



Stay On Your Feet WA®

# NEWS & VIEWS

[www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au)

SPRING 2011



## 'Falls We Can Beat' with Stay On Your Feet®!

Stay On Your Feet® Week (11th-17th September) encourages seniors to remain active, independent and on their feet.

Share your stories on beating falls! Have you overcome a fall in the past? We are inviting anyone who has recovered from a fall or who has implemented any of our Nine Steps To Stay On Your Feet® to reduce your risk of falling to share your story with us. To share your inspiring and uplifting story please

contact Kylie Marchewka on 9420 7212 or email [kmarchewka@iccwa.org.au](mailto:kmarchewka@iccwa.org.au).

To see what events are happening in your area for Stay On Your Feet® Week, see the calendar on pages 5-8. For more information on the Stay On Your Feet Week® program, please visit [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au) or contact *The Centre* on 9420 7212 or [soyfw@iccwa.org.au](mailto:soyfw@iccwa.org.au).

## News & Views goes digital

The Stay On Your Feet® News & Views newsletter can no longer be posted out to readers. The newsletter will be available in an electronic format that can be emailed into your inbox and posted on our website ([www.iccwa.org.au](http://www.iccwa.org.au)). Please update your subscription details including a valid email address by completing the form

on the back of the newsletter and return to ICCWA.

If you do not have access to email, there will be a small number of each issue printed which can be posted out upon request. To request hard copies of the newsletter please call Alex Clark on 9420 7212.

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## NEWS & VIEWS now only available via email!

The Stay On Your Feet WA® News & Views Newsletter is now only available by email.

Please complete the form on the back cover of this newsletter and return to ICCWA to ensure you will be emailed your News & Views Newsletter in the future!



# Community Safety Awards

## ICCWA Community Safety Awards 2011

The ICCWA Community Safety Awards were held on 4th August at the Boulevard Centre, Floreat. These awards are held annually to raise awareness about community safety and injury prevention by recognising individuals and organisations that take extraordinary steps to make their community safer.

Community Safety is more than crime prevention, it includes all areas of intentional and unintentional injury prevention as well as reducing antisocial behaviour, emergency management and safety promotion.

The awards were presented by the Hon Rob Johnson MLA Minister for Police, Emergency Services, Road Safety, and Leader of the House. The winners for each category were:

### ICCWA Community Innovation Award

Women's Council for Domestic and Family Violence Services (WA)  
*Safe At Home Program*

Surf Life Saving Western Australia,  
*E-Learning for the Front Line Lifesaver*

### Highly Commended

Community and Youth Justice,  
*The Roebourne Driving Forum*

Methodist Ladies College,  
*City After Dark Program*

### ICCWA Outstanding Achievement Award

City of Melville,  
*The Neighbourhood Development Team, Senior's Safety*

City of Gosnells, *Together Against Graffiti (TAG) Program*

### Highly Commended

WALGA RoadWise Program,  
*Aboriginal Child Car Restraints Program*

Farmsafe WA Alliance

### ICCWA Research Award

Dr Anne-Marie Hill, *Senior Lecturer, University of Notre Dame*

### ICCWA Media Award

Ms Cathy O'Leary, *Medical Editor, The West Australian*

### ICCWA Student Award

Ms Tarryn Dooley  
*BSc Health Promotion and BSc Health and Safety, Curtin University of Technology*

For further information or to be involved in Community Safety Month in 2011 contact ICCWA on (08) 9420 7212 or visit [www.iccwa.org.au](http://www.iccwa.org.au).

## Seek help to prevent falls

The Stay On Your Feet WA<sup>®</sup> program is a community awareness raising program about falls prevention. The program targets people over the age of 60 and educates them about the Nine Steps To Stay On Your Feet<sup>®</sup>.

The Stay On Your Feet WA<sup>®</sup> Falls Resource Information Centre – 'The Centre' provides a number of services including:

- Falls prevention resources
- Referral information for services and activities in the local area
- Free community presentations
- Information for Culturally and Linguistically Diverse Communities
- Information on staying active and independent

Contact 'The Centre' on (08) 9420 7212 or [soyfw@iccwa.org.au](mailto:soyfw@iccwa.org.au)



# Alzheimer's WA



## Memory Walk

SUNDAY 18 SEPTEMBER 2011

[www.memorywalkwa.com.au](http://www.memorywalkwa.com.au)



## Alzheimer's WA Memory Walk

Engaging in regular exercise not only provides our brains with more nutrients and oxygen, it also helps to keep our brain working well in terms of memory and other thinking skills.

Exercise is neuro-protective: the more you exercise, the greater the protection against cognitive decline. In one US study called Women Who Walk, results showed walking was associated with less cognitive decline and for every extra mile walked, there was an even greater benefit.

The good news is you don't have to do a lot of exercise to reap the benefits; walking just three times a week for 30 to 40 minutes at a time can make a positive difference.

Of course, the obvious benefits of exercise also apply, including an improved mood and sense of wellbeing, a reduced risk of depression, and an increase in physical strength and overall fitness.

These benefits translate into other areas as well. A dementia-specific

The good news is you don't have to do a lot of exercise to reap the benefits; walking just three times a week for 30 to 40 minutes at a time can make a positive difference.

facility in Liverpool UK has been providing regular gentle gym sessions for residents over the past two years. Not only are the residents stretching and using their muscles, they are smiling, laughing and communicating more and appear to have greater self-confidence. Fewer falls were reported at the home and there was a significant decrease in the amount of medication being prescribed for behavioural issues such as agitation, aggression, and sleep disturbance.

It's never too late to start exercising and walking is a great activity to start with. It's simple, low-impact, and the duration and intensity can be tailored as needed.

Take part in Alzheimer's Australia WA's Memory Walk on 18th September and walk against dementia.

Visit [www.memorywalkwa.com.au](http://www.memorywalkwa.com.au) for more details.

# Walk Against DEMENTIA

# Walking Initiatives

## WALK Over October

### Diary Alert: Walk Over October

Following ten successful years of Walk Week, 2011 sees the replacement of this event with the launch of **WALK OVER OCTOBER**. Throughout the month there will be walking initiatives all OVER the state and OVER the month of October.

Encourage your community to reduce the number of short car trips by walking all or part of your journey to your favourite destinations. Combine walking with public transport to find some of the thirty minutes of physical activity needed each day for good health.

Throughout October there will be many ways to get involved:

- Host a walking event at your school, workplace or in your community
- Participate in the Online Corporate Walking Challenge
- Attend the professionals Walking Seminar
- Join a Heart Foundation Walking group
- Try one of the many beautiful walking trails across the state
- Grab a copy of the 2011 Walking Guide resource

Combine walking with public transport to find some of the thirty minutes of physical activity needed each day for good health.

So mark October in your diary as a month of walking. For more information on how you can take part in Walk Over October's 11 year Anniversary visit [www.walkoveroctober.com.au](http://www.walkoveroctober.com.au).

**WALK OVER OCTOBER** is coordinated by the Heart Foundation in partnership with the Physical Activity Taskforce and the Department of Transport, Department of Sport and Recreation, and Department of Education.



### Want to try Mall Walking?

ICCWA manages 6 Mall Walking groups at Shopping Centres across Perth.

#### **Belmont Forum Shopping Centre Mall Walking Group**

- Wednesdays & Fridays
- 7:45am, Harvey Norman Entrance

#### **Armadale Shopping City Mall Walking Group**

- Tuesdays & Fridays
- 7:40am, outside Target

#### **Karrinyup Shopping Centre Mall Walking Group**

- Tuesdays & Fridays
- 8.00am, outside Coffee Club

#### **Garden City Shopping Centre Mall Walking Group**

- Tuesdays & Fridays
- 7:45am, Homewards Mall outside of Priceline

#### **Phoenix Shopping Centre Mall Walking Group**

- Wednesdays & Fridays
- 7:45am, outside of Coles

#### **Bull Creek Shopping Centre Mall Walking Group**

- Tuesdays & Thursdays
- 7.45am, outside Target

For more information, please contact Elecia Wheat at ICCWA on 9420 7212.



## Perth Events

What	Where / When
<b>Perth Metro</b>	
'Stay On Your Feet®' Seminars	Seminar Room, Wyllie Arthritis Centre, 17 Lemnos Street, Shenton Park 6008, <i>Thurs 15 September</i>
H.E.A.L.T.H.Y. (Healthier Eyesight & Tea makes a Healthier You)	Chung Wah Cultural Centre, 18 Radalj Place, Balcatta WA 6021 <i>13-15 September, 10.00am-1.30pm</i>
'Lunch n Learn' Workshop & Podiatry Workshop	Rod Evans Senior Citizens Centre, Crn of Plain & Hay Streets, East Perth, <i>Wed 14 September (Podiatry Workshop) and Fri 16 September (Lunch n Learn), 10.00am-11.00am</i>
Putting Your Best Foot Forward to Stay On Your Feet®	CitiPlace Community Centre, City Railway Station, Perth <i>Mon 12 September, 10.45am-12.00pm</i>
Seniors Stay On Your Feet®	Deaf Community Centre, <i>Wed 14 September</i>
<b>North</b>	
Stirling Steps to Stay On Your Feet®	Nollamara Community Centre, 72 Sylvia Street, Nollamara WA <i>Thurs 15 September, 10.30am-1.00pm</i>
9 Steps to Living Longer™	Tom Dadour Activity Centre, 363 Bagot Road, Subiaco WA 6008 <i>Fri 16 September, 10.30am-1.00pm</i>
'Walk Tall & Stay On Your Feet®'	Koh I Noor Nursing Home, 34 Pangbourne Street, Wembley WA 6014 <i>Week of 11-17 September, 10.30am each session x 2 sessions</i>
Stay On Your Feet® Week	Ella Williams, 77 Camboon Road, Noranda 6062, <i>12-16 September</i>
Stay On Your Feet® Week – Promoting Healthy Active Ageing for the Young at Heart	Castellorizian House, 160 Anzac Road, Mount Hawthorn <i>5 September, 10.00am</i>
Independence Day Out	Visits to Daily Living Products in Shenton Park and a footwear specialist centre, <i>Wed 14 September, 10.00am-4.00pm</i>
Karri & Tuart Lodge Stay On Your Feet® Week	Karri & Tuart Lodge, RAAFA Estate Merriwa, Yanchep National Park <i>12-16 September</i>
Sto Lat Nr 5 (100 Years No 5)	Polish Centre, 33 Eighth Avenue, Maylands <i>Sun 18 September, 11.00am-1.00pm</i>
Vivian Bullwinkle Lodge	Vivian Bullwinkle Lodge, RAAFA estate, Merriwa <i>12-16 September – various times</i>
<b>South</b>	
Stay On Your Feet® Week launch – Injury Control Council of WA	Craigview Grove Retirement Village, 153 Stock Road, Bicton <i>Monday 12 September, 10.00am</i>
Best Foot Forward	Gary Holland Centre Rockingham, <i>Wed 14 September, 10.00am</i>
Stay On Your Feet® Health Expo	Willagee Southern Districts Seniors Centre, Cnr Archibald Street & North Lake Road, <i>12, 13, 15 September, 10.30am-2.30pm</i>
Stay On Your Feet® at the Serpentine-Jarrahdale Community Recreation Centre	Serpentine Jarrahdale Community Recreation Centre <i>12, 14, 16 September, 10.30am</i>
Fit for Life	Murray Leisure Centre, 16 Camp Road, Pinjarra, Murray Library, Crn Pinjarra Road & Forrest Street, Pinjarra <i>11-13 September, 9.30am-11.30am</i>

What	Where / When
Rowethorpe Stay On Your Feet® Mini Expo	Sutton Community Centre, Rowethorpe (Bentley) <i>Tue 13 September, 1.00pm-4.00pm</i>
Stay On Your Feet® Education Morning Tea	Murdoch Hospice, SJOGH Murdoch, 100 Murdoch Drive, Murdoch <i>Fri 16 September, 9.00am-12.00pm</i>
Stay On Your Feet® (Improve your Balance)	Boogurlarri Community House, 82 Langford Avenue, Langford, WA 6147 <i>15 September, 9.30am-12.00pm</i>
<b>East</b>	
'Eat Well Live Well' Seminar	61 Kitchener Avenue, Victoria Park WA 6011 <i>Tue 13 September, 9.30am-3.30pm</i>
Fueled for Life	George Burnett Leisure Centre, Manning Road, Karawarra 6152 <i>Mon 12 September, 10.00am-1.00pm</i>
Stay On Your Feet® in Your Neighbourhood	The Hub of the Hills, 8 Craig Street, Mundaring <i>13 September, 9.00am-2.00pm</i>
Be Aware & Active 2011	Swan Valley SDA Church Hall, 163 Talbot Road, Stratton WA 6056 <i>Tue 13 September, 9.30am-2.30pm</i>
<b>West</b>	
Bethanie Fields Falls Fair	Bethanie Fields, 111 Eaton Drive, Eaton WA 6232 <i>Thurs 15 September, 10.00am-12.00pm</i>
Be Fall Aware at Bethanie Care	Bethanie Waters Aged Care Facility, 18 Olivenza Crescent, Port Kennedy WA 6169, <i>Tue 13 September, 10.00am-12.00pm</i>
Bethanie Falls Expo	Bethanie Kingsley, 190 Twickenham Drive, Kingsley WA 6026 <i>Fri 16 September, 10.00am-12.00pm</i>
Bethanie Falls Expo	Bethanie Warwick, 98 Ellerdale Avenue, Warwick 6024 <i>Tue 13 September, 10.00am-12.00pm</i>
Bethanie Falls Expo	Bethanie Geneff, 39 Hertha Road, Innaloo 6018 <i>Wed 14 September, 10.00am-12.00pm</i>
Bethanie Falls Expo	Bethanie Wearne, 1 Gibney Street, Cottesloe WA 6011 <i>Mon 12 September, 10.00am-12.00pm</i>
Stay On Your Feet® Week – Walking & Health Eating for a Happier You!	City of Nedlands venues – Dalkeith Hall, Hollywood Tennis Courts, Nedlands Croquet Club, Nedlands Bowling Club, Hollywood Subiaco Bowling Club, <i>One event per day, varying times as per event</i>
Stepping Free	John Bloomfield Lecture Theatre, Challenge Stadium, Stephenson Avenue, Mount Claremont, <i>Tue 13 September, 1.30pm-3.30pm</i>
Spring Into Life	Loftus Community Centre <i>September-October</i>
<b>South West</b>	
Community Walking for Health	Bruswick Community Resource Centre <i>Thurs 15 September, 9.00am-1.00pm</i>
Collie Stay On Your Feet® Awareness Week	Collie Adult Day Centre (7 Vernon Street); Collie Home Support Services & Senior Citizens (Margaretta Centre, Forrest Street) & Collie Family Centre (Forrest Street), <i>12, 13, 14 September</i>
Stay On Your Feet® Peer Education Workshop	Harvey Recreation Centre <i>Fri 16 September, 10.00am-2.00pm</i>

## Perth Events/Regional Events

What	Where / When
Stay On Your Feet® Week	Geographe Leisure Centre, Busselton <i>Thurs 15 September, 11.30am</i>
Harvey Celebrates Stay On Your Feet® Week 2011	Harvey Recreation & Cultural Centre <i>Mon 12 September, 1.00pm-3.00pm</i>
Stay On Your Feet® 2011	Lake Grace Shire Hall, Bennett Street, Lake Grace <i>Tue 13 September, 9.30am-1.00pm</i>
Make a Move...It's Never Too Late to Start Exercising	Naturaliste Community Centre, Dunsborough <i>12-17 September</i>
Be Healthy – Stay On Your Feet®	Donnybrook <i>12-16 September</i>
Stay On Your Feet®	Leschenault Leisure Centre <i>Fri 16 September, 8.00am-11.00am</i>
Stay On Your Feet® Activity Day	Manjimup Town Hall <i>Tue 13 September, 10.00am-2.00pm</i>
Stay On Your Feet®	Recreation Centre Walpole <i>Wed 14 September, 10.00am-4.00pm</i>
Stay On Your Feet® Week	RSL Hall Williams (visit by physio and podiatrist), <i>Wed 14 Sept (9.30am-2.00pm).</i> Bunbury Ten Pin Bowling, <i>Fri 16 Sept (9.00am-5.00pm)</i>
<b>Great Southern</b>	
Steps to Health Quiz Day	PCYC Stead Road Albany 6330 <i>Wed 14 September, 9am</i>
Bethel Stay On Your Feet® Day	Bethel Hostel, 2 Bethel Way, Albany 6330 <i>Tue 13 September, 10.00am-4.00pm</i>
Stay On Your Feet® & Princess Royal Fortress Heritage Walk	Princess Royal Fortress Military Museum, Forts Road, Mt Adelaide <i>Tue 13 September, 9.30am</i>
Staying On Your Feet by Looking At Our Feet	RAAFA Amity Village, Albany <i>Thurs 15 September, 10.00am</i>
<b>Wheatbelt</b>	
Quairading Stay Active Day	Quairading Shire Hall <i>Thurs 15 September, 9.30am-12.30pm</i>
Dowerin Stay On Your Feet® Dance	Dowerin Town Hall <i>Fri 16 September, 12.00pm-4.00pm</i>
Stay On Your Feet® Week Merredin	Merredin Regional Community & Leisure Centre <i>Tue 13 Sept (9.00am-12.00pm), Wed 14 Sept (9.30am-10.30am) &amp; Thurs 15 Sept (4.30pm-7.30pm)</i>
Stay On Your Feet® Week Merredin	Merredin Regional Community & Leisure Centre <i>Tue 13 Sept (9.00am-12.00pm), Wed 14 Sept (9.30am-10.30am) &amp; Thurs 15 Sept (4.30pm-7.30pm)</i>
Stay On Your Feet® Week Be Active Day	Wannamal Community Centre <i>Fri 16 September, 9.30am-2.00pm</i>
Stay On Your Feet® Week Merredin	Merredin Regional Community & Leisure Centre <i>Tue 13 Sept (9.00am-12.00pm), Wed 14 Sept (9.30am-10.30am) &amp; Thurs 15 Sept (4.30pm-7.30pm)</i>

## Regional Events

What	Where / When
Stay On Your Feet® in Northam	Killara Adult Day Care Centre & Northam Region Library <i>Mon 12 Sept (2.00pm-4.00pm) &amp; Wed 14 Sept (12.00pm-2.00pm)</i>
Stay On Your Feet® During 2011	Pingelly Community Centre <i>Wed 14 September, 9.30am</i>
Toodyay Active Feet	Toodyay Show Grounds Site <i>Wed 15 September, 10.00am-2.00pm</i>
Stay On Your Feet® Week Merredin	Merredin Regional Community & Leisure Centre <i>Tue 13 Sept (9.00am-12.00pm), Wed 14 Sept (9.30am-10.30am) &amp; Thurs 15 Sept (4.30pm-7.30pm)</i>
Balance My Grandparent – An Intergenerational Event	Wandering Primary School, Watts Street Wandering <i>13 September, 10.00am</i>
Both Feet On The Ground	Wyalkatchem Town Hall <i>Wed 14 September, 10.00am-2.00pm</i>
<b>Goldfields</b>	
'It's Your Time' Event – Stay On Your Feet® Week	Goldfields Oasis Recreation Centre, Eastern Goldfields Community Centre (EGCC), Hammond Park, <i>11-17 September</i>
Look After Your Feet	Laverton <i>Sat 10 September, 11.30am</i>
Keeping Arthritis Under Control	Community Resource Centre & Town Hall & Nangip Nature Reserve <i>Tue 13 Sept (10.00am-11.45am) &amp; Thurs 15 Sept (10.15am-12.00pm)</i>
<b>Midwest</b>	
Stay Healthy & On Your Feet	Cue Community Resource Centre <i>6 September – Dietician &amp; Physio, 10.00am-2.00pm, 26 Sept Podiatrist &amp; Nurse, 1.00pm-3.00pm</i>
Stay On Your Feet® Week – Morowa – Perenjori	Morawa Footy Oval, Morawa Bowling Club <i>Thurs 15 September, 9.30am-3.30pm</i>
Northampton Stay On Your Feet®	Northampton Community Centre <i>Wed 14 September, 9.30am-2.30pm</i>
Stay On Your Feet® Day – Coorow 2011	Maley Park Function Centre, Bothe Street, Coorow WA 6515 <i>Wed 14 September, 9.30am-3.30pm</i>
A Day On The Green – Stay On Your Feet®	Shark Bay Bowling Club <i>Fri 16 September, 10.00am-3.00pm</i>
An Afternoon to Stay On Your Feet®	Three Springs Recreation Centre <i>Tue 13 September, 2.30pm-6.00pm</i>
<b>Pilbara</b>	
Exmouth Stay On Your Feet® Expo 2011	Exmouth Bowls Club <i>Fri 9 September, 9.00am-12.00pm</i>
Be Active, Be Informed, Eat Well & Stay On Your Feet®	Karratha <i>15 September, 9.00am-1.00pm</i>

For further information on these events, please contact Kylie Marchewka at ICCWA on 9420 7212, as RSVPs are required for some events.

# Unity Walk to Support Parkinson's



Walk against Parkinson's!

Join the 800 people in Western Australia who will be walking to support people with Parkinson's on Sunday 11 September 2011 at Perry Lakes Reserve, Floreat.

Rub shoulders with and listen to the golden voice of 6PR Perth radio presenter, Tony Mac, who is also the Walk Ambassador and MC on the day.

Experience the fun and excitement as family, friends, loved ones and supporters come together to make a difference in the lives of people living with Parkinson's.

## See the whole family smile with:

- clowns
- stiltwalkers
- unicyclists
- childrens face painting
- bouncy castle
- jugglers
- balloon twisting

## Taste and smell:

- freshly made hot dogs
- home-baked and gourmet cakes and muffins
- freshly brewed coffee
- or BYO picnic

## Listen to:

- live DJ spinning easy-listening music for the whole family
- golden voice of 6PR Perth radio presenter, Tony Mac

## And best of all:

- free parking
- fresh air
- pram and wheelchair accessible
- dogs are welcome!

Lots of fun guaranteed for your whole family! This is our largest annual event designed for people of all ages. Why not make this your yearly family reunion or social get-together?

## Time:

Registration tents open from 9.00am

Entertainment from 10.00am

Walk begins 11.00am

## Registration:

Register online by Friday 26 August 2011 to receive your earlybird gift on the day! Children 5 years and under enter FREE. Adults: \$20. Children 5-15 years: \$15. Dogs: FREE.

More information can be found at [www.unitywalk.com.au](http://www.unitywalk.com.au). Click on EVENTS > WA to register now. Visit [www.parkinsonswa.org.au](http://www.parkinsonswa.org.au) to find out more about the Parkinson's condition and the work of Parkinson's WA.



## Stay On Your Feet WA® General Displays

In our effort to raise awareness of our Stay On Your Feet WA® program in our community, Stay On Your Feet WA® team have recently been working together with the local shopping centres to set up general displays around Perth. Stay On Your Feet WA® is a program that explains to the community that falls are not a consequence of ageing.

## Stay On Your Feet WA® displays include:

- Volunteer peer educators
- Professional display material
- Show bags and other resources that draw attention to the fact that falls can be prevented.

For more information about how to get a general display in your area, please contact Alex Clark at [aclark@iccwa.org.au](mailto:aclark@iccwa.org.au) or on (08) 9420 7212.



# Arthritis Self-Management Courses



## Arthritis WA Courses

Self management courses coming up include:

### **Inflammatory/Rheumatoid Arthritis Education and Self Management Program**

For people diagnosed with an inflammatory arthritis such as rheumatoid, psoriatic or seronegative arthritis. Facilitated by qualified health professionals. \$25 (partners \$5), course runs for 6 weeks.

*Next course starts Tuesday 9th August – 13th September 6.00pm – 8.30pm.*

### **Osteoarthritis of the Knee Self Management Program**

For people diagnosed with osteoarthritis in one or both knees. Facilitated by qualified health professionals. \$25 (partners \$5), course runs for 6 weeks.

*Next course starts Wednesday 3rd August – 7th September 1.00pm-3.30pm.*

### **Ankylosing Spondylitis Education and Self Management Program**

Specifically for people diagnosed with spondylitis, this program is facilitated by health professionals

and includes an overview of AS, review of medications and tests, coping with pain and fatigue, nutrition, exercise and emotional wellbeing. Free (research program), course runs for 6 weeks. Partners welcome.

*Next course starts Thursday 25th August – 20th September 10.00am-12.30pm.*

### **Challenge Your Arthritis**

A course to help people with the pain and day to day problems caused by arthritis and fibromyalgia. Facilitated by specially trained, understanding leaders who have arthritis. \$25 (partners \$5), course runs for 6 weeks.

*Next course TBC.*

### **'Challenging Pain' – New Course!**

We are now offering a new short Course especially suitable for people who suffer pain from general osteoarthritis or fibromyalgia. Understanding your pain is the first step to learning the skills and techniques you need to help you regain control of your life. \$25 (partners \$5), course runs for 2 weeks.

*Next course is on Tuesday 20th September and Tuesday 27th September 10.00am-12.30pm.*

Bookings for all courses are essential. Please call 9388 2199.

### **Public Talks:**

#### **Continence Advisory Service of WA**

'Continence Issues including good bladder and bowel health'. This session will cover what causes bladder and bowel problems, ways to prevent, manage and treat bladder and bowel problems, and an overview and display of incontinence aids and products available.

*Friday 23rd September 2011 11.00am-12.30pm*

Bookings for each talk are essential. Please call 9388 2199. All talks are held at the Wyllie Arthritis Centre, 17 Lemnos Street, Shenton Park. A monetary donation is appreciated.

**Arthritis**  
WESTERN AUSTRALIA

# Free Community Presentations

## Book a community presentation to help you Stay On Your Feet®

Is your organisation or community group interested in learning how seniors can stay active, independent and mobile?

We have skilled volunteers who can come and give your group a FREE presentation.

The presentations address the Nine Steps To Stay On Your Feet® which include:

- Step 1.** Be Active
- Step 2.** Manage Your Medicines
- Step 3.** Manage Your Health
- Step 4.** Improve Your Balance
- Step 5.** Walk Tall
- Step 6.** Foot Care and Safe Footwear
- Step 7.** Regularly Check your Eyesight
- Step 8.** Eat Well for Life
- Step 9.** Identify, Remove and Report Hazards

For more information about the FREE presentation or to book, please phone Sarai Stevely at Injury Control Council of Western Australia on (08) 9420 7212.

## Burns Service of Western Australia presents...

### Burns Challenge Ball 2011

**Saturday 10th September 2011**

**Time:** 6.30pm for pre-dinner drinks, 7.00pm start

**Venue:** BelleVue Ballroom, Perth Convention & Exhibition Centre

**Dress:** Black Tie and trainers (suit and sneakers)

**Tickets:** \$200 per person

**Book:** [www.trybooking.com/pjb](http://www.trybooking.com/pjb)

*Proudly supporting the McComb Foundation*



## Silverchain Personal Alarms

CareLink Personal Alarms are a monitored service that encourages independent living and peace of mind for friends and family. The alarm is attached to your telephone line and is activated by the use of a water resistant pendant that is worn around the neck. It can be activated with a simple push of a button on the pendant, from

up to 80 metres from the alarm unit. Once activated, a signal is sent through to a response centre where highly trained staff will respond to your call 24/7.

**For more information or enquiries please call 1300 557 551 or go to [www.silverchain.org.au](http://www.silverchain.org.au).**



# Contacts

## Statewide contacts for Stay On Your Feet WA®



Department of  
Health



### PERTH

Department of Health WA  
Falls Prevention Health Network  
(08) 9222 0200  
Injury Control Council of WA Inc.  
(08) 9420 7212

### EAST METROPOLITAN POPULATION HEALTH SERVICE

East Metropolitan  
Population Health Service  
Coordinator (08) 9224 3276

### SOUTH METROPOLITAN PUBLIC HEALTH

Armadale Health Service  
(08) 9391 2244  
Mandurah Community Health  
Centre (08) 9535 1644

### GOLDFIELDS SOUTH EAST HEALTH REGION

Kalgoorlie, Boulder (08) 9021 2622  
Esperance, Norseman,  
Ravensthorpe, Hopetoun  
(08) 9071 0400

### GREAT SOUTHERN HEALTH REGION

Great Southern Public Health Unit  
Albany (08) 9842 7504  
HACC Denmark (08) 9848 1201  
Central Great Southern –  
Katanning (08) 98214232

### MIDWEST AND MURCHISON HEALTH REGION

Geraldton (08) 9956 1953

### PILBARA HEALTH REGION

Port Hedland – Pilbara Population  
Health Unit (08) 9172 8333

### SOUTH WEST AREA HEALTH SERVICE

Vasse Leeuwin (08) 9757 2000

### WHEATBELT HEALTH REGION

Wheatbelt Health Region,  
Northam (08) 9622 4320

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