

NEWSLETTER

My experience of being a student committee member

Have you thought about joining the SCAPS Committee as a student member? It was with some trepidation that I put my hand up two years ago to join the committee since at the time I had not yet finished my undergraduate degree, and worried that I wouldn't be knowledgeable or experienced enough to contribute to the group meaningfully. I needn't have been concerned, as I found the other committee members were very welcoming and friendly towards me, and have always been interested in my opinions, ideas and perspectives about ongoing issues of interest to the group.

My main motivation for joining the SCAPS Committee was to belong to a local professional group associated with my future career. Whilst this could have been achieved by simply attending the bi-monthly general meetings and gradually networking amongst members, being involved in committee duties fast-tracked my sense of involvement, and enabled me to get to know my fellow professionals more easily. Most of the duties I have performed have been very simple, such as meeting and greeting members arriving at our professional development workshops and the Christmas party, handing out name-tags (a great way to learn who's who!), helping organise functions, and helping with ideas for future workshops and promotional activities such as local expos and Psychology Week.

I have found that being a student member has had a number of benefits such as furthering my professional development by attending our workshops, and also by presenting activities to SCAPS members at general meetings. For example, being involved in presenting a short power-point presentation of research findings from my honours degree dissertation, and co-facilitating a special-interest meet-

ing about different ways of tackling substance abuse problems in clients. These types of activities are invaluable to a student member who may have had little presentation and group facilitation experience outside of university or limited workplace settings.

Another benefit of being a student Committee member has been that I have learned about what topics are presently of interest, and concern, to local psychologists. This is not something I could have learned elsewhere, as although I work in a relevant field in the human services industry, there are no practising psychologists at the government agency office where I work.

Other benefits of being a student member of the SCAPS committee have been the friendship and comradery of the other committee members. I must admit this was an unexpected but very rewarding benefit. Through working together on the committee issues via regular meetings (which always involve sharing a delicious take-away meal together!) all members have enjoyed each other's company tremendously and have worked well together, with the end result being good friendships amongst all and a great group of people working on behalf of local members.

Although I am still studying at university, working in a related field and continuing to learn about my future profession, the experience of being a student committee member has been invaluable both personally and professionally. I would thoroughly recommend all student members consider becoming a committee member as a way of increasing your understanding of the role of psychologists, and becoming involved at a local level with the relevant issues and concerns for the psychology profession in general.

Jacqui Ball

From the Secretary

I trust that all our members are well and rested after the Easter holidays as the next few months with SCAPS will be a busy time. Please review the Calendar of Events. We have some great presentations planned for the forthcoming months.

The SCAPS committee is in full swing organising the first workshop for the year. We will have the pleasure of Dr Nancy Pachana present to us on *The Aging Brain: An Update*. It will be a full day workshop, so please reserve in your diaries the Saturday 31st May for this important event. The registration flyers will be going out soon.

Later in the year we hope to bring to you a workshop on Psychopharmacology, so stay tuned.

We have recently had to say goodbye to Lynette Cooper who stepped down from the committee for personal reasons. Lynette, your contribution over the years has been invaluable and we will miss you. We thank you for all your support and wish you all the best for your future ventures.

If anyone would like to join the committee please do not hesitate to approach us. To give you a small taste of what we do, Jacqui Ball has given us her perspective. Thank you Jacqui.

Jacqui has also provided us with the information on the community programs. We hope to run the community services column as a regular feature to inform you about community supports available to our clients. Please let us know of any services that you might like to share with the members.

We are also running the second article in the APS National Psychology 2007 week column.

Enjoy the read.

Cheers
Maggie

Community Services

Domestic Violence Programs for Men

SCOPE stands for Suncoast Cooloola Outreach Prevention and Education. It is auspiced by Centacare and is located in Denna St Maroochy Waters. Contact Richard Margesson. Phone 5479 5911 Fax 5479 5907. Postal address PO Box 5350 Maroochyore BC 4558. Office hours are from 9am to 4.30pm.

SCOPE offers the Men's Relationship (MR) Program which is a group Domestic and Family Violence Prevention Program for Men.

MR program states that "We believe that everyone has the right to live in safety in their own home. We believe that process of change takes time and offer a service that runs throughout the year. We give responsibility to the client for their own change. We offer a service that can have our clients participating in our program within a maximum of seven days. We believe that safety of the Victims is paramount."

Topics include: Power and Control, Equality and Respect, Physical Violence, Sexual Violence, Non-Physical violence, Communication, Cycle of Abuse, Alcohol and Violence, Beliefs, Victim Impact, Anger Management, Men's Health and others.

The program is offered at Gympie on Monday, Noosa on Wednesday and Maroochyore on Thursday. Classes are in the evenings 6 - 8pm. Participants need to attend 10 classes to graduate. The groups are facilitated usually by a male and a female. \$15 per class. They also offer individual counselling at \$45 session.

Queensland Injectors Health Network

QuIHN stands for Queensland Injectors Health Network. Program Manager for the Lighthouse Project (Drug Counselling) is Cameron Covey. Office number 5443 9576 Fax 5479 1918. Based in Cotton Tree. Support for family members also. Runs group classes called Changing Habits which run for approx 8 -10 weeks and are usually offered three times per year. Also offer individual counselling.

Peer support groups

Tony Collins

Eden Health Care Centre,
46 Maple Street
Cooroy
RSVP to check times
5447 7473

Robyn Nolan

1st Mondays of the month
5.00pm
Coolum
RSVP to check location
5473 9547

Your committee

APS Sunshine Coast Branch
PO BOX 724
MOOLOOLABA QLD 4557

Office Bearers for 2006 – 2008

As a committee we will also meet on the second Tuesday of each alternative month – so please contact us if there is anything you would like to raise with us. Your committee contacts are:

Please email newsletter contributions to mb@maggiebailey.com.au	Chair	Brad Levingston	brakerry@optusnet.com.au
	Treasurer	Kay Manning	kmann8@eq.edu.au
	Secretary	Maggie Bailey	mb@maggiebailey.com.au
	Committee Member	Jacqui Ball	jba26386@bigpond.net.au
	Committee Member	Deb Dewberry	deb.dewberry@centrelink.gov.au
	Committee Member	Celia Dickson	celiadickson@ozemail.com.au
	Committee Member	Robert Neil	ptq@powertrainqld.com.au

Calendar of events

8 April <i>Presenter: Tony Collins</i>	General meeting <i>Topic: "Working with gay, lesbian and bisexual clients"</i>	Percy House	Church Street, Maroochyore
13 May	Committee meeting		
10 June <i>Presenters: Naomi Beutel, Melanie Howe, Janice James & Barb Wood</i>	General meeting <i>Topic: Working with trauma.</i>	Percy House	Church Street, Maroochyore
8 July	Committee meeting		
12 August	General meeting	Percy House	Church Street, Maroochyore
9 September	Committee meeting		
14 October	AGM & General meeting	TBA	
11 November	Committee meeting		
9 December	General Meeting	Percy House	Church Street, Maroochyore
<i>Presenter: Robert DiPasquale - National Manager - Professional & Consumer Services</i>			
<i>Topic: AON Risk Management Seminars</i>			

Ageing, Retirement and Relocation

By Tony Collins

The Sunshine Coast and Hinterland promise a more relaxing lifestyle, away from the city rat race – the stuff that retirement dreams are made of.

The phenomenon of older people moving to the Sunshine Coast from all over Australia is clearly seen by the number of retirement villages & services springing up all over the Coast. But whether it is retirement village, acreage for a hobby farm, a unit or a house block, the move to a new area has many implications.

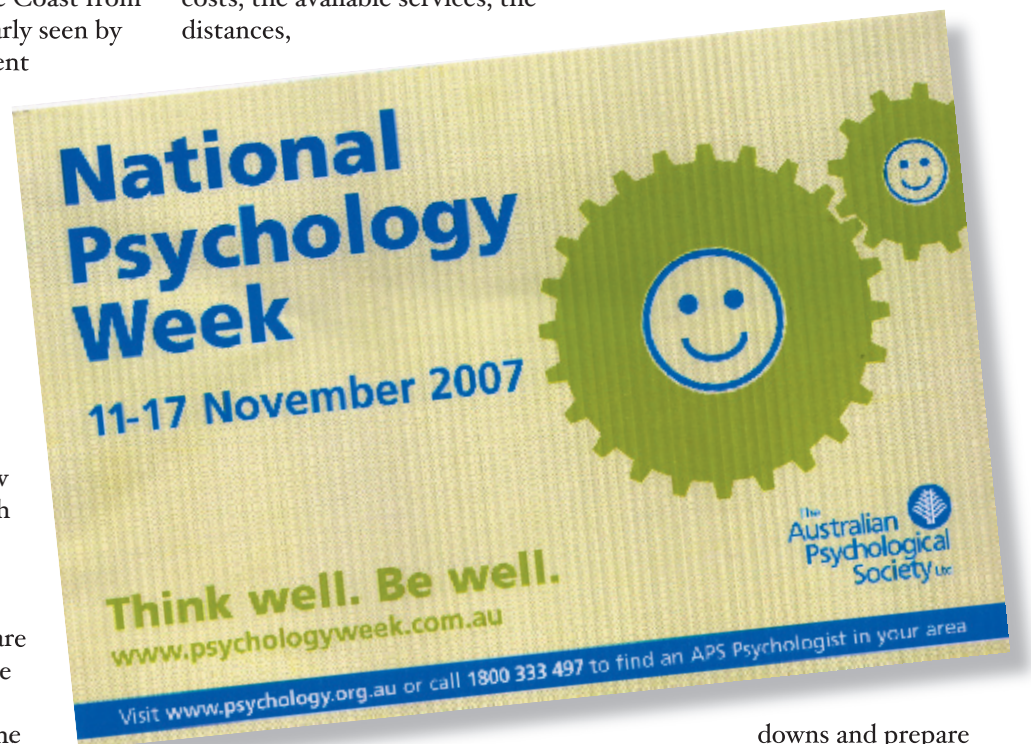
Sunshine Coast psychologist, Mr. Tony Collins says, “when people relocate the new lifestyle has to suit both partners and one partner’s dream of a small farm in the bush could be an isolation nightmare for the other. The peace and quiet of a country town may be fine for one partner but for some the busyness of city life might be sadly missed.”

“Moving to a new location will mean the lack of familiar faces, places and facilities and many people do not realise how much impact this can have on their lives, said Tony. “There is a strong temptation to continually compare the new location with the old familiar home with all its friends and family ties. As a result, there can be little time and energy available to explore and enjoy the new surroundings.”

One answer to this is thinking,

planning and communicating before the move takes place. Hopes and dreams create our expectations but these can turn to a nightmare or disappointment when reality strikes. Failure to check out the costs, the available services, the distances,

ful hinterland, less stress and more relaxation and generally being away from the rat race. Moving to the Sunshine Coast can be a very enriching experience especially if you are aware of some of the ups and



and what it means to have less contact with family and established friends is a recipe for sadness.

“Extended visits to the new location allow time to meet the neighbors and see what it feels like without the novelty factor carrying us away,” said Mr. Collins.

On a positive note, relocation to the Sunshine Coast for many people is the beginning of a new, healthier lifestyle. Less traffic, less pollution, more peace and quiet, the opportunity to enjoy our fabulous beaches and the beauti-

ful hinterland, less stress and more relaxation and generally being away from the rat race. Moving to the Sunshine Coast can be a very enriching experience especially if you are aware of some of the ups and

downs and prepare yourself in advance so that you can make the most of the opportunities when you get here. A final word of caution, never underestimate the value of old friends especially when you leave them behind. So make sure you have phone, mail or internet connections – this is an excellent time to learn more about computers.

For further information & comment, please contact Mr Tony Collins on 0412475098