

NEWSLETTER

A message from the Chairperson

Dear Colleague,

If you want a break from the Olympics, housework, income tax returns or doing something boring, here is your chance. Thanks for taking the time to read your APS Branch Newsletter - it takes time to get this together, so we always hope for a wide readership.

This newsletter is especially important as we want you to be aware of two important forthcoming events.

1. On 14 October we plan to hold the Biannual General meeting of the Branch. This is where you can play an active role in the administration of YOUR branch. The branch is your portal to the organization to which you pay a lot of money each year. You can participate in two ways. One, consider nominating yourself or someone else for a position on the committee. Two, come to the BGM, meet your colleagues and keep up to date with what is happening locally and nationally.

We are seeking an exciting venue and an interesting guest speaker. Since these details have not been finalised, we can't announce them now, but we will let you know as soon as possible. Meanwhile, make a note in your diary for the evening of 14 October, "Branch BGM"

I am stepping down as Chair of the Branch, so we are seeking nominations for Chair. We need a Member who is interested in understanding and promoting the needs and interests of the profession at a local, and state and national level. This is an ideal way to gain an insight into the challenges and successes that abound in the running of a major professional association. If you are interested, please give me a call on 0402113220 so we can have a chat about what us involved.

While all members of the committee must stand down, some have indicated their willingness to stand again. This is great because it gives some continuity to the committee & we retain the experience of those who have been there for a while. Of course, we will hold a ballot

if we have more nominations that we have positions.

I want to thank all the current committee members who have played such a vital role in making your Branch relevant and interesting. Celia Dickson and Bob O'Neil are not renominating. I want everyone to know that Bob & Celia have been enormously generous in the time and energy they have given to the Branch. Maggie Bailey says she wants a rest from being Secretary but she will stay on if required. Likewise Kay Manning our Treasurer is willing to continue. Our student rep has been Jacqui Ball and she has been joined by Deb Dewberry, Sally Rostas and Di Harrison. These Associate members have played a crucial role in running the Branch & I hope you will thank them when you get a chance. It is most desirable that we members and associated who have not been active before step forward & see what it is like to be active in the APS. There is a nomination form include with this newsletter. If you want to know more, call me or one of the current committee members.

2. On Tuesday 26 August we are joining with the GPs and the Division of General Practice, representatives of the District Mental Health Service and members of allied health professions to discuss the provision of mental health service, locally. It will be promoted as a Better Access to Mental Health evening and while we will be talking about the Medicare program, we will devote time specifically to a discussion with the District Clinical Director of Mental Health about what they do and how we can make appropriate use of their skills and resources.

You will receive a separate invitation by email to attend the Better Access evening. If you want to come, be sure to register by faxing back the invitation when you receive it. Details will be contained in the invitation.

I look forward to seeing you on 26 August or 14 October, or both.

Brad Levingston

From the Secretary

Welcome to the August edition of the Newsletter.

We have another word from Brad, our Chairperson please join us and welcome Di Harrison to the SCAPS Committee... enjoy the feedback from Celia on the Partners in Mind EXPO ... and there is the fourth and the last article in the APS National Psychology 2007 week column.

Don't forget to review the calendar of events as there is plenty of activities still to come before the end of the year.

We are making final arrangements for the October workshop. We hope to bring to the Coast Dr Mark Boschen to share with us his knowledge on psychopharmacology. As medication is frequently an adjunct to the psychotherapies, it will be an important workshop to attend and bring ourselves up to speed with the role it plays. We will update you as to the dates so stay tuned in.

I will be away for the next two months on the well-deserved European adventure. In my absence, do not hesitate to contact any of our committee members if you have any questions.

Enjoy the read and I look forward to seeing you all at the BGM in October.

Cheers

maggie

The road to happy, healthy retirement

By Greg Thorne

No matter at what age you plan to retire (if at all!) a major adjustment is necessary.

According to Australian Psychological Society (APS) Psychologist, Greg Thorne, how well individuals negotiate retirement depends on factors such as adaptability and resilience, pre-retirement preparation and planning (including financial planning), whether retirement was voluntary or involuntary, and post-retirement goals.

“Two major challenges for retirees are creating a sense of active involvement and maintaining a healthy lifestyle,” says Thorne.

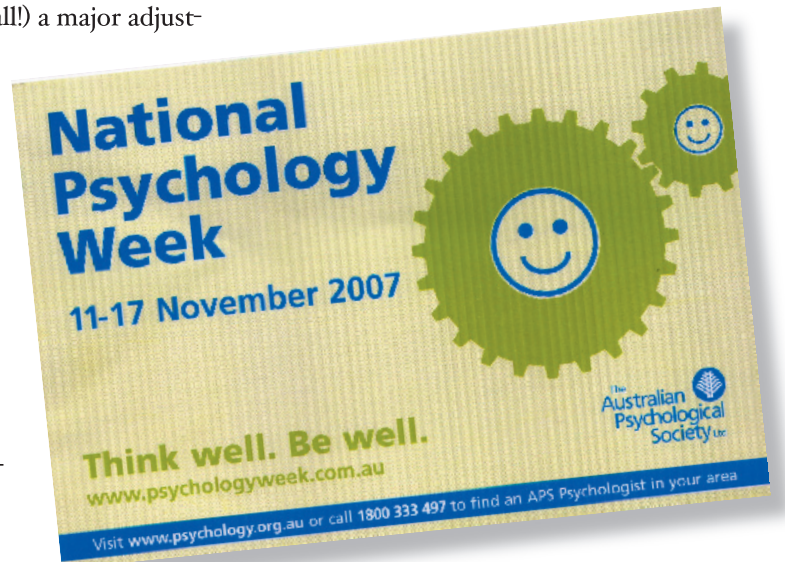
“Active involvement means pursuing activities that give the individual a sense of purpose or meaning and can include volunteering or community activities or developing hobbies into a small business.”

A healthy lifestyle involves adequate exercise, a healthy diet, and appropriate medical assistance.

“In relation to exercise and diet it is important to set realistic goals particularly if individuals are making major changes in these areas. There are numerous physical activities that will provide people with adequate exercise but it is important to engage in activities that are enjoyable as this will enhance motivation and continued involvement,” says Thorne.

“While lifestyle changes are an inevitable result of retirement, research shows that in the long term the majority of retirees report little change to their sense of well being and life satisfaction. Preparation for retirement by planning as well as the development of skills and interests are likely to promote life satisfaction in retirement.”

For further information and comment, please contact Mr Greg Thorne, Ph: 0404033914



Di Harrison

I am Di Harrison and I have recently joined the Sunshine Coast APS Committee. It is great to be a part of such an active Committee and I have been very welcomed by a lovely bunch of people! I would highly recommend it for other APS members on the coast!

I finished Honours in Psychology last year (after 7 years) and plan to continue with Clinical Masters next year. I have lived on the Sunshine Coast for the last 4 years and prior to that I lived in Brisbane where I worked for Qld Health as a Senior Project Officer in a range of health management areas.

I look forward to getting more involved as a SCAPS member and being able to contribute to local APS activities.



Partners in Mind Expo 2008

I volunteered to help at the APS desk at the EXPO on 26 June at Millwell Road Community Hall where I met many of our colleagues. The "Partners In Mind" Project designed the event to bring together allied health providers in the public and private sectors to improve collaboration and understanding in the delivery of mental health services.

Fortunately I arrived about one and a half hours before the time I was scheduled to be on the APS desk so I could hear some speakers and look around the other Mental Health exhibits. I was amazed how many exhibits there were and even more surprised to see some services and organisations that I did not know existed on the Sunshine Coast. For example, United Synergies, a NFP organisation at Tewantin provide a range of services including a Mentoring Program for young people. Also the Suicide Call Back Service and, as well as the Salvation Army services for drugs, alcohol and gambling, I discovered they have Financial Counselling Services which I see are being needed more and more. The Art Therapists were a delight! There was also a huge amount of resource material available in brochures about Government services and information for us to give clients. People on the exhibits were very informative and it was a hive of chatting and information sharing. Regrettably, I had to rush through many of the exhibits so I could keep my commitment to be on the APS desk in time. I could have done with at least another hour to digest the range and depth of resources on show.

I think this event is worth holding next year and with more lead time to organise it, I think it would be bigger than this year. It was well worth taking the afternoon off work to participate and I learnt a lot more about what is available for clients out there!

Celia Dickson

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

Please email newsletter
contributions to
mb@maggiebailey.com.au

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:

Chair	Brad Levingston	brakerry@optusnet.com.au
Treasurer	Kay Manning	kaymanning@ozemail.com.au
Secretary	Maggie Bailey	mb@maggiebailey.com.au
Committee Member	Jacqui Ball	jba26386@bigpond.net.au
Committee Member	Deb Dewberry	debdeewberry@optusnet.com.au
Committee Member	Celia Dickson	celiadickson@ozemail.com.au
Committee Member	Robert Neil	ptq@powertrainqld.com.au
Committee Member	Sally Rostas	sroostas@bigpond.net.au
Committee Member	Di Harrison	dianne_harrison@hotmail.com

Calendar of events

26 August	General meeting	Nambour Hospital Auditorium
	Presenters: Conjoint presentation by representatives from Mental Health, Partners in Mind Project and Division of General Practice, Better Access.	
	Topic: Better Access to Mental Health	
9 September	Committee meeting	
23-27 September	43rd APS Annual Conference, Hobart, Tasmania.	
	"Psychology leading change"	
14 October	BGM & General meeting	TBA
TBA October	Full day Workshop	TBA
	Presenter: Dr Mark Boschen	
	Topic: Psychopharmacology	
11 November	Committee meeting	
9 December	General Meeting	Percy House, Church St, Maroochydore
	Presenter: Robert DiPasquale - National Manager - Professional & Consumer Services	
	Topic: AON Risk Management Seminars	



Call for Nominations 2008 - 2010 Branch Committee

The Sunshine Coast APS Branch Committee is composed of the Chairperson, Secretary, Treasurer and no fewer than three and no more than eight committee persons.

Nominations should be sent to:

Deborah Dewberry
7b/35 Seaside Boulevard
MARCOOLA QLD 4564

by 10 October 2008

NOMINATION:

I,wish to nominate
for the position ofon the 2008/10 APS Committee.

.....
(Signature of nominator and date)

Seconded by
(Name, signature and date)

ACCEPTANCE:

I, accept this nomination.

.....
(Signature of nominee and date)