





# Editorial

Welcome to the first edition of the WISH NewsExchange for 2007.

Firstly I would like to thank our readers for your feedback on both the 25th Anniversary and the Newsletter Readership survey. Your comments are valuable in shaping the direction of this organisation.

If you are interested in being part of our exciting future plans by joining our focus group, go to page 20 for more details.

Hot issues are everywhere in today's society, from mental health to euthanasia. This edition is full of interesting articles and challenging topics. I hope you enjoy opening your mind and walking a day in someone else's shoes.

On page 24 is the new training calendar and so far there are 2 workshops on offer. Please book early as places will fill fast.

Melva, our Community Development Officer is visiting the South West several times this year, please mark these dates in your diary and book in to have a one-on-one session with her or attend the networking morning tea.

We are looking for an interested group to join our Board of Management here at WISH - go to page 20 for more details.

The next edition will focus on 'Self Help and Legal issues'. Please submit any articles by the end of May.

Until next issue . . .

Keep Smiling,

*Alison Morse*

Promotions and Administration Officer



The **News Exchange** is the triannual newsletter of the Western Institute of Self Help (WISH) Inc, and is distributed free to all WISH members.

Editor	Alison Morse
Research	Vicki Davies Melva Marshall Christine Keeting
Contributors	Vicki Davies
Proof Reading	Christine Keeting
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This edition provides a diversity of groups and organisations dealing with some of the most pressing issues in the community. Some of these issues have become more well known as a result of recent media coverage but more particularly through the requests for assistance we receive at WISH every day.

Many of these issues focus on mental health which certainly reflects the increased incidences of conditions such as depression, anxiety, anorexia and bulimia, obsessive compulsive and bi-polar disorders in our society. However we are also including some lesser known groups that deal with important issues such as the euthanasia debate, racial discrimination, sexuality etc.

In its almost 24 years of operation, WISH has always been known as perhaps the only place where one could find some of the more obscure groups dealing with, at times, some rather unusual issues. This has usually been due to the fact that most of these "grass roots" groups have not been able to find support elsewhere and are not large enough to have a listing in the phone book. This is why WISH is such a unique and valuable service to the community as it not only provides group development support but also provides a link to such groups.

Living with a particular issue can sometimes bring with it certain stigmas. It is difficult enough to live with such issues without feeling alone, isolated and ostracised by the wider community. This has certainly been the case in the past with the issue of HIV AIDS for example. Fortunately with greater community education, stigmas can be broken down but the process often takes many years.

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***WISH is a vehicle for helping people in these situations join with others in similar circumstances to help overcome those challenges.***

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Each person in a group brings their own special strengths that add to the group as a whole making it a stronger entity overall. It is this strength that enables group members to tackle such issues head on and triumph over them. They know they have the support of other group members to spur them on and who really understand what it is like to live with the issue. This is what the self help philosophy is all about and it works. We see it virtually every day in our work at WISH.

It is inspiring to see the growth in those who come to WISH feeling some hope but not quite sure where to start and who, over time, become strong voices for their cause as their inner confidence grows and additional skills are developed.

Another hot topic for the organisation is the fast approaching 25<sup>th</sup> anniversary in 2008. This is sure to be a bumper year with the launch of the 9<sup>th</sup> edition of the WISH Directory and the re-branding of WISH into a 21<sup>st</sup> century organisation that better reflects our services and provides greater accessibility for wider community.

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## ***Our focus for 2008 will be on you our members***

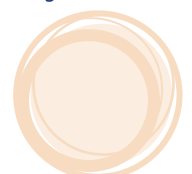
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and how we can make this a special year to recognise your achievements and provide valuable networking and training opportunities.

The newsletter and E-news will keep you posted with plans for the year and how you can get involved. We will be seeking expressions of interest for a focus group which will be discussing the re-brand and how we can assist groups to meet their needs and become more sustainable.

We at WISH are excited about this milestone in our history and look forward to your involvement.

*Vicki Davies*  
Executive Officer



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# I have no problem with gay people but why

## Flaunting It

How often do we hear this stale old line? I have no problem with gay people but why do they flaunt it? I would like to suggest that next time you have this line thrust at you, you might like to remind the speaker that we as a society are constantly bombarded with heterosexual sex in every possible form; The media, our politically appointed 'guru', is largely responsible for using this means to sell us everything from women's personal needs, shampoo, clothing, electrical gear and grocery items to motor cars and real estate.

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***Although we are not required to use our brain while we sit numbly in front of the screen, we do soak up every bit of propaganda it chooses to serve us.***

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We are so conditioned to it, that we are desensitised and hardly even notice. Brainwashed! We are not so exposed to every 'otherness'. We rant, rave and recoil when there is even a hint of difference. It is playground bullying carried into adulthood.

PFLAG is about providing visibility and loving support to family and friends of an oppressed minority group, who in the twenty first century are still denied basic human rights.

We, the community of peoples of the world are NOT born discriminative, racist, ageist, sexist, or homophobic. This is learnt bigotry and can be unlearned!

Having a voice requires we *flaunt it*.

## Objectives of PFLAG

The objectives of PFLAG are to lovingly support members of the community who are faced with the challenge of having a GLBTIQ (gay, lesbian, bisexual, trans\* intersex or queer) loved one in their life. It is a challenge because sadly, in 2007 a huge proportion of the population is still extremely homophobic. Homophobia refers to an irrational phobia/ fear/ dread/ terror/ horror of homosexuals.

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***Consequently, families are faced with issues of how to support their loved one; how to speak up for their rights, how to address the fear for their safety, how to overcome the loss of previously held aspirations, how to overcome cultural or religious sensitivities.***

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Should I deny it, march in parades, be guilty or glad, 'come out' to family, friends and work colleagues? Having lived our entire lives in a state of ignorance about difference, more often than not, we are inadequately equipped to contest some very real misunderstandings and often dangerous homophobic ideals.

Our aim at PFLAG is to inform and educate people about the diversity of the human nature and spirit. To equip them to manage and combat in an educated way, issues arising from these challenges. Often a steep learning curve for family and friends; with eye-opening revelations about 'what kind of person am I or have I been throughout my life?', and major upheavals over everything we previously held as absolutely true in this world for me and my child.

I applaud all PFLAG members for facing this life challenge with a courage borne out of love for their children and loved ones.

## Discrimination

Discrimination means that someone is being treated unfairly because of a characteristic that another or others do not like.

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***Discrimination is based on prejudice; judging in advance from preconceived ideas. People discriminated against are unable to properly contribute to the benefit of the wider community in which they live.***

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# do they flaunt it?

The misuse of language has consistently been used to marginalize and discriminate against minority groups and keep them oppressed. We at PFLAG are committed to the use of non-discriminatory language in all forms of communication; in reference to gender, race, age, sexual orientation, citizenship, nationality, ethnic or language background, political or religious views, physical or mental ability.

## Are People Born Gay?

An often asked question by parents, family, and friends of Gays.

While I will not enter into the problematic nature verses nurture debate, I will say I am inclined to think that the answer to this is as diverse as are people themselves.

'For women, issues of reclaiming associated with compliance to prescribed heterosexuality may be a factor. Young lesbian women's experiences of love for one another, while different to older women's, probably are as complex and diverse as older women and youth itself! While for men, in many other cultures apart from our very conservative, western non - touching culture, all close encounters are encouraged and normal, so the question must be raised as to where in our society is there space for men, Straight or Gay, to feel and experience love of, and for each other?' (Paraphrased from *Same-Sex Love* Robert Hopcke 1993)

It is likely that our patriarchal society has prescribed such a strictly heterosexual world; one which disallows and recoils from any sign of the slightest departure from the 'norm'. And not everyone is desirous or equipped to conform!

The diversity of people means that there is also a multitude of reasons, just as there is a multitude of reasons, behaviors and choices among heterosexuals' lives and sexual courses. And while some people are born Gay, others do make conscious choices for their lives. I would venture further in suggesting that we are probably all capable of loving each other just a little bit more than our strict cultural taboos allow!



PFLAG – Parents Families and Friends of Lesbians and Gays - Perth  
Phone: 9228 1005  
Email: [perth@pflag.org.au](mailto:perth@pflag.org.au)  
Web: [www.pflag.org.au](http://www.pflag.org.au)

Sources: PFLAG Editor Saz Campbell ©

# Think Globally Act Locally

***Environmental issues are a hot topic at the moment. We are all consumers of this issue.***

Are you aware of the wide spread effects of climate change particularly here in the West? Climate change involves changes not only in temperature which is expected to rise more than the average in Australia but also in rainfall (less and more evaporation). Ocean currents and melting ice will affect the weather patterns creating more extremes.

***Extreme weather is likely to increase the occurrence of cyclones, floods, mudslides and other climate associated natural disasters. These changes will not only affect our weather but also our health.***

Heat waves intensified by increased humidity and urban pollution will most likely increase heat related deaths and illness. There is also more likely to be an increase in malaria and dengue fever. The increased risk of flooding from heavy rainfall and raised sea levels will increase diarrhoeal and respiratory diseases.

There are many sources informing us of simple things to reduce our influence on global warming. We need to support each other in our endeavours to reduce our impact on the earth especially for the following generations.

We do not currently have any Self Help or Support Groups in the category, however if you wish to start one please contact our Community Development Officer on 9228 4488 or email [cdo@wish.org.au](mailto:cdo@wish.org.au)

# High level of mental health sufferers in WA

It is becoming very clear that there is a high rate of mental problems in our culture. There is a massive effort by government, through research and development to further our understanding and treatment of mental problems and this is to be commended.

Self help groups provide a complementary avenue for sufferers along with GP's or other professionals to discuss and explore our problems.

This is crucial given the complexity of mental problems. Self help groups offer a wide range of benefits to members such as emotional support, information and education, in an environment that is non-threatening and non-judgmental. They also offer a great opportunity for group members and the community to further our understanding and treatment of mental problems.

Mental problems can impact on all aspects of life. Sufferers may believe that something is 'wrong' with and they are in some way different to everybody else causing feelings of isolation, stress, fear and anger, which are all part and parcel of many mental problems.

One of the biggest aspects of self-help groups is the commonality of its members. Everyone is there for a similar reason. This realization that there are others who suffer from similar problems will help alleviate feelings of indifference and isolation.

The simple act of discussing our current situation, feelings and emotions, can help clarify our understanding, and the nature of our problems. The self help group should be seen as another source of information and ideas - a very effective one.

This clearer understanding of one's mental health gained from attending a self help group can be passed onto a GP and other relevant health professionals, which is likely to result in more effective treatment.



Phone: Jono on 0419 193 027  
Hours: 8am - 6pm  
E: enquiries@incite.org.au  
W: www.incite.org.au

Source: Jono from Incite Groups

## Benefits of support for carers

***Carers play a crucial part in the recovery and rehabilitation process of people with a mental illness.***

It is often their love; support and encouragement that helps the person pick up the pieces and get on with their lives again. However the caring role can often be a very stressful one, with many obstacles and challenges that need to be overcome along the way. It is vital that carers realize that if they don't place importance on their own needs, they risk burning out and inadvertently jeopardize their ability to effectively care for their loved one.

Support services ensure carers access relevant information as well as emotional and practical support. These services provide a holistic approach that includes (but is not restricted to); the clinical issues of the mental health consumer, the financial impact of the illness on the family, the emotional impact of the illness on the family, and the stigma that is often felt by family members and friends of a mental health consumer.

Services provided are FREE, confidential and provided by professionally trained staff. Counsellors can assist carers to identify and explore issues of concern and help them implement appropriate coping strategies; learn more about mental illness (signs, symptoms, treatments available); learn about mental health system and how to navigate it; increase awareness of other relevant services available and link carers into appropriate services.

Arafmi in 2006, celebrates thirty years of support to WA families of people with a mental health issue.

ARAFMI Mental Health Carers and Friends Association (Arafmi)  
Phone: 9389 9888  
Freecall: 1800 811 747  
Email: arafmi@arafmi.asn.au  
Web: www.arafmi.asn.au



# Questions to ask your Therapist/Dr

## Questions to ask about your treatment

- What is the diagnosis?
- What can I expect if I do not get treatment?
- What happens if I do nothing?
- What are the treatment options?
- What are the benefits and harms (costs) of the treatment options?
- How long will it take?
- What results can I expect?
- How much time and/or effort will it take?
- What will it cost me?
- Is there anything that would complicate treatment? (other problems such as depression or substance misuse that may make treatment more difficult and take longer to see benefits)
- Can we make a time to review progress and if necessary revise our treatment plan?
- Are these the latest treatment guidelines for my condition? Can you recommend any reading material including self-help books?
- How do the benefits and harms weigh up?
- Can I speak to someone who has been through this procedure with other therapists?

## Questions to ask about medication

- Name of medicine, dose and instructions
- When and how often do I take the medicine?
- What are the side effects? Will I be tired, hungry, thirsty, etc?
- Are there any foods I should not eat while taking it?
- Can I have beer, wine and alcoholic drinks?
- Can I take the medicine with other medicines I am taking?
- What do I do if I forget the medicine?
- How long will I have to take the medicine?
- What are the chances of getting better with this treatment?
- How will I know if the medicine is working or not?
- What is the cost of the medicine?

## Other Questions

- How many patients with this condition have you treated? Do you have any special training?
- What is your basic approach to treatment – Therapy, medication, or both? If you provide only one type of treatment, how do I get the other if I need it?
- Can you help me determine whether my health insurance will cover fees?

Source: From Panic Disorder and Agoraphobia, Australian and New Zealand Treatment Guide for Consumers and Carers, March 2003, The Royal Australian and New Zealand College of Psychiatrists

## Being Mentally Healthy

### Is it as Easy as A-B-C?

Being Mentally Healthy is defined as a state of well being that allows each individual to recognise his or her own abilities, to cope with the normal stresses of life, while working productively and fruitfully to contribute to his or her community (WHO 2001).

Although we are generally aware of how to take care of our physical bodies, it can often seem more difficult to take care of our mental health.

Mentally Healthy WA – a new mental health promotion project – encourages the use of three simple steps to better mental health.  
[www.mentalhealth.gov.au](http://www.mentalhealth.gov.au)

### *Act, Belong, Commit.*

**ACT** encourages individuals to keep active in as many ways as possible; physically, socially and cognitively. How one is active determines the extent of the activity's contribution to mental health. Most 'act alone' activities can be done as a member of a group.

**BELONG** is about becoming a member of a group or organisation, which means that an individual's connectedness with the community is strengthened.

**COMMIT** refers to the level of effort an individual 'commits' to the activities engaged in. The greater level of commitment to one's interest or group, the greater sense of self, the greater satisfaction from one's efforts, and the greater contribution to mental health.

Mentally Healthy WA is currently being piloted in several regional sites, and aims to build and maintain positive mental health, community cohesion and community spirit in these sites.

Source: RRR Network News Edition 35 Autumn 2006

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# From Scepticism to Science - CFS to ME

In 2001 Jane had an experience she would never forget. "I'd driven home after finishing night duty and was standing in my kitchen when I was suddenly hit by such overwhelming nausea and dizziness. I felt utterly drained, as if somebody had sucked every ounce of energy from my body. It was so sudden; I'd never experienced anything like that before." The formerly fit and active hospital nurse woke the next morning feeling as if she had been run over by a truck. Jane visited her doctor who arranged for tests and advised her to return in a few days. By then things were getting worse, "I started to ache all over, suffered headaches, wasn't sleeping well, and just felt like I was locked in a really bad flu." But none of the tests ordered by her doctor showed anything wrong and she was advised it would pass.

What followed were agonizing months of tests and specialist consultations. On a couple of occasions she tried to return to work but her headaches got worse, she started experiencing confusion and concentration problems and developed puzzling food intolerances. Eventually she started feeling more exhausted than she'd ever previously known; some days she didn't even have enough energy for a shower, to read a book or even watch television. At one point she saw a specialist in immunology who could also find nothing wrong. It was 7 months before her doctor eventually told Jane what she was suffering from.

It was in 1988 that the US government's Centers for Disease Control and Prevention (CDC) named Jane's puzzling illness 'Chronic Fatigue Syndrome' (CFS), as if the illness were about nothing more than being a little extra tired. Since the moment the name was set in print patients have criticized it for trivializing a devastating illness and inviting disbelief and accusations of malingering. Patients have doggedly stuck to the original name for the disease, Myalgic Encephalomyelitis (ME). "The CDC did people with ME an enormous disservice with the name CFS and by watering down the criteria for diagnosing it," says Sophie Attwater, President of the local patient support group, ME/CFS Australia (WA,). "The CDC criteria, which are used here in Australia, are much too vague and omit or play down other key symptoms. They have confused understanding of the illness and its seriousness – this disease isn't just about fatigue." Patients in Australia have enthusiastically adopted the Canadian Clinical Guidelines for ME/CFS published in 2003 which more accurately

diagnosed the illness, and offered a better approach to treatment and management than the existing Australian guidelines. To be diagnosed with ME/CFS patients must experience a persistent 'flu-like' illness that includes widespread pain, headaches, sleep disturbance, worsening of symptoms after exertion, significant persistent or recurrent fatigue and a variety of other neurological, immune, gut and endocrine symptoms. "We are pushing for GP's to use the new guidelines," says Sophie. "They offer a much more advanced approach to treatment as well as being much clearer on understanding and diagnosing the illness."

In the past five years research by some of the world's leading medical organizations has shown ME/CFS is a crippling physical condition affecting people of all ages. The Royal Australasian College of Physicians estimates that as many as 140,000 Australian's suffer from ME/CFS and of those it is thought that some 25% are so seriously affected they are permanently bedridden or housebound. Though some people do recover from the illness the majority achieve a level of functioning well below that prior to onset and a significant proportion don't recover at all. The disease, once characterized as 'yuppie flu', is now known to affect all social, economic and ethnic groups and even children as young as 5yrs old. About two thirds of sufferers are women. "ME/CFS Australia (WA) is part of a national federation of patient support organizations," says Sophie. "Our focus is to improve understanding and awareness of the condition, provide information and support for sufferers and their families, improve standards of detection and treatment and enable the ME/CFS community to speak with a single voice. We urgently need more and better research to find answers that might lead to both a test for ME/CFS and treatments."

Meanwhile Jane reflects on the diagnosis she received all those years ago, "My journey since then has been a lonely and difficult one. There is little if any real support available, even from doctors that are aware of the illness which many aren't. My symptoms are still severe but fluctuate so I have to very strictly manage what I do and eat or I pay heavily. I still get negative comments from both family and friends, even after all this time."

ME/CFS Australia (WA)  
Phone: 08 9346 7477  
Email: [mecfswa@cns.wa.com](mailto:mecfswa@cns.wa.com)

Source: Colin from ME/CFS Australia (WA)

# Overcoming my Obsession with Food

My life today is a far cry from the miserable existence I was living before I discovered OA. I had no idea that my life was unmanageable. In fact I was quite sure that my life would be near perfect if only I were thin!

My obsession with food began very early in my life. When I was 3 years old my aunt caught me hiding biscuits under my arm and taking them out to the garden to eat. She asked me why I didn't just ask for them and I couldn't answer her (and still can't). There have been many, many instances such as this one and they all amount to the same thing. I was totally fixated on food.

***I would read about it constantly swinging from recipe books to diet and self help books but again they were all about food. I had tried all manner of diets, pills and therapies and even though this one was always "the one" I had no lasting success with anything.***

I went to a diet group with a friend of mine for a few months and after the meeting we would chat for literally 3 or 4 hours about food. What new diet foods were on the market, what we could and couldn't eat (what a bore I must have been).

***I never once considered that I was obsessed by food and the control of it. I thought I was weak willed and greedy and developed a deep feeling of self hatred and shame.***

By the time I discovered OA I was at my 'bottom.' I had decided that fighting food was too hard and that I would eat whatever I wanted and be fat and happy. It just didn't work for me. I would often cry myself to sleep thinking about the enormous quantities of food I had eaten that day.

***I knew at my first meeting that OA was for me.***

I know now that all my life I wanted to feel like I belonged and that's how I felt at that first meeting. I was nervous and a bit confused by the fact that no one gave me a diet to follow but I felt like I could finally let out a sigh of relief. I was not alone! I shed a lot of tears in those first few meetings.

***I have learnt so many things from OA members but by far the most important one to me right now is that I am learning to accept myself and others and I am beginning to like myself a little more.***

The obsession with food is being lifted and I have life in between meals. When I do feel the obsession with food these days I am grateful to know there is a solution and there are tools I can use.

***My worst day these days is better than some of my best days before I discovered the wonder that is Overeaters Anonymous***



Phone: 9420 7254  
Email: [perth@oaregion10.org](mailto:perth@oaregion10.org)  
Web: [www.overeatersanonymous.org](http://www.overeatersanonymous.org)

Source: Carol from OA

# What is a Chameleon?

Let me begin by introducing myself. I'm known as Phillippa and am currently the Coordinator of the Chameleon Society of WA (Inc). The society was begun approximately 30 years ago by Barbara to provide a place where cross-dressing men could meet for mutual support.

Over the years the society has grown and expanded its activities to the point where we hold meetings twice a month (some with guest speakers), social events, have a library of related books and videos/DVD's and is well known amongst the medical and psychological community in Western Australia. The society provides a meeting venue for members and those interested in joining where they can meet people in similar situations and talk in confidence. We also encourage partners of members to attend and have a partners representative who is there to talk with those partner's about cross-dressing related issues. Some of our members move on to sex reassignment surgery when they decide that they are Transsexual. We have a member who has taken this step and remains in the society to help those that find themselves in this situation.

I first became aware of the society via an advertisement in the Sunday Times around 1989. My first marriage had broken down and my need to seek out others who felt the need to cross-dress was at an all-time high. I had been aware that cross-dressing was pleasurable to me from an early age (about 6) and this developed over time to me realizing I have a very well developed feminine side. This has developed over the years with the help of the society and my second wife.

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***The feeling of joy that I experienced on first attending a Chameleon Society meeting was amazing. To finally meet others who felt the same as I did, experienced the same feelings of shame and guilt that I had was unbelievable.***

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I finally was able to begin to accept who I was and that I was not a "freak"! I could not wait for each meeting night to come around so that I could put on a dress and relax with the other members and talk through the events, challenges and successes we were experiencing.

I have been a member ever since those days, and have now been lucky enough to put something back into the society. I am lucky that I have a supportive wife (I told her of my cross-dressing before we married) and have recently told my children who accept me for who I am. I owe much of this to the Chameleon Society.

Phone: 0418 908 839

Email: [chameleonswa@yahoo.com.au](mailto:chameleonswa@yahoo.com.au)

Web: [www.chameleonswa.com](http://www.chameleonswa.com)

Source: Phillippa from The Chameleon Society of W.A. (Inc)

## ASK yourself

### A.S.K. TO SET UP A NEW SELF HELP GROUP

**Accept** that setting up a new group takes time and work, as well as money.

**Accept** that nothing is gained without a few problems and Accept disappointments.

**Ask** and you will be given help, answers and guidance.

**Accept** it all with a smile and thanks, even if some advice may seem to be superfluous.

**Accept** all offers of help and learn to use them.

**Ask** G.P's, service clubs, health agencies, government departments and retired public servants, but keep asking until the situation and needs are clear. Then start asking politicians.

**Spend** time listening to others, take notes of what you learn

**Study** the history of the illness or condition as well as the district.

**See** the overall picture through other's eyes if you can

**Seek** out meeting places

**Save** all the information you gather. **Savour** and broaden your scope of contacts and use them.

**Suspend** action until your research is complete.

**Know** what your want to achieve, but know what is needed first.

**Know** your capabilities and resources and how you can contribute to bringing the dream to fruition. Develop the knack of introducing your project into conversation as a question, not a statement, to remind others to think about the subject. And finally . . .

**Knock** on doors if you need to gain publicity, but always remember to ASK politely and with a smile.

Source: Anne, Bunbury and Districts Stroke Support Group

# Citizenship Testing – A Fair Go?

The Howard government has announced that they will be introducing citizenship testing for all prospective applicants for Australian citizenship. There will be two arms to the testing procedure. The first of these will be the acceptance of what the government considers “Australian values” and the second part will involve an English proficiency test. Let us look at each of these in turn:

The “Australian values” that the Federal government wants us to ascribe to are:

- Respect for the freedom and dignity of the individual,
- Equality of men and women;
- Freedom of religion;
- Commitment to the rule of law;
- Parliamentary Democracy;
- And a spirit of egalitarianism that embraces mutual respect, fair play and compassion for those in need

Is there anything amongst those values that is uniquely Australian? Imagine that a migrant from Greece is applying for Citizenship in Australia. A person coming from the birthplace of Democracy is being asked to ascribe to a respect for democracy!

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***And in terms of the equality of men and women, one only has to look at the long line of women Prime Ministers we have had in this country (not) as opposed to places such as Bangladesh and Pakistan and India.***

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Or look at the complete dearth of Women CEO's in the top 100 companies in Australia!

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***Why are we presuming applicants for Australian citizenship do not hold these values dear to their heart already?***

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On the English proficiency front, one has to look at the people we would not have accepted as a result of the test. The late Sir Peter Abeles and Frank Lowy of the Westfield group would be but two high profile business men who would not have qualified for Citizenship. Further English proficiency is no indicator of the potential take up rate of citizenship. The lowest rate of Citizenship adoption is amongst the migrants from the UK.

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***The testing is ill conceived and fraught with dangers.***

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However, the government has decided that it will go ahead. Now, it is hoped that they will provide adequate funding and resources to allow potential migrants and citizens to access English classes to achieve the proficiency required. Also culturally appropriate childcare would be required if the mothers and fathers need to attend the English classes. There is a considerable amount of work that still remains to be done in this area.

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***If we want a truly Multicultural society, it is important that we provide migrants from a Non English Speaking Background, the same access that other tax paying and voting members of society have to services, government or otherwise.***

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The Ethnic Communities Council of Western Australia (ECCWA) is opposed to the introduction of citizenship testing. The ECCWA has made a submission (which will soon be available on the ECCWA's website) to the Department of Immigration and Multicultural Affairs' Citizenship Task Force in response to its discussion paper Australian Citizenship: Much more than a ceremony.



Ethnic Communities Council of Western Australia (ECCWA)  
Phone: 9227 5322  
E: [eccwa@inet.net.au](mailto:eccwa@inet.net.au)  
W: [www.multiculturalwa.net.au/eccwa](http://www.multiculturalwa.net.au/eccwa)

Source: Ethnic Communities Council

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# OCD - Obsessive Compulsive Disorder

When I approached WISH in 1989 about starting a self help support group I was asked to explain obsessive-compulsive disorder (OCD) in a few sentences. This was the very first time that I had thought about explaining something as complex and complicated as OCD. How do you make other individuals understand something that even OCD individuals don't understand themselves? How do you describe the need for OCD individuals to be together in order to hurt less?

These questions provided me with the answer that there was a need to establish an OCD support group. I wanted OCD people to be able to be who they are without apologizing for that. I was also overwhelmed that for the first time in my life I was doing something without resistance from others.

There is still debate around the origins and the treatments for OCD. It is a legitimate medical condition and should be understood as such. OCD individuals display certain behaviours that cannot be quite defined as normal. These behaviours (e.g. looking for needles, having AIDS tests although not engaging in the risky behaviours, counting, checking or cleaning) are products of thought called obsessions.

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***Obsessions are repetitive and distressing and OCD individuals usually design compulsions in order to reduce the distress associated with their intrusive thoughts.***

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This condition rarely leaves those around the OCD individual untouched. OCD individuals are fully aware of their irrational behaviours but are unfortunately unable to control their condition.

In the last 16 years the OCD support group has assisted both those who have the condition and those who are indirectly affected such as family members and friends. The OCD support group has helped many parents make sense of the changes they observed in their OCD affected children and countless partners understand the compulsions or obsessions that were hidden from them for many years.

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***WISH helped me start the group and over the years has continued to provide me with assistance on the group development issues as they have arisen.***

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If you would like to meet with others who are experiencing the effects of OCD you are welcome to attend monthly meetings at -

**The Niche Neurological House  
11 Aberdare Rd, Nedlands  
Second Saturday of the month  
from 10am –12 noon**

For more information call Beba on 0424 327 601

*Footnote: I was one of the workers at WISH when Beba first came to WISH for assistance in starting the OCD group. Since that time I have seen Beba not only cope with this debilitating condition herself but I have seen her become a well respected driving force in Western Australia in helping others similarly affected.*

*She gained a Churchill Fellowship in 2001 to visit overseas clinics in the USA, Europe and Japan and to assess the effectiveness of their treatments. In 2002 she was nominated for the Citizen of the Year Award and in 2004 she was presented with a Bicentennial Medal for her community work by Queen Elizabeth and Prime Minister John Howard. In 2006 she was also nominated for the Australian of the Year Award. Perhaps one of her greatest accolades though was to be nicknamed 'Mother Theresa' by members of the OCD support group for her tireless efforts in supporting those also affected by the condition.*

*Beba has recently completed a Masters in Health Science at Edith Cowan University. Her studies focussed on OCD treatments, management of the condition and how government agencies interact with clients who have OCD or other mental health issues.*

If you are interested in attending a presentation on OCD by Beba please contact Vicki at the WISH office on 9228 4488 or email [Vicki@wish.org.au](mailto:Vicki@wish.org.au).

# Something We All Wish and Pray For

A dignified death is what we all wish and pray for.

Since the inception of the United Nations the world at large has accepted human dignity as a cardinal principle of human existence. The United Nations Charter of Human Rights emphasises the right of every human being to lead a life with dignity.

Unfortunately this convention is given only lip-service by even the most so-called enlightened and progressive societies. It has been taken as acceptance of the sanctity of life, regardless of how that life is lead. The result has been that thousands of mostly elderly persons are kept alive against their wishes, suffering from unbearable conditions.

The West Australian Voluntary Euthanasia Society was formed in 1980 with the aim of bringing about changes in the West Australian statute law to permit voluntary euthanasia – both active and passive.

***The Society's aim is to make it legal for a competent adult, who is suffering unbearably from an incurable illness, physical or mental, to receive medical help to die at their own considered and persistent request.***

The Society believes that everyone has the right to choose how they live and die. Each person has value and is worthy of respect, has basic rights and freedoms and the power to control his or her destiny.

Despite the best medical care and sometimes because of it, some people still face the prospect of a lingering, debilitating, possibly painful death or decline into advanced senility or total dependence on others. They should have the right to choose voluntary euthanasia if they so wish. By that we mean a quick, gentle and peaceful death at the request of the patient.

One argument used against voluntary euthanasia is that only God can give and take away life. This religious belief is admirable, but there are others who do not share that belief and should not be forced to accept it. With modern method of birth control and IVF treatment, humans have already supplanted God's hand in giving life. Why should we have any objection in the choice of death?

It has been claimed that voluntary euthanasia will invariably lead to involuntary euthanasia and that it is not possible to provide adequate legal safeguards to prevent misuse. The same is true for many other laws, but we do not stop making those laws. Suicide is legal and scores of persons, mainly the elderly and the frail, make horrible botches of attempted suicide. Would it not be better if there was a legal provision for them to seek medical help to an easy and painless death?

It is a common belief, mainly among the medical fraternity, that modern palliative care can almost eliminate pain.

***Pain is not the only criterion for suffering. There are other aspects like loss of dignity, self-respect and side-effects of medication often weigh heavily on the mind.***

Anyway palliative care is expensive and certainly not widely available and is almost useless in Multiple Sclerosis, Motor Neuron Disease, Huntington's Disease, etc.

Recently the State Parliament has been deliberating on a bill that will allow a person to specify when medical treatment can be withdrawn or withheld, commonly known as a Living Will. Even if it is passed it will not stop the suffering, and in some cases may prolong it. The Society supports the bill, but pleads for inclusion of voluntary euthanasia if requested by the patients.

West Australian Voluntary  
Euthanasia Society  
Phone: 9387 5126  
Email: [info@waves.org.au](mailto:info@waves.org.au)  
Web: [www.waves.org.au](http://www.waves.org.au)



Source: Ranjan, West Australian Voluntary Euthanasia Society

# What Does being Difficult Really Mean?

How would we describe someone who:

- Takes action?
- Advocates for change?
- Stands up for what they believe in?
- Refuses to compromise on their principles?
- Has strong opinions?
- Never gives up?

Well, if you're a man, you might be described as a strong leader, a man of integrity and a go-getter. However, if you're a woman, you're likely to get a different response. You might even be described as 'a difficult woman'. Sadly, double standards applying to men and women are alive and well in 2006, despite almost 30 years of equal opportunity legislation and education.

Thanks to the actions of difficult women and some helpful men, much of the blatant discrimination women faced has decreased significantly since Deborah Wardley's day. However, the Commission still receives complaints from women unfairly treated. One of the largest group of complainants we hear from are women with disabilities.

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***We need to do a lot more to address discrimination against women of all races, cultures and abilities. Many sexist attitudes and behaviours remain.***

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***No doubt many people described Deborah Wardley as a difficult woman when she insisted that her gender should be no barrier to becoming a commercial pilot with Ansett Airlines.***

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Deborah was the newly established Equal Opportunity Board's first and most high profile customer when she brought the first anti-discrimination case in Australia. She took on one of the most powerful men in the country, Sir Reginald Ansett, who refused to give her a job because she was a woman. It took two years of fighting in the courts before Deborah was finally able to fly a commercial plane for Ansett.

Difficult women continue to need our support to make a stand against inequality and injustice where it exists. When we band together to address women's inequality we know we might be labelled as difficult, but we should rest easy in the knowledge that it is removing unacceptable restraints on talent, thus benefiting the whole community.

Source: Fiona Smith, Chair Equal Opportunities Commission, Victoria, appeared in Network Magazine published by Rural Women's Network number 4 2006

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***Last financial year almost 500 women made complaints of discrimination, sexual harassment or racial or religious vilification to the Equal Opportunity Commission Victoria.***

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No doubt most of them were described as difficult women because they stood up for their rights and refused to accept that they should be treated unfairly.

## **Discrimination Resources**

### **Disability Discrimination Unit**

Phone: 9470 2676

Web: [www.sscls.asn.au](http://www.sscls.asn.au)

### **Women with Disabilities WA (WWDWA)**

Phone: 9388 7455

Email: [womenwdwa@yahoo.com.au](mailto:womenwdwa@yahoo.com.au)

### **ISHAR Multicultural Centre for Women's Health**

Phone: 9345 5335

Web: [www.multicultural.online.wa.gov.au/imcw](http://www.multicultural.online.wa.gov.au/imcw)

### **Ethnic Disability Advocacy Centre**

Phone: 9388 7455

Web: [www.edac.org.au](http://www.edac.org.au)

### **Council for Civil Liberties in WA Inc**

Phone: 9384 1196

Web: [www.civillibertieswa.org](http://www.civillibertieswa.org)

### **Office for Women's Policy**

Phone: 9264 1920

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# Self-Help in the Management of Anorexia

Eating disorders Anorexia Nervosa and Bulimia Nervosa are a constellation of emotional problems. The incidence of these disorders is increasing rapidly. Eating Disorders are particularly devastating in their impact on victims and their families.

In Anorexia Nervosa, the chief symptoms are refusal to eat sufficiently to maintain an appropriate weight, severe disturbance of body image, a steadfast denial of the illness and a preoccupation with the self and body size. Bulimia Nervosa consists of a variety of syndromes: all are marked by frequent consumption of large amounts of food in a 'binge' followed by the individual purging themselves of the unwanted food by the use of a variety of methods such as abuse of laxatives, self-induced vomiting, or manipulation of insulin levels by diabetics. People suffering from Bulimia Nervosa are generally secretive about the disorder, which often leads to social isolation. In both disorders there is some form of denial about the severity of the problem, either to the self, to others or both. As well, there is a serious self-preoccupation that is often accompanied by withdrawal from family and friends.

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***Experienced clinicians who have worked at length with patients with eating disorders have found no single therapeutic technique to be consistently effective in the management or treatment of these disorders.***

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Rather a current trend is to combine several different strategies to deal with these two often frustrating conditions. Besides medical intervention, nutritional counselling and psychotherapy, self-help groups are part of this approach.

Self-help groups and support systems have become increasingly popular in recent years, not only because of their cost-effectiveness, but also because of their appeal to individuals struggling together against a common 'foe'. Self-help has been viewed as a first line of defence in overcoming various physical and mental disorders. Self-help groups have been defined as voluntary associations among individuals who share a common need or problem. The basic concept is helping oneself through the help and

helping of others. Helping one self does not preclude the involvement of professionals and may require it.

There seem to be at least two kinds of eating disorders self-help groups: (1) those that are integral parts of team treatment plans, and (2) all too often the only resource available to individuals who live in areas offering no substantial medical or psychotherapeutic treatment for Anorexia or Bulimia Nervosa.

Self-help groups offer valuable support for individuals who cannot afford psychotherapy and for those who refuse to commit themselves to professional treatment because of perceived potential power struggles and loss of control. Control is an important issue for people with problems to do with food.

The primary purpose of self-help groups is to provide the often shy and embarrassed member with a safe place to explore their issues, concerns, and possible solutions. The goals include not only symptom reduction or elimination of symptoms, but also increased self-esteem, integrated relationships with others, honesty, self-confidence and more effective social skills. The group provides their members with factual information about Anorexia Nervosa and Bulimia Nervosa including possible causes, symptoms, physical and emotional complications, and different treatment philosophies and procedures. They also provide referral services consisting of names and addresses of professionals who have experience working with anorexic and bulimic patients.

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***One of the most important purposes of self-help groups is to reduce or eliminate social isolation and alienation in its members.***

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Loneliness, a sense of being different and not understood are typical for people suffering from Anorexia or Bulimia Nervosa. Many recovered and recovering anorexics and bulimics report living in nearly total isolation until they began attending a self-help group. For many, the group served as a bridge back into social and intimate relationships.

BODY ESTEEM Project @ Women's Healthworks  
Phone: 9300 1566  
Email: [healthwk@iinet.net.au](mailto:healthwk@iinet.net.au)

Source: Liz, Body Esteem Project, Women's HealthWorks

# Self Help Group Profile

## Fragile X Support Group of WA

In November 2006, the Fragile X Support Group was re-energised with new members and in this short time has achieved great things.

The group had been dormant for 5 years but still retains 48 existing members. Their goal is to spread the word about their support group and also inform the community about Fragile X.

To date their achievements are:

- Setting up a website ([www.fragilex-wa.websyete.com.au](http://www.fragilex-wa.websyete.com.au))
- A story in the local newspaper
- A story, by association in the latest New Idea Magazine
- An up coming story in the That's Life Magazine, and
- The development of Fact sheets and Brochures ready for distribution

### About Fragile X

Fragile X is the most common inherited cause of mental impairment and the most common cause of Autism. As yet, there is no known cure, but research is currently being carried out to learn more.

Features usually include:

- mental impairment, ranging from learning disabilities to mental retardation
- long face, large ears, flat feet
- hyper extensible joints, especially fingers
- ear infections
- squints (strabismus)
- seizures (epilepsy) affect about 25% of people with Fragile X

Boys are typically more severely affected than girls. While most boys have mental retardation, only one-third to one-half of girls have significant intellectual impairment; the rest have either normal IQ and learning disabilities. Emotional and behavioural problems are common with both sexes.

About 20% of boys with Fragile X meet full criteria for autism. Most boys and some girls have symptoms of autism, but tend to be very social and interested in other people.

Behavioural Characteristics include:

- attention deficit and hyperactivity
- anxiety and unstable mood
- autistic like behaviour
- repetitive speech
- lack of concentration
- delayed speech
- poor social skills

### Objectives of the Group

- To promote knowledge of Fragile X Syndrome within the community
- To provide access to, and to distribute, up-to-date information about the Fragile X Syndrome
- To provide family contact and encourage social interaction between members and their families
- To liaise with, and exchange information with other interested groups
- To promote awareness of appropriate educational and social opportunities for individuals with Fragile X Syndrome
- To promote and support appropriate planning for the future lives of individuals with Fragile X Syndrome

### Activities and Services

- Member meetings
- Parent Link
- Support and contact
- Information

### Publications/Resources

Several excellent books are lodged with Activ library, Jolimont, available to all members of the library

For more information please contact:  
Azma Hosken Phone: 089439 1828  
Email: [hoskens@optusnet.com.au](mailto:hoskens@optusnet.com.au)  
Sharon Sargent Phone: 089439 3184  
Email: [shazazz2@bigpond.com.au](mailto:shazazz2@bigpond.com.au)  
Or visit [www.fragilex-wa.websyete.com.au](http://www.fragilex-wa.websyete.com.au)



## Self Help Group Profile

# 20 years supporting children & families

In 1987 a committee of parents formed a self-help group called Parents of Children with Disabilities to provide practical and emotional support to families of children with special needs. The formation of the group was based on the following beliefs that:

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***Children with special needs have a right and need to belong to families that are functioning as well as possible and to live with their families where ever possible***

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- That carers have a right and need to a variety of services and supports to enable them to care for their child.
- That carers are supported in their caring role through access to information, by linking with other carers in situations similar to their own and by other informal self-help means.

Parents of Children with Disabilities was incorporated in 1989 and began to seek support to open a drop-in/resource centre. In 1992, staffed by trained volunteers, often parents of children with disabilities, the Kalparrin Centre opened its doors at Princess Margaret Hospital to support:

**1. Families of children with special needs:**

- requiring ongoing care and support
- who were under the unique stress of awaiting diagnosis or whose diagnosis was unknown
- requiring empathy, support and empowerment in times of crisis

**2. Disability related self-help or support groups.**

**3. Professionals, staff and students of other agencies seeking information**

The Kalparrin Centre operated solely with voluntary labour until 1994. The positive benefits of the service, its mission and its vision was evident not only by families but also by services and professionals within the health and disability sectors.

In 1995 non-recurrent funding was obtained to fund two part time members of staff, a Co-ordinator and an Administrative Assistant, to keep the centre operating 19 hours a week.

In 1996 an independent review of the service was commissioned in an effort to support the argument that a formal funding arrangement be put in place. The survey identified that while family members were the highest users of Kalparrin's services, health and disability professionals made up the second largest group of consumers.

The then CEO of PMH acknowledged "the positive working relationship on behalf of the children and parents of PMH" and that "The staff, volunteers and committee members of the Centre have done remarkable work which is greatly appreciated".

Re-current funding was subsequently secured from both PMH and DSC and in 2004 was extended to allow the service to operate 35 hours per week with both staff members.

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***The opening of the new facility in early 2006 has seen a significant increase in drop-in visits to the centre and the opportunity to work collaboratively with professionals in the unit to better provide support to families in a caring role.***

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Kalparrin Centre  
Hay Street Building, Level 4 Princess Margaret  
Hospital SUBIACO WA 6008

Phone: 9340 8094  
Email: kalparin@iinet.net.au  
Web: www.kalparrin.org.au

# Possible Funding Sources for your group

There is a range of funding sources available; the trick is to find the one that best matches your needs and your philosophy.

Some of the more obvious opportunities for funding are:

### Lotterywest

Lotterywest has been a significant resource of funds for over 70 years. Lotterywest aims to assist community organisations transform their ideas and dreams into reality. If your organisation or group has an idea or dream contact Lotterywest to discuss these ideas or visit their website for more information [www.lotterywest.wa.gov.au/grants](http://www.lotterywest.wa.gov.au/grants) Lotterywest can be contacted by phone on 08 93405270 or email [grants@lotterywest.wa.gov.au](mailto:grants@lotterywest.wa.gov.au)

### Government Departments

All government departments, Federal, State or Local, provide grants that can be accessed by community groups. When considering government funding think broadly. All departments that have an interest in community or human services are a possible source of funding. Funding programs can change frequently due to changes in priority and political activity.

### Western Australian Grants for Women Program 2007

The annual Western Australian Grants for Women Program 2007 funds projects that strengthen the social and economic wellbeing of women and increase their participation in society. Women's groups, community organisations and other not-for-profit organisations are eligible to apply.

One off grants of \$3,000, \$7,000 and \$15,000 are available.

For the Guidelines and Application Form go to: [www.women.wa.gov.au](http://www.women.wa.gov.au) or telephone Women's Information Service on 6217 8230 or country freecall 1800 199 174.

Closing date for applications is Friday 16 March 2007 at 4pm.

### Foundation for Rural and Regional Renewal

The Foundation is interested in funding projects which stimulate the renewal of whole communities and which tackle a range of issues.

A few examples of these are:

- Recognise and enhance the role of volunteers in building the capacity of rural communities
- Cultural projects which result in an increased sense of belonging to the local community and/or create employment
- Health or community services projects, which address key issues in a rural area such as suicide, depression, preventive health, or seek to improve access to services through the development of new networks or links which extend current services

For further information about this organisation please refer to their website [www.frrr.org.au](http://www.frrr.org.au) or call 1800 170 020

### Funding Workshop

If you are interested in learning more about opportunities for funding, application hints and other means of meeting your requirements why not come to our first workshop for the year.

#### "Have a project – Find some funding"

In this workshop you will have the opportunity of working through the beginnings of an application. Come with some ideas of what you would like funding for. Other areas we will be looking at are:

- Selecting an appropriate source of funding
- Locating a range of different funding sources
- Preparing a funding file to make applications easier

Some of the comments from the groups that attended last year were -

*"Lots of ideas, hope we can find the idea that is right for our group"*

*"This will help me be more prepared on a consistent basis."*

*"Well presented and interactive - learned from other's experiences."*

**See page 24 for details**

# New Self Help & Support Groups



## Incite

Incite is a new group offering support for anyone with mental or emotional problems. Incite provides an opportunity for individuals experiencing depression, anxiety or emotional / mental difficulties to share their experiences in a safe environment. Contact for this group is Jono on 0419 193 027, between 8am and 6pm.



## FAB Food, Acceptance, Bodies

This is a group for women who identify themselves as having an issue with their "body image". It aims to build self esteem, develop self acceptance through sharing of experiences and social interaction. The group is meeting every 3rd Saturday at St. Peter's Uniting Church Hall, 115 Kalgoorlie St Mount Hawthorn. If this group interests you, please contact Isabelle on 0417 190 873 between 6pm and 9pm.



## Inclusion GLBT Disabilities Group

Inclusion offers support, advocacy and social activities for Gay, Lesbian, Bisexual and Transgender (GLBT) individuals with a disability. Membership to this group is not restricted to these individuals but open to all. The group meets on the first Thursday of the month. For further details contact by email [tilbrook\\_whitton@hotmail.com](mailto:tilbrook_whitton@hotmail.com).



## CSID Support Australia (Congenital Sex Identity Disorder Syndrome)

This groups offers support for those medically diagnosed with TD/TG/intersex conditions. The group will also help to facilitate research and educate the public about the conditions. Contact for this group is via WISH on 9228 4488, 9am - 4pm, Mon - Thurs or email [cdo@wish.org.au](mailto:cdo@wish.org.au)



## SPEAM - Society for the Prevention of Elder Abuse and Misdiagnosis

Interest has been expressed on starting a group for people who have been victims of elder abuse. This sort of abuse includes, physical, sexual, emotional, financial and neglect. The group is currently looking for a venue in the Bayswater area. If you would be interested in such a group please contact the WISH Community Development Officer on 9228 4488, 9am - 4pm, Mon - Thurs or email [cdo@wish.org.au](mailto:cdo@wish.org.au) to register your interest.



## Invalid WA Family Court Orders

In 1997 thousands of people were affected when the Full Court of the Family Court declared WA Family Court Property Orders invalid. Were you or do you know someone who was affected by this? WISH has been contacted to help start a group for people who were affected. If you would be interested in such a group please contact the WISH Community Development Officer on 9228 4488, 9am - 4pm, Mon - Thurs or email [cdo@wish.org.au](mailto:cdo@wish.org.au) to register your interest.



## Women with Disabilities Australia WA

A support and advocacy group run by women with disabilities. Offers monthly forums on relevant topics and provides support and information to women with disabilities in Western Australia. The contact for this group is Rayna on 9388 7455, Mon – Fri, 9am - 5pm.



## Childlimbs is being re-energized

This support group is for families with children who have limb deficiencies regardless of cause or extent. Regular social meetings, newsletter and telephone support service available. For more information contact Deena on 9381 0176

**For Regional Groups see Rural Roundup page.**

# Expressions of Interest for

## WISH Focus Group

For several years now there has been confusion between our organisation and the Make a Wish Foundation and many people both in the community and the not for profit sector do not fully understand what our service provides. This was reflected in the results of a recent mini survey undertaken with a cross-section of groups, community organisations and members of the public.

In 2008 WISH will be celebrating 25 years of service. We see this as an ideal opportunity to re-brand the organisation to more accurately reflect the nature of our work and increase accessibility.

We are seeking expressions of interest from anyone who would like to be involved in a small focus group which will provide input into various aspects of the re-brand. The focus group will meet both face to face and via email over the next 6-9 months. The frequency of meetings has not yet been decided. If you would like to lodge an expression of interest please contact Vicki at WISH on 9228 4488 between 9am and 4pm, Monday to Thursday or via email to [Vicki@wish.org.au](mailto:Vicki@wish.org.au)

## WISH Board Member

We are looking a Self help Group representative to join our Board of Management here at WISH.

The representative will need to be nominated by the group which will also need an Affiliate Member of WISH. You must be nominated by your representative Self help or Support Group. Further information can be obtained by contacting Vicki Davies, WISH Executive Officer on 9228 4488 between 9am and 4pm, Monday to Thursday or via email to [Vicki@wish.org.au](mailto:Vicki@wish.org.au)

# Training / Meeting Room Hire

A fully equipped, air-conditioned training / meeting facility that comfortably accommodates up to 25 people (theatre style seating) is available for hire during business hours at the WISH premises at 335-337 Pier Street (opposite Perth Oval) Perth.

Training Room Hire fees start from as little as \$22 for a half day. See flyer insert or call 9228 4488 for more details

# Display Board Hire

Looking to display your information in a professional manner? Our fabric covered, multi-panelled 'Toucan' display boards are portable, simple to erect, and are perfect for open days, public meetings, expos or anything else you have in mind.

Display Board Hire fees start from as little as \$11 a day. See flyer insert or call 9228 4488 for more details.



## Bunbury / South West COME AND JOIN US

Meet others who are also  
involved in Self Help and  
Support Groups

Networking morning tea



Share Success Stories

Develop Ideas

Discuss Mutual Concerns

When: 14th March 2007

Time: 9:30 – 11:30 am

Where: Milligan House  
35 Milligan St  
Bunbury

Cost: FREE

Delicious Morning Tea Provided

RSVP: 7th March 2007

Melva on 1800 195 575 or  
melva@wish.org.au

It is important to RSVP for catering purposes and to ensure that the event goes ahead.

Creche is available through Milligan House please contact them on 9721 8944 to reserve your place.

## The year ahead

This year I am planning 3 trips to the Bunbury/Busselton area. These will be 13/14<sup>th</sup> March and then early July and late October. During these trips it is hoped to catch up the self help and support groups in the area, learn more about what you do, and how we at WISH can assist you further.

While talking to some of the groups last year I heard several times from various groups that they would like to network with other groups, to share common concerns, contacts and also share successes. The groups thought that to be able to learn from and help other groups within the region would be of assistance to everyone.

This first trip in March I am planning a networking morning tea where we can discuss some of the common issues of groups. Some ideas we could discuss are:

- Where to take these meetings in the future?
- Guest speakers
- Inviting a media representative to share their knowledge and build contacts for promotional purposes.

These are only suggestions, these sessions are for you (the groups and interested agencies) and I would like your input into how these morning teas develop. **Please let me know.**

Details for this first meeting are;

Venue: Milligan House

Date: Wednesday 14<sup>th</sup> March 2007

Time: 9:30am – 11:30am

Cost: **FREE**

RSVP: Monday

It is important for you RSVP for then I will know how many to cater for.

**Please come and make this a success for all.**

I will also have some time available on the Tuesday 13<sup>th</sup> March to come and talk to you on an individual basis, or to meet with your group to assist in any way possible. I am available talk about the Western Institute of Self Help (WISH) in general terms to any interested group of people. I would love to catch up with as many people as possible so please contact me and arrange a mutually suitable time.

*Melva Marshall*

Community Development Officer

Phone Rural Freecall: 1800 195 575

Phone: (08) 9228 4488

Email: [cdo@wish.org.au](mailto:cdo@wish.org.au)

## New Rural Groups

### Stroke Group Bunbury

Offers support, information, social interaction and continuing education to stroke patients, their families and carers. The group will also lobby for improved services. If you are interested in this group give Anne a call on (08) 9791 7052, between 7am and 5pm.

### Lymphoedema Support Group Busselton

Offers people with Lymphoedema telephone or one on one information and referral service in the Busselton Shire. Lymphoedema occurs when lymphatic fluid builds up in the soft tissues of your body, usually in an arm or leg. This could be inherited or caused by injury of the lymphatic system. The contact for this group is Lea on 9754 8242, Mon – Fri, 10am - 6pm.

### Tea Group for Carers

A tea group for carers of people with dementia in the Busselton region offers support, information, advocacy and guest speakers. To contact this group ring Lea on 97548242, Mon – Fri, 10am - 6pm.



## Review of Associations Incorporation Act 1987



Have your say on the proposed Act reforms. The aim of the review is to balance community expectations about the regulations of incorporated associations, with the foundation principle that responsibility for the management of an incorporated association rests with the members of that group. Submissions will be open until 5pm, 30th April 2007. For more information visit [www.docep.wa.gov.au/agb](http://www.docep.wa.gov.au/agb)

## Continenence Promotion for the mentally ill

This information kit is tailored to staff working in supported residential facilities (SRFs) and contains an information booklet, a workbook and a poster. The aim of the information kit is to educate and support staff about practical ways to work with people in SRFs who are incontinent, as well as raise awareness about the physical, emotional and social issues surrounding the condition.

## Beating the Blues

An eight week course for those women who suffer, or have suffered from Depression. Referrals are open, but we do need to talk to the participant direct, so please have them with you or give them our details to register. It costs \$64.00 for two hours a week with a qualified Therapist.

For more information contact Midland Women's Health Care Place on 9250 2221.



**WACOSS Organisation Development Services Training Calendar January - June 2007 NOW AVAILABLE!!**

WACOSS Organisation Development Services is pleased to announce that the calendar of training events for January to June 2007 is now available! WACOSS Organisation Development Services offer affordable award winning training and consulting programs that are designed to build and strengthen the capacity of the community sector. In providing these services, we add confidence and skills to the sector and contribute to the long-term economic, social and environmental prosperity and sustainability of Western Australia.

The training calendar will also be available as a bright, easy to read wall poster. If you would like to receive one, please contact Amy Quigley either by email to [amy@wacoss.org.au](mailto:amy@wacoss.org.au) or phone (08) 9420 7222.

We have also developed a new website for WACOSS Organisation Development Services, Visit [www.wacosstraining.org.au](http://www.wacosstraining.org.au).

For further information about WACOSS training and events during 2007 subscribe to WACOSS eNews, the WACOSS Weekly Update, or visit the new WACOSS training website

# WISH Training

*This year WISH is continuing with our successful training workshops. We are planning a full training program for 2007, starting with these exciting workshops relating to funding and working with the media. These workshops should prove to be interesting and informative for self help and support group members and service providers.*

## FUNDING

### Have a project - find some funding

There are a range of funding sources out there but how can we find out about them. How do we give our funding application the best chance? This workshop will be an introduction to finding possible funding sources, how to apply and what needs to be considered.

For smaller projects fundraising might be more appropriate. Bring along one fundraising idea to share.

Date: Wednesday 28th March 2007  
Time: 9:15 am – 12.30 pm  
Facilitator: Melva Marshall - Community Development Officer - WISH

## Making a difference through the Media

Long-time journalist and media advisor Tony Serve is keen to assist self help groups make the most of all media opportunities. The media can be a goldmine or a minefield. Bring along your real issues and work on them with Tony. This could include using the community notices, getting on air or an article in the press. This is an opportunity to develop real skills, using real situations working with networks and resources that will help you be heard.

Date: Tuesday 22nd May 2007  
Time: 9.15 am – 1pm  
Facilitator: Tony Serve

Venue: WISH Training Room, 335-337 Pier St EAST PERTH  
Cost: Affiliate Members/Self Help Groups Gold coin donation  
Associate Members \$5.00 GST inc  
Non WISH Members \$10.00 GST Inc

***Bookings Essential!***

***Places are limited! Contact WISH to reserve your seat at these exciting workshops.***

# Calendar of Events

## March 2007

### **An Hour of Power**

Recovery seminar for people with mental illness  
7th March from 7pm, \$25 or \$10 concession  
Social Science Lecture Theatre, Arts Building, UWA  
Phone: 9258 3060 to book

### **International Women's Day**

8th March  
Visit [www.women.wa.gov.au](http://www.women.wa.gov.au) for an event near you

### **JAZZ Afternoon Sundowner for 2007 Lymphoedema Awareness Day**

Sunday 11 MARCH from 2.30pm to 7pm  
The Navy Club, 64 High Street (Cnr Pakenham)  
Fremantle  
Tickets \$15.00  
Lymphoedema Association of Western Australia  
Phone: Kay on 9381 81976

### **Coeliac Awareness Week**

13-20 March  
Phone: 9470 4122  
Web: [www.coeliac.org.au](http://www.coeliac.org.au)

### **WISH Networking Morning Tea BUNBURY**

14th March 2007 9:30am – 11:30am  
Milligan House, Bunbury  
Phone: Melva 9228 4488  
Email: [cdo@wish.org.au](mailto:cdo@wish.org.au)

### **Loving Our Way Workshop**

Diversity of gay men's relationships  
14th March for 6 weeks  
Shoalwater  
Phone: Ben 9482 0000

### **Harmony Week 2007 – Get Involved!**

Focuses on the concept of 'connecting'  
15 - 21 March 2007  
Visit Office of Multicultural Interests website for  
more information  
[http://www.omi.wa.gov.au/hw\\_2007/index.asp](http://www.omi.wa.gov.au/hw_2007/index.asp)

### **Muscular Dystrophy Street Appeal**

16 March  
Phone: 9382 2700

### **Applied Suicide Intervention Skills Training**

Suicide first aid interactive workshop  
17 & 18 March  
Hollywood Private Hospital Nedlands Perth  
Partners of Veterans Assoc. of Australia  
Western Australia Branch Incorporated  
Phone: Sam 0421 573 700

### **Lotterywest Grant and Community Development Seminar**

21 March, 9:30 - 11:30am  
Town of Vincent Function Room. Leederville  
Phone: Marleen Walker 9340 5122

### **Hearty Foundation Active Living Conference**

21, 22, 23 March  
Esplanade Hotel  
Phone: Kym Chambers 9382 5955

### **WISH Funding Workshop**

28th March  
9:15 am – 12.30 pm  
WISH Training Room, Perth  
Phone: 9228 4488

### **Worlds Biggest Playgroup Day 2007**

28 March 10am - 2pm @ Whiteman Park  
Web: [www.playgroupaustralia.com.au](http://www.playgroupaustralia.com.au)

### **Explaining Autism Seminar**

30 March from 9:30am-12:30pm  
Boulevard Centre, Floreat, ring for costs  
Phone: 9489 8900

### **Teens to Twenties - Preparing the Way Rotary District 9450 2007 Conference**

31 March - 1 April, 2007  
Hotel Rendezvous Observation City, WA  
17 full conference scholarships are available  
Email [amy@eventswa.com.au](mailto:amy@eventswa.com.au) for more info

## April 2007

### **Arthritis Awareness Week**

1-7 April  
Phone: 1800 011 041  
Web: [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

### **Muscular Dystrophy 40th Anniversary**

14 April  
Phone: Brooke 9382 2700

## May 2007

### **Applied Suicide Intervention Skills Training**

Suicide first aid interactive workshop  
5 & 6 May  
Hollywood Private Hospital Nedlands Perth  
Partners of Veterans Assoc. of Australia  
Western Australia Branch Incorporated  
Phone: Sam 0421 573 700

### **WISH Media Workshop**

22nd May 2007  
9.15 am – 1pm  
WISH Training Room, Perth  
Phone: 9228 4488

## Check out these Websites

### Online Help in WA

#### Online Directory of Self Help and Support Groups (including Community Services)

[www.wish.org.au/directory](http://www.wish.org.au/directory)

A FREE online directory listing over 780 services throughout Western Australia. Search by keyword or browse through 38 categories.

### Chronic Fatigue Syndrome

#### South Australia Chronic Fatigue Society

<http://sacfs.asn.au/>

Supports the needs of sufferers of Myalgic Encephalomyelitis, Chronic Fatigue Syndrome and related illnesses.

#### N.S.W. ME/CFS Society

<http://www.me-cfs.org.au/>

Committed to assisting people who are adversely affected by ME/CFS

#### Centre for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

Management guidelines for GPs

### Eating Disorders

#### The Butterfly Foundation

<http://www.thebutterflyfoundation.org.au>

Supports eating disorder sufferers and their carers through direct financial relief, advocacy and lobbying, awareness campaigns, health promotion and early intervention work and professional training in primary and secondary schools.

#### The Eating Disorders Foundation of Victoria (EDFV)

<http://www.eatingdisorders.org.au>

Supports those whose lives are affected by eating disorders, and to better inform the community about these disorders.

#### The World's Largest Eating Disorder Referral and Information Center

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

Online reference site

### Voluntary Euthanasia

*World Federation of Right to Die Societies*

#### West Australian Voluntary Euthanasia Society (Inc)

<http://www.waves.org.au/>

#### EXIT International

[www.exitinternational.net](http://www.exitinternational.net)

#### World Federation of Right to Die Societies

[www.worldrtd.org](http://www.worldrtd.org)

### Rare Syndromes

#### National Organisation for Rare Disorders

[www.rarediseases.org/](http://www.rarediseases.org/)

NORD clearinghouse maintains a database which give descriptions of rare disorders

### Group Resources

#### Funding - Grants Directory

<http://grantsdirectory.dlgrd.wa.gov.au/>

The Grants Directory is a compilation of grants and other assistance programs available to communities and local governments in regional and metropolitan Western Australia. The Directory contains programs provided by the Western Australian and Australian Governments as well as private sector organisations.

#### Starting a New Online Support Group

<http://psychcentral.com/howto.htm>

3 steps to starting an online support group

### Government

#### Australian Government Cultural and recreational portal

[www.cultureandrecreation.gov.au](http://www.cultureandrecreation.gov.au)

This website carries 10 main subject areas some of which include arts and culture, events and exhibits, grants and services, history and heritage, media, books and music, Australian stories etc.

#### The Black Book (Portal to Indigenous media and arts)

[www.blackbook.afc.gov.au](http://www.blackbook.afc.gov.au)

One stop shop access to 2700 listings of indigenous organisations and individuals working in the arts, media and cultural industry.

#### Mental Health and wellbeing

[www.mentalhealth.gov.au](http://www.mentalhealth.gov.au)

Information on Australian Government mental health and wellbeing and suicide prevention initiatives

#### National Suicide Prevention Strategy

[www.livingisforeveryone.com.au](http://www.livingisforeveryone.com.au)

On the LIFE site you will find information and links for: Publications and resources ,Australian statistics, State/territory government policies, National Advisory Council for Suicide Prevention, National Suicide Prevention Strategy projects, Resources for Aboriginal and Torres Strait Islander people ,Noticeboard of current activities, research etc

## New and Existing Group Development

- WISH provides practical, personal support and information for individuals involved in new and existing self help support groups.
- Group issues and development
- WISH Directory of Self Help and Support Groups
- Media and publicity
- Promotion of self help and support groups
- Pamphlet production and website services
- Workshops and information forums
- Meeting facilities and equipment hire

## Telephone Information Line

This unique service links callers including allied health workers, service providers, media personnel, students and community members to self help support groups and other community support services listed in our extensive database. To access WISH's Information Line simply phone 9228 4488 or 1800 195 575 for country callers between 9am-4pm Monday to Friday.

## Publications

- Publications and resources are available on issues relating to self help and support groups.
- The 2005 edition of the WISH Directory of Self Help and Support Groups (incorporating Community Organisations) 770 entries and almost 1100 contacts. It lists a range of support services in both metropolitan and regional Western Australia
- Self Help Group Starter Kit
- How to Promote Your Group
- WISH's newsletter the "News Exchange"

## Website

The revamped WISH website is a one-stop resource for self help group members, services providers, educational institutions, health professionals, students and the wider community. [www.wish.org.au](http://www.wish.org.au) The WISH website contains an: Online Directory of Self Help and Support Groups (incorporating community service organisations), Past issues of the WISH News Exchange Newsletter, Group support and resources, Information, News, Events and lots more . . . .

## Information Forums

WISH conducts Information Forums with the aim of educating the wider community including health and allied professionals, students, existing self help groups and interested community members as to the virtues of self help.

## Resource Centre

The Centre includes group/organisation newsletters, brochures, journals, videos, training manuals, and other information to assist in self help group development.

## Facilities and Equipment Hire

We have a fully equipped, air-conditioned training facility that accommodates up to 25 people available at our East Perth offices. WISH also offers the hire of our 'Toucan' multi-panelled fabric display boards.

## Contact Details

Telephone: (08) 9228 4488  
Rural Freecall: 1800 195 575  
Email: [info@wish.org.au](mailto:info@wish.org.au)  
Web Site: [www.wish.org.au](http://www.wish.org.au)  
Postal Address: PO Box 8140 Perth Business Centre WA 6849  
Actual Address: 335-337 Pier Street EAST PERTH WA 6004



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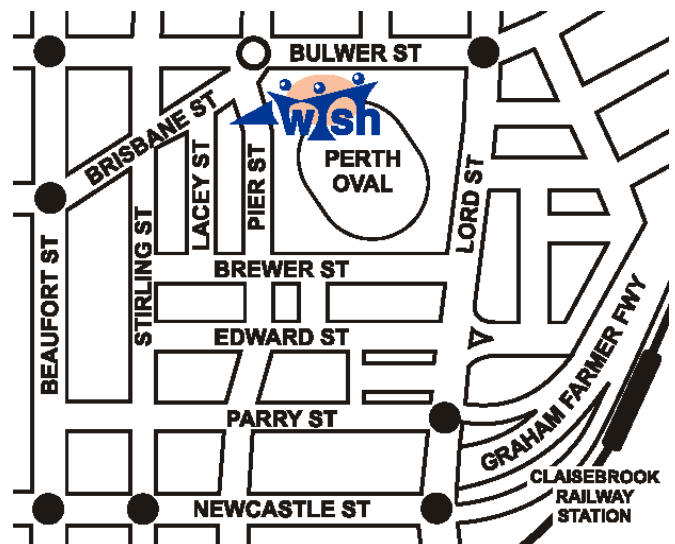
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## CONTACT DETAILS

Telephone: (08) 9228 4488  
Rural Freecall: 1800 195 575  
Fax: (08) 9228 4490  
Email: [info@wish.org.au](mailto:info@wish.org.au)  
Website: [www.wish.org.au](http://www.wish.org.au)  
Hours: 9am-4pm  
Mon -Thurs  
Postal Address: PO Box 8140  
Perth Business  
Centre  
WA 6849  
Actual Address: 335-337 Pier Street  
East Perth WA  
(opposite Perth Oval)



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