



POLIO NSW INC formerly Post-Polio Network (NSW) Inc

NETWORK NEWS



Incorporating – Polio Oz News

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President's Corner

Gillian Thomas

This brief bonus issue of *Network News* brings you an update from our recent Annual General Meeting and Seminar, together with details of a series of Clinical Practice Workshops being held for health professionals in northern metropolitan Sydney (page 2), and the latest news about the 2016 Australasia-Pacific Post-Polio Conference (page 3). This extra issue also gives us the opportunity to include the December 2015 (Summer Edition) *Polio Oz News* which is hot off the presses.

First, at our 27th AGM held on 5 December 2015 the following members were elected to the Management Committee:

Gillian Thomas
Susan Ellis
Merle Thompson
Alan Cameron
Charles Anderson
Anne Buchanan

President
Vice-President
Secretary
Treasurer

Nola Buck
Madeline Coelho
Ella Gaffney
Anne O'Halloran
Alice Smart
John Tierney

All existing Committee members re-stood for another term. The casual vacancy that we had carried since the 2014 AGM was filled when member Madeline Coelho generously put herself forward. Madeline has not previously served on the Committee but when we opened our Northcott office she volunteered her professional librarian skills which were of great benefit at that time.

Following the AGM and a light lunch, more than 50 members and friends enjoyed two very informative talks centring on *The New Assessment Clinic for Polio Survivors at Mt Wilga*. We first heard from Dr Helen Mackie (Consultant in Rehabilitation Medicine and Medical Director of the Clinic) who spoke about the Clinic's multi-disciplinary approach to assessment which provides to the attendees and their referring GPs information and options for further investigation, therapy and services. Nadege van Drempt (one of the Occupational Therapists who undertakes assessments at the Clinic) gave the second presentation which particularly focused on tips for avoiding falls. Be sure to look in the next issue of *Network News* for Sue Ellis' usual comprehensive Seminar Report.

That's it for this year – the only thing left to do is to wish you all ...

Merry Christmas and a Happy New Year



*The Management Committee
wishes each and every member
and your families
a joyous Christmas
and a healthy New Year*

Polio Australia-Rotary Partnership - Clinical Practice Workshops

Polio Australia is very pleased to be partnering with Rotary District 9685 to bring this series of FREE clinical practice workshops to allied health professionals wishing to learn more about management of the late effects of polio (LEoP). The workshops are driven by best-practice research from Europe and the USA and are open to all health and allied-health professionals. Although there are many cross-overs in the treatment and management of other chronic diseases and LEoP, there are also some very significant differences, which is why these workshops are so important. If LEoP is not identified, polio survivors can experience rapidly worsening symptoms due to inadvertently incorrect care.

Rotary District 9685 is one of two districts covering the Sydney metropolitan area. Its boundaries stretch from the Blue Mountains to the sea (north of Sydney Harbour), reaching across the Hawkesbury River, and north to Toukley on the Central Coast. Within its boundaries are the business districts of North Sydney, Chatswood, Gosford, Penrith, and the Ryde industrial area. The complete workshop series targets all these areas.

2016 Workshop Dates and Venues (*check the Polio Health website for late changes*)

Katoomba

Blue Mountains District ANZAC Memorial Hospital, Great Western Hwy and Woodlands Rd

Saturday, **6 February 2016** : 9:30 am – 12:30 pm

Wyong

Wyong Golf Course, 319 Pacific Highway

Saturday, **27 February 2016** : 9:30 am – 12:30 pm

North Rocks

Forsight Foundation, 241 North Rocks Road

Thursday, **10 March 2016** : 9:30 am – 12:30 pm

Penrith

Penrith RSL Club, 8 Tindale Street

Thursday, **24 March 2016** : 1:00 pm – 4:00 pm

Hornsby

Mt Wilga Private Hospital, 66 Rosamond Street

Thursday, **7 April 2016** : 1:00 pm – 4:00 pm

Windsor

Hawkesbury District Hospital, 2 Day Street

Saturday, **16 April 2016** : 9:30 am – 12:30 pm

Gosford

Venue TBA

Thursday, **28 April 2016** : 1:00 pm – 4:00 pm

Narrabeen

The Tramshed Hall, 1395a Pittwater Road

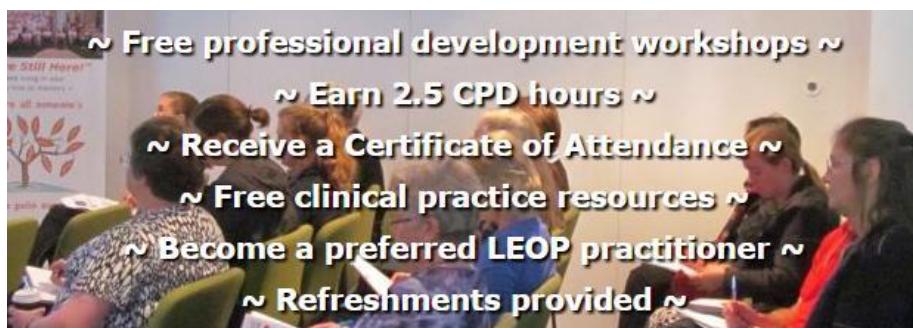
Thursday, **5 May 2016** : 1:00 pm – 4:00 pm

Who Should Attend?

Allied and other health practitioners such as: physiotherapists, occupational therapists, orthotists, exercise physiologists, nurses, podiatrists, speech pathologists, dietitians, social workers, case managers, and anyone else who is interested in knowing more about the post-polio body.

How Can You Help?

If you live within Rotary District 9685 and are consulting any health professionals in your local area, please be sure to let them know about the workshops and encourage them to register to attend.



For up-to-the-minute date, time and venue information, and for FREE registration, please ask your health professionals to visit the Polio Health website (see below)

For more information, visit: www.poliohealth.org.au/workshops

2016 Australasia-Pacific Post-Polio Conference

The **preliminary Conference Program** for the **Polio: Life Stage Matters** Conference being staged by Polio Australia in Sydney on **20-22 September 2016** is now online! You can download a copy of the Program from the Conference website (www.postpolioconference.org.au) or, if you don't have internet access, phone the Polio NSW office and a copy will be mailed to you. Registrations are now open and we urge you to register as soon as possible to ensure the Conference has sufficient delegates to proceed. **For any registration queries, please contact the Conference Planner, Interpoint Events, on 1300 789 845 or 02 8586 6115, or email <melanie@intermedia.com.au>.**

Registration Options <i>(the Early Bird rate is valid until Friday, 12 August 2016)</i>	Early Bird Rate excludes GST	Regular Rate excludes GST
3 Day Conference <i>includes complimentary invitation to the Welcome Cocktail Party</i>	\$1,200	\$1,320
3 Day Conference (Carer) <i>includes complimentary invitation to the Welcome Cocktail Party</i>	—	\$375
3 Day Conference (Polio Survivor, Family, Friend, Student) <i>includes complimentary invitation to the Welcome Cocktail Party</i>	\$540	\$600
2 Day Conference	\$900	\$990
2 Day Conference (Carer)	—	\$250
2 Day Conference (Polio Survivor, Family, Friend, Student)	\$405	\$450
1 Day Conference	\$500	\$550
1 Day Conference (Carer)	—	\$180
1 Day Conference (Polio Survivor, Family, Friend, Student)	\$225	\$250
Gala Dinner Ticket (Wednesday 21st September 2016)	—	\$100

Note: Delegates not attending the 3-day Conference can register for the Welcome Cocktail Party at \$50 + GST per person.

Any delegates registering as a "Carer" should meet one of the following criteria in order to qualify: you receive a Carer Payment, or you are a Registered Attendant Carer (professional, paid position).

Description: Personal Assistance Carers work in private homes or care facilities to help clients with common tasks, such as bathing, dressing, grooming and using toilet facilities. Most personal care assistants work for private clients, home health providers or agencies that offer services to senior citizens and the disabled.

The 'Carer' category only applies if the delegate requires the above mentioned level of personal assistance. Companions of independent delegates are considered 'Family' or 'Friend'.

Delegate cancellations received in writing by 19 August 2016 will incur a \$100 cancellation fee. Cancellations received after 19 August 2016 will receive NO refund. A replacement delegate can attend with no penalty charge but must be advised to the Conference Planner

The Conference will be held at the **Four Seasons Hotel**, a five-star luxury hotel in Sydney's CBD, located at 199 George Street Sydney NSW. The Four Seasons has a special rate for delegates of the Post-Polio Conference – \$265 per room per night (incl. GST), and \$35 per person for breakfast. To book this accommodation, ring the Four Seasons on 02 9250 3100, or visit the Accommodation page on the Conference website for online options. To get the above rates, please quote the code PPCO1016 when booking.