



**CONTACT** : Secretary, Barbara Morris, 39 Appleby Street, Balcatta, W.A. OR

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**NEWSLETTER AND P.N. MINUTES for 10<sup>th</sup> July 2023**

The meeting opened at 10.00 am.

**ATTENDANCE**: Mike Kiff, Celia Miraglia, Barbara Morris, Ron Gascoigne

Faye Breslin , Margaret Hunt, Eileen Senn. Lindsay Gibson

**APOLOGIES** ; Philip Surtees, Faye Holloway, Jenny Wilkins, Laurel Morris, Lorainne Keen

**CONFIRMATION OF MINUTES OF LAST COMMITTEE MEETING** AS circulated as being true and correct.

Accepted : Celia Miraglia

Seconded : Eileen Senn

**CORRESPONDENCE** : Received

- PIF – Connect small grants program is available to Peer Support Groups for Mental Health issues
- Peak Post, June – Updates from the Peer Support Group
- RTG – Campaign dates of Flash Sale EOYS sale extended. Sale of entertainment Book
- A Nurse from Tasmania emailed requiring information regarding any support services or activities in Tasmania. She supplied her details etc. but didn't specify what organisation she wanted the details for. We replied as to which organisation etc. but haven't heard up to date.
- Anne Gooding emailed for Margaret Smith. She had tried to make a payment to the PNG account at the bank which didn't go through. It was found out later that the bank had been 'down' that day. She has now paid for Margaret Smith and Sandra Abbott for last year and this year.
- Connect Groups have Peer Support Consultations at Wanneroo, Nedlands, Perth, Rockingham, Armadale, Applecross, Rockingham, On line, and Mandurah. For more information contact 0893646909, Or email: [info@connectgroups.org](mailto:info@connectgroups.org).
- An email from Ninetta re a Dr. Chin (a potential speaker) (see general news).

Accepted : Mike Kiff

Seconded : Eileen Senn

**TREASURER'S REPORT AS AT 01/07/2023**

**RECEIPTS**

|                 |                      |
|-----------------|----------------------|
| Membership D.D. | 30.00                |
| Acc. Cream      | 162.50               |
| Attendance      | 22.00                |
| Joining fee D.D | 5.00                 |
| Donation D.D.   | 20.00                |
| <b>TOTAL</b>    | <b><u>239.50</u></b> |

**PAYMENTS**

|             |                      |
|-------------|----------------------|
| Postage     | 45.35                |
| Morning Tea | 20.00                |
| Honorariums | 600.00               |
| Zero Accs   | 120.00               |
|             | <b><u>785.35</u></b> |

Balance b/f 936.03

**BANK ACCOUNT**

|                  |        |          |        |
|------------------|--------|----------|--------|
| Cheque Acc. Paid | 785.35 | Deposits | 239.50 |
|------------------|--------|----------|--------|

|                 |                        |                |
|-----------------|------------------------|----------------|
| Balance C/f     | <u>390.18</u>          |                |
| <b>TOTAL</b>    | <b>1175.53</b>         | <b>1175.53</b> |
| Balance c/f     |                        | 390.18         |
| ACCEPTED: Celia | Seconded : Eileen Senn |                |

## GENERAL BUSINESS

For any member who may be interested, another member mentioned she attends the Ken Hasaka exercises at Tattersalls Bowling Club, Plain Street and she finds it to be very beneficial. Free parking is available and the classes are held each Wednesday from 9.30 am 12.00 noon for a fee of \$100 per 8 classes. There is a sumptuous morning tea offered each week, and the morning costs \$100 for 8 weeks. Another class is held at Belmont, Abernethy Road opposite Sports and Rec. in Foster Clarke rooms on a Thursday for the same fees etc. If anyone is interested they can get in touch with a Celia Miraglia 0893424908. Other members have endorsed the quality of the program.

There was a general discussion as to whether to have meetings on a bi-monthly, or even a three monthly basis, but no decision was made.

We had another discussion on cannabis . Nothing new was brought up.

A member has been using Endep tabs for pain and has been prescribed an extra 5 ml at night time for pains in the legs etc.

We received the following contact from Ninetta

### ***Dr Chin, laser needling, potential PN support speaker.***

*I went to Dr. Chin yesterday for my 2 bulging discs in my back. I am also going to physio who has given me exercises till I see her again Monday. Well, the saying "may get worse before getting better" did happen. I'm not sure yet if this is the miracle I'm looking for but need to try.*

*Dr Chin is a lovely soft spoken man and is happy to come to a meeting as a speaker. He does have a hard copy book, **Be your own BACK GURU, 7 simple ways to beat back pain** and an Amazon Kindle online copy. Dr Chin may be able to help someone.*

Medical Acupuncture –Following is a brief explanation of Medical Acupuncture as practiced by Dr. Chris K Chin MB BS FAMAC. Australian Medical Acupuncture College West Australian State President.

### Origins of acupuncture

Acupuncture has been used for the treatment of illnesses and diseases in China for over 4000 years. Traditionally, needles were inserted into acupuncture points on the surface of the body to relieve symptoms and speed up the healing process. Modern research has discovered a 93% correlation between Traditional acupuncture points and myofascial trigger points.

### Medical Acupuncture

Acupuncture combines knowledge from both Traditional Chinese acupuncture and Western research on the neurophysiology of Myofascial Trigger Points and Meridians. By understanding both ancient Eastern and modern Western medical knowledge, we can better manage patients with multiple or complex pain and health problems

### Laser Acupuncture, Low Level Laser Therapy (LLLT), Cold Laser, Photo Bio Modulation Therapy (PBMT)

Lasers have been used in modern medicine since 1965. Research has shown that low level lasers stimulate energy reduction in the mitochondria within cells, RNA synthase that speed up of the healing process and Nitrous Oxide production which dilates blood vessels.

Low level lasers are gentle, safe, have no known side effects and are painless. It is particularly useful for children, people who have a fear of needles, people unable to tolerate needles, medications or other stronger therapies.

### What can Medical Acupuncture help?

Clinical trials have shown that Laser Acupuncture can be useful for headaches, including migraines, orofacial pain, TMJ pain, post-herpetic neuralgia, dizziness, vertigo, nausea, neck pain, shoulder pain, Diabetic neuropathy, peripheral neuropathy, lymphoedema, musculoskeletal pain, myofascial pain

DR Chin has also found it useful in patients with anxiety, depression, osteoarthritis, back pain, sciatica, pelvic pain, pelvic congestion, dysmenorrhea, pudendal nerve pain, endometriosis, chest wall pain, sternal pain, neuropathic pain, complex regional pain syndrome, fibromyalgia and chronic fatigue.

It can also be useful in the supportive treatment of patients with concussion, whiplash, head injury and long covid.

#### What to expect from your treatment.

Most people will feel a significant relief of pain and symptoms after 3 – 6 treatments of Laser Acupuncture.

For some people, the pain and symptoms may feel worse for the first few days after the treatment before settling down.

Sometimes the pain may move around after the treatment before improving.

It is better to rest and relax for the rest of the day after the treatment. Shopping, strenuous exercise or manual labour should be avoided for the rest of the day. It is not recommended to have any other medical consultations, treatments, vaccinations or physical therapy on the same day as Laser Acupuncture.

**Dr. Chin does not see Workers Compensation , Motor Vehicle Insurance or any other insurance litigation pending cases.**

#### Dr, Chin's schedule of fees.

This is a summary of fees as of the 1<sup>st</sup> July 2023. These fees only apply to Dr. Chin. A discount applies for same day payment.

You can claim a refund from Medicare but not from Private Health Insurance.

A higher rate of refund is available from Medicare once you have reached your Medicare Safety net threshold for the calendar year. The fee for same day payment for the **first** consultation is usually \$175 to \$190 depending on consultation and treatment time. The Medicare rebate for the first consultation is usually \$75.80

Dr. Chris Chin can be contacted on 08 9418 3722 for an appointment at Cockburn Medical Centre, Shop 15 Stargate, 432 Rockingham Road, Spearwood W.A. 6163.

With nothing further to discuss, -

**The meeting closed at 10.45 am. The next meeting will be held on Monday 14<sup>th</sup> August, 2023 at The Niche, Cnr. Aberdare Road and Hospital Avenue, Shenton Park from 10.00 am to 12.00 Noon.**

#### **A COUPLE OF JOKES.**

Four kids in the country were riding on a horse down the side of a road. A city slicker came driving by in his Saab. Seeing the unusual sight of four kids on one horse, he decided to have a bit of fun. He pulled up beside them and said: *Hey kids, got room for one more?*

The kid sitting at the back of the horse turned around, lifted the horse's tail, and said: *Yeah, you can hop in the boot if you like.*

A passenger boarded a jumbo jet and asked one of the hostesses to put a parcel in the fridge for him. He explained to her in detail that it was seafood, so she dutifully obliged.

Nearing the end of the long journey, the hostess announced over the public address system: *would the gentleman who gave me the crabs at the beginning of the flight please come to the rear of the cabin and I'll give them back to him.*

#### **NOTICE OF ANNUAL GENERAL MEETING (AGM)**

***The AGM will be held on Monday 9<sup>th</sup> October 2023 from 10.00 am  
at The Niche, cnr Aberdare Rd & Hospital Ave, Nedlands.***

This meeting is important because a decision will be made on whether the PN Group continues or not.

To continue we need a member to volunteer to accept the position of Chairman and be responsible for the Group's activities. Ron Gascoigne is not able to continue in this role, and we need someone to take over.

So, if it is not you, then can you identify a member who could accept the responsibility.

In view of the likelihood of closing down, please defer payment of annual subs until after the AGM.