

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 work with support groups to build their capacity. SHQ promotes community awareness of the benefits of self help groups for the wellbeing of individuals coping with adverse life circumstances.

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February 2020 at Self Help Queensland

"It takes as much energy to wish as it does to plan." Eleanor Roosevelt

If you started the year with a great plan, perhaps you're already experienced a few setbacks. The year started with bushfires. Hundreds of local community groups rallied in support. As we know, this doesn't happen by accident, most groups work away quietly in support of people, and suddenly they have a spotlight. If you want to donate to affected communities try [Givenow](#), which lists many smaller organisations, all verified not-for-profits. These are the organisations who are in the community and will still be right there in 2021 and 2022 and beyond.

Then, coronavirus has hit the news...want to know more than the headlines? Social Work graduate and volunteer Shiwei describes the human side of Wuhan in her article below. Let's remind ourselves of the [number one](#) strategy in infection control, [handwashing](#). (This link is a short overview, but Ausmed is offering their detailed on-line [training](#) for free). Make sure your soap, water and backup options like alcohol wipes are in place where-ever and when-ever you meet. Don't wait for an event to action your infection prevention plan or evacuation plan or child protection plan or first aid kit...

During 2019, Self Help Queensland connected with many different support groups in the Brisbane Chinese community. At the Happy Seniors Club in November, I heard their leader speaking most emotionally in Mandarin. Shiwei told me that she was

running, promoting or supporting your group at any time.

We hope that you have a vision for 2020 and that you will persist through whatever crisis comes along next.

Selina and the SHQ team.



Q&A: What SHQ was asked about recently

Q: What if someone discloses "......" to me?

A: A serious disclosure can be a sign of real trust in your group. It also can happen that the person reached an overload point with their secret or distress. The key principle to support a disclosure is to be present and listen.

Give the person your full attention. Try to stay calm and listen actively.

Acknowledge that they have trusted your group (eg. "I'm glad you felt able to tell us about that." "Thank you for trusting us and opening up about something so hard.")

Acknowledge their disclosure. (eg. "I'm so sorry that happened to you." "It's awful you're going through that.")

If you believe that someone (the person disclosing or someone else) is in immediate danger of serious physical harm, the best action is to get them to seek professional help straight away. (eg. "I don't feel it's safe for you to go home, will you phone the police/ambulance/crisis line right now. I will help by...")

Where it is possible, give both the person and the group choices about the next steps... "This is so serious, and our group only meets for another ten minutes. What should we do?" "Would you like me to find out about support for you with X." "Do you want to step out for a moment or keep going?" "Does this trigger anything for anyone?" "Do we need an extra group check-in this week?"

Everyone may need more support following this event - this may be debriefing or personal counselling. Ask for professional help

if needed. Remind everyone not to share any details outside the group, but people do not need to keep their own feelings a secret. You can ask people in your group to share their coping strategies. (eg. "we got really emotional today, I just need to cry about it." "I feel really angry about the bad things that happen to people. I blast out some music.")

If you need professional debriefing and don't know how to find this, please don't hesitate to contact us. If you would more training in supporting disclosures, please let us know for our training plan 2020.

A few ideas for 2020

Our great event for International Women's Day, March 6th at Acacia Ridge

International Women's Day, a popular event on the calendar. This year, we will focus on one aspect. Our lunch will celebrate, share and reflect upon the inspirational work of women for their kids with special needs, those who have dedicated their life to voice and advocate for the rights of their children to get equal opportunity in every aspect of their life. We particularly welcome women from diverse community groups to gather together. [Book online now!](#)

Plan to talk to your neighbours

Another diary date is Sunday, March 29 ... [Neighbour Day](#) - anyone can host an event or activity or any size, from a cup of tea over the fence to a huge street party. Sometimes we need an excuse, maybe a neighbour moved in and you meant to say hi but somehow it didn't happen. Act to change your neighbourhood.

Make the calendar work for your support group, you can build on an existing day and put on your own spin!

Is your new year's plan "doing more and owning less"?

The Share Shed, located in Salisbury, is a membership group that shares a library of things that are useful but not needed often (think parties, yard maintenance etc.). You can plan ahead and not need to buy things for once-off events. They have started an Australia wide network of the share shed on [facebook](#), to encourage people involved in groups for sharing stuff to exchange ideas.

Is this an idea that your group can use, beyond an urn? A shared beach wheelchair or something specialist?

Or can you borrow it? Most politicians and many businesses can share shade shelters, eskies, mowers and more. Self Help Queensland has a mobile sound system and portable screen/projector at Sunnybank.

Project: Plus Paternal

[Healthy Male](#) has a new project to look at how to best support men through their journey of planning for a child. There's a survey, so it's time for men to get involved in changing the fatherhood plan.

QENDO

Helping women to adapt their plans

to conceive or maintain a job or schooling. It may be a 13 year old who is unable to play that game of football or catch up with friends. Perhaps an employee or colleague who is in pain and unsure how to communicate this. Others may also feel totally fine most of the time, however, may experience flares of pain or symptoms which may impact their every day life.

Endometriosis is one of the most common gynaecological diseases, yet it takes an average of 7-10 years to be diagnosed. This is often due to the lack of understanding or education around the symptoms and the disease itself. Many put what they are experiencing down to “being normal” or “a part of being a female”. This leads to the aforementioned situations. This is where groups such as QENDO can assist.

As women, surrounding yourself and your network with people who are able to assist you, as well as provide education and emotional support, is essential to managing diseases such as endometriosis. QENDO offers a comprehensive support network for those affected by endometriosis through support and awareness events, education material and working with the wider community to identify gaps. The team at QENDO work towards helping people on the ground. Our 24/7 support line, serviced by trained support workers fields a range of calls from health professionals, to parents and family, as well as the newly diagnosed or people who are in hospital seeking support. We are here for this community and strive to support anyone we can.

Our programs for schools, workplaces and the support network assists the team around the person with endometriosis towards better management. To learn more about QENDO and the services they provide, visit qendo.org.au

from Jessica at QENDO

Pregnancy planning to avoid a genetic disease

Pregnancy often happens when we don't expect it, but often it's carefully planned to line up with holidays, work commitments, financial security or even just avoid being pregnant over summer. Even then it may not always happen as planned, because biology doesn't always follow the schedule.

For people who want to avoid a genetic condition that runs in the family, planning for a pregnancy begins as soon as the condition is known. There are a number of ways to make sure the children don't carry the condition, including preimplantation genetic diagnosis (PGD), chorionic villus sampling and amniocentesis.

These days most couples choose PGD. This involves standard IVF procedures to fertilise the mother's eggs, followed by genetic testing. This is done on a few cells that are removed from the very early embryo. The embryo will continue to develop as normal from the cells that are left. Genetic testing on those few removed cells shows whether the embryo has inherited the genetic variant or not, and only the embryos which are free of the genetic condition are put into the mother to develop.

So planning is essential. The genetic variant must be known before the process starts. The couple must be financially secure to afford the all the treatment. They must also be emotionally strong enough to cope with the likely disappointments of the procedure. The plan has to take into account the length of time it may need to find healthy embryos that do not carry the genetic variant.

A young friend has a family history of a genetic disease which inevitably leads to dementia and death at about 50 or earlier. Her mother died from the condition a few years ago and our friend knows she carries the same genetic variant. She chose to use PGD to ensure that the disease stops with her and that her baby would not carry the harmful variant. This involved extensive planning: arranging the various hospital visits, timing egg harvests and transfers, waiting for results, enduring failed attempts and finally, after nearly 3 years, announcing a successful pregnancy. Planning a nursery was the last thing on the list.

The most important part of the plan if there is a family history of genetic disease is to know about the genetic change early. The family may have had genetic testing as part of the initial work-up, or the couple who want to get pregnant may need to start the

happen.

From Prof Kim Summers

Social cohesion: community groups in Australia reach out to Wuhan

Imagine, you are Mr. Xiao, a 50 year old truck driver. He drives his truck from Wuhan to deliver stuff in wintery January. With the increasing concerns of coronavirus, all of the highway services don't allow him to exit the highway because of his Wuhan car plate. Then he starts his stay on the highway for nearly 20 days passing the different provinces including Fuzhou, Shenzhen, Guizhou...

When he faces the anxiety, and tiredness, and high risk of sickness, the policemen and community people give him warmth and care. They provide the food and water for him and let him stay in the emergency lane to have a rest.

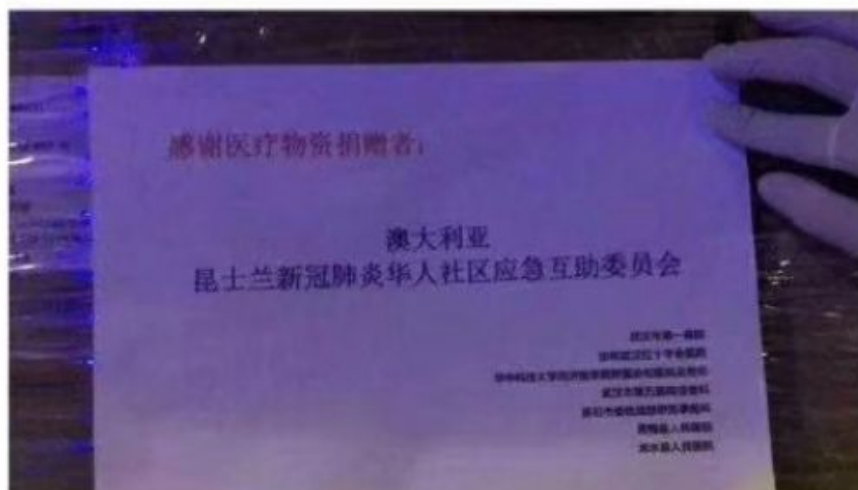
After nearly 20 days of isolation, the community provides a tidy room for him to have a rest, and if he wants to go home, it needs the community of different suburb to help him. Strangers donate, and he said "I experienced a feeling like a loved family. To be honest, I was very touched!"

Start from 23 January, major cities in China begin to block cities individually to stop the outbreak of the virus. In China, there are many communities dividing people from each other into quarantine zones, and sharing the [protection information of the Coronavirus](#). People are scared to be in quarantine, but keep in touch online and encourage each other.

Back to Australia, there are many Chinese communities and International communities organize donations and deliver the masks and medical stuff to Wuhan. While there has been some unkind voices and bias, many people donate emergency supplies to Wuhan.

A virus is borderless, and everyone can be a victim. What we need to do is understand how the virus spreads and stop the virus from ourselves. Like Rong Xiaoqing(2020) post on Global Times, "We can discriminate against one another, but the virus never will. No boundary can stop it from interrupting the regular life of all of us. We were a village. Then, we were not. But in the end, whether you like it or not, the virus reminds us that we are indeed a global community." Let's work together, and say "stop" to the virus via social cohesion.

Picture of an emergency supplies flight from Australia, assisted by members of the Lions Club of Brisbane Chinese.





Donation and help ways:

1. Please let us know if you have any resource of Medical Masks or protection clothes.
2. Please let the people know the protection information as much as possible.
3. Please let us know if you like join the effort to fight with the Coronavirus.

The list of the emergency supplies (Please confirm the supplies standard match the requirement)

<p>N95 Mask</p>	<p>American Standard: NIOSH Certification: N95 / N99 + ASTM F1862 level 1/2/3 (Fluid resistant CDC) Australian Standard: AS / NZS 1716</p>
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Medical protective clothing	(where the liquid barrier level is above level 2), & obtained EU CE certification, or liquid dense protective clothing (type3, in accordance with EN14605 standard), spray dense protective clothing (type4, in accordance with EN14605 standard), Protective clothing against solid particles (type5, in accordance with ISO13982-1 & 2)
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You can donate to the account of (Queensland Chinese United Council(QCUC) New Crown Pneumonia Emergency Mutual Aid Committee), or provide the information of emergency supplies to Mark Shi.

Bank: National Australian Bank

Account Name: Queensland Chinese United Council (QCUC)

BSB: 084 399

Account No: 822 953 935

Contact: Mark Shi

Mobile: 0416 335 180

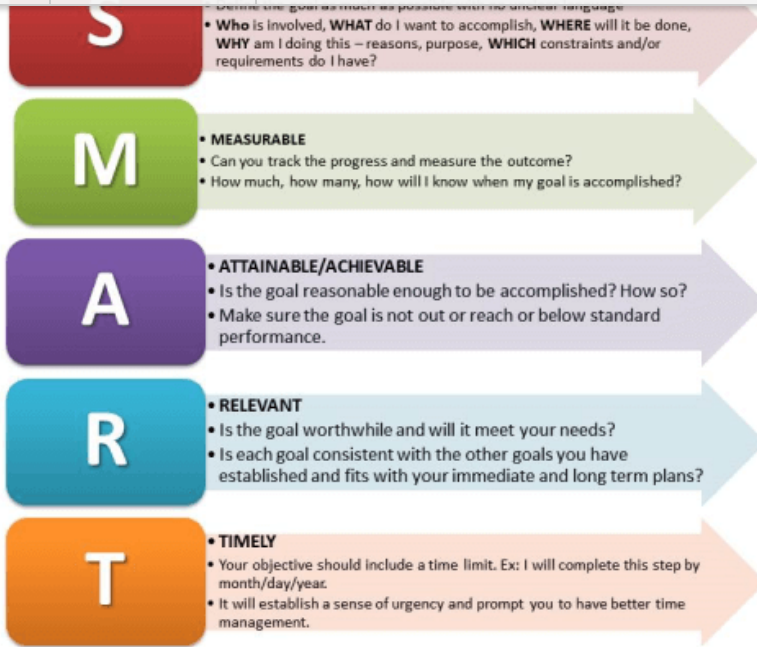
from Shiwei

Support for your group: Communication Plans

Do we need a brochure? Can I get to Number 1 on google? Should I be on twitter? There a lots of suggestions on google for how to plan your communication and complex templates. Here's our favourite questions to focus your plan.

Questions to formulate your plan

1. What is the most useful resource you could give to your members? eg. [HAE](#) has a plan to introduce a child's condition to their new teacher.
 2. Has somebody else already written or designed it? eg. how about [Emily's video](#) of the Lego explanation of Klinefelter syndrome.
 3. Where are the people who might need to join you? eg. are they sitting alone at home? are they on facebook? are they at a library? a bus stop? in hospital?
 4. Where might they want to meet you? eg. A [golf course](#)? In a private group online?
 5. When should you reach them? eg. [Lifeline](#) has a text service from 6pm to midnight for when it's too hard to talk.
 6. Who could recommend your group? A recommendation from someone can be more useful than your own advertisement. eg. doctor, funeral director, sports club, politician, family member...
 7. What's been your most successful reach out? Why did it work and can you repeat it?
 8. Who is going to work on it? A master plan with no-one doing the work is not going to succeed!
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The SMART acronym for goal setting, a way to check your plan is OK.



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