

LEOP's Extinguishing The Shivers June newsletter 2011

Meetings:

Lunch: Gold coin donation

Convenors: Shirley Glance & Peter Willcocks

Dot Joiner: Peter Willcocks

Last Meeting: Hampton Community Centre

Tuesday 6th June 2011 12.30- 2.30pm

Attendance: 18

June Guest Denis Hyland Rotary Club of Roweville

Jean Magar

Bentleigh Bayside Community Health

July Guest Peter Johnson - Arup fellow

See over page for details

Next Meeting: HAMPTON COMMUNITY CENTRE

TUESDAY 5th July 2011 12.30pm to 2.30pm

meetings include a light lunch for a gold coin donation

Post Polio Victoria

<http://postpoliovictoria.com/>

Our newsletter is now on the web thanks to Post Polio Victoria, PPV are planning a general meeting to discuss how we would like to be represented. Let me know if you would like to attend on the 22nd August at the Northcote Town Hall, 11am -2.00pm

Many thanks to Jean

Many thanks to Jean for talking to us about community health centres. Jean explained that in most cases community centres manage programs that we can join. People joining a program are assessed and objectives are developed, in the case of hydro for instance the aim might be to gain more flexibility from a damaged arm and a program would be developed to achieve this objective. The Bentleigh East Centre provides a wide suite of health services and counselling including diabetes education, hydrotherapy, occupational therapy, physiotherapy, podiatry speech pathology and much more.

The Bentleigh Bayside Community Health Centre.
Gardener Road Bentleigh East 9575 5333

Join the Bayside Polio phone group

Phone Peter 9578 5953

Learn from the web

www.rotary.org/en/EndPolio/ www.polioaustralia.org.au/ www.poliotoday.org/
www.postpoliovictoria.com/ www.polionetworkvic.asn.au/ www.post-polio.org/

Polio Update 15th June 2011

W.H.O. recorded 205 cases of polio for 2011 (349 for the same period 2010)
In 2010 there were 1349 recorded polio cases.

Next Meeting at the Hampton Community Centre 14 Willis Street Hampton (near Hampton Railway Station)

It's great to be back at Hampton, one of the things that surprised us all was how warm we were. the first thing I did was take off my coat.

We discussed other venues and days for our meetings but all agreed that consistency was important. We will hold the majority of our meetings at the Hampton Community Centre, and go out for lunch a couple of time a year.

Our group has developed considerably since we were last at Hampton, and we are far better organised. Some time ago Brian suggested that we get a microphone, it worked a treat is a conference microphone that just sits on the table, so those of us with breathing problems and quiet voices can now be heard.



More Soup for lunch

The soup was such a success that the mutterings around the campsite resounded

More please Sir Can I have more please sir...

Post Polio Directory

With this newsletter you will receive copies of our new Post Polio Directory, please hand them out to your doctors, health centres and anyone that you feel may come across a polio survivor.

We received a wonderful email of support from Polio Services St Vincent's Hospital where they wrote "You have our whole-hearted endorsement and developments like this often spur others imaginations to do things different & better - including us"

and now for something different



Bentleigh Sunday Market (Rotary Club of Bentleigh / Moorabbin Central) Sundays 7am - 12noon
(Opposite Coles supermarket near the Bentleigh Railway Station)

Need help getting to our meetings call Peter 9578 5953 or Shirley 9592 8212

Carer at our meetings: We all require different levels of assistance, but unfortunately for legal reasons any assistance is undertaken at your own risk. Providing carer help at our meetings is extremely important as it enables us all to get out and about, enjoy our friendships and provide peer support.

Post Polio Victoria Special Polio Community Meeting

Monday 22 August 2011

11 am - 2pm lunch (provided)

Northcote Town Hall 189 High St Northcote

Post Polio Victoria Inc.

- What are the issues?
- What are your concerns?
- How can PPV contribute?

This meeting aims to provide a forum for the polio community to give views and ideas about the focus and direction of Post Polio Victoria. It is an opportunity to help shape the vision of this new association.

PPV recently received a grant from the Disability Advocacy Resources Unit to develop a Strategic Plan and this meeting is a part of this process. The meeting will be facilitated by project consultant Cheryl Sullivan who is assisting with this project.

Rotary provides lift

The wonderful people from Rotary have offered to get us to the Northcote meeting. We need to know numbers ASAP. Call Peter 9578 5953

or if doing your own thing call Liz by 15 August

Post Polio Victoria Liz Telford (03) 9486 5905

postpolio victoria@gmail.com

PO Box 6, Clifton Hill 3068

Polio Day 2011 Saturday 22nd October

Polio Network Victoria

**Join PNV in historic Ballarat to celebrate
Polio Day 2011**

A range of informative and inspiring speakers will let you know about all the services available for you in the community in both regional and metropolitan Victoria. Come along and find out that you are not alone!

Hear speakers from Ballarat Health Services, Independence Australia, Traveller's Aid., Department of Human Services, local councils and much more.

This is your chance to meet other members of the polio community and be equipped with all the information you need to help you make the most out of life.

For further information, please ask Shirley.

**Bayside Polio Group is proudly sponsored by The Rotary Club of Bentleigh / Moorabbin Central
Caulfield Park Community Bank 193 Balacalva Rd Caulfield North** Returning profits to our community

Who's Peter Johnson?



Peter Johnson is only the second Arup Fellow in Australasia. Arup Fellow is a life-long honorary title awarded to few individuals in Arup, a global engineering and design firm.

What's Who is Arup ?

Arup was Founded in 1946 with an initial focus on structural engineering, Arup first came to the world's attention with the structural design of the Sydney Opera House, followed by its work on the Centre Pompidou in Paris. Arup has since grown into a truly multidisciplinary organisation. Most recently, its work for the 2008 Olympics in Beijing has reaffirmed its reputation for delivering innovative and sustainable designs that reinvent the built environment.

What's this got to do with Polio ?

Nothing much except that Peter Johnson's father had polio. Peter is an almost retired senior executive who has spent much of working life involved in major engineering projects throughout the world. He was cornered by me at a family function to talk to our group about real world stuff, solutions to major engineering challenges and such...

Tunnel from Denmark to Germany

Don't suggest you try it without Peter's help. Peter is the fire safety expert for the project. We will be treated like the intelligent people that we are and learn about the processes to make big projects like this work.

It's not all too hot to touch



Peter is passionate about fire safety and good engineering. He is a welcoming and unassuming public speaker. I first time met him 20 years ago at Deb's house he arrived at the party wearing a 19th century fire helmet, he was knocking cancer for six with chemo.

Peter is a warm and caring, I guarantee that you leave our next meeting not only a bit more knowledgeable and worldly but also with a chuckle in your heart.

This is one meeting that you and your carers will not want to miss. Please let us know how many extra people you will be bringing with you.

Peter 9578 5953 Shirley 9592 8212