



# Newsletter

## June Quarter

### Issue 2. 2010



**Self Help Queensland Inc, Sunnybank Community Hall, 121 Lister Street**

**(PO Box 353) SUNNYBANK 4109**

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Self Help Queensland Inc is a network of self help organisations and groups in Queensland. The network was formed by self help organisations to share resources, support each other, assist in the development of new groups, raise community awareness of the importance of self help and provide a strong united voice on issues which affect our members.

### **From the President**

Hello everyone

On the last weekend in May I had the good fortune to attend the annual 'Communities in Control' conference in Melbourne. Some 1,500 delegates of not-for-profit, non-government organisations turn up for this event to discuss or listen to topics such as 'the distribution of power' in Australia, the role of 'lived experience' in the shaping of mental health services, creating influence as well as stories from the people, projects and communities represented there.



*Thea Biesheuvel*

Speakers such as the Hon. Jenny Macklin, Minister for Families, Housing, Community Services and Indigenous Affairs and Senator the Hon. Ursula Stephens, Parliamentary Secretary for Social Inclusion and the Voluntary Sector (working to the Hon. Julia Gillard), mentioned the *Third Sector* all through their talks.

As part of my own 'life-long learning' philosophy I attend and tutor at the University of the *Third Age*. This title is based on a French idea, that we have our first age for developing skills and growing up, our second age for maturing, procreating and forging a career and our third age to focus on what we didn't get time for, or aspects of life thrown up by our second age. There are many Universities of the Third Age (U3A) around the country. I commend them for your attention.

But I did start to worry about this emphasis on Third, (like a lot of others, I suspect, I'd like to be First, or at least equal first.)

Apparently, the definition of Third Sector activities referred to 'a broad range of organisations that are formed by people to provide services for themselves or for others, to advance a cause, to share an enthusiasm, to preserve tradition, to worship a god or gods.' Different groups of these organisations are known by different names, such as non-government organisations (NGOs), charities, unions, cooperatives, clubs, associations, churches and so on. Collectively these comprise the third organised sector.<sup>1</sup> That's all of US, folks!

The Hon. Kevin Rudd, (then) Prime Minister said in his address (Continued on Page 3)

## Self Help Queensland Management Committee Members

President	Thea Biesheuvel
Vice President	Alan Noller
Secretary	Casey Barber
Treasurer	Chris Spriggs
Members	Joe Soda

### Committee Meetings

If you would like to attend our meetings, please contact us for dates and times. Everyone is welcome to attend.

### Project Officer

Trish Fallon

### Mental Health Project Officer

To be advised

### Administration Officer

Janette Evans

### Office

The office is attended Monday to Friday, 9am to 4.30pm. However, staff are sometimes required to liaise with groups or attend meetings away from the office.

If you wish to call in to use the office facilities or talk to the project officer, please phone first to ensure that someone will be available to meet with you.

### Office Location:

Sunnybank Community Hall  
121 Lister Street (Cnr Gager Street)  
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**Self Help Leaders Online Social Network:** [www.selfhelpleaders.ning.com](http://www.selfhelpleaders.ning.com)

**Thanks to Queensland Health for providing funding to Self Help Queensland to help carry out its activities, and for supporting the publication of this quarterly Newsletter.**



## Regional Representation Sought for SHQ Committee

SHQ extends a warm invitation to regional and rural areas to fill a position on the SHQ Management Committee.

Ideally, the representative would come from a self help or support group, but not necessarily. Any person committed to the Sector would be welcome.

Meetings are held monthly, usually from 9.30am to 11am. The day/date is flexible to suit members. SHQ would arrange for the regional rep to engage by phone, and perhaps attend the AGM in Brisbane.

Please indicate your interest to the President, Thea, at [selfhelp@gil.com.au](mailto:selfhelp@gil.com.au)

### 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. Self Help Qld Inc reserves the right to edit contributed articles.

### Contents

President's Message	1
SHQ Management & Contact Details	2
Oasis Mental Health Peer Support	4
SHQ News 1	5 - 9
Capacity Building and Sustainability	10
Genetic Matters	11
Bereaved by Suicide Support Groups	13
Fibromyalgia Support Groups	13
Huntinton's Disease Conference	14
Self Help Groups & Professional Help	15
The Wit and Wisdom of Proverbs	16
Muscular Dystrophy Queensland	17
Hepatitis B & C Research	18
CFS/ME Research	18
Hearing Voices	19
Disability Award Nominations Open	20
New Adoption Laws - Queensland	21
Young Carers Project	22
2010 Workers with Mental Illness	23
Aust Directory of Philanthropy Online	23
Recovery - A Place to Belong	24
Wellskills 2010	25
Diary Dates	26

(Continued from Page 1)

that 'Australia's Third Sector of community and not-for-profit organisations plays a central role in our nation and in communities across every part of our vast land.' He also says 'for too long, policy debates about how we address many of our greatest social challenges have centred around a false choice between government action or relying on private charities'

All these politicians want to find innovative and better ways of working together and build a stronger relationship with the *Third Sector*. There is now a **National Compact for working together** with some eight priority areas for which they would like us to give ideas.

1. Document and promote the value and contribution of the Sector
2. Protect the Sector's right to advocacy irrespective of any funding relationship that might exist
3. Recognise Sector diversity in consultation processes and Sector development initiatives
4. Improve information sharing, including greater access to publicly funded research and data
5. Reduce red tape and streamline reporting
6. Simplify and improve consistency of financial arrangements, including across State and Federal jurisdiction
7. Act to improve paid and unpaid workforce issues
8. Improve funding and procurement processes

**Self Help Queensland Inc has signed up to the National Compact and will be submitting some ideas and action plans. YOUR input would help us do that.**

Alternatively, you might like to access all this on-line at:  
[www.nationalcompact.gov.au](http://www.nationalcompact.gov.au)

And I thought my third age would be relaxing!

Please put these ideas on your Agenda. It would be so good to have a recognised 'sector' so that we could have a stronger and greater voice in the community, don't you think?

Thea Biesheuvel  
President

<sup>1</sup> Professor Mark Lyons Communities In Control Conference 2003

## Re-register your Number(s) Now to Avoid Receiving



**Do Not Call  
Register**

**Unsolicited Telemarketing Calls**



Your home or mobile telephone numbers have been registered for nearly three years on the Do Not Call Register. Since registrations expire after three years, it's now time to re-register your numbers.

Re-registration is fast, free and easy. Help family and friends avoid receiving unwanted telemarketing calls. Go to [www.donotcall.gov.au](http://www.donotcall.gov.au), or call **1300 792 958**



## 'OASIS' Mental Health Peer Support Network Formed in the South Burnett District

Do you or a loved one identify with a previous ongoing Mental Illness and are you looking for care and support in a casual environment run by other peers who KNOW how you are feeling and are able to provide you with intuitive support?

**You are Warmly Invited to Attend the Launch of 'OASIS'**

**Saturday 3rd July 2010**

**Fully catered - Guest Speakers - Dignitaries**

**Venue:** Nanango Cultural Centre, George Street, Nanango  
**Time:** 7pm to 9pm      **Cost:** Free  
**RSVP:** By 1st July      Phone Martin 07 4163 0810 or 0447 762 911

### **OASIS Services**

- Social Networking
- Housing and Accommodation (Short and Long Term)
- Work Skills Workshops
- Group Therapy
- Physical Assistance around the house
- Management of medications
- Transport to/for essential services
- Budgeting assistance
- Confidential and friendly counselling
- Constructive recovery management plans
- Clinical networking
- Informal drop - in centres
- Psychology and motivation workshops
- Personal advocacy
- Management of clinical appointments
- Transport to clinical appointments
- Transport for grocery shopping
- Building dietary and exercise regimes
- Constructing personal crisis management plans

Our combined knowledge and experience will offer you a level of security and safety not found outside the hospital setting but with all the caring and comfort of home! Together, we will help you achieve your own optimal level of recovery and stay there!

No matter what the diagnosis or your personal situation, we have many options available and can tailor a flexible Membership package that best works for YOU!

### **Residential Members Program**

- Professional and peer support
- Accommodation - short and long term
- Outreach
- Independent Living
- Assistance in recovery management
- Provision of learning independent living skills
- Social networking
- Sustainability

### **Basic House Rules**

- Leave the house and its contents as you find it. You break it, you fix it or pay for it to be fixed
- Medication management through Webstar Packs. Overseen by house co-ordinator
- Conflict resolution procedure
- Crisis management plan

**Please Bring a Friend to the Launch & Help Support OASIS!**

**"Nothing in the world is friendlier than a wet dog"**

**Author Unknown**

# SELF HELP QUEENSLAND NEWS 1

## Our Project Work

Well, the project called Mercury Rising (Phase I) is now all but completed and we're bright-eyed and bushy-tailed about following this up with MR2.

The original project workers have moved on to recharge their batteries.

During Phase I some 72 groups were identified as meeting to support participants with particular mental health issues. Their facilitators were asked to join an advisory group so that requests for support and the granting of small sums of monies could be jointly discussed and approved. These project advisory groups (PAGS), also had some representatives of other organisations amongst them, so that support could be provided at the local level.

The Evaluation of the project so far, was carried out by the Centre for Healthy Communities, at the University of Queensland.

The funding body was Community Mental Health, Department of Communities. They were delighted with the evaluation and overall conduct of the initial phase and have agreed to continue our funding for another 12 months.

This will enable us to spread our tentacles even further and see if there are more groups of individuals meeting to support each other through mental health issues and so speed up their recovery and well-being. There is excellent research that supports the view that groups are as good as, if not better than other forms of therapy. They are cheaper as well!

There's the rub, though. Most groups run 'on the smell of an oily rag' and that is the reason for making small grants available. Some of this money has been used to go on an outing, run an art class, reimburse mileage costs, pay for a new fridge, etc.

We, at SHQ have been doing this kind of support work with other groups not specifically concerned about mental health issues, as you are probably aware. We have over 700 groups on our data-base and are adding to those every week. These range from parents of ADHD kids, to carers of people with rare diseases or genetic conditions. We are trying very hard to find a funding body that will allow us to make small grants to these groups as well.

Our data-base will be linked to our Web-site, when completed. So - ring our office and fill in a form to be registered with us.

MR2 will commence mid-July, when someone from our office will contact the regional network groups and service providers to see who else is out there, struggling to keep a group alive and well.

Let us know if we can help you help your group.



**Our thanks go to the Community Mental Health Branch, Department of Communities, for the funding of the Mercury Rising Project.**

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**Update!**

## Water Damage to SHQ Office

As reported in the March newsletter, our office was inundated with water when the ceiling collapsed during roof renovation. We are still waiting on the parties concerned to follow up their written admission of liability and promise of compensation for the many hours of work lost and resources destroyed.

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## Self Help Queensland News 2

### Handover of Evaluation of Mercury Rising Project



*Sue Smylie, Prof. R. Bush, Thea Biesheuvel*

On 29<sup>th</sup> April a select group of people met to celebrate the first phase of this project with a focus on the evaluation conducted by Queensland University's 'Healthy Communities Research Centre.'

Susan Smylie, immediate past President of Self Help Queensland Inc (SHQ) began by outlining the antecedents of this project.

In 2004, repeated phone calls and referrals suggested that there was little support for groups of people who had mental health issues, either as carer or sufferer. It was outside the scope of SHQ to support any such groups (as a service provider) at the time, so advice and support was sought from a wide range of other organisations, such as the Queensland Alliance, the Mental Health Association and some embryo support groups. The funding available for building up this part of the self help sector was in the nature of pilot project grants mostly of one year's duration. SHQ decided that starting such a project, knowing that it would come to end too soon, would be harmful to those needing services.

There were many networking meetings where possible solutions were discussed. It was not until 2008 that the Department of Communities announced its intention to fund properly scoped projects under its Disability Services program.

At that time, our Management Committee included Ms Diana East. She offered to scope such a project and, should funding become available, resign from the committee and become a paid employee. This was accepted by all. The Management Committee and Diana, under the leadership of our then Treasurer, Ms Kathleen Zarubin, spent a number of meetings estimating the costs of such a project.. At several of these meetings, the need to evaluate both the scope of the project as well as record progress and change in the capacity of self help groups was discussed. Susan Smylie and Thea Biesheuvel believed that evaluation is considered at the beginning of a project, not just at the end. It was considered crucial to get an evaluation that give community groups some practical directions while at the same time getting academically acceptable research results.

Professor Robert Bush and his research assistant, Dr. Jenny Ostini met with the Management Committee and outlined what the '*Healthy Communities Research Centre*' would contribute to such successful outcomes, both in terms of an actual evaluation and in terms of a report that would have status with both community organisations and in academic circles.

Professor Bush outlined the various kinds of evaluations at the hand-over meeting, stressing that a *a priori* determination of outcomes was not common, nor was continuous evaluation. Most evaluations focus either on outcome documentation or budget information.

This research focused on personal change in individuals, group capacity and self-esteem and, the most crucial finding, that working with diverse, fractured and fragile groups, implementation of a small number of goals, creating networks and small

(Continued on Page 7)



## Self Help Queensland News 3

(Continued from Page 6)

grants would be effective so long as the groups themselves were involved in the planning, decision-making and allocation of resources. One of the areas that will need further exploration for any future project is that of training, what this is, how it is delivered and how it is to be evaluated, all determined by the groups prior to embarking on any program.

Thea Biesheuvel, our current President then talked about chickens and eggs. Outlining that if we have healthy chickens, sooner or later we will have to get younger ones to replace the old hens. If we focus on chickens only, sooner or later we will run out of younger ones. We have to also focus on good eggs, incubating them for a time and taking care of the hatchlings. This takes time and money. Given the right mix of chickens and eggs, the right temperature and proper care, we could have a thriving chicken business. Just add time and money. Does this remind you of our groups? We have to get younger or newer members to replace us. How do we incubate our new life, our hatchling groups. Do we just give them time and money?

After the Mercury Rising Project, phase I, we know what we must do for best results.

A very nice morning tea was served and phase II of the project became the topic for discussion. Phase 11 will again be evaluated by the Centre for Healthy Communities and an article on the Project will be published in various journals.

*Thea*



### SHQ Welcomes Our New Treasurer

Chris Spriggs was appointed Treasurer of Self Help Queensland in April 2010. He has had wide accounting and finance experience in a number of corporate organizations in various countries. Since he retired in 2002 he has worked with a number of not for profit community, church and sporting groups as a Board Member, financial adviser or auditor. He brings a wide range of management and financial skills to SHQ.

Chris is interested in keeping fit, traveling and reading widely. He is a past President of Orienteering Queensland and still participates in orienteering at least twice a week in local parks and bushland.

He is married to Robin, lives in Bardon and has two sons who live in Melbourne and New York. He is now a proud first time grandfather.

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### Calling all Self Help Group Leaders and Facilitators

Every time Self Help Queensland has conducted training seminars or workshops inviting all of you to come along, the feedback has suggested that the networking opportunity was one of the highlights of such seminars and workshops.

We would like to facilitate further networking. We would envisage calling you all together. We would like to reimburse you for the cost of such attendance wherever possible. We will be making some decisions about small grants and work towards much closer relationships between all self help groups.


Would you come along? If so, let us know by emailing or phoning the SHQ office on 07 3344 6919 or [selfhelp@gil.com.au](mailto:selfhelp@gil.com.au)

# SELF HELP QUEENSLAND NEWS 4

## National Self Help and Support Groups Awareness Week

- **helping each other to help ourselves**

6th to 12th September 2010



**Please Note  
These Dates in  
Your Diary Now**

For the first time ever, self help and support groups throughout Australia are being invited to take part in "a **national week of recognition and celebration of the important role they play in Australian society.**"

On **Wednesday 8th September 2010**, in as many towns and cities as possible around Australia, SHQ and our sister organisations in the other States will be undertaking a range of activities aimed at raising an awareness of self help and support groups.

**Of course we can't do it alone!** We need all sorts of groups, small or large, to join us in our efforts to let the wider community, health professionals and government know about the existence of the broad range of groups and their value to the health, social, and economic fabric of Australian society.

### **In Queensland we are inviting groups from anywhere in the State to:**

- 1 Join the Awareness Day reference group (SHQ can set up a teleconference or group email - regional reps very welcome! You can just be a keen supporter of self help and support groups to take part!)
- 2 Advertise the Awareness Day/Week in your group's newsletters, websites etc
- 3 Think of any awareness raising activities you could undertake in your town on the day, or any day during Awareness Week 6th to 12th September
- 4 Consider harnessing the support of any high profile personalities you think might lend a hand to raising awareness of the value of self help
- 5 Investigate the use of public space for a promotional activity - ask your local council for permission/support for an event
- 6 Think about what media outlets you could contact for publicity
- 7 Register your plans with SHQ so we can keep track of what's happening in our State (and gain helpful suggestions at the same time) - or let us know if there is any way at all you think we could help you

Please try to encourage your group to be part of this day, or week, even in a modest way. Any participation would be welcome - even a telephone call to a radio talk back station just letting people know about your group, and the value of self help.

### **Please join us!**

You may not even belong to a self help or support group, but you may be an avid supporter of the idea of people helping themselves to achieve better health and well being. **You may be a professional who facilitates a group.** If so, please consider joining the effort to raise the public profile of self help and support groups.

**Please share your ideas and plans with us too.** We are all hoping that this will become a registered national event. It can only be of benefit to groups to have a well informed community - **Contact 3344 6919 or [selfhelp@gil.com.au](mailto:selfhelp@gil.com.au)**



# SELF HELP QUEENSLAND NEWS 5

## Calling Retired Professionals to Work on a Management Board

Self Help Queensland Inc, a not-for-profit umbrella group for a variety of mutual self-help support groups, needs volunteers, who have retired from an active business life, to fill the following positions on our Board, so that we can take the organisation to its next level of development:

1. Administration, which requires a good knowledge of business principles and practices, supervision of both paid and unpaid staff, working in conjunction with our President and some office skills, as well as sensitivity to the issues concerning our client groups
2. Correspondence Secretary, which requires solid English language skills, formatting and word processing skills, working in conjunction with our Secretary, as well as tact and sensitivity to the issues concerning our client groups
3. Project Manager, which requires good planning skills, experience in scoping projects or events and constructing budgets, in conjunction with our Treasurer, as well as sensitivity to the issues concerning our client groups
4. Grants Officer, which requires a good knowledge of grant applications and funding bodies, acquittal processes and pricing of events or resources, as well as sensitivity to the issues concerning our client groups
5. Public relations and Publicity Officer, which requires creative writing skills, good expression and energy levels, contacts with the Media and other organisations, as well as sensitivity to the issues concerning our client groups

### A number of interested volunteers to help

- fold our Newsletters every quarter and mail them out
- organise group e-mails
- manage surveys of our client groups

### We meet every month, usually on a Saturday morning

Other meetings are held as the occasion demands.

Our office is located at 121 Lister Street, SUNNYBANK.

**Contacts:-** President – Thea Biesheuvel – [tbiesheuvel21@gmail.com](mailto:tbiesheuvel21@gmail.com)  
Project Administration – Trish Fallon – [selfhelp@gil.com.au](mailto:selfhelp@gil.com.au)



## Thank You! - Brisbane City Council

Self Help Queensland recently received the good news that our application for a grant towards Community Capacity Building for self help groups has been successful.



\$25,072.73 has been awarded to employ a project worker to carry out a range of capacity building activities with self help groups in the Brisbane area eg training, networking etc and to help promote the value of self help groups to the wider community, professionals, NGO's etc during the National Self Help and Support Groups Awareness Week in September 2010.

The funding was awarded though the 2009-2010 Community Grants Program of the Brisbane City Council, for which we are most thankful.

## Capacity Building and Sustainability: A Chicken and Egg story

by Thea Biesheuvel

This is a story told at the handover of the Evaluation Report on the Mercury Rising project.

In my parents' days, and probably in yours as well, the best, slap-up Sunday roast was a plump chicken – with the vegetables roasted, of course. Building on this trend, my father and his brother, my uncle, came to Australia to start a chicken farm.

We kids laughed at the whole idea. A farm had cows and horses. Farms in Australia had sheep.

'How would you get them in for milking?' said my little brother and we nearly killed ourselves laughing.

At that time, chickens were scrawny things, scratching around the fruit trees or the grass in the backyard. Eventually they'd stop laying eggs and that would be that. For them, that is. If they were lucky they'd had a rooster to keep the pecking order in line.

Then chicken took off as a take-away. They had to be plumper than ever and be 'finger-licking' good. Sure – you'd have to have some good chicks to start with, but you could buy those from hatcheries. Sure – you'd have to have eggs, but you could buy those from egg-farms.

What does any of that have to do with self-help groups, their capacity to continue their support function and the sustainability of the organisation or groups?

Think of the drive to get a bigger and better organisation, to get more funding, better resources, etc.

You'd have to have good leaders wouldn't you? Can you buy those or find your leaders 'ready-made'?

You'd have to have quality followers wouldn't you? Where would you get those if not from your 'embryo' clients and members?

Think of the chicken and egg story. Which came first, the chicken or the egg?

IF we are to continue as groups and organisations, we have to collect quality eggs, that is, members and clients. Those that feel valued and needed. We would hatch them with warmth and care. We would then need to feed quality pullets until they started producing eggs, that is, give them lots of training and mentoring. We could then concentrate on keeping the pullets until they were mature chickens that is, give them responsibilities and challenges that keep them pecking away contentedly.

Some organisations concentrate on the mature chickens and some focus on quality eggs.

What are you going to do?

**"Be careful about reading health books. You may die of a misprint"**

**Mark Twain**  
**US Author, Humourist**  
**1835 - 1910**

# Genetic Matters

*by Kim Summers PhD*

## **DNA testing: the promise and the reality.**

Applications for grant funds all over the world begin: "The complete sequencing of the human genome has opened a new era of medicine..." The applicants then go on to demonstrate how understanding and treatment of the disease they want to study will be revolutionised, if only the granting body will give them the funds to do more sequencing, chase up more families, create more mutant mice, or whatever is their project at the time.

Sometimes, however, we need a reality check. Has unravelling the human genome sequence really made a difference to patients and their families with genetic diseases? To people at risk for common diseases like Alzheimers, hypertension or cancer? Often when talking to families about their genetic disease we have to say that we still don't know what has gone wrong, or we just can't explain the genetic basis of the condition, or the old clinical tests are just as useful as modern DNA techniques. Two recent research studies highlight this.

One of the studies was done in my laboratory in Brisbane. This family has a condition called long QT syndrome, a cardiac arrhythmia which can cause rapid heart rate, fainting and sudden death - it may be one of the causes of sudden infant death syndrome (SIDS). In the family we studied, two children had died unexpectedly and many members had clinical signs of long QT syndrome.

Long QT syndrome can be caused by genetic changes in one of 12 known genes and some that are not known. For this family we wanted to do a quick scan the whole genome to see if we could get any hints as to which gene might be abnormal. We were excited to see the size of the family, because that is an important indicator of the possible success of this approach. But we didn't find anything in this initial scan.

When we got a DNA sequence result back from a private pathology laboratory we understood why. Of 14 people who had clinical indications of long QT syndrome, 10 had the same mutation in one of the known long QT genes. The children of those people are at 50% risk of inheriting the mutation and hence the disease. Two other people, with no signs of the condition, also carried this mutation. One was the mother of one of the children who had died, but she had no indication of the condition herself. The other was a young child. For both these people our study has alerted them and their doctors to the possibility that they might have an episode of arrhythmia, which could be fatal.

But what of the four people with quite severe disease but without the mutation? The only answer is that they have inherited a disease mutation at a different gene, and that this family is one of a small number who were unlucky in the genetic lottery. To help these people and their children we need to find the mutated gene. We looked at all 12 of the currently known genes and some others which seemed logical candidates, but we couldn't find the abnormal one. So for these people the doctors have to fall back on old fashioned medicine: knowing that the risk is 50%, monitoring them and their children and looking out for any signs of the condition.

In this family, genetic testing adds information but it certainly doesn't provide a definitive answer, both because you can have the disease without the known mutation and because you can have the known mutation without having the disease.

(Continued on Page 12)

(Continued from Page 11)

The other example where traditional clinical approaches are as good as 21st century molecular technology is in the prediction of risk for breast cancer. There was great excitement some years ago when a link was made between alterations in two genes (*BRCA1* and *BRCA2*) and a high risk for breast and ovarian cancer. Many families had their "breast cancer genes" checked, and decisions such as amputation of a breast were made on the basis of the results.

This was appropriate in some families with a very high risk, such as those with breast cancer at an early age, male breast cancer, or a very high number of affected people. But it was subsequently discovered that people with changes in the *BRCA1* and *BRCA2* genes could live into old age without developing cancer. The early results had been skewed by the use of these high risk families in the analysis. This didn't stop the company that discovered the genetic variation from patenting its use and offering a do-it-yourself test for your breast cancer risk.

In the clinic doctors had developed a series of criteria to determine a person's risk of breast cancer independent of genetic tests, now called the Gail model, based on the number of close relatives with a diagnosis of breast cancer, age at first menstrual period, age at first live birth, and number of previous breast biopsies. More recently a set of genetic variants which seem to be associated with breast cancer risk has been identified. (It doesn't include *BRCA1* and *BRCA2* since these are covered by the patent.) A recent study compared the success of prediction using the DNA markers, the Gail model or both.

The study showed that using either the Gail model (not DNA based) or the genetic model (DNA based) gave about the same accuracy for prediction of risk. What about combining the two? It seems that using both strategies together made very little difference to the accuracy of risk prediction. So if the doctor asks the right questions and the patient gives the true answers, the estimation of risk is equal to that obtained when the DNA testing is done, with or without the questions. Of course, the picture for DNA testing might be different if *BRCA1/BRCA2* could be included but these are restricted by the patent licence.

Numbers of people have sent scrapings from the inside of their cheeks, or saliva samples, along with credit card details, to have their breast cancer risk checked by the DNA test. It seems they could have saved their money and made a quick trip to the doctor instead. Of course for people who don't know their family health history it is reassuring that the DNA test is a reliable substitute, but for most of us old fashioned medicine is probably the best way.

Knowing the sequence of the human DNA (and that of mice and many other mammals, birds, reptiles and other animals) has helped us to guess the normal function of many genes, and hence predict the kinds of diseases that might be associated with mutations in those genes, but we are a long way from having all the answers to the common diseases that affect our society today.

**Kim is a Senior Scientist at the Roslin Institute, University of Edinburgh and a member of the School of Molecular and Microbial Sciences at UQ. Kim is also a valued past member of the SHQ management committee.**

**Update!** **The Self Help Queensland Website and Online Searchable Directory are still under development. Hopefully we will have good news in the next newsletter!**  
**If you would like a form to have your self help or support group included, or if you have any queries about the Directory please contact Trish at the Self Help Queensland office. Thank you for your patience.**

## 2 Support Groups formed for People Bereaved by Suicide

### - a Peer Support Group and a Therapy Group

Lifeline Brisbane runs two types of groups for people who are bereaved by suicide.

**The first is a peer support group** which is held on the first Tuesday evening of each month at our Chermside office. Our aim is to give everyone the opportunity and a safe space to share their stories and their feelings with others in a similar situation. The group is facilitated by a bereaved person and a counsellor. People are free to join this group whenever they want and can come and go as they please.

**The second group is an eight week therapeutic group.** This group is held weekly at our Chermside and Fortitude Valley counselling centres. Participants are accepted in the first and second week and it is then closed to new membership for the duration. As well as providing an opportunity and safe space to share stories and feelings this group follows a programme which looks at things such as the grieving process, trauma, coping strategies, self care and honouring the life of the person who has passed away.

To find out more about the groups contact Lyndall on 3250 1917 or email [enquiries@lccq.org.au](mailto:enquiries@lccq.org.au) attention Lyndall.

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## 2 Fibromyalgia/ME Support Groups Available

### (for People Who Live Close Enough to Come!)

Support Group meetings for people with fibromyalgia and ME are held monthly at Loganholme. Chronic Fatigue sufferers are also welcome.

**When:** Third Thursday of each month  
**Time:** 2pm  
**Where:** Hyperdome Library, Mandew Street, Loganholme  
**Contact:** Johanna Ph 07 3806 0552  
**Email:** Johanna\_gert@yahoo.com.au

#### Tea and coffee provided

Meetings are also held monthly at Marsden.

**When:** Third Friday of each month  
**Time:** 10.15am  
**Where:** Marsden Library, Marsden Park Shopping Centre  
Chambers Flat Road, Marsden  
**Contact:** Lee Ph 07 3200 8223

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## New Emergency Alert Warning

If there is a severe and imminent emergency in your area, such as a bushfire or cyclone, you may receive a warning from Australia's new telephone based warning system.

The system can send text messages to mobile phones and automated voice messages to landlines. This emergency alert is another way for authorities to inform you of what you may need to do.

**For more details, visit [www.emergencyalert.gov.au](http://www.emergencyalert.gov.au)**



## National Conference on Huntington's Disease

**Brisbane 9 - 10 September 2010**

at

**Queensland Brain Institute, University of Queensland**

**Family members, researchers, allied health professionals, care workers and members and supporters of all Huntington's Disease Associations across Australia are welcome.**

Huntingtons Queensland is a not-for-profit organisation providing support and advocacy to Queensland families and their carers affected by Huntington's Disease. We also offer support and information to researchers, allied health professionals and care workers. The Association was established in 1976 as a small voluntary group and is now a well established professional centre.

Huntingtons Queensland, in collaboration with Queensland Brain Institute, is hosting a National Conference on Huntington's Disease – Making the Connection. It will be held on Thursday 9<sup>th</sup> & Friday 10<sup>th</sup> September 2010 at The University of Queensland at St Lucia Brisbane.

The programme will focus on worldwide research into Huntington's Disease; best practice in care; and support needs of families and community services caring for those affected by Huntington's Disease.

The Conference will provide an opportunity to meet and share knowledge and experiences with family members, researchers, allied health professionals, care workers and members and supporters of all Huntington's Disease Associations across Australia.

Certificates of Attendance will be available to conference delegates upon request that they may be able to submit to their relevant professional body for accreditation.

**For further information please contact Huntington's Queensland:**

Ph: 07 3391 8833

Fax: 07 3391 0443

Email: [admin@huntingtonsqld.com](mailto:admin@huntingtonsqld.com)

Website: [www.huntingtonsqld.com](http://www.huntingtonsqld.com)

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### Heard of the Northside Mental Health Recovery Self Help Group?

The Northside Mental Health Recovery Self Help Group is a group for people with a mental illness. This group is run by consumers for consumers. We share experiences, hope and advice about recovery and staying well.

**The group is open to clients of The Prince Charles Hospital at this stage but in the future will move to a community venue and be open to people from the general community who are living with mental illness.**

**Meets:** Nundah House: Thursdays from 9.30 am to 10.30 am

Pine Rivers Community Health Centre: Every third Monday of the month from 2.30 pm to 3.30 pm.

**Contact:** Kate Sanders, Recovery Support Worker at The Prince Charles Hospital, ph: 3139 4561. Email: [kate\\_d\\_sanders@health.qld.gov.au](mailto:kate_d_sanders@health.qld.gov.au)



## Self Help Groups: Practical Ways a Professional Can Help

There are considerable mutual benefits to be gained when self help groups invite professional assistance. The group remains free to conduct its own affairs and make its own decisions without interference – the supportive professional standing to the side, providing their expertise when called upon.


In this context, 'professionals' refers to people who become involved with the group because they may have an interest or experience in the issue that is particular to the group. They become involved because of their profession, and do not generally share the issue common to other members. Sometimes it is their workplace that sees value in their supporting the group, thereby providing the opportunity for the professional to lend their support.

The capacity of self help groups to develop and grow can be enhanced by utilising the skills of professionals. Professionals, in turn, benefit from their contact with groups. The expertise of people with a living experience, their feedback on service delivery, knowledge of barriers to accessing services etc is vital information for professionals seeking to be responsive to community needs.

### Forms of support that self help groups might seek from Professionals:

- Provide resources eg meeting rooms, help with photocopying, transport
- Use networks for connecting the group to other organisations, resources
- Help group members develop skills such as facilitating meetings, keeping records, producing flyers/newsletters on computer, debriefing, conflict resolution
- Assist with group promotion
- Act as a guest speaker
- Provide information that may be hard to access – professional journals etc
- Act as a sounding board for group ideas
- Help plan strategies
- Act as an advocate for the group
- Help with applying for grants – writing funding submissions
- Write letters of support for the group
- Act as a mediator if conflict arises
- Share tips for meeting activities – icebreakers, energisers etc
- Provide advice on how to use the media
- Promote the value and benefits of self help groups to other professionals

(Source: Fact Sheet prepared for SHQ website)

<p><b>Think Before You Print!</b></p> <p><b>1 ream of paper = 6% of a tree and 5.4kg CO2 in the atmosphere</b></p> <p><b>3 sheets of A4 paper = 1 litre of water</b></p> <p><b>(Message appearing on emails from Department of Environment and Resource Management)</b></p>	 <p><b>Positive proof of global warming.</b></p> <p>18th Century 1900 1950 1970 1980 1990 2006</p>
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## The Wit and Wisdom of Proverbs?

**African American Proverb:** Ain't no use askin' the cow to pour you a glass of milk.

**Australian Proverb:** You might as well be hanged for a sheep as a lamb.

**Arabian Proverb:** The enemy of my enemy is my friend.

**Balinese Proverb:** Goodness shouts. Evil whispers.

**Chinese Proverb:** Do not use a hatchet to remove a fly from your friend's forehead.

**Czech Proverb:** As long as a language lives, the people will not perish.

**Danish Proverb:** Bad is never good until worse happens.

**English Proverb:** A black hen lays a white egg.

**Ethiopian Proverb:** She who does not yet know how to walk cannot climb a ladder.

**Fijian Proverb:** Idleness is to be dead at the limbs but alive within.

**French Proverb:** A father is a banker provided by nature.

**German Proverb:** "If I rest, I rust," says the key.

**Greek Proverb:** A society grows great when old men plant trees in whose shade they know they shall never sit.

**Indian Proverb:** For the friendship of two, the patience of one is required.

**Irish Proverb:** It is easy to halve the potato where there is love.

**Italian Proverb:** Once the game is over, the king and the pawn go back in the same box.

**Japanese Proverb:** The reputation of a thousand years may be determined by the conduct of one hour.

**Jewish Proverb:** When a father gives to his son, both laugh; when a son gives to his father, both cry.

**Nigerian Proverb:** To cement a new friendship, especially between foreigners or persons of a different social world, a spark with which both were secretly charged must fly from person to person, and cut across the accidents of place and time.

**Persian Proverb:** The loveliest of faces are to be seen by moonlight, when one sees half with the eye and half with the fancy.

**Polish Proverb:** Under capitalism man exploits man; under socialism the reverse is true.

**Russian Proverb:** The rich would have to eat money if the poor did not provide food.

**Rwandan Proverb:** You can out-distance that which is running after you, but not what is running inside you.

**Samoan Proverb:** Like a fish, one should look for a hole in the net.

**Scottish Proverb:** A close mouth catches nae fleas.

**Sicilian Proverb:** Only your real friends will tell you when your face is dirty.

**Spanish Proverb:** A guest and a fish stink in three days.

**Swedish Proverb:** Love is like dew that falls on both nettles and lilies.

**Turkish Proverb:** A heart in love with beauty never grows old.

**Zimbabwe Proverb:** If you can walk you can dance. If you can talk you can sing

**Zululand Proverb:** Do not call to a dog with a whip in your hand.



## North Queensland Community Network Group Launch

**Townsville 13th July 2010**

### Connecting Individuals, Families and Service Providers

Muscular Dystrophy (MD) Queensland's vision is where all people living with Muscular Dystrophies and other neuromuscular conditions are able to experience life to its fullest potential in ways that are meaningful for them. MD Qld offers a number of services to assist individuals and families achieve this, such as:-

- Equipment loans
- Assistance purchasing equipment
- Assistance with expenses related to equipment, modifications, mobility & access
- Assistance with MASS co-gap payments
- Information and referrals
- Assistance with sourcing respite
- Networking opportunities for individuals and families
- Advocacy
- No Interest Loan Scheme (NILS)

#### **Upcoming MD Qld events include:**

##### Teleconference Events

We invite people to call in and take part in our teleconference events. There is a guest speaker for each event followed by question time. Upcoming speakers include:

- **11am 30 June** – Tristram talking about the opportunities he has found through his involvement in Electric Wheelchair Sports.
- **11am 28th July** – Kathy talking about grief associated with the journey of individuals and families living with degenerative conditions such as neuromuscular conditions.
- **11am 25th August** – Madonna talks about her life, particularly her experience of human services, she entitles "From Despair to Hope".

#### **Townsville Outreach & Launch of the North Queensland Community Network Group**

From 12-16 July this year, MD Qld will be visiting Townsville, Ayr and Charters Towers to connect with individuals and families experiencing neuromuscular conditions, as well as service providers within these areas. Our aims for these visits include:-

- Developing and re-establishing relationships with individuals and families experiencing Muscular Dystrophies and other neuromuscular conditions
- Developing a more comprehensive understanding of services available and where the gaps in services are for people

(Continued on Page 18)

(Continued from Page 17)

- Supporting the development of the North Queensland Community Network Group

On 13 July in Townsville we will be attending the Launch of the North Queensland Community Network Group for people and families experiencing various Muscular Dystrophies and neuromuscular conditions. The aims of this group include:-

- Enhancing the lives of individuals, carers and families
- To promote connections, friendships, interests and social gatherings
- To share experiences
- Advocate, lobby and educate for better accessibility, equal opportunities and quality of life in the community

If you live in North Qld are interested to join the North Qld Community Network Group, email [nq.md.network@gmail.com](mailto:nq.md.network@gmail.com). If you are interested in joining or developing a Network Group within your area of Qld, contact MD Qld on 1800 676 364.

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## Do You Have Chronic Hepatitis B or C?

Australian residents are invited to take part in a research study exploring the influence of factors such as received information and care, illness perceptions, and stigma, on the health-related quality of life of people with chronic hepatitis B (CHBV) or chronic hepatitis C (CHCV). Prerequisites for participation are that you are at least 18 years of age, and have been diagnosed with either CHBV or CHCV, but are not co-infected with both and/or with HIV.

The study is being conducted by Yvonne Drazic from James Cook University, Cairns. Participation involves filling out a questionnaire (approx 30 minutes) at [www.surveymonkey.com/s/hepresearch](http://www.surveymonkey.com/s/hepresearch) For a hard-copy version of this survey mailed to you, please email: [Yvonne.Drazic@jcu.edu.au](mailto:Yvonne.Drazic@jcu.edu.au)

A summary of the survey findings will be circulated via the Hepatitis Council of Qld.

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## Do You Have CFS/ME?

The University of Southern Queensland and Bon Uni with Queensland Health are doing a research into whether a biochemical marker found in the blood can be used as a diagnostic for CFS/ME.

If you are interested in participating or want further information, contact Ph 4631 5444 or Email [crrah@usq.edu.au](mailto:crrah@usq.edu.au) or access the website at [www.usq.edu.au/crrah](http://www.usq.edu.au/crrah)

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## Who Said This?

"Rivers, ponds, lakes and streams - they all have different names, but they all contain water. Just as religions do - they all contain truths."

—o—

"Hating people because of their colour is wrong. And it doesn't matter which colour does the hating. It's just plain wrong."

—o—

"I know I got it made while the masses of black people are catchin' hell, but as long as they ain't free, I ain't free."

—o—

(Answer Page 25)



**The International Hearing Voices Movement**  
(Sheffield England)

**Extends a Warm Welcome to You to  
Attend a Public Meeting**

**To Hear Inspirational Speaker**

**Peter Bullimore**

19<sup>th</sup> July 2010  
At Communify Bardon  
Ph. Robyn 0431265992

To raise awareness of the  
experience of hearing voices

## **Hearing Voices?**

The Hearing Voices Network of Australia (HVNA) is a national collection of Hearing Voices Groups and associated members including voice hearers, service providers and friends who are working to promote recovery, acceptance and education.

Their vision is to be at the forefront in achieving innovative, consumer-led approaches to recovery.

The term "hearing voices" is used to describe a range of extra ordinary experiences including vivid dreams. They may be experiences as sounds, visions, physical sensations, smells tastes and may include living with distressing beliefs.

Traditionally, the experience of "hearing voices" has been thought of as auditory hallucinations. The hearing voices approach differs from this in that they believe the experience of hearing voices is a valid experience for which there are many possible explanations.

Ron Coleman, an internationally renowned trainer and voice hearer believes that, "It is not the voices that are the problem, it is how we respond to them".

The Hearing voices Network of Australia aims to enable acceptance and recovery (living a meaningful life from the perspective of the individual) for people who hear voices through support for self-help groups, education and awareness.

### **HVNA uses peer support to :**

- Encourage people to explore the meaning of their voices and to gain control over their experiences
- Encourage those who have found ways to cope with their voices to share coping strategies with others who are distressed by the experience
- Reduce social isolation, discrimination and stigma and provide an opportunity for people to gain inroads to reclaiming their lives and joining the community again
- HVNA believes that it is important to accept that hearing voices is a valid experience and to respect each person's interpretation and belief about their experience

(Continued on Page 20)

(Continued from Page 19)

### Tips for relatives and friends of people hearing voices:

- Accept that the voices exist, that they are a real experience for the person
- Try not to interrupt, react critically or defensively to what is being said
- Do not deny the experience because you feel sorry for the person but encourage them to talk
- Tackle problems as calmly and objectively as possible
- Listen without judgement--- this means allowing the person to express their feelings and encouraging them to do so

For more information on the Hearing Voices Network please visit <http://www.hvna.net.au/>

**The Hearing Voices Group meets on the 1st and 3rd Tuesdays at Mt Gravatt Community Centre from 1.00pm to 3.00pm Ph. Mary 0423208218**

-oOo-



## 2010 National Disability Awards

### Nominations Now Open

If you have made, or know someone who has made, a significant contribution to their community either at a local, regional, state or national level, tell us about it by nominating for the 2010 National Disability Awards.

**In 2010, we are calling for nominations in six Award categories**

#### About the National Disability Awards

The National Disability Awards are part of the Australian Government's celebration of International Day of People with Disability. The Awards celebrate and acknowledge the achievements and contributions that individuals with disability make to our community, and recognise individuals within our community who have contributed to the disability sector.

Each of the 2010 Award finalists will be invited to attend the National Disability Awards Ceremony at Parliament House, in Canberra on 23 November 2010. One recipient for each Award category will be announced at the ceremony.

Hard copy and accessible versions of the nomination guidelines and nomination forms can be ordered by phoning **1800 440 385** or by emailing [idpwd@fahcsia.gov.au](mailto:idpwd@fahcsia.gov.au) Website: [www.idpwd.com.au/awards.asp](http://www.idpwd.com.au/awards.asp)

**Nominations close 5.00pm AEST Friday 16 July 2010**

## Recognise the Signs of a Stroke

<b>D</b>	<b>Dizziness</b>	<b>Call 000</b>
<b>A</b>	<b>A change in mental abilities</b>	<b>Stroke Survivors and Carers</b>
<b>N</b>	<b>Numbness/Paralysis</b>	for
<b>G</b>	<b>Garbled Speech</b>	<b>Peer Support</b>
<b>E</b>	<b>Eye Problems</b>	Phone
<b>R</b>	<b>Request Medical Help</b>	1300 753 787

(Stroke Association of Qld Inc Email: [strokeaq@iinet.net.au](mailto:strokeaq@iinet.net.au) Website: [www.strokeqld.org.au](http://www.strokeqld.org.au))



## New Adoption Laws Help Put Pieces Together

Queensland's new adoptions laws, which came into effect on 1 February 2010, give people a chance to find out who they are and where they come from.

Each year more than 500 Queenslanders - just under 10 per week - apply for identifying information about their birth relatives.

Dr Trevor Jordan, President of Jigsaw Queensland Inc, a non profit organisation that supports people affected by adoption, said "Jigsaw welcomes all adoption stakeholders, including adopted people, birth parents, and adoptive parents, and provides support, information and resources to people affected by adoption."

Under previous laws, birth parents and adults adopted as children were entitled to information about their birth relatives so long as no objection to information was in place.

"Objections to information and objections to contact remained in place until revoked by the person lodging the objection. This meant that, in the event of that person's death, they would stay in place forever.

Under the new laws, no one can be denied access to their information. Individuals may still lodge a preference for no contact, but so long as the person seeking their information agrees not to contact the person, they will be given their information" Dr Jordan said.

**For more information about Jigsaw's services:**  
**Ph: 07 3358 6666 (10am to 2pm Wednesday and Thursday)**  
**Website: [www.jigsawqld.server101.com](http://www.jigsawqld.server101.com)**



**The Adoption Act 2009** gives adopted people and birth parents equal access to identifying information while continuing to respect the wishes of people who do not wish to be contacted.

The Act aims to balance people's right to information about their own personal history, yet maintain the rights of others to privacy.

### **Adoptions Services Queensland**

Coordinates adoption services for Queensland families. Ph 3224 7415 or 1800 647 983  
Email: [asq@childsafety.qld.gov.au](mailto:asq@childsafety.qld.gov.au)  
URL: [www.childsafety.qld.gov.au/adoption](http://www.childsafety.qld.gov.au/adoption)

### **Post Adoption Support Queensland**

Provides counselling and support to people affected by adoption.  
Ph: 3112 5182 or 1300 914 819  
Email: [pasq@bensoc.org.au](mailto:pasq@bensoc.org.au)  
URL: [www.bensoc.org.au](http://www.bensoc.org.au)

(Source: Department of Communities "Community Connect" June - July 2010 Edition 9)

## Community Views Sought on National Volunteering Strategy

The Australian Government is seeking community views on the development of a National Volunteering Strategy. The Strategy will set out the Government's vision for volunteering and guide decision making over the next 10 years. The Strategy will be released to mark the 10<sup>th</sup> anniversary of the United Nations International Year of Volunteers, celebrated in 2001. An on-line survey has been developed to help identify the key issues for volunteering and shape the development of the Strategy. The closing date for the survey is **25 July 2010**.

The link to the survey is [http://www.surveymonkey.com/s/NVS\\_survey](http://www.surveymonkey.com/s/NVS_survey)



## Young Carers Project

### For Young Carers Living in the Brisbane South Region



**This project helps young people to continue studying while maintaining their caring responsibilities**

#### **Who can get help?**

To receive assistance you need to be:

- Under 25 years old
- The main carer for a friend or relative who has an ongoing health issues , disability, drug/alcohol misuse, or mental illness
- Studying at school, or vocational equivalent, or undertaking a school based apprenticeship.

#### **What can we provide?**

Support provided is free and is based on the needs of the young person eg

- Help with education and training (eg tuition if you are falling behind at school)
- Help to organise some time off to relax
- Fun activities with other young people who also have caring responsibilities
- Some help with housework, cooking, and cleaning when you are really busy with schoolwork
- Counselling
- Advocacy
- Ensuring correct Centrelink payments
- Referral to appropriate services

Young people and family members can contact us directly, as can service providers, and we will arrange a time to meet with the young person and the person they are caring for to assess eligibility for the project.

Peter Greasley or Sarah Gleeson, Young Carers Project Brisbane South

P: 1800 052 222 or 07 3274 3655 F: 07 3274 6733

E: [peterg@fsg.org.au](mailto:peterg@fsg.org.au) or [sarahg@fsg.org.au](mailto:sarahg@fsg.org.au) Website: [www.ufactor.com.au](http://www.ufactor.com.au)

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## Key Centrelink Phone Contacts

**Retirement Line** 13 2300 Age Pension, deeming, income and assets tests, Financial Information Service, Pension Bonus Scheme, Pension Loans Scheme and Commonwealth Seniors Health Card.

**International Services** 13 1673 Pensions paid outside Australia, claiming pensions from other countries, pensions paid under International Agreements.

**Centrelink Multilingual Call** 13 1202 Information in languages other than English.

**Disability, Illness or Injury and Carers** 13 2717

TTY Service If you are deaf or have a hearing or speech impairment, you can contact us through our TTY service on Freecall™1800 810 586. To provide compliments, suggestions or complaints, please call our TTY Customer Relations Line on Freecall™1800 000 567. A TTY phone is required to use this service.

**Customer Relations Line Freecall™**1800 050 004 Comment, complain or provide compliments about our customer service.

**Department of Veterans' Affairs** (DVA) call 13 3254, or from regional Australia call Freecall™1800 555 254.

## Australian Human Rights Commission Launches Welcome New Publication

### "2010 Workers with Mental Illness: a Practical Guide for Managers"



President of The Australian Human Rights Commission, Cathy Branson QC, recently launched a new publication "Workers with Mental Illness: A Practical Guide for Managers."

In recognizing mental illness as an important workplace issue, Ms Branson stated that the guide "aims to help managers better understand mental illness, develop strategies that assist workers with a mental illness and ensure that their workplaces are healthy and productive.

We developed this guide because research conducted by the Australian Human Rights Commission showed that managers want to provide support to staff members who live with a mental illness, but often lack the confidence or skills to do so," said President Branson.

"During any year, approximately one in five Australian adults will experience a mental illness. It is our hope that this guide will assist managers to understanding their legal obligations while developing strategies that support their staff and reduce the incidence of illness in the workplace," President Branson said.

The guide has been endorsed by the Fair Work Ombudsman, beyondblue: the national depression initiative, SANE Australia, the Mental Health Council of Australia, and supported by Safe Work Australia.

#### **Contents:**

- Mental health in the workplace
- Understanding mental illness
- Managing mental illness in the workplace
- Creating a safe and healthy workplace for all
- Where to get assistance
- Additional information and resources
- Acknowledgements
- Appendix A: Knowing the law
- Appendix B: Types of mental illness
- Appendix C: How to talk about mental illness

#### **The guide is available online at:**

[http://www.humanrights.gov.au/disability\\_rights/publications/workers\\_mental\\_illness\\_guide.html](http://www.humanrights.gov.au/disability_rights/publications/workers_mental_illness_guide.html)

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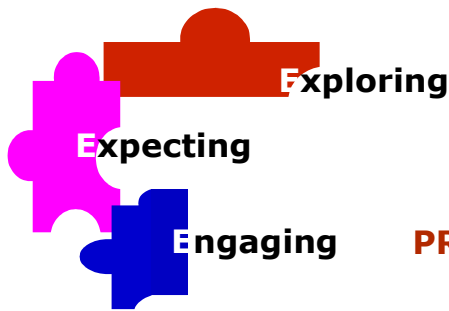
## Australian Directory of Philanthropy Online

### **General public can now access the Directory through QUT Gardens Point and Kelvin Grove libraries**

Produced by Philanthropy Australia, the Online Directory contains over 300 entries from grantmaking organisations and corporate funders, as well as instructions on applying for grants and grantseeking tips and tricks.

The Australian Directory of Philanthropy Online can be accessed by current QUT staff and students, QUT alumni and the general public. The directory is only accessible within QUT's Gardens Point and Kelvin Grove libraries.

This database is not available off campus or on the QUT Community Collection for Grantseekers, Fundraisers and Philanthropists PC.



**Saturday 28th August 2010**

**PRESENTED BY A PLACE TO BELONG  
a Spiritus Mental Health Network**

This Recovery Day will consider more deeply the realities and practices of recovery from mental health difficulties. The day will explore questions like:

- What does it mean to recover from mental health difficulties?
- Can this be a transforming process?
- How do we participate with this process in our own lives?
- How do we support and encourage others in their recovery?
- How can mental health services/systems support our journey of recovery and transformation

### **Who is the Day For?**

This event will be relevant to anyone interested in recovery from mental health difficulties. It will be beneficial to people living with a mental health difficulty, their families and those who stand alongside them, as well as professionals in the field.

### **Keynote Speakers**

- Helen Glover: Position, Position, Position. Where do I position myself in my own (and others) personal recovery?
- Janice Crosbie: From Patient to Citizen: A Recovery Journey in Three Parts

### **Other Features**

- See who will be presented with an Inclusion Award
- Get involved with creating a wisdom wall
- Spend time with others on a similar journey
- Munch on yummy morning tea and a healthy lunch
- Spend time with others on a similar journey
- Relax with a free hand and foot massage

### **Workshops**

1. Singing for Pleasure - Kathy Teakle
2. Listening to the Heart of our Stories - Jen Barrkman
3. Take your Finger off the Pulse & Enjoy Living - Patricia Shaw
4. Companionship People in Dark Times - Chris Brown & Bernie Waterhouse
5. Creating Recovery Oriented Service Environments - Melody Edwardson, Courtney O'Connor & Chantelle Ritchie

**Date:** Saturday 28th August 2010

**Time:** 9.00 am - 4.30 pm Registration, tea and coffee from 8.30am.

**Venue:** Griffith University Eco Centre, Nathan Campus, Griffith University, 170 Kes-sels Rd, Nathan. Accessible by public transport. Call Transinfo on 13 1 2 30.

**Cost:** People who require mental health support and their carers/supporters - \$10  
Professionals & organisations - \$60 **Register by :** Friday 13th August. Limited spaces available. For more information Ph 3217 2522 admin@aplacetobelong.org.au  
Nerida Leighton nerida@aplacetobelong.org.au

\*Due to funding received from the Mental Health Council, A Place to Belong has limited funds to assist people with mental health difficulties and their carers/supporters to access the day. **People from outside of Brisbane are encouraged to contact A Place to Belong to inquire about the possibility of assisting with transportation costs.** Our ability to assist is limited & dependent on need & the number of requests received.

-oOo-

## WellSkills 2010

**year of the tiger...**

**The  
integrated  
gathering of  
Education and  
Resources**



qld/NT branch \*AIWCW presents...  
WellSkills 2010 AWARDS:

- ★ **Best Innovative Project for an individual**
  - ★ **Best Innovative Project for an organisation**
  - ★ **Best individual or group student project**
- networking, guest speakers, workshops,  
info booth for resources, belly dancing,  
Lots of laughs, connecting the community...**

**on: Saturday 7 august 2010, 8:30am for 9:00am start  
until 3:00pm...followed by the AGM**

**at: the Zillmere community Centre:  
54 Handford Rd, Zillmere Qld 4034**

**cost:** \$25 AIWCW members, \$20 students/retirees, \$35 non-members  
**cost includes:** \* morning and afternoon tea \* lunch is provided

**RSVP: 31 July 2010: for bookings and more details  
please contact Alla or Claudia**

**Alla, Secretary: m: 0423 917 110 e: [joalla@tpg.com.au](mailto:joalla@tpg.com.au)**  
**Claudia, President: m: 0400 353 889 e: [camo-rana.enterprises@hotmail.com](mailto:camo-rana.enterprises@hotmail.com)**

**postal: Qld/NT branch AIWCW, PO Box 3258, Victoria Point  
West Qld 4165**

**\*Australian Institute of welfare and Community workers:  
[www.aiwcw.org.au](http://www.aiwcw.org.au)**

**2009 UBD: map 120 C 1  
Near Zillmere station on  
Caboolture train line**



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Answer to Page 18 Quotes

**Muhammad Ali ...World Champion Boxer... Born Cassius Marcellus Clay 1942**

On the other hand, he also said:

"It's just a job. Grass grows, birds fly, waves pound the sand. I beat people up."

"I'm so fast that last night I turned off the light switch in my hotel room and was in bed before the room was dark."

"Boxing is a lot of white men watching two black men beat each other up."

"It's not bragging if you can back it up."

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**Please tell us what you think! We welcome your feedback at any time,  
about any aspect of our service. Feedback is reported, discussed and acted  
upon at the SHQ monthly Management Committee Meetings.**



## Diary Dates

**7th - 9th July 2010: Australian Institute of Family Studies 11th Conference** "Sustaining Families in Challenging Times"

**URL:** [www.conference.aifs.gov.au](http://www.conference.aifs.gov.au)

**Venue:** Melbourne

**12th - 13th July 2010: Healthy Cities Conference** "Making Cities Liveable"

**URL:** [www.healthycities.com.au](http://www.healthycities.com.au)

**Venue:** Brisbane

**19th - 20th August 2010: International Unity in Diversity Conference** "People, Diversity and the Future of Australia."

**Ph: 4772 4800**

**Email:**

[unityindiversityconference@gmail.com](mailto:unityindiversityconference@gmail.com)

**URL:**

[www.unityindiversityconference.com](http://www.unityindiversityconference.com)

**Venue:** Townsville

**22nd - 25th August 2010: 9th World Indigenous Women and Wellness Conference**

**Ph: 08 8948 3733**

**URL:** [www.larrakia.com](http://www.larrakia.com)

**Venue:** Darwin

**6th - 12th September 2010: National Self Help and Support Group Awareness Week - "Helping Each Other to Help Ourselves"**

**Contact: Self Help Queensland**

**Ph: 07 3344 6919**

**Email: [selfhelp@gil.com.au](mailto:selfhelp@gil.com.au)**

**9th - 10th September 2010: Huntington's Disease National Conference.** Have direct contact with national and international experts in the Huntington's field.

**Phone: 07 3391 8833**

**Email: [admin@huntingtonsqld.com](mailto:admin@huntingtonsqld.com)**

**URL: [www.huntingsonsaustralia.asn.au](http://www.huntingsonsaustralia.asn.au)**

**Venue:** Brisbane

**2010 — 'Year of the Lung'**

**7th - 9th October 2010: 3rd Australian Lung Cancer Conference**

**Email: [info@alcc.net.au](mailto:info@alcc.net.au)**

**URL: [www.alcc.net.au](http://www.alcc.net.au)**

**Venue:** Melbourne

**8th - 10th October 2010: 22nd Annual Batten Disease Support and Research Association Family Conference** "Fields of Dreams and Hope"

[www.battens.org.au/family\\_conferences](http://www.battens.org.au/family_conferences)

**Venue:** Sea World, Gold Coast

**Let us know about your Conferences, Information Days, Seminars, Workshops, Celebrations etc and we'll do our best to let others know about them too!**

**Please contact Trish at the SHQ Office:**

**Ph: 3344 6919**

**Email: [selfhelp@gil.com.au](mailto:selfhelp@gil.com.au)**

### Go Green - Read the Screen!

Are you willing to receive this newsletter by email rather than post? It would be a big cost saving to SHQ as well as the environment.

We are still happy to send it by post to small groups or individuals who do not have their own computer. Please let us know at 07 3344 6919 or email [selfhelp@gil.com.au](mailto:selfhelp@gil.com.au)

If you no longer wish to receive the newsletter we would appreciate hearing from you also. Thank you

### Disclaimer

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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. Self Help Qld reserves the right to edit contributed articles.

SHQ's Policies and Procedures Manual is reviewed annually, and may be seen at the office by contacting 07 3344 6919.