



CONTACT: Secretary: Barbara Morris, 39 Appleby St, Balcatta WA 6021
EMAIL: junepngroup@gmail.com
PHONE: 0459 972 246 - Please leave a message as phone is not manned continuously.

NEWSLETTER and P.N. MINUTES: 11th March, 2024.

CONFIRMATION OF MINUTES OF LAST COMMITTEE MEETING, as circulated as bring true and correct.

Accepted: Philip Surtees

Seconded: Margaret Hunt

ATTENDANCE: Barbara Morris, Faye Holloway, Celia Miraglia, Mike Kiff, Philip Surtees, Ron Gascoigne, Margaret Hunt, Faye Breslin, Ron Hancock, Beryl Hancock, Lindsay Gibson and Stephen Pickersgill.

APOLOGIES: Laurel Morris and Phil Reed, Murray Cox, Eileen Senn, Sonja and Jemmy Wilkins (passed away).

The meeting was chaired as planned by Ron Gascoigne as Phil Reed was away.

CORRESPONDENCE: Emails from Phil Reed re: procedures at the meetings.
Email from Stephen Pickersgill with his joining application form.

Connect Group Peak Post

Following are a few items from the ConnectGroup's Newsletter which may be of interest.

1. Rare Genetic and Undiagnosed Diseases (RC&UDD) will be putting on a display for Rare Diseases Day.
2. People with Disabilities WA (PWDWA) Association, have been to Albany and will go to Geraldton next month and Broome in May. At Albany, they hosted a networking morning tea as well as several training sessions, which will be repeated at Geraldton and Broome.
3. Place based metropolitan networks, South Metro Peer Support Networking, has been launched the South Metropolitan area. This Support Facilitation Network is a new online network for group facilitators. It was launched to share information and access to training to support work in local communities.
4. Aboriginal Lived Experience Advisory Group is seeking applications from Aboriginal people with lived experience of Mental Health illness.

5. Volunteer of the year. Nominations for Volunteer of the year were opened, but closed on 8th March 2024.
6. DAYS for residential rehabilitation is open for referrals for the Youth Withdrawal Rehabilitation Service (YWRS) and is the only youth specific withdrawal unit in W.A.
7. DAYS residential Rehabilitation (YRRS) for longer term residential, treatment for substance abuse.
8. There is an online wellbeing program for young people living with chronic conditions.
9. Affordable first aid course for employees of non-profit organisations is available Employees are offered a course on the last Saturday of every month.

TREASURER'S REPORT AS AT 01/03/2024

RECEIPTS	\$	PAYMENTS	\$
Attendance	16.00	Morning Tea	0.00
Membership	20.00	Postage	85.70
Joining Fee	5.00	Stationery	58.00
Accident Cream	17.50		
Donation	130.00		
Accident Cr. D.D.	55.00		
Membership Cr D.D.	50.00		
Joining D.D.	5.00		
TOTAL	298.50		143.70
Balance b/f			1478.08
BANK			
Cheque A/c paid	143.70	Deposits	298.50
Balance c/f	1632.88		
TOTAL	1776.58		1776.58
Balance c/f			1632.88

ACCOUNTS FOR PAYMENT

Postage

Approved: Barbara Morris

Seconded: Ron Gascoigne

-ooOoo-

GENERAL BUSINESS:

Phil left his monthly report for Ron to go through and the following is what came out of it. Phil had contact with a Jenny from the Coffee Club who has invited a member of our group to speak at the Coffee Club in May. She will send an invitation to Phil as well as likely questions our PNSG speaker will be asked. The purpose of making this contact and invitation for our group to speak at the Coffee Club is to help us spread awareness of

Peripheral Neuropathy. The Coffee Club is a support group for anyone who has a neurological disorder.

Ron brought up the list of “ground rules” which Phil gave us last month and we went through them to see if we agreed with them or not:

- 1 One suggestion was that the rules were too rigid and we would like more flexibility and be more casual.
- 2 If wishing to speak, instead of interrupting, indicate with a hand movement if you wish to add to the conversation.
- 3 Delete the mention of violence as it was thought we were old enough not to resort to that behaviour.

Otherwise, all agreed with Phil’s “ground rules”, with the added suggestion of “He’s doing O.K. Keep it up Phil.”

A question was asked about what is ConnectGroups all about. Connect Groups administer grants to non-profit groups of which we are one. ConnectGroups are funded by:



Government of Western Australia
Department of Communities



Government of Western Australia
Mental Health Commission



Government of Western Australia
Department of Health



We then had a round table discussion on symptoms of and coping with P.N. Ron Hancock uses Zostrix cream daily and finds that after a few days the pain disappears – until the next time of course, but it does give him some relief. He says if you find something that helps, stick to it.

Another member is on cannabis and is having good results from that.
A member is on tramadol, another member uses cream. Another member takes Lyrica which doesn’t suit others.

Phil’s contribution while absent.

He wants to have a free and secure cloud storage (using a product called “Dropbox”), so members can have access (whilst connected to the Net) to general information regarding our group and P.N.

Phil has applied to ConnectGroups for a grant for a website, a laptop and a mobile phone, totalling around \$8000. We should know if we’re successful by our May 2024 meeting.

-ooOoo-

The meeting closed at 11.40 a.m.

The next meeting is on Monday, 8th April 2024 at The Niche, cnr. of Hospital Avenue and Aberdare Rd, Shenton Park, W.A. 6008.

Eight Categories to Help Relieve the Symptoms of Peripheral Neuropathy

The below details eight difference categories of how our members are limiting the negative effects of their P.N.

Hopefully one or more will help you.

As a group we are always looking for more and better ways to manage our P.N.so, please let us know what you're doing that works best for you.

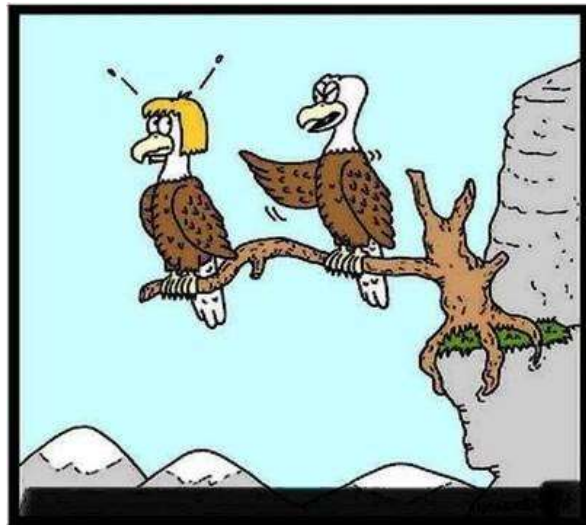
1. Medications:
 - a. Opioids, Gabapentin, Paracetamol, Cannabis, Zostrix etc.
2. Equipment:
 - a. Footbath (iced or warm water, vibrating, water swirling action, etc.,).
 - b. Use a medications container (Sun – Sat, days of the week) to help you to remember to take your medications for each day.
 - c. Use phone /computer apps dedicated /appropriate to your condition e.g. blood sugar monitor for those with diabetes.
 - d. Use a smart phone to set up alarms to remind you to take medications.
 - e. Mobility scooter /wheelchair, walking frame /stick etc.
3. Apparel:
 - a. Compression socks (long, short, toeless).
4. Distractions:

Definition - Doing anything that takes your mind off the pain. The more interested you are in the distraction the more effective the distraction is:

 - a. The number and type of distractions is limited only by our imagination and preference.
 - b. Socialise and get involved with others of similar interests /purposes.
5. Meditation:
 - a. Listen to recorded meditations (purchased media, online subscriptions etc.,)
6. Family and Friends:
 - a. To non-PN sufferers there are no outward signs of PN only your behaviours of how PN affects you. Therefore, share how you are feeling as the PN affects change many times during the day and night for the sufferer.
7. Social:
 - a. Make the effort to go out more than your wheely bins.
 - b. Invite friends around to your place and go to theirs.
8. Plans:
 - a. Put together a plan to schedule and execute important and/or enjoyable activities (see details of the book - Rewire Your Pain below¹).
 - b. Document “Your Daily Successes” so you can easily compare your results to help direct you as well as keep you motivated.

¹ Rewire Your Pain by Dr Stephanie Davies et al. ISBN 978-D-9943686-D-7

And now for something completely different...



**Fred! You're a Bald Eagle!
Accept it and get rid of that stupid wig!**

Tip of the day: Before starting a project,
check if you have the resources available





I think there's a lot of money to be made here!

Woolies, US American style?



What's this guy doing wrong?

Yes, you've guessed it, he's not wearing a hi-vis vest!