



News

January - March 2013



Serving the Community since 1956

Published by the Australian Asian Association of WA Inc.

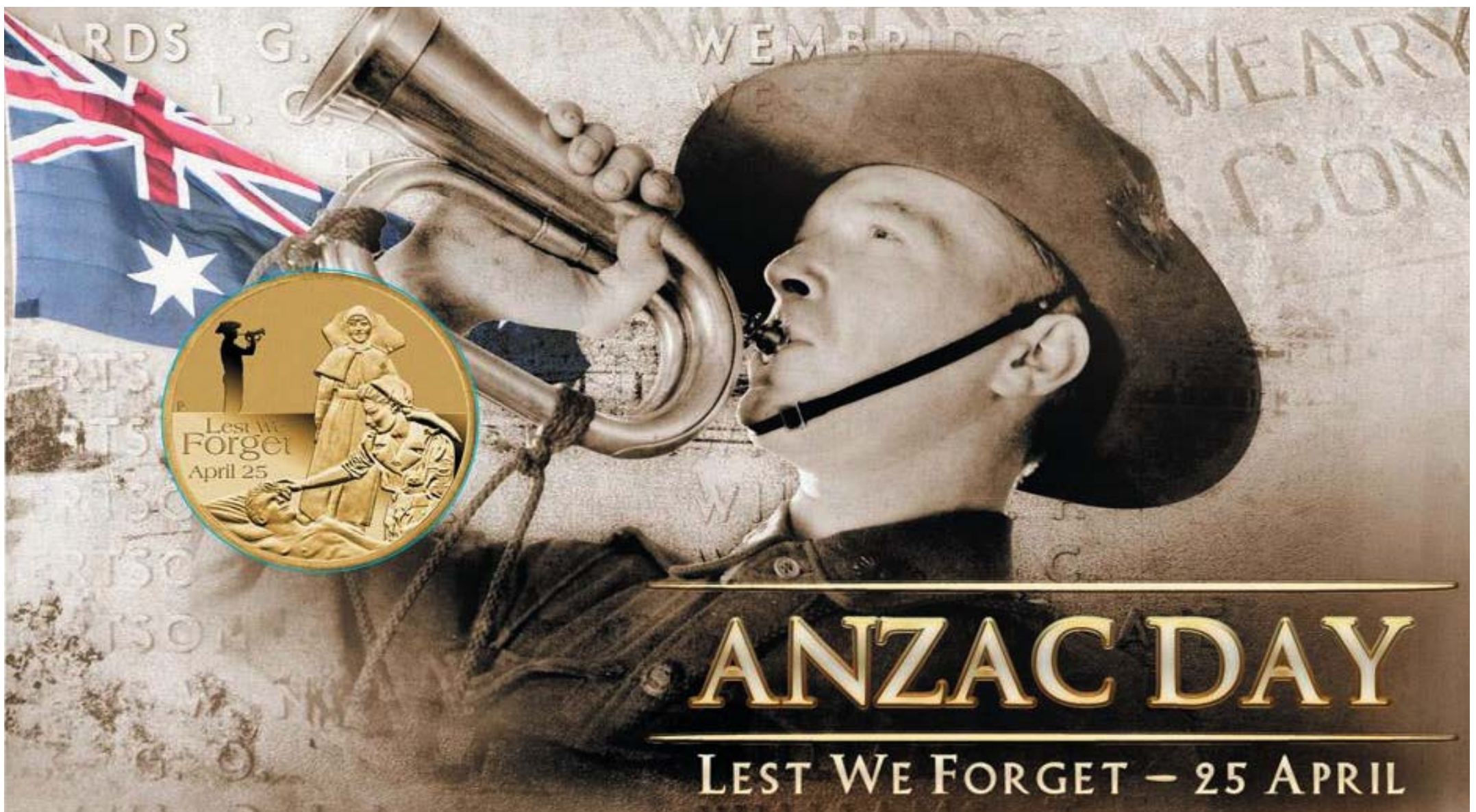
“Lest We Forget”

*They shall grow not old,
As we that are left grow old,
Age shall not weary them,
Nor the years condemn.
At the going down of the sun,
And in the morning
We will remember them.*



INSIDE THIS ISSUE

- AAA Services
- President's Message
- AAA News and Activities
- Media Release
- Advertisements



SERVICES AVAILABLE FOR THE COMMUNITY

IMMIGRATION:

Qualified Migrant Agent available for free consultations and assistance.
Contact Olga Ramasamy on
(08) 9328 6202

EMERGENCY RELIEF:

Funded by Lotterywest and Department of Family and Community Services.

Available to those who find themselves in a crisis situation.

- AAA Perth 275 Stirling St, Perth
(08) 9328 6202
- AAA Gosnells Community Lotteries House
Suite 3/2232C Albany Hwy, Gosnells
(08) 9300 9156
Office Hours: Tuesday and Thursday
9:30am to 12:30pm

TRIPLE A CARE:

COMMUNITY AGED CARE PACKAGES (CACP)

Funded by Department of Health and Ageing.

Contact Chris Brama
CACP Coordinator on **(08) 9228 9833**

HOME AND COMMUNITY CARE PROGRAMME (HACC)

Funded by Department of Health (State).

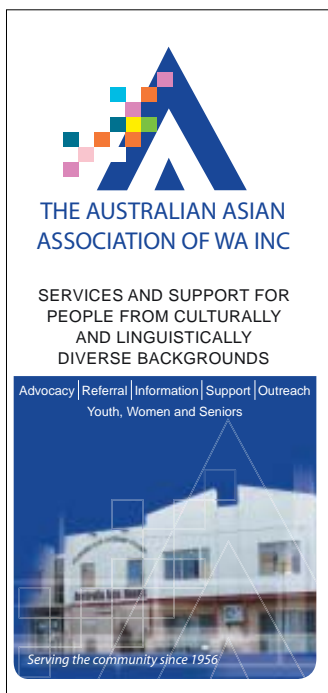
Contact Sarojini Fernando
HACC Coordinator on
(08) 9328 7688

COORDINATOR COMMUNITY SERVICES

Special Projects
Contact Manil De Mel
(08) 9328 3435



FACILITIES at AUSTRALIA ASIA HOUSE 275 Stirling Street, Perth 6000



HALLS AVAILABLE

The Main Hall

seating capacity 200-250 people

- Stage
- Kitchen - Drinks, Fridge, Microwave
- Reverse cycle air conditioning
- Public Address System complete with music system
- Overhead Projector & Wide Screen
- 18 tables and 250 chairs

The Lesser Hall

seating capacity 40-60 people

- Wall mounted white board
- Reverse cycle air conditioning
- Tea making facilities/fridge
- 10 tables and 60 chairs

Committee Room seating capacity upto 14 people (for members only).

FOR BOOKINGS AND INFORMATION CONTACT (08) 9328 1160

NEWSLETTER ADVERTISING COST PER ISSUE

 \$ 100 - FULL A4	 \$ 50 - FULL A4
 \$ 50 - 1/2 A4	 \$ 25 - 1/2 A4
 \$ 25 - 1/4 A4	 \$ 15 - 1/4 A4

FOR FURTHER DETAILS AND TO BOOK YOUR PRINTING TIME

PRINTING AND PHOTOCOPYING FACILITIES

 Colour A4	 Black and White A4
 Members - 35 c	 Members - 7 c
 Non Members - 50 c	 Non Members - 10 c

Customise and Print your Newsletters, Flyers, Posters and Pamphlets in Colour or Black and White.

LAMINATING AND SCANNING SERVICES ARE ALSO AVAILABLE!!!

CONTACT (08) 9328 6202

President's Message



Dear members

Greetings to you once again and special wishes to members of our Sri Lankan and Ghanaian communities on their Independence Day and to our Chinese and Vietnamese members on their New Year.

Members would be delighted to know that our application for a Provider Status for Flexi Care has been granted by the government authorities. This will complement our CACP Programme which we have been successfully running for some years. We will now be able to provide extended care at home for referral received for EACH & EACH D clients.

We have also been advised that Lotteywest has approved our application for funding to replace the printer and photocopier. The computers too will be revamped with all linking to a central server to provide better service to you our members.

The second phase of the refurbishment of the hall has now been completed with a brand new audio and digital projection unit installed. This will provide much better facilities to our members.

Due to the heavy use of the kitchen facilities, the Water Authority advised that a Grease Trap be installed. This was done with considerable expense, which may necessitate us increasing our hire rates for the hall. Through the HACC Programme members would be happy to know that a Shower has been installed in the Disabled toilet. Our corner office block has been rented out.

Our members need to be aware that the block adjoining the AAA complex is now going to be a 7 storey building complete with apartments, shops and restaurants.

The City of Vincent has kindly granted AAA free use of their ground at Smith Street for a World Ethnic Cricket competition organised by our Youth Coordinator Mr. KC Yam. All credit goes to him for singlehandedly organising the competition and obtaining some grants for the same. Members please attend and support KC and your association. PLEASE NOTE THE DATE IN YOUR CALENDAR the 23rd of March. The coin will be tossed at 9.00 a.m.

The programmes like the CACP and HACC continue to flourish. The numbers for the Wednesday group are low, so if you know of any eligible candidate please call the office. Our Tuesday group in PERTH and Thursday group at the Sikh Temple in Canningvale have strong numbers. Manil the co-ordinator of our new grant "Beyond Gambling has been busy organising seminars to disseminate information. One challenge which he faces is the reluctance within ethnic communities to be forthright with problem gambling. Could we request members (who know of others who want to receive help) to please let Manil know on 93286202.

In the concept of looking forward and building a stronger association we are in the process of organising work buddies at AAA, This person will shadow the worker on the job and be able to take over in an eventuality. WE re also meeting with our governing agencies in putting together a succession package, strategic planning and better communication between the committee and AAA Care.

The association was delighted to be represented at the Australia Day Breakfast and Luncheon at the Hyatt with the launch of the celebrity postage stamps. This year the famous musical performers of yester years were recognised including the Seekers, Kylie Minogue and Youthu Yindie.

I take this occasion to wish our ever growing family all the best for 2013

Unity in Diversity

Mel. Fialho





CEO'S Message



This is the first opportunity to be in touch with you in 2013, although AAA House has been open from the 2nd of January and the staff have resumed their roles after the Christmas break. Very little seemed to be happening in our sector over the holiday period, so I got away for three weeks, spending this time in Sri Lanka and India enjoying a restful holiday.

Now that we have the Home and Community Care program and the Community Age Care program fairly well established, it was important to examine the higher areas of aged care, especially because of the many changes that are being envisaged as a result of the Age Care Reform Plan **Living Longer Living Better**. Government has announced a significant expansion in community aged care. All existing packages, Home and

Community Care, Community Aged Care Packages, Extended Age Care at Home, Extended Age Care at Home (Dementia) and some smaller programs have been consolidated into a single program known as **Home Care Packages** with four levels of care, to ensure a continuum of care for the user. I have been carefully following the outcomes of the Productivity Commission and realised that Triple A Care should be ready to extend its care portfolio to include EACH & EACH D, which permits us to give more hours to meet the client's needs while they continue to remain at home. In order to be allocated these packages Triple A care had to obtain approval for a much more rigorous and rigid Provider Status. Our application submitted in September last year was only approved a couple of weeks ago which was a great relief, as it will enable us to provide EACH & EACH D, which we have applied for in the 2012-2013 Age Care Approvals Round.

In the past 8 – 10 years we have gradually expanded our services and undertaken several projects as well, but did not have the financial resources to replace some of our ageing equipment. The colour printer which is regularly used by our members to produce newsletters, booklets etc eventually broke down and so did the photo copier. Lotterywest once again came to our rescue and approved our funding application for the replacement of the photocopier, the printer and 8 computers together with the server, to help with networking. **Our sincere thanks to Lotterywest for this funding.**

Olga Ramasamy OAM

Chief Executive Officer

SCHOLARSHIPS AVAILABLE FOR PEER WORKERS OR CARER PEERS. CERT IV MENTAL HEALTH

Certificate IV in Mental Health (CHC405012) is a national qualification that makes up one level of the National Community Services and Health Training System. This national system has been developed by the combined efforts of government and non-government agencies, union representatives and professional bodies as well as workplace representatives on a national project team. It provides training options for a career path for employees in a range of sectors in Community Services and Health.



Psychiatric Disability Services
of Victoria (VICSERV)





AAA YOUTH CRICKET TOURNAMENT, 2013

Forest Park, Mt Lawely, WA 6050
Opening Ceremony 9.00 AM
on Saturday 23rd March 2013

AAA has organised a Cricket Tournament among the youth from WA CALD communities to coincide with National Youth Week 2013.

We would be delighted to welcome all of you to join us to celebrate Youth Week.

2012 HIGHLIGHTS



With WACA Umpires Andrew Mollatt and Ranjit Ratnayake



Participating Teams - India, Sri Lanka, Pakistan and Nepal with Mel Fialho and Yam. K.C



Inaugural Match - Nepal Vs Pakistan



President and Organizers with Winning Team - Sri Lanka



Youth Coordinator with Runners up - NPCC

If you require any further information, please contact Youth Coordinator, Mr. K.C. Yam on 08 9328 1160 or youthcoordinator@iinet.net.au www.aaawa.org.au





GREAT OFFER

FOR YOUR NEXT RECREATION PROGRAM

\$50000



Need up to \$50000
for your community based
sport or recreation program?

Come to an information forum to find out more.

The Department of Sport and Recreation in partnership with the Australian Asian Association invite you to the Community Participation Funding Information Forum.

WEDNESDAY 13 MARCH 2013

5:00pm-7:00pm

AUSTRALIAN ASIAN ASSOCIATION
275 Stirling Street, Perth

RSVP

Friday asap

Gemma Whitman
Community Participation Project Officer
gemma.whitman@dss.wa.gov.au
9492 9620

Light refreshments will be served.

Please tell us if you need an interpreter or have dietary, disability or access requirements.



Department of Sport and Recreation



THE AUSTRALIAN ASIAN ASSOCIATION

Is happy to advise that we have engaged a Solicitor to provide Professional Legal Advice and Counselling. The initial consultation will be free of charge. Representation in court can be provided at a subsidised rate.

CONSULTATIONS

Time: 10:00am - 1:00pm
Days: Tuesdays and
Thursdays

For further details and appointments
Please contact us on 9328 1160

Australian Asia Association of WA Inc
275 Stirling Street, Perth WA 6000

GOLDEN OPPORTUNITY @ AAA!!! FREE ENGLISH LANGUAGE COURSE 2013



It is with pleasure that we advise all interested youth who have difficulty to access English language lessons because of the cost, that we plan to commence English classes free of charge. The classes will commence on 1st April to 30th June 2013 and will run for three months at a time. It will consist of 2 levels - with a Certificate of Participation at each level.

Group 'A': An intermediate course sufficient to attend an interview with confidence, to access employment, and read and write.

Group 'B': An advanced course which is designed to enable the students to understand and speak the language with confidence, and to have the capacity to read, write and comprehend the language at a higher level.

Although the classes will be free of charge, you will need to pay a bond of \$50 to ensure regular attendance at classes and complete each level. The bond will be returned with a Certificate of Participation at the end of each three month course if you register.

YAM KC - YOUTH COORDINATOR

Australian Asian Association, 275 Stirling Street Perth 6000
Email: youthcoordinator@inet.net.au Tel: 08 9328 1160
www.aaawa.org.au/news.html



Research Project

The Goatcher Clinical Research Unit is conducting research in AS. If you have been diagnosed with AS, are not on biologics and no prior DMARDs you may be eligible for this study. For more details discuss with your Rheumatologist. Other studies including Gout and RA are being carried out. If you are interested in taking part, please Phone: 9382 7453

Learn about AOWA's 2013 exercise programs

Come along to our Exercise Information Session to hear about our courses in Tai Chi for Arthritis including our new Seated Tai Chi course, Pilates for Arthritis, Nordic Pole Walking, Warm Water Exercise and Osteoporosis Exercise programs. The instructors from each of these courses will talk about their programs, the benefits of participating in this kind of exercise and what is included in a typical class. Attendees will have an opportunity to ask the instructors questions afterwards over a cup of tea or coffee.

When: 10:00am, Friday 1 February 2013

Where: Wyllie Arthritis Centre, 17 Lemnos St, Shenton Park.

Cost: FREE

Book: Online or call 9388 2199

Osteoarthritis of Knee Education and Self Management Course 2013

Dates have been set for the next Osteoarthritis of the Knee (OAK) Education and Self-Management Program in 2013. The program aims to help those who have been diagnosed with osteoarthritis of the knee by their GP or Specialist, to learn how to manage their condition more effectively.

When: Tuesday 22nd Jan to 26th Feb 2013, 6 sessions of 2.5 hours (once a week for 6 weeks)

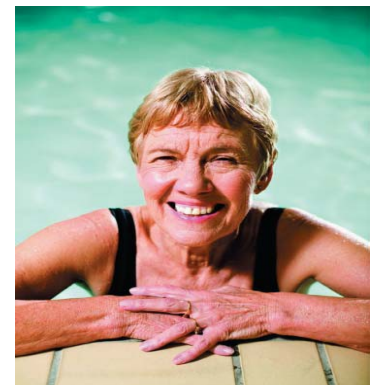
Cost: \$30.00. Partner or carer welcome to attend.

Where: Wyllie Arthritis Centre, 17 Lemnos St. Shenton park

Book: Online or call 9388 2199, See our website for other self management programs to help with Inflammatory Arthritis and Ankylosing Spondylitis.

Hydrotherapy Pool - End of Year Closure

AOWA's hydrotherapy pool sessions including warm water exercise classes will be closed from COB Wednesday 19th December 2012 and will reopen Monday 21st January 2013.



OVER 50S GET THE CHANCE TO LIVE LONGER AND LIVE STRONGER IN SHIRE OF DONNYBROOK-BALINGUP



Living Longer Living Stronger the premier strength and exercise program for over 50's in Western Australia, was re-launched at Donnybrook Recreation Centre on Thursday 28th February, 2013.

The Living Longer Living Stronger program is already well established in the local regions and throughout Western Australia with over 70 providers currently providing the program from Joondalup to Mandurah in the greater Perth metropolitan area and as far as Kalgoorlie and Esperance in regional WA, catering for over 10,000 participants each week.

"The Shire of Donnybrook Balingup is pleased to be able to offer the Living Longer, Living Stronger program as one of a suite of active living initiatives available at our recreation centres," Donnybrook Balingup Shire President Steve Dilley said. "It is a goal of the Shire to engage as many residents as possible and support them to achieve good health and happiness as they age. We hope that the over 50s in our community will make use of this fantastic opportunity and enjoy the long term benefits that result from maintaining and improving their general fitness."

Strength training for older people builds muscle mass and increases bone density to improve strength, balance, gait, flexibility and coordination.

"The Living Longer Living Stronger program is designed specially for the over 50's and each participant is prescribed their own individual exercise program to meet their needs. The program caters for people of all abilities and encourages participants to start slow, work at their own pace and progress as they get stronger."

For more information please contact:
Deb Vanallen (Community Recreation Development Officer), Shire of Donnybrook-Balingup,
Ph: 9780 9780 4234; Email: debv@donnybrook.wa.gov.au

Article from cota newsletter

Fiona Stanley Public Hospital Opening from 2014

**One new hospital.
One thousand new jobs.**

serco

With preparations well underway to fill over 1200 non-clinical positions at Fiona Stanley Hospital from 2014, it is all hands on deck within the Serco workforce planning team.

Advertising for the new positions with Serco will commence from February next year, with jobs being advertised throughout the year and increasing in volume as the new public hospital prepares for opening in April 2014.

Serco will run 28 non-clinical services at Fiona Stanley Hospital, from catering and estates services right through to health technology and sterilisation.

*For more information about Serco's recruitment process or to register for information www.fshcareers.com.au and **click on Register for Updates.***

LOVE
YOUR
WORK

FIONA STANLEY HOSPITAL NEWSLETTER

The Murdoch area is set to deliver one of Perth's largest and most unique activity centres under a new plan that will create a distinctive knowledge precinct incorporating Murdoch University and the new Fiona Stanley Hospital, greatly boosting the area's focus on health, education and research related land uses.

For further information email
fsh@health.wa.gov.au
www.fionastanley.health.wa.gov.au

It is anticipated that the Murdoch Activity Centre could accommodate up to 35,000 employees, 22,000 residents and 43,000 students in the long-term. The WAPC is currently seeking public comments on the draft Murdoch Specialised Activity Centre Structure Plan.

The full report and details on how to comment are available at
www.planning.wa.gov.au/Murdoch.

The public comment period closes on Friday 8 February 2013.





BEGINNING WEDNESDAY 13 MARCH, why not book your season ticket to see all 3 shows for **only \$66***.

Make a day of it! Show your Morning Melodies ticket and enjoy the choice of either Chef's homemade soup or gourmet fresh filled sandwiches for only \$7.80 or \$10.80 including a glass of wine in the Dress Circle Bar after the show.

Tickets \$27* and include morning tea in the foyer after the performance. Seating is reserved.

Book now! Visit a Venue Box office or Ticketek Agency / telephone 1300 795 012 / online www.ticketek.com.au (*Transaction fees may apply. A credit/debit card processing fee of 2.75% will apply.) Click here for performance times, ticket prices and booking information.



His Majesty's Theatre
(13 March – 19 June 2013)

Article from cota newsletter

MAKE A DIFFERENCE IN APRIL

More than 8,000 passionate people across WA are fighting for more birthdays...and we need YOU!

Cancer Council Western Australia's Relay For Life is an inspirational overnight team event, joining together communities touched by cancer. And this special event is coming to Perth's VenuesWest WA Athletics Stadium on the 13th and 14th April. It's an opportunity to remember those we have lost to cancer, and to stand united, for 24 hours, against a disease affecting us all. Why 24 hours? Because cancer doesn't sleep!

Each team member takes turns walking around the oval for 24 hours, to show people experiencing cancer they are not alone.

By getting involved you'll help further our progress in forming cancer-free communities all over Western Australia.

YOU CAN MAKE A REAL DIFFERENCE!

- **Register your team** - It's all about fun fundraising and a getting to know your community. This is a life changing event for all involved! For more information and to register visit www.relayforlife.org.au
- **Volunteer your time** - Each Relay For Life event is run by local volunteers. If you can spare some time to help out please email relayforlifepert@gmail.com or call 1300 65 65 85.



Article from cota newsletter

PARTICIPANTS NEEDS FOR SURVEY RE: HOUSING ISSUES AND CONCERNS

**Are you over 60 years of age?
Have you had problems with your housing situation?
If so, would you consider speaking to CRU
researchers about your experiences?**

The Consumer Research Unit (CRU) in the Faculty of Law at the University of Western Australia is interested in speaking to senior Western Australians (aged 60 and above) about their housing and accommodation issues and concerns.

The CRU is undertaking research, in collaboration with the Council on the Ageing (WA), to identify seniors' housing concerns and assess whether the present Western Australian and Commonwealth laws adequately address them. The research team is seeking volunteers to speak to us about your experiences.

All information given will be in the utmost confidence. If you participate, your responses to interview questions will be kept confidential. At no time will your actual identity be revealed.

You are under no obligation to participate and if, after speaking with us, you decide not to continue there is no obligation to do so.

If you would be interested in contributing to our research please contact any of the researchers listed below before 15 April 2013.

Dr Eileen Webb: T:(08) 6488 2947,
E: eileen.webb@uwa.edu.au

A/ Prof Aviva Freilich T:(08) 64882840
E :aviva.freilich@uwa.edu.au

Mrs Pnina Levine
E: pnina_levine@hotmail

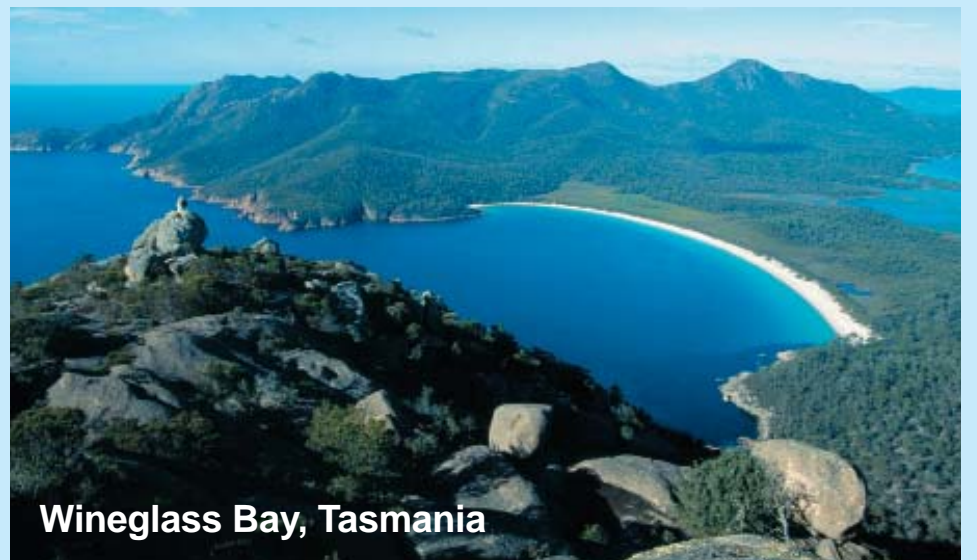


Article from cota newsletter



Tasmania back in business

TASMANIA'S tourism experiences and National Parks are now open to tourists following the devastating bushfires that struck some parts of the state.



Wineglass Bay, Tasmania



Mt. Field National Park, Tasmania

Korea hosts garden expo

KOREA'S ecological capital, Suncheon, will host an International Garden Expo entitled Garden of the Earth from April to October

Article from cota newsletter



WA active ageing CONFERENCE 2013

- WHAT IS AGEING NOW? -

COTA WA and the Conference Organising Committee are pleased to announce that the 3rd Annual Western Australian Active Ageing Conference will be held on Weds 5th and Thurs 6th June 2013 at the Esplanade Hotel, Fremantle

More information will be available in later date.

Please email conference@cotawa.org.au to be added to the conference mailing list



Free home visits to help households reduce their energy use.

Anglicare WA, Red Cross (Darwin College) and the Geraldton Resource Centre are now delivering the Federal government's new Home Energy Saver Scheme (HESS) across Western Australia. The HESS program provides free home visits by professional and experienced home energy assessors. So if you are wondering why your energy bills are high, don't know what to do about it, and are frightened of being unable to pay the next one coming, then a HESS home visit is for you.

Article from cota newsletter



Australian Government



Are you **READY** for digital TV?

On 16 April 2013, the analog free-to-air TV signals are switching off in Perth. This means there is less than two months for everyone to get ready for digital-only TV before this date.

Perth residents don't need to wait until the last minute to convert to digital TV. Converting now will ensure access to more channels and you won't miss out on your favourite shows.

To convert to digital TV, you will need a TV that is capable of receiving digital signals. Nearly all analog TVs are able to receive digital TV signals by adding a digital set-top box or digital TV recorder. Otherwise you can upgrade to a TV with a built-in digital tuner.

If you've already made the switch to digital TV, it's a good time to ensure your friends and family are ready for digital TV too before April 16.

Most antennas should work after the analog TV signals are switched off, but some may need upgrading, repointing or new cable connections. If you have any concerns about your reception, consider asking an endorsed Antenna Installer to check your antenna and cabling connections.

mySwitch is an easy-to-use, online tool that provides you with specific information about your area, including your predicted local digital TV coverage, channels and a list of your nearest endorsed antenna installers. mySwitch can be accessed from the Digital Ready website.

The Australian Government understands that some people may need practical assistance to switch to digital TV. The Household Assistance Scheme has been established to help eligible

people on certain full rate pensions have equipment installed in their homes free-of-charge. The Scheme also provides in-home aftercare support for 12 months.

You may be eligible if you have not switched to digital TV, have a working analog TV and receive the full rate of:

- Age Pension
- Disability Support Pension
- Carer Payment
- Department of Veterans' Affairs Service Pension
- Department of Veterans' Affairs Income Support Supplement

People who may be eligible have been sent a letter from the Department of Human Services inviting them to check their eligibility. The Householder Assistance Scheme is open until 16 May 2013, however if you are eligible for the scheme it's important to apply as soon as possible. To check if you're eligible for the Scheme and to apply, call the Department of Human Services on **1800 556 443**.

To find out more about the switch to digital TV in your area, visit the Digital Ready website www.digitalready.gov.au or call the Digital Ready Information Line on **1800 20 10 13** (available 7 days a week, 8am to midnight AEDT).

The Digital Ready website has information available in more than 30 languages and the Translating and Interpreting Service is also available on **131 450**. To find out about what you can do with unwanted televisions and computers visit www.environment.gov.au/ewaste



Jayalakshimi Raman and students of
Kalaivani Dance School
 PRESENT



ANDAL THIRUPPAVAI

A legend about a young maiden's dream to merge with her beloved Lord Vishnu (Preserver)

30th Anniversary of the school

Venue : Penrhos College - 6 Morrison Street, Como, WA, 6152

Date : 4th May 2013 (Saturday) Time : 6:30 p.m.

Tickets : Adults \$20 and Children / Concession \$15

Contact : Jayalakshimi Raman - 6161 9742 / 0419 999 709

AUSTRALIAN
Ageing
 AGENDA



DEPRESSION INCREASES HOSPITALISATION RISK

Older men with depression are more likely to be admitted to hospital than those without and strategies that identify and manage the illness are needed to combat it, according to new research.

PARTNERSHIP IN EDUCATION

The Aged Care Standards and Accreditation Agency has partnered with state and territory industry peak bodies to offer the Understanding Accreditation course to association members.

NEW CONTINENCE MANAGEMENT TOOLS

The Continence Foundation of Australia has developed a new online exchange for medical professionals about best practice in continence management along with a new support forum for Australians living with continence issues.

More info: <http://www.australianageingagenda.com.au/index.php>

Article from cota newsletter



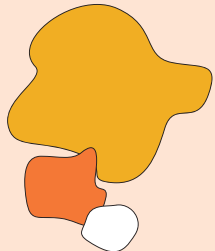
VICTORIA PARK CENTRE FOR THE ARTS



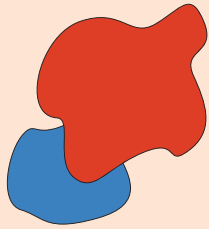
**WORKSHOP PROGRAM
TERM 1 COURSES, JANUARY - MAY 2013**

Day and Evening Short Courses in Arts, Crafts, Music and Drama for Adults, Youth and Children

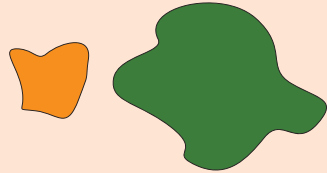
One day or Weekend Classes for Adults



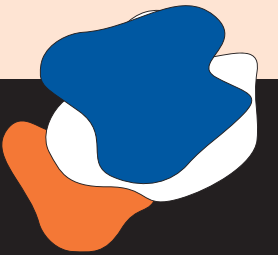
3D Creative Felting, Mixed Media Drawing, Cartoon Drawing, Drama with Danuta Stansall, writing the books you love to read Classes for Children, Youth and also School Holiday Programme. (for all ages)



Hours 10 - 4pm Mon - Fri: Office, Gifts Shop and Gallery
Hours 11 - 3pm Sat: Gift Shop and Gallery Art Exhibitions, Arts Classes



Available Room Hire and Sculpture Garden
Our GIFT SHOP showcases the work of approximately 40 different local artists



Please contact for more information,
Victoria Park Centre for Arts
12, Kent Street, East Victoria Park, 6101. Tel: (08) 9470 5520,
Email: vicparkarts@westnet.com.au, Website: www.vicparkarts.com.au



21st 

FolkWorld

FAIRBRIDGE FESTIVAL

26 - 28 April
2013

folkworldfestival.com.au
Tickets: moshtix.com.au
Festival office: 08 9246 3311

80 ACTS
12 STAGES

- Music - Children's Festival
- Youth Festival - Comedy
- Markets - Street Theatre

Carer Counselling and Support

Carers WA offer free telephone counselling on **1800 007 332** for you to call when you need to talk things over with someone who is not directly involved in your situation. The Counsellors at Carers WA are non-judgmental and respect that you know your circumstances best. They do not give direct advice; however, they can assist you to develop new strategies for coping with carer-related difficulties through problem-solving, encouragement and insight. Carers WA also offer low-cost face-to-face counselling in both regional and metropolitan locations, as well as free email counselling -

chat@carerswa.asn.au

for those who prefer to put it in writing. Fees for face-to-face counselling can be waived, dependent on your financial situation.



Do you or one of your family members have progressive memory loss such as dementia?

Are you interested in participating in a study about how people and family members experience dementia or Alzheimer's? 'Examining perceived stigma in persons with progressive memory loss such as dementia: An Australian study'. Conducted by Queensland University of Technology, Griffith University and Curtin University with funding from QUT. Please contact

Katrina Fyfe at Curtin University on

(08) 9266 9939 or email **K.Fyfe@curtin.edu.au**

to find out how to participate. For more information, click here to view the poster. This study has been approved by the Human Research Ethics Committees of Queensland University of Technology (0800000747), Curtin University (HR 42/2010) and Griffith University (NRS/43/11/HREC)

After hours GP Helpline

If you or someone you care for has an urgent health concern at night or over the weekend and you are not sure what to do, there is an after hours GP helpline that can give you the reassurance and practical medical advice you need.

Available through healthdirect Australia, the after hours GP helpline is open when your GP may not be – at nights, on weekends and on public holidays – 365 days a year.

Call the after hours GP helpline on 1800 022 222.

Operating times:

- 6pm to 8am Monday to Friday
- 6pm Friday to 8am Saturday
- 12noon Saturday to 8am Monday
- public holidays

For more information visit

<http://www.yourhealth.gov.au/gphelpline>

Calls from landlines are free. Mobile charges may apply. A joint initiative of the Australian Government and state and territory Governments. All information in this publication is correct as at 1 May 2013.



Salt and Blood Pressure study needs volunteers

The School of Medicine & Pharmacology, (RPH) needs men and post-menopausal women who are overweight for an important study examining how genetic make-up affects a person's blood pressure response to salt.

If you are 20-70 yrs, a non-smoker, not diabetic, not on cholesterol or blood pressure lowering drugs, and willing to participate in a 6 week study, reducing salt intake contact:

Venus Chavez: 9224 0239

Email: vchavez@meddent.uwa.edu.au

Approved by the University of Western Australia Human Research Ethics Committee



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