

STEPS

SKILLS TO ENABLE PEOPLE & COMMUNITIES

NEWSLETTER

September 2007

Issue 7

WELCOME to the third newsletter of 2007. This is a very full edition, as our STEPS Group Leaders have been very busy. We have reports from Meriel Stranger, Bracken Ridge, and look out for a heart felt Reader Contribution – a poem written by Noel Ball, who has just trained to become a Group Leader in Townsville

Leader Training



Since the last issue, Leader Training has taken place in Brisbane, Townsville, Mt Isa and we will be training in Hervey Bay on 19th and 20th September.

NEXT STEPS GROUP PROGRAM LEADER TRAINING COURSE:

Mon 19th and Tuesday 20th November 2007
9 – 4pm each day at ABIOS office, Buranda, Brisbane.

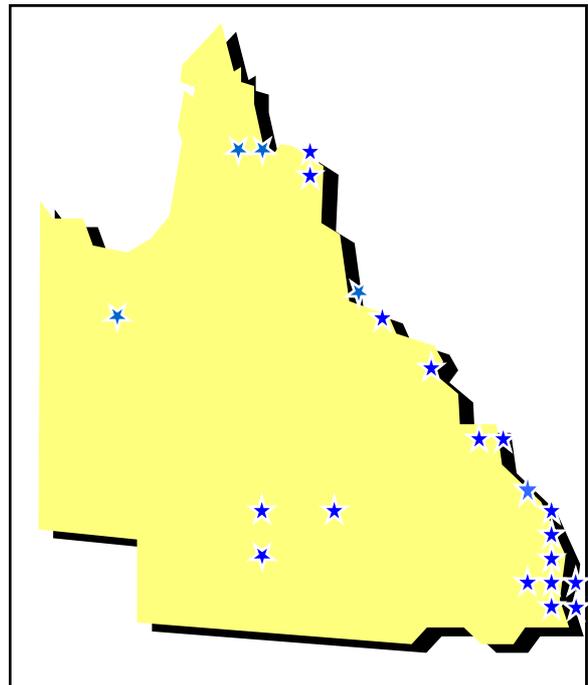
*Please contact STEPS for more information
(contact details at end of newsletter)*

Leader Networking and Support

Based on feedback given by STEPS Group Leaders to Griffith University, we are currently exploring ways of offering ongoing networking and support opportunities for our trained leaders. This issue has been discussed during a series of teleconferences hosted by STEPS in September. We are now making plans to implement some of the ideas, and will discuss these at the next teleconference in October.

STEPS Groups in Queensland

Here's a snapshot of where STEPS is happening in Queensland at the moment.



2007 Leader Training:

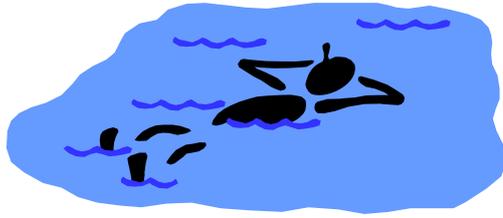
Brisbane x 2, Roma, Charleville, Cairns, Innisfail, Townsville, Mt Isa, Cunnamulla, Hervey Bay

Established Groups

Maroochydore, Caloundra, Buranda, Cleveland, Gold Coast, Bundaberg, Capalaba, Mackay, Annerley

New 2007 Groups

Gold Coast, Bracken Ridge x 2, Rockhampton x 2, Bundaberg, Charleville x 2, Innisfail, Logan, Roma and Cairns. In October we have groups starting in Mitchelton and Carina and another group in Cairns.



Exercise

It is important to do some sort of physical exercise on a regular basis. **Exercise has**

- **Physical Benefits** – increases your strength and endurance, helps you sleep better at night etc.
- **Health Benefits** – makes you feel better, and being fit helps you get over illness faster (e.g. colds or flu).
- **Mental Health Benefits** – exercising can make you feel less depressed and more energised.

Thinking About Exercising

- What types of exercise might you like to do? _____

Getting Active

The four steps to good health are:

1. Think of exercise as an opportunity, not an inconvenience. See any form of body movement as an opportunity to improve your health, rather than a time-wasting inconvenience.
2. Be active every day in as many ways as you can. Make a habit of walking or cycling instead of using the car.



3. Do at least 30 minutes of moderate intensity physical activity on most, preferably all, days. Moderate intensity activity includes a brisk walk or cycling. You can combine short sessions of different activities of around 10 to 15 minutes each to a total of 30 minutes or more.
4. If you can, also try to enjoy some regular, vigorous exercise for extra health and fitness benefits. Vigorous exercise makes you 'huff and puff'. For best results, add this to your regular physical activity 3 to 4 days a week for 30 minutes or more each time.

Group Activities

In Session 5 of the Group Program, participants are encouraged to look for things to do in the community. Some of the suggestions in the workbook (page 62) involve physical exercise and activity, such as swimming, bowls, gym exercise. Why not look back at this list and the suggestions about how to find out more about groups in your area. Maybe by talking to family and friends, or visiting your local library, you can be inspired to think about including some exercise in your weekly routine. Good luck!



STEPS Group Updates

STEPS in Bracken Ridge

The July/August Bracken Ridge STEPS group was loads of fun. The group's leaders were Lee McNeill and Meriel Stanger. It was Lee's first group and Meriel's second. We had 3 participants and 2 support people. One of the participants was unable to continue after week 2 due to transport issues but the others had great support and encouragement from family members/friends and support persons. For leaders it gave yet another dimension to the group. We celebrated our 'break-up party' with a BBQ at Shorncliffe pier. It was a magnificent day – Queensland really showed off. It was very pleasant ending our 6 week programme on a high. It was good to see some great friendships form – really what the STEPS programme is all about.

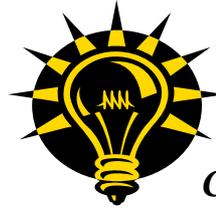
Meriel Stranger, Sept 07

STEPS in Logan

Syd Taurima completed a Leader Training course in June and started a group program for people in the Logan area of Brisbane in July. The group met at the Kingston Butter Factory. This photo was taken at their group break at the Daisy Hill Koala Park



Logan participants – Syd (Leader), Rory, Tyrone, David, Linda, Don and Riad



SPOTLIGHT ON... Cunnamulla

The 'friendliest town in the south-west', Cunnamulla has been an important link on the Queensland stock trail for more than 150 years and still shifts more wool through its railhead than any other station in the state. Explorers Thomas Mitchell and Edmund Kennedy passed this way and their glowing report sparked settlement on the Warrego River and the interest of Cobb and Co, which opened one of its first major coach stops in Cunnamulla in the 1870s.

The history of the region is recorded in the Bicentennial Museum, while a tale hangs by an old tree in Stockyard Street.

As the story goes, a bush ranger named Joseph Wells sought refuge in the tree when he found his horse had gone walkabout. Trouble was, his dog took up station at the foot of the tree and the locals bailed him up, demanding their cash and justice. They got both. Wells had the dubious distinction of being the last man to be hanged in Queensland for the crime of robbery under arms.

An outback town was born - thriving undoubtedly because of a river's course which gave the town its name. Cunnamulla is an Aboriginal term for 'long stretch of water' and the river is the Warrego - a great place for boating, fishing or swimming.

Cunnamulla is the southern gateway to the Matilda Highway and lies at the crossroads to the Adventure Way travelling west to Eulo and the Yowah Opal Fields and on to Thargomindah and Innamincka.

Reader Contribution



Acquired Brain Damage – My Thoughts, by Noel Ball

Does ABD mean almost bloody dead?
Acquired Brain Damage is what I've read
When you get an injured brain
Life tends to slip down the drain

Horizons come before your eyes
But then you start to realize
But there is no easy solution
Just a test for your constitution

You look back over memories of life
Wondering why you were given so much strife
Brain damage is hard to see
Outsiders can't visualise the injury

It often affects the way you think
Sometimes drives you to the brink
Life isn't always easy
When the pole is a little greasy

Recovery is hard to measure
Each stage gives you pleasure
Always have a little humour
Treat defeat as only a rumour

One way is to accept the fact
Attack life with a different tact
Ignore opinions that are not kind
Given by people emotionally blind

Special groups can give assistance
When you're having trouble with resistance
Never forget the family
Mostly they are a loving tree

Noel Ball, 2007

Support Group Stories

In this edition, we don't need to look for stories from elsewhere – we have a fantastic contribution from one of our own STEPS Group sites – take a bow, Bundaberg!! Our intrepid leaders in Bundaberg, Nene, Meg and Leanne have put together a schedule of activities for the people who have recently attended STEPS Group programs, as a way of encouraging everyone to keep in touch with each other. A brochure of events has been produced, which included notification of a visit by “Dame Edna Everidge” to their first meeting. Here she is, in all her sequinned glory, with Nene Buckland, Group Leader.



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