



**Emmanuel Centre**  
**A SELF HELP CENTRE**  
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**EMMANUEL NEWS – AUGUST 2015**

**COMING EVENTS AS WE GO TO PRESS**





(Check before coming, could be changed. Look inside for more info.)

SUNDAY	MONDAY	TUESDAY	WED	THU	FRI	SAT
23 Aug 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	24 Aug 9.45-10.45am: Challenges 11am-12.30pm: Activities (Lesley) 1-2pm: DRUMBEAT	25 Aug 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Scrapbooking with Sharon 1-2pm: Bible Study	26 Aug	27 Aug	28 Aug	29 Aug
30 Aug 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	31 Aug 9.45-10.45am: Challenges 11am-12.30pm: Activities (Lesley) 1-2pm: DRUMBEAT	1 Sep 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Knitting and Weaving with Lesley 1-2pm: Bible Study	2 Sep	3 Sep	4 Sep	5 Sep
6 Sep 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) followed by morning tea	7 Sep 9.45-10.45am: Challenges 11am-12.30pm: Activities (Lesley) 1-2pm: DRUMBEAT	8 Sep 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Lesley) 1-2pm: Bible Study	9 Sep	10 Sep	11 Sep	12 Sep
13 Sep 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	14 Sep 9.45-10.45am: Challenges 11am-12.30pm: Activities (Lesley) 1-2pm: DRUMBEAT	15 Sep 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Lesley) 1-2pm: Bible Study	16 Sep	17 Sep	18 Sep	19 Sep
20 Sep 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) 10.30am-12pm: Auslan Café	21 Sep 9.45-10.45am: Challenges 11am-12.30pm: Activities (Lesley) 1-2pm: DRUMBEAT	22 Sep 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Scrapbooking with Edith 1-2pm: Bible Study	23 Sep	24 Sep	25 Sep	26 Sep
27 Sep 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	28 Sep <b>Queen's Birthday PH</b> <b>No Programme</b>	29 Sep <b>No Programme</b>	30 Sep	1 Oct	2 Oct	3 Oct
4 Oct 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) followed by morning tea	5 Oct <b>No Programme</b>	6 Oct <b>No Programme</b>	7 Oct	8 Oct	9 Oct	10 Oct 9.30-2.30: <b>Mental Health Awareness Event</b>



**CHRISTMAS PARTY MONDAY 7<sup>th</sup> DECEMBER**

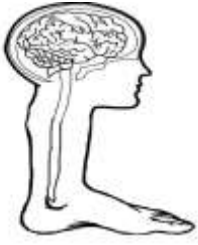
**WANT TO LEARN SOMETHING? Monday's CHALLENGE PROGRAM 9.45am -11am**

	<b>FIRST AID</b>	<b>MONDAY AUGUST 31st</b>	<b>MUST LET US KNOW YOU ARE COMING</b>		<b>SCIENCE</b>	<b>MONDAY SEPT 14th</b>
	<b>SPRING ACTIVITIES</b>	<b>MONDAY SEPT 7th</b>	<b>MUST LET US KNOW YOU ARE COMING</b>		<b>SOUTH AFRICA</b>	<b>MONDAY SEPT 21st</b>

**COSTING ONLY \$2.00. INCLUDES MORNING TEA. MUST LET US KNOW YOU ARE COMING**

# GOD'S GIFT THE BRAIN

When I was growing up about the only time I ever used the word brain was to refer to the menu for the “lamb brains” evening meal. I must say that I never liked them very much. However, lately I have been thinking about our own brains. I say that God made everything and that includes my brain. Over the years I have realised I am really impressed how incredibly complex my brain is. I am not a neurological scientist but I am learning more and more about my brain, our brains. The brain is physically connected to every part of my body and the brain connects to every process of learning and feeling. The brain is who I am and who I can become. The complexity is the design of God.



God has even made it possible for the brain to change.

I have seen it happen at Emmanuel Centre. One man changed from not being able to remember anything for more than a minute to being able to live in his own flat, get a job and get on with his life because his brain made new connections for those that were destroyed through alcohol abuse. It didn't happen over night but it happened.



I used to think that once the brain was developed it never changed. Now we talk about neuroplasticity which looks at how – and in which ways – the brain changes over our lifetime.

The pathways and connections in the brain change because of the environment, neural processes, thinking, and emotions – as well as to changes resulting from bodily injury. The brain changes also because of our experiences.

Rima Salame, Senior Policy Officer at Disability Services Commission and also a member of Emmanuel Centre's Open Form Committee has been presenting us with some of the findings of her research about how the brain processes information that comes into the brain and goes out of brain. It is really exciting to know that there is hope for many people whose lives others have given up on.



## IMPROVING QUALITY OF LIFE THROUGH BRAIN TRAINING

Mark is a 59 years old gentleman who had a brain injury from a car accident when he was 16 years old. He received rehabilitation and support following the accident but forty years later, he continued to experience sadness, isolation, and memory difficulties. A huge barrier to Mark's social life is his working memory problem. Mark is not able to remember names of people he meet, events, or conversations he has.

Psychological assessment with the Disabilities Services Commission identified Cogmed Brain Training as being the most appropriate solution to suit Mark's needs. Mark's goal in the brain training were as follows: be able to recall events, be able to remember people's names, and be able to engage in conversations.

Mrs. Rima Salamé coordinated Mark's support that was two pronged:

1. Cogmed Brain Training: Mark had a weekly session with his coach and some extra sessions with other support workers. He completed a total of 101 sessions over 10 months.
2. Compensatory Strategies: These are other things Mark could do to help compensate for his memory problems, including: making a photo album with captions, taking photos of meetings and events on Mark's iPad (and this could be extended by Mark writing stories about these photos), a visitor book with prompts to be used by all visitors, a board/ poster of people who Mark meet regularly and their phone numbers.

As a result of the brain training, Mark had improvements in his working memory. He was better able to recall events, follow instructions, engage in conversations, and remember who people are (although he still has problems with remembering names, as many of us do).

Cogmed Brain Training has also been used to improve children's literacy and learning skills. If you're interested to find out more about this training method, visit their website [www.cogmed.com.au](http://www.cogmed.com.au).

*Barbara*

# Deaf Awareness



*(Edited from an article in "The Tablet" May 2015 by Hilary Lagden and Barbara Harris)*

Christian author Penelope Wilcock sums up the invisible disabilities by saying that "In the life of the Church, some people easily find a place to belong, while others find themselves forgotten, relegated to the outside place of loneliness and rejection, which was how Jesus characterised Hell. The person who is deaf, who cannot hear, and cannot lip-read when seated in rows, the person who may behave inappropriately or the person who may not be able to make it through the meeting or leave quickly for distant toilets. It is such as these, the citizens of the kingdom of Heaven, whose path into the church family we might obstruct."

Hearing is the sense that we use most during Mass or social meetings. Those who do not experience deafness find it hard to imagine the isolation associated with being excluded from the audible world, especially from conversations.

Surprisingly, helping the person who is deaf or hard of hearing can be easier than we may think. For the person who is deaf who does not sign, there are many things that we can do to help. For example, a hearing loop can help at Mass or a meeting. This is a simple loop of wire which is placed around the inside of the building. This enables any hearing-aid user who is sitting within the loop to hear clearly when a microphone is used. The audio loop is of no use unless used with a microphone. The loop and microphone go together. A written order of service helps too—and, priests and readers should speak clearly and slowly. The use of powerpoints with lasers or pointers that highlight where the relevant text is also is helpful.

Another way to make your parish "deaf-aware" is to include notes in the parish bulletin to remind people that there is a hearing loop operating; and to refer them to the welcomers/ greeting committee if they have any difficulty using it. It is important too to ensure that the welcomers/ greeting committee know how to answer questions about the hearing loop in a helpful and sensitive manner. When speaking to a person who is deaf, welcomers/ greeting committee and others should make eye contact so that the person who is deaf can read their lips. Writing instructions down can also help the communication.

One good way to raise awareness of the challenges that people with a hearing loss face is to expose people to the reality of people who are deaf or hard of hearing, for example by having a hearing person join a committee with people who are deaf. Without spending time with them, most people would have no clear idea about how things were for the person who is deaf.

In smaller groups and meetings, there are many ways that we can help people who are deaf feel more comfortable. Good lighting is important because people with hearing loss need to concentrate on faces, and rely on lip-reading to support what they hear. Considerate planning of the seating arrangement helps; and group leaders should encourage people to speak clearly, one at a time and a little more slowly and loudly. Obviously if a microphone and audio loop are available this makes the experience for the person who is deaf or hard of hearing, less stressful. Anything that has been missed should be repeated so that the person can be given a little more time to absorb what has been said. It is best to choose a quiet room for meetings, to have familiar routines, to provide hand-outs, use PowerPoint and if you're changing the subject, say so clearly beforehand. It is always good to ask how you might be able to help. Everyone's needs are different.

One of the biggest problems faced by people who are deaf is the attitude of others towards them, not through unkindness, but through ignorance and embarrassment. It is communication and human interaction that connect, bond, and identify us as human beings. People who are deaf can feel extremely isolated, and a friendly encouraging smile, eye contact, and human touch become very important. They cost nothing and they can make all the difference.

## DID YOU KNOW?



A Walnut looks like a brain: A left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex of the brain. Walnuts contain high concentration of omega-3 fats that help to develop over 3 dozen neuro-transmitters for brain function.



# Technology Creating New Lives

(Edited from an article in NDIS News Hub)



Identical twins Chris and Nick Fryer are 37 year old blokes living in Melbourne. They were both diagnosed with Duchenne strain of muscular dystrophy when they were eight, which caused them to lose muscle and ability to move. “When I was little, my dad taught me how to make model air craft out of balsawood and glue, and my disability took that away from me,” Nick told ABC Radio.

However Nick and Chris have a motto “It’s not people that are broken, it’s technology that’s broken.” So Nick and Chris are using technology to get back

their ability to create and make things. Nowadays they can design things on their computer and print out their creations on their 3D printer. “It’s fantastic,” Nick said.

As an example of what they can create for themselves: “I wanted to adjust how I was sitting in my wheelchair so I designed the little piece to go in the side support bolts,” Nick said. “We measured it up, designed something, 3D printed it and screwed it in and it’s great.”

A visit to a ‘makers group’ in Hawthorn inspired Chris and Nick to begin their own space for sharing technology and designs. They began MESH—Melbourne Eastern Suburbs Hackers—a group for anyone interested in creating their own technology, with a focus on enabling people with disabilities. MESH meets fortnightly at the Ringwood Trade Training Facility. People do not have to know anything about technology to go along.

“I think a lot of people with disabilities don’t even know this exists, and they don’t know what they can do,” Nick said. “What we want to do is to enable people with disabilities to design and create things for themselves. In the past it was impossible for someone like me to actually make something physical, but now with computers and 3D printers it’s become relatively easy.”

To find out more about MESH go to <http://easthack.com/>.

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## MENTAL HEALTH SERVICES IN PERTH

In November this year, the State Government in partnership with St John of God Healthcare will open a new 56-bed unit at the top floor of St John of God Midland Public Hospital, providing free mental health services to the public.

This is an addition to other mental health services already in Perth including:

- The new \$31 million Mental Health Unit at Sir Charles Gairdner Hospital (opened June this year)
- The new Fiona Stanley Hospital Mental Health Unit
- Ursula Frayne Unit at St John of God Mt Lawley Hospital
- Drug and Alcohol Withdrawal Network (DAWN) helping people at their own homes in Perth
- and other services from public/ private healthcare providers



***St John of God Midland Public Hospital***

For more information about mental health services in WA including emergency help, go to [www.mentalhealth.wa.gov.au](http://www.mentalhealth.wa.gov.au).

# Mental Health Awareness 2015

As part of Mental Health Week, Emmanuel Centre warmly invites you to join us for a day of gentle reflection followed by Mass

on Saturday 10th October 2015  
at St Francis Xavier Church  
Windsor Street, Perth  
from 9.30am - 2.30pm



RSVP by 1st October 2015

[emmanuelcentre@westnet.com.au](mailto:emmanuelcentre@westnet.com.au) or (08) 9328 3113

9.30AM - 10.30AM



## **BOUNCING BACK FROM STRESS & LOOKING AFTER YOURSELF IN TIMES OF CHANGE**

(Presented by Tasha Broomhall from Blooming Minds)

Stress is a big influence on mental health and our ability to bounce back from stress, especially around times of change can have a big impact on our work and daily lives. So, how can we look after our own mental health in times of change?

10.30AM - 11.00AM

## **MORNING TEA**

11.00AM - 12.00PM

## **LET'S TALK ABOUT IT**

(Presented by Tasha Broomhall from Blooming Minds)

Talking about mental health can be tricky and awkward. How can we have a conversation about mental health with someone we are concerned about, at work or in our personal life?

12.00PM - 12.45PM

**LUNCH** (Please bring a small plate of finger food to share)

12.45PM - 1.45PM

## **MASS**

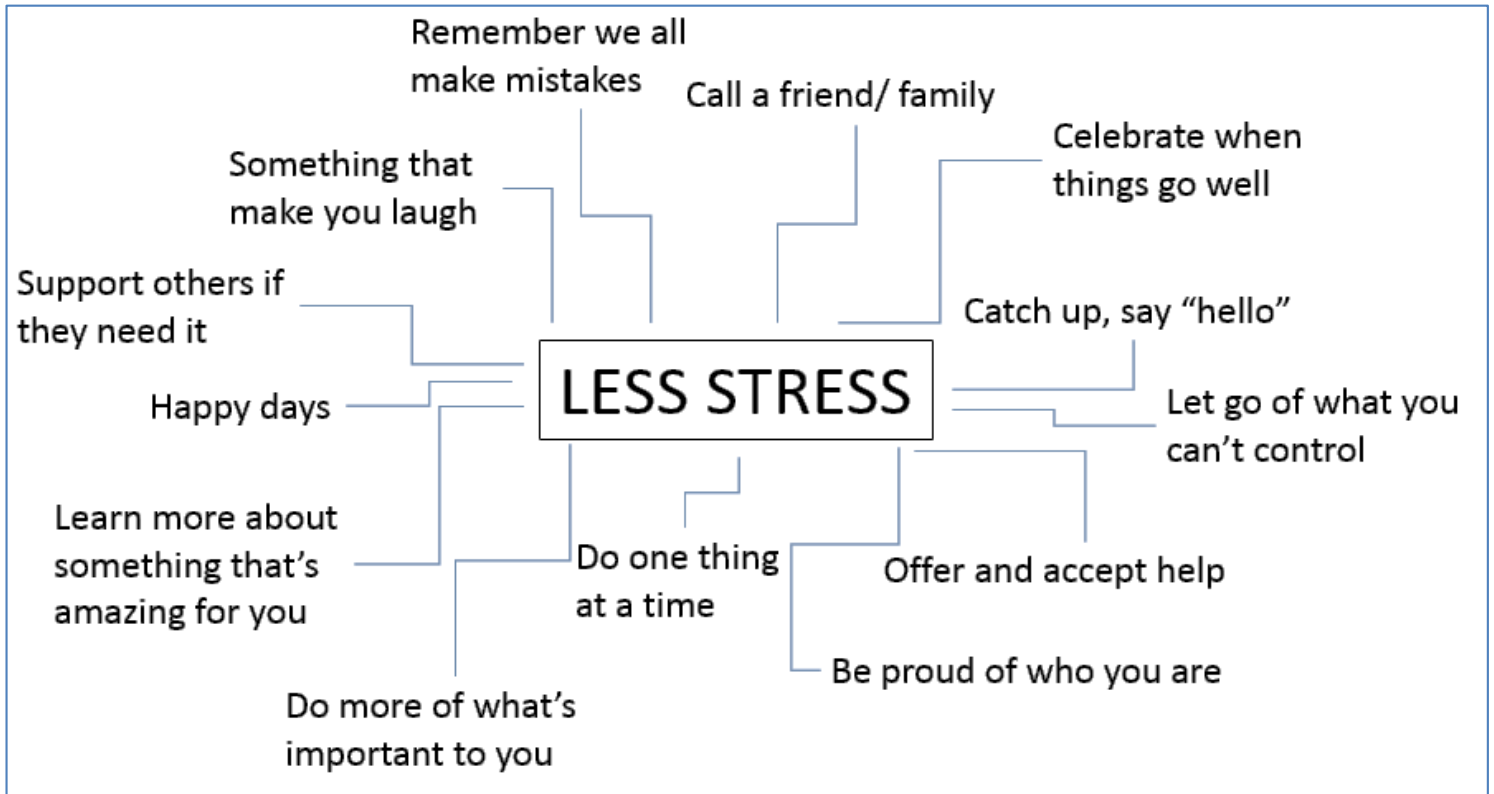
1.45PM - 2.30PM

**AFTERNOON TEA**



## HOW DO YOU HANDLE STRESS

One of our volunteers, Jenny, created the following diagram to give us ideas on how we can have less stress in our lives. We thank you Jenny for your sharing of this wonderful reminder that we need to take care of ourselves before we can help others.



## WHO IS ABLE TO USE YOUR WEBSITE?



A website is the "front door" for a lot of organisations. Often, people would enter your website long before they actually enter the organisation's premises.

Who needs to use websites? It could be people from different backgrounds. Have you considered who they might be?

- 27% or 6.4 million Australians were born overseas. People with English as their second language can struggle to read content on your website.
- 14% or 2.3 million Australians have poor literacy. People with poor literacy often understand spoken information more easily.
- 5% or 1.6 million Australians have some form of neurocognitive problems. You need to be able to simplify information on your website to reduce distractions and make it easier to read.
- 2% or 0.5 million Australians have some form of vision impairment. Magnification and text-to-speech are two important features to have on your website to make it accessible to these users.

As an example, one tool that organisations can add to their website is called Browsealoud. This tool can add text-to-speech, translate, highlight spoken words, magnify, and convert documents to MP3. It is available for 14 day trial through [quantumrlv.com.au](http://quantumrlv.com.au).

If you're a user who has any of the above problems and are looking at a website that is not friendly for you, you can use [Webanywhere](http://Webanywhere) to help you. It's a website that can read aloud web pages for you. Also, recent versions of Microsoft Windows, Firefox, and Mac OS can help computer users that are vision impaired, for example by enlarging text, changing colours, and converting text-to-speech.





# PLANNING & MAKING CHOICES

FOR YOUR CHILD WITH A DISABILITY

PRESENTED BY DR BOB JACKSON

Do you want to:

- Understand your child's development?
- Know where your child is developmentally and where you want your child to be in the future?
- Get the best out of the planning process and make it work for you?

Developmental Disability WA invites you to the first of a series of workshops that will provide you with the skills to help you plan and make choices for your child to support them to reach their potential and achieve the best possible outcome.

This FREE workshop is aimed at families of children with disabilities who reside in the WA NDIS My Way trial in Cockburn/ Kwinana and the Perth Hills trial site.

The workshop will be presented by Dr Bob Jackson, who has 40 years experience in the disability sector

There are two venues/ dates to choose from:

1. Cockburn Wetlands Education Centre, 184 Hope Rd, BIBRA LAKE – TUESDAY 15 SEPTEMBER 2015 (9.30am-2.30pm)

2. Guildford Landing Function Centre, 114 Swan St, GUILDFORD – MONDAY 21 SEPTEMBER 2015 (9.30am-2.30pm)

Register at <http://ddc.org.au/events-september-2015/> or email [mary.butterworth@ddc.org.au](mailto:mary.butterworth@ddc.org.au)

If you would like to receive Emmanuel Centre's Newsletter; give us your name and address and tell us how you want it:



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# Welcome Auslan Cafe 3<sup>rd</sup> Sundays at Emmanuel Center



25 Windsor St, Perth. 20<sup>th</sup> September, start 10:30am - finish at 12:00pm. Lunch provided.

This is a free event. Open to anyone, everyone.

Bring your friends. Learning Auslan is fun!!

Please RSVP if you want to stay for a light lunch with us after the Auslan lessons.

Any questions, welcome to ask Barbara Harris on [emmanuelcenter@westnet.com.au](mailto:emmanuelcenter@westnet.com.au) or PM (private message) [www.facebook.com/auslan.live](http://www.facebook.com/auslan.live)



## Hyde Park Deaf and Auslan Picnic Day

WELCOME TO ALL

Families, Grandparents, kids & friends

Saturday 17<sup>th</sup> October 2015

10.30AM TO 1.30PM

Corner Glendower St & Vincent St, Perth

Bring Your Own Picnic/BBQ And Drinks

Bring your folding chairs/rugs

We Will Provide Fun And Games

FOR MORE INFORMATION

Contact Jenny Pittaway, Kellie Gobby Or Emma Chevron

[emmanuelcentre@westnet.com.au](mailto:emmanuelcentre@westnet.com.au)



## Mass EVERY SUNDAY

Morning Tea ON FIRST SUNDAY OF MONTH

Catholic Mass with Sign Language Interpreter and PowerPoint

St. Francis Xavier's Church, 23 Windsor Street, Perth

Every Sunday morning 9.30am

Where:

When:

Morning Tea: 1<sup>st</sup> Sunday on every month

Morning tea social gathering after Mass at Emmanuel Centre. Welcome to bring a small plate to share

