



# CCE NEWS

“Keeping You Informed”

April—June 2009

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### DEPRESSION

- If you believe you have symptoms of depression, talk to a GP or other health professional.
- Depression can be treated and with the right treatment most people recover.
- It is estimated around one million Australians live with depression.

Help is out there!

Contact your Employment Training Consultant for assistance

## BRAVER, STRONGER, WISER

The Salvation Army has launched a major initiative to help deal with depression in rural Australia, as figures show depression now affects one million adults in Australia each year.

### What Is Braver, Stronger, Wiser?

Braver, Stronger, Wiser is a new DVD produced by The Salvation Army that has been designed especially to help people in rural communities recognise and deal with depression.

**You can register to receive your FREE Braver, Stronger, Wiser DVD by calling 13SALVOS (13 72 58).**

The DVD aims both to celebrate the life and resilience of rural Australia, and to help counter disturbing suicide statistics coming out of many farming

communities.

Braver, Stronger, Wiser shares the stories of four people living in rural and remote Australia who have struggled with—and sought help to manage—various forms of depression.

It features an extensive range of resources including emergency contact numbers, a link to The Salvation Army’s Hope for Life online suicide prevention training program, expert advice from Professor Michael Baigent of beyondblue, and much more.

Anna Rudd, Manager of The Salvation Army’s Dream Films and producer of Braver, Stronger, Wiser says:

“The whole purpose of the DVD really is to save lives, and to get across the message that there is hope, and there is help available.”

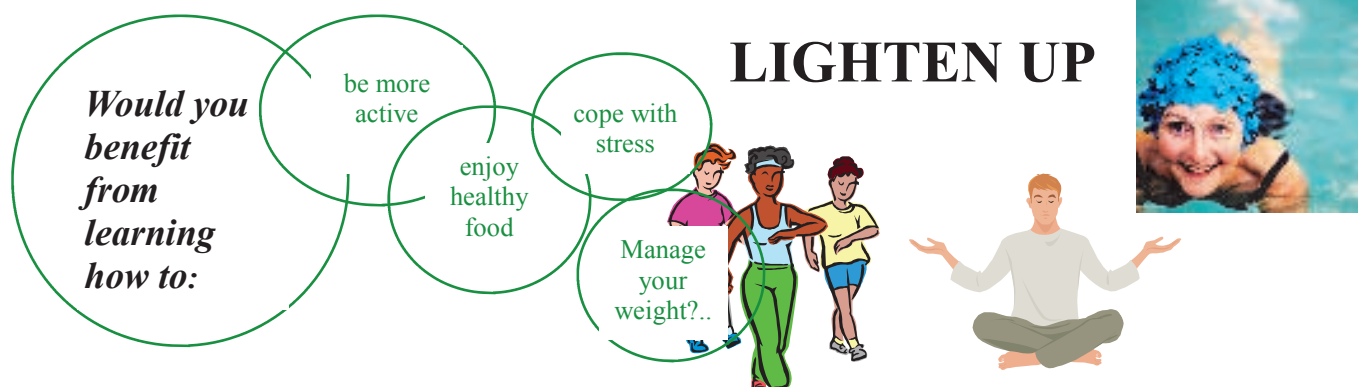
### About the Characters in the DVD

**Catherine Driver** battled postnatal depression and could not get assistance—she has since been diagnosed as bi-polar and today manages a 70,000 acre property in Charleville, QLD, as a single mum.

Mark Pickford—a fifth generation farmer—was running a farm that at one point was losing \$10,000 a month. He talks in the film about how he battled depression after having to sell the farm. However, the outcome has been very positive, with Mark now enjoying much improved relationships with his family, particularly his children.

Hannah Stone—had suicidal thoughts and was diagnosed with depression due to a chemical imbalance. She spoke bravely to her school as a teenager about her depression...and today she has turned a corner and works in real estate.

Warren Timothy—turned to alcohol and marijuana after his father’s death. Today he is clean and sober, and after a battle with depression is a happy family man.



**WAat?**

*Lighten Up* is a group-based healthy lifestyle program developed by Queensland Health. It assists people to:

1. develop a healthy attitude to eating
2. prepare and enjoy healthy food
3. incorporate physical activity in their daily life
4. manage stress
5. learn healthy methods of weight control and;
6. make long-term behaviour change to support a healthy lifestyle



**Cost & Time?**

*Lighten Up* participants attend a two hour workshop once a week for up to 10 weeks. Program costs vary dependent on the location and duration.

**WAo?**

*Lighten Up* is designed for men and women over 18 years of age, who want to improve their health, manage their weight and are reasonably mobile. It is run by trained professionals from a variety of backgrounds (eg. nurses, physiotherapists, occupational therapists).

**WAen & WHere?**

*Lighten Up* programs run across QLD. Programs are conducted in Innisfail on an ongoing basis providing there are enough attendees for each session. Each program runs for approximately 6 weeks. **Contact your Employment Training Consultant for more information.**

**WAy?**

Participating in the *Lighten Up* program is a fun, interesting and easy way to motivate yourself towards better eating, physical activity and relaxation habits.

By changing unhealthy habits, there is a much greater chance of:

- Reducing your risk of diabetes and heart disease;
- Reducing medications;
- Increasing mobility, energy levels, sleep, self-confidence and happiness;
- Boosting your immune system

Website: [www.health.qld.gov.au/lightenup](http://www.health.qld.gov.au/lightenup)  
[www.gofor2&5.com.au](http://www.gofor2&5.com.au)



**Just for Laughs**



Three cowboys are about to be strung up for cattle rustling. The lynch mob takes them to a tree at the edge of the Rio Grande. They put the first cowboy in the noose, but he's so sweaty, he slips out, falls into the river and swims to freedom. They tie the noose around the second cowboy's neck. He too slips out of the rope, drops into the river and

gets away. It's the third rustler's turn. He looks at the mob and says, "Could y'all do me a favour? Tighten that noose a bit—I can't swim."



# Cairns Community Legal Centre Inc.

## for FREE Legal advice, information and referral services

This information relates to the Complaints and Disputes Standard No.7 contained in your Client Booklet -"Each service recipient is encouraged to raise and have resolved, without fear of retribution, any complaints or disputes they may have regarding the service provider or the service".

The Cairns Community Legal Centre Inc (the Centre) is a non-profit government funded community organisation that provides FREE legal services and referral for the benefit of members of the community who are socially or financially disadvantaged.

The Centre operates 3 Services:

### 1. A Core (General) Service

The Core (General) Service offers FREE legal services in the areas of criminal law, traffic matters, family law, civil law (including motor vehicle accidents and debt recovery matters), consumer complaints, employment law, discrimination work (other than disability discrimination), neighbourhood disputes, bankruptcy matters and other miscellaneous matters.

The Core (General) Service is available to people who live in Far North Queensland (the area north from Cardwell to the Torres Strait and west to Normanton/Karumba).

### 2. The Disability Discrimination Legal Service (DDLS)

The DDLS offers FREE legal services in relation to disability discrimination matters. The DDLS is available to people with a disability who live in North Queensland (the area from Sarina north to the Torres Strait and west to the Queensland / Territory border).

### 3. The Seniors Legal and Support Service (SLASS)

The SLASS offers FREE legal and support services for the benefit of seniors affected by elder abuse or financial exploitation.


The SLASS is available to people who live in the 2006 Cairns City Council local government boundary area.

If you would like us to organise an Information Evening with Cairns Community Legal Centre here in Innisfail, please contact your Employment Training Consultant / Personal Support

**WHO CAN HELP?**


*The Workplace Ombudsman can provide information about rights and obligations for employees. Call 1300 363 264 or go to [www.wo.gov.au](http://www.wo.gov.au)*

*Suicide Call Back Service—a free national telephone counselling service for those at risk of suicide, their carers and those bereaved by suicide. Call 1300 659 467*



Never turn down a job because you think it is too small..... You don't know where it can lead.

- Julia Morgan -



**Friendship Quotes**

*Every business is built on friendship*

*Close friends (make) the music sound sweeter, the wine taste richer, the laughter ring louder*

*A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.*

*A real friend is one who walks in when the rest of the world*

## Respite for Older Parent/Carers



### A Caring Environment

### Vision

The Respite Support for Older Parent / Carers is a pilot project jointly funded by Disability Services QLD and the Commonwealth Government. The vision of the initiative is:

- Older parent / carers are replenished as a result of receiving additional respite. This will have no impact on your current respite arrangements.
- Older parent / carers feel greater certainty about the future arrangements for their daughter or son.
- The person with a disability feels a degree of preparedness about a future lifestyle change.
- Service providers will have an understanding of the future support needs of families and individuals, are prepared for emergencies.

### What is Respite?

Respite means taking a well deserved break from your caring role. Respite can be provided in a variety of settings including in the home, within a respite centre or residential care centre, or in the community.

When planning respite, we work with the parent / carers to try to achieve a balance between meeting your needs as a carer, and providing a respite care

experience for the person receiving care which is positive and supportive of their needs.

### Services We Provide

An individualised plan which identifies the long term accommodation needs and desires of the individual ie. “What type of accommodation support will she / he want and need?” and “Who will look after my son / daughter when I am no longer able to?”

- Preparing the individual for transitioning to independent living when this move is inevitable or when the opportunity arises.
- Up to 4 weeks free respite to parent / carers (depending on the age of the carer) per year.
- Inclusion on a State Government register of future accommodation support needs for people with a disability

### Who is Eligible to use this Service?

An individual with an intellectual, physical or sensory impairment, or a psychiatric, cognitive or neurological disability (or a combination of impairments) can access this service when:

- The individual or family are eligible for Disability Services Queensland services
- The parent / carer is aged 65 years or over
- The age for indigenous applicants is 45 years and above

#### For more information, contact::

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## How to turn the tide on unfair bank fees

A NEW legal service that specialises in recovering bank and credit card charges is helping Australians fight back against unfair fees.

Perth based firm Financial Redress was launched last week and is helping dissatisfied bank customers reclaim excessive fees and charges incurred as far back as six years ago.

Managing Director stated that he'd had a 90% success rate against banks in the UK and has now set his sights on Australian

banks.

"Australian banks have been ripping consumers off with penalty charges for too long" he stated. "How can banks charge their customers up to \$50 a time when the true cost is probably only a few cents?"

"These charges are just not unfair, they are also legally unenforceable, so customers can recover their money."

Penalty charges are defined as credit card late payment fees, credit card over-the-limit fees, inward and outward cheque dishonour fees, periodic payment and direct debit dishonour fees.

Financial Redress

charges clients a \$50 administration fee, plus 25% of the recovery amount.

There is also a free alternative. Choice and the Consumer Action Law Centre have devised a free kit on how to challenge unfair bank fees. You can find more information at [www.fairfees.com.au](http://www.fairfees.com.au)

It was stated that banks could easily help consumers to avoid fees, but they chose not to.

For more information on Financial Redress go to: [www.financialredress.com.au](http://www.financialredress.com.au)

*..extract from The Sunday Mail, 8 March 2009*



Give it back!

### REMINDER

*Consumer Satisfaction Surveys should be completed and returned by 10 April 2009*

## New Companion Card

The Companion Card program promotes fair ticketing for people with a disability who need the care of a companion to attend activities and venues.

Cardholders present their card at participating businesses, pay for their ticket and are issued with a second 'companion' ticket at no charge. The card will be available to eligible people with a disability from March 2009. For details about the program visit [www.disability.qld.gov.au](http://www.disability.qld.gov.au)

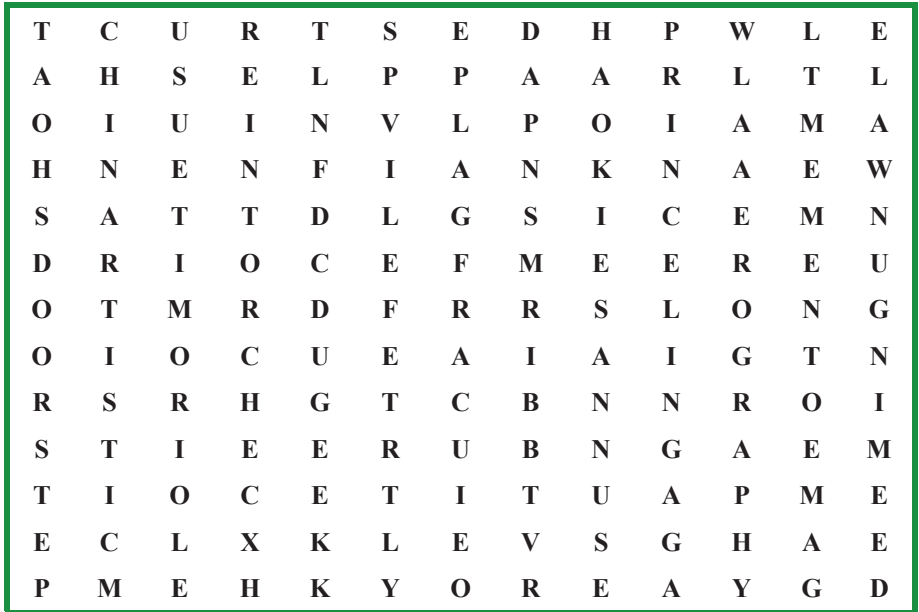


### Dates to Remember

- 10 April Good Friday
- 25 April Anzac Day
- 15-17 May Australian-Italian Festival, Ingham
- 11-17 May National Volunteer Week

**WORD SEARCH PUZZLE**

- ABUT                    INARTISTIC
- AERO                    MACERATE
- AEROGRAPHY          ME
- APPLES                MEMENTO
- BILK                    MITE
- DEEMING              ORIOLE
- DESTRUCT             PAPALCROSS
- DOORSTEP            PRINCEING
- EXERCISE             REEL
- FISC                    RIVE
- GAGA                   SHOAT
- GAME                  SKILL
- GERMINATE            SUNNA
- GIN                    THUNDERING
- GUNWALE             TORCH
- HALIDOM              VAS
- HEMP                  WRONGED
- HUFF                  YET
- ICKY



The aim of this puzzle is to find the listed words in the jumble of letters. The words may be spelled backward or forward, up or down or they may be diagonal. When you finish, you will find the hidden word with the leftover letters.

**Healthy Living**

**Chicken Burgers**

*15 minutes preparation + 5 minutes cooking, 8 serves of vegies in this recipe*

- 500g chicken mince
- 100g mushrooms, roughly chopped
- 1 stick celery, roughly chopped
- 1 onion, roughly chopped
- 1 large sprig parsley
- 1 egg
- 2 teaspoons reduced-salt soy sauce
- ½ -1 cup fresh breadcrumbs
- A little flour to shape patties
- Olive or canola oil spray

**To serve**

- 6 wholemeal rolls, cut open and spread with sweet chilli sauce
- 3 lettuce leaves, shredded
- 1 tomato, sliced
- ½ cucumber, sliced



**Place mince in a large bowl and process all other ingredients in a food processor**

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*Your comments, suggestions, and contributions would be greatly appreciated.*