

NEWSLETTER

A Big Thank You To Bob

The Sunshine Coast APS committee and its members wish to warmly thank Robert Neil for his valued contribution to the committee over the past four years. Last year Bob stepped down from the position of treasurer after two years in this role, passing on the position to Kay Manning.

Bob left the SCAPS coffers in a healthy state with a generous bank balance, some of which has contributed to keeping the costs of workshops and the Christmas function in 2007 at a very affordable price to SCAPS members.

Bob's outstanding commitment to maintaining the SCAPS treasury and managing the yellow pages directory has directly benefitted SCAPS members and will continue to benefit its members in the New Year keeping costs low with the workshops and events we are planning for 2008.

Bob's commitment to the SCAPS committee dates back to May 2004, when he held the position of Chair, prior to taking on the role of treasurer in 2005. All committee positions are purely voluntary and committee members do not receive a salary or even discounts on workshops that we organise for the members.

Bob has contributed much valuable time since May 2004 to the committee and continues to do so as a present day

committee member. This outstanding effort is greatly appreciated by all SCAPS members and the committee.

Bob varied and interesting career spanned several decades in the areas of Organisational and Counselling Psychology. He has worked as a specialist consultant in the field of Organisational Psychology in PNG for several years, spent 10 years in senior corporate management of a diversified corporate company based in Manilla, and in recruitment and training as a senior organisational psychologist consultant for Price Waterhouse in Sydney.

Currently Bob offers evidence-based counselling and psychotherapy services in North Brisbane and the Sunshine Coast. Based in Beerburum, Bob undertakes Medicare, EAS, and offers individual psychotherapy and counselling, life skills/personal development programs and group/team development programs. Bob is a member of the APS, is a fully registered psychologist in Qld and NSW, associate member and chartered Psychologist with the British Psychological Society, registered Medicare provider and is also registered with most private health funds. Bob can be contacted on ptq@powertrainqld.com.au or Tel: (07) 5496 0390.



Robert Neil at work in Beerburum

Happy New Year!

I hope that it has been a good start to the year for you all.

The memories of the festive season are still with me. The SCAPS Christams functions has been a great success. The evening was a lovely affair where members were able to mingle and network with their peers whilst enjoying a fabulous meal and



Christmas cheer!

From the looks of it it was just not me who had some fun... The SCAPS Committee has plenty of great things planned for the 2008 so please stay in touch.

Cheers

Maggie

Notice Board

General Meetings in 2008

We will continue and hold the general meetings this year on every second Tuesday of the month. The proposed dates have been included for your information in the Calendar of Events section.

Our next general meeting will be an exception. It will be held on Tuesday 19th February at 6.00pm at Percy House, Maroochydore. Due to feedback which we have received last year, we would like to try an earlier time for the meeting. I hope you can join us for a light supper and a drink.

It is promising to be an evening like no other. Joining us will be Tania De Brincat who is a Music Therapist. She will not only share with us her role and trade secrets, but will also take us through the musical journey of our own.

The Committee will be meeting formally every two months. Please let us know if there are any issues that you would like raised at the meetings and we will be happy to follow up. Please do not hesitate to contact us if you would like to be more involved, too. We are always on the look out for new committee members and volunteers to assist with organisational matters.

Yellow Pages 2008

The decision has been taken to cancel the APS Yellow Page entry in 2008. However keeping in mind the need to do what we can to improve access to and awareness of psychological services, we are considering a development of a local directory which hopefully will offer more detailed information of services provided by our local professionals.

National Psychology Week

We were disappointed that the editorials prepared by our members have not been published in the Sunshine Coast Daily during the National Australia Week 2007. We will endeavour to bring them to you over the next few months as part of our SCAPS Newsletter. Thanks for your wonderful contribution.

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
Cooloom
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 months – 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 | kmann8@eq.edu.au |
| Secretary | Maggie Bailey | mb@maggiebailey.com.au |
| Committee Member | Jacqui Ball | jba26386@bigpond.net.au |
| Committee Member | Lynette Cooper | lcooper1@ozemail.com.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

19 February

11 March

8 April

13 May

10 June

8 July

12 August

9 September

14 October

11 November

General meeting

Committee meeting

General meeting

Committee meeting

General meeting

Committee meeting

General meeting

Committee meeting

AGM & General meeting

Committee meeting

Percy House

Percy House

Percy House

Percy House

TBA

Alone again: Losing love and finding friends

By Jane Gibbs

Patterns of divorce and widowhood among older adults are changing. For the Sunshine Coast's 55,000 plus seniors there is potential to expand social networks to meet some heartfelt needs.

The Australian Bureau of Statistics recently released the Australian Social Trends 2007 following the 2006 census results. It indicates that 316,788 people live alone in Queensland and over the last 15 years the average age of widowhood has increased. Presumably because people live longer now, the age of widowhood has changed from 74 to 78 years for men and from 69 to 75 for women.

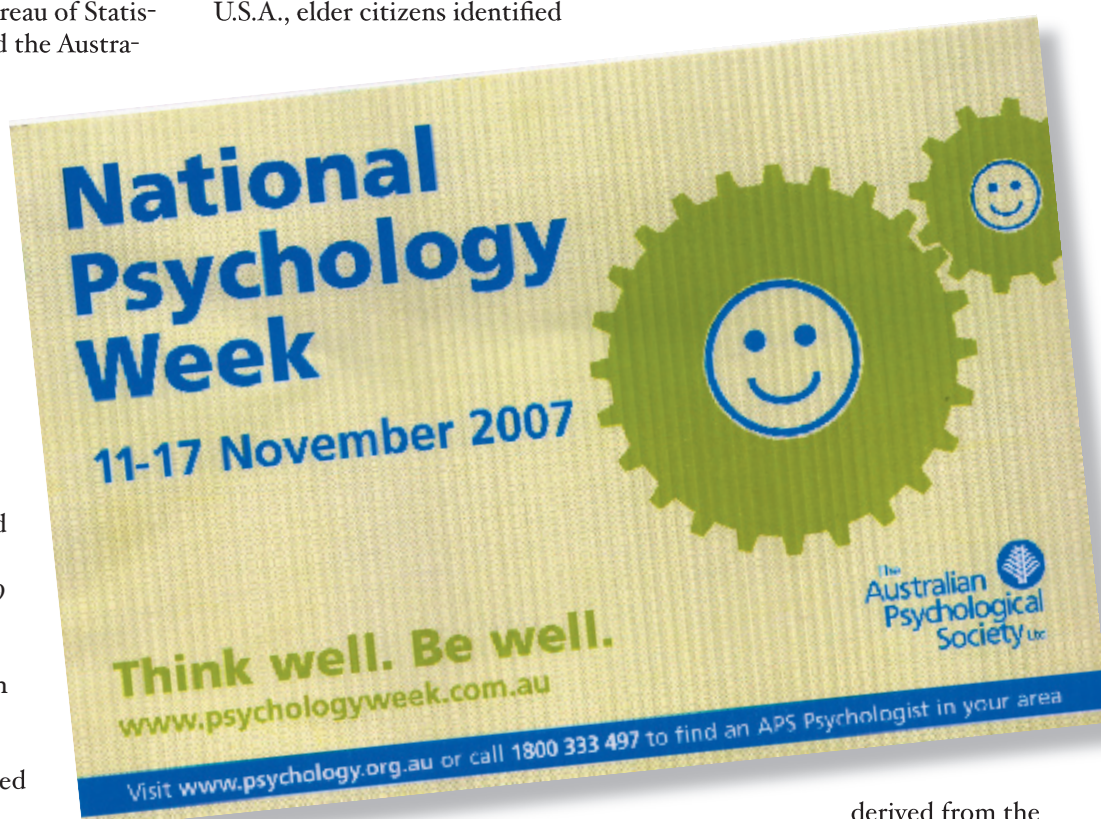
On average, men can expect to remain widowed for 9 years and women for 15. Compared to divorced people, only a fraction of the widowed remarry: about 8% of widowed men remarry and only 3% of women. This could be related to the relatively older age of widowhood, preference to enter into a de facto marriage living arrangement, or simply deciding to live alone.

The statistics have worrying consequences in the light of the fact that being married is one of the most reliable predictors of being able to describe yourself as "happy". Not everyone who is mar-

ried is in a state of wedded bliss, but, statistically, married people are more likely to be happier than their single companions irrespective of age, income or sex.

In a 2006 study originating in the U.S.A., elder citizens identified

and well-being in seniors showed that exercise programs increased happiness over a 6 month period; when they stopped, happiness and satisfaction with life declined. The social support



as neglecting themselves were more likely to be those who did not live with a spouse or anyone else. They did not have weekly contact with children or relatives, visit their neighbors or participate in religious activities.

These findings echo the happiness research which also shows that acquiring a rich social network or belonging to a church is a strong predictor of happiness.

Another study of physical activity

derived from the exercise group was an important insurance against loneliness.

So the research is in, and it indicates that exercise will not only benefit your health but will help you move through that next phase of your life. What are you waiting for? Start building those networks before you find yourself alone. Now, will it be bowls, a senior swim squad, darts...

For further information & comments please contact Ms Jane Gibbs on 54369103