



*Amanda Young Foundation*

## *Support Program News Autumn 2016*

### CASE MANAGER UPDATE



I hope everyone had a wonderful Christmas and New Year. We are almost at Easter already. This edition we have an update on the meningococcal statistics, and an article on coping after a chronic illness.

During 2015 we had two successful support group get togethers. It is rewarding to keep in touch everyone and see you travelling through life.

Please remember to keep in touch if you have any news, questions or need assistance! Kind regards, Lisa

### FUNDRAISING VOLUNTEERS NEEDED!

After many years of volunteer service to the Amanda Young Foundation, members of the Fundraising committee are now having a well earned rest. This has resulted in the need for new, enthusiastic volunteers to join our fundraising committee.

Come along and join an amazing team of people to allow us to continue our work! If you think you are interested, please contact Lisa who will arrange for you to meet the fundraising team.



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### Future Events

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**AYF Support Group  
Get Together -**  
2pm Sat 13th August  
Last Drop Tavern  
Warnbro

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**Amanda's Garden -**  
Sat 22nd/Sun 23rd Oct  
1520 Matison St  
Southern River

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### AYF SUPPORT PROGRAM

Provides support to those affected by meningococcal disease and their families in WA

### SERVICES

Referrals  
Support  
Counselling  
Social Gatherings  
Information  
Equipment

### CONTACT

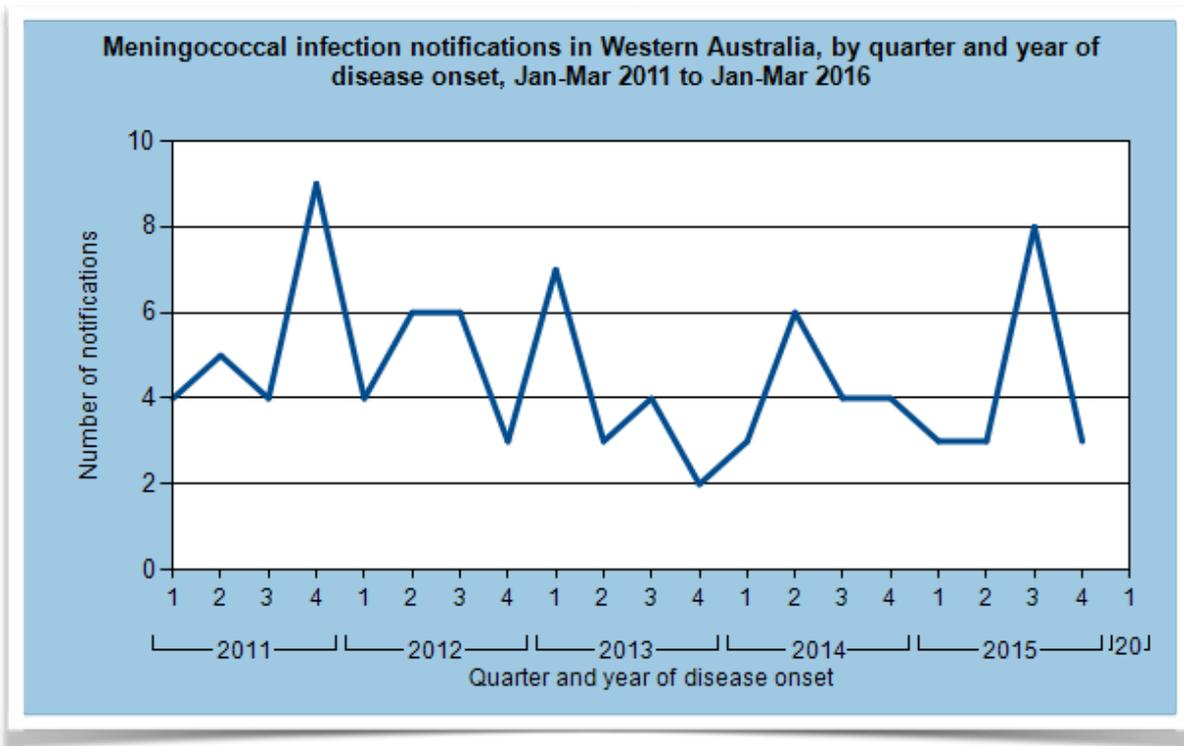
Lisa - 0433 309 425  
[support@amandayoungfoundation.org.au](mailto:support@amandayoungfoundation.org.au)  
Secret Facebook Group  
(request to join)

## Meningococcal disease update

As we move into winter, it is again time to raise awareness of the risks of meningococcal disease. For the last 2 years we have had 17 cases per year in WA. So far, in 2016, we have had 2 cases (to March 20).

In 2015, 6 of the cases were 0-4 years of age, and 3 were aged 15-19 years. ([WA Health Dept](#))

**“Due to the Privacy Act, we rely on individuals recovering from meningococcal to contact the AYF Support Program”**



### FUNDRAISING VOLUNTEERS NEEDED!

After many years of volunteer service to the Amanda Young Foundation, members of the Fundraising committee are now having a well earned rest. This has resulted in the need for new, enthusiastic volunteers to join our fundraising committee. Current fundraisers include Amanda's Centurions, and via the Everyday Hero site.

Come along and join an amazing team of people to allow us to continue the work of the Foundation! If you think you are interested, please contact Lisa who will introduce you to fundraising team.



## Coping after illness

Experiencing a life threatening disease can trigger fear and grief. Additionally, the experience of hospitalisation for many meningococcal survivors can also be traumatic. Trying to remain positive, surround yourself with support people, and find the small enjoyable moments in every day. If you are still recovering from meningococcal (and this can take some time) try to minimise your stress, ask for help, and communicate your story. Try to manage the elements that are within your control, and let go of those things that are not.

Research as shown, in women facing breast cancer, that those who actively confronted their diagnosis were more well adjusted three years later. Another study showed women with breast cancer who sought social support and used coping strategies reported more inner peace and satisfaction. (<http://www.apa.org/helpcenter/chronic-illness.aspx>)

You may wish to seek help in the form of counselling. The Amanda Young foundation has been able to offer many survivors access to counselling services, sometimes years after the event. There are also resources available on the internet.

The Centre for Clinical interventions offers a range of self directed worksheets on topics including *Back from the Bluez*, *Helping Health Anxiety*, *Overcoming Low Self Esteem*. The link to the website is: [CCI Resources](#)

Beyond Blue (<https://www.beyondblue.org.au>) also have a great website with a self-assessment and 24hrs/7 day per week telephone service on 1300 22 4636. they have a useful Grief and Loss fact sheet - <https://www.beyondblue.org.au/the-facts/grief-and-loss>

### RECOVERY

If you are or care for a meningococcal meningitis or septicaemia survivor, it is recommended to have a full medical check-up six weeks after the illness.

Survivors may feel tired for up to a year after meningococcal, and find you become unwell easily.

Many survivors may have ongoing health problems relating back to meningococcal disease. Feel free to contact the Support Program with any support needs you would like to discuss. The service is confidential and free.

[support@amandayoungfoundation.org.au](mailto:support@amandayoungfoundation.org.au)

### SUPPORT PROGRAM LIBRARY

**Brochures, DVD's and information on meningococcal disease**  
**Books:**

Meningitis - A Guide for Families  
Feather - A Child's Death and Life. Robert Peters (Meningitis)  
Up and Running. Mark Patikin (Meningococcal Survivor Memoir)  
Close to the Bone-Life threatening illness as a soul journey. Jean Shinda Bolen.  
Enduring Miracles - Surviving the Effects of Valley Fever. Afton Zapata  
Learning to Walk - Recovering from meningococcal septicaemia. Lisa Burnette  
It's only a leg! Hugh Drake  
Addups and Takeaways. Harry Dumpleton  
Never Tell Me Never. Janine Shepard  
Lesley's Story. Martha McNey (Meningitis Survivor)  
The Woman with a Worm in her Head. Pamela Nagami (p233 Call me spot)  
Stronger Now - Nicole McLean  
The Australian Immunisation Guide

**Disclaimer** This newsletter is published in Perth, Western Australia for those affected by meningococcal disease. While every effort has been made to ensure accuracy, any advice in the newsletter is intended as a guide only and does not constitute medical advice. Newsletter content does not necessarily represent or reflect the opinions of Amanda Young Foundation. Any feedback or contributions are most welcome.

Unsubscribe? Please email [support@amandayoungfoundation.org.au](mailto:support@amandayoungfoundation.org.au)

For more information about AYF events, see [www.amandayoungfoundation.org.au](http://www.amandayoungfoundation.org.au) or contact the Support Case Manager on 0433 309 425