



POST - POLIO NETWORK (NSW) INC

NETWORK NEWS



Incorporating – Polio Oz News

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President's Corner

Gillian Thomas

Welcome to the first combination Post-Polio Network (NSW) and Polio Australia newsletter. Each quarter your copy of *Network News Incorporating Polio Oz News* will bring you regional, NSW and Australia-wide content, together with overseas material of interest. Space for your articles, letters and stories will always be available.

The NSW Management Committee recently lost a significant member with the resignation of Len Smith. We accepted Len's resignation with sincere regret as he has been a valued member of the Committee since 2007. His wife, Doris, is suffering ill-health and he does not wish to leave her for the time required to travel from the outer northern suburbs to Burwood for Committee meetings. Len has always brought to Committee discussions a common sense, practical approach to issues. He has also played an important role in the position of Publicity Officer, obtaining publicity for Network seminars in local press. In particular, his co-membership in Seniors Australia and the articles he has had published in the Seniors magazine have brought the name of the Network and its role to the knowledge of many older Australians.

It is Membership Renewal time. Enclosed, you will find one of two forms, depending on your financial status. If you are currently paid up to 30 June 2011 (your address sheet reads Renewal Due On: 1/07/11) you will find a Membership Renewal Form enclosed for the period 1 July 2011 to 30 June 2012. Could you please confirm, complete, or amend your details as given on the Form, and return it with your subscription to the Treasurer at the Network's Parramatta postal address. Quite a number of members appreciate the ability to pay their membership subscription via internet banking. If you take up this option, please note the change of our Bank to Westpac (the new details are given on the renewal form), ensure that your name is recorded on the payment transaction, and email the transaction details to ppntreas@post-polionetwork.org.au. Without this information it may be impossible for us to credit the payment to your membership.

If you have overlooked paying any prior year subscriptions, your address sheet will read Renewal Due On: 1/07/10 (or possibly earlier). In this case, the Membership Renewal Form covers more than one year's membership. We would appreciate prompt payment of the outstanding dues, together with the current dues, to ensure that you continue to receive your newsletter.

The Network is self-funded and needs your continued support to enable us to keep providing services to polio survivors and their families.

If you are already financial beyond 30 June 2011 (again as shown on your address sheet), you will receive a Membership Update Form which gives your current details but does not request payment of a membership subscription. Please check your details and be sure to return the Form if any amendments are required.

Please turn to page 2 for full details of our 19 July Seminar being held in Parramatta. You won't want to miss this great line up so be sure to complete and return the enclosed Registration Form as soon as possible

Finally, this is an early reminder that our biennial Country Conference will be held in the Nowra area at the Bomaderry Bowling Club on Saturday 17 September, commencing at 9:30 am. The conference is being hosted by the Shoalhaven Support Group convened by Dorothy Schunmann. Neil von Schill and a local committee have arranged an impressive array of speakers and guests. Please set aside this date in your diary. Sydney and Wollongong members can travel by train to the venue which is in close proximity to Bomaderry station.

Unless otherwise stated, the articles in this Newsletter may be reprinted provided that they are reproduced in full (including any references) and the author, the source and the Post-Polio Network (NSW) Inc are acknowledged in full. Articles may not be edited or summarised without the prior written approval of the Network. The views expressed in this publication are not necessarily those of the Network, and any products, services or treatments described are not necessarily endorsed or recommended by the Network.

One-Day Seminar - Something for Everyone

Date: Tuesday, 19 July 2011

Time: 9:30 am – 2:30 pm

Venue: Conference Room, Ground Floor, The Northcott Building
1 Fennell Street, North Parramatta

A special arrangement has been made to enable members attending the Seminar to park in the Parramatta Leagues Club car park, thanks to the generosity of the Club management. Simply tell the security person at the car park entrance in Grose Street that you are attending the Post-Polio Network Seminar in the Northcott Building, and please park in the right-hand back corner of the car park. You can then enter the Northcott Building via the gate into its adjacent playground.

Refreshments: Morning tea and a light lunch will be provided (*cost subsidised by PPN*)

Cost: \$10 per person – ***please RSVP by Friday 15 July 2011***

If possible, please return the **enclosed Registration Form** with your payment to the PPN Office by 15 July. Otherwise, you can pay when you arrive at the Seminar, however, if you elect to do this, you **MUST** still contact the Office [*Email office@post-polionetwork.org.au or Phone 02 9890 0946*] by Friday 15 July to confirm your attendance so sufficient catering can be arranged.

Program:	9.30	Registration
	10.00	Nicola Clayton – <i>Speech and Breathing</i>
	11.00	Morning Tea
	11.30	Professor Ashley Craig – <i>Living with chronic pain: thriving in the face of adversity</i>
	12.30	Lunch
	1.30	Merle Thompson and Neil von Schill – <i>Your Polio Story</i>
	2.30	Close

Nicola Clayton: Nicola is the Senior Speech Pathologist at Concord Repatriation General Hospital and a guest lecturer at Macquarie University, teaching Speech Pathology students. She was very well received when she spoke at a 2009 Seminar about the assessment and treatment of dysphagia.

On this occasion Nicola will speak on more general aspects of speech and breathing, drawing on her experience of treating post-polio patients.

Professor Ashley Craig: Prof Craig is a Clinical Psychologist who heads a team at the Rehabilitation Studies Unit, Sydney Medical School of the University Of Sydney. He was formerly Professor of Behavioural Sciences in the Department of Medical and Molecular Biosciences, University of Technology, Sydney. He has extensive experience assisting people with chronic pain and fatigue.

Ashley will present current state of the art information about chronic pain, as well as approaching the adjustment to chronic pain in the light of a resilience risk and protective factor model. Hints for adjusting to chronic pain that help people thrive in the face of such an adverse condition will also be discussed.

Merle Thompson and Neil von Schill are well known to members as Network Vice President and Secretary. Both have extensive experience in writing, publishing and presenting.

The presentation will explore reasons for writing your polio story, provide strategies to get you started, examine different forms of presentation and prepare you for some difficulties that you may encounter. Everyone has one story in them and that is your own personal journey.

We look forward to catching up with everyone on 19 July



2011 Post-Polio Network Seminar Program

Tuesday 19 July 2011	Northcott Building 1 Fennell Street Parramatta	Mid-Year Seminar Nicola Clayton – Speech and Breathing Professor Ashley Craig – Living with Chronic Pain Merle Thompson & Neil von Schill – Your Polio Story <i>Full details on page 2 – don't forget to RSVP</i>
Saturday 17 September 2011	Bomaderry Bowling Club 154 Meroo Road Bomaderry	Biennial Country Conference Diana Aspinall – Safe and Effective Use of Medicines Diane Bull – The Polio Mind Bill Piggott – Polio Immunisation in the Third World <i>Further details together with a Registration Form will sent to members in August</i>
Saturday 26 November 2011	Burwood RSL Club 96 Shaftesbury Road Burwood	Annual General Meeting and Seminar <i>Further details will appear in the next Network News</i>

Management Committee - Executive Members Contact Details

Gillian Thomas	President	president@post-polionetwork.org.au	02 9663 2402
Merle Thompson	Vice-President	vicepres@post-polionetwork.org.au	02 4758 6637
Neil von Schill	Secretary	support@post-polionetwork.org.au	02 6025 6169
Alan Cameron	Treasurer	ppntreas@post-polionetwork.org.au	02 4478 6046 0407 404 641
Committee Members (for contact details please ring or email the Network Office): Diane Bull, Ron Goodwin, Bill McKee, Rebecca Rodwell, Alice Smart and John Tierney			

PPN Office and Other Contact Details

Office staff: George, Carlie and Fatma Volunteers: Nola, John and Shylie		office@post-polionetwork.org.au	02 9890 0946
Bill McKee	Website Webmaster	webmaster@post-polionetwork.org.au	---
Mary Westbrook	Q's about polio & pps	askmary@post-polionetwork.org.au	---