

Talkback

Talkback Newsletter

www.aphasia.asn.au

DECEMBER/JANUARY 2014

**APHASIA
ADVOCACY WITH
GOVERNMENT**

“WARD TALK”

**AUSTRALIAN APHASIA
CONFERENCE 2014**

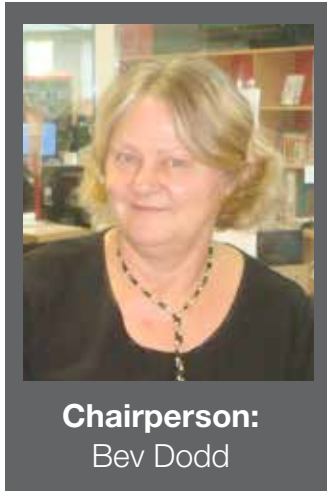
**APHASIA
AWARENESS**



Talkback
Association
for Aphasia Inc

302 South Road, Hilton, S.A. 5033
Ph: 08 8443 5555
talkback@aphasia.asn.au

CHAIRPERSON'S/AGM REPORT 2013-14



Chairperson:
Bev Dodd

Talkback Association
for Aphasia Inc 2014
Annual General
Meeting at 6.00pm
at the Cumberland
Arms Hotel, 205
Waymouth Street
Adelaide



Chairperson's Report

Social Events

This year, we have had a number of social events which have been well attended by our members.

In December, we had a **Christmas concert** at the **Mitcham Cultural Village**.

We were lucky to have three separate groups performing - **Cabra College**, the **Fleurieu Harmony Chorus** and the **Retune Choir**. The concert went very well and members appreciated both the concert and chatting over afternoon tea.

In February, 29 members met at **Rosey's café** for lunch. Everyone agreed that the venue and the food were both good.

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Cover picture:
Brighton Jetty Classic
Sculptures Winner 2013



CHAIRPERSON'S/AGM REPORT 2013-14



We were delighted that Dr Miranda Rose agreed to do a presentation for Talkback in early April whilst she was in Adelaide. Miranda spoke about her **research** about **groups** and what makes groups work. It was pleasing to note that Talkback was already working in some of the areas identified as important in supporting people with aphasia and their carers. Members enjoyed her presentation which was followed by an enjoyable dinner at the Caledonian Hotel.

In August, members enjoyed a tour of the **ABC** and an informal lunch at the café. The tour included **TV** and **radio studios** and a look at their extensive music and sound collection.

Over the last twelve months the Committee has trialled various **subsidies** for Talkback social events and the AAA Conference. These have allowed some of our members to attend functions that they would not otherwise have been able to attend. Committee will use this experience to refine the subsidy system over the next twelve months and develop a more consistent policy.



Thanks to Sarah, Vic and Josie for their work in planning for these social events.

CHAIRPERSON'S/AGM REPORT 2013-14

Services for members

We have continued to support groups during the year.

Talkback groups

The Morphett Vale and Hove groups continue to meet regularly. The Acacia Court Group met regularly til July when their Speech Pathologist left, but is continuing to meet socially. The group at Disability Services has not met as they had few members. A new group has started at the Repat Hospital. The biggest changes have been in the country. Due to changes in Country Health policy the Victor Harbor and the Murray Mallee group have finished. Committee will be following this up with the appropriate Ministers. Thanks to Trevor and Coralie for maintaining contacts with the various groups.

Computer club

This has continued to function well. It is run by **speech pathology students**, who prepare and give the lessons and support each other. This year the

students have focussed more on functional activities and this has worked well.

Retune Stroke Choir

The choir has continued over the current year. In the second term, the choir moved to HRC as the Kilburn Centre was being renovated and has stayed there. The numbers attending the choir have remained quite low. Some members of the choir are not Talkback members and this has been an issue since the funding for the choir ran out. We have since **heard** that we have received a **grant**, but we still need to address the sustainability of the choir into the future. Thanks to Deb and Vic for the ongoing organisation around the choir

Newsletter

The newsletter continues to receive very positive feedback. Danny, Mary and his family and friends do an excellent job in producing a newsletter that is interesting and informative. This year, we decided that we should send a copy to the **Mortlock Library** so that it is part of the State's history. Thanks Danny for producing a fantastic newsletter.

CHAIRPERSON'S/AGM REPORT 2013-14

Website

The website has continued to be updated on a regular basis with upcoming events being advertised on the website to give members maximum notice of events. Thanks Tom and Anne for co-ordinating the updates.

Raising the Profile of Talkback and increasing membership

Our membership has been around 100 for a few years and we would like to **increase** this as well as to increase awareness about aphasia and Talkback.

Politicians

Anne has been working to raise **awareness of aphasia** in planning for the NDIS. We need to also raise Government awareness about aphasia and the fact that many people with aphasia do not get **adequate services** currently. Tom, Anne and I are meeting with the Minister of Disability.

National Stroke Week

As part of our raising the Talkback Association's profile, we endorsed a presentation sent to us by Miranda Rose and Josie e mailed this to local speech pathologists to promote Wednesday Without Words.

Other Issues

Lottery tickets



We again sold tickets in the Australian Central Lottery. In addition to the regular ticket sales we also had some on line sales and raised a total of \$640.00. We advertised this to Speech Pathologists and students. Thanks to Josie for organising this.

Links with the AAA

During the year, we had contact with the AAA about how to achieve **closer cooperative relationships** whilst maintaining our current financial situation. We have discussed various models, but have not yet agreed on how this could operate.

AAA Conference 2016

During our discussions with the AAA we were asked about and agreed to host the **AAA Conference** in **2016**. A subcommittee has been set up to plan for this. Stephen, Sharon and Anne have been elected to convene the conference and subgroups have already been set up to start the planning.

Our volunteers have continued to look after office matters. Thanks to Sandy, David and Kate. Sandy has let us know that she will cease as office volunteer in the near future. I particularly would like to acknowledge her years of service with us. Thanks Sandy.

The Committee has worked well together over the last 12 months and has achieved a lot. Four new people joined the Committee - John and Brenda and Sharon and Steve.

I would like to thank all the committee members for their work over the last twelve months. Most of the Committee are standing for re-election, but Vic and Deb are leaving the Committee. Thanks to you for your contributions to the Committee and support for people with aphasia.

We have three vacancies on Committee and will be seeking to fill these.

Office Volunteer

Sandy Nash, our office volunteer, recently resigned. Sandy has been working in the office for nearly 10 years. We thank her for her work for us and wish her well in the future.

We are looking for a new office volunteer. If you can spare a few hours a week, please contact Bev or Thomas or any of the committee

Bev Dodd Chairperson

MANAGEMENT COMMITTEE

2014 - 2015



Co-Chair:
Bev Dodd



Co-Chair:
Tom Bunning



Secretary:
Josie Kemp



Treasurer:
Anne Bunning

COMMITTEE



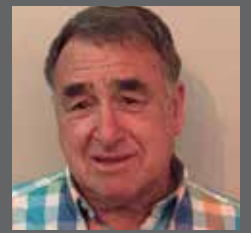
Mandy
Bosson



Sarah
Clifton



Sharon
McKinnon



Bill Palmer



Trevor
Goodwin



Coralie
Hayley



Stephen
Pugh



Sharon
Pugh



**Newsletter
Editor:**
Danny Dichiera



John
William



**Office
Volunteer:**
David Schwier

Absent: Brenda Reeves

TALKBACK NEWS

Australian Aphasia Association Conference 2014.

Wolf and **I** feel very fortunate to have attended the **AAA Conference** in **Perth**.

I have been asked to reflect on the presentations and write a short overview.



Daisy & Wolf

Not an easy task, as we have returned to Adelaide with a truck load of **information** from the **professional speakers**, in addition to valuable advice gained from **personal stories**. All of which have inspired us to re evaluate our own personal journey, set new goals, and stay motivated, as we continue working towards our own dreams ...with **aphasia**.

Personal stories from our aphasia family.

A number of **speakers** spoke of their personal journeys with aphasia. Although each story was unique as were the individuals, **common threads** ran between these speakers.

Each and every speaker has been through a **life changing experience**. We listened as they spoke of their **stroke** with great courage. We thank those who spoke, for sharing with us their intimacies and emotions, their journeys through rehab, the hurdles they faced and how they overcame these, and useful **tools** that **worked for them**. Their encouragement and insights were inspiring to those listening, who were either 'people with aphasia' or 'professionals working with people with aphasia'.

Each story was **unique** and **tragic** at the time of the event, and although their strokes/brain injury had occurred some years ago, retelling their story was an **emotional reminder**. Each speaker experienced a process of grieving for their significant loss and talked about their role changes in the home, community, work place,



TALKBACK NEWS

hobbies/sports, friendships and relationships.

Following the grief period, most speakers talked about the importance of **'acceptance'**. Accepting that their stroke/brain injury has, and will continue to impact on their lives.

In time, new skills and interests and passions were discovered and developed, bringing quality, joy and a sense of achievement.

'Focus on what you can do rather than what you can't' was a motto that was common to each speaker.

Their stories of their journeys reflected **determination** and **tenacity**. It was evident that believing, fighting and working hard were tools to a better life. Taking small specific steps towards the bigger goal is the way ahead.

'Never give up' was a motto that was echoed several times.

Rehab therapists were highly valued people along their journeys. The presence of **Speech pathology** and **aphasia groups** were imperative to their improvement. Friendships and relationships were affected. It seemed that relationships either became stronger or were sadly lost. Loud people became quiet in social settings, and Social settings were less inclined to be on people's bucket list. Friends dropped away but those who stuck were **'real friends'**. New friends were made along their journeys, often being people who also experienced aphasia.



So as you can see, our aphasia family have common threads, but despite this, they are unique interesting individuals who are not defined by their aphasia.

Research - Professor Claire Penn

With the new developments in **brain research**, there are many current trials in progress. People with aphasia are the experts in this area and very valuable. These people should be involved as participants as well as collaborators and advisors. People with aphasia play a powerful potential role in the global understanding, awareness and management of the condition.

Goal setting - Doctor Deborah Hersh

Patient directed goal setting could be smarter. Goal setting is confusing. A general goal such as 'get back to normal' needs to be broken down into **smaller specific, measurable** and **realistic steps**. They need to be set by

TALKBACK NEWS



the person with **aphasia**, their **family** and the **speech pathologist**. Dr Hersh refers to these as smarter goals (shared, monitored, accessible, relevant, transparent, evolving and relationship centered).

Technology, iPads and aphasia **- Jeremy Morgan**

iPads can be used as both a therapy tool and a communication device. For some the ipad is the sole medium for communication. There are many apps available to suit the users needs.

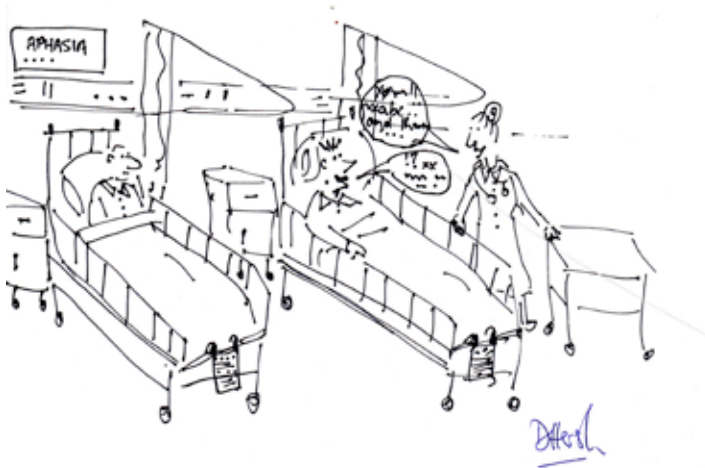
Cognitive skills are essential to use an ipad efficiently as a communication device. Use

of both hands is also preferable as ipads are bulky and difficult to use with the left hand, although for people who use a wheelchair, a mounting device is available. Often aphasia affects the ability to **recognise words** and **symbols**. The cost for an ipad and an application is around \$1000. They are not convenient for example, by the time the person has opened the ipad and is ready to talk, the subject has passed.

Daisy Karschimkus **Carer Talkback**

TALKBACK NEWS

“Ward Talk” – communication between nurses and people with aphasia in hospital



After a stroke, people with **aphasia** may spend some time in hospital before they go to rehabilitation. In Perth, Western Australia, we carried out a research study where a video camera was set up for a whole day to film the communication and activity for each of 20 people (10 with aphasia and 10 without aphasia).

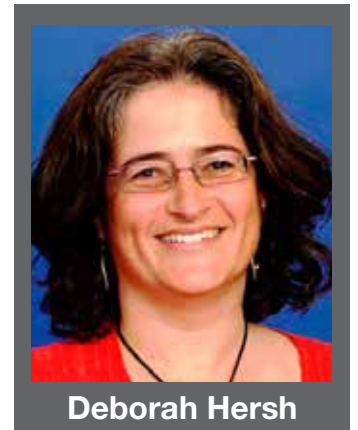
- We found that **family members** who visited spent the most time talking with the person with aphasia.
- **Nurses** were the second most frequent communication partners.

So we looked in detail at all the communication over the day between the nurses and two of those people with aphasia and one man without aphasia.

- We found that the nurses were **friendly** and **professional**.
- They often talked about what they were doing at the time, for example, taking blood pressure

or moving someone in the bed.

- They tended to ask questions which just needed a **yes** or **no** answer.
- They **didn't** spend a lot of time chatting.
- And they **didn't** always know how to help someone who was struggling to express themselves.



Deborah Hersh

We reported that nurses might benefit from more supported **conversation training**. And we also suggested that more opportunities to talk in those early few days might help people to practice, and recover, their language skills.

The **full paper** is now published:

*Hersh, D., Godecke, E. Armstrong, E., Ciccone, N., & Bernhardt, J. (2014, early online). "Ward Talk": nurses' interaction with people with and without aphasia in the very early period post stroke. **Aphasiology** <http://dx.doi.org/10.1080/02687038.2014.933520>*

Deborah Hersh is a **speech pathologist** and **Founder** of the **Talkback Association for Aphasia**. She is now **Associate Professor** in **Speech Pathology** at **Edith Cowan University** in **Perth**.

TALKBACK NEWS

Aphasia Research Invitation

Thank you for being a member of the **Communication Research Registry**.

You are invited to take part in a **new aphasia** study.

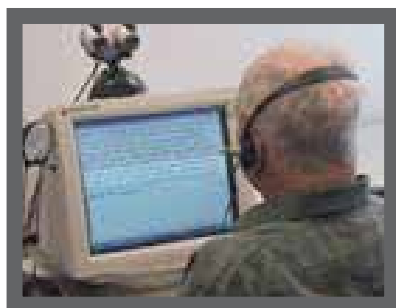
People in **all** parts of **Australia** are invited to do this study.

The study will run in **January/February 2015**.

Rachelle Pitt is doing the research. Rachelle is a PhD student at The University of Qld.

This research is about **aphasia therapy** over the **internet**.

You do not need a computer to do this study.



The researchers want to find out:

- If this type of therapy is **helpful**.
- What people with aphasia **think** about this type of therapy.

This study will give **evidence** for therapy over the internet. This will **help people** who cannot get face to face therapy.

What would this study involve if I agreed to participate?

You will be **loaned** a computer if you need it.

You may need a family member or friend to **help set up** your computer for therapy.

You will do one (1) **group therapy** session a week for three (3) months.

You will do therapy in your **home**, over the internet.

The therapy will be run by a **speech pathologist**.

Before and after therapy you will do an **aphasia test**.

You will also answer **questionnaires** about living with aphasia.

After you have done therapy over the internet you may be asked about your **experience**.

You will need your own internet connection to do this study.

Would you like to join the study? Please think about it. **More information is attached to this email.**

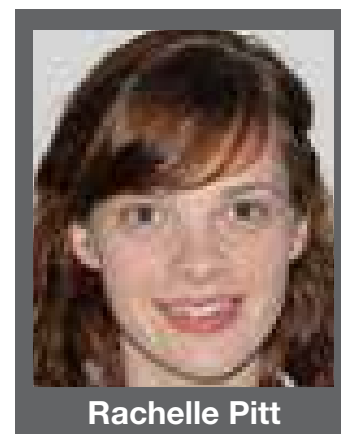
This study has been approved by the Behavioural and Social Sciences Ethical Review Committee at The University of Queensland.

We hope you can join this study.

The study is NOT compulsory.

You can stop doing the study at any time.

Some information collected during the project may be stored in the Communication Research Registry (e.g., test results).



Rachelle Pitt

If you are interested in joining the study please contact:

Rachelle Pitt

**School of Health and Rehabilitation Sciences
The University of Queensland**

Phone: 0411 789 490

Email: r.pitt1@uq.edu.au

Thank you for your consideration.

TALKBACK NEWS

Aphasia Awareness



Please see the below link.

<http://www.abc.net.au/news/2014-12-05/good-care-depending-on-the-day/5948442>

It features an interview that aired on **Friday 05/12/14** on the **ABC's 7.30 South Australia** program. The interview is about **aphasia**. There is evidence that shows that if people with strokes are admitted to hospital after business hours, their outcomes are worse. SA Health is trying to change the structure of the health system to address this.

The interview includes **Talkback Committee Co-Chair Thomas Bunning**. The interview also features **Talkback Committee Treasurer Anne Bunning**. **Jack Snelling, the Minister for Health**, is also in the interview.

Thomas and Anne did a fantastic job of raising awareness of aphasia in this interview!

I hope you enjoy watching it.

Josie Kemp
Secretary, Talkback Association for Aphasia Inc

ARTICLE

Aphasia Advocacy with Government

The **Talkback Committee** has started discussions with the **State Government** because we want government services to be more available to people with **aphasia**.

We have had some good **initial success**:



Parliament House Adelaide

1. The Co-Chairs, Bev Dodd, Thomas Bunning and **Treasurer, Anne Bunning**, met with the **Minister for Disabilities, Hon Tony Piccolo**, and the **Director of Disability SA, David Caudrey**. We asked for their support to increase the understanding of aphasia in all government agencies. We will now talk with government officials to develop a process for this to happen.

2. The Treasurer, Anne Bunning, made a **speech** at the **ALP State Convention** and the delegates unanimously agreed *that*

State Government agencies need to develop competency in recognising and understanding aphasia, and develop skills in understanding the impact of aphasia on their clients.

Anne started her speech to the ALP State Convention with this explanation of aphasia:

Imagine that one day you wake up, you're in a hospital bed. You ask the nurse what's happening, why are you here. The nurse looks blankly at you, his mouth moves and sounds come out. The nurse leaves. You pick up a newspaper lying on the table. For a long time you stare at the black wiggly lines and circles on the paper. **It makes no sense.**

Another nurse comes in. Again you ask what's happening, why are you here, again the nurse looks surprised, her mouth moves, sounds come out. You pick up a pen. You start to write the question out. You look at it. It's a jumble of squiggly lines.

Imagine the panic that sets in.

No-one can understand what you're saying.

You can't **understand** what they say.

You can't **read**. You can't **write**.

Last you knew you were a Union Rep, or a high performing Executive, or a Uni student.

ARTICLE

Some of the things we told the Minister and the ALP Convention were

- Aphasia is a **hidden disability** – because people can't communicate.
- We estimate that there could be **10,000 people in SA** with aphasia (figures from the Deloitte 2013 Report on Stroke).
- There are **no services** for people with aphasia, although they would benefit from **speech pathology** and other support.
- People with aphasia often live independently, or they would like to, but lack of understanding of aphasia in government agencies makes it very difficult.
- The Federal Opposition Leader, Bill Shorten, said on TV recently "as a Union rep I thought I'd seen a lot of injustice, but nothing prepared me for the second class life that we give people with disabilities and their carers."

We provided three examples of the disadvantage people with aphasia suffer because government agencies do not understand aphasia.



Water Metres

1. SA Water writes to residents explaining that there will be no water on Wednesday because there is work being done on the underground pipes. The person with aphasia gets up on Wednesday and there is no water. They panic. Ring lots of people. Someone rings a plumber. The plumber comes out and tries to explain the whole street has no water – but now they have attracted a call out charge. Yes a letter was sent, but they can't read. They didn't know it was important and it got lost amongst the other letters and accounts.

ARTICLE



Read and Write Gold Screen



Computer Chip

2. TAFE says it has Read and Write Gold software installed on every computer and it will convert text to speech. A student with aphasia tells TAFE **that it doesn't work – there is no voice.** For months they don't believe the student. At the end of the first semester they finally install it manually on one computer. At the end of the second semester they install it on one computer in the library. And at the final 2 hour exam at the end of the third semester, the student is given a hard copy of the exam. Nothing electronic. (This is a true and current story.)

3. The case worker with Disability SA, when their new client tells them they have aphasia, says **“How do you spell that”**. The case worker does not understand the impact

of aphasia, sends emails and leaves phone messages the client cannot understand, and does not arrange any services.

To start this discussion, the Talkback Co-Chairs, Bev and Thomas, wrote to the Premier, Hon Jay Weatherill asking for his support.

Our aim with these discussions is to open the eyes of government officials so they can understand aphasia and assist them to work out how to provide their services **more efficiently** to people with aphasia.

As a first step, we have asked for aphasia to be highlighted in every government agency Access and Inclusion Plan.

Anne Bunning
Treasurer

BROCHURE

Talkback has a new pamphlet!

There is one included with this Newsletter.

The new **orange pamphlet** aims to introduce a broader population to aphasia.


It provides information about aphasia and services from Talkback.

We printed **10,000** – one for every person in South Australia with **aphasia!**

If you would like some to leave at your **doctor surgery** or **community centre**, please let us know. We can deliver them to you, or you can pick them up from the office.


We want them distributed as broadly as possible.

Anne J. Bunning
Treasurer Talkback



10,000 people in SA have aphasia.... Do you?

Talking,
reading, writing,
understanding
conversation
difficult?



Talkback
Association
for Aphasia Inc

Talkback Association for Aphasia provides:

- Conversation and coffee groups
- Computer club to develop skills in an aphasia friendly environment
- Retune choir
- Social events
- Information
- Library and aphasia resources
- Education events for people with aphasia, family and friends
- Information for health professionals
- 4 Newsletters a year

Aphasia is a breakdown in language skills.

Aphasia is most commonly caused by a stroke or brain injury.

Talkback Association for Aphasia is the main community agency in South Australia for people with aphasia, their family and friends, and health professionals.

Talkback is a registered charity run by volunteers, people with aphasia, carers and speech pathologists

*You can join Talkback.
Talk to your doctor or health professional,
visit our website or ring the office.*

Talkback Association for Aphasia
302 South Rd, Hilton, South Australia 5033
Phone / Fax 08 8443 5555,
Email talkback@aphasia.asn.au
Website www.aphasia.asn.au

RETUNE CHOIR

Grant Offer for Retune Choir

This grant is terrific and very timely. It gives us the breathing space to work out a more sustainable future for Retune.

This grant will cover 1 year, which would take us to July 2015. Retune funding ran out in June 2014.

This gives us 6 months to promote the choir, finalise what we do about requiring choir

participants to be a member of Talkback and open discussions with other agencies who may have a similar membership base.

It is wonderful news and enormous congratulations to Deb for her work to secure this grant.

Anne J. Bunning
Treasurer Talkback



TALKBACK GROUPS

HOVE TALKBACK GROUP

The Hove Group finished on **Tuesday 9th December 2014**. They will recommence on **3rd February 2015 at 10am - 11.30am** at Alwyndor, 52 Dunrobin Rd, Hove, during School Terms.

For further information, contact **Coralie Hayley, Speech Pathologist** on **8177 3277**

MORPHETT VALE TALKBACK GROUP

The Morphett Vale Group finished on **Thursday 11th December 2014**. They will recommence on **30th January 2015 at 9.45am - 11am** at 126 Pimpala Rd, Morphett Vale, during School Terms.

Please contact **Coralie Hayley** at Southern Therapy Service, ECH, on **8322 5700** for further details.



REPAT TALKBACK GROUP

The **Repatriation General Hospital** is proud to announce that we have commenced running a Talkback Group at our site. The Repat has a long history of providing services for adults with communication difficulties, so we feel that it's important for services like this to be offered as they increase communication opportunities and social engagement for our clients.

The group has been run by speech pathologists Amy Muir and Krissy Ferber and also our volunteers John and Desiree. The group runs every **Tuesday from 10am - 11:15pm**. For those interested in attending, please contact Amy Muir, Speech Pathologist, on 8276 9666.

TALKBACK GROUPS



HENDON TALKBACK GROUP

We hope to have the Hendon group back up and running again very soon. For more information please contact **Chris Degoia**, Co-Ordinator, Day Therapy Centre on **8243 1844**.

MT BARKER TALKBACK GROUP

Unfortunately, the Mt Barker Talkback group will not continue. I am hoping to run an aphasia therapy group for registered clients, however, for those who live in the Hills, Southern Fleurieu KI health cluster area. The therapy group will be especially for people who have acquired aphasia within the last 12 months, but I would encourage anyone living in our area who is interested to contact me.

Contact **Anna Cameron**, **Speech Pathologist** on **8393 1833**, or by email to me: **anna.cameron@health.sa.gov.au**.



MURRAY MALLEE TALKBACK GROUP

The Murray Bridge group meets at the Murray Mallee Community Health Service. They do not have a formal group up and running yet but this will be explored early next year.

Contact: **Kristen Brown (Speech Pathologist)** **8535 6800** for session times.

SPECIAL GROUPS

COMPUTER CLUB

The Computer Club meets every **Monday at 1.30pm** at the **Burnside Library**. Coffee and chat follows after each session. The Computer Club will continue to be largely run by student volunteers.

The computer club runs from February to December.

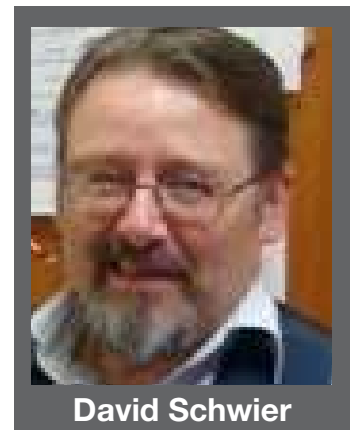
If anyone is interested in joining the group, please ring me on **8222 1463** (work)

MARDEN COFFEE CLUB

Hi Coffee Lovers

If you are in the area, call in and have a decent cup of coffee. We have 6 - 10 people who meet every **Tuesday** from **11 - 12pm**.

Ring me, David on **8336 8550** about the **Marden Coffee Club**.



HENDON GROUP COFFEE CLUB

The **Hendon Group Coffee Club** meets every **Thursday** morning at **10.00am** for approximately one hour at *Cinos Cafe*, West Lakes.

Anybody wanting more information or to go along and have a chat, please ring the Talkback office on **8443 5555**.

COMMUNICATION GROUP

The group meets at **Paradise & Eastern Community Services**, 61 Silkes Road, Paradise South Australia 5075.

You can contact **Marianne Newberry** on **8337 4371** for more information and sessions times.

ALBIE'S SNIPPETS

“Country Life and People“

It was **sixty two years ago** I went to a dance. At time, I am a mechanic at the time and my car engine was repaired. At the last dance I asked a nice girl to a dance.

After the dance I asked her if she would like to her home in my car.

I was happy run anyone to go any place. She lived at St.Peters, not far away.

We had good friends for about six months, and then I went to **Singapore** for work. Then about three years, and then home again. Then friends, and the girl again. I found that Viv had lived in **Ceduna** and **Port Augusta** during her early life (about 18 years), and I have found that Viv is really and a very good country girl.

Then **1956 wedding**. Then 3 bride-maids (3 girls from different country areas)

Viv has told me several years ago she wanted to see the town **Tibooburra**.



Then **2010** it happened—(good and bad). About three years ago we bought the tour to see Tibooburra. The bus picked us and set the first town to Broken Hill. The Motel was OK,



and breakfast was good. However, out side Broken Hill is fog, and driver told us that the road to Tibooburra has too much water and the road cancelled.

Then **2014**, the Tibooburra (and other places) and the tour booked. We depart Adelaide on a comfortable air conditioned coach, and had lunch at the Banrock Station. We continued via Renmark into Victoria to Mildura for dinner and overnight. Next morning we went to Wentworth for a morning and drinks and cakes,etc.

Then to go to Pooncarie for lunch. However, about 12 years ago we saw a few vines between Wentworth and Pooncarie, but now, there are now hundreds and hundreds of acres of vines. Then dinner and overnight at Menindee.

ALBIE'S SNIPPETS

Day 3, Then to Broken Hill for a short time and then to go north. We stop at Packsaddle for lunch and then to Milparinka. After the interesting sights in this area, and a picnic, we then to continue to Tibooburra. Tonight is a great opportunity to enjoy and feel to atmosphere for real Aussie Outback. A **special highlight** Australian artists. Tibooburra hotel and dinner.

We arrive at **Cameron Corner** store a well known **outback icon** where you are able to stand in 3 **states at once (Queensland, South Australia, and N.S.W.)** borders meet here. Lunch at the Cameron Corner store, we then along the famous Strzelecki track to tour the Innamincka.



Next morning we went to Dig Tree and Australia history. The **final sago** of explorers **Burke and Wills** story occurred here. There is many astonishing stories of **survival** and **tragedy**. Plenty to see about history. We enjoy



fabulous Aussie style breakfast and dinners at the Innamincka Hotel.(2 nights)

Along the "Strzelecki Track" to see about a view of the huge Moomba Gas Field in the area. Natural gas from Moomba is piped all the way to Sydney and Adelaide.

Final night at Leigh Creek , then our journey back to Adelaide. The tour takes us to the Hawker town on the edge of the Flinders Ranges, and then home.

Albie Carter
Talkback Member

POEM

The Detour

Life's a journey; I've heard it said.
Roads laid by fate for one to tread.
But where roads lead can all depend
On twist, and turn, and block and bend.
Unmapped crossroads to confuse
Sidetracks one wouldn't care to choose.
The road seems smooth, the going clear,
Then potholes, ruts and cracks appear

Fate set me back. Dug up the track.
The day I had my brain-attack!
The way ahead began to fork.
I couldn't stand, or walk, or talk!
Transported by wheelchair, ambulance, gurney.
Even a Flying Doctor Journey.
My planned path dipped and slipped and parted
That's when my Aphasia Journey started!



Terry Hadert
Talkback Member
Morphett Vale
Group

HAPPY NEW YEAR!

The next **Talkback Newsletter** will be published in
MARCH 2015

This is **YOUR** newsletter and we want to hear from you !!

Please send articles to us by 13th of FEBRUARY 2014 (at the very latest)

Opinions contained in this newsletter are those of the individual writers, and are not sanctioned by the Talkback Association. Please consult your medical practitioner for any health advice required.