

TREASURER'S REPORT

RECEIPTS	\$	PAYMENTS	\$
Attendance	20.00	Postage	51.15
Membership	90.00	Morning Tea	20.00
Donation	10.00	Xero 12 mths lic	153.63
Membership D.D.	90.00	Web Expenses	39.99
Joining D.D.	5.00		
Donation D. D.	50.00		
Accident Cr. D.D.	55.00		
TOTAL	320.00		264.77
Balance b/f			2031.08
BANK			
Cheque A/c paid	264.77	Deposits	320.00
Balance c/f	2086.31		
TOTAL	2351.08		2351.08
Balance c/f			2086.31

ACCOUNTS FOR PAYMENT

Postage	98.99
Morning Tea	20.00
Membership to NCWA	100.00
Honorariums	600.00
Stationery	32.48
TOTAL:	851.47

Approved: Mike K Seconded: Barbara M

GENERAL BUSINESS:

1. Member's Security and Privacy:

Dan D. mentioned it is now accepted that to protect an individual's identity and privacy it is preferred to only document people in meeting minutes by their first name, avoid using their mobile phone number, email address and postal address unless permission has been granted.

Phil R commented as we have multiple members with the same first name it's going to be difficult and confusing to write and read the minutes if we do not at least include the first letter of a person's surname.

2. An overlooked Email

We have received an email from Sandy B:

"Thank you for your newsletter.

I have had improvement in my feet since using daily, for 30 minutes, the

Revitive which is sold at Harvey Norman for around \$372. It has been worth every dollar.

I do believe it is advertised on one of the commercial TV channels.

I can now walk for longer and my sleep has improved. Recently I walked for 3kms!

I have had PN since May 2021 and have found nothing to help until now. Many specialist visits and other forms of treatment have cost a fortune to no avail.
Do hope it helps others.”



Revitive product from Harvey Norman

N.B.

1. What may suit Sandy B may not suit you.
 2. Remember to seek advice from your doctor.
 3. In this case the Peripheral Neuropathy Support Group is merely passing on Sandy's experience with the Revitive product and PNSG does not endorse or recommend this product in any way.
3. Phil R announced that this month is special as it's the last month of our financial year, with the new year commencing on 1/7/2024 to 30/6/2025.

We currently have 88 members and to remain sustainable Phil R said we need to increase our membership to 170 over the next financial year (that's an increase of at least seven new members each month).

Whilst there are an estimated 80,000 in WA alone with PN it was agreed that we need to proactively seek new members and not just wait for new members to contact us.

To promote PN awareness it was suggested that we contact local radio stations to request on air interviews. Some ideas were put forward, namely:

1. Advertise on Capital Community Radio and/or FM radio for free.
2. 882 6PR has segments on different topics.

As to what to talk about, it was suggested our Living with PN book would be a good source.

4. Membership Fee Increase

After discussion with those members present, it was agreed by the majority that the existing annual membership fee should be raised to \$20.00 to be paid within the month of July and preferably by the first week of July.

New members will also be required to pay \$20.00 however the joining fee has been dropped.

Members who have already paid year 24-25 will not be required to pay \$20.00 until next year (25-26).

5. Assistant Chairman stands down

Phil Surtees announced that he will be standing down as Assistant Chairman, but it won't be official until the next A.G.M.

The P.N. Support Group would like to thank him for his contribution over so many years.

6. Meeting Room

The Passmore Room at the Niche where our meetings are held each month, has been booked again for the next 12 months at no cost to the group.

7. Presentation by Phil.R

Phil R did a presentation on Peripheral Neuropathy to the Friends of the Neurological Council of W.A. This was his first presentation, and he says it went over well with lots of questions asked. Phil R suggested at our following monthly meeting that he could seek out other organisations to promote awareness of PN.

8. A word of encouragement from Phil R

Phil R said with nothing further to discuss he suggested that as we've finished the formal part of the meeting it was now time for the social side.

He asked that we please make the most of our time by focusing on our positive achievements and how we are enjoying the best of our situation. That we talk about happy times and how we're still able to get out and about, possibly going on holidays and generally having a good time.

The meeting closed at: 10:48 a.m.

-ooOoo-

Hey members! This is your newsletter so if you would like to see things added (or not covered) then you need to let Phil R know.

Please keep in mind our focus is to support our members in any way we can.

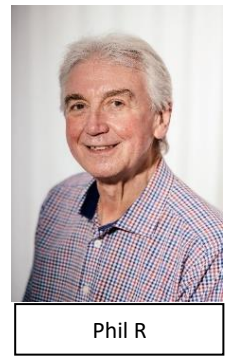
Our annual membership subscription allows us to provide our support to members and just covers our expenses providing every member pays their subscription on time.

The next meeting is on Monday, 8th July 2024 at The Niche, cnr. of Hospital Avenue and Aberdare Rd, Nedlands W.A. 6009.

N.B. – Our annual subscription increases to \$20 as from 1/07/2024. Please pay promptly. We rely upon donations to allow us to keep making improvements to our services for our members. Please donate where you can.

Here's something for all you deep and serious thinkers (or those still awake in the early hours and bored with watching Netflix) ...

According to our members we have eight (8) categories of PN help available to us. For details, refer www.pnsg.org.au then go to Document Library and click on the document "Categories of PN Help".



Socialising - Being "social" is a strong pain manager because when we're focusing our attention on others we're not focusing on our pain.

Isolation – Not socialising is an easy trap to fall into. Making an effort to get out and talk to people slowly becomes more difficult to do and easier to make excuses to stay home which unfortunately often means we spend time feeling sorry for ourselves.

Everyone has their own story to tell and they're dying to tell it. However, finding someone who will actually listen (not just hear) and show interest in them is getting more difficult these days. Good listeners are very popular people.

Socialising - Ok so where do you start? Most of us are not particularly outgoing, yes, we're friendly enough but to strike up conversation with a stranger that's a whole different ball game. Also, some of us do not hear well especially if the background is noisy.

Our Seven Best Friends - The following are the seven best friends we'll ever have:

Who, Why, What, Where, Which, When and How.

These little gems are called "Open" questions and starting a question with one of them can open a whole world of conversational opportunities.

Rejection - What if the other person doesn't want to talk to me? Rejection is a real fear. Keep in mind the person we're talking with is probably just as apprehensive as we are.

Making eye contact - mmm... for how long? Just long enough to determine the colour of the other person's eyes. No longer, no shorter. When listening maintain eye contact most of the time, when speaking keep eye contact around 50% of the time.

Breathe - When you start getting nervous, breathe.

Visualize success - Often, we visualize and assume the worst. Focus on what you want and not what you don't want.

Take a friend - Sometimes having someone with us is all we need to help allay fear.

A fail-safe conversation starter - How's your day going? (remember to smile 😊). Starting with any open question cannot be answered with a "yes" or a "no".

Conversation killer - Nothing kills a conversation quicker than someone who dominates a conversation talking about themselves. Think of something topical that's positive to say.

Keep the conversation going - You have two ears and one mouth and that's the best ratio for you when you have your first conversation with a stranger. Listen twice as much as you speak.

Mmmm ... thoughts anyone? Please share with all our members by letting Phil R know and he'll spread the word.

**She said she
missed me.
Normally that
would be good, but
she's reloading.**

**My age
doesn't bother
me... it's the
side effects.**

Oldtimers



**I couldn't afford an
ancestry DNA kit so I
announced that I had won
the lottery and I found out
who my relatives
are.. 🤡 🤡**

**My face in the mirror isn't so
wrinkled or drawn.
My house isn't dirty,
and the dust is all gone.
My garden looks lovely,
and so does my lawn.
I think I might never
put my glasses back on.**

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