



and the  
winners  
are.....



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**Adelaide  
Conference.**  
*What an  
amazing three  
days!*



# President's Piece

Hello Members,

I am writing this after the fantastic 2014 DTA Conference held in Adelaide. What an amazing three days! The pre-conference workshops and conference time has been a wonderful and enlightening journey.

I know that many of you developed new acquaintances or renewed old ones. This is part of the immense benefit of an annual conference. In the big scheme of health services, we are often isolated in our daily working routine; to be able to call on a support person, or even better a support network is vital.

The theme for this year's conference was shaping diversional therapy: from theory to practice. When the call for papers went out, authors were invited to prepare papers that would inspire professional practice, to motivate, stimulate and encourage, to invite new vision or to renew commitment to the DT role, with a view to exploring the relationship between theory and practice. DTA were privileged to put together a diverse program designed to offer many opportunities to motivate, inspire and encourage. My challenge to all present was to take away at least one new practice, new way of thinking or one new concept which inspires, invigorates, or renews.

Of note this year, we embraced 15 delegates from our sister organisation Diversional Therapy Japan, capably led by Takako Serizawa DT Japan President. In ensuring the 2014 Conference was a truly international affair, we had 4 delegates from New Zealand. The NZ girls worked hard for 12 months to fund their trip, from markets, to garage sales, even a cake stall where residents contributed by baking cakes to ensure their staff could come to the DTA Conference! Three of the delegates from Japan entered posters and Takako presented on the SONAS program, demonstrating the significant benefits of the DT program.

I would like to acknowledge the generosity of all the sponsors of this conference, in particular the major sponsor TAFE, SA. This generosity allows DTA to further promote the DT role and practice through the variety of awards on offer each year. This year saw the introduction of the Inaugural

DTA Award for Excellence. This award was developed to recognise a DTA member who has exhibited excellence in DT practice, and has contributed to the wellbeing of the individual and the organisation or facility or community environment, whilst also encouraging personal and professional development. It asked for the action of that imagination, desire or belief of the Diversional Therapist.

I was involved in the judging process of this award, and am proud to state the standard was high; however, there was one very clear and outstanding presentation. Lindl Webster from Avondale House wrote on the Avondale Technology Design Challenge. Lindl has given permission for her presentation to be published on the DTA website. I would implore each of you to seek out and read this presentation, I have no doubt you will be as captivated and impressed as I was.

The cocktail party this year was a resounding success. The evening was well attended, and we were especially proud to welcome Rachel Sanderson MP, Member for Adelaide as the guest speaker. It is truly refreshing when a Member of Parliament can speak to a group with sincere confidence; Ms. Sanderson was certainly able to do that. She held a strong awareness of the role of the Diversional Therapist and spoke with poise and assurance to the crowd.

A quote Ms. Sanderson has adopted during her career and used in her maiden speech to parliament is from Paul Meyer - What you vividly imagine, ardently desire, sincerely believe and enthusiastically act upon, must, inevitably come to pass.

This quote is especially relevant to DTA and the role of the Diversional Therapist in practice, and dovetails perfectly with the topics presented in the conference. It was motivating at the conference to celebrate that what we, as



## *Where is DTA Conference 2015?*

*On the Glorious Gold Coast in October - more info coming soon!*

*Get planning your 2015 holidays now! Goodbye Adelaide and hello... Gold Coast*

practitioners vividly imagine, ardently desire and sincerely believe is in promoting active engagement, freedom and choice, quality of life, wellbeing, and the continuation of life enjoyment.

And so to the next 12 months. The immediate challenge for Diversional Therapists and DTA is to maintain enthusiastic action. Dr Alf Colvin spoke to this when he asked each of us to extend and move to the next stage of our profession. Daniella Greenwood and keynote speaker, Caroline Ellison, both presented with passion in asking each of us to consider what consumer directed care can look like within the environment in which we are employed, and imploring us to embrace community development in the DT role. In fact, each presentation or poster represented the expression of vivid imagination, ardent desires and sincere beliefs.

At our planning meeting on Thursday several key initiatives were adopted. I am very excited to announce that the Board have agreed to adopt a part-time Executive Officer position. There will be more on this later.

Dr Leon Earle has been incredibly generous in offering his support to DTA in the role of advisor. Dr Earle, has had an extensive career, from advisor to Government, author of nine books, undertaken and presented research work on successful ageing indicators to Cambridge University, been selected as the Australian Gerontologist to address the White House Conference on Ageing; and Appointment by the South Australian Government to Chair the Ten Year Plan on Aged Care - this list is not exhaustive!

I believe the Advisor and EO roles, as well as the significant ongoing contribution of the volunteer Board and Portfolios will be instrumental in moving DTA to a place of acknowledgment and awareness as the peak body representing the Diversional Therapist.

However, this shift is reliant on the work of many. You have a great Board representing you, but we are small in number. In order to move forward at a pace which ensures DTA remains current alongside its Health Profession peers, we need a much greater workforce. I want to be very blunt with you - DTA does not have a choice - we need to adapt, move in differing circles, take a more political stance, and keep pace with technology.

I would implore all of you to consider if you can take a role with your peak body - you may not feel you wish to commit to a Board position, but you might be able to support one of the portfolios in a short term project. Some projects are only of three months duration, whilst others are more ongoing. This is your peak body - embrace it, be part of it, without your support and input, the Board cannot move as fast and furious as you would like. Again, this is your peak body - you should be involved! It is your professionalism at stake. Please take note - there are other allied health professions out there that would absorb the DT role.

I cannot be more sincere in shouting this out to you. The time for saying "we should", or "let's think about ..." are gone. We need to do this! In Dr. Colvin's words - we need to move past the Mary Poppins stage and into the realms of professionalism.

Please contact the office if you would like to speak further with a current Board member about the portfolios.

Regards  
**Louise Absalom**  
President DTA

# National Workshop programme news and updates with Steph

Hi everyone,

Our two workshops, running consecutively the day before the conference, got a great response with some of our international visitors taking the opportunity to attend a workshop on Takeaway Café Activities or Music and Art Therapies.

I facilitated the fun and laughter at the Activities workshop where we launched the first DTA takeaway café booklet. We worked through the activities one by one, including ceramic cup painting, wool craft donuts, speedy dice and card games, Minute to Win it and lots of other practical ideas to encourage client engagement and fun. We even came up with a DTA anthem which some musically inclined people put to a tune that stuck in our heads the whole Conference.

Those in the therapy workshops were treated to the inspiring and practical skills of Dr Loretta Quinn who they could have listened to all day, then IKON Art Therapist, Paula Gillespie-Fotheringham took over after lunch giving some practical experiences and insights into using art with our clients.

The highlight of both workshops for me though, was the break in the middle where the inspiring and energetic Dr. Helena Popovic had us enthralled with her "Four Big Lessons from Four Big Years of Caring for Dad" - A half hour presentation that we were all able to take something from. I learnt that studies have proven that the worst thing for your health is extended time being seated and all major health issues can benefit from standing up every 20 minutes- so set your reminders on the computer or your alarm clock to stand up and move around every 20 minutes for improved health and to live longer.

Before I get up and move around though I'd just like to turn your attention to the other workshop information in this issue- the wonderfully successful and informative Warrnambool workshop written up and photographed by Victorian Board member, Judith Brian. Thanks again to all those that facilitated the workshops who I was not able to get to, your assistance and passion is irreplaceable. It was great meeting many of you at the Conference and be able to put faces to the many names and emails.

I'll leave you with the words of our little DT theme song:

***"Humorous, Flexible-that's what we need to be***

***Positive, Professional - that's what you will see***

***Multi-skilled and Passionate- that's who we want to be!"***  
***(repeat)***

Yipee!!

Till next time,  
**Stephania Bejma**



## Workshops coming up!

Contact the office or go to website for the registration flyers!

17th October - VIC Shepparton

15th November - WA Perth

18th November - North Ryde NSW  
(followed by AGM)

# Warrnambool Vic, August 25th Workshop

## Submitted by Judith Brian

(abbreviated for print version of newsletter full version online)

Sandra and I arrived at 8am to set up, with people so eager they arrived soon after. The usual fun with technology to begin with and we were ready to go by 9am.

I welcomed everyone with a quick poll to discover that some ladies had driven from Mornington, 5 hours way, also from Ballarat, Hastings, Belgrave and Mt Gambier - 2 to 3 hours away.

Joy Errey began with an ice breaker to allow all to meet and got everyone talking. The first speaker was Karen Cameron who began with an overall explanation of Dementia and expanded on the HACC model for people with Dementia regarding their social, emotional and physical needs when doing a planned activity group. She discussed the “room” in which the activity is held and how the environment should ideally be set up so people don't feel like strangers and how to use prompts to take away the strangeness of the environment. She talked about the design elements of the room or facility, the correct use of colour to define specific areas, doorways and passageways, the use of arrows on the floor to guide residents to the dining room. One example is may be to lower the pictures on the wall as a talking point and as a clue to finding specific areas or their own room. Google - “Dementia friendly environments” for ideas. After lunch Anne Osman from the Australian Aged Care Quality Agency spoke. Anne is a very engaging presenter, giving very practical advice on a somewhat scary or some may consider a dreary subject, however Anne is able to boil it down and make it more user friendly. She talked about the standards for accreditation-the 4 standards and the 44 outcomes looking particularly at standard 3 and advised that it is to be resident lead. She also reminded us of the importance of doing quality improvement and documentation of this. Anne was good at revealing any new changes, explaining the current system thoroughly. Anne also reaffirmed that DTs ensure quality of life and that we are important. Good strong advice.

Our last speaker was Lyn Shanahan from Diversitat in Geelong, she shared a project she has done through the Well for Life program- “Life Stories” and the various ways, be it in book form or film.

Somehow we fitted six “Takeaway CAFÉ's”, throughout the day all with great ideas.

- Enid O'Conner from Timboon, showed us how to do simple Butterfly pictures, which were stunningly effective.
- Helen Coomber from Warrnambool shared Quilts n Cushions. Helen has made wall quilts by tracing around a residents hand, cutting out the shape and incorporating onto a quilt square using pretty fabric, then aptly named the Quilt, a “Friendship Quilt”.
- Helen Lingard- talked about Cafe Lexi. At her facility they put in a small cafe with a good coffee machine which was hired from a coffee company the coffee being supplied. Barista training was undertaken and family and residents were happy to visit the café so they made a small profit on each cup sold.
- Marsha Ayers had an apron to which she had sewn different textured fabrics in various shapes. She wore the apron and residents were encouraged to feel the fabrics.
- Wayne Reid from Winchelsea had a super-sized scrabble board. This board was approximately 1 metre x 1 metre and excellent for vision impaired clients or where motor skills are impaired.

Pat Purcell from Macarthur, showed us a word game that she used from [www.wordle.net](http://www.wordle.net).

A very successful day was had with approximately 45 people attending- A real workshop success!



# DTA National Network Groups Coordinators Report Oct 2014

Hello Everyone,

Well the year is certainly flying by. I am looking forward to meeting some of our Group Leaders at the National Conference this coming week. I hope by meeting you in person we will be able to support each other even more in our valuable roles.

There is still so much we can do, as Group Leaders, to raise awareness of DTA in the community. A local Database of email addresses that include all Aged Care Facilities in your area can really help. By sending out information about membership and meetings on a regular basis we can encourage interest and curiosity as to how they can join DTA. Even one new member is a step in the right direction.

I truly believe the demographics of Diversional Therapy has changed a lot in recent times and finding out more

about this is imperative to the future of our profession. Some groups have had to close this year due to a lack of attendees, which is most unfortunate.

I have found that even after holding an Open/Information Day it did not increase our membership on the Gold Coast, which has a huge Aged Care Population. Even a lot of our members have been unable to attend meetings, so I plan to conduct a survey before the end of the year to find out some of the reasons why D.T.'s are not joining the association.

If you need any help with your Network Group or you have any questions, please don't hesitate to contact me.

Kind Regards!

**Katrina Vuori**

## DTA AGM

Tuesday 18th November 6:30 for a 6:45 start  
at Northern Sydney Education Centre, Wicks Rd, North Ryde

All members have been sent the details by post.

If you are in NSW - register for the DTA Sydney Workshop at the same location - join us for a pizza snack in between - then attend the AGM.... That adds up to 12 PD points!

Too far away from North Ryde in Sydney? No problem - gather your network group for a Pizza night and Meeting - then stay on for AGM?

Find out what is going on in YOUR DTA! That could be 2 PD point for your network meeting and 4 PD points for attending the AGM by conference call.

When candidates have all been nominated - remember you MUST either vote in person (over the phone is NOT able to be accepted) or by postal vote - so mail in your votes when the time comes.

## Book Review with the Ed.

Due to the large volume of information from conference the final installment of Pam Bell's book reviews have had to be held over till next month. Apologies to both Pam and the members that enjoying reading this segment - Ed.



# DTA Conference 2014 in Amazing Adelaide!



*The Magnificent Seven Plus One we could call them!  
Handsome or what!*

## **The partners' tour "Men on Buses"!**

Submitted by Margie Kennard

Friday 19th saw another first - the first DTA Conference partners' tour. A wonderful time was reported with most of those present vowing to return to the Conference in 2015 for another tour! The Adelaide Conference Committee organised a fun day out in the safe hands of volunteer driver, Brad Goodes (2nd from left). The official tour was for a viewing and lunch along the way doing the Historic Port Adelaide Hotels Tour.... We know there were deviations from the route but all enquiries were met with a firm "What happens on the bus - stays on the bus!" And so it should! Congratulations and thanks to organisers for a wonderful fun boy's day out.

2014 DTA Pre-Conference Workshop

## **Introduction To Art Therapy By Paula Gillespie-Fotheringham**

Submitted by Katrina Vuori, QLD

I have had some experience with Art Therapy and have always found it a bit of a mystery as to how it really works or the benefits for the client. Paula was able to unlock much of that mystery. I found during her session that I learnt much more during the practical exercises than by the verbal explanations. I guess that is the beauty of art, in that we learn to communicate and express ourselves very differently.

In one exercise we were put into groups of two and we each had to draw something about ourselves, or our lives, that we wanted to convey to our "partner". It was all non-verbal and even when we had to interpret each other's drawing, we could not acknowledge or respond in any way.

It was only after we both had said our comments that we could finally talk about our own pictures. It was a very good exercise because it taught us to really pay attention and not make assumptions. Art is such an intricate form of therapy. Nothing is black or white! Pardon the pun!

Some things I learned about Art Therapy:

1. It can lift your mood, boost self-awareness and improve self-esteem and confidence.
2. It can enable the expression of feelings that are difficult to discuss.
3. It can clarify issues and lead to problem solving.

The workshop was a great success with both sessions providing practical tools and skills to include in our DT programmes.

2014 DTA Pre-Conference Workshop

## **Introduction to Music Therapy By Dr Loretta Quinn**

Submitted by Katrina Vuori, QLD

This session was outstanding. My only complaint - it finished far too soon! Loretta really knows her stuff and presents it in a very professional manner. She comes from a nursing background, so knows firsthand how often Diversional Therapy "skills" and "activities" are overlooked as being frivolous and unimportant. Loretta learned, when studying Music Therapy, how important our profession really is, especially for reaching Dementia specific clients/residents. She has created a C.D. and "Music Activity Workbook"

Some of the points I learnt today about Music Therapy:

1. It needs to be structured. You need to plan the activity really well, especially paying attention to where your Dementia specific clients will sit in the room. Know your clients.
2. It will only really work if you engage with the clients. You can't just put the music on and walk away.
3. "What goes in the brain first, is the last to come out!" Loretta mentioned this point often and said it was the most important thing to remember when working with Clients with Dementia. They will relate the most to the music they heard first in their lives. This may very well be their parent's music.

## DTA Conference 2014 cntd.

Loretta is currently working on her new book called “Bridging the Gap”. The gap she talks about is the one between Nursing Staff and Diversional Therapists. She hopes her book and upcoming workshops will finally help to unify us and bring about better outcomes in the workplace.

### Cocktail Party Awards Event with special guest Rachel Sanderson MP, Member for Adelaide



It was a friendly and happy night with record attendance for our Cocktail Party event! Even though we were all pretty exhausted from workshops on Thursday and Conference Day 1, most delegates made the effort to support the event. 2014 saw our first DTA Award for Excellence on offer and there was also the Wendy Butler Award and the Conference Best Poster Award. The standard of entries for all awards had been exceptional which made the various judges' tasks very hard!

Our event was enhanced by the attendance of international delegates with fifteen very enthusiastic Japanese delegates from aged care health providers all engaged in the DT field and four delegates from New Zealand including member, Vijay Pillay, who was last year's Wendy Butler Award winner.

The Wendy Butler Award finalists were: Jo Bozin, VIC, Michelle Maslen, VIC, Glenda Kubler, QLD and Vijay Pillay, NZ. Michelle Maslen, VIC - 2014 Winner was presented her \$300 book voucher prize by Rachel Sanderson after the introduction by Jacqui Quirke, Redleaf and B & S Books.

The Best Poster Award was judged by votes from the audience once again and the finalists were: Margaret Bailes and Jane Anderson, Megumi Kojo, Yuichiro Oka and Miyuki Yoshida. Margaret Bailes and Jane Anderson took first place narrowly over Megumi Kojo who was announced as the runner up. First prize was \$300 (sponsored by Insurance House) with a book prize for the runner up.

The main event of the night was the Inaugural DTA Award for Excellence and the finalists were, Jo Bozin, VIC, Glenda Kubler, QLD and Lindl Webster, NSW.

Lindl Webster won the award for her entry, “Avondale Technology Design Challenge”. Lindl graciously accepted the award and took us through the programme. Rachel Sanderson MP presented her with the beautiful DTA Award for Excellence a modern design in perspex, Certificates to frame and keep in her resume and the beautiful MacBook Air Computer as her prize.

DTA Award for Excellence – and the winner is....



### Lindl Webster

Diversional Therapist - Avondale Lifestyle Community NSW  
Avondale Technology Design Challenge

Brief Description.

The annual Avondale Technology Design Challenge provides an opportunity for residents within two aged care facilities to engage with year 8 students who are set the task of designing something to improve the life of an older person. Small groups of students are matched with 'their' resident to find out all they can about them, the groups then go about creating something specifically for the resident; from design concept through to production in line with their school curriculum. This program offers many benefits to residents and students including:

- Intergenerational programming, the opportunity to educate students about stereotypes and the stigma attached to aged care and ageing
- Increased student engagement, potential ongoing friendships created between students and residents
- Person centred programming which employs the strengths of narrative therapy to build improved sense of self and self-esteem
- Active community engagement.

The program offers professional development opportunities for myself as a Diversional Therapist in the form of





exploring innovative programming, working with dedicated teaching staff and opportunities to educate and promote Diversional Therapy practice.

Wendy Butler Award - and the winner is...



### Michelle Maslen

Activities Assistant, Hamilton Planned Activity Group, Victoria.

Program - Aqua Splash.

The Program started out as an idea that came from members of the Hamilton Planned Activity Group chatting about what they used to do and how they would love to

do it again. Members often spoke about swimming in the river and across the lake and doing laps at the local pool. As a group we would have health speakers talking about the benefits of exercise and staff would openly talk about the Easy Moves for active ageing that could incorporate swimming and aerobic moves to assist in member's fitness. We have an active falls prevention program that spoke about the benefits of exercise and water aerobics.

Michelle then completed a number of steps to get her program up and running these included:

- Obtaining approval from her manager
- Speaking with their physiotherapist to obtain current policies and forms that needed to be filled out including a swimming questionnaire
- Approaching Hamilton Indoor Aquatic Pool
- Completing a risk assessment of the facility
- Determining what equipment is required
- Completing evaluation sheets on each member monitoring health outcomes
- Gaining feedback from members and their GP's
- Providing feedback to Management on the success of the Program

More information on the programme will be on the DTA website.

## Noticeboard

### Positions Vacant

#### Ref 1091/14 Associate Lecturer Therapeutic Recreation, School of Science and Health, UWS

The School of Science and Health is seeking a forward thinking, dynamic and innovative scholar to take on an important role in Therapeutic Recreation.

You will have a Masters degree or equivalent in an area relevant to therapeutic recreation or leisure and health and demonstrated experience of involvement in course/curriculum development. The position is a full-time ongoing appointment based at the Campbelltown campus, but multi-campus teaching might be required.

**Position Enquiries:** Professor Gregory Kolt (02) 4620 3747; email: [g.kolt@uws.edu.au](mailto:g.kolt@uws.edu.au)

**Closing Date:** 8 October 2014

For further information: <http://careers.uws.edu.au/Current-Vacancies>

### Younger onset Dementia program Alzheimers' Australia

Part time key worker role - Southern Sydney

As a Younger Onset Dementia Key Worker you would be responsible for the provision of information, advice and support services to individuals and families living with younger onset Dementia in the Southern Sydney area, to help improve their quality of life. This 4 day per week role will be located in Southern Sydney and travel as necessary to cover Sutherland, Camden, Liverpool and Campbelltown shires.

You will provide consultation and advisory services to aged care service providers and actively contribute to the development of a service sector that is responsive to and can meet the needs of people living with younger onset Dementia.

**Information about the role:** This is a part time, 4 day per week, limited term contract position, funded by the Commonwealth until the end of June 2016. Interested? Please email your resume and cover letter to: [nsw.careers@alzheimers.org.au](mailto:nsw.careers@alzheimers.org.au). To discuss this role or obtain a copy of the position description please contact: Marie Gorman - Younger Onset Dementia Team Leader, Alzheimer's Australia NSW. T: 02 9805 0100

**APPLICATIONS CLOSE** 5pm October 2nd 2014.

# Journal Watch



## Therapeutic Recreation Journal - Call for Papers

The Therapeutic Recreation Journal (TRJ), published by Sagamore Publishing LLC for the National Recreation and Park Association, is soliciting manuscripts. TRJ is a quarterly publication devoted to publishing scholarly and substantive manuscripts in the field of therapeutic recreation/recreation therapy.

Professionals, students, and academics both in and outside the profession of therapeutic recreation/recreation therapy are encouraged to present original research, practice perspectives, reviews, conceptual and theoretical papers, student papers, and brief reports. TRJ follows the sixth edition of the APA style manual as the preparation and submission guide with articles undergoing a double-blind review process through associate editors with expertise appropriate to the particular submission. The review process takes approximately six weeks.

The central criteria for publication are that the material is (a) germane to the topic of therapeutic recreation/

recreation therapy; (b) theoretically, empirically, or practically based; and (c) substantive in the sense of proposing, discovering, or replicating knowledge in the field of therapeutic recreation/recreation therapy.

## Guidelines, Submissions, and Editorial Policy

The editorial policy, guidelines, and submission instructions may be accessed at <http://js.sagamorepub.com/trj>. Manuscripts may be submitted electronically, and no fee is associated with consideration or publication. If you have problems submitting your paper online, please use the "contact us" link on the website. TRJ features an online edition as well.

**Editor** Marcia Jean Carter, Re.D., CPRP, CTRS

E-mail: [mj-carter2@wiu.edu](mailto:mj-carter2@wiu.edu) Volume XLVII Fourth Quarter  
2013 Number 4 Therapeutic Recreation Journal SAGAMORE  
JOURNALS

# Web Watch



The below article is based on two cases that appeared in the coronial courts and what two different aged care facilities did. It still shows Aged Care has a long way to go in being made more transparent and accountable when someone dies in unusual circumstances. Further links to this story are available at the end of the article - Ed.

## Death in a five star Nursing Home

The deaths of two nursing home residents with Dementia have raised serious questions about the regulation of the aged care sector, and despite damning findings from two coroners, the nursing homes remain fully accredited. Anne Connolly reports.

The government is increasingly encouraging elderly Australians to stay at home for as long as possible, which means that when they do enter a nursing home, they are sicker and more frail than ever before.

Despite nursing home residents needing more specialist care for their complex needs, critics say nursing homes are employing staff with less training and asking them to take on greater responsibility.

'We have basically seen a decline in the number of registered nurses working in residential aged care across the country and we are seeing a commensurate increase in our personal care workers, which are I guess are the lowest skilled workers in a nursing home,' said Charmaine Crowe, a senior adviser with the Combined Pensioners Superannuants Association.

There are no mandated staff-to-resident ratios for nursing homes, which puts further pressure on aged care workers who sometimes have to supervise and care for large numbers of residents.

To read the full article you will need to access a computer and go to: <http://www.abc.net.au/radionational/programs/backgroundbriefing/2014-09-21/5753372>

# From The Editor

Well, Spring has sprung! Now many of us can start getting our clients out and about for that well required vitamin D. We would love to see some of your outing ideas or outdoor programs so please send in your articles to the office enquiries@diversionaltherapy.org.au .

Again this year we have seen a very successful conference with 2 preconference workshops and the new activity for partners - Men on Buses, which was thoroughly enjoyed by all on board. Please take the time to read up on all the conference information and feedback in this month's newsletter and hop online to see the new Gallery feature of the website which has all the photos.

October brings Mental Health Week and I have provided some information on what the ABC is doing to promote this and try to help break down the stigma. If you have access to a computer you can go onto their website www.abc.net.au and find links to many organisations

that provide information and assistance on mental health issues.

Also a couple of new positions vacant have being added to the website so if you are looking for a career change please check this section of the website out. DTA has also advertised this month a number of opportunities again to call on members to consider participating in roles and become more involved with the association.

Finally, don't forget that our AGM is coming up on 18th November and a number of positions are open for nominations. Contact the office if you wish attend by teleconference that will earn PD points and keep you informed. For those travelling to the AGM, consider taking advantage of the workshop running on the same day.

Till next month - Ed  
**Emma**

Redleaf Leisure & Lifestyle Seminar 15th & 16th October 2014 at Wesley Mission Conference Centre Sydney

Contact enquiries@redleaf.com.au Phone: 02 9487 8207

## Can you help?

### **DTA Journal**

Are you interested in resuming the DTA Journal? The Board are seeking expressions of interest for positions on the Editorial Board. Please forward your expression of interest to the DTA Office, outlining your experience in this field, or why you would like to be involved in this process.

### **DTA Portfolios**

DTA are looking for volunteers interesting in participating in working in small teams on the following portfolios are Education, Marketing, International Liaison, Membership Growth.

Each Portfolio is directed by a Board member, however, open to any member. Some projects each portfolio are involved in are short term and some are longer in

duration, so there is the capacity for a member to be part of the portfolio for just a short term or longer term if they wish.

Please send your expression of interest to the DTA Office with the heading of which portfolio you are interested in.

### **Calling DTA Private Practitioners**

DTA have recently been approached to support Diversional Therapists to move into Private Practice. This process has begun, however, if you are considering this move, or think you might in the future, you might also like to be part of a Private Practitioners Networking Group. There is a small core of practitioners who are interested in this opportunity to network, share and grow as private providers. Please send your name and contact details through to the office.



## Diary Dates

Due to feedback and changes to our newsletter format I think rather than me as the Editor provide you with dates I think maybe suitable we are going to provide you with the websites for you to go to so you can pick the most specific information to your position in industry.

Australian Government Department of Health  
<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubs-calendar-index.htm>

NSW Health  
<http://www.health.nsw.gov.au/calendar/pages/default.aspx>

WA Health  
<http://www.whatson.health.wa.gov.au/month.cfm?month=7>

TAS Health  
[http://www.getmoving.tas.gov.au/\\_\\_data/assets/pdf\\_file/0017/82403/2014\\_HEALTH\\_WELLBEING\\_TASMANIA\\_CALENDAR.pdf](http://www.getmoving.tas.gov.au/__data/assets/pdf_file/0017/82403/2014_HEALTH_WELLBEING_TASMANIA_CALENDAR.pdf)

Vic Health (Better Health Channel)  
<http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/events?open>

QLD Health  
<http://www.health.qld.gov.au/news-alerts/events/>

SA Council of Social Services  
<http://www.sacoss.org.au/sites/default/files/public/documents/2014%20Awareness%20Weeks.pdf>

NT Health  
<http://www.health.nt.gov.au/index.aspx>

ACT Health  
<http://health.act.gov.au/home/>

Our Community  
<http://www.ourcommunity.com.au/calendar/>

Australian Government Department of Social Services  
<http://www.dss.gov.au/our-responsibilities/settlement-services/calendar-of-cultural-and-religious-dates>

and each states tourism websites.

\* Please note when governments change department names may change or merge and therefore websites may also change.