

Information session held for forgotten disease

Rhiannon KOCH
JOURNALIST

AN information session is being held for survivors of polio at the Moonta Community Library on Wednesday, October 3.

"There are 400,000 of us in Australia but we are a forgotten people," Moonta Bay's Kate Logan said.

"When we have health issues, often doctors and physios don't know about polio so it's pretty hard to get help.

"There are still cases of polio in war-torn countries but it's basically a forgotten disease."

Mrs Logan established a support group on the peninsula more than a decade ago, and it has about seven members.

"You can't tell many of our members have had polio, except some by the way they walk," she said.

"We meet regularly and don't really talk about our early days, it's more of a group of people who have this thing in common."

The information session will be facilitated by Polio Australia's clinical health educator.

It will cover up-to-date

information on the late effects of polio, what to tell health professionals, self-management strategies and a question-and-answer session.

"I was very honoured to speak about my experiences at an information session for allied health professionals in Port Pirie with Polio Australia," Mrs Logan said.

"My whole family had it... My brother was strapped on this wooden frame, Dad had something taken out of his leg to hold up his arm, I was wrapped in plaster and Mum had fatigue."

— Margaret Costello, Moonta Bay

"It was very harrowing, the emotional side just as much as the physical.

"I was 4 and a half and I was paralysed.

"I was sent to Bendigo Hospital for two weeks and then sent away to Fairfield Infectious Diseases Hospital in Melbourne for about four weeks.

"I was in these wards next to iron lung machines, and had to learn to walk

again and eventually I was able to throw away the splints and callipers."

Fellow support group member Margaret Costello, of Moonta Bay, has a similar story spending time in Northfield Infectious Diseases Hospital when she was 5.

"My whole family had it," she said.

"My brother was strapped

on this wooden frame, Dad had something taken out of his leg to hold up his arm, I was wrapped in plaster and Mum had fatigue."

The information session will run from 1.30pm to 3.30pm; registrations are required at www.bit.ly/InfoSessionMoonta or by phoning 0466 719 013.

To find out more about the support group, contact Mrs Logan on 0409 350 185.



■ INFORMATION... Margaret Costello and Kate Logan encourage polio survivors to attend a community information session next month.

Help needed for Eldercare outing

ELDERCARE is seeking the help of volunteers who can accompany South Park residents to the SYP Minlaton Show on Wednesday, October 3.

Volunteer Program coordinator Kylie Maher said the annual show was dear to the hearts of many at South Park who are long-time residents of Minlaton.

"Residents love being active in the community and we want to give them a chance to see all the animals, art and attractions at the show to create a memorable day out," she said.

"If you are able to spare a few hours and can have fun

with residents, staff and other volunteers as we travel to, from and around the event together, we'd love your help."

Ms Maher said the call for volunteers for the show trip was part of Eldercare's wider recruitment drive for helpers at its residential facilities in Maitland, Stansbury and Minlaton.

"Two hours of volunteering every week is all it takes to make a meaningful, long-lasting difference to the life of a resident and help Eldercare deliver peace of mind with our care," she said.

"It isn't only about board games and craft, we're looking

for people from all backgrounds with diverse experiences and interests and who enjoy having a chat, so if that sounds like you please consider volunteering with us.

"It's great for people of all ages — it's just as rewarding for the retiree who has some extra time on their hands as it is for someone who is looking to gain valuable experience so they can re-enter the work force."

To register your interest for the SYP Minlaton Show outing, or other volunteering opportunities at Eldercare, contact Kylie Maher on 0415 254 737.

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