

All the latest info from Self Help Queensland

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Support 4 Support Groups!

Self Help Queensland supports people to find their own solutions to improve wellbeing. We connect people to support groups across a broad range of health issues, assist people to start new groups and raise community awareness of the benefits of self help groups for the wellbeing of individuals coping with adverse life circumstances.

[Donate now to support our work](#)

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Self Help Queensland - an amazing year of variety and diversity

There are an amazing number of different support groups - in 2018-2019 we have connected with over 400 groups this year. You range in size from 6 to 600 members, you deal with many different people!

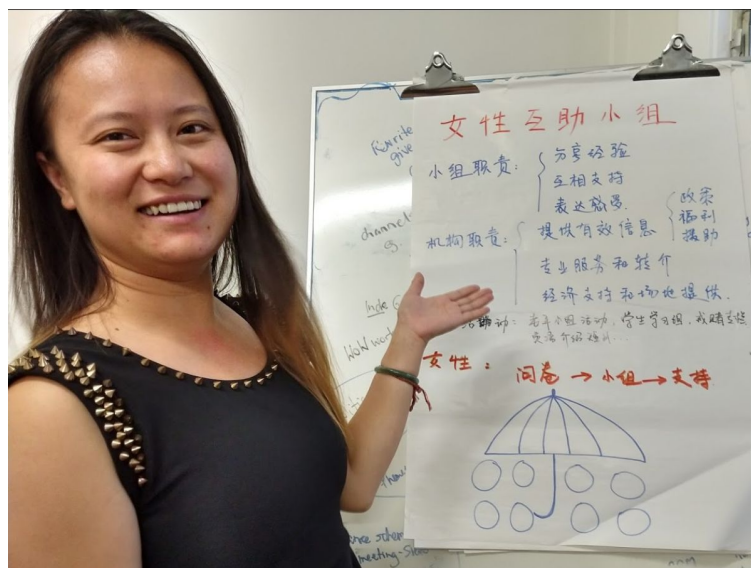
We've talked with people from the Gold Coast to the Torres Strait, and Sunnybank locals too. Through our funding from the Australian government's "Fostering Integration" program, we've supported organisations in Sunnybank area, and assisted people from diverse backgrounds to join support groups. Social Work student Shiwei is pictured below, planning health topics for teenagers at the Sunnybank Hall ... have a try at African Dance!

We've talked to people about Meniere's, brain injury, bipolar and lupus - and that's in the past few weeks. We've been approached by people to start groups about chronic pain. Comment to Selina that she was better than Wikipedia!

As 2019 draws to a close, we hope you have had a memorable year. Our Annual Report is available on our [website](#).

Best wishes from the Self Help team,

Selina, Seble, Shiwei, Melody, Joe, Kathy, Chris, Lil and Justin.



Q&A: What SHQ was asked about recently...

Q: We were asked where to find a guest speaker about diabetes?

A: There is the [Australian Diabetes Educators Association](#) which lists consultants all around Australia.

The latest findings and figures (October 2019) about diabetes are available at the [Australian Institute of Health and Welfare](#).

A diverse collection of news and reviews

Learning another language

[Studies](#) show that being bilingual and learning more than one language improves your brain function. And, it's not too late, while children may pick up languages more easily, a bilingual brain can delay the onset of dementia, by several years. So, maybe a resolution for 2020?

Disrupting disadvantage

There's a new [report](#), which explores four key ways to disrupt disadvantage, creative ways of breaking cycles that are stuck. The four ways are: use data as a tool, increase transparency, improve program evaluation. It outlines issues in disadvantage and ways forward. Maybe not a holiday read, but an interesting overview of changing the system.

Neighbour Day 2020

The theme of Neighbour Day 2020 is [Social Connection](#), a theme which should resonate with all support groups. At a recent meeting, we heard the story of someone who moved back to her old place. So, she started one and quickly acquired a really large and diverse group who shared a common passion... for running. It can be scary to reach out, but Relationships Australia is helping with connecting. Consider adding your group story.

A hoard, or a collection - unpack the differences

Thirty percent of people like to collect, but [hoarding disorder](#) has more differences than common aspects, such as cluttering living spaces, difficulty making decisions about possessions. If you know someone in your life who has hoarding symptoms, our top suggestion for a Christmas present is to buy a ticket or schedule an activity that you can do together. This is quickly updated.

Measles - the outbreak in Queensland

Queensland has 63 confirmed measles cases at the end of November. One third of the cases were acquired from overseas, and Samoa has declared a State of Emergency. If you are travelling, check your immunisation status and take precautions in transit.

Bushfires - an important reminder about [emergency planning](#)

There have been a number of cases during this fire season where people didn't realise they faced this risk, or underestimated the speed at which an emergency can unfold. No matter how safe a bushfire zone, other kinds of emergencies are still a possibility, so think about and discuss risks, exits, backups and plans with your household, your neighbours, your work and your community. Stay safe.

Common issues that can occur are:

- Information is not current (eg. an assembly area is blocked off for roadworks)
- No-one shared the plan with the new person (eg. the temporary receptionist doesn't know where the first aid kit is)
- Requirements have changed (eg. an exercise class has attracted many older participants)
- Plans don't account for the conditions (eg. the emergency contact list is on computer when the power is out)

The time to ask questions is before an emergency happens. While there are legal responsibilities and policy requirements for public places, work spaces and homes, keeping everyone safe is the priority.

Medicine review - dealing with a diversity of pills!

Are you coping well with diverse medications? Do you know about Medicare item 900? It is called Home Medicine Review.

In November, Theresa Loo, medicines review pharmacist, was guest speaker at the Happy Seniors' Club in Sunnybank. Have you heard of a Home Medicines Review? No? None the less, it is a process you can access via a GP referral where an independent pharmacist comes to your house and reviews your medicines. It creates a collaboration between you, your GP and a pharmacist.

- Are using a lot of different medicines, including over-the-counter or complementary medicines
- have multiple diverse health conditions or prescribers, OR

Theresa also shared [NPS Medicinewise](#) top five questions to ask your healthcare provider before you go ahead with a test or procedure...

Do I really need this [test/procedure/treatment]?

What are the risks?

Are there simpler, safer options?

What happens if I don't do anything?

What are the costs?

Thank you to Theresa for sharing her expertise with us all. Theresa can be contacted at thepharmacistedit@gmail.com or speak to your local pharmacist for a referral.

Diverse activities - talking is only one option!

There are many groups that we connect with that add exercise to their group. On Wednesday, one group we visited stopped for 15 minutes of stretching before heading out to low to moderate exercise per week, but just doing 15 minutes a day is a great start. We are having one back to school exercise activity in Sunnybank, but we hope all of you can add

WORK TOWARDS A FLASH MOB

No Dance experience needed

HOLIDAY 14-18

DANCE CONNECTION

REGISTERED

<https://www.trybo>



WHEN

Wednesday 8th January 2020 1pm-4pm

Wednesday 15th January 2020 1pm-4pm

Wednesday 22nd January 2020 1pm-4pm

Location

Sunnybank Hall, 121 Lister Street Sunnybank

***CONNECT THROUGH
DANCE**

***BUILD YOUR
CONFIDENCE**

***BUILD YOUR DANCE
COMMUNITY**

***AFTERNOON TEA
PROVIDED**



info@selfhelpqld.org.au

Support for your group: celebrate diversity

Diversity is a word with many meanings and contexts. Everyone is different and that makes life interesting.

A few ideas

1. Get out your calendar - there are many different days for health, history, environment, cultural and indigenous awareness. It would be hard to do them all, but pick out resources and events produced by the organisers, and they want you to share them. It also can help you to feel part of something bigger.
2. Collaboration - have a shared meeting or activity with a group or people that are different to you. It is surprising how many ideas we can learn from others. The saying goes, 'it takes a village to raise a child'. Assist groups to connect with each other.
3. Accessibility - Have you got great signs, symbols and posters around your space (virtual as well)? Think about signs that are helpful to people with disabilities, posters for spaces that are wheelchair accessible.
4. Reading Lists - Have you explored a topic from a different viewpoint? What do older people in Italy do to stay well? What news is featured in the [LOBTIQ](#) news?
5. Warm up exercises - there are many options. Just one option is to bring an object and discuss how everyone is connected to it. At one gathering this year, we found that everyone had a different name for the same object.



Have a great Christmas break, Self Help Queensland closes on December 20th and will reopen on January 7th.



121 Lister Street (PO Box 353), Sunnybank QLD 4109
We are open Tuesday to Friday from 9am to 4:30pm
Phone: 07 3344 6919

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