



# **POLIO AUSTRALIA INCORPORATED**

Representing polio survivors throughout Australia

## *Summary of the*

## **2012 Polio Health and Wellness Retreat Queensland**



## **Ramada Hotel and Conference Centre Marcoola Beach 26 - 29 April 2012**

### **Polio Australia Incorporated**

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## 1. Executive Summary

Polio Australia's vision is to ensure that ***all polio survivors in Australia have access to appropriate health care and the support required to maintain independence and make informed lifestyle choices.***

Since it commenced active operations in January 2010, Polio Australia has run three "Residential Chronic Condition Self Management" programs – also known as "Polio Health and Wellness Retreats". In line with our Strategic Plan, it is the goal of Polio Australia to run these Retreats annually for polio survivors and their partners/carers/family members in every state in Australia.

The ongoing theme of these annual Retreats is based on "The Healthy Body/Mind/Spirit", which takes a holistic approach towards effective self management of the Late Effects of Polio (LEOP) and Post Polio Syndrome (PPS), and associated behavioural change for polio survivors, their families, carers and family members.

In April 2010, the inaugural Retreat was held at St Joseph's Retreat for Reflective Living in Baulkham Hills, New South Wales, for 59 participants. In April 2011, the second Retreat was held in the tranquil setting of the Melbourne Business School in Mt Eliza, Victoria, and was attended by 64 people.

In April 2012, the third and most successful Retreat to date was held at the Ramada Hotel and Conference Centre Marcoola Beach on the Sunshine Coast in Queensland. There were 73 participants comprising 48 Queenslanders, 10 from New South Wales, 8 Victorians, and 7 Tasmanians. Nineteen participants had attended one or both of the previous Retreats.

With the assistance of the Spinal Injuries Association's Post Polio Network and the local Sunshine Coast Post Polio Support Group members, Polio Australia was able to source a number of local multi-disciplined health professionals familiar with – or willing to learn about – the issues associated with Late Effects of Polio. These therapists were invited to facilitate question and answer forums which enabled a broad spectrum of concerns to be raised within a group of people with similar conditions. This format has consistently been highly successful with people discussing their own experience of what works, supported by the knowledge and expertise of the respective health professionals.

An added element to this Q & A format is that the health professionals themselves develop a deeper understanding of the particular issues experienced by polio survivors. This firsthand knowledge will go on to inform their own clinical management practice strategies and, consequently, better serve the local post polio community.

### Day 1

Sessions addressing the "Healthy Body" included: an overview of 'The Polio Body' by Dr Peter Nolan (General Physician, Toowoomba Hospital), Continence Advice, Adapting Your Environment to Maximise Your Potential, Bracing Options, Foot Care for Polio Feet, Scooter Display and Try Outs, Audiology Assessments, Managing Pain, Hydrotherapy, Swallowing Difficulties, Strength Training for the Polio Body, 'Partnering Polio' for Partners/Carers/Family Members, Managing Chronic Disease, Respiratory Issues, and Dietary Advice. There were also opportunities for one-to-one consultations with a variety of health professionals, as well as appointments with massage therapists.

### Day 2

The "Healthy Mind" sessions commenced with a presentation from Ms Liz Telford, a Social Worker, Counsellor and Family Therapist who is also a polio survivor. This was followed by sessions on Seated Yoga, Feldenkrais, Mindfulness Strategies, Polio: The Early Experience, and My Life Story. There was also a range of fun activities such as: Cryptic Crosswords, Bonsai, Mahjong, Photography, Drawing, Singing, and Wine Appreciation, which were introduced as techniques to keep the 'mind' active. This day also included the opportunity of appointments with massage therapists.

### **Day 3**

Sessions for addressing the “*Healthy Spirit*” included a presentation by Bishop Ron Williams who also facilitated a session on Core Values and the Spirit. There were also concurrent sessions on: Finding the Meaning of Spirit, Creating a Happy Head Space, and Natural Healing.

Partners/carers/family members are encouraged to attend these Retreats as it is vital for the polio survivors to have their understanding and support in order to achieve their own self management goals. It is equally important for the partners/carers/family members to have scheduled and informal opportunities to meet and discuss their own specific concerns.

A lot of networking was done during the four days/three nights and people agreed to having their names on a Contact List so they could keep in touch with each other following the Retreat.

### **Evaluations**

By way of demonstrating how this Retreat has “changed people’s lives”, a sample of the evaluation comments follows:

*“ . . . we started a very emotional and informative time that far exceeded our expectations. We attended the Polio Australia’s Health and Wellness Retreat. I will not go into all of the sessions that were so marvellously organised by Polio Australia. But I do want to say the fantastic effort and energy that went into the planning and running of this entire Retreat was really appreciated by all of us. . . . Many new friendships were formed at the Retreat.”*

**By Joy and Don Hay, Cairns**

*“Initially, when we first looked at the Retreat’s range of sessions, it was a challenge deciding what to attend – everything looked so interesting; everything looked like a must-see! In the end, we decided not to go to the same sessions – in this way, we would be able to cover most topics, and gain as much information as possible over the three days. This worked really well for us, and at the end of each day, we shared what we had learnt from the day’s sessions.”*

**By Angela Gill, Partner of Bernard Peasley, Victoria**

*“As a massage therapist, I was delighted and honoured to be invited to offer massage therapy treatments at this year’s retreat. Massage therapy is wonderful for relaxation and managing muscle pain and tension, perfect for those suffering the Late Effects of Polio.*

*With each person that came to see me for massage, came stories of how fantastic this retreat was in delivering valuable information for their future health, and emotional moments of past stories shared. Overall I felt the positive energy flowing from a good time that was being had by all!”*

**By Veronica Johnson, Massage Therapist**

### **Acknowledgements**

We are extremely grateful to all the session facilitators and therapists (see Section 3 – Presenters) for sharing their expertise, especially as the majority of these presenters provided their time and knowledge at no charge.

Polio Australia was successful in its applications for Retreat funding from The Marian and E.H. Flack Trust (\$15,000) and GlaxoSmithKline (\$15,000) which enabled the financial flexibility to provide the 4 day/3 night Retreat at a reduced cost, starting from \$350.00 per person, which included all meals, accommodation and activities. We are most grateful to these funding bodies for their support of the post polio community. Polio Australia would also like to thank all those who donated door prizes.

Once completed, the full Report of the Queensland Retreat – which incorporates feedback from all the participants - will join the Program, Presenters List, selected Presentations, and photos. These documents can all be downloaded from Polio Australia’s website: [www.polioaustralia.org.au](http://www.polioaustralia.org.au) / What We Do / Polio Health and Wellness Retreats.

## 2. Demographics

### Who Came?

Polio Survivors	Spouse/Carers	Total Participants
47	26	73

### Gender Representation

Female	Male
47 Total – 34 Polio Survivors	26 Total – 13 Polio Survivors

### States

NSW	QLD	TAS	VIC
10	48	7	8

### Repeat Participants

NSW	QLD	TAS	VIC	Total Participants
10	1	3	5	19

**Participants Year of Birth Range** 1927 to 1972  
**Years Polio Contracted** 1929 to 1963

### Mobility Aids used

Electric Wheelchairs = 2  
 Elbow Crutches = 3  
 Manual Wheelchairs = 3  
 Motor Scooters = 5  
 Walker Frames = 13  
 Walking Sticks = 17

### Assistive Devices used

Shower Chairs = 7  
 Toilet Assists = 8




### 3. Presenters (in order of presentation)

Thursday 26 April

	<p><b>Welcome</b> and <b>Polio: The Early Experience</b> and <b>Cryptic Crosswords</b></p>	<p><b>Gillian Thomas</b> President Polio Australia Ph: 02 9663 2402 <a href="mailto:gillian@polioaustralia.org.au">gillian@polioaustralia.org.au</a></p>	<p>For over 20 years I have worked for the Post-Polio Network (NSW) Inc 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. Since May 1989 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><b>Welcome</b></p>	<p><b>Dr John Tierney OAM</b> National Patron Polio Australia Former National Patron of Lifeline Australia Former Federal Senator for NSW</p>	<p>John retired in May 2011 after six years as a Partner at Government Relations Australia Advisory and 14 years of distinguished service in the Australian Parliament, where he served as Senator for NSW. In his former role, John provided strategic advice on government matters to corporate clients across a wide range of industries at both a Federal and state level in NSW. Additionally John undertook pro bono advisory work for Lifeline Australia, Polio Australia and the Australian Association for the Education of the Gifted and Talented.</p> <p>During his time in Parliament, John was a Parliamentary Secretary to the Deputy Leader in the Senate and Parliamentary Secretary for Communications, Information Technology and the Arts.</p> <p>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/ICT, Transport, Health and Welfare issues.</p> <p>Prior to entering Parliament, John was a Senior Lecturer in Education at the University of Newcastle until 1991 and Chairman of St. Philips Christian College where he is still Patron.</p>

			<p>John holds the degrees of PhD and MEd in Education and a Bachelor of Economics (Sydney University and Newcastle University).</p> <p>In the 2012 Australia Day Awards John was awarded a Medal of the Order of Australia (OAM): <i>For service to the Parliament of Australia, to education, and to the community.</i></p>
	<p><b>Guest Speaker</b></p> <p><b><i>Services for Queensland Polio Survivors</i></b></p>	<p><b>John Mayo</b> Executive Manager - Community Relations Spinal Injuries Association</p>	<p>In 1994, John joined the Spinal Injuries Association (formerly the Paraplegic and Quadriplegic Association of Queensland). He contributed to a national precedent anti-discrimination test case involving the Brisbane Convention and Exhibition Centre that did not provide access for people unable to use steps.</p> <p>His continuing role is to advocate for services for people with spinal disabilities and their families by seeking to work cooperatively with government, business and the community – and to provide information about the disability experience.</p> <p>With a background in communication, marketing and education, John is involved in project consultancy and training about equity and access issues to government, business and the community – and is a media spokesperson. Before entering the Disability Sector, he worked for Australian media and is the recipient of 3 international newspaper marketing awards.</p> <p>Currently, John conducts audits, research, writes papers and is an advisor on equitable access to buildings, infrastructure, precincts, goods, services and information aimed at maximising the social and economic performance of venues and regions. He provides advice in discrimination jurisdictions, an example being the national precedent case, <i>C and A</i>, in the Anti Discrimination Tribunal, Queensland.</p> <p>In 2004 John was nominated 'Australian of the Year'. He is also a Queensland government nominee and recipient of the UN International Year of the Built Environment Award 2004, presented by the Premier, 5 December.</p>

	<p><b>Program Overview and Announcements</b>  <i>and</i>  <b>Guided Deep Relaxation</b>  <i>and</i>  <b>Choir</b></p>	<p><b>Mary-ann Liethof</b>  National Program Manager  Polio Australia  Ph: 03 9016 7678  <a href="mailto:mary-ann@polioaustralia.org.au">mary-ann@polioaustralia.org.au</a></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. 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 21<sup>st</sup> 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>
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Presentation

“My Antarctica”







**Syd Kirkby**  
Surveyor (Ret)




As a five year old in 1938 Syd was afflicted with fairly severe polio but was blessed to have a father who knew of Sister Kenny's work with polio victims and had sufficient commitment, and the necessary courage to defy the then dominant treatment regime. Over several years of dedicated, often lonely, striving he was to free Syd of his constraining callipers and rebuild him to fitness for an unusually physically robust life and mentally fit him for his hugely "Fortunate Life". He says, proudly, and with profound gratitude, that he was made by his father.




In 1954, while still a student he was selected as astronomer/navigator with the joint Commonwealth/WA State Government Great Sandy Desert Expedition and used this background as a credential for selection as surveyor with the 1956 Australian National Antarctic Research Expedition (ANARE) of 1956 which wintered at MacRobertson Land, Antarctica. At this time approximately 85% of this huge continent, almost twice the size of Australia, was unexplored and, indeed, mostly unseen, by any living creature. By ship voyages, many months long dog sledging journeys, aircraft flights and over-snow vehicle journeys he continued personal involvement with the exploration and mapping of Antarctica until the mid 1960s. Between Antarctic sojourns he worked on Australian topographic mapping in various capacities and in 1976 assumed responsibility for the National Topographic Mapping Programme. He retired from that position when the last map of the national programme was compiled in 1984.

Syd was awarded the Polar Medal in 1957 and was made a Member of the Order of the British Empire in 1965. He was awarded the Gold Medal of the Australian Geographical Society in 1997. In its canon of the 20<sup>th</sup> century *The Australian* newspaper named him as one of the 10 Australian Adventurers of the Century, in such company as Douglas Mawson and Charles Kingsford-Smith and Frank Hurley. He was awarded the Founder's Medal of the Royal Geographical Society of Queensland in 2002.





	<p><b>The Polio Body</b> and <b>Respiratory Issues</b> and <b>Self-Management Discussion</b></p>	<p><b>Dr Peter Nolan</b> General Physician Toowoomba Hospital Ph: 07 4616 6703</p>	<p>Dr Peter Nolan is a General Physician at Toowoomba Hospital, Queensland, as well as a Clinical Associate Professor of Medicine at the Rural Clinical School, University of Queensland. He has been working with polio survivors for a number of years and has a particular interest in respiratory problems in the post polio community.</p>
	<p><b>'Hold On' Contenance Advice</b> and <b>Consultations</b></p>	<p><b>Erica Mohr</b> Physiotherapist Contenance Advisory Service Nambour Community Health Sunshine Coast Health Service District Ph: 07 5450 4750 <a href="mailto:Erica_Mohr@health.qld.gov.au">Erica_Mohr@health.qld.gov.au</a></p>	<p>Erica Mohr graduated as a Physiotherapist from the University of Queensland in 1985. Erica has worked as physiotherapist for Queensland Health for 25 years in a variety of capacities. She worked for 18 years at a rural hospital in Queensland, initially as the sole Allied Health Professional, providing inpatient, outpatient and community health physiotherapy services. Erica then worked for a year in private practice in Brisbane and returned to Queensland Health as the physiotherapist for the newly formed Contenance Advisory Service (CAS) based at Nambour Community Health in 2003. She is passionate about her role at CAS, assisting clients of this service to manage their continence issues, her other passion is Men's Health. She is also presently involved with a team of health professionals researching prostatectomy post operative clinical outcomes and has been successful in receiving funding for part of this research.</p>
 	<p><b>Adapting Your Environment to Maximise Your Potential</b></p>	<p><b>Belinda Kropp</b> Occupational Therapist and Manager – Allied Health Team and <b>Gail Pitt</b> Physiotherapist Spinal Injuries Association Ph: 07 3391 2044 or Freecall: 1800 810 513 <a href="mailto:bkropp@spinal.com.au">bkropp@spinal.com.au</a> <a href="http://www.spinal.com.au">www.spinal.com.au</a></p>	<p>Belinda is presently employed as the manager of the Spinal Advisory Service, the Allied Health Team of the Spinal Injuries Association. She has been a practising Occupational Therapist for 15 years, with a post grad diploma in human services management. She has been employed at the association for over 7 years now and prior to this job was employed with Lifetec for 5 years. Her current job at the Spinal Injuries Association introduced her to working with people with post polio. Belinda has learnt a lot from her clients throughout her time as a therapist. She has extensive experience in complex seating prescription and funding equipment solutions for clients. Belinda is passionate about clients accessing services that ultimately enrich their lifestyle.</p> <p>Gail has had 11 years experience as a Physiotherapist; 7years as Senior Physiotherapist in the Spinal Injuries Unit, Princess Alexandra Hospital, 2 years at the Spinal Injuries Association prescribing equipment and working with clients with post polio.</p>



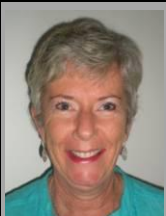
			<p>She is very interested in how the late effects of polio effect a person's capacity to function and has explored exercise regimes for clients who require assistance.</p>
	<p><b>To Brace or Not To Brace</b> <i>and</i> <b>Orthotics Assessments</b></p>	<p><b>Clint Nielsen</b> Orthotist/Director Orthotic Solutions Qld Ph: 07 3356 4676 <a href="mailto:info@orthoticsolutions.com.au">info@orthoticsolutions.com.au</a></p>	<p>Clint was born in Brisbane, and was educated at St Joseph's College, Nudgee. He is the principle clinician at Orthotic Solutions Qld Pty Ltd, and holds a Bachelor Degree in Prosthetics and Orthotics from La Trobe University in Victoria.</p> <p>Clint is a Certified Full Member with the Australian Orthotic Prosthetic Association (AOPA) and a member of the Australian Medical Grade Footwear Association (AMGFA) as well as the International Society for Prosthetics and Orthotics (ISPO).</p> <p>He has a special interest in Clinical Gait Analysis and complex lower limb Orthotic management with clinical experience and expertise in the areas of Post Polio Syndrome, Stroke (CVA), Spinal Cord Injuries, Multiple Sclerosis (MS) and Cerebral Palsy. Clint's previous clinical experience includes private and public positions and a clinical position for the Queensland Paediatric Rehabilitation Service and the Queensland Cerebral Palsy Health Service at the Royal Children's Hospital Brisbane.</p> <p>Clint enjoys the challenges and rewards of working in private practice with his wife Bianca and is always happy to be at home in time to see his two young sons.</p>
	<p><b>Foot Care for Polio Feet</b></p>	<p><b>Ben Kennedy</b> Podiatrist Ph: 07 5437 8805 <a href="mailto:info@innovationpodiatry.com.au">info@innovationpodiatry.com.au</a> <a href="http://www.innovationpodiatry.com.au">www.innovationpodiatry.com.au</a></p>	<p>Ben Kennedy graduated from Charles Sturt University with a Bachelor of Health Science (podiatry) in 2006. Ben worked throughout the sunshine coast for 2 years in private practice before taking a position in a regional hospital in northern Victoria where he established a podiatry service specialising in diabetic foot conditions and the high risk foot.</p> <p>Ben is experienced in and enjoys all aspects of podiatry however particular interest areas are;</p> <ul style="list-style-type: none"> <li>• The diabetic/high risk foot</li> <li>• Sports podiatry</li> <li>• Children's conditions</li> </ul> <p>In his spare time you will normally find Ben at the beach with a fishing rod in his hand.</p>
	<p><b>Orthotics Assessments</b></p>	<p><b>Bianca Nielsen</b> Orthotist Orthotic Solutions Qld Ph: 07 3356 4676 <a href="mailto:info@orthoticsolutions.com.au">info@orthoticsolutions.com.au</a></p>	<p>Bianca was born in Melbourne and was educated at Ivanhoe Grammar School in Victoria. She continued her education at La Trobe University in Melbourne where she obtained a Bachelor Degree in Prosthetics and Orthotics. Bianca is a Certified member with the Australian Orthotic Prosthetic Association (AOPA), and actively participates in continued professional development.</p>

			<p>Bianca moved to Queensland in 2004, where she gained clinical experience in a broad range of paediatric, orthopaedic and neuromuscular conditions. She then joined her husband Clint in private practice, establishing Orthotic Solutions Qld Pty Ltd. Bianca has particular interest and expertise in the area of adult lower limb biomechanics applied to post polio Syndrome and spinal injuries, as well as working with children with Cerebral Palsy, Plagiocephaly, Scoliosis, and Developmental Delay.</p> <p>Bianca juggles her career as an Orthotist with a busy family life, raising two young boys.</p>
	<p><b>Therapeutic Massage</b></p>	<p><b>Richard (Ric) Scott</b>          Massage Practitioner/Owner          Two Hands Massage Therapies          Mobile: 0407 643 434  <a href="mailto:twohandsmassages@gmail.com">twohandsmassages@gmail.com</a>  <a href="http://www.twohandsmassages.com">www.twohandsmassages.com</a></p>	<p>Ric established Two Hands Massage Therapies in 1992 with a view to specialising in assisting people to reach their greatest mobility potential. Ric's massage experience extends over 10 years across all modalities including Remedial, Deep Tissue, Swedish, Pregnancy and Hahana Hot Stone Massage. Ric incorporates Acupressure and Trigger Point work into his massages for specifically targeted pain relief. Ric has honed his understanding of human physiology via his personal involvement in sport as a coach and athlete, giving Ric thorough knowledge from both sides of the 'health and fitness fence'. Since completing his Certificate IV in Remedial massage, Ric has completed somewhere in the vicinity of 10,000 massages helping elite athletes to kids with cerebral palsy and everyone in between.</p>
	<p><b>Therapeutic Massage</b></p>	<p><b>Veronica Johnston</b>          Remedial Massage Therapist          Mobile: 0417 440 904  <a href="mailto:vjandmatt@bigpond.com">vjandmatt@bigpond.com</a></p>	<p>Veronica Johnston is a Remedial Massage Therapist with over 15 years experience in remedial, sports and pregnancy massage. One year ago she moved with her husband and 3 children from the Hawkesbury region of NSW to the beautiful Sunshine Coast, where she is now working in her own clinic at Coolum Beach.</p> <p>Veronica's experience has been enhanced by working in a variety of settings including chiropractic and physiotherapy clinics, and also in a nursing home. This has enabled her to hone her knowledge and skills to help with a variety of conditions, pain relief, and relaxation, from the very young to the elderly.</p>
	<p><b>Scooter and Aids and Equipment Display</b></p>	<p><b>Fiona Morris</b>          Manager          Scooters Wholesale          Ph: 07 5451 0551  <a href="mailto:scooterswholesale@gmail.com">scooterswholesale@gmail.com</a>  <a href="http://www.scooterswholesale.com.au">www.scooterswholesale.com.au</a></p>	<p>With offices on the Sunshine Coast, NSW Coast, Cairns and Melbourne, we are able to service and freight to any part of Australia. Discounted mobility aids, scooters, powerchairs, wheelchairs, golf scooters and lift/recline armchairs are our specialty. But we have also spent many years researching the very best brands according to reliability and cost effectiveness</p>

	<p><b>HEARINGLife</b>  <b>Audiology</b>  <b>Information</b>  <b>Stand</b></p> <p><i>and</i></p> <p><b>Hearing Test</b>  <b>Appointments</b></p>	<p><b>Caroline Telfar</b>  Audiologist  HEARINGLife  Ph: 07 5443 9744  <a href="mailto:caroline.telfar@hearinglife.com.au">caroline.telfar@hearinglife.com.au</a>  <a href="http://www.hearinglife.com.au">www.hearinglife.com.au</a></p>	<p>Caroline has extensive qualifications, including a Master of Audiology and Master of Human Services (Rehabilitation Counselling). She also brings a depth of medical experience having worked in critical and intensive care in Melbourne and England, as well as overseas voluntary nursing as part of a medical team carrying out heart surgery in China and Fiji. As an Audiologist she combines her experience in nursing and counselling to enhance her clinical role. Caroline works for HEARINGLife one of Australia's foremost hearing care providers with well over 60 years service to the community.</p> <p><i>"Hearing is so important for everyday communication and I want to help people stay connected – I want to assist clients to find good solutions for their hearing problems so that they are comfortable with their choices."</i></p>
	<p><b>Managing</b>  <b>Pain</b></p>	<p><b>Wendy Caldwell</b>  President  Australian Pain Management Association Inc (APMA)  Ph: 07 3391 6629  <a href="mailto:secretary.apma@bigpond.com">secretary.apma@bigpond.com</a>  <a href="http://www.painmanagement.org.au">www.painmanagement.org.au</a>  <a href="http://www.facebook.com/apma4u">www.facebook.com/apma4u</a></p>	<p>Wendy Caldwell's qualifications include a BA Dip Ed, Dip School Counselling, and Cert Inter-Professional Leadership</p> <p>Wendy has overseen the implementation of the Pain Link helpline including the protocols used by APMA volunteer peer counsellors. Wendy also undertakes extensive community education for Seniors living with pain, is the consumer representative on Metro South Persistent Pain Strategy (Qld) and Queensland Self-Management Alliance, expert advisory committee member, and provides input to courses for people living with persistent pain and workshops for Health Consumers Queensland and the Consumer Health Forum of Australia.</p> <p>Before retirement, Wendy had 30 years' experience in school counselling and teaching, in the role of Senior Guidance Officer.</p>
	<p><b>Hydrotherapy</b></p>	<p><b>Shane Tompson</b>  Allied Health Team Leader and Physiotherapist  Spiritus  Ph: 07 5459 5333  <a href="mailto:stompson@spiritus.org.au">stompson@spiritus.org.au</a>  <a href="http://www.spiritus.org.au">www.spiritus.org.au</a></p>	<p>My qualifications include a Bachelor of Science, Bachelor of exercise Science and Masters of Physiotherapy. I am also a member of the Australian Physiotherapy Association (APA). I have received several Academic and Clinical excellence awards whilst at University including, but not limited to, the Vasyli academic and clinical excellence bursary and the Golden Key international Honour Society.</p> <p>Since Graduation in 2005 I have worked in the public and private sector (including my own Physiotherapy Practice) as a Physiotherapist, throughout which I have always run Hydrotherapy sessions. As the Allied Health Team Leader for Spiritus, I look after 5 Physios, 3 OT's, a Social Worker, Speech Pathologist, Dietician, Chaplain, and 2 Allied Health Assistants.</p>



			<p>Spiritus on the Sunshine Coast services approximately 1000 clients. I am a strong believer in the benefits of exercise in water, which are numerous. I have also had previous experience treating clients with post polio syndrome.</p>
	<p><b>Strength Training for the Polio Body</b></p>	<p><b>Kylie Squelch</b>  Exercise Physiologist  Eden Rehabilitation Centre  <a href="mailto:Kylie.Squelch@sundale.org.au">Kylie.Squelch@sundale.org.au</a></p>	<p>Kylie graduated from the University of Queensland as an Exercise Physiologist who specialise in clinical exercise interventions for persons at high-risk of developing, or have existing chronic and complex medical conditions and injuries. These interventions are provided by exercise delivery including health and physical activity education, advice and support; and lifestyle modification with a strong focus on achieving behavioural change. The aims of EP interventions are to prevent or manage chronic disease or injury, and assist in restoring one's optimal physical function, health or wellness.</p> <p>Kylie is currently employed by Eden Rehabilitation Centre working in Outpatient care. The individualised programs she prescribes accommodate patients with varying conditions ranging from aged care, orthopaedics, neurological, stroke rehabilitation, pain management, musculoskeletal and reconditioning. The exercise programs she prescribes focus on improving balance and mobility, strength, aerobic fitness, joint range of movement, gait and to address functional abilities and activities of daily living.</p>
	<p><b>Hard To Swallow</b></p>	<p><b>Ruth Townson</b>  Speech Pathologist  Adult Health  Community and Extended Care  Sunshine Coast Health Service District  Ph: 07 5450 4750</p>	<p>I completed my Bachelor of Speech Pathology at the University of Queensland and graduated in 2002. My first working post was a part-time locum at Eventide Nursing Home, East Brisbane and this opened other opportunities to also locum at the Jacana Acquired Brain Injury and Mental Health Unit, The Royal Brisbane &amp; Women's Hospital and Redcliffe Hospital. I continued to acquire skills in providing a variety of Speech Pathology services to adult inpatients and the occasional outpatient.</p> <p>In 2005, I secured a permanent full time position with the Sunshine Coast Health Service District where my rotational position began in inpatient Rehabilitation. I began to utilise skills in the area I had always loved - aphasia therapy with patients who had suffered a stroke.</p> <p>Eight years down the track and I am now enjoying a more permanent and eclectic mix of clients in Community Health where I have come across post-polio for the very first time!</p>



	<p><b>Partnering Polio</b> <i>and</i> <b>Singing for Health</b></p>	<p><b>Ron Exiner</b> Partner of Liz Telford</p>	<p>Ron Exiner has been married to Liz Telford for 29 years. He has been educated about polio through Liz's journey and her participation in polio advocacy through being the inaugural President of Post Polio Victoria (PPV) and prior to that, a member of the former Polio Advisory Committee. Ron is an Associate Member of PPV and has a particular interest in issues around being involved with a polio survivor – whether as partner, family member or friend. Ron works for a Victorian local government peak body, advising councils about good governance and also enjoys strumming his guitar - as those who attend the singing session will see!</p>
	<p><b>Recipe for Success</b></p>	<p><b>Kate Stoker</b> Dietitian and Owner / Manager Simply Nutrition Dietitians Mobile: 0439 757 642 <a href="http://www.simplynutritiondietitians.com.au">www.simplynutritiondietitians.com.au</a></p>	<p>Kate Stoker is an Accredited Practising Dietitian and Accredited Nutritionist. She is the owner and manager of Simply Nutrition Dietitians, which is a private practice based on the Sunshine Coast and services patients and business from Gympie to North Brisbane. Kate and the Simply Nutrition team believe in providing outstanding personal care and easy to understand dietetic services for a wide range of conditions. Their main focus is to assist the population in leading a healthier lifestyle and to improve their quality of life.</p>
	<p><b>Managing Chronic Disease: Clinical and Complimentary Therapies</b> <i>and</i> <b>Consultations</b></p>	<p><b>Dr Rosemary Howard</b> General Practitioner Noosa Clinic Ph: 07 5449 7600 <a href="mailto:info@noosaclinic.com.au">info@noosaclinic.com.au</a></p>	<p>Dr Rosemary Howard (MBBS, FRACGP) graduated in 1977 from the University of NSW and after doing her internship, worked in West Africa for six months. She has 30 years' experience as a General Practitioner, the last 29 having been spent in Mackay, central Queensland. She has an interest in all aspects of General Practice but also Complimentary Medicine, including acupuncture and meditation. She works four days a week at Noosa Clinic.</p>
	<p><b>"The Epidemic" Movie</b> <i>50 minutes</i></p>	<p><b>Niels Frandsen</b> <a href="http://www.nielsfrandsen.dk">www.nielsfrandsen.dk</a></p>	<p><i>"I don't remember anything - but I'll never forget..."</i></p> <p>Danish film director Niels Frandsen transforms his memories and the story of his family into a deeply moving and beautiful film. Niels Frandsen was stricken by polio when he was 1 year old during the great epidemic in Copenhagen, Denmark in 1952.</p>

	<p align="center"><b>The Healthy Mind</b> <i>and</i> <b>Finding the Meaning of Spirit</b></p>	<p><b>Liz Telford</b> Social Worker/ Counsellor/ Family Therapist Private Practice and President Post Polio Victoria <a href="mailto:postpoliovictoria@gmail.com">postpoliovictoria@gmail.com</a> <a href="http://www.postpoliovictoria.com">www.postpoliovictoria.com</a></p>	<p>I work as a Social Worker, Counsellor and Family therapist. I see individuals, couples and families at my practice in Fairfield, Melbourne. People attend with all kinds of emotional concerns including depression, anxiety, stress and relationship issues. I have degrees in Behavioural Science, Social Work and a Masters in Family Therapy. I have Mental Health Accreditation with the Association of Social Workers and I am a clinical member of the Psychotherapy and Counselling Federation of Australia, the Australian Association of Social Work and the Australian Association of Family Therapists. Over my career of 30 years, I have also worked in Student Counselling, Community Health, and run disability programs. I now balance this work with my involvement with Post Polio Victoria, where I am currently President. I had polio at 6 months of age.</p>
	<p align="center"><b>Seated Yoga</b></p>	<p><b>Ralph Freestun</b> Yoga Teacher Maleny Ph: 07 5435 2842 <a href="mailto:ralphfreestun@gmail.com">ralphfreestun@gmail.com</a></p>	<p>I started yoga 16 years ago and obtained a teaching diploma in 2000 with the International Yoga Teachers Association. I have practiced continuously since starting, and have learnt most of the popular styles being offered by leading teachers in Australia.</p> <p>Yoga can help people to gain and maintain strength and flexibility, and reduce pain and suffering with advancing years. More importantly, yoga can provide an opportunity to grow in wisdom and achieve a more peaceful life. Yoga is a form of holistic self-care.</p> <p>After recently retiring from a career as a Civil Engineer, I am now specialising in teaching older people. Postures are modified to suit people with disabilities. 'Chair' classes are available for people who have difficulty moving from the floor to standing.</p>
	<p align="center"><b>Feldenkrais: Learning to Move More Easily</b></p>	<p><b>Robyn Lavery</b> Feldenkrais Tutor U3A Sunshine Coast Ph: 07 5479 2446 <a href="mailto:robynlavery@gmail.com">robynlavery@gmail.com</a> <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a></p>	<p>I have been using and exploring the Feldenkrais Method for nearly twenty years, and I have found it to be very helpful for addressing postural and balance problems I have had over my life. My passion for Feldenkrais has led me to train as a practitioner, and I am currently registered to teach classes (we call them Awareness through Movement – ATM). When I finish my further studies I will be conducting one-on-one private sessions called Functional Integration here on the beautiful Sunshine Coast.</p> <p>I look forward to introducing you to the Feldenkrais Method and helping you discover better balance, co-ordination and flexibility.</p>



	<b>Mindfulness</b>	<b>Vicki Fleming</b> Social Worker Community and Extended Care Services Sunshine Coast Health Service District Ph: 07 5449 5944	Vicki lives and works on the Sunshine Coast. Vicki has been a social worker for 27 years and has lots of experience as a counsellor, facilitator of groups and trainer. Special areas of interest include grief and loss, sudden and traumatic loss, anxiety and depression and mindfulness. Vicki also teaches and practices Tai Chi.
	<b>Therapeutic  Massage  and  Creating a  Happy Head  Space</b>	<b>Kristy Rackham</b> Massage Practitioner and Meditation Therapist / Lifestyle Trainer / Author Ph: 0487 769 629 <a href="mailto:visualisethisenterprises@gmail.com">visualisethisenterprises@gmail.com</a> <a href="http://www.visualisethisenterprises.com">www.visualisethisenterprises.com</a>	Kristy Rackham is the author of " <a href="#"><i>Head Space-Meditate Your Way to Study Success</i></a> ", a book that teaches utilisation of mindfulness techniques and creative visualisation to help students of all ages manage their stress, increase productivity, enhance memory and clarity of mind, and improve general wellbeing and life balance whilst their noses are in the books. Her experience in meditation and holistic therapies spans over 17 years, and certificate qualifications in therapeutic massage and other natural healing modalities, is now complemented by a medical understanding via Kristy's current nursing studies. Her Bachelor of Nursing majors in mental health, with a focus on health prevention and ' <a href="#">lifestyle sustainability</a> '. Kristy's combined training and personal experiences have taught her that anything is possible if you can visualise it, a philosophy she lives her life by! She encourages, directs and nurtures her clients in a positive way via a model she has developed called " <i>The 6 Circles Life: Achieving Lifestyle Sustainability</i> ", revealing methods that everyone can utilise to morph their lives from quiet potentials into bold manifestations. Kristy speaks on this topic with passion and enthusiasm and her audiences walk away inspired and determined to make affirmative changes in their lives.
	<b>Aids and  Equipment  Display</b>	<b>Louise Sanders</b> Queensland Sales Manager Para Mobility Ph: 07 5549 3106 Mobile: 0413 221 019 <a href="mailto:qld@paramobility.com.au">qld@paramobility.com.au</a> <a href="http://www.paramobility.com.au">www.paramobility.com.au</a>	Para Mobility is an innovative Australian company with a unique understanding of the specific lifting requirements for people with a disability. We specialise in the design, manufacture and distribution of specialised disability equipment. Since the early 80's we have been continually refining our equipment with designs that best suit our growing client needs.
	<b>Learn to Play  Mahjong</b>	<b>Tina Scullion,  Dianne Andrews,  Lorraine Whitehead and  Barbara Whip</b> Mahjong Enthusiasts U3A Sunshine Coast Ph: 07 5430 1123 <a href="mailto:u3ascu@usc.edu.au">u3ascu@usc.edu.au</a> <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a>	These Mahjong enthusiasts meet every Wednesday afternoon, along with other U3A members and enjoy a great afternoon playing Mahjong. With the exception of Tina, who moved to the coast 11 years ago, all of the other ladies have enjoyed the wonderful coast life for over 25 years. Coming from varied professional backgrounds, they all enjoy a common interest in the game. It is a really good social event, which is equally as challenging.

			<p>Dianne comes from a teaching background, Tina from banking, Lorraine from nursing, and Barbara modestly admits to home duties, all the while assisting her husband in his business ventures.</p>
	<p><b>Improving Your Photography</b></p>	<p><b>Barry Beckham</b>  Photographic Tutor  Beckham Digital  <a href="http://www.beckhamdigital.com.au">www.beckhamdigital.com.au</a>  <a href="http://www.beckhamdigital.co.uk">www.beckhamdigital.co.uk</a></p>	<p>Barry Beckham has been involved in photography for over 35 years and during the digital revolution he quickly swapped his darkroom for a computer. Barry says that the important thing in photography is to create eye catching images with visual impact. Barry has written and recorded hundreds of tutorials and articles for many of the Digital Photo magazines in the UK. Barry produces video tutorials on disk for those wishing to learn the complexities of image editing via software such as Photoshop and Photoshop Elements. His tutorials have earned him quite a reputation for his easy style and a gift for getting the message across in a simple way. Barry says that anyone who wishes to be an accomplished photographer must have image editing skills, there is no sidestepping this fact. Like all of our life skills, our Photography can be improved with a little knowledge and practice. It's also an art and that provides us with the interest and stimulation we look for in a hobby or pastime.</p>
	<p><b>My Life Story</b></p>	<p><b>Jenny Riley</b>  Writing Tutor  U3A Sunshine Coast  Ph: 07 5430 1123  <a href="mailto:u3ascu@usc.edu.au">u3ascu@usc.edu.au</a>  <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a></p>	<p>Writing has always been a part of my life and, on a volunteer basis for U3A Sunshine Coast and U3A Online; I have been helping people to write their life story over the last ten years. The results have been well worthwhile. Before I came to Australia forty-nine years ago my original profession was nursing and I trained in UK doing orthopaedic nursing as well as general nursing and midwifery. When I was involved with orthopaedics both polio and TB were the predominant reasons for our patients being in hospital. Understanding something about polio will, I feel sure, allow me to help and encourage at least some of you to write your experiences.</p>
	<p><b>Drawing Skills</b></p>	<p><b>Paul Horne</b>  Art Tutor  U3A Sunshine Coast  Ph: 07 5430 1123  <a href="mailto:u3ascu@usc.edu.au">u3ascu@usc.edu.au</a>  <a href="http://www.u3asunshine.org.au">www.u3asunshine.org.au</a></p>	<p>I became interested in drawing, sketching and sculpting in clay after retiring from teaching high school (Biology and Chemistry) 3 years ago. I am presently organizing two art classes with U3A on the Sunshine Coast. The skill of drawing is a learned process and depends on how we view the world around us. What we see out there requires basic perceptual skills for lines, shapes, shadows and relationships between them. This brief presentation will try to demonstrate some of these perceptual skills and get you on your way to enjoying drawing and sketching the world around us.</p>

	<p><b>Bonsai</b></p>	<p><b>Frank Bryant</b> and <b>Margaret Roberson and Jenny Page</b> Bonsai Enthusiasts Sunshine Coast Bonsai Society and <b>Mark Bishop</b> Dapto Bonsai Club Ph: 07 5442 8130</p>	<p>Frank can't remember when he started dabbling with Bonsai but can remember why and how. He was living in Sydney where his interest was provoked by seedlings from a liquidambar and a Japanese maple in his garden. When he moved in 1990, a couple of figs, a Chinese elm and a liquidambar group came too. He joined the Sunshine Coast Bonsai Society in 1993 where it soon became obvious that his treasured 'Bonsai' left a lot to be desired. As his skills in Bonsai improved he became involved in demonstrations and talks at clubs and venues and was elected Vice President in 2005. Although he no longer holds an official position with the Bonsai Society, Frank is still as keen as ever.</p> <p><i>Plants and pots were bought at cost from Tess &amp; Selby Simpson, Bonsai Northside Nursery, Morayfield, Qld, and are being donated by the Sunshine Cost Bonsai Society.</i></p>
	<p><b>Wine Appreciation</b></p>	<p><b>Darren Naylor</b> Sales Manager Purple Palate and Vineyard Owner Brockenchack Ph: 07 5443 4570 <a href="mailto:darren.naylor@purplepalate.com.au">darren.naylor@purplepalate.com.au</a> <a href="http://www.purplepalate.com">www.purplepalate.com</a> <a href="http://www.brockenchack.com.au">www.brockenchack.com.au</a></p>	<p>A former triathlete champion, Darren now runs hard making sure Sunshine Coast wine lovers get a chance to sample the handcrafted gems sourced by the Purple Palate team from across Australia. A self-confessed Cabernet freak, Darren believes there's nothing better in life than a backyard barbie with friends and fabulous wine.</p>
 <p>FUNNY FACE. FUNNY MAGIC.</p> <p><b>Sir Andum</b> MAGICIAN</p>	<p><b>To book "Sir Andum" for your next function</b> Mobile: 0435 300 095 <a href="mailto:sir_andum@hotmail.com">sir_andum@hotmail.com</a></p>	<p>Ben Wright is a talented young performer who entertains through his passion for magic. After seven years of practising and presenting his art, he has a portfolio that any entertainer would be proud of.</p> <p>Under the stage name "Sir Andum", he has taken his magic from the lounge room to major festivals. Since his first public performance in 2003, Ben's emergence into the profession has created quite a stir. His act ranges from dark and mysterious to light and funny but whether it's quirky, serious or relaxed, it is always professional and unique.</p>	

	<p><b>The Healthy Spirit</b> and <b>Core Values and the Spirit</b></p>	<p><b>Ron Williams</b></p>	<p>As Bishop of the Southern Region of the Anglican Diocese of Brisbane for 14 years until retirement, I had the privilege of caring pastorally for clergy and people in a changing social environment which I found a challenge and huge opportunity.</p> <p>Before this, my passion for relating faith to the business of everyday life led to developing a Ministry to the City of Adelaide Monday to Friday.</p> <p>I sought to pastorally support decision makers; to provide neutral meeting ground for the discussion of issues of importance across the city; and to assist in the development of healthier ethical organisational practices.</p> <p>As a result of living in Fiji for 12 years as a young priest, I became acutely aware of the diversity of human needs, and took time out to study Race Relations and be awarded a Masters Degree in Social Sciences from Bristol University.</p> <p>My love for jazz is a lifelong obsession, and my double bass is as much travelled as I am. In retirement I play regularly with an ensemble of mandolins.</p> <p>In my youth I gained a Bachelor of Arts degree at Adelaide University, and in Morpeth, NSW. I studied theology.</p> <p>I am married to Katie. We have 3 children and 5 grandchildren all living in Victoria, while we live in retirement in Brisbane.</p>
	<p><b>Natural Healing</b></p>	<p><b>Romel Cordeiro</b> Acupuncturist / Healer and <b>Vanessa Cordeiro</b> Naturopath Body Smart Clinic Ph: 07 5309 6963 <a href="mailto:info@bodysmartclinic.com">info@bodysmartclinic.com</a> <a href="http://www.bodysmartclinic.com">www.bodysmartclinic.com</a> <a href="http://www.therapeuticpainsolutions.com">www.therapeuticpainsolutions.com</a> <a href="http://www.lotuschant.com">www.lotuschant.com</a></p>	<p>Romel has a diploma in Acupuncture and Remedial Massage and is a qualified Bowen therapist. He has been in clinical practice since 1981, originally in Hawaii, where he lived for many years and running a private practice “<i>Island Natural Therapies</i>” in Honolulu, while also working in association with orthopaedic doctors at the Straub hospital.</p> <p>His clinical experience has always been focused on injuries, especially spinal problems and migraine headaches. He has also trained and gained clinical experience while he stayed in Shanghai, China working in a Chinese traditional medicine hospital.</p> <p>Romel has given many talks and demonstrations and taught many post graduate workshops in the US and Australia to other therapists, sharing his knowledge, experience and advanced techniques. Romel has also practiced Chi Gong for many years which has contributed to his wonderful ability to treat people on an energetic level. He is a gifted, intuitive and passionate therapist with a true love for his profession.</p>

			<p>Vanessa is a qualified Naturopath and has 15 years of experience as a massage therapist working with injuries both in a physiotherapy clinic and private practice. She is passionate about encouraging vegetarianism, simple lifestyle and treating the body naturally and holistically.</p> <p>Romel and Vanessa moved to Australia where they has been living on the Sunshine Coast in Queensland and operating Body Smart Clinic together.</p>
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#### 4. Program

## Polio Health and Wellness Retreat Body / Mind / Spirit Program

*A program offered by Polio Australia Inc*

Thursday 26, Friday 27, Saturday 28 and Sunday 29 April 2012  
at  
**Ramada Hotel and Conference Centre Marcoola Beach**  
(formerly SurfAir at Marcoola)

### Thursday 26 April

Time	Activity	Facilitator
2.00 to 6.30 pm	Registration, room allocation and facility orientation	
6.30 to 7.30 pm	<b>Dinner in the Spinnaker Room</b>	
7.30 pm	Welcome	Gillian Thomas <i>President, Polio Australia</i> and Dr John Tierney <i>National Paton, Polio Australia</i>
7.45 pm	Guest Speaker: John Mayo – “ <i>Services for Queensland Polio Survivors</i> ”	Introduction by Mary-ann Liethof <i>National Program Manager, Polio Australia</i>
8.00 pm	Program Overview and Brief Announcements	Mary-ann Liethof
8.15 pm	Participant Introductions	Mary-ann Liethof
8.30 pm	Presentation: “ <i>My Antarctica</i> ” by Syd Kirkby	Introduction by Gillian Thomas

### Friday 27 April

Time	Activity	Facilitator
7.30 to 9.00 am	<b>Breakfast</b>	
9.15 to 10.00 am	<b>The Polio Body</b>	Dr Peter Nolan <i>General Physician Toowoomba Hospital</i>
10.00 to 10.25 am	<b>Morning Tea</b>	
10.30 am to 12.00 pm	<b>‘Hold On’ Contenance Advice</b> During the acute polio attack 20% of polio patients experienced voiding symptoms. Theoretically these problems may return with the decline of function experienced by polio survivors in later years. This will be an important session for many. – interactive Q & A session	Erica Mohr <i>Physiotherapist Contenance Advisory Service Nambour Community Health</i>

<b>Time</b>	<b>Activity</b>	<b>Facilitator</b>
<b>Friday 27 April</b> 10.30 am to 12.00 pm	<b>Adapting Your Environment to Maximise Your Potential</b> When your body shuts down your dreams don't have too. This session will explore exercise to maintain function and equipment options to assist in making life easier. – interactive Q & A session	Belinda Kropp <i>Occupational Therapist &amp; Manager-Allied Health Team</i> and Gail Pitt <i>Physiotherapist Spinal Injuries Association</i>
	<b>To Brace or Not To Brace</b> This is an important question for anyone who is tripping more often, or is noticing progressive muscle weakness. Don't wait until you break a bone! – interactive Q & A session	Clint Nielsen <i>Orthotist/Director Orthotic Solutions Qld</i>
	<b>Foot Care for Polio Feet</b> The more limited your mobility, the more important it is to look after your feet! – interactive Q & A session	Ben Kennedy <i>Podiatrist Innovation Podiatry</i>
	<b>Self-Management Discussion</b> – booked 20 minute one-to-one session ( <i>free</i> )	Dr Peter Nolan <i>General Physician Toowoomba Hospital</i>
	<b>Orthotics Assessment</b> – booked 30 minute one-to-one session ( <i>free</i> )	Bianca Nielsen <i>Orthotist Orthotic Solutions Qld</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner Two Hands Massage Therapies</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>
12.15 pm	<b>Lunch</b>	
	<b>Scooter and Aids and Equipment Trade Display</b> Practical try-outs; check what's available; and purchase products.	Fiona Morris <i>Sales Manager Scooters Wholesale</i>
	<b>Audiology Information Stand</b>	Caroline Telfar <i>Audiologist HearingLife</i>
1.00 to 2.00 pm	<b>Guided Deep Relaxation</b> – 20 min session at 1.30pm	Mary-ann Liethof <i>Polio Australia</i>
	<b>Self-Management Discussion</b> – booked 20 minute one-to-one session ( <i>free</i> )	Dr Peter Nolan <i>General Physician Toowoomba Hospital</i>
	<b>Continence Advice</b> – booked 20 minute one-to-one session ( <i>free</i> )	Erica Mohr <i>Physiotherapist Continence Advisory Service Nambour Community Health</i>
	<b>Orthotics Assessment</b> – booked 30 minute one-to-one session ( <i>free</i> )	Clint or Bianca Nielsen <i>Orthotists Orthotic Solutions Qld</i>

<b>Time</b>	<b>Activity</b>	<b>Facilitator</b>
<b>Friday 27 April</b> 1.00 to 2.00 pm	<b>Hearing Test Appointment</b> – booked 15 minute one-to-one session ( <i>free</i> )	Caroline Telfar <i>Audiologist</i> <i>HearingLife</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner</i> <i>Two Hands Massage Therapies</i>
2.00 to 3.30 pm	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>
	<b>Managing Pain</b> Living with long-term pain can be frustrating and exhausting. In order to get life on track, knowledge of how your body responds to your condition and to treatment is needed. At the same time, we need to learn self-care skills to become good pain managers, partnering with the healthcare team. – interactive Q & A session	Wendy Caldwell <i>President</i> <i>Australian Pain Management Association Inc.</i>
	<b>Hydrotherapy</b> Because of the buoyancy of water, hydrotherapy allows people to do things they can't perform on land. Water resistance provides a workout that can be fine-tuned to each person's strength. - practical session in the pool  <b>NOTE:</b> Medical clearance from a GP is required for this session, as well as the ability to enter and exit the pool independently.	Shane Tompson <i>Allied Health Team Leader and Physiotherapist</i> <i>Spiritus</i>
	<b>Hard to Swallow</b> The Late Effects of Polio can cause progressive weakness in the bulbar muscles of the tongue, mouth and throat and triggers swallowing problems called 'dysphagia'. This session will discuss techniques for minimising dysphagia. – interactive Q & A session	Ruth Townson <i>Speech Pathologist</i> <i>Adult Health Community and Extended Care Services</i> <i>Sunshine Coast Health Service District</i>
	<b>Strength Training for the Polio Body</b> Research indicates that <i>modified</i> exercise is beneficial for the polio population with or without PPS. Muscle strengthening may be performed in muscles with residual poliomyelitis weakness but must be closely monitored to avoid muscle fatigue. What does this mean for you? - practical session in the gym	Kylie Squelch <i>Exercise Physiologist</i> <i>Eden Rehabilitation Centre</i>
	<b>Partnering Polio</b> This is a guided discussion for anyone who has come along to the Retreat with a person who is post polio	Ron Exiner <i>Partner of Liz Telford</i>
	<b>Self-Management Discussion</b> – booked 20 minute one-to-one session ( <i>free</i> )	Dr Peter Nolan <i>General Physician</i> <i>Toowoomba Hospital</i>
<b>Orthotics Assessment</b> – booked 30 minute one-to-one session ( <i>free</i> )	Clint or Bianca Nielsen <i>Orthotists</i> <i>Orthotic Solutions Qld</i>	



<b>Time</b>	<b>Activity</b>	<b>Facilitator</b>
<b>Friday 27 April</b> 2.00 to 3.30 pm	<b>Hearing Test Appointment</b> – booked 15 minute one-to-one session ( <i>free</i> )	Caroline Telfar <i>Audiologist</i> <i>HearingLife</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner</i> <i>Two Hands Massage Therapies</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>
3.30 to 3.55 pm	<b>Afternoon Tea</b>	
4.00 to 5.30 pm	<b>To Brace or Not To Brace</b> This is an important question for anyone who is tripping more often, or is noticing progressive muscle weakness. Don't wait until you break a bone! ( <i>Repeat</i> ) – interactive Q & A session	Clint Nielsen <i>Orthotist/Director</i> <i>Orthotic Solutions Qld</i>
	<b>Managing Chronic Disease: Clinical and Complimentary Therapies</b> This wide ranging discussion will cover the role of the GP as well as the place of complementary therapies such as acupuncture and meditation in dealing with chronic disease – interactive Q & A session	Dr Rosemary Howard <i>General Practitioner</i> <i>Noosa Clinic</i>
	<b>Cough and Spit: Respiratory Issues for Polio Survivors</b> Respiratory problems can impact on many aspects of daily living including chronic fatigue and the inability to concentrate. Is this you? – interactive Q & A session	Dr Peter Nolan <i>General Physician</i> <i>Toowoomba Hospital</i>
	<b>Recipe for Success</b> Food for wellbeing and practical weight management strategies – interactive Q & A session	Kate Stoker <i>Dietitian and Owner / Manager</i> <i>Simply Nutrition Dietitians</i>
	<b>Orthotics Assessment</b> – booked 30 minute one-to-one session ( <i>free</i> )	Bianca Nielsen <i>Orthotist</i> <i>Orthotic Solutions Qld</i>
	<b>Hearing Test Appointment</b> – booked 15 minute one-to-one session ( <i>free</i> )	Caroline Telfar <i>Audiologist</i> <i>HearingLife</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner</i> <i>Two Hands Massage Therapies</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>
5.45 to 6.15 pm	<b>GP Consultation</b> – booked 15 minute one-to-one session ( <i>free</i> )	Dr Rosemary Howard <i>General Practitioner</i> <i>Noosa Clinic</i>
	<b>Choir Practice</b>	Mary-ann Liethof <i>Polio Australia</i>

Time	Activity	Facilitator
<b>Friday 27 April</b> 6.30 to 7.30 pm	<b>Buffet Dinner</b>	
7.30 and 7.45 pm	<b>GP Consultation</b> – booked 15 minute one-to-one session ( <i>free</i> )	Dr Rosemary Howard <i>General Practitioner Noosa Clinic</i>
7.30 pm onwards	<b>Free Time</b>	
8.00 to 9.00 pm	<b>Movie: “The Epidemic”</b> by Neils Fransden This movie is a ‘must see’ for anyone attending Gillian Thomas’s session on Saturday – “ <i>Polio: The Early Experience</i> ”	

### Saturday 28 April

Time	Activity	Facilitator
7.30 to 9.00 am	<b>Breakfast</b>	
9.15 to 10.00 am	<b>The Healthy Mind</b>	Liz Telford <i>Social Worker, Counsellor and Family Therapist Private Practice</i>
10.00 to 10.25 am	<b>Morning Tea</b>	
10.30 am to 12.00 pm	<b>Yoga</b> Yoga can provide an opportunity to grow in wisdom and achieve a more peaceful life - practical session / seated	Ralph Freestun <i>Yoga Teacher Maleny</i>
	<b>Feldenkrais: Learning to Move More Easily</b> When did you last think about how you stand, walk, sit or breathe? Explore your movement habits and discover easier ways you can move. - practical session / seated	Robyn Lavery <i>Feldenkrais Tutor U3A Sunshine Coast</i>
	<b>Mindfulness: What Is It And How Can It Help Me?</b> Mindfulness is about consciously bringing awareness to our here-and-now experience, with openness, interest and receptiveness. Learn about mindfulness, the health and wellbeing benefits and experience some mindfulness practice. The techniques can easily be incorporated into daily living. - interactive session	Vicki Fleming <i>Social Worker Community and Extended Care Services Sunshine Coast Health Service District</i>
	<b>Polio: The Early Experience</b> “ <i>The Epidemic</i> ” focuses on the emotional aspects of childhood polio and this session will be a facilitated discussion of the film and the issues it raises.	Gillian Thomas <i>President Polio Australia</i>

<b>Time</b>	<b>Activity</b>	<b>Facilitator</b>
<b>Saturday 28 April</b> 10.30 am to 12.00 pm	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner Two Hands Massage Therapies</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Kristy Rackham <i>Massage Practitioner</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>
12.15 pm	<b>Lunch</b>	
1.00 to 2.00 pm	<b>Aids and Equipment Trade Display</b> Car hoist demonstration; check what products are available	Louise Sanders <i>Queensland Sales Manager Para Mobility</i>
	<b>Guided Deep Relaxation</b> – 20 min session at 1.30pm	Mary-ann Liethof <i>Polio Australia</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner Two Hands Massage Therapies</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Kristy Rackham <i>Massage Practitioner</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>
2.00 to 3.30 pm	<b>Learn to Play Mahjong</b> A game of skill, strategy and calculation <i>Max 12 participants</i>	Tina Scullion, Dianne Andrews, Lorraine Whitehead, and Barbara Whip <i>Mahjong Enthusiasts U3A Sunshine Coast</i>
	<b>Improving Your Photography</b> Bring along your camera for some great tips on how to create eye catching images with visual impact!	Barry Beckham <i>Photographic Tutor Beckham Digital</i>
	<b>Cryptic Crosswords</b> Take up the challenge and learn to translate those elusive clues	Gillian Thomas <i>President Polio Australia</i>
	<b>My Life Story</b> This will be an introduction to writing Autobiography. It will look at things which will make your story interesting, how to achieve this goal simply and how to attract your audience (reader). The session will be informal and there will be opportunities for questions and discussion.	Jenny Riley <i>Writing Tutor Sunshine Coast U3A</i>
	<b>Partnering Polio</b> This is a guided discussion for anyone who has come along to the Retreat with a person who is post polio	Ron Exiner <i>Partner of Liz Telford</i>

<b>Time</b>	<b>Activity</b>	<b>Facilitator</b>
<b>Saturday 28 April</b> 2.00 to 3.30 pm	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner</i> <i>Two Hands Massage Therapies</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Kristy Rackham <i>Massage Practitioner</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>
3.30 to 3.55 pm	<b>Afternoon Tea</b>	
4.00 to 5.30 pm	<b>Drawing Skills</b> To draw what we see in the world requires basic perceptual skills for lines, shapes, shadows and relationships between them. Find out more in this creative session.	Paul Horne <i>Art Tutor</i> <i>U3A Sunshine Coast</i>
	<b>Singing Is Good For Your Health!</b> Singing in groups has proven benefits for general wellbeing – and it’s fun. Don’t be afraid to raise your voice at this session!	Ron Exiner <i>Music Maker</i>
	<b>Bonsai</b> Learn how to create your own mini garden, starting with one you’ll be taking home from this session	Frank Bryant, Margaret Roberson and Jenny Page <i>Bonsai Enthusiasts</i> <i>Sunshine Coast Bonsai Society</i> and Mark Bishop <i>Dapto Bonsai Society</i>
	<b>Wine Appreciation</b> Can you tell your Chardonnay from your Sauvignon Blanc? Your Merlot from your Shiraz? Does it even matter? This session is not recommended for teetotallers . . .	Darren Naylor <i>Sales Manager</i> <i>Purple Palate and Vineyard Owner</i> <i>Brockenchack</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Richard Scott <i>Massage Practitioner</i> <i>Two Hands Massage Therapies</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Kristy Rackham <i>Massage Practitioner</i>
	<b>Therapeutic Massage</b> – booked sessions (\$30.00 for half hour / \$60.00 for one hour)	Veronica Johnston <i>Massage Practitioner</i>
5.45 to 6.15 pm	<b>Choir Practice</b>	Mary-ann Liethof <i>Polio Australia</i>

Time	Activity	Facilitator
6.30 to 7.30 pm	Dinner	
8.00 to 9.00 pm	<b>"Sir Andum Magic"</b> - Enjoy having Sir Andum 'Change Your Reality'!	

## Sunday 29 April

Time	Activity	Facilitator
7.30 to 9.00 am	Breakfast	
9.15 to 10.00 am	<b>The Healthy Spirit</b>	Bishop Ron Williams <i>Southern Region of the Anglican Diocese of Brisbane (Ret)</i>
10.00 to 10.25 am	Morning Tea	
10.30 am to 12.00 pm	<b>Core Values and the Spirit</b> Spirituality is at the core of all that we humans are and do. What makes for human flourishing for us all? – interactive discussion group	Bishop Ron Williams
	<b>Finding the Meaning of Spirit</b> This will be a facilitated discussion about what it means to each of us to attend to the 'spirit', the 'soul', the 'inner self'. All individual interpretations welcome!	Liz Telford <i>Social Worker, Counsellor and Family Therapist Private Practice</i>
	<b>Creating a Happy Head Space</b> This session will present mindfulness techniques and creative visualisation to manage stress, increase productivity, enhance memory and clarity of mind and improve general wellbeing and life balance. – interactive discussion group	Kristy Rackham <i>Meditation Therapist Visualise This Enterprises</i>
	<b>Natural Healing</b> Explore the ancient practice of managing chronic pain and inflammation through acupuncture, diet and herbs. This session concludes with a singing mantra meditation. – interactive Q & A session	Romel Cordeiro <i>Acupuncturist / Healer</i> and Vanessa Cordeiro <i>Naturopath Body Smart Clinic</i>
12.15 pm	B-B-Q Lunch	
1.15 to 2.30 pm	<b>Choir Performance</b> and <b>Closing Plenary</b>	Mary-ann Liethof and Gillian Thomas <i>Polio Australia</i>

## 5. Appendices

### 5.1 Polio Australia Congrats' on a Wonderful Retreat!

*by Veronica Johnston, Massage Practitioner*

Source: [www.scoopsisters.com.au](http://www.scoopsisters.com.au) - 1 May 2012

#### **Polio Australia Congrats' on a Wonderful Retreat!**

It is not very often that I have the chance to deviate from my usual work routine. And don't get me wrong I love spending Mondays and Tuesdays at Coastal Physiotherapy in Maroochydore (just a little plug for the business that keeps me busy), then the rest of the week working for myself, but there is something to be said for a change of scenery. The wonderful people I met at this year's retreat, held by Polio Australia, really made me feel fantastic about the skills I possess as a massage therapist and gave me a sense of renewed enthusiasm for the career I have spent the last 16 years in. And here I was supposed to be making them feel great, well let's hope I had achieved this goal!

Today, Polio is not something parents have to fear thanks to a vaccination that has thankfully eradicated this disease. Unfortunately for those, who in their childhood contracted the disease the effects today has many implications. Polio Australia recently organised a three day Polio Health and Wellness retreat on the Sunshine Coast that presented a range of talks covering self management techniques that enable sufferers to remain independent for longer and to help manage pain and fatigue.

As a massage therapist, I was delighted and honoured to be invited to offer massage therapy treatments at this year's retreat. Massage therapy is wonderful for relaxation and managing muscle pain and tension, perfect for those suffering the late effects of Polio.

With each person that came to see me for massage, came stories of how fantastic this retreat was in delivering valuable information for their future health, and emotional moments of past stories shared. Overall I felt the positive energy flowing from a good time that was being had by all!

What a fantastic organisation is Polio Australia, whose site provides valuable information to polio survivors, their families, carers and the wider community.

From where I was standing, this was a highly successful and enjoyable retreat for the 73 people in attendance. Well Done Polio Australia!

To view this all this wonderful organisation has to offer go to [www.polioaustralia.org.au](http://www.polioaustralia.org.au)

### 5.2 Feedback from Joy and Don Hay, Cairns

On the 18<sup>th</sup> of April we left our home in Cairns to travel on a most fulfilling journey. Thirty four days later we returned home. On the way south by train, 17 hours later we arrived in Rockhampton and broke our journey for four days with our daughter and family. Back on the train and almost seven hours later we disembarked at Nambour and spent a few days with Don's sister and brother in law at Sippy Downs. They dropped us off at our hotel at Marcoola, where we started a very emotional and informative time that far exceeded our expeditions. We attended the Polio Australia's Health and Wellness Retreat. I will not go into all of the sessions that were so marvellously organised by Polio Australia. But I do want to say the fantastic effort and energy that went into the planning and running of this entire Retreat was really appreciated by all of us. (I speak for every attendant now.) Special thanks must go to Mary-ann Liethof and Gillian Thomas and all of the other hard working workers who volunteered their time and effort to help the Retreat run so smoothly. Mary-ann deserves a medal. I think she also deserves a month's holiday on a tropical resort now. Many new friendships were formed at the Retreat.

### 5.3 Reflections on the 2012 Polio Australia Retreat on Sunshine Coast

by Angela Gill, Partner of Bernard Peasley, Victoria

When Bernard first suggested that I might like to join him at this three-day retreat I was ambivalent, thinking that it would probably not be relevant to me. I initially thought that I would feel like an impostor and a fraud, turning up to a retreat for people dealing with Post-Polio Syndrome (PPS) and the late effects of polio (LEOP), and that I would be perceived as an intruder.

How wrong I was!

Bernard assured me that the retreat was specifically designed for “polios” *and* their partners, so after a wee bit more hesitation, I decided to join him.

A short two-hour flight from Melbourne, and we touched down in sunny Maroochydore. After a five-minute cab ride, shared with Mary-ann Liethof (talking non-stop, of course!), we arrived at the Ramada at Maroocha Beach and settled in to our room. Wonderful balcony outlook over the pool and gardens below - and not far beyond, the Pacific Ocean, with its peaceful, rolling surf. *Why didn't I bring my bathers?* The weather was sunny, warm and still – a lovely welcome for my first visit to the Sunshine Coast.

All the keynote speakers were wonderful (one address at the start of each day): Day 1 - Dr Peter Nolan (Toowoomba Hospital) talked about the Body of the polio survivor; Day 2 - Liz Telford (Social worker and Family Therapist) delivered a presentation on The Healthy Mind; and Day 3 - Bishop Ron Williams (Anglican Diocese of Brisbane) spoke on The Healthy Spirit.

After these keynote addresses first thing in the morning, the remainder of each day's sessions was devoted to the topic of the day (Body, Mind or Spirit). There were various smaller groups to choose from, as well as a number of opportunities to indulge in massage sessions and one-on-one medical or orthotic appointments. There was also plenty of time to get to know everyone over the leisurely lunch, dinner and coffee breaks, and to have some fun (the magician on the last night was a hoot!).

Initially, when we first looked at the Retreat's range of sessions, it was a challenge deciding what to attend – everything looked so interesting; everything looked like a must-see! In the end, we decided not to go to the same sessions – in this way, we would be able to cover most topics, and gain as much information as possible over the three days. This worked really well for us, and at the end of each day, we shared what we had learnt from the day's sessions.

A couple of the many take-aways for me, as a partner of a polio survivor, were as follows:

In the pain-management session, we learnt how to devise strategies for managing persistent pain. One suggestion really appealed to me: the presenter's own strategy (she suffered from persistent pain) was to imagine herself as a car (a “Me-car”), that always needs four pumped-up tyres in order to be able to move forward – if one tyre is flat, she can't move. For those in the session suffering from persistent pain they could decide what sort of “air” they needed in their tyres to keep them pumped up – in other words, four things they could do to minimize and manage their pain. For example, one person's pain-management “car” might have the following “tyres”: hydrotherapy, meditation, seated yoga, and singing in a choir (i.e., something that you love doing).

I thought this was a great concept. However, as a non-polio person who does not suffer from persistent pain, I modified the tyres on *my* “Me-car” so that they contained, not *pain*-management “air” but *life*-management air: walking, meditation, yoga and music-making: four things I need in my life to keep me humming along as well as possible.

In the “Partnering Polio” session we shared experiences and thoughts with other non-polio people who are living with and supporting those with PPS and LEOP – some of them have been doing this for a very long time.

For most of us, we were fully aware that our partners had experienced polio as children, however polio was not a factor in our blossoming courtships all those years ago. As we all agreed, there were plenty of other things that attracted us to our future spouses! Now, as our polio-survivor mates face the increasingly unpleasant and unexpected symptoms of PPS and LEOP, we, as their partners and supporters, are also coming to terms with the prospect of possible lifestyle changes ahead. For me, this session was very reassuring and *very* humbling!

The above sessions are just two examples of what I gained from the retreat. As a partner of a polio survivor, I learned a lot, met heaps of wonderful people, shed some tears and had many hearty laughs! I look forward to doing it all again next year!