



Post Polio Victoria Inc.

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BULLETIN BOARD

Oct 2021

HOT OFF THE PRESS:

PPV SURVEY AND REPORT

Due to our extensive advocacy work, we made the decision to gather real current data of the experience and future needs of those who are suffering from Post Polio Syndrome. The survey was sent out to all members and had a 53% response rate.

Thank you all for sharing your experiences with us. We acknowledge there were many harrowing and heartbreaking stories and experiences shared in the survey. We believe it's important that their experiences are recognised, however have chosen not to include those that may cause grief and harm to the individuals and those reading this report.

The attached document will provide you access to the PPV Survey and Report 2021.



Polio Awareness Month



Polio Awareness Month 2021

We're Still Here!

Polio Australia
Representing polio survivors throughout Australia

Don't forget - light up orange for polio awareness 11-17 October

We're so looking forward to seeing buildings across the country lighting up in support of Polio Awareness Month! Have a look at www.polioaustralia.org.au/light-up-your-city-orange for an updated list of participating landmarks.

How you can support the campaign - and what's in it for you:

1. **Contact your local landmark** - If you haven't already, there *might* still be time to contact your local council, or a building or landmark in your city/town. We have a template you can copy and paste (make sure you fill in the parts in brackets!). You can find the template at www.polioaustralia.org.au/polio-awareness-month-resources
2. **Remind them!** - If you've already sent out a letter or email and haven't heard anything, why not give them a little nudge? You can forward your original email to them with a polite "in case you missed it" message, or perhaps give them a call.
3. **Tell us - and go into the draw to win a Bunnings voucher!** - Here's where the "what's in it for you" part comes in - we're giving away a Bunnings gift card to a couple of lucky participants. You're eligible for a prize whether your landmark has agreed to light up or not. So if you've sent them a letter or email, tell us about it (by replying to this email). And we'll put your name in the draw. It's that simple!

A must read and timely given it is Polio Awareness Month!

By taking on poliovirus, Marguerite Vogt transformed the study of all viruses

It was 1952 and polio was one of the most feared diseases in America, paralyzing more than 15,000 people, mostly children, each year. Parents wouldn't let their children play outside, and quarantines were instituted in neighbourhoods with polio cases.

Please click on the link below to learn more about Marguerite Vogts extraordinary journey

<https://www.sciencenews.org/article/marguerite-vogt-polio-virus-lab-research-virology>

We all need a little help sometimes, look at our helpful tips section

Who else loves their sleep?!

Sleep is important for our short- and long-term health. When we don't get enough sleep, we face a lot of negative side effects like crankiness, body aches and pains. Therefore, it's super important that we all get the best sleep we can.

There are a range of adaptive bed options and accessories available to help you have your best sleep, including:

- Variable posture beds
- Mattress inclinators and elevators
- Pillow lifters
- One way glide (slip resistant accessory)
- Handling blocks



Important to Note: Forthcoming AGM 25th November 2021

Please help us to continue our work by donating to Post Polio Victoria Inc., your support would be greatly appreciated. All donations over \$2 are tax deductible

Please click on the below link

<https://www.postpolio victoria.org.au/donate/>

