



**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

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

## PPSs Pinning the Pain- July 2010

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

**Convenors:** Shirley Glance & Peter Willcocks

**Dot Joiner:** Peter Willcocks

**Last Meeting:**

Tuesday 6<sup>th</sup> July 2010 12.30- 2.30pm

**Attendance:** 30

**Speaker May:** Lunch at Milanos

**Next Meeting:** **TUESDAY 3<sup>rd</sup> August 2010  
12.30 to 2.30pm.**

**Speaker June:** **Stephen Hughes  
Polio Services**

### Milanos Lunch

- Shirley Glance our reporter on the spot

What a great turn out, over 30 people came along and a big thank you to Peter for finding a great venue, the food and service were excellent, having the private room and round tables enabled everyone to mix and mingle with old and new friends and of course the view was magnificent, the sun was shining not only outside, but there were smiles on everyone's faces too. We were really sorry that Peter and his family couldn't attend, they were certainly missed. We were pleased that John Walta our new Polio Information Services Officer was able to attend, he met and talked to everyone, which was great. We also welcomed all the way from Traralgon Polio Support Group convenor, Pauline and her husband Tom and Pauline's brother Phil, who kindly helped out with the lucky door prizes and name tags – thank you boys. Also Erica Lagogiannis from Bayside Council and Amanda Burns from Glen Eira Council and well done to Amanda for winning a lucky door prize. It was lovely to see so many of you and we are sorry for those who could not come due to different circumstances, but hopefully we will catch up with you at our next meeting. We look forward to celebrating next year with all of you.

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Whilst all of you were living off the hog I was doing a "nil by mouth" being flushed by cameras and spinning magnets in the search to discover something normal about me. In the end they tired and I was discharged with a Yellow sticker on my windscreen. The doctors and nurses at the Alfred are a marvellous team. I am in awe of their patience, the respect and the care that they offered so willingly to a wide range of folk in need. We have a lot to thank them for.

### Polio Services – more accessible

Stephen Hughes the orthotist from Polio Services will be with us at our next meeting on 3<sup>rd</sup> August.

There have been many changes that have taken place over the last few years at Polio Services one of the biggest was their change in funding. A rethink of how they can best help the polio community has taken place and I know that many have had concerns about delays with this or that. Please bring your questions to our August meeting, it is important for Polio Services to understand your concerns, just as it is important for you to understand how Polio Services can best help you.

One of the most outstanding changes has been the enormous reduction in the time it takes to be seen. It used to take anything up to 2-3 months for a consultation. Most of us get an appointment within 2-3 weeks, and once on the books the level of support apart from recognised delays with orthotics is wonderful.

Part of the rethinking at Polio Services has been to build upon a strong relationship with regional services. For us Bayside folk it is not too far to go to the city but we hesitate, we just don't like the hassle.

Recently I approached Polio Services and further tests were required. Simon Mathieson, their manager liaised with the Caulfield Hospital, to run some tests to confirm that my current pain was indeed polio related. What a great outcome. I get help around the corner and the local doctors get to work with Polio Services. This support is invaluable for someone in regional and country areas.

### Polio Update 13 July 2010

W.H.O. has recorded 545 cases of polio compared to 671 for the same period last year. In 2009 there were a total of 1604 recorded cases.

### Top Internet sites

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

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

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

<http://poliotoday.org/>

## Our friends at D.H.S.

Yes they are our friends, on the 15<sup>th</sup> July Shirley and I attended an information session for the Self Grant that supports our group. We now have a greater understanding of what we can do to make our meetings a greater success.

## Take a tip let us help with the trip

The day will come for us all when we can no longer drive, bus or train to our meetings. We have a solution and we will be providing assistance to ensure that access to our meetings is not impeded.

We can help -Peter 9578 5953 / Shirley 0411 660 860

## Holidays & Outings

PLEASE let me know your secret places. We are all looking for safe and easy places to go, let us know about you special cafés, parks or places to stay.

**Eco Beach YHA Apollo Bay** Phone 03 5237 7899

Address 5 Pascoe St Apollo Bay VIC 3233



Recently I stayed with my family at the youth hostel at Apollo Bay. For the four of us it cost \$90.00 per night. We had a great time. We all slept in the same room,

the youth hostel was full of interesting people some even older than me, we had clean, open lounges and a great communal kitchen, we had fun.

**AND** the youth Hostel was disability friendly. There was separate and private disability bathroom replete with a wall attached bath seat, more rails than a ship and enough space to do a rumba in a couple of motorised wheel chairs.

## Polio Network Victoria

**John Walta** our new polio officer is settling in well and has been very involved with the Polio Day. I know that many of you met him at Milanos. If you would like to follow up anything with him the new number for the Polio Network Victoria is 9418 0478

## Never too odd to learn

On Saturday 17<sup>th</sup> Shirley and I enjoyed the company of our polio community friends at a Post Polio /Polio Awareness Forum organised by the South Eastern Region Polio Support Group in partnership with the City of Dandenong.

Lyn Bates, long time convenor of the Springvale based Polio Support Group was the driving force for the day. She was helped by parliamentarians, councillors, disability workers, friends, a niece and a wonderful group of polio survivors.

On that cold and freezing Saturday afternoon when we should have been cheering on Steve De Graaff's

Collingwood to victory over St Kilda, people came from all over the place to hear one of the best talks I have heard Steve de Graaff deliver.

I don't know what Shirley took away from the day, but I somehow felt a bit better about myself and my approach to my health. I have been getting bits fixed and looked at, and very gradually I have been becoming stronger and feeling a bit more open to taking on new challenges.

Steve de Graaff Director Pain Services Epworth and Simon Mathieson manager Polio Services presented a very strong case for keeping in touch with our doctors. Steve reminded us of downside of not doing something positive about pain. Poor pain management eats at us and makes us weak, we look for someone to blame, our judgement becomes clouded and we can live in a constant state of avoidance – avoidance of pain.

We all know that the pain won't go away, but with appropriate management, medication, bracing, controlled activity pain can be put in its place. If you are in extreme pain that is acute, don't grit your teeth and live with it. Make an appointment with a doctor who understands the later effects of polio a doctor who will respect and understand your pain a doctor who will guide you around your winter and free you up for a new spring full of life.

## Heath & Wellness Retreat

**April – May 2011 Mt Eliza, Victoria**

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

I have Scottish Presbyterian ancestors. I had polio. I don't see red when I bleed. I feel uncomfortable with touchy feely things like Health Retreats. But it is not good enough to say *"oh that's not for me"* and not at least ask the question *"I am not so different or special so why am I closing my mind"*

This April Mary-ann Liethof of Polio Australia ran a very successful health retreat in NSW. Three of my friends went, and had a great time. They're not self indulgent soaks, they're tough. I respect them.

Polio Australia now has a Youtube site which has video of the NSW Retreat and I was captured by a comment by Steve de Graaff who ran the session on pain management. He said something along the lines of *"over a 3 day conference the amount that is learnt is so beneficial. It stays with you. At home the same amount of information is just not available"*.

## That's what it's all about!

Congratulations to Emily & Peter on the birth of their grandson.