



THE BAYSIDE POLIO SUPPORT GROUP IS A COMMUNITY ACTIVITY OF POLIO NETWORK VICTORIA

**Bayside Polio Support Group**  
Postal: c/- 6 Huntingfield Rd. Brighton 3186  
Meetings: Hampton Community Centre  
14 Willis St. Hampton  
Shirley Glance 9592 8212  
howshirl@optusnet.com.au  
Peter Willcocks 9578 5953  
genetree@optusnet.com.au

## PPSs Beating the Heat - November 2009

**Location:** Hampton Community Centre  
14 Willis Street Hampton

**Convenors:** Shirley Glance & Peter Willcocks

**Dot Joiner:** Peter Willcocks

**Last Meeting:**

Thursday 5th November 2009 1.30 - 3.30 pm

**Attendance:** 23

**Speaker November:** Mitch Fifield M.P.

**Next Meeting:** 3<sup>rd</sup> December 2009 12.30- 4pm

No Speaker **End of Year Review**

### Winning a Polly over

Our November speaker was Mitch Fifield, Shadow Parliamentary Secretary for Disabilities, Carers and the Voluntary Sector

Mitch Fifield fitted in well at our last meeting, we had had polio and he is a polly, so were are both living with our separate challenges.

Mitch Fifield knew very little about Polio and the later effects thereof. He took on what he saw and what he heard with genuine enthusiasm.

He was stunned to realize that polios make up the large single disability group in Australia. As he looked around the room his eyes shadowed the challenges that so many had taken to be at the meeting. He was envious he would like those sort of numbers at a party meeting.

He listened intently as we outlined our query about Orthotist consultancy not included in the Medicare rebate and how many are being denied help as they quite frankly can't afford the costs of getting appropriate treatment.

Mitch has taken up our cause for more disability parking at Southland, and kindly offered to write a letter of support to go with our letter that Gerry Carton one of new members so kindly wrote on our behalf.

We are all better for Mitch joining us and I am sure that when the occasion arises he will recall our smiling and enthusiasm taking on the challenges of the day, with that determined dignity that we polios have developed along the way.

### December Meeting 1pm – 4pm



**Join us for lunch**

**Earlier Start time -1 pm**

Just bring yourselves. Shirley is organising the fodder. Last year we had a great time and I am sure it will be even better this year. We will be in the Hall and we will access to the garden, so hopefully it will be a good day and we will be able to enjoy the outdoors.



### The Year in a nutshell

We started this year with about 35 members and with 15 attending our January meeting. We now have nearly 50 and attendances are often over 20. We didn't seem to have a flat spot this year all of our speakers had a lot to offer with favourites being **Adele Hulse** who writes under the pseudonym Sharon Gray, I was in awe of her ability to draw us into her caring inner peace, she is real gem.

**Darren Pereira** who took us on wonderful presentation on orthotics, how they work and how they can help.

In June we had our first birthday under Shirley guidance and 25 of us enjoyed the food and the charm of the Elsternwick Club. It was so good to see everybody enjoying the goings on. We might even try it again next year let us know what you think.

The most special thing for me this year was to see our number grow we now have nearly 50 members and we have been able to help many of our new members seek appropriate treatment. It's been a great year and made particularly great as it's no longer a Shirley & Peter show. It is now truly Your Support Group and you are the ones supporting the group to catch up and learn with friends.

## A new start For Mary-ann

*"Hi everyone - please note that today I resigned from Independence Australia after 5 1/2 years. I have accepted a 3 day a week position as Coordinator of Peer Support Facilitators with Council of the Ageing (COTA) commencing Thursday 3 December. Also, following the success of a small grant application, I will be taking up 2 days pw contract employment as the National Project Manager for Polio Australia in January 2010".*

*- Mary-ann Liethof 16<sup>th</sup> Nov 2009*

I am sure we all agree with Margaret Cooper's email. Mary-ann has done much for us polios and in her new roll with Polio Australia, I am sure we will continue to benefit from her enthusiasm and understanding of the issues that we face.

*"Congratulations Mary-ann on the tremendous achievements you have made with the Network, associates and related organisations. We have all benefited from your genuine enthusiasm, research, energy, activism and humour. Hopefully we will still be in touch, in a lesser way, in the course of your work with Polio Australia."*

*- Margaret Cooper 17<sup>th</sup> Nov 2009*

## Vale June Middleton



June had polio at 22 and on the 5<sup>th</sup> April 2009 notched up 60 years kept alive by the iron lung.

June Middleton was an upbeat always on the bright side person and avid Carlton supporter and is pictured here with Anthony Koutoufides in February 2007

*By Tony De Bolfo Mon November, 2009*

*Dozens of dark navy blue and white balloons were let loose on blue skies over Melbourne's north yesterday, in tribute to the life of June Middleton - the long-serving Carlton member who for more than 60 years lived her life inside an iron lung.*

*The fittingly uplifting finale followed the celebration of an extraordinary existence, when almost 500 people gathered in a marquee at the site of the old Preston & Northcote Community Hospital to pay their final respects at June's funeral.*

*Amongst them were wheelchair-bound and bed-ridden fellow patients, medical staff, volunteers, and of course June's trusted Labrador Angel, who sat dutifully by her dear owner's flag-draped coffin sporting a dark navy blue top.*

## Next Year – New day earlier start

The Hampton Community Centre has asked us to change our day and meeting times to help with their programs for next year. If anyone has difficulty with the time please let us know.



Our first meeting in 2010 will be.  
**TUESDAY 2<sup>nd</sup> February 2010**  
**12.30 to 2.30pm.**

We expect that we will continue with Tuesday 12.30- 2.30pm for 2010. It will be a BYO lunch thing and I am sure will want to share, but we will talk about that at our next meeting on Thursday 3<sup>rd</sup> December 2009 12.30- 4pm

## Shoes to fit- looking for comfort

After much encouragement I saw Darren Pereira, to see if I would benefit from an orthotic. Boy was I relieved when he said it probably would not do as much as I would hope for, but my shoes – oh dear! Darren is organising to modify some shoes for me and I am just waiting for Victorian Aides & Equipment funding. I had not realised how much my foot had rolled out. When it's sore you don't walk. You do something else. I know it is silly but had not realised how different my feet are and had become. My right foot size is 5½ extra and growing going wider and my left is a pretty standard size 7. Darren was quite impressed that I had gone this long with sorting it out – I'm a polio dill eh!

## A cautionary tale –check your braces

One of Darren's slightly built polios from St Vincent's Hospital needed a light weight brace with a single locking spring. Due his changing from St V's and other financial considerations the patient didn't keep the six monthly checkups. The spring broke. She fell across her angle and is now in rehab recovering from multiply fractures.

An estimated \$10,000 of hospital and rehab costs so far. If orthotists were supported by Medicare and the primary health care program, the \$60.00 constancy for ½ an hour would saved the government many 1000's of dollars and the patient from grief and agony. The spring cost \$20.00.

Darren Pereira Ph: 9543 4009

Neuromuscular Orthotics P/L

Suite 29 / 15 Ricketts Rd. Mt Waverley

## Polio Update

W.H.O. 11 Nov 2009 In India so far this year there has been 568 cases of Polio for the same period in 2008 there were 503 cases:

## Top Internet sites

<http://www.youtube.com/PolioNetworkVictoria>

<http://www.polionetworkvic.asn.au/>

<http://www.post-polio.org/>

<http://www.youtube.com/user/poliotoday>