



August Newsletter

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SYMPOSIUM 2011

Asbestos Disease & Treatment – The Future is Now

10.00am to 1pm

Friday, 30 September 2011

Holiday Inn Brisbane, 159 Roma Street

(above Roma Street Transit Centre)

Registration from 9.00am

SPEAKERS

Helen Colbert, President, QARDSS

Dr Keith Horwood, Medical Oncologist — *Mesothelioma Treatment Options*

Professor Roger K A Allen, Thoracic & Sleep Physician — *The Sleeping Giant: Chest Pain in Benign Asbestos Disease*

Dr Michael Theodoros, Psychiatrist — *Timely Intervention of Counselling*

Dr Ralph McConaghy, Palliative Care Unit, Wesley Hospital — *Palliative Care & Total Pain Management*

Research Team from Griffith University — *Research in the Management of Mesothelioma*

Michael Shepherd, Parsons Brinckerhoff, leading asbestos testing agency

Simone Dullaway, DOTS Occupational Therapy Services

The Symposium will be chaired by — **Mr Thady Blundell**, Society Legal Adviser

Refreshments served from 1pm to 2pm

Helpful information and advice will be available from the following stalls at the Conference:

Continence Foundation of Australia
Independent Living

Air Liquide
DOTS Occupational Therapy

Turner Freeman Lawyers
QARDSS

RSVP by 21 September 2011

1800 776 412 or asbestoshelp@westnet.com.au

Holiday Inn is easily accessible from Roma Street Transit Centre and is wheelchair friendly
Your personal invitation will be forwarded to you closer to the date.

August 2011 NEWSLETTER

Postage sponsored by
Mr Thady Blundell.



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CONTACT Q.A.R.D.S.S

PO Box 280
SPRING HILL QLD 4004

16 Campbell Street
BOWEN HILLS QLD 4006
1800 776 412 (free call)

Web: www.asbestos-disease.com.au

Email: asbestoshelp@westnet.com.au

Secretary - Raymond Colbert
0408 758 963

President's Report

Many of you may not realise that just over 12 months ago the Society achieved what is arguably one of the most significant legislative changes in Queensland asbestos compensation law, "the removal of the statute of limitations for bringing a court action for a dust related injury such as asbestos disease".

The secretary, Ray Colbert and I together with the late Shirley White, first took the proposal for these changes to the government some five (5) years ago. It had been a long but successful campaign.

It is timely to remember just who we have to thank for these changes as every case put forward today is that bit easier due to this legislative change. **We must never forget** all the hard working people listed below for the care and support displayed over the years as we worked together to bring about this significant change to Queensland Law.

Mr Cameron Dick -	Attorney General
Mr Simon Finn -	Parliamentary Secretary to the Attorney General
Ms Di Farmer -	State Member for Bulimba
Pat Purcell -	Previous Member for Bulimba
Mr Evan Moorhead -	State Member for Waterford
Mr Thady Blundell -	Society Legal Officer
Mr Wayne McStay -	Turner Freeman Lawyers
Mr Paul Goldsborough -	Department of Justice & Industrial Relations
Mr Ron Monaghan -	General Secretary QCU
Ms Amanda Richards -	Assistant Secretary QCU
Mr Michael Ravbar -	State Secretary CFMEU
Mr Gerard (Bud) Neiland & Mr Andrew Ramsay -	CFMEU

Management Committee of the Society and Society members, your ongoing support and encouragement is always appreciated!

Thank you one and all

Helen Colbert
President 0439 101 114
or 1800 776 412

From the Society Legal Adviser,

Mr Thady Blundell



Symposium 2011 – Asbestos Disease & Treatment: The Future is Now

QARDSS is holding this very important Symposium on Friday, 30 September 2011 from 9.30am at the Holiday Inn, Roma Street, Brisbane. There are a number of outstanding speakers at the symposium dealing with a range of issues including mesothelioma treatment, chest pain with pleural plaques, psychological assessment and occupational therapy.

Asbestos disease can be an extremely confusing topic. There are a number of different asbestos diseases with different prognoses and treatments. An individual's reaction to asbestos disease and the severity of asbestos disease amongst individuals can vary widely. The more information we have about asbestos disease and its treatment the better we are able to deal with it and improve quality of life.

All members are urged to attend this Symposium and please feel free to pass on details of the symposium to others who may be interested in asbestos disease and treatment.

Compensation Update

There is no decline in the numbers of those diagnosed with asbestos disease, in fact it seems to be on the increase. Statistics have indicated that the diagnosis of mesothelioma may not peak until 2017 or 2020, almost 10 years away. In addition, the diagnosis of other types of cancers linked with asbestos such as lung cancer, laryngeal cancer and oesophageal cancer also seems to be on the increase.

Thankfully compensation is still generally available to those with significant asbestos disease. Whilst there have been some concerns in the past several years, particularly with the James Hardie Compensation Fund, at present there is a good system in place for compensating those with asbestos disease exposed to asbestos in Queensland and other states of Australia. Indeed, Tasmania is now introducing a workers' compensation system based on the Queensland model which should assist those exposed to asbestos in Tasmania in obtaining compensation.

QARDSS is continuing to make submissions seeking to improve compensation entitlements for those with asbestos disease in Queensland and if you have any questions regarding this please do not hesitate to contact me.

John William Booth –v- Amaca

I had mentioned in a previous newsletter the case of John William Booth who has brought a claim against Amaca Pty Ltd (formerly James Hardie & Co Pty Ltd) and Amaba Pty Ltd (formerly Hardie Ferrodo Ltd) for his condition of mesothelioma.

Mr Booth has succeeded in the Dust Diseases Tribunal and the New South Wales Court of Appeal and the defendants have appealed to the High Court. His case has now been listed for hearing in early October. This will be a very important decision hopefully clarifying the law in Australia regarding the causation of mesothelioma – essentially what does a plaintiff need to establish in order to prove that a particular asbestos exposure has caused or materially contributed to his or her mesothelioma condition.

I will keep you updated in this regard and it may be a few months after the hearing before the High Court hands down its decision.

If you have any questions regarding legal matters relating to asbestos disease, do not hesitate to contact me.

New work health and safety regulations on asbestos

Queensland will be joining the other states and territories on 1 January 2012 in introducing new model work health and safety regulations dealing with asbestos in the workplace – including work on homes carried out by contractors.

Under the model WHS regulations, the same rules will apply Australia-wide, giving for the first time ever uniform requirements for asbestos registers, asbestos management plans, and training and licensing for asbestos removal work.

If adopted by the government, some key changes for Queensland would include:

- requiring asbestos registers for workplace buildings built up to 31 December 2003, and for workplace buildings built after this date where asbestos is identified or is likely to be present from time to time. The current cut-off date for workplace asbestos registers in Queensland is 1 January 1990
- requiring asbestos management plans and training for workers in workplaces where naturally occurring asbestos is identified
- health monitoring for certain workers involved in asbestos removal work or other asbestos-related work
- specific requirements for businesses and contractors involved in demolition or refurbishment of structures and plant built or installed before 31 December 2003
- requirements to notify WHSQ of all licensed asbestos removal work
- a new licence category for asbestos assessors required for air monitoring, clearance inspections and clearance certificates associated with removal of friable asbestos
- requiring both Class A and Class B asbestos removal licence holders to be a person conducting a business or undertaking. At present, Class B certificate holders are individual workers, employers and self-employed people
- requiring all workers and asbestos removal supervisors to hold certification in new units of competency for asbestos removal relevant to the type of asbestos removal work being done. New national units of competency for asbestos removal workers, supervisors and asbestos assessors are currently being developed through Safe Work Australia.

The draft WHS regulations for asbestos will be supported by information in model codes of practice for:

- *How to Manage and Control Asbestos in the Workplace*
- *How to Safely Remove Asbestos*
- *Health Monitoring* (yet to be released for public comment).

For more information about the national harmonisation of work health and safety laws, visit Workplace Health and Safety Queensland's website at www.worksafe.qld.gov.au



BUILD THEM HERE
GET MOVING ON LOCAL JOBS

AMWU

MEDIA RELEASE NEW SOUTH WALES GOVERNMENT BLUNDER

26 July 2011

O'Farrell Govt oversight robs asbestos victims of compensation

An O'Farrell Government oversight means workers dying of asbestos-related illnesses and their dependants will not be awarded compensation payments this month.

The NSW Dust Diseases Board meeting scheduled for Thursday 26 July was cancelled, with board members having been told the cancellation was due to the NSW Government failing to have the approval of new board appointments scheduled into the Cabinet Agenda.

The NSW Dust Diseases Board meets every month to consider up to new applications and make awards in those cases.

The Board had a three-year term, which expired on June 30 2011. The proposal for the new board had been prepared and submitted to cabinet but apparently was not signed off. No explanation from the NSW Government has been given for its failure to approve a new board.

The Australian Manufacturing Workers Union, which has been a strong campaigner for compensation for victims of asbestos disease, has a seat on the Dust Diseases Board.

The Board awards compensation to applicants – who must have contracted an asbestos-related disease at work – including weekly payments, medical expenses and death benefits for widows and dependants.

Awards can be in the order of hundreds of thousands of dollars.

“The real disaster here is that people will not be able to meet the high medical costs associated with a terminal illness,” said AMWU NSW Secretary Tim Ayres.

“The medical costs associated with a terminal disease can cripple families. But this month there will no awards made, because the O'Farrell Government couldn't be bothered to make sure the new Dust Diseases Board was in place.

“Asbestos-related illnesses like mesothelioma are a horrific way to die. The least we can do for people who are dying because they have been exposed to asbestos at work is to ensure they and their families are compensated.

“This is a disgrace. It is worth noting the O'Farrell Government's attacks on working people's rights and conditions have had no trouble with cabinet scheduling.”

Comment: Tim Ayres 0419 417 084

More info: Jackie Woods 0414 241 483

www.buildthemhere.com.au

Australian Manufacturing Workers' Union (*Registered as AFMEPKIU*) NSW State Office

Telephone: 02 9897 2011 **Fax:** 02 9897 2219 **Email:** amwunsw@amwu.asn.au

Address: 133 Parramatta Road, Granville NSW 2142

MINISTER FOR FOREIGN AFFAIRS

The Hon Kevin Rudd MP

MINISTER FOR TERTIARY EDUCATION, SKILLS, JOBS AND WORKPLACE RELATIONS

Senator the Hon Chris Evans

Australia ratifies Convention to help protect workers from asbestos-related health hazards

Minister for Tertiary Education, Skills, Jobs and Workplace Relations Chris Evans and Foreign Minister Kevin Rudd today announced that Australia had completed the final steps to ratify a key international convention concerning safety in the use of asbestos.

The International Labour Organization Convention No. 162 Concerning Safety in the Use of Asbestos requires States to implement national laws or regulations to protect workers against health hazards arising from occupational exposure to asbestos.

Mr Rudd, who signed the Instrument of Ratification yesterday, said it should encourage other countries in the Asia Pacific region to consider implementing international labour standards to protect workers from asbestos hazards in the workplace.

"Australia will be only the fourth ILO Member State from the Asia Pacific to ratify the Convention", said Mr Rudd.

"Asia still accounts for over 60 per cent of the world's imports of asbestos, and unfortunately, dangers to human health posed by the unsafe use of asbestos in the workplace are not yet well recognised in our region. The Government is determined to work with regional countries to help eliminate the threat to human health from asbestos."

Senator Evans said the ratification confirms Australia's commitment to workplace health and safety.

"Australia will now have a world class regime that reflects best practice in protecting employers and employees from the harmful effects of asbestos," said Senator Evans.

Mr Rudd also ratified Protocol to the Occupational Health and Safety Convention, 1981 (Protocol 155) and the Part Time Work Convention, 1994 (Convention 175).

Protocol 155 requires ratifying countries to place responsibilities on employers to record and notify the relevant authorities of occupational accidents and diseases.

Convention 175 requires that part-time employees receive the same protection as full-time workers for occupational health and safety, discrimination in employment and occupation and the right to organise and bargain collectively.

"Ratifying these three instruments is a significant achievement that demonstrates the progress Australia has made and our commitment to international labour standards will," Senator Evans said.

29 JULY 2011

Low Density Asbestos Fibre Boards (LDB) – Parsons Brinckerhoff

From National Testing Authority – Author Michael Shepherd

Introduction

Asbestos materials were commonly used in buildings until the 1980's. Low Density Asbestos Fibre Boards (LDB) were manufactured in Australia for a period of approximately 20 years (1950 to 1970) by various companies. The most common of the LDB type products found installed in Queensland workplaces are known by the trade names of "Asbestolux" (the James Hardie product) and "Duralux" (the Wunderlich product).

Low density asbestos fibre boards (e.g. Asbestolux or Duralux) is a lightly compressed board which looks similar to asbestos cement sheeting or plaster board. It was made from asbestos fibre and hydrated Portland cement and/or calcium silicate with other filler materials. The name Low Density Board was derived as it is less dense than normal asbestos cement sheeting. Generally, low density asbestos fibre board was manufactured as a flat sheet product although some perforated sheeting typically used for acoustic ceiling applications was also manufactured. The most common example of low density asbestos fibre board is 'Asbestolux', a product formerly manufactured by James Hardie Pty Ltd.

Analysis of samples of low density asbestos fibre board has shown it contains up to 70 per cent (by volume) asbestos fibres and is generally composed of brown asbestos (amosite) and white asbestos (chrysotile) in a calcium silicate plaster. The asbestos fibres are not bound in a cement matrix as with asbestos cement sheeting. Low density asbestos fibre board is softer than asbestos cement sheeting and will crumble easily if disturbed.

When installed, painted, decorated and in good condition, it is visually very difficult (virtually impossible) to tell the difference between LDB and any other flat profile construction sheeting. Many asbestos registers fail to distinguish between LDB and other asbestos cement products.

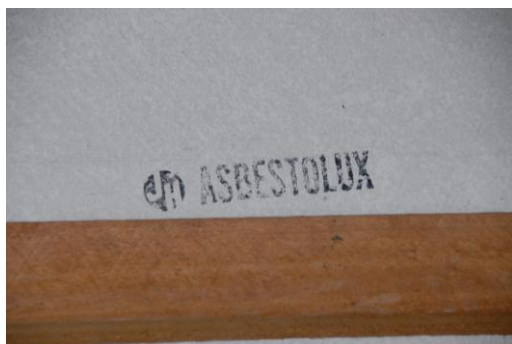
Removals of LDB using bonded asbestos removal techniques are not adequate in controlling respirable fibre levels. Monitoring of airborne fibre levels during LDB removal has recorded levels greater than the current Occupational Exposure Standard of 0.1 fibres/ml.

In 2009 Workplace Health and Safety Queensland released an information paper on LDB stating "Due to the high percentage of asbestos fibres present in low density asbestos fibre board and the soft nature of the product, low density asbestos fibre board is regarded as a friable asbestos containing material. Friable asbestos containing material must only be removed by an 'A' class certificate holder".

Identification of In situ Low Density Board

As previously stated, it is very difficult to visually identify low density board from other construction sheeting at first glance. Some indicators to assist with the visual identification of low density board ("Asbestolux" and "Duralux") include:

- If the rear side of the sheeting can be viewed, the trade name "Asbestolux" or "Duralux" may be found prominently stamped on the rear of the sheeting at regular intervals.



- Low density board was **commonly** installed as interior fire resistant ceiling sheeting/tiles and upper wall linings, however it may have been used in other applications.
- When compared to ‘normal’ asbestos cement sheeting, low density board typically is ‘softer’ in nature.
- Joints are not usually covered by timber ‘cover strips’.
- Commonly the sheeting edges were roughly bevelled.
- The heads of fasteners (nails/clouts) are often imbedded or partially imbedded (recessed) into the surface of low density board sheeting due to the ‘softness’ of the sheeting. With ‘normal’ asbestos cement sheeting the heads of the fasteners always sit proud of the surface, as any recessing would crack the sheeting.



Photograph 1



Photograph 2

Photograph 1: Normal asbestos cement sheeting. Note the joints covered with timber cover strips and the heads of the fasteners sitting proud of the surface.

Photograph 2: Low density board sheeting. Note the heads of the fasteners imbedded into the sheeting and the bevelled edges.

- The product has different hardness characteristics to ‘normal’ asbestos cement sheeting:
 - When ‘tapped’ with a metal object such as a car key, ‘normal’ asbestos cement product will produce a ‘sharp’ or ‘clicking’ sound indicating a very ‘hard’ and brittle, high-density product.
 - When low density board (“Asbestolux” or “Duralux”) is ‘tapped’ with a car key, the sound produced is a ‘dead’ or ‘dull’ sound, indicating a much ‘softer’, low density product.
 - Using hand pressure the head of a screwdriver will not penetrate the surface of ‘normal’ asbestos cement sheeting but will easily ‘dent’ the surface of low density board.
- Generally, when obtaining a sample for analysis, ‘normal’ asbestos cement product is extremely hard to break and will ‘snap’ or ‘break-off’ cleanly leaving ‘sharp’ edges once sufficient pressure is applied. The low density board (“Asbestolux” or “Duralux”) product will tend to bend (or flex) when pressure is first applied, and will then ‘tear’ rather than ‘snap’ once the breaking point is reached. On inspection of the torn edges:
 - The ‘soft’ nature of the product is readily apparent.
 - The edges along the break appear ‘ragged’ or ‘torn’ (not snapped-off) with no sharp edges.



Photograph 3

Photograph 3: Low density board sheeting. Note the sheeting crumbles when disturbed.




Photograph 4

Photograph 4: Low density board sheeting. Note the edges along the break appear ragged or torn with no

➤ The abundance of asbestos fibre is apparent and clearly visible. In 'normal' asbestos cement sheeting the cement component of the matrix is predominantly visible with random asbestos fibres clearly visible. With the low density board product the high percentage of asbestos fibres is very obvious - the entire surface of the broken sheeting has a 'furry' or 'fibrous' appearance.

➤ NATA Accredited Laboratories will usually identify low density board samples by denoting them as low density board in the sample description on Certificates of Analysis.





Parsons Brinkerhoff Australia Pty Limited
 Level 4, 69 Ann Street
 Brisbane QLD 4000
 GPO Box 2907
 Brisbane QLD 4001
 Telephone +61 7 3854 6200
 Facsimile +61 7 3854 6500
 Email brisbane@pb.com.au

ABN 80 078 004 798
 NCSI Certified Quality System ISO 9001

Certificate of Analysis

CLIENT:	QLD Asbestos Related Disease Support Society Inc	CERTIFICATE NO:	2160856B-1209
CLIENT ADDRESS:	16 Campbell Street Bowen Hills QLD 4006	DATE SAMPLED:	15/08/2011
TELEPHONE:	07 3252 7852	DATE RECEIVED:	15/08/2011
FAX / E-MAIL:	asbestoshelp@westnet.com.au	DATE ANALYSED:	15/08/2011
CONTACT:	Kerrie Williams	SAMPLED BY:	As Received
LOCATION:	Sample Certificate		

TEST METHOD: Qualitative identification of asbestos types in bulk samples at Parsons Brinckerhoff Brisbane Laboratory by polarised light microscopy, including dispersion staining techniques using Parsons Brinckerhoff in-house method No.1, AS4964 (2004) and NATA accreditation No. 9607. This document is issued in accordance with NATA's accreditation requirements. Accredited for compliance with ISO/IEC:17025.


Lab Number	Sample Id	Sample Description	Sample Dimensions cm	Identification Type
M001	1	Fibre Cement Sheet	1 x 1	CH
M002	2	Insulation	2 x 2	NAD
M003	3	Low Density Board	3 x 3	CH, A
M004	4	Plaster	4 x 4	NAD
M005	5	Vinyl Tiles	5 x 5	CH

LEGEND:
 NAD - No Asbestos Detected
 CH - Chrysotile Asbestos Detected
 A - Amosite Asbestos Detected
 C - Crocidolite Asbestos Detected
 UMF - Unknown Mineral Fibres Detected

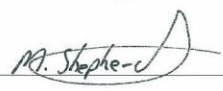
Hand picked refers to small discrete amounts of asbestos distributed unevenly in a large body of non asbestos material.

Notes:
 If no asbestos is detected in vinyl tiles, mastics, sealants, epoxy resins and ore samples then confirmation by another independent analytical technique is advised due to the nature of the samples.

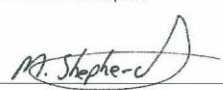
The results contained within this report relate only to the sample(s) submitted for testing. PB accepts no responsibility for the initial collection, packaging or transportation of samples submitted by external persons. NATA does not accredit sampling. This document may not be reproduced except in full.



Approved Identifier
 Name: Michael Shepherd



Approved Signatory
 Name: Michael Shepherd



AUTHORISATION DATE
 15/08/2011

Over a Century of Engineering Excellence

Page 1 of 1

CANADIAN UP DATE

Taken from: The Gazette, Montreal - June 21, 2011

Stop mining asbestos, Quebec environmental groups say

A coalition of Quebec environmental groups launched a campaign Tuesday aimed at stopping asbestos mining in the province.

Nature Québec, the Société pour Vaincre la Pollution, and Pour que le Québec ait meilleure mine say asbestos should not be mined because is too dangerous for human health.

The creation of the new coalition comes the day after former federal Conservative cabinet minister Chuck Strahl called on the government to stop exporting asbestos. Strahl, who used to work as a logger, was diagnosed with lung cancer linked to asbestos exposure from equipment he worked with.

“Quebec is at the root of an epidemic of deaths around the world, and also in Quebec,” said Christian Simard, director general of Nature Québec. “It is time to break our ties with this industry that kills and does not create any sustainable jobs.”

The United Nations is currently debating whether asbestos should be added to an international list of hazardous materials. If it was added, countries would have to be notified of the hazards of asbestos, and could refuse it if they think they couldn't handle it safely.

Asbestos has been banned in more than 50 countries around the world, and is strictly controlled in Canada. In Quebec, it was mined in the towns of Thetford Mines and Asbestos and exported to India and other countries.

In April, the Quebec government approved a \$58-million loan guarantee to the company that owns the mine in Asbestos. It plans to expand the mine, allowing exports to continue for at least 20 more years.

Scientific and medical groups around the world have called on Quebec to stop mining and exporting asbestos, but Quebec says it can be safely used if precautions are taken.

The new anti-asbestos campaign is supported by Greenpeace Canada, the David Suzuki Foundation, the Canadian Association of Physician for the Environment, and the Central des syndicats du Québec union federation.

– Monique Beaudin



(Photo: A small lake can be seen at the bottom of the Jeffrey asbestos mine in Asbestos, Quebec. Gazette photo by Dario Ayala.)

"Future of Quebec Asbestos Industry Still Unknown"

by Kathleen Ruff

The deadline of August 15 draws nearer. The Quebec government has told the consortium of investors, who want to buy the Jeffrey underground asbestos mine at Asbestos, that they must come up with their \$25 million by that date. The government has already promised to give the consortium a \$58 million loan guarantee, but the consortium has, over the past eight months, failed to raise the necessary funds on their part and the government has said that it will not extend the deadline any further.

If the consortium succeeds in implementing its plan, it will export millions of tonnes of asbestos to Asia for the next several decades. But the

asbestos industry no longer enjoys the widespread support it used to enjoy in Quebec and, in the face of public and political opposition, the consortium has clearly had huge difficulty in finding sufficient willing investors.

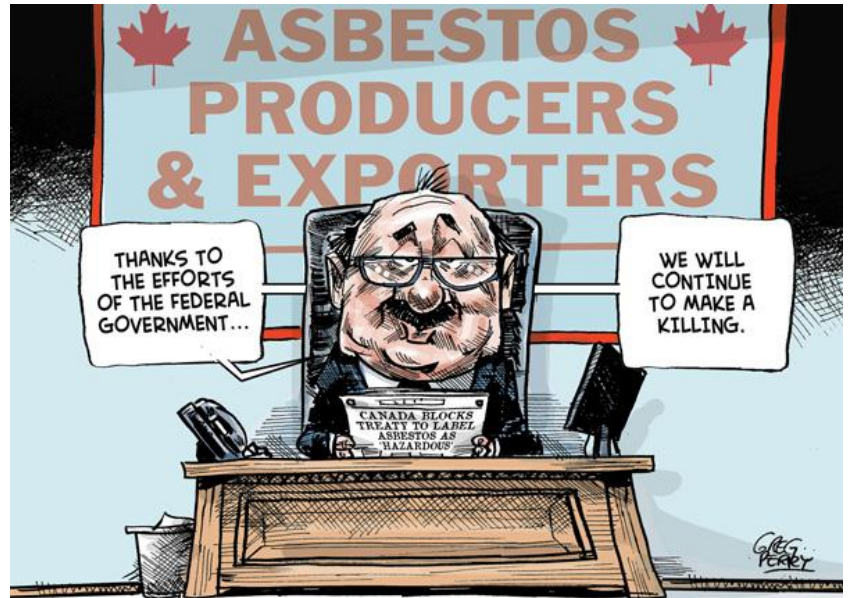
Meanwhile, at the town of Thetford Mines, the last operating asbestos mine in Canada, run by LAB Chrysotile Inc, has been experiencing a variety of problems, including a brief labour walk-out and mining difficulties due to weather and land slides that have ruptured and closed the road, which is used to transport asbestos from the mine.

In spite of these difficulties, it appears that the company and the local United Steelworkers union have plans to expand the mine into a new area and continue exporting asbestos for years to come. Opposition to the asbestos industry is growing in Canada. Medical and health professionals have spoken up loud and clear, opposing plans to revive the Quebec asbestos industry. The Canadian Labour Congress has challenged the Canadian government to put people's lives ahead of politics and end its support for the deadly asbestos export trade.

Now, the voices of families who have lost loved ones to asbestos disease are starting to be heard more and more. Their message is powerful and it reaches people's hearts. It is they who will defeat the asbestos industry and our Canadian government, which has so shamefully sold out to the asbestos lobby.

It is through their human stories and their inspiring and selfless courage that the battle will be won so that we can prevent any further asbestos tragedies.

Kathleen Ruff, author, *Exporting Harm: How Canada markets asbestos to the developing world*
<http://www.rideauinstitute.ca/file-library/exportingharmweb.pdf>



Important Notice

The Annual General Meeting of The Queensland Asbestos Related Disease Support Society is set down for **Tuesday 13th September 2011, 10.30am.**

This will be held in the boardroom of **Air Liquide Healthcare** 25 Campbell Street, Bowen Hills, directly opposite our new offices.

The Society's annual reports including the 2011 audit report will be tabled at this meeting.

All members of the Society are invited to attend and we would like as many members as possible.

We look forward to seeing you there. Light refreshments will be served after the meeting.

Please call the office on **1800 776 412** to allow for catering.

Volunteers

Help Required!

Do you have some time you could give to the Society? If so, we would really like to hear from you.

Newsletter mail outs are one area where we do need help. The mailing out of our newsletter takes approximately 2 hours followed by a light lunch, where volunteers are able to catch up with each other in an informal and friendly environment.

Other tasks do come up from time to time. Our aim is to create a list of willing volunteers who could be called upon, with proper notice, to assist our hard working office staff in times of need.

If you would like to volunteer, work with like-minded people and help the Society, then please call the office on **1800 776 412 and register your name and contact details.**

Annual Raffle Winners

1st Prize: 5 Night Dolphin Getaway Package for 2 persons at Tangalooma Island Resort
Safe Work - Ticket number: 03752

2nd Prize: Luxury Weekend Getaway for 2 at Hunchy Hideaway in Montville
Mrs Cheryl McGinn - Ticket number: 02732

3rd Prize: \$200 Coles Myer Gift Card
Mr Rod Wilkins - Ticket number: 04882

4th Prize: \$50 Assorted Gift Basket from Carol's Gift Baskets
Ms Ann Gooley - Ticket number: 01512

Thank you to everyone who supported our Annual Raffle. Your support is always much appreciated.

Anyone Anytime could be a carer

Some helpful information issued by the Australian Government together with Centrelink.

Claiming made Easier

To make claiming payments easier, Centrelink has new claim forms and medical reports for carers who wish to claim Carer Payment or Carer Allowance.

If you have previously been, or currently are a Centrelink customer, a personalised claim form may be issued with pre-filled information. In some circumstances you may not need to provide new medical details.

Claim forms and medical reports for Carer payment and Carer Allowance will no longer be available on the Centrelink website.

For more information, visit www.centelink.gov.au or call Centrelink on **13 2717**

Taking care of carers

Are you looking for someone who could not manage without you?

Who is looking after your needs?

Some carers may not think of themselves as a 'carer' or know that they are entitled to information and support. Often the focus is on the person being cared for and the needs of the carer are overlooked.

So remember to:

- Tell your GP that you are a carer
- Have regular health check-ups
- Look after yourself
- Contact your local Carer Association to find out about available support
- Accept help in your caring role
- Remain active
- Maintain social contacts
- Plan ahead and take a break

Remember, if carers are not taken care of, they can not take care of others.

For more information on taking care of yourself visit <http://australia.gov.au/people/carers>

Rent Assistance for Carers

If you have to pay for accommodation, talk to Centrelink as you may be eligible for Rent Assistance.

If you are receiving an income support payment, and are paying for accommodation other than a home to provide care, you may be entitled to Rent Assistance.

Your entitlement for Rent Assistance will depend on your individual circumstances.

For more information visit www.centrelink.gov.au call **13 2717** or visit a Centrelink Customer Service Centre.

Tuning into digital television around Australia

All Australians will need to have made the switch to digital television by the end of 2013 to continue to watch television.

To support you in making the switch, the Household Assistance Scheme (HAS) will be available during each regions' switchover period to provide eligible customers with a high-definition set-top box.

You may be eligible for the scheme if you do not already have access to digital television on any television that you own and are receiving the maximum rate of one of the following payments:

- Carer Payment
- Age Pension
- Disability Support Pension
- Department of Veterans' Affairs (DVA) Service Pension, or
- DVA Income Support Supplement

You may receive a letter, providing you with information on how to access the scheme via Centrelink during the roll-out period for your region. For more information about the Household Assistance Scheme, or to find out when your region is switching to digital television, visit www.digitalready.gov.au or call the Digital Ready Information line on **1800 20 10 13**.

Helping you manage incontinence

Managing incontinence can be a difficult and costly experience. If you or the person you care for requires assistance with the costs of severe incontinence, the Continence Aids Payment Scheme may be able to help you.

The payment can be paid directly into a nominated bank account. This means you can choose where and when you purchase your incontinence products.

For more information or application forms, call Medicare on **13 2011** and select option 1 or visit www.bladderbowel.gov.au

Support and Information Meetings for Asbestos Disease Sufferers, their Carers and Families.

Bethania

4th Monday of the month 9.30am – 11.30am (Feb – Nov)
Bethania Community Centre, Station Road, Bethania

Brisbane

To be advised. We do apologise for any inconvenience.

Capalaba

4th Tuesday of the month 9.30am – 11.30am (Feb – Nov)
Main Hall, Capalaba Place, 14 Noeleen Street, Capalaba

Chermside

2nd Friday of the month 10am – 11.30am (Feb – Nov)
Chermside Library, 375 Hamilton Road (Corner Kittyhawk Drive) Chermside



Dalby

2nd Wednesday of the month 10.30am – 12 noon
The Windsor Hotel, 32 Patrick Street, Dalby

Ipswich

1st Friday of the month 10am – 11.30am (Feb – Dec)
Queensland Health Plaza Centre, Auditorium, Bell Street, Ipswich

North Lakes

Following Tuesdays of the month 9.00am – 11.30am (Feb – Dec).
16th August, 13th Sept, 11th Oct, 8th Nov and 6th Dec
Woodside Community Centre, Cnr Discovery Drive and Gardenia Parade, North Lakes

Robina

1st Thursday of the month 9.30am – 11.30am (Feb – Nov) - December will be held on the 8th
Robina Community Centre, 196 Robina Town Centre Drive, Robina

Sunnybank

3rd Thursday of the month from 9.30am (Feb – Nov)
Sunnybank Hills Library, Sunnybank Hills Shopping Centre, Corner Compton & Calam Roads, Sunnybank Hills

Sunshine Coast

1st Monday of the month 10am to 12pm (Feb - Dec)
Maroochydore RSL, Memorial Drive, Maroochydore



Toowoomba

3rd Friday of the month 10am – 12pm (Jan- Nov)
Cancer Council Rooms, 137 Herries Streets, (Corner Neil Street) Toowoomba.

Tweed Heads/Gold Coast

1st Wednesday of the month 10am – 11.30am (QLD Time) (Feb – Nov)
The Secret Garden, South Tweed Sports Club, 4 Minjungbal Drive, Tweed Heads South

****Phone call the office 1800 776 412 or email asbestoshelp@westnet.com.au for further details or to confirm attendance. ****

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Trident Trades & Labour Hire



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their assistance is invaluable.

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Queensland Nurses Union of Employees
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The contact details for all of our corporate sponsors and corporate
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QARDSS is an endorsed charity (ABN 29 150 479 514).
Membership fees and donations of \$2.00 or more are tax deductible.
We thank all members for their ongoing support.