

SKILLS TO ENABLE PEOPLE & COMMUNITIES

NEWSLETTER

December 2007

Issue 8



WELCOME to the last newsletter of 2007! May we take this opportunity to wish you all a very happy and safe Christmas holiday season and to thank you for your continued support and commitment to the STEPS project. It's been another busy year, and we couldn't have done it without you.

Areti Kennedy
Diane Clarke

STEPS 2008

Plans are already underway for STEPS in 2008. We have leaders planning groups for early next year in places such as Hervey Bay, Rockhampton, and Bundaberg and we look forward to supporting leaders who trained later in 2007, who are keen to start groups next year.

We are also putting our energies into supporting our Group Leader network and you will see that a whole page (4) is dedicated to issues relating to the leader role.

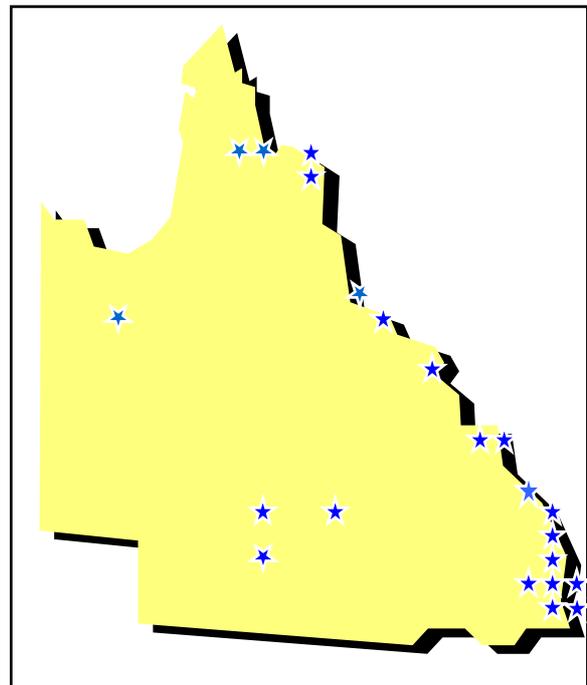
Another major piece of work for us and Griffith University will be the completion of our evaluation of the project. We look forward to seeing the results, and making use of the data to support further funding submissions.

Lastly, we are actively exploring ways of delivering the STEPS program to people living in isolated communities such as the far SW and far NW of Queensland. This is

proving to be a challenge, but we are excited about the possibility of using new and innovative methods. We will keep you informed

STEPS Groups in Queensland

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



2007 Leader Training:

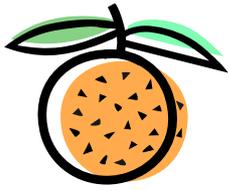
Brisbane x 3, Roma, Charleville, Cairns, Innisfail, Townsville, Mt Isa, Hervey Bay

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, Kingston, Woolloowin, Roma, Cairns x 2, Mitchelton and Carina.



Nutrition

Eating well has many health benefits:

- Protection against diabetes and cardiovascular (heart and circulation) disease.
- Helps you to live longer.
- Improves your overall health.
- Reduces abdominal fat.
- Reduces risk of some cancers.
- Can help you maintain a healthy weight

Eating Well

1. Eat a wide variety of healthy foods in small amounts. Food variety means eating a mixture of foods across the range of food types (cereal, fruit, dairy), as well as eating a mixture of foods from within the various food types (rye, barley, wheat are all different cereals).

Eating a wide variety of foods means that you get enough of the essential nutrients and other components in your daily diet.

2. Eat regularly. People who skip meals, especially breakfast, are more likely

to snack on less healthy foods during the day.

3. Eat breakfast every day. Breakfast is considered an important meal because it breaks the overnight fasting period, tops up your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day. Skipping breakfast can reduce mental performance.
4. Eat about the same amount of food at every meal.

A good balance between exercise and food intake is important; this helps to maintain a healthy body weight



Group Activities

Eating Well is often a result of good planning i.e. planning menus and shopping for the things you need in an organised way. In Session 4 of the Group Program, we look at “Getting Structure and Balance in my Life”. We encourage people to think about planning their week to include all the necessary jobs, which will include shopping. You may want to check that you doing the following:

- Planning meals
- Making a shopping list
- Planning time to cook the meals you have chosen

People who don't spend the time to plan, often end up eating whatever is in the fridge or cupboard and this may not be a healthy option!



SPOTLIGHT ON... Cairns

Cairns began life in 1876 among the mangroves as an intended port for the Hodgkinson River goldfield, 100km inland. Initially it struggled under rivalry from northern neighbours Smithfield and Port Douglas, but a flood blithely washed Smithfield away in 1879 and Cairns was chosen as the starting point for the railway line to the Atherton Tableland during the 1880 'tin rush'.

In 1947 Cairns had a population of just 16,000, but it grew rapidly through the 1950s and 1960s, fuelled by a booming sugar industry. The tourist floodgates opened in 1984 when the airport was built, and Cairns has never looked back.

Tourists continue to flock to Cairns. In 2003 the foreshore was completely revamped. With the Pier Marketplace at its heart, the surrounding mudflats were replaced with a glorious swimming lagoon, thick grassy parkland and a boardwalk. The port's marinas were substantially upgraded and the glossy Reef Fleet terminal is now the main departure point for tours to the Reef and islands off Cairns. There's also a five-year plan to upgrade Cairns' airport to an international standard.

In October a STEPS group, run by Gail Rogers, was held in Cairns. It was well received by the group members who arranged to have their break up session at Yorkey's Knob Yacht Club. Here they all are, enjoying a beautiful Cairns day!



STEPS in Roma

"It was interesting and cool and fun!"

The first STEPS group to be held in the Roma area commenced in September and was led by Angela, Katie and Susan. The group was small, with only 3 participants completing the program, but was a great success. The participants were two adults with acquired brain injury and the child of one of the adults. Comments made by the participants included:

"It was handy to have the book to take home and refer to"

"It was unfortunate that there weren't more people that went"

"It was nerve racking at first but it got better"

The participants decided to continue to meet on an informal basis after the group finished. They requested a follow up group in the future to refresh the skills they learnt during the program.

The group leaders in Roma have plans to run another group early in 2008

Katie Wright, STEPS Group leader

Support Group Stories

Group members are meeting in different ways, after a STEPS Group program. Many groups meet regularly either purely socially or to review parts of the workbook again. Some invite extended family members. In some cases, individual members have made arrangements do things, such as:

- walk their dogs
- attend a course about how to use email
- play the guitar
- refurbish a filing cabinet

Leader Training

Since the last issue Leader Training has taken place in Hervey Bay (September) and Brisbane (Nov).



FAST FACTS



Did you know we have trained 96 leaders since the start of the project ?

Leader Networking and Support!

Thank you to our STEPS Group Leaders who have contributed to the recent teleconferences. These have been arranged to discuss ways of developing the leader network for ongoing training and support. There have been many suggestions, including the following:

- A face to face event/meeting in a central location for information sharing, training, and networking opportunities
- Circulation of contact details amongst leaders who consent to participate
- Continuation of teleconferences or videoconferences for specific training topics

We are pleased to announce that work has begun on all of these suggestions. Please see the separate section on our STEPS Conference in March 08! A Leader Contact List has been developed and circulated amongst consenting participants. We plan to update the list on an 'as needs basis', so if you would like to be added, please contact STEPS to receive the necessary forms. Finally, we are planning to offer specific training

opportunities via teleconference or videoconference. We will keep you posted!

In addition, you will be aware that we are circulating details of the training opportunities offered through the Community Rehabilitation Workforce Project. This project team offer many courses that are relevant to the STEPS Group Leader role and we encourage all our leaders to consider the courses offered.

STEPS Leader Conference

March 2008

We are pleased to announce a 2 day conference for trained STEPS Group Leaders to be held at the ABIOS offices, Buranda, Brisbane on March 13th and 14th 2008.

A full program of events is scheduled as well as the opportunity for leaders to meet face-to-face for informal networking opportunities. A flyer will be sent to all our trained leaders and application forms can be requested from us. The RSVP date for registrations is February 15th 2008. We look forward to seeing as many of you as possible next year.

Leader Networking Stories

We invite leaders to submit stories about how they have supported each other through use of the leader network. For example, we know that leaders enjoyed discussing mutual issues during the recent teleconferences. Maybe you have a specific example of how contact with another leader assisted you in some way? Please write or email STEPS with your stories so they can be published for the benefit of the entire network.

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