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It is THAT time of year again! Membership Renewal 2014-15

Renew your membership NOW!

President's Piece

Hello Members,

How exciting is this new format? I know I really love reading this new version of the newsletter. I would like to formally thank Office Manager, Margie, and Newsletter Editor, Emma for all the hard work they have put in over the last few months in moving DTA forward into the electronic age!

Remember the feeling when you clean out the cupboards in the kitchen, or when you tidy bedroom storage areas? Well, this month has been like that at DTA. Still a lot of hard work, but more involved with things that people don't ordinarily see. It has been a time of planning, checking, and review of where DTA is sitting, and what the Board needs to do to keep momentum. These are activities which any Board must engage in, and are the underpinning strengths of the Board, but are tasks which are often unnoticed by members.

For example, DTA are reviewing the adoption of an Executive Officer role. This has come about largely from our association with Allied Health Professions Australia, and in observing how the individual members of that association are represented, and how their organisations are developed and moving forward. However, this is a significant decision for DTA, and it is important that the Board first have a strong appreciation of what that role might look like for DTA and how the Board would measure the success of the role. In order to do this, a working party has been established, which will put together recommendations for the full Board to consider.

The Conference Committee continue in fine-tuning this event. This year's conference is shaping up to be a real beauty! As always, the conference is a time when you can develop or maintain established relationships with DT's from across Australia. This year we are expecting fellow DT's from both Japan and New Zealand. There is much we

can learn from these international engagements; attendance numbers are limited, so I would implore you to get in early in confirming your attendance.

DTA Education Officer, Stephania has been hard at work in planning some fantastic workshops across the country. This year Steph has included a regional focus to the workshop planning, in offering for regional and rural members the same fantastic opportunities as their city counterparts. This initiative has been as a direct result of listening to what you have said you want so watch out for a workshop near you!

Have you liked the DTA Facebook page yet? This is another great way of keeping in touch with what is going on in the industry and in retaining currency. Vice President 2, Kate Rogers, and Secretary, Renee Dunne continue to do a fantastic job as administrators of the DTA Facebook page. There are always great items of interest, so, while you are checking out the DTA website, go ahead, and have a look at the DTA Facebook page and what is happening in your industry. DTA also has a presence on LinkedIn - another brilliant way to keep in touch with DT's not only in Australia, but overseas as well. These are all great initiatives and it is important that DTA continue to maintain a presence within social media options. Thankyou to all who initiate and maintain these options.

Regards
Louise Absalom
President DTA



Online Professional Development Module

The first of these is now going live on the website under the Professional Development Menu Tab -> Online Learning. This is Member Only Content so you will need to login.

www.diversionaltherapy.org.au

It is THAT time of year again!

Membership Renewal 2014-15

DTA membership is offering more than ever as we all head off into a future of change, change and more change! There are challenges ahead, no doubt about it.

- ▶ How will DTs, DT Assistants, Lifestyle Coordinators (and of similar titles!) set themselves apart from the rest in applying for jobs? **DTA membership does this**
- ▶ How will the practice of DT survive alongside other well established, funded and organised Allied Health professions? **DTA promotes our unique and irreplaceable skills, education and training to the community, health industry and employers**
- ▶ How will we keep up with new ideas in our field to remain at the leading edge of our profession? **DTA provides over 15 workshops per year and the annual conference**
- ▶ Where can we get free, relevant resources? **The DTA eNewsletter and the website provide this for members - and it just keeps growing!**
- ▶ With the big changes already starting in Aged Care and other sectors, it is likely there will be changes to how DT and DT Assistant positions are advertised and recruited. How will we adapt to working as independent practitioners? **DTA is working on how it will assist members who wish to become independent practitioners**

Renew your membership now!

DTA is working hard with our modest resources - we are "the mouse that roars!" We need your membership to keep our voice loud and clear and growing - we are YOUR professional body in Australia.

Your renewal documents for 2014-2015 year are included with the June 2014 printed version of Connections - the DTA newsletter.

Newsletter Subscription - important update

The DTA eNewsletter 'Connections' is emailed to all members as part of their membership renewal. (Check your "junk" mail if you haven't seen it - or check that your email address is correct with the office - you should have already received May and now June by email)

- ▶ The printed version of DTA Connections will cost \$49 per year for 11 issues in 2014-15 - this is a cost recovery only. In the future, guided by member responses, the print version will cease and the time and resources now going into the print version can be put to other projects

Membership Renewal Fees

There have been small fee increases this year to most membership types. To remain financially viable, a bigger catch up increase was unavoidable for Level 1 Full Members

- ▶ If you are a Level 1 Full Member and do NOT have a uni qualification, you will be permitted to change to Full Member Level 2 - ONLY IF YOU WISH. Please contact the office to change your renewal paperwork.
- ▶ Full Member Diversional Therapist (Level 1)
\$182.50
- ▶ Full Member Diversional Therapy Assistant (Level 2)
\$142.50
- ▶ Affiliate Membership Student
\$72.50
- ▶ Affiliate Membership Retired
\$77.50



Media Release: Allied Health...



Position Paper: Culturally Responsive Health Care

Background

Indigenous Allied Health Australia (IAHA), the national peak body representing Aboriginal and Torres Strait Islander allied health professionals and students, asserts that a culturally responsive health workforce is imperative in order to ensure Aboriginal and Torres Strait Islander people receive the healthcare required to significantly improve health and wellbeing outcomes.

Culture can be defined as complex beliefs and behaviours acquired as part of relationships within particular families and other social groups¹ and can predispose people to view and experience health and illness in ways that can influence decisions, attitudes and beliefs around access and engagement in healthcare. This may include acceptance or rejection of treatment options, commitment to treatment and follow up, success of prevention and health promotion strategies, perceptions of the quality of care and views about the facility and its staff².

Cultural competency, cultural safety, cultural respect, cultural awareness and cultural sensitivity are all terms that have (often interchangeably) been used to describe the training and/or attributes required by health professionals to effectively engage with Aboriginal and Torres Strait Islander people.

Irrespective of the term used or training and experiences a health professional has attained, the key concern for the person, family or community at the centre of care is how the health professional responds to any particular encounter. Health professionals must demonstrate their ability to respond appropriately and 'walk the talk'.

IAHA has determined that in the context of holistic and person centred therapeutic relationships with Aboriginal and Torres Strait Islander people, health professionals must be culturally responsive, a construct that entails life-long self-reflection and new learning as opposed to the notion of finality that other terms such as cultural competency may imply.

Culturally responsive care can be defined as an extension of patient centered-care that includes paying particular attention to social and cultural factors in managing therapeutic encounters with patients from different cultural and social backgrounds³. IAHA views it as a cyclical and ongoing process, requiring health professionals to continuously self-reflect and proactively respond to the person, family or community with whom they interact.

There are multiple layers of responsibility to ensure that Aboriginal and Torres Strait Islander people receive culturally responsive healthcare.

It is the responsibility of the health education providers to ensure their graduates attain the necessary skills, knowledge and attitudes that will enable them to deliver culturally responsive care. This includes providing clinical experiences that expose them to the unique needs of Aboriginal and Torres Strait Islander populations.

It is the responsibility of the health service provider to demonstrate culturally responsive leadership and build governance structures and environments that ensure health professionals are encouraged, expected and able to respond to the needs of Aboriginal and Torres Strait Islander people effectively. The processes and supportive structures around health service delivery are equally as important as actual health outcome measures when determining the overall effectiveness of health service delivery.

It is the responsibility of the health professional to deliver culturally responsive healthcare. Being culturally responsive places the onus back onto the health professional to appropriately respond to the unique attributes of the person, family or community they are working with. Self-reflection and reducing power differences are central to being culturally responsive; therefore making assumptions based on generalisations about a person's ethnic, cultural or social group is unacceptable. Part of the challenge of becoming



culturally responsive health professionals is learning to reach beyond personal comfort zones and being able to comfortably interact and work with people, families and communities who are both similar and markedly different⁴.

IAHA asserts that all health professionals need to be both clinically competent and culturally responsive to positively affect the health and wellbeing of Aboriginal and Torres Strait Islander people.



Faye McMillan, IAHA Chairperson

Endorsed by the IAHA Board on 29 April 2013.

¹ Siggers, S., Walter, M. & Gray, D. 'Cultre, History and Health' in (eds) Thackrah, R. Scott, K., & Winch, J. 2011. Indigenous Australian Health and Cultures: An Introduction for health professionals.

² Aboriginal Cultural Security - An outline of the Policy and its Implementation, NT Government. [http://www.health.nt.gov.au/library/scripts/objectifyMedia.aspx?file=pdf/9/26.pdf&siteID=1&str_title=An outline of the Policy and its Implementation.pdf](http://www.health.nt.gov.au/library/scripts/objectifyMedia.aspx?file=pdf/9/26.pdf&siteID=1&str_title=An+outline+of+the+Policy+and+its+Implementation.pdf) Accessed March 2013

³ Marcia Carteret, M. Ed. Key Concepts in Cross-Cultural Communications <http://www.dimensionsofculture.com/2010/10/576/> Accessed March 2013

⁴ Ring J. M., Nyquist J. G., Mitchell S. (2008). Curriculum for culturally responsive health care: The step-by-step guide for cultural competence training. Oxford, UK: Radcliffe Publishing.

National Workshop programme news and updates with Steph

Hello everyone,

In my role, you have to be passionate about education. Learning and developing skills to improve your professional understanding and impact are what it is all about. I am passionate also about the self-development that occurs when you sign yourself up for a workshop- you not only get a chance to network and talk to others in your field and profession you are ready to absorb information and knowledge about something you are interested and passionate about- you are wanting to improve your professional understanding and in so doing become better at your job.

In our roles we are in the front line of dealing with people's physical, emotional and mental wellbeing- but are we looking after our own first? We forever need to keep a smile on our faces so as we can bring a smile to the faces of others and they must be genuine!!! So here are some pointers to keep you smiling.

8 Ways to Smile inspired by Nicola Conville.

- 1. Keep things in perspective** - don't allow a few mishaps to spoil your day- don't focus on the petty problems- ask yourself if what is happening now is going to matter in a week, month or years' time? Most likely, it won't.
- 2. Eat for Happiness** - certain foods release happiness hormones in your body- foods such as turkey, dark chocolate, asparagus, eggs, yoghurt and leafy greens all give your body a natural boost. Choose healthy foods that will nourish your body- remember nothing tastes as good as healthy feels!
- 3. Focus on the present.** Don't live in the past or worry about the future, the only moment you have any control over is the one you're living in right now.

- 4. Count your blessings** - make an actual list of the things for which you are grateful- good health, food in the fridge, great friends- gratitude will make you realise all the things that are good and right and this will surely make you smile.
- 5. Enjoy the simple times** - celebrate the small day to day things- allowing the drudgery of life to get you down stops you from appreciating little moments of beauty- that client who response, a cup of tea, a program that gets a really great response.
- 6. Listen to your body** - How often do we push through fatigue or hunger? Listening to your body when it is telling you to eat, sleep, exercise or relax is one of the quickest ways to feel good.
- 7. Go for a walk** - exercising releases endorphins, helps reduce stress, boost energy levels and helps you sleep better and just getting out into the fresh air can change your perspective.
- 8. Don't compare yourself with other people** - "*Comparison is the thief of joy*" said former US president Theodore Roosevelt. No one knows really what goes on in someone else's life and there is no one as special or individual as you so comparisons are futile. Live your life to the best of your potential and remember the only person you have any control over is yourself so change your perspectives using these few ideas and turn your frown around.

And on that note let me leave you with this month's inspirational quote:

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." - Lou Holtz

Stephania Bejma

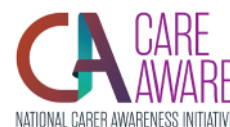


Upcoming workshops

NSW Ballina Workshop 6th June
QLD Cairns Workshop 11th July
TAS Devonport 14th August



Can you help with this research project?



Dear colleagues,

Carers NSW is conducting an important survey of informal carers in New South Wales. We need as many carers as possible to complete the survey so that we can raise awareness of the issues that matter most to them.

We would appreciate if you could forward the information below to your contacts to help us promote the survey as widely as possible.

Any questions can be directed to the Carers NSW Research Team on 02 9280 4744 or research@carersnsw.org.au.

Thank you in advance for any assistance you can provide.

Do you provide unpaid care or support to a family member or friend?

Do they have a disability, mental illness, ongoing medical condition, or are they frail and aged?

Whether you call yourself a parent, a son or daughter, a spouse or partner, a relative, a neighbour, a friend, or a carer, we want to hear from you!

Carers NSW (in conjunction with university partners) is conducting a survey of informal care in New South Wales. We do this every two years so that we can stay up to date with the issues that matter to carers. This is your opportunity to have your say about what matters to you most and the support that you need. In 2012 we had nearly 2000 carers complete the survey. This year we are aiming for even more!

To access the survey, visit the Carers NSW website. If you have any questions, or would like a hard copy of the survey, please contact the Research Team on 02 9280 4744 or research@carersnsw.org.au.

Your help will really make a difference. Thank you.

Timothy Broady

Senior Research and Development Officer
Carers NSW

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www.carersnsw.org.au

www.youngcarersnsw.asn.au

Carers NSW acknowledges the Traditional Custodians of the land, Elders past and present and all Aboriginal people.

Corn Patch

Q: What do you call a king who is only 12 inches tall?

A: A ruler.

Q: Where do you learn to make banana splits?

A: In sundae school.

Q: What did the one penny say to the other penny?

A: We make perfect cents.

Q: Why did the duck go to college?

A: He wanted to be a wise quacker!

Q: What do you call a story about a broken pencil?

A: Pointless.

Member Articles

Coleraine 2014 Winter Olympic Games

On Wednesday 12th February 2014 the Winter Olympic Games were held at our Wannan Hostel. On Tuesday the Olympic Torch Relay started its journey around the facility which also included an outing with some residents.



At the conclusion of the Games we had a Closing Ceremony which was followed by a rousing rendition of the National Anthem. Everyone then enjoyed a lovely afternoon tea with many comments and much laughing going on about the fun of the games which everyone enjoyed.

Submitted by Marlene Lee, Diversional Therapist, Wannan Hostel, Coleraine Vic

Dementia and More

By Ernest Buckley DT

Justice and Forensic Health Long Bay, Malabar, NSW

Hi everyone I would like to share with you some of the interesting education related events I have participated in during 2013. In 2014 you may wish to explore some of these avenues of interest and I'm sure you will gain knowledge and the satisfaction that you deserve.

Areas to report on:

- ▶ The University of Tasmania free online education: Understanding Dementia MOOC and the Degree in Dementia Care.
- ▶ The Alzheimer's Australia Working with People who have a Physical Disability and Dementia workshop.
- ▶ The Edible Walls Exhibition held at the Sydney Powerhouse Museum August 2013.
- ▶ The 18th National New Zealand Diversional Therapist Conference held in Hamilton August 2013.
- ▶ The HAAC Northern Sydney Development Project Newsletter.
- ▶ AUSTSWIM courses and related work.

On the day of our Games all residents assembled in the lounge room grouped in their allocated country. The Olympic Torch was carried by a resident into the stadium, with the dignitaries and team leaders following to the sounds of applause and cheers.

We then listened to our very special Guest Speaker 'Jet Chernobyl' give 'her' opening address which included some very funny comments. All enjoyed the Opening with some even asking at the end of it if some of what was said was true.

After the Athletes' Pledge the Games commenced starting with the Snowman Race ...with some definite cheating going on! The Snowball Throw, Snowball Shots and Snowman Shuffle followed with one competitor being disqualified for being intoxicated and not passing the drug test.

The final event was the ever popular Paper Tear with everyone taking particular care in their efforts which resulted in some amazing results.

Competitors were very pleased to be presented with their Gold, Silver and Bronze Medals and they were very proud to show off their medals to some of the people from the community that attended.



➤ The Dementia Collaborative Research Centres CHEBA Forums

➤ My personal look working as a Diversional Therapy at the year 2013

The University of Tasmania have been and hopefully will continue to offer free online education to people working in the field. The MOOC education Massive Open Online Courses Understanding Dementia is an 11week online course that builds upon the latest in international research on Dementia. It's free and anyone can register. You can express an interest in the next course starting in 2014. This is a very good course. Google MOOC and UTAS it will come up. For the more adventurous the Degree in Dementia Care is available to people working in the field. A colleague of mine has started the Degree it's now all on line and she finds it rewarding but challenging.

The Working with People who have a Physical Disability and Dementia workshop held by Alzheimer's Australia in Sydney during November was very good particularly the Disability segment which was presented by Lachlan Hazelton from The Physical Disability Council of NSW. Hopefully we will see more of Lachlan in 2014. Plus he has an interest in Movies. I personally am finding there are more people with a disability progressing onto Dementia and accessing care. We should be more prepared for this as it presents more challenges in dealing with the special needs.

The Edible Walls Exhibition: Last August I attended the first Exhibition of its kind in Australia. Researcher's and students from the University of Technology Sydney and several leading Australian Green Wall companies showcased vertical wall gardens. UTS Professor Sarah Wilkinson said " that in 20 years of research work, she has never been involved with a project that had put so many smiles on people's faces. I particularly like the combined Aquaponic and green vegetation vertical wall garden. Below the wall garden is seated area that has a fish tank in it. In the tank is Bass Fish they excrete into the water and it's pumped up and through the trays of vegetation fertilising as it goes through. Why



are vertical wall gardens good for us? We can install them into facilities and produce food, not worry about individuals eating the wrong thing and receive a lot of enjoyment with the whole activity. Google Vertical Wall gardens

Last August I attended the New Zealand Diversional Therapy Conference in Hamilton. While there on exhibition was a display of Décou page Art. The exhibitors had produced large decoupage scenes ranging from country craft to Christmas Trees with twinkling lights inserted for extra effect. They had taken Decoupage to another level.

I have discovered a HACC newsletter it shows lots of courses and resources we can use. The one I found is based in the Northern region of Sydney and I am told we can access it by email: www.msforum.org.au

I noticed on the internet that work is becoming available for Diversional Therapist in the eastern suburbs of Sydney who are AUSTSWIM trained. They require you to have or obtain a Bronze Medallion in Life Saving or an AUSTSWIM Teacher of Swimming and Water Safety and Teaching Adults is required. I have just started this training and it is achievable for most of you. It's good to see an every expanding role for Diversional Therapist.

The Dementia Collaborative Research Centre in Sydney held many good forums in 2013 and the National Dementia Research Forum 2014 will be held in Sydney. I believe these Forums deliver us the best there is to offer when dealing with Dementia.

In concluding I personally found everything interesting and educational in 2013. As a Diversional Therapist and dealing with Dementia I am experiencing big challenges. I am experiencing more people with early onset Dementia, more people with disabilities and Dementia, people with Dementia staying home longer and in general numbers are increasing. But for many there is no extra staff or resources coming through to match the increasing demands. Maybe some of the interest points I have exposed may help you in some small way.

All the best for 2014.

Journal Watch



Article: Learning as a Vehicle for Individual and Social Transformation: Rethinking Leisure Education

Authors: Sherry L. Dupuis, Jennifer Gillies

Journal: Therapeutic Recreation Journal, vol 48, no2(2014), pgs 113 -134

Available from: <http://js.sagamorepub.com/trj> this article is currently by subscription access.

Abstract: Traditional approaches to leisure education often exclude marginalised groups in decision making, instead relying on the “expertise” of leisure professionals in determining what is to be taught and how. These approaches are often inappropriate and inadequate to meet the needs

of marginalised groups and often exclude those who are thought to lack the capacity for learning, such as persons with dementia. Using data from a systematic evaluation of learning and sharing forums designed by and for persons with dementia partnering with family and professional care partners, the purpose of this paper is twofold: (1) to present an alternative approach to leisure education, one informed by and integrating understandings from the radical education tradition and critical pedagogy; and (2) to share research findings that demonstrate the power of alternative approaches to learning in not only promoting personal growth but in enhancing social relationships and triggering broader social change.

Keywords: leisure education; critical pedagogy; radical education; dementia; authentic partnerships

Web Watch



A men’s resource available via online.

Summary of MAY, 2014, MISTER.

May 2014 edition of MISTER is now on the website.

You will find it at: www.misternewsletter.com.au click on ‘Newsletters’. MISTER usually is a bi-monthly publication.

This issue gives some information about: *Men’s Health Australia website; Irritability, anger chronic stress; What causes Androgen Deficiency?; Arthritis; International Men’s health Week; Andrology Australia: Diabetes; Daddy’s Day at School; Bowel Cancer Screening; Men’s Groups; The Liver; Male grieving; Male touch; Whooping cough, and other items.*

Please remember that MISTER is meant for contemplation, discussion and for personal benefit. Also for sharing and/or forwarding on within networks, or to friends, family, in any country of the world or wherever may possibly be appropriate.

Click “Links” on the home page for information and help available in the community.

Gardening Resources

Just because we are entering into the colder months it does not mean that our clients need to stop enjoying their

gardening activities. Here are a few websites that may help with information, activity suggestions or even help you write up some policies or work instructions.

Yates has a good gardening website at <http://www.yates.com.au/> where you will find all sorts of information on seasonal gardening, products, promotions and competitions and they also have an adult and children’s newsletter subscription link where you can have information emailed to you monthly.

Cultivating Wellness

<http://cultivating-wellness.com>

On this site you can have a look at a free trial of a subscription magazine and educational opportunities available to broaden your skills as a green thumb or for your clients. There is also a members only area.

Gardens for everybody

<http://agrability.missouri.edu/GardenWeb/>

This website is run by University of Missouri and discusses all sections of gardening from the different types eg raised garden beds, trellis and pots to health and safety, special considerations, pathways, tools etc.



Book Review by Laretta Kaldor



Reading in the Moment by Anne Vize

Stories and activities to share with adults with dementia

A Speechmark Practical therapy resource

The author Anne Vize has a Master's degree in special education and has had published 30+ titles for people with special needs. Through her work and research into the needs of adults with cognitive challenges to recreation, Anne has written this book to encourage care staff and families to fill this gap. Reading is possibly one of the skills that remains with adults with dementia long into the illness in much the same way as musical memories remain. Reading aloud or being read to at a session with people who have dementia, can provide a positive recreation experience. With short term memory loss the client may not remember the session but will enjoy the moment of the reading session. Finding adult and appropriate activities for clients with dementia in an aged care setting or at home is a challenge for staff and families. Much of what is available is often juvenile and not centred on adult topics. Activities that encourage reading and mental stimulation are paramount as part of a good recreation program and keeping the mind active. A reading session can provide a normalising experience in an aged care setting.

Parts 1-3 of this book describes the bibliotherapy concept and the rationale of providing appropriate reading material for the clients as well as practical approaches to using methods suggested. Parts 4-6 are short stories, biographies and poetry.

These are simply written but not juvenile and are suitable for photocopying to use in small groups or one-one-one reading sessions. I found these very enjoyable and sensitively written. Resources and ideas to complement the individual session are suggested with ideas of using any sensory tools that are related to the topic.

There are templates at the back of the book that can be used to help therapy staff plan and evaluate reading sessions. These can also be used to apply for a grant to purchase appropriate materials for the future recreation needs of clients who have challenges to recreation.

I commend this practical book to diversional therapists, occupational therapists, recreation staff and care workers in aged care and also to students in these professions as a reference.

To purchase 'Reading in the Moment' (ISBN 9780863889813 published in 2014 by Speechmark) in Australia, please contact:

Anne Vize

Banksia Publishing
www.banksiapublishing.com
0447 907 771
annevize@gmail.com

Cost: \$74 AUD
(includes postage and handling to an Australian address)

From The Editor

Once again we are nearing the time of considering our renewal of membership if you are short of a few points please keep checking in on our wonderful new website as there will be some PD modules that you can complete to help increase those points.

Also this month we have some wonderful website resources to share, a couple of interesting member articles and Laretta has provided you with another book review.

By now you should have received some conference information and we would encourage you to consider attending as these conferences provide a wealth of knowledge and also great networking opportunities with your fellow professional colleagues maybe consider taking a few extra days to enjoy what South Australia can offer.

Till next month
The Ed



Diary Dates

1-30 June

Bowel Cancer Awareness Month

Organisation: Bowel Cancer Australia

www.bowelcancerawarenessmonth.org

5 June

World Environment Day

www.thinkeatsave.org

9-15 June

International Men's Health Week

www.menshealthweek.org.au/En/Default.aspx

15 June

World Elder Abuse Awareness Day

www.un.org/en/events/elderabuse/

15-21 June

Refugee Week

www.refugeeweek.org.au/

15-28 June

Drug Action Week

www.adf.org.au/media-centre/drug-action-week

20 June

World Refugee Day

www.un.org/en/events/refugeeday/

21 June

MND Global Day

www.mndaust.asn.au/global-day/

22 June

MS Brissie to the Bay Bike Ride

brissietothebay.com.au/

23-29 June

World Continence Week

www.continence.org.au/

27 June

Red Nose Day

www.rednoseday.com.au/

28-30 June

Katherine to Darwin Challenge

www.k2dc.com.au

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