or over) witness your signature on the declaration section of the application form.

Have 2 doctors complete the statutory declaration sections of your application form—including Medicare provider numbers—and have this witnessed by a [Justice of the Peace](#) or another [authorised person](#).

### [Pay the fee](#).

Submit your application form, return your birth certificate (if applicable) and certified documents to us, along with payment by post or in person.



Queensland Government

### [Download the note a change of sex application form](#)

## The Australian Senate has launched an inquiry into the extinction crisis affecting 450 of Australia's native animal species like the koala, corroboree frog and the swift parrot.

You can send a message to the Australian Senate Inquiry into the Extinction Crisis and be a voice for our unique wildlife and their homes today.

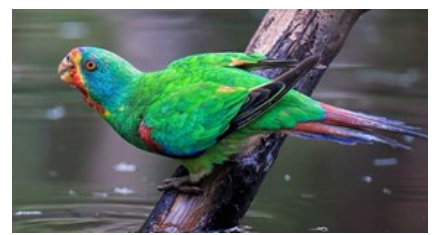
A submission has been prepared by the World Wildlife Foundation, or you are free to submit your own.



Corroboree Frog



Koala



Swift Parrot

### [Send your submission to the Senate Inquiry](#)

## Know Your Rights About Being Arrested in Queensland - and Police Custody



### Being stopped

Your rights and obligations if you are stopped by police on the street or in a car.



### Being questioned

Being questioned by police – your rights and obligations, including whether you have to go to the police station, how long police can question you and what police can ask.



### Being searched

Your rights and obligations when you, your car or your house is searched by police, including when you can refuse entry to police and when they can search without consent or a warrant.



### Being arrested

How and why the police may arrest you, what happens if you resist arrest, have outstanding arrest warrants.



### Being held in Police custody

What police can do at the watch-house, how long they can hold you and whether you can receive visitors.

## Homelessness Leaving Young Australians Fearful of 'Losing' Future

One in six young Australians have experienced homelessness, new data shows, and a lack of resources and awareness is leaving affected young people fearful of “losing” their future.

Mission Australia’s latest youth survey of 15 to 19 year olds released in July 2018 found one in six (15.6 per cent) of the 21,812 respondents had experienced homelessness, including those living in refuges, transitional accommodation and who have couch surfed.

**1 in 5 of those who had couch surfed reported that they had first done so when they were less than 12 years old.**



**Check Out**

[#YouthSurvey2017](#)

**MISSION AUSTRALIA**

There are calls for greater National Disability Insurance Scheme accessibility for disadvantaged groups, with an expert warning it is “nearly impossible” for homeless people with disability to get help from the system.

### Concerns Raised Over NDIS Barriers for Homeless People With Disability

(Source: Pro Bono News 7th August 2018)

## Gender & Sex - What's the Difference?

### **Sex = Male / Female**

Defines your biology via your reproductive organs.

### **Gender = Masculine / Feminine**

This is you, your inner self. How you see yourself.

### **Sexual Orientation [e.g. Straight, gay, lesbian, bisexual]**

Which sex, male or female, a person finds sexually attractive.

### **Sexual Identity**

The anatomy sex that a person feels comfortable with.

### **Gender Identity**

Mentally, emotionally, spiritually how a person sees himself or herself.

**Trans** = across or over, [cross over].

**Gender** = any set of two or more categories, such as masculine, feminine and neuter, into which words are divided according to sex, animation, psychological associations, or some other characteristic and that determine agreement with or the selection of modifiers, referents or grammatical forms.

**Transgender** = an ordinary person with a medical condition.

### **Gender Identity Disorder/Gender Dysphoria**

The medical condition. These are good terms because they are an accurate description. The condition is related to the sense and expression of gender. It has nothing to do with sex or sexuality.

A person with this condition has a mismatch between the gender they experience in their mind and the sex of their body. Usually, both the body and mind are healthy and that is why it is such a difficult condition to treat. There is nothing wrong with the mind or body they are just mismatched.

This mismatch does however cause considerable stress and distress for the person with this condition. "Trapped in the wrong body" is an easy concept to grasp. Medical science has shown that it's actually easier to change the body than to try and change the mind. That is why treatment for this condition involves hormone therapy and surgery to change the body to match the mind and relieve the distress. No one chooses to be a transgender or transsexual.

### **Transgender/Transsexual**

In Queensland we use the term transgender to remove the reference of sex. The term transsexual is often avoided because it tends to have emotional or sensational connotations for some people. Both terms are accurate though.

### **Transvestite/Cross-dresser**

A male person who is usually heterosexual [straight], sometimes married with children, who enjoys being a man but needs to wear women's clothing on a regular basis for relief and/or to express their feminine side. Female cross-dressers are now so much a part of our culture they largely go unnoticed.

### **Drag Queen/Drag King**

The term Drag Queen is used to describe a cabaret show that involves gay guys dressing up outrageously to mime to a recorded song. Normally found in gay nightclubs. Sometimes a transgender person will do this to raise much needed money for surgery. The term Drag King is used for lesbian women dressing up as men in a cabaret show.

### **Queer**

A term some people in the LGBTIQ community like to use to describe themselves yet others may hate it. (Source: Australian Transgender Support Association Queensland Inc <http://www.atsaq.com/>)



## Benefits of Self Help Groups

The 1999 Report of the United States Surgeon General notes that one of the greatest contributions of consumer organisations has been the proliferation of selfhelp groups that have improved the lives of thousands of patients.

### Self help groups can have a positive impact on members

- For many people, finding out they are 'not the only one' is one of the major benefits of self help groups.
- Common ground and a common language help participants 'feel normal' again.
- Self help groups provide a comparative perspective of one's own problems.
- Reduced depression has been documented as a benefit of self help group membership.
- For many participants, group membership provides benefits which go beyond the support for their condition. These benefits include friendship and emotional support, increased self esteem, improved communication skills etc.
- Self help groups are banks of knowledge and wisdom which can assist many people in making informed, responsible decisions and so be more in control of their lives.
- Members of self help groups have day to day, practical knowledge and experience in assisting with self care and the maintenance of wellbeing.
- Unlike services provided by hospitals, clinics, professionals etc self help is available 24 hours a day, seven days a week.
- The help provided by self help groups (for the most part) is free.
- Self help groups provide mutual support – people help each other as they help themselves. There is no distinction between the giver and the receiver.
- Groups may have a stronger voice than individuals working alone. This often helps to express needs, be heard and get things done.
- Self help groups are in a unique position to collect data for researchers and provide useful information to health planners. Some groups have identified secondary factors in their own condition, thereby leading to further scientific research.
- Social health research confirms that the self help process enhances individual well being, increases community capacity and builds social capital. Self Help is endorsed by the World Health Organisation as an important strategy in its 'Health for All' movement
- Self help groups are instrumental in keeping people out of expensive levels of care in the health system.
- By any measure, this diverse and committed population of people active in their own well being represents not only a significant contribution to the community and the health sector, but also a potentially powerful political force. (Source: [Self Help Queensland Fact Sheet 1](#))

**Conservatively, there are at least 2,500 self help/support groups in Queensland that have been identified by Self Help Queensland.**



We would like to capture as many of them as we can to add to our Online Directory of Self Help and Support Groups in Queensland.

Please let us know if you would like your group to be added to the Directory, if you would like your contact or other details changed in any way, or if you know a group that is not yet registered. Call 07 3344 6919 or email [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au)

By keeping our Directory up to date we are not only supporting Groups but also the individuals who are searching for them. You can search the Directory at [www.selfhelpqld.org.au](http://www.selfhelpqld.org.au)



## Did You Know?

### There is a Queensland Division of the United Nations Association of Australia

“We work to connect the Queensland community, government and other stakeholders to the UN and the global network of UN Associations. We operate at a state level to inform, inspire and engage Australian's regarding the work, goals and values of the United Nations to create a safer, fairer and more sustainable world.”

#### What to expect when you become a member

- **Learn.** Receive invitations to regular meetings, seminars and discussions on current and important global issues.
- **Meet.** Attend networking opportunities with recognised leaders from government, community and the United Nations.
- **Share.** Obtain an opportunity to share your views with like-minded individuals in a non-partisan framework.
- **Get informed.** Glean regular UN news updates and materials on national and international affairs.
- **Respect.** Gain membership of an esteemed international organisation founded in 1946.

To join to make the world a better place contact:

UNAA (QLD Division)

EcoCentre, Griffith University, Nathan, Queensland, 4111

Phone: 0737353525

Email: [gld@unaa.org.au](mailto:gld@unaa.org.au)

## Local Volunteering is the Thread that Binds Communities and Makes Them Strong

In a fragile and turbulent world, volunteers are active in every major shock and stress situation experienced by communities – from earthquakes and flooding to climate change and local conflicts. Often working behind the scenes, they are the thread that binds communities together, finds the latest State of the World's Volunteerism Report 2018, published by the United Nations Volunteers (UNV) programme.



**The State of the World's Volunteerism Report 2018: The Thread that Binds** draws on original research across five continents to understand how communities view volunteering. The report aims to help governments and development partners maximize the contribution of volunteerism as a property of resilient communities. [To Read the 2018 Report Click Here](#)

**More than one billion people volunteer globally.** Considering the hours they contribute, this is equivalent to over 109 million full-time workers. This global volunteer workforce, or “Volunteeria” as the report calls it, exceeds the number of people employed in six of the 10 most populous countries worldwide. The vast majority of volunteer work happens informally, with 70 per cent of all people who volunteer working directly to help people in their communities, while the remaining 30 per cent volunteer through formal organizations. Women represent 57 per cent of all volunteers.



<https://www.unv.org/>

**The Thread That Binds published by the United Nations Volunteers (UNV) programme.**



## Impacts of Technological Change on People with Disability

**The Australian Human Rights Commission**, at a sold-out conference in Sydney, has explored the human rights implications of unprecedented technological change, particularly its impact for the one in five Australians with a disability.

The conference dedicated one of its four panel discussions to inclusion, involving people with disability and technology. AHRC disability discrimination commissioner Alastair McEwin, one of three panellists, said “people with disability don’t need to be told what they want or need, they simply need to be provided with the environment and tools to grow and be independent.”

McEwin noted that technological advancements, innovation and a “digital revolution’ were already transforming the lives of people with disability.

“It is equally important, however, to monitor these technological advancements to ensure people with disability are included, rather than widening a gap in the innovation cycle where disability is forgotten and not thought about from the beginning.

Read the full article and link to the Issue Paper [here](#).  
(Source: Pro Bono New Wednesday, by Paul Carter, 25th July 2018)

## New, Free, Resource Pack for Disability Advocates, Social Services Staff and Group Facilitators who assist people through tough times.



[Standing Strong in Stormy Weather](#)



[The Tree of Life Picture Guide](#)



[The Tree of Life Easy-read Workbook](#)

## Skilled to Thrive: Supporting decision making and problem solving using the Tree of Life

Disability advocates and group facilitators have a new resource pack to support people with problem-solving during a difficult period. It is based on the Tree of Life tool, which has been adapted by the New South Wales Council of Social Services (NCOSS) from existing collective narrative therapy work.

The pack consists of a guide for practitioners, a picture guide and an easy-read workbook for clients and consumers. [Access the pack](#)

(Source: NCOSS Capacity Building Resource [www.ncoss.org.au](http://www.ncoss.org.au))



**Would You like to promote your self help or support group through this newsletter?  
Do you know of any FREE or low cost resources that would benefit other groups?  
Do you understand what Self Help Queensland does?  
Is there something we do well or need to improve upon?**

**Please give us a call or drop us an email and we will be happy to chat with you.**

**Ph: 07 3344 6919**

**Email: [info@selfhelpqld.org.au](mailto:info@selfhelpqld.org.au)**

## National Eating Disorders and Obesity Conference 2018

The annual National Eating Disorders and Obesity Conference will provide the opportunity to share current research, celebrate successes and address challenges whilst learning and networking with like-minded professionals in the prevention, treatment and care of people living with an Eating Disorder and/or Obesity.

**September 27 -28, 2018**

Twin Towers Services Club, Tweed Heads, NSW

[Learn more](#)

## 2018 National Men's Mental Health Gathering 12-14 November 2018

The Australian Men's Health Gathering is a world-leading event that has been connecting people who are committed to improving the lives of men and boys, for over 20 years.

Australia is one of the World's healthiest societies, yet men of all backgrounds have less chance of living healthy lives: we die younger; experience more disease and have less access to support services.

Research shows that the best way to improve male health is to tackle the underlying social factors like boys' education; our experiences of fatherhood; our working lives; our social connections and our access to male-friendly services.

Information about the Conference can be found on the website:

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



**Does your small community group fall through the cracks when it comes to applying for grants?**

The Sisters of Charity Foundation provides charity grants of up to \$10,000 to eligible applicants. They deliver practical, real-world support to smaller grass-roots organisations that can't find help from more traditional sources.

Once accepted as an eligible applicant, the team will work closely with the organisation to understand exactly what is needed, to ensure they receive the best quality outcomes.

For further information go to: [Sisters of Charity Foundation](#)

## NET Patient Symposium 2018

11th November 2018

The Unicorn Foundation NET Patient Symposium will be held on Sunday November 11th and we extend a warm welcome to anyone with an interest in NETs including patients, carers, family members and health professionals

The Patient Symposium forms part of APNETS 2018 9th to 11th November 2018 at the Melbourne Convention and Exhibition Centre.

We are excited to announce our program for the day will include leaders in NETs from Australia, New Zealand and around the world. [Please click here for full copy of program.](#)



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

