

[View this email in your browser](#)



Chip in to help our support groups here

**WE CHANGED
OUR NAME**

Click here to head to Support Groups QLD's new website
supportgroups.org.au

Aug 2021 Edition:



- [How to Set Up a Survey with QR Code Link](#)
- [Sydney's Story: Mt Gravatt Stroke & Friendship Club](#)
- [NEW: Young Carer's Bursary Program](#)
- [Handling Disclosure in a Group](#)
- [Let us share your stories!](#)

[How to Set Up a Survey with QR Code Link](#)

Surveys can be a great way to get anonymous feedback from your group. The applications of surveys are limitless and (among other things) allow you to gauge what you're doing well and what areas you can improve in. And, why not

Making your survey

Setting up a survey is quick and easy. There are several online applications that you can use. Survey Monkey is a free and easy to use survey maker.

1. Sign up for a free account [here](#).
2. Choose a template for your survey. You may want to select 'start from scratch' if you have your own questions.
3. Follow the prompts to create your survey. There are some paid features you can add, but if you don't want these you can remove them by going to the paid features tab, selecting edit on the feature and deleting it.
4. When you are happy with your survey click next and review it.

Distributing your survey with a QR code

1. To send your survey to members of your group selects 'send surveys your own way' when you reach the 'collect responses step'.
2. You can send your survey out via social media directly or you can create a link.
3. Optional: Once you have created a link for your survey you can go to: <https://www.qrcode-monkey.com/> and follow the prompts to create a QR code leading to your survey. You can print out this code to make it easier for your members to take the survey.
4. You can set up an iPad or phone to be used for the survey multiple times, in case someone doesn't have their own device.



Reviewing Survey results

You can view responses to your survey on Survey Monkey as they come in. There are also some limited tools for analysing your responses in the free version.

MT GRAVATT STROKE & FRIENDSHIP CLUB

by Mrs. Sydney Broad, Coordinator

stroke survivor, for a couple of hours, with the knowledge their loved one was being cared for. It started small, and as word spread, the group outgrew the room, so the group moved to the Garden City Library and remains there today.

In mid-2000, founder Mrs M. Cox, was no longer able to run the group. She declared, "you have the abilities to run the group". I, a volunteer helper, was at a loss for words, overwhelmed. If anyone has ever taken on a coordinator job, not knowing what you should do and how to keep the group going, you will understand what I mean.



"Oh dear, I thought, what am I going to do?" With less than no experience with people who relied on me, it was a somewhat daunting task. Take, for example, a small bus trip some of the group went on. Heading to Canungra for morning tea was a walk in the park, and I thought this is easy.

Still, as we descended a windy section of road to the Gold Coast, one of the ladies who preferred to remain in her wheelchair in the back of the bus suddenly felt ill. It was 'all hands-on deck'; the bus driver just kept merrily on. Once at our destination, lunch was enjoyed by most except the poor lady who was not feeling the best.

The bus driver had reassured me that the facilities at the lunch venue were disability-friendly. Unfortunately, that was not the case, so I will leave you to imagine how we had to manage. From that day on, I have personally checked out any venue the group has been going to, saving many a red face.



Here we are in 2021 and still running with many ups and downs over the past 20 years. It has been a great experience, and I have met some wonderful people during that time and, of course, learnt a lot about stroke survivors and their carers. We say survivors as victims are no longer with us. The carers are a significant focus of mine.

I feel the group over the years has given everyone an excellent opportunity to share and care for each other. As a result, the stroke survivors can share their experiences and not feel different from anyone else.

speakers from all walks of life at our monthly meeting; speaking on interesting topics help get people to think about other things and not on their condition.

The Mt Gravatt Stroke & Friendship Club meets for morning tea on the second Friday of each month from 10 a.m. until 12 p.m. at the Westfield Garden City Library.

Young Carer's Bursary Program

Senator the Hon. Anne Ruston released a statement sharing that carers across the country are now able to receive in-person advice and professional assistance to support their own wellbeing with a new free coaching service available through the national carer service, Carer Gateway.

Minister for Families and Social Services Anne Ruston said the Morrison Government invested in the service to help reduce stress and provide support to Australia's 2.65 million carers.

"Carers are integral to our communities and this initiative will give them the opportunity to focus on their own wellbeing while maintaining their vital caring responsibilities," Minister Ruston said.

"Carers will be able to talk to a professional coach to reflect on their experiences and needs, identify personal goals and create a plan to reach these outcomes.

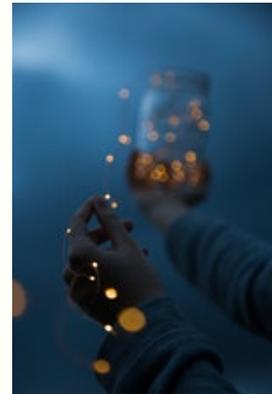
Minister Ruston also said applications for the **2022 Young Carer Bursary Program** open this week, giving Australia's 235,000 young carers aged 12 to 25 the chance to invest in and prioritise their education as they balance caring for loved ones.

Information about Carer Gateway's in-person coaching service is available on 1800 422 737, Monday to Friday 8am to 5pm, or visit [carergateway.gov.au](https://www.carergateway.gov.au). The professional support will also be available online and over the phone.

What to DO when someone discloses suicidal thoughts/self-harm

- Take the person seriously; do not ridicule, minimise or negate their thoughts and feelings
- Stay respectful, patient and calm.

- Ask them if they are currently having those thoughts
- Listen non-judgmentally; accept what they are saying without agreeing or disagreeing with their behaviour or point of view
- Let them know before you move on to another person that you'll connect with them at the end of the group to support them accessing crisis services or professional help
- Remind the group at the end of the support available to them and if you're contactable after the session or at any time.



Source:

[QLS Information Sheet: Responding to threats of imminent serious physical harm](#)

Let us share your group and stories!

Support Groups 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 how your group is going.

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@supportgroups.org.au!

SGQ supports you to nurture your, 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.

necessarily those of Support Groups Qld. The editor reserves the right to edit contributed articles.

We gratefully acknowledge the funding support of [Support Groups Queensland](#) by Queensland Health.



**Queensland
Government**

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)



This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Self Help Queensland Inc · 121 Lister St · Sunnybank, Qld 4109 · Australia

