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POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

Dr John Tierney, President Suite 119C, 89 High Street, KEW VIC 3101
 Email: office@polioaustralia.org.au PO Box 500 Kew East Vic 3102
 www.polioaustralia.org.au Phone: (03) 9016 7678 / 0466 718 222

Polio Health and Wellness Retreat Body / Mind / Spirit

Presenters

(in order of presentation)

Thursday 18 April



Welcome




Dr John Tierney OAM
 President and
 National Patron
 Polio Australia

From 1991 to 2005 John Tierney gave 14 years of distinguished service to the Australian Parliament, where he served as Senator for NSW. During his time in Parliament, he was a Parliamentary Secretary to the Deputy Leader in the Senate and Shadow Parliamentary Secretary for Communications, Information Technology and the Arts. John also chaired a number of Senate Standing and Select Committees over a range of portfolio areas, with a particular focus on education, employment, industrial relations, communications, information technology, health and welfare issues. John has taken a passionate interest in the area of disability, having contracted polio at birth, and was a special parliamentary adviser to the Minister for Community Services on disability matters from 1998 to 2001.


In 2005 John became a Partner at Government Relations Australia Advisory, a position he retired from in 2011. However, he found it hard to completely retire and is now working part-time as Special Counsel at 1st State Government and Corporate Relations. John provides strategic advice on government matters to corporate clients across a wide range of industries at both a federal and state level in NSW. Additionally, he has undertaken pro bono advisory work for Lifeline Australia, Polio Australia and the Australian Association for the Education of the Gifted and Talented.







In the 2012 Australia Day Awards John was awarded a Medal of the Order of Australia (OAM): For service to the Parliament of Australia, to education, and to the community.






John was elected President of Polio Australia at the 2012 Annual General Meeting. In addition, John continues as Polio Australia's National Patron.

	<p>Welcome <i>and</i> Early Polio Memories <i>and</i> Cryptic Crosswords</p>	<p>Gillian Thomas Vice President Polio Australia Ph: 02 9663 2402 gillian@polioaustralia.org.au</p>	<p>For over 25 years I have worked for Polio NSW on a voluntary basis. I was a member of the original Working Party set up in 1988 to establish the Network, was subsequently elected as Secretary, and in 1997 became the Network's President.</p> <p>From 1989 until 2012 I have also been the Editor of the Network's highly regarded quarterly newsletter <i>Network News</i>. In 2002 I was honoured to receive an inaugural <i>David Bodian Memorial Award</i> from the International Post-Polio Task Force in recognition of my work for polio survivors, while in 2004 I was invited to serve on Post-Polio Health International's <i>Consumer Advisory Committee</i>. In January 2009 I was delighted to be awarded an <i>Australia Day Community Service Award</i> from Randwick Council for my outstanding service to polio survivors and the community. I passionately believe in the need for a national voice for polio survivors and my efforts culminated in the highly successful meeting of all Australian State Polio Networks in May 2007 and the unanimous agreement to form Polio Australia. Polio Australia is now a reality and in 2008 I was elected its inaugural President.</p> <p>In accordance with Polio Australia's Constitution, I stepped down from the role of President at the 2012 AGM and now serve as Vice President.</p>
	<p>Guest Speaker</p>	<p>The Hon Steve Georganas Labor Member for Hindmarsh</p>	<p>Steven "Steve" Georganas, Australian politician, is the Australian Labor Party representative for the House of Representatives seat of Hindmarsh in South Australia since the 2004 federal election.</p> <p>Steve was also the Chair for the House of Representatives Standing Committee on Health and Ageing when a Roundtable Discussion was held into the Late Effects of Polio/Post-Polio Syndrome in March 2012.</p>
	<p>Program Overview and Announcements <i>and</i> Guided Deep Relaxation <i>and</i> Choir</p>	<p>Mary-ann Liethof National Program Manager Polio Australia Ph: 03 9016 7678 mary-ann@polioaustralia.org.au</p>	<p>I worked as the Coordinator of Polio Network Victoria from 2004 to 2009, which included being one of the Victorian representatives on Management Committee for Polio Australia. I was officially appointed as Polio Australia's National Program Manager in early January 2010 on a part time basis, which increased to full time in January 2011 thanks to a three year grant from The Balnaves Foundation.</p> <p>In 2008, I visited 10 post-polio related services across North America on a Churchill Fellowship Study Tour grant, the purpose of which was "<i>To identify techniques to better manage the late effects of polio</i>". In 2009, I travelled to Roosevelt Warm Springs in Georgia, USA for Post-Polio Health International's 10th International Conference: <i>Living with Polio in the 21st Century</i> and Wellness Retreat to learn the benefits of the holistic chronic condition self-management model. With this experience, I was able to put together Polio Australia's first Late Effects of Polio Self Management Residential Program (also known as a Polio Health and Wellness Retreat) in April 2010 in Sydney, and the second in Victoria in 2011. In September 2011, I gave a presentation on these Retreats at the European Post Polio Conference in Copenhagen, where there was considerable interest expressed in this Program.</p>

	<p>The Polio Body <i>and</i> Falls and Balance Concerns <i>and</i> Physio Consultations</p>	<p>Ann Buchan <i>Neurophysiotherapist</i> <i>Unley Physiotherapy</i></p>	<p>Ann Buchan trained in Melbourne then followed many years of Australian and overseas training and experience in Neurological and neuromuscular issues. She has been a tutor, educator and mentor for physiotherapy students and graduates. (She received the top clinical prize as an undergraduate.)</p> <p>In 2004, she qualified as the first titled Neurophysiotherapist in Australia, with involvement in a wide range of statewide community and educational activities, including workshops, clinical research, media production and palliative care.</p> <p>Ann feels strongly that people with Neuromuscular and Neurological conditions not only need to get the best out of their disability, but the best possible learning and caring environment is needed for that to occur.</p> <p>She has always had a special interest in long term disabilities – especially post-polio issues – and works in private practice at Unley Physiotherapy and at Aldgate Seniors on falls prevention.</p> <p>She helped set up the first Polio Clinic in South Australia and assisted with editing polio information handbooks. In addition she began the first hydrotherapy group for people with Muscular Dystrophy and recently started a singing group for people with Neurological and voice production issues.</p> <p>When her children were growing up there was no opportunity to do a Master's Degree – she believes she has put the "Masters" energy and study into patient care and education.</p> <p>Ann believes that physical, emotional, social, mental and spiritual aspects must all be considered in treatment and a balance is needed between the art and science of Physiotherapy.</p>
	<p>Fatigue & Pain Management</p>	<p>Dr Nigel Quadros Rehabilitation Physician Queen Elizabeth Hospital Ph: 08 8222 7322</p>	<p>Dr Nigel Quadros is Director of Rehabilitation Services at the Queen Elizabeth Hospital and St Margaret's Rehabilitation Hospital and also a Senior Clinical Lecturer at the University of Adelaide Healthcare. He is a Fellow of the AFRM (RACP).</p> <p>Nigel's areas of interest include stroke and general neurological rehabilitation, amputee rehabilitation, pain management, management of post-polio syndrome, and Continuing Professional Development.</p>
	<p>Continenence Confidence <i>and</i> Display</p>	<p>Rosalie Donhardt Registered Nurse SA Continenence Resource Centre Ph: 1300 885 886 (SA/NT) / 08 8266 5260 Rosalie.Donhardt@dcsi.sa.gov.au www.sa.gov.au/disability/crc</p>	<p>Rosalie Donhardt has been employed as a registered nurse at the Continenence Resource Centre for over 10 years. Rosalie has been involved in project work with the Continenence Foundation of Australia for many years, and has organised many continence information sessions for both health professionals and community members.</p>
	<p>Powered Mobility <i>and</i> Display</p>	<p>Megan Fechner Occupational Therapist Independent Living Centre SA Ph: 1300 885 886 (SA/NT) / 08 8266 5260 megan.fechner@dcsi.sa.gov.au www.sa.gov.au/disability/ilc</p>	<p>Megan Fechner has been working as an occupational therapist with the Independent Living Centre since 2009. During this time she has regularly provided advice to clients about mobility devices, including powered wheelchairs and scooters. She has also developed and presented educational workshops and training on powered mobility aids to university students, community groups and health professionals.</p>

	<p>Aids and Equipment Display</p>	<p>Independent Living Centre Ph: (08) 8266 5260 ilcsa@dcsi.sa.gov.au</p>	<p>The Independent Living Centre (ILC) of South Australia is a State Government funded service which provides information and advice on equipment, technology and techniques to assist people to improve their quality of life and maintain their independence.</p> <p>The service is staffed by Occupational Therapists and a Registered Nurse (Continence Resource Centre) and is available to all members of the public, including people with a disability, injury or illness, carers, community groups, health professionals, organisations and students. Services to the public are all free of charge.</p>
	<p>Continenence Resource Display</p>	<p>Continenence Resource Centre (CRC) Ph: (08) 8266 5260 continence@dcsi.sa.gov.au</p>	<p>The Continenence Resource Centre (CRC) is a statewide continence information and advisory service located at the Independent Living Centre of South Australia. The CRC is affiliated with the Continenence Foundation of Australia and is funded by the Department for Communities and Social Inclusion.</p> <p>Staffed by Registered Nurse/Continenence Nurse Advisor, the CRC provides information and advice on bladder and bowel problems. Information is available to all community members including clients, carers, families and health professionals.</p> <p>The services provided include: information and advice on continence management, continence services, continence product funding schemes and continence product information (including an extensive product display). Continenence health promotion and education sessions are also provided by the service in both metropolitan and rural areas of the state.</p> <p>The Continenence Resource Centre is open to the public from 9am to 5pm Monday to Friday. People may visit the centre by appointment, or phone, fax or email enquiries. An interpreter may be available by prior arrangement. CRC services are all free of charge.</p>
	<p>Therapeutic Massage</p>	<p>Sharon Misan Remedial Massage Therapist Gentle Care Therapies Ph: 0423 601 533 sharon@gentlecare.com.au www.gentlecare.com.au</p>	<p>I am a fully qualified Remedial Massage and Clinical Therapist and an accredited member of the Australian Traditional Medicine Society.</p> <p>Having consulted since 1992, I have considerable experience with treating a wide range of conditions and people from all ages and backgrounds. Each consultation is specifically matched to the needs of each individual. Prior to your treatment, we spend a short amount of time to determine your needs and goal for the session.</p> <p>I use a variety of techniques during a session to suit your needs on the day; this can include any combination of positional release, myofascial release, craniosacral and sport therapies, relaxation massage and reflexology. As well as a selection of the best methods, I also adjust my touch to your needs, allowing your body to unwind at its own pace.</p> <p>I consult in my clinic at Glenelg, but also offer a mobile service and health fund rebates for your convenience or for the mobility impaired. I always strive for the best outcome for ultimate health and wellbeing.</p>

	Therapeutic Massage	Julie O'Toole Remedial Massage Therapist Nature's Magic Ph: 08 8376 6683	<i>Information to come</i>
 	Foot Care for Polio Feet	Daniel Gibbs Podiatrist/Director and Ben Lynch Podiatrist Posture Podiatry Ph: 08 8362 5900 contact@posturepodiatry.com www.posturepodiatry.com.au	<p>Daniel Gibbs is a Podiatrist who has enjoyed working in private practice among other like-minded professionals for 10 years. Over that time he has developed keen interest in podiatry management of chronic pain. With a dream in mind to provide the best possible care for all people, Daniel opened Posture Podiatry in 2009, which continues to provide outstanding care for people with chronic pain and postural concerns.</p> <p>Daniel sat as a councillor of the Australian Podiatry Association (SA) from 2008-2010, and has been invited to talk with health professionals in various fields.</p> <p>He consults with Australian Dance Theatre, and is involved with Adelaide's Basketball and Athletic communities.</p> <p>Ben Lynch is a Podiatrist with a keen interest in helping people to achieve their full potential using a range of treatment techniques. He currently sits on the board of the Australian Podiatry Association, and contributes to the profession through the facilitation of workshops and seminars. Currently being trained by one of the top foot manipulation experts, Ben is keen to share his enthusiasm for improving body function through various means.</p>
 	To Brace or Not To Brace and Orthotics Assessments	John Santos and Adam Holden Orthotists Orthotics Prosthetics South Australia (OPSA) Repatriation General Hospital Ph: (08) 8276 9666	<p>John graduated in 1998 from La Trobe University with his Bachelor's Degree in Prosthetics & Orthotics. With clinical roles in rural and urban South Australia, John has continually practised the dual streams of orthotics and prosthetics. A senior clinician at OPSA, his professional interests include knee orthoses for sports injury rehabilitation, and Trans-femoral socket design and knee selection and high level orthotic management technologies.</p> <p>Adam has been practicing in South Australia since 2011 and has had experience in both prosthetic and orthotic streams. With a keen interest in custom orthoses and advanced management practice, he has applied this knowledge to clinics in both the northern and southern areas of South Australia.</p>
	ChiBall	Monica Hall ChiBall Instructor Your Total Wellbeing www.yourtotalwellbeing.net	<p>I am a Master Trainer in Fitness and Trainee Dru Yoga Teacher. At age 45, with 2 beautiful daughters still in their early primary school years, the diagnosis of Young Onset Parkinson's was a huge blow yet thankfully some positives came with it, we now had access to treatment and importantly, I had an opportunity to shift my focus onto restoring my health and wellbeing.</p> <p>I needed to regain lost strength, balance & co-ordination, I needed to restore flexibility, and flow to my movement, I needed to calm the nerves that sent tremors and jolts through my being and I longed to quieten the worries and anxiety that had taken hold of my previously positive mind.</p>

			<p>ChiBall, combined with gentle Yoga and medication enabled me to achieve all of these dreams and more. The improvement didn't happen overnight, it was slow, yet with daily practice, powerfully present.</p> <p>Bit by bit I could do more, walk without assistance, tackle a few stairs, and then the day came when I was able to drive once more. After starting by participating in bits of a class, I can now teach two ChiBall classes back to back. The restorative power of exercise is well documented and for me, the benefits of exercise through Yoga and ChiBall have been truly astounding. My daily practice and study continues.</p>
	Partnering Polio	Graeme Smith Spouse/Partner/Carer joansgra@bigpond.com	<p>As the husband of a polio survivor, I have learned about a whole new part of my wife's childhood. I have also learned to share and partly understand her current issues dealing with post-polio and very recently, cancer. Being a carer created many new issues for me. I found that sharing with others who understand can be very helpful.</p> <p>Through my membership of our polio support group I have been able to meet with other partners of polio survivors and talk about our experiences and challenges. It has also given me the opportunity to gain more information about the condition and how I might be able to help, for example, by modifying our lifestyle and living arrangements. Sharing with trusted friends can also allow a good measure of humour to ease the way.</p>
	Respiratory Issues for Polio Survivors	TBA	<i>Information to come</i>
	Recipe for Success	TBA	<i>Information to come</i>
	Understanding Aged Care in South Australia	Lyndal Gerrard Team Leader Access2Home Care Ph: 1300 130 551 access2homecare@dfc.sa.gov.au	<p>Lyndal Gerrard managed the operational development and roll out of SA's central access point for aged care services across the Adelaide metropolitan area. Having worked within Intake since 2004, Lyndal has a wide knowledge of the services available for older people and how to access them. Lyndal is an Occupational Therapist and has worked in a variety of settings, including palliative, manual handling, service coordination, rehabilitation and mental health.</p>
	Safe Swallowing	Natasha Glynn Speech Pathologist Queen Elizabeth Hospital Ph: 08 8222 6000 www.tgeh.sa.gov.au	<p>Working as an adult speech pathologist for the past 5 years, I have worked in a range of acute and rehabilitation settings across Adelaide. The diversity of these settings has provided an exposure to a range of different neurological populations and swallowing disorders. Areas of interest include ageing populations and neurological diseases such as stroke, motor neuron disease and Parkinson's disease.</p>



“The Sessions”
 Movie
 - 95 Minutes

“The Sessions” is based on the poignantly optimistic autobiographical writings of California-based journalist and poet Mark O'Brien, *The Sessions* tells the story of a man confined to an iron lung who is determined - at age 38 - to lose his virginity. With the help of his therapists and the guidance of his priest, he sets out to make his dream a reality.

Saturday 20 April



The Healthy Mind Neuroplasticity and Feldenkrais

Susan Hillier
 Feldenkrais Practitioner and Associate Professor, Neuroscience and Rehabilitation University of South Australia
susan.hillier@adelaide.edu.au

Dr Susan Hillier is a Feldenkrais Practitioner part time and also an academic, teaching and researching in the area of neuroscience. She is interested in the way people learn and how they change the way they function in the world - particularly after a neurological event.

Neuroplasticity is the buzz word in neuroscience – it means the brain (and nervous system) is capable of change. It underpins the way we learn, the way we recover from brain trauma and it can also underpin less desirable processes like chronic pain. Her Plenary presentation will discuss some of the influences on neuroplasticity of the brain and the future for research and practice in this area.



Seated Yoga

Maria Merlino
 Hatha yoga teacher
 Ph: 0411384486
mariamerlino@live.com.au

I started yoga 15 years ago and obtained a teaching diploma, then wholistic yoga teacher training in 2008 with Yoga Spirits Studio. I have practiced many styles of yoga with seniors (chair yoga), MS Society, gentle yoga and wellbeing for everyone. Feeling deeply the benefits that a regular yoga practice has brought to my life, with awareness and understanding of the whole body mind, heart and spirit.

Yoga is a wonderful way for people to experience better breathing techniques, gentle movement of nearly every muscle in your body from head to toes, and complete mind and body relaxation. The increased awareness that yoga develops in us can be applied to all aspects of life, then it becomes wisdom and a means of inner guidance. Yoga draws the body mind and spirit into greater harmony providing a deep sense of contentment and wellbeing within the body mind and soul.



Mindfulness

Georgie Davidson
 B.App.Sc. Physio, M Musculoskeletal Physio, Yoga teacher, MAPA, IYTSA Mindful Movement Physiotherapy
 Ph: 08 8389 6919
georgie.davidson@mindfulmovement.net.au





Georgie brings to mindfulness teaching her personal mind-body practice and years of professional experience as a musculoskeletal physiotherapist and yoga teacher. She is passionate about bringing a holistic approach to health care and helping people find new ways to respond to their life situation that are physically and psychologically healing, compassionate, wise and connecting. Georgie lives in a rural setting in the Adelaide hills with her husband and two daughters where she loves to write, paint and spend time in nature.






Scooter Display

Scooters Australia

Information to come

	Accessible Vehicle Display	AutoMobility	<i>Information to come</i>
	Hydrotherapy	Lee O'Connell Physiotherapist MS Society Ph: 08 8360 0800 www.ms.asn.au	<p>Lee is a physiotherapist with over 35 years' experience in a wide variety of settings both locally and overseas including hospital, private practice, university, rehabilitation and community environments.</p> <p>For the last 15 years her special interest has been in aquatic physiotherapy and in 2012 she completed an Aquatic 3 Course through the Australian Physiotherapy Association.</p> <p>She has been employed by the Multiple Sclerosis Society of SA and NT since 2001, conducting hydrotherapy sessions for people with MS and other physical and neurological conditions including running hydrotherapy classes for Polio SA for the last 5 years.</p> <p>Lee firmly believes in using the unique properties of water to enhance peoples' physical and social functioning and, as a Masters Swimmer, also sees the fitness and psychological benefits of encouraging people, despite their disability, to be able to achieve some form of swimming ability.</p>
	Finding Your Story and Card Making	Joan Smith Convener, Knox-Yarra Ranges Post-Polio Support Group, Victoria joansgra@bigpond.com	<p>As a polio survivor I have been committed to advocating for the rights and dignity of people with disabilities. That was a strong focus for me as Principal of a school for children with severe to profound disabilities.</p> <p>After early retirement, due to post-polio syndrome, I embarked on writing my life story for my grandchildren. That developed into the further project of producing and publishing "The Calliper Kids" – a book detailing life stories of eleven polio survivors living in our area. The book has proved a useful tool in educating our medical practitioners, aged-care providers and wider communities across the State. The outcomes of the project have also been very powerful for our story tellers. I continue in the role as Convenor of the Knox-Yarra Ranges Polio Support Group, where we continually receive and share very positive feedback about our stories.</p>
	Explore Your Inner Artist and Meditation	Fran Henke Member of the Mornington Peninsula Post-Polio Support Group, Victoria, and Chair of the Polio Reference Group for Independence Australia	<p>Frances Henke is an artist and writer. She has written 12 books on gardening and related subjects. She was a journalist for 45 years including working as media advisor for state and federal politicians. She is now trying to be a novelist in between community and art work.</p> <p>Fran has a Visual Arts diploma from Chisholm Frankston, majoring in printmaking and sculpture as a mature age student.</p>

 	Explore Your Inner Artist	Nola Stewart and Kat Panourgias	<p>Nola: I've always found that art has been the thing that has helped me through my polio 'ups and downs' and have realised that this is something I can use to help others to express themselves. I recently completed a Diploma of Visual Arts, which has provided me with an exciting new avenue for self-expression.</p> <p>Kat: I met Nola several years ago while we were both enrolled at TAFE doing our Visual Arts Diploma. We became friends instantly. Although I haven't had polio, I have also experienced my own 'ups and downs' in the form of anxiety, depression, drugs, and alcohol. I am long-free of these burdens and have my love of art to thank for it.</p>
	Fantasy Garden	Andrew Ward President South Australian Bonsai Society Ph: 0403 883 269 www.bonsaisa.org.au	<p>Andrew Ward was a teacher of young people with disabilities from 1996 - 2007. Since 2007 he has transitioned to mainstream high school teaching. Andrew has been passionate about gardening in all forms since his earliest memories. At one stage he worked part time in Woolworths Gardening Department in the early 80s where, amongst other things, he created many terrariums for customers.</p> <p>Andrew has travelled widely, including China in 2006 where he was able to experience Penjing first-hand He has travelled to Bonsai Nurseries, exhibits and Private Collections throughout Australia where he has presented bonsai and gardening concepts to a broad audience.</p>
	Singing Is Good For Your Health	Jodie O'Regan	<p>Jodie has been working with community choirs and singers for many years and specialises in teaching adult beginners. She has a particular interest in how singing impacts on people's lives and wellbeing. Jodie's training is in classical singing; she performs a cappella music with her husband, and has a Master's Degree in Music Education from the University of Qld.</p>
	Wine Appreciation	TBA	<i>Information to come</i>
	Simon Skinner Magician Aces Magic Entertainment Ph: (08) 8264 4491 / 0410 762 500 info@acesmagic.com.au	<p>Popular Adelaide Magician Simon Skinner is a full-time professional entertainer who performs for all age audiences at any event.</p> <p>Simon performs magic interlaced with comedy in a relaxed style. He performs amazing magic using playing cards, coins, sponge balls, silks and borrowed objects including finger rings and banknotes. Simon can make borrowed finger rings vanish into thin air and re-appear in impossible places! Card magic including signed playing cards will also astound. He demonstrates mind-reading and predictive abilities which baffle his audiences. As Simon weaves his magic through the crowd at any event he leaves a trail of wonder and astonishment.</p>	

	<p>The Healthy Spirit</p>	<p>Professor Ian Maddocks AM Palliative Care Specialist and Senior Australian of the Year 2013</p>	<p>Emeritus Professor Ian Maddocks is an eminent palliative care specialist and a passionate advocate for world peace. A specialist physician in the Australian Administration of Papua New Guinea for 14 years, he became Foundation Dean of the Faculty of Medicine at the University of Papua New Guinea in 1971. Since 1982 he has worked with medical groups seeking to eliminate nuclear weapons. Ian was President of the Medical Association for Prevention of War when it received an Australian Peace Medal, and Vice-President of International Physicians for Prevention of Nuclear War when it received the Nobel Prize for Peace in 1985.</p> <p>Since 1980 he has advocated improved care for the dying, and was first Chair of Palliative Care at Flinders University, first President of the Australian Association for Hospice and Palliative Care and first President of the Australian and New Zealand Society for Palliative Medicine. Recipient of the inaugural Bethlehem Griffiths Medal for research in palliative care, Ian is recognised internationally for his work in palliative care, tropical and preventative medicine. Now Emeritus Professor at Flinders University, he continues daily care for the terminally ill.</p>
	<p>The Gift of the Holy Spirit, The Comforter - Strengthening Us in Our Daily Life</p>	<p>Bishop Bruce Rosier (Ret)</p>	<p>I was born in 1928 and grew up in Western Australia, studied physical sciences at the University of WA, and theology in England where I was ordained in 1954.</p> <p>My life was greatly enriched by marriage with Faith in 1954 that same year. Faith was lovely, gentle, good and wise with a wry sense of humour. We have four children and six grand-children who all owe so much to Faith's nurture and support. Faith helped me in so many ways to be a more rounded person, and I miss her deeply since her death 6 years ago.</p> <p>I worked as a deacon and priest in Sheffield, then in rural WA and as a bishop in WA and in northern SA, and as a parish priest in Adelaide until retiring from active ministry in 1994.</p>
	<p>Practical Wisdom</p>	<p>Seamus Baker Tutor Adelaide U3A Ph: 08 8359 3307 www.adelaideu3a.on.net</p>	<p>Seamus qualified as a teacher in England before moving to Adelaide in 1987. Since then he has enjoyed working as a community educator and counselor in many South Australian agencies. For 25 years he has practiced mindfulness meditation including 3 years of intensive Zen experience.</p> <p>Over the past 10 years he introduced mindfulness practice into several community health centres for people dealing with difficulties such as anxiety, depression, chronic stress and recovery from illness and trauma. He finds this work fulfilling because it compliments his own spiritual beliefs and practice.</p>