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2012 / 2013 ANNUAL REPORT



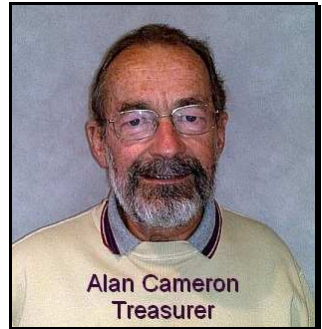
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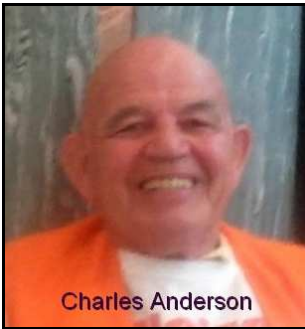
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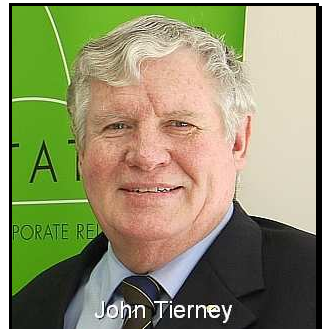
Barbara Fuller



Gary Fuller
Support Group Coordinator



Alice Smart



John Tierney

Polio NSW – 2012/2013 Management Committee

President's Report

Gillian Thomas

At 30 June 2013 membership numbers remained over 800. Although we again had a boost in new members during the year resulting primarily from contacts via the Australian Polio Register, we were also advised of twenty-two members who sadly passed away: William Abraham (Erina), Violet Butler (Manly), Margaret Cox (Carlton), Merle Dawson (Goulburn), Paul Dixon (Shallow Bay), Aileen Fanker (Kingsgrove), Clem Field (Russell Lea), Alan Jackson (Moruya), Mary Le Clair (North Ryde), Clare Martin (Lorne), John Martin (Bexley), Ken Mason (North Nowra), Ian McKenzie (Kingscliff), Dennis Patrick (Williamstown), Dudley Reynolds (Killara), Amy Robinson (Anna Bay), Robyn Thomson (Umina Beach), Donald Urquhart (Heathcote), Sylvia Walker (Seven Hills), Marion Wardman (Nyngan), Kelvin Wilson (Yagoona) and Richard Wyatt (Roseville).

Ron Goodwin retired at the 2012 AGM after giving 6 years stalwart service. Ron's contribution in support of his fellow polio survivors was especially significant because he travelled from the Central Coast to attend Committee meetings. With Ron's departure, we were fortunate that long-term member and contributor to *Network News* Wendy Davies joined the team at the AGM. Building on the work of the previous Committee, 2012-2013 saw the return to four issues of *Network News* in combination with *Polio Oz News* (see page 6), two well-attended and informative Seminars (page 7) and the first stage of developing a new website for Polio NSW successfully completed (page 8).

Once again, our big publicity push for the year was the promotion of *Polio Awareness Month* during October 2012 and, thanks to the efforts of so many of our members, this team effort proved most successful in raising awareness of polio in the community and, more importantly still, raising awareness of the late effects of polio. Also during Polio Awareness Month, Polio NSW members gave wonderful support to Polio Australia's "*We're Still Here*" campaign at Parliament House, and followed this up in June 2013 with another trip to Canberra to protest the exclusion of around 90% of polio survivors from access to the *National Disability Insurance Scheme* due to the age 65 cut-off.



Local Support Groups have continued to meet across the State although increasing age and decreasing mobility are clearly having an impact on numbers attending some Groups. Members are encouraged to participate in their local Group if possible as the interaction with fellow polio survivors and family members provides a wealth of ideas for managing the late effects of polio. The Polio NSW office can provide the contact details for your local Convenor. Gary Fuller's comprehensive report on our Support Group network appears on pages 3 to 6.

Financially, the Network finished the year in a sound position with our reserves enabling us to weather a small operating loss. Together with the generous support of our members, we again benefited from the practical assistance offered by the Northcott Society, and gratefully received donations from NSW Lions Clubs, and a bequest from the estate of member Patricia Dever. A detailed Financial Report, including the *2012/2013 Financial Statements, Independent Audit Report* and *Statement By Management Committee* has been circulated separately to members.

Our office staff once again put in an essential and dedicated effort this year. No Annual Report is complete without also paying tribute to the contribution made by the Network's volunteers. Our success over many years has only been possible thanks to the tireless work of many Management Committee members and other volunteers who help out in the office and elsewhere; our Support Group Convenors and Regional Representatives; the "Mail-Out Mob"; Pat Featherstone who for many years has made audio copies of *Network News* for members with vision impairment; and those many members who distribute leaflets throughout their local communities and put up Polio Awareness Month posters. Finally, we sincerely thank our partners, families, friends and carers without whose support many of us would not be able to contribute at the level we do.

Support Groups

Gary Fuller

I have, together with Barbara Fuller as helper, now completed a full 12 months as your "Support Group Coordinator". We find that after each Support Group Meeting we attend, we become more convinced that these Support Groups together with their hard working Convenors are the backbone of our association, but you most likely knew that. These meetings bring together like people with like problems, (*"I'm not the only one"*) and facilitate the exchange of information (*"where to go?"* or *"who to see?"*), and experiences (*"oh, yes, that is the problem I have"* – *"what did you do about it?"*). We are sure that Members leave a meeting thinking that *"I am not alone"*. Polio NSW has twenty-two Support Groups in Sydney and country areas of NSW and the ACT together with five Regional Representatives. Two of the Groups, Dubbo and Nepean, are currently in recess as they do not have a Convenor or members. Seven Groups have Convenors but no members due to a number of factors such as age, mobility, and apparent lack of interest. Could you do something about that? The other thirteen Groups we believe are operating very successfully, generally with an average of ten members per meeting, which is a good number allowing each individual member to actively participate. The total membership of all the Groups is about 180 with regular attendance recorded of about 100. So Groups and Convenors – keep up the good work as you are appreciated! Our Support Groups vary in their style and operations, from small groups which are akin to friendship groups, to more formal groups which invite speakers and may offer local newsletters. The following annual activity reports have been provided by Group Convenors.

AUSTRALIAN CAPITAL TERRITORY

Convenor: Brian Wilson

02 6255 0875

The past year has seen the numbers attending our meetings drop off slightly. We have also had our two Assistant Convenors discontinue their assistance: Roger Smith due to health issues, and Susan Wallis has resigned from Polio NSW. However we have a core group of members who enjoy meeting together and are keen to continue supporting our Group. We have had a number of enquiries from new polio survivors: two have become regular attendees and one just wants us to keep in contact with him. In the last year we have had guest speakers from: ACT Ambulance Service; Women with Disabilities; Wheelies with Wings; and the Snowy Hydro Southcare Helicopter Rescue Service. We have also had two lunch outings and of course Christmas parties. Last April we celebrated our Group's 20th anniversary with cake and a party atmosphere. We displayed photos of various group meetings from over those last 20 years which everyone enjoyed. My register of polio survivors who have made enquiries of our Group stands at 154 from the ACT and surrounding regions.

ALBURY / WODONGA

Convenor: Margaret Bennie

02 6021 5568

Sadly we have had two of our Members pass away recently and Neil Von Schill is now confined to hospital. We meet at least four times a year, at the local Commercial Club in Albury for lunch on a Sunday and sometimes we go down to Wangaratta for a joint meeting. Age and illnesses are certainly catching up with many at the moment so our numbers vary a bit but usually 8 to 14 attend, with spouses and family also welcome. We find we enjoy the meetings as we always have so much to share with one another.

BANKSTOWN

Convenor: Pam Solomon

02 9773 7679

The Group has not met for a number of years due to lack of members. Pam is still available if enough new members show an interest.

CANTERBURY / MARRICKVILLE

Convenor: Maura Outterside

02 9718 5803

The Group meets as needed by the members. It is in recess at the moment. The Group can be and has been re-activated when needed and meets at the Canterbury-Bankstown Leagues Club. This Club has good facilities and access for drivers and people who use public transport, being diagonally opposite Belmore Railway Station, which has a lift. When active, the Group meets on the 3rd Wednesday each month, March to November, at midday.

CENTRAL COAST

Convenor: Wayne Woolley

02 4342 6154

(Co-Convenor: Ann Connors) The Group is based in the Gosford/Woy Woy district of the Central Coast. Meetings are held on the 1st Saturday each month at the Kincumber Neighbourhood Centre. The past year has seen the numbers attending meetings drop off slightly. The Group now has 7 members with about 4 attending most meetings. Meetings are advertised in the *Central Coast Express* newspaper on the Wednesday before the 1st Saturday of each month. Unfortunately these regular advertisements rarely attract someone new. Discussion is generally broadly on polio-related subjects, especially any new polio medical reports from the internet. However there is also much friendly discussion on other topics during and after "Tim Tams" and chocolate muffins at their morning tea break!

COFFS COAST**Convenor: Shirley Barnett****02 6651 9098**

Sadly the Group is unable to continue meeting, due to the age and increasing disability of many of its past members. The Group has not met this year and no further meetings are proposed. Shirley will continue as contact person, and will pass on enquiries and answer questions as desired. If anyone in the area is interested in seeing the Group reactivated, please contact Shirley or Gary Fuller.

CONDOBOLIN**Convenor: Bill Worthington****02 6895 2870**

The Group has not met for a number of years due to a lack of numbers. Bill knows of two local polio survivors but he sees them regularly in town, so there is no need to hold any formal meetings. Bill is still available if needed.

DUBBO**Interim Contact: Gary Fuller****02 9523 2428**

The Group has not been operational for some time but recently a request for interested individuals has been posted in *Network News* for both a Convenor as well as members.

GRIFFITH**Convenor: Dawn Beaumont-Stevens 02 6963 0880**

The Group has not met for a number of years. There are known to be at least four polio survivors living in the city area but they are not interested in membership of Polio NSW or in receiving *Network News* – unfortunately that is sad, they do not know what they are missing. Dawn still publicises Polio NSW with her friends distributing Polio Awareness Month material to doctors, dentists and a number of shops around Griffith.

HILLS DISTRICT**Convenor: Elizabeth Woods****02 9896 7818**

(Co-Convenor: Moya Adams – 02 9144 3830) The group meets on the 2nd Monday of the month at West Pennant Hills Sports Club at 10:30 am. Most who attend then stay on for lunch in the bistro and continue socialising. Elizabeth has been plagued this year with medical issues and has recently undergone a knee replacement, all of which has resulted in her absence for most of the year. Elizabeth has still been in contact with the Group regularly. Sue Ellis has stepped in temporarily and it was recently decided that, until Elizabeth returns, Moya Adams will help out with meetings. Members continue to enjoy each other's company and benefit from the opportunity to swap stories and advice on issues that they have in common and are familiar with. Meetings are very informal, no record keeping takes place but they make an effort to allow each member time to speak. They all manage to have a few laughs along the way as well. They were saddened to lose 3 members in recent times but were pleased to welcome two new members this year: Joan Dunn and Ben Tipton; they have added some interesting stories to the 'mix'. One of the Group's longstanding members, Joy Willis, made the move into hostel accommodation within her retirement village and everyone was invited to visit Joy and share a special morning tea and tour. It was their first 'outside' meeting which they all enjoyed. They all look forward to continued friendship and support and would welcome new members to the Group.

HUNTER AREA**Convenor: Wendy Chaff****02 4957 5254**

The Group has had a satisfying year, celebrating their 21st Birthday. They had visits by John Tierney in May, and Gary and Barbara Fuller in September. Other guest speakers were from *Commonwealth Carer Respite, Stroke and Disability Information (Hunter)* and *Ability Links NSW*. Members were fully involved in popular activities like "Show and Tell", sharing experiences and helpful hints. A major event was the *Poss/ABLE IDEAS Expo* held in May at the Newcastle Entertainment Centre – Wendy, George Laszuk and John Tierney all pitched in to man the Polio NSW stand over several days. Attendance at meetings during the year ranged from 13 to 22. There have been 5 newcomers join the Group over the year. They do miss those members who are not as well or as mobile as they used to be and are now unable to attend Group meetings regularly. Their bi-monthly newsletter helps to keep them in touch with these members, as well as with other Support Groups.

INNER WEST**Convenor: Claire Dawson****02 9713 6565**

This metropolitan Group is more than 22 years old. Joan Mobey was the original Convenor but due to ill health she resigned her position in 2006 and Claire Dawson has been the Group Convenor since that time. The Group meets on the 2nd Saturday of each month to socialise – no minutes are taken as they only meet informally, each person provides their own lunch and they enjoy each other's company, the best way to run a Group. In the early days when everyone was more active they would celebrate birthdays and special occasions with a formal meal, members would bring their partners and over the years they have become firm friends. Although they have had a number of new polio survivors attend the Group meetings many seem to not continue after the first or second attendance.

METROPOLITAN EVENING**Convenor: Maura Outterside****02 9718 5803**

The Group meets as needed by the members, but is in recess at the moment. The Group can be and has been re-activated when needed. When active, the Group meets at the Canterbury-Bankstown Leagues Club, on the 1st Thursday of each month, March to November, at 6:00 pm.

NEPEAN**Interim Contact: Gary Fuller****02 9523 2428**

Because of illness, the previous Convenor, Lesley Lewis, has only been able to act as a contact person when she is well enough to do so. The Committee thanks her for that. The Group has not been operational for some time but recently a number of new members have shown interest in belonging to a Group in the area. A request for interested individuals has recently been published in *Network News* for both a Convenor and interested members. We are hopeful that this Group will be re-established soon.

NORTHERN BEACHES**Convenor: Pat Featherstone****02 9970 7790**

The Group continues in its quiet support of members. Their membership has had some pluses and minuses. They now have nine members who attend regularly, one of them only recently joined and one who can only attend when picked up, and they are joined regularly by two spouses and occasionally by another two. Members freely bring up problems they face and enjoy the help and support given.

NORTHERN RIVERS**Convenor: Rosalie Kennedy****02 6687 9640**

Rosalie reports that this small Group is depleted, mostly through illness, frailty and age. The Group has only held two meetings this year, one at the Goonellabah Sports Club in November, and one at the Ballina Hospital Solarium Room in March. The second meeting was not well attended, only the Convenor was there - this meeting was a disappointment to Rosalie as she had been contacted by two 'new' people to the area and was excited to hear that they were interested in attending. The meeting was advertised in the two local newspapers and on the local radio. Rosalie has always been the youngest member of the Group, being 54 years old – she is still working full-time but is trying hard to take early retirement when she reaches 55 years of age as she does have post-polio symptoms. If Rosalie does get early retirement she will have more time to do some travelling and volunteer work. In the past two years three of the Group's most active members have become totally incapacitated and one of them is in a Nursing Home. From time to time Rotary Clubs contact Rosalie and she tries to get members to honour their invitations as they are one of the 'community connections' they really appreciate in terms of their capability to be 'visible' about polio.

NYNGAN**Convenor: Ruth Williamson****02 6832 1220**

Nyngan area's long-serving Convenor Marion Wardman passed away early this year and Ruth has taken over her job as Convenor. Neil Von Shill, when he was a teacher at Nyngan, taught Marion's late son who had also contracted polio at 13 months old and Neil had returned a couple of times since, to look up old students and friends. Marion and Ruth were the only polio survivors they knew of in the Nyngan locality, so there have been no meeting this year. Ruth reports that she put up Polio Awareness Month posters at Doctors rooms, Nyngan Hospital, the local Chemist and the Nyngan Information Centre at the old Railway Station.

PORT MACQUARIE**Convenor: Gail Hassall 6581 4759 / 0432 881 237**

Members of this Group come from as far afield as Forster, Kempsey, South West Rocks and Bowraville. There are a total of 15 members on their mailing list and they have an average of 8 per meeting. Meetings are held around the dining table with morning tea and a comfortable environment in which to discuss personal experiences. They have an informal agenda that covers current issues or research in Post-Polio Syndrome; they exchange information and ideas about local resources or practitioners; and usually have a "Question and Answer" session about any particular problem or aspect of Post-Polio Syndrome that a member may be dealing with. In between meetings Gail sends out a newsletter that includes a report of the previous meeting and any other items of interest. The newsletter is especially for those unable to attend meetings. The members try to 'market' the Group in each of their local areas by putting posters and pamphlets in health facilities, by speaking at service groups such as Rotary, or by simply talking to interested people. Their aims for next year are to include the occasional guest speaker where applicable, and also to generate ideas to increase the Group's membership.

SHOALHAVEN**Convenor: Dorothy Schünmann****0407 521 979**

This Group meets each month either at the Library Meeting Room in Nowra or at the Bombaderry Bowling Club for lunch when nine or ten members come with their partners and they discuss polio-related problems or just chat. One of their long standing members is housebound in a wheelchair and has many problems with living alone – Dorothy rings or visits when she can. Another member is having cancer treatment. One of the Group's original members, Ken Mason, passed away in May – Ken was a quiet man of few but very helpful words and he will be greatly missed by everyone.

SUTHERLAND

Convenor: Ruth Hatton

02 9525 3987

(Co-Convenor: Carolyn Summers) The group meets on the 1st Wednesday of the month from February to November at the Gynea Trade Union Club, from 2:00 to 4:00 pm. In December they celebrate with a Christmas lunch. There are twelve active members. Average attendance this year was eight, partly due to restrictive access during the Club renovations. Meetings are informal, with relevant articles discussed, information shared, support for each other and, of course, afternoon tea. They also appreciated a very informative talk by a speaker from their local office of the NSW Trustee and Guardian.

WAGGA WAGGA

Convenor: Isabel Thompson

02 6926 2459

This Group has increased to 14 members, so they are hoping to have a better attendance at their meetings which are held bi-monthly on the 2nd Wednesday (starting February) at 11:00 am in the Senior Citizens rooms. They encourage members to bring a cut lunch and stay for a chat. They have found it very difficult to identify and attract speakers, so Isabel has printed up Trivia Games, which have been enjoyed by all. During October they help promote Polio Awareness Month and in December they go out for a Christmas lunch.

WOLLONGONG

Convenor: Dorothy Robinson

02 4229 6221

The Group meets at 12 noon on the 2nd Friday of every 2nd month, commencing February, at the Illawarra Yacht Club in Warrawong. It is a social event, not a formal meeting. Over the past years health problems have becoming more frequent and there is a dropping off of membership but they have recently welcomed John and Fay Powell of South Mittagong as new members, and invite others in the region to also join the Group.

REGIONAL REPRESENTATIVES

Armidale:	Doug Crocker	02 6772 8335
Blayney / Cowra:	Heather Drady	02 6367 5095
Orange / Bathurst:	Michael Hutchinson	02 6362 8867
Uralla:	Daphne Field	02 6778 4455
Mudgee:	Ella Gaffney	02 6372 1217



Network News

Susan Ellis

During financial year 2012-2013 we are pleased to report that we were able to reach our goal of publishing and distributing four issues of *Network News* – Issues 82 to 85. Our new editorial team of two co-editors have proven to be a successful combination with Nola Buck researching articles and editing and Susan Ellis compiling the newsletter which included articles from members and from Committee members. Gillian Thomas still offered her expertise, adding her President's report and proofing the finished product.

Network News continues to include *Polio Oz News*, which is a newsletter compiled by Mary-ann Liethof, Editor and National Program Manager of Polio Australia, and which features national and international articles about polio. This newsletter is only available electronically and as fifty per cent of our members do not have internet access we felt it was of benefit to our members to include this publication in our printed newsletter each issue.

The Polio NSW editors have also aimed to bring awareness to members of generic services available and the revolution which is taking place in the disability movement, such as the *National Disability Insurance Scheme*.

With the reinstatement of regular issues we were able to report on Seminar presentations for those members who are unable to attend our Seminars. It has been pleasing to receive a number of positive comments from members on our efforts so far, which has increased our confidence as we master the intricacies of newsletter compilation and preparation.

The editors would like to thank members for the articles they contributed to *Network News* and look forward to their continuing support. We would also like to thank the many volunteers who came along and helped at the mail outs during the year and to acknowledge the efficiency with which the office staff, led by George Laszuk, prepares for each mail out, making the task so much easier for all.

2012-2013 Seminar Program

Susan Ellis

Our two Seminars for this financial year were held on Tuesday, 10 July 2012, and Saturday, 8 December 2012.

The July seminar, *Keeping Us on the Move*, was attended by 50 members and friends and comprised three presentations followed by a member's personal experiences:

1. *Osteopaths: Mobilising Our Bodies* by Dr Stiofan MacSuibhne who is Policy and Development Officer for the Australian Osteopathic Association and practices as an osteopath part-time in Sydney. Dr MacSuibhne outlined how osteopaths focus on how our skeleton, joints, muscles, nerves and circulation work together to improve health and well-being. Osteopathic treatment uses techniques such as stretching and massage for general treatment of soft tissues (muscles, tendons and ligaments) along with mobilisation of specific joints and soft tissues.
2. *Continence Advice for Polio Survivors* by Barbara Scales, Continence Nurse Advisor as well as Health Promotion Officer for the Continence Foundation of Australia (CFA) in NSW. Barbara's presentation covered what CFA services provide, what continence is, an overview of types of incontinence, healthy bladder and bowel strategies, what continence product funding schemes are available, and where people can get help. This was a very helpful talk and at times amusing.
3. *Accessible Public Transport: Today and Tomorrow* by Gail Le Bransky, Manager, Disability Access, Transport for NSW. Ms Le Bransky spoke about the implementation of initiatives to improve access to transport services for all customers; she also outlined some difficult issues they face in achieving these outcomes. This includes planning for accessible infrastructure, improving customer service for people with disabilities and older people, and ensuring that people with disabilities are part of the Transport for NSW workforce.
4. *My Public Transport Experiences* by George Laszuk, Office Co-ordinator of Polio NSW. George shared with us his positive experiences with public transport and how it has improved over the last 5-10 years. George travels in his electric wheelchair by bus and train 3-4 times a week to our office in Parramatta and has found all the accessibility and assistance needed to make the journey possible. He has also travelled using public transport to country regions and interstate.

The December Seminar was attended by 52 members and followed the 2012 Annual General Meeting. This proved to be a very relevant and informative presentation for polio survivors and consisted of two sessions by Dr Peter Nolan, a general physician at Toowoomba Hospital, Queensland, and a presenter at Polio Australia's *Polio Health and Wellness Retreat* in Queensland earlier in 2012:

1. *The Post-Polio Syndrome – An Orphan Disease*. Dr Nolan's talk encompassed the story of the poliovirus, its history, its effects, acute poliomyelitis, the recovery period, post-polio syndrome, problems with exercise, the ageing process, osteoporosis and treatment, falls, and other challenges in post-polio care.
2. *Cough and Spit: Respiratory Issues for Polio Survivors*. Dr Nolan covered many issues affecting polio survivors including sleep apnoea, chronic obstructive pulmonary disease, emphysema and bronchitis. He spoke of possible treatments, management, specific tests and the effects of smoking. Dr Nolan covered prevention, restorative rehabilitation, maintenance, exercise strategies, chronic fatigue and goal setting. Included in the topic of ageing was dementia, strategies to manage our older years, and some legal issues to think about as well.

After Dr Nolan's rapid departure (he had a plane to catch) there was a buzz of excitement and much discussion amongst all those who attended the Seminar. Gillian Thomas has uploaded videos of Dr Nolan's presentations onto the Polio NSW website so all members can take advantage of the information that he had to impart.

Although it is appreciated that many members are unable to attend the Seminars and Conferences organised by the Committee, their value in assisting members experiencing post-polio problems cannot be measured. Considerable thought is given to the choice of a Seminar topic and to the presenters who are highly trained professionals in their field and who give their time freely. It is for this reason that we would like to encourage as many members as are able to attend our future Seminars.

Polio NSW Website - www.polionsw.org.au

Stage 1 of the development of a new and easily maintained website for Polio NSW is now complete. Work had progressed slowly during 2012 as the webmaster position remained vacant after Bill McKee stepped down early in the year. Several pleas to members for assistance with this vital role went unanswered. Finally, we were grateful to Treasurer, Alan Cameron, for taking on the role in 2013 in addition to his Treasurer duties. We encourage you to visit the website and explore what it has to offer as work on Stage 2 continues.

External Support

The organisation continues to maintain friendly relations with the Northcott Society. The Society provides Polio NSW with office space and some administrative assistance with respect to employment of staff, and each year provides one free use of the Northcott auditorium for a one-day Seminar (usually held in July). The Northcott Society's continuing commitment to assist with the production and distribution of Polio NSW publications, particularly *Network News*, is greatly appreciated.

Since January 2005 the Management Committee has been holding its meetings at the centrally located Burwood RSL Club. The Committee acknowledges with thanks the generosity of the Club in providing meeting facilities free of charge, and records in particular its gratitude to the Club's Operations Manager, Dave Viner, who so willingly and obligingly provides any assistance requested.

Committee Attendance Record 2012-2013

Many Committee members travel considerable distances to attend meetings in Burwood – in particular, almost half of the members (Merle Thompson, Alan Cameron, Wendy Davies, Ron Goodwin and John Tierney) travelled to meetings from outside the Sydney metropolitan area. Occasional absences by Committee members during the year were due to illness or travel.

	Meetings Held Jul – Dec 2012		Meetings Held Jan – Jun 2013	
	Attended	Possible Attendance	Attended	Possible Attendance
Charles Anderson	3	3	3	3
Anne Buchanan	3	3	3	3
Nola Buck	3	3	3	3
Alan Cameron	1	3	2	3
Wendy Davies	---	---	2	3
Susan Ellis	3	3	2	3
Barbara Fuller	3	3	3	3
Gary Fuller	3	3	3	3
Ron Goodwin	1	3	---	---
Alice Smart	3	3	3	3
Gillian Thomas	3	3	3	3
Merle Thompson	3	3	3	3
John Tierney	1	3	2	3

The Year Ahead

In 2014 Polio NSW celebrates its 25th year of providing information and support to polio survivors. This is a significant milestone. We invite your ideas on how best to celebrate this occasion. Also in 2014, Polio Australia's *Polio Health and Wellness Retreat* returns to NSW (8-11 May). Those who attended the inaugural Retreat in NSW in 2010 found it provided vital information and advice about self-management of polio's late effects. We encourage you to attend the Retreat – watch for updates in *Network News* and *Polio Oz News*.

The Management Committee commends this Twenty-Fifth Annual Report to you. We wish the incoming Committee a successful year as they work to further Polio NSW's aims and continue to provide information and support services to polio survivors throughout NSW and the ACT.