



EBOP Post Polio Support Group Newsletter **March 2010**

The last meeting was held at the café in Palmers Garden Centre and we had the chance to thank Gisela for her great service over the last seven years and to wish her well on her extended trip home.

The next meeting of the Post Polio Support Group is to be held at the Disabilities Resource Centre Trust on **Wednesday, 7 April 2010** at the usual time of 12.00 pm. The guest speaker will be **Jude Hamer**, Podiatrist, who holds monthly clinics at the DRCT. Foot care for those with circulation issues and foot problems is an important part of your health maintenance. Employed carers are not allowed to trim or cut your nails, as too many problems can arise from untrained people attempting this job.

If you have any ideas for future guest speakers, please do not hesitate to talk to me about them. Some thoughts are the Community Constable on Home Security or Modified Tai Chi or Restorative service for falls prevention.

Web Searching

I am spending a little time each month trolling the internet for items of interest for the newsletter. I have found a rather good Australian website for Polio Services Victoria (<http://www.polionetworkvic.asn.au/>). I have borrowed a few items from their knowledge base and will include these in newsletters over the year.

It also appears that putting your stories of your experiences with Polio into a book is becoming a trendy project. A Polio Support group in the Knox-Yarra Ranges is set to release their book "*The Calliper Kids – Eleven Life Journeys of Polio Survivors*". When asking an 18 year old girl if she knew about Polio, she answered that she had never heard of it. Maybe it is time that your stories came out so the newer generations don't forget the reasons why immunisation is so important, and why they exist in the first place.

New Liaison Officer

I would like to thank those of you whom I have met, for your warm welcome to the position. I am looking forward to meeting those of you who have not been at the meetings I have attended so far, but I will attempt to touch base with you in the next month or two. Enjoy the last of the summer weather.

Dale Hikuroa
Post Polio Liaison Officer