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April 2021 edition:

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[Listen to Our Panel Discussion](#)



Self Help QLD was honoured to have [Judy](#), [Michael](#) and [Sarah](#) shared their lived experiences and insight with the attendees of our [online panel discussion](#).

An attendee said, "all of the speakers were so insightful, great to hear from others in

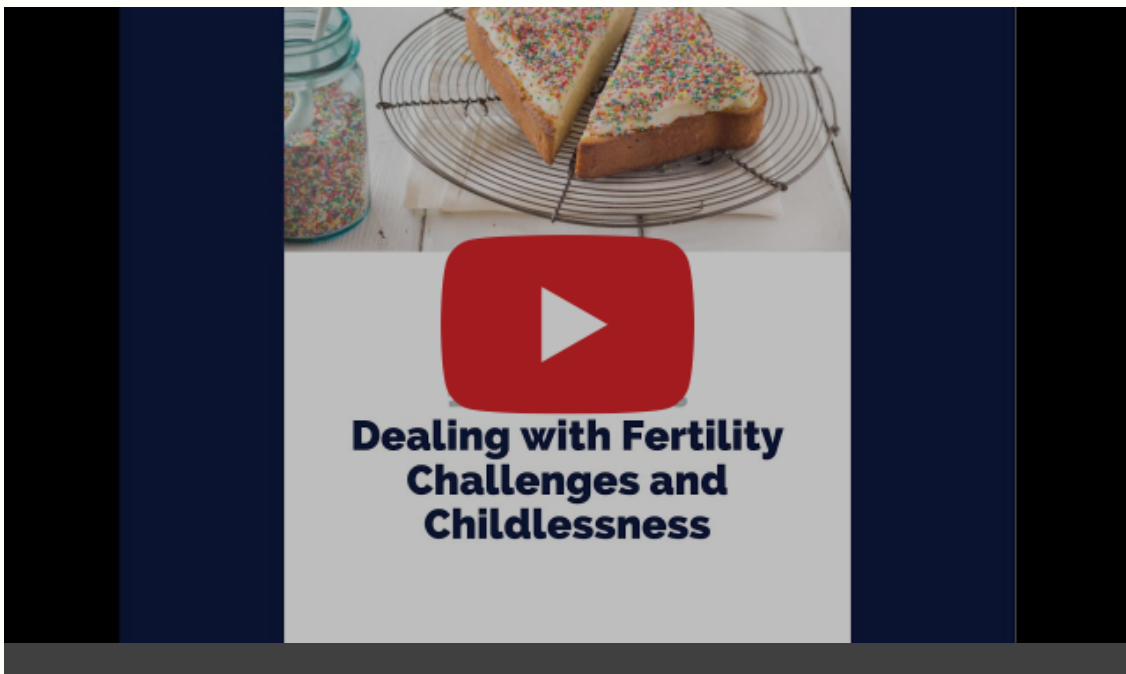
heard and supported.



We would also like to thank the Honourable Premier of Queensland, Annastacia Palaszczuk for sharing a message of support for our event.

Lastly, a HUGE thank you to the attendees for making time to join us and for actively participating in the discussion.

[Watch the video below:](#)



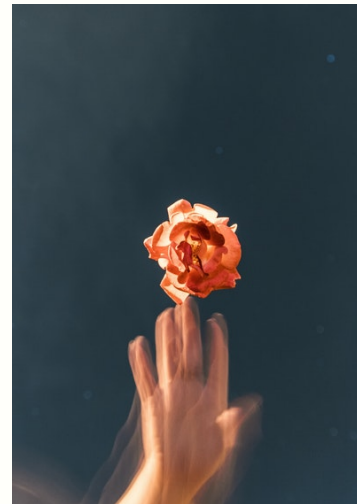
[Sarah Roberts from the Empty Cradle Shares her Considerations about Ageing without Children](#)

We're only just starting to grapple with the experience of ageing without children, so our understanding of this experience is relatively limited. Many childless people express the fear of growing old without children, especially as they come to terms with childlessness, grief, mortality and life purpose. So it's a big hot button issue for us. The challenge for us is to shift it from a fear that makes us feel helpless to solve where we can take proactive steps to prepare.

Many parents will say that they didn't have children to look after them in ageing, and they value their independence. However, when the aging parent is frail, vulnerable, or needing care, most

Further, children and grandchildren are significant relationships and sources of meaning for most parents as they age. For some parents, these relationships don't go well, and they need other kinds of support.

It's a very different story, and there is work that needs to be done to ensure the aged care system better meets the needs of childless people and advocates on our behalf when we need care. The good news is that we have early notice so often decades to prepare for our older years and invest in alternative relationships.



There are practical considerations such as the financial resources we'll need, wills, health care directives, housing and care options etc. We are also more likely to have closer relationships with childless siblings, extended family or friends who can reciprocate care. It's worth nurturing our cross-generational relationships as well.

With the recent inquiry into aged care in Australia, now is a good time for us to come together as a childless community to advocate for government and care services to be better equipped to meet our needs.

Resources:

Security in old age for older single women without children

by Myra Hamilton, Helen Hodgson, Bruce Bradbury, Mary Ip, Elizabeth Adamson and Georgia van Toorn

[JOIN the Childless Path To Acceptance Facebook group](#) for support. This is a safe place for women and men who are Childless NOT By Choice, be that via infertility, circumstance, chance or tough decisions. When it's time to move on and embrace the life you have (not the life you envisioned) but need a little help getting there, They're friends who understand.



SLEEP HEALTH & WELLBEING EXPO

Saturday 9th October 2021
Brisbane Convention & Exhibition Centre



SLEEP



NUTRITION



EXERCISE



MINDSET

Finding the right balance is crucial for overall health and wellbeing

REACH PEOPLE WITH CHRONIC ILLNESS AND DISABILITY

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www.sleephealthwellbeingexpo.org.au

Sleep Health & Wellbeing Expo

Join Australia's first Sleep Health & Wellbeing Expo 9th October 2021 and find out how you can find the right balance so that you live your best life!

In order to maintain a well-balanced, healthy lifestyle it's important to give the same level of care and attention to 4 elements, known as "Pillars of Health";

- Sleep
- Mindset
- Exercise
- Nutrition

These four pillars are our foundation for good health. If one or more of these pillars are not in place it will have a negative impact on the others. This is particularly the case with sleep.

Having a good night's sleep is important for brain function, muscle repair, and metabolism. So, even if you exercise daily and maintain a balanced diet, if your sleep is poor you may struggle to achieve your desired results. Likewise, if your mindset, diet, and exercise are compromised this can have a negative impact on the quality of your sleep. This can set off a vicious cycle that can be hard to get out of.

organisations within the sleep, and allied health care and lifestyle industries. Our event is not just an expo, it will also feature a diverse and comprehensive speaker program developed by qualified sleep and allied health care professionals.

Sleep is often overlooked as being important to our health. However, research shows that without adequate sleep our health, resilience and performance is greatly impacted. Our goal is to shine a light on the importance of good sleep health and to show how a holistic approach, incorporating all 4 pillars of health is essential to overall wellbeing.

New Venues Opening for Groups

One of the most common requests we receive from support groups is venue-sourcing. While there are some great cafe options, some groups are looking for more privacy. We were happy to find out about three new options...

- [YMCA Cannon Hill Community Centre](#) is open and will have a community meeting about what programs to run at the centre on February 16th.
- [Encircle's Kallangur Hub](#) opens soon. This building is brand new with excellent disability access. They have a survey open to ask for your ideas.
- A regional offering from Gladstone, the [Philip Street Communities and Families Precinct](#) will open in July.

If you need help finding somewhere to meet, please don't hesitate to [contact us](#).



Let us share your team and stories!

Self-help Queensland assist over 600 support groups in Queensland. We invite you to share about your group with others, through our newsletter, Facebook or website. Please let us know

We are currently building an image bank to brighten up our newsletter and website. We invite you to share your photos with us. Please ensure the photos are high-resolution, captioned, and have been consented to by those featured. If you know anyone or group that'll be interested please let us know, we would love to have you featured on our page. We look forward to your submissions at admin@selfhelpqld.org.au!

[Self Help Queensland](#) supports you to nurture yours' and your groups' well-being. We connect people to support groups across a broad range of health issues, assist people in starting new groups and working with support groups to build their capacity.

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