Welcome New Staff

Hello everyone. You’ll notice that this month’s Newsletter is a little larger than usual as it covers the last two months. I hope 2012 has got off to a good start for you all. It certainly has for the School of Health Sciences. Since my last report, I am delighted to welcome Steve Milanese (Physiotherapy) and Kade Davison (Human Movement) who commenced permanent positions with the School in January. Welcome also to previous long-term casual employees Bernie Flynn (Physiotherapy), Jill Offe (Physiotherapy), Nick Glover (Human Movement), Lynne Corbett (Podiatry) and Tom May (Podiatry), who have now been appointed to fixed term appointments. Welcome also to Luke Knappstein on his appointment as the Health and Fitness Coordinator and Denise Matthews on her appointment as Receptionist at the City East and Magill Health and Fitness Centres.

Some Statistics

It was so nice to meet the incoming students at Orientation last week. The numbers in all undergraduate programs continues an upward trend over the last two years with intakes of 221 for Human Movement, 131 for Physiotherapy, 95 for Occupational Therapy, 83 for Medical Radiation Sciences, 59 for Health Sciences and 38 for Podiatry, bringing the total undergraduate cohorts in these disciplines to 522 (17% growth), 506 (11% growth), 318 (8% growth), 308 (28% growth), 135 (23% growth) and 128 (32% growth), respectively (% refers to relative growth compared to 2010 entry levels). These numbers reflect the 8% overall increase in student numbers in the School of Health Sciences from 2473 in 2010 to 2630 students in 2012, of whom 2002 are Undergraduates and 628 are Post graduates. You may also be interested to know that there are 139 ‘full time equivalent’ staff in the School (79 Academic, 25 Research and 35 Professional, which translates into 167 full and part-time staff!), 60 PhD students, 33 ‘Division Honours’ and 27 ‘With Honours’ Program Students.

Welcome to New PhD Students

As indicated in the Nov/Dec Newsletter, I flagged that we are keen to grow PhD numbers in the School. Numbers have increased by at least 20% in the last two years, with 60 students currently registered for PhD. This year is a particularly bumper year for new PhD students in the School of Health Sciences. Congratulations and welcome to the 14 new PhD students (listed below). This number will increase with several additional applications currently being processed for 2012.

<table>
<thead>
<tr>
<th>Surname</th>
<th>Given Name</th>
<th>Supervisor</th>
<th>Title</th>
<th>Group</th>
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</thead>
<tbody>
<tr>
<td>Tabor</td>
<td>Abby</td>
<td>Lorimer Moseley, Michael Thacker (King’s College London)</td>
<td>Pain inside and out: exploring the relationship between internal state and the perception of external stimuli</td>
<td>BiM</td>
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<tr>
<td>Uden</td>
<td>Hayley</td>
<td>Gaynor Parfitt, Roger Eston (Associate)</td>
<td>The use of foot orthoses to improve balance, lower limb performance and physical self-worth of children aged 8-12 years</td>
<td>EHHP</td>
</tr>
<tr>
<td>Lynch</td>
<td>Elizabeth</td>
<td>Susan Hillier, (+External Supervisor tbc)</td>
<td>Implementing best practice after stroke in Australia - a comprehensive assessment for rehabilitation for every stroke survivor</td>
<td>iCAHE</td>
</tr>
<tr>
<td>Harvie</td>
<td>Daniel</td>
<td>Lorimer Moseley Susan Hillier (Associate)</td>
<td>Modifying the chronic pain brain: the modulation of neuroplasticity for therapeutic gain</td>
<td>BiM</td>
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<tr>
<td>Kernot</td>
<td>Jocelyn</td>
<td>Carol Maher Tim Olds Lucy Lewis</td>
<td>Motivational interviewing as an intervention strategy to increase physical activity and decrease sedentary behaviours post-partum</td>
<td>HUT</td>
</tr>
<tr>
<td>Richardson</td>
<td>Amanda</td>
<td>Tim Olds, Sharron King, Gaynor Parfitt</td>
<td>First Year University: Who thrives and who just survives?</td>
<td>HUT/EHHP</td>
</tr>
<tr>
<td>Chalmers</td>
<td>Samuel</td>
<td>Kevin Norton, Roger Eston, Adrian Esterman (Associate)</td>
<td>The change in physiological and performance parameters of Australian football players in response to altered environments</td>
<td>EHHP</td>
</tr>
<tr>
<td>Evans</td>
<td>Harrison</td>
<td>Roger Eston Gaynor Parfitt</td>
<td>Efficacy and mechanisms of perceived exertion for predicting aerobic capacity and controlling exercise intensity</td>
<td>EHHP</td>
</tr>
<tr>
<td>Tempest</td>
<td>Gavin</td>
<td>Gaynor Parfitt Roger Eston (Associate)</td>
<td>The effect of exercise intensity on the neural regulation of affective responses</td>
<td>EHHP</td>
</tr>
<tr>
<td>Carroll</td>
<td>Suzanne</td>
<td>Mark Daniel Catherine Paquet</td>
<td>Evaluating the relative contributions of compositional (characteristics of individuals residing within an area) and contextual (environmental) variables that predict the evolution of cardiometabolic rate</td>
<td>SEER</td>
</tr>
<tr>
<td>Gerlach</td>
<td>Yan</td>
<td>Marie Williams, John Petkov (Associate) Alison Coates (Associate)</td>
<td>Sensation of breathlessness: cross sectional and longitudinal comparison of four instruments</td>
<td>NPRC</td>
</tr>
<tr>
<td>Fulton</td>
<td>Ashley</td>
<td>Alison Coates Alison Hill (Associate), Peter Howe (Associate), Marie Williams (Associate)</td>
<td>Fish oil as adjunct therapy for COPD</td>
<td>NPRC</td>
</tr>
<tr>
<td>Rigney</td>
<td>Gabrielle</td>
<td>Tim Olds, Sarah Blunden, Carol Maher</td>
<td>Effects of sleep education in school age children</td>
<td>HUT</td>
</tr>
<tr>
<td>Graham</td>
<td>Stuart</td>
<td>Roger Eston, Gaynor Parfitt (Associate), (Advisors) Adam Hewitt, Cameron Falloon, Stuart Cormack</td>
<td>Relationship between training load, recovery and performance in Australian Rules Football</td>
<td>EHHP Port Adelaide FC Scholarship</td>
</tr>
</tbody>
</table>
Planning Day

The School Planning Day held on December 14th at Ayers House was a great success with over 100 staff and PhD students taking part in the day’s agenda. The theme for the day came out of a previous ‘future directions’ session involving about 50 staff during Research Week. The themes ‘feeling valued’; ‘student engagement’; ‘career progression’ and ‘community engagement’ were identified as being important areas for discussion at Planning day. The day was split into a short presentation from me to set the scene, followed by group work around the themes of the day. The presentation was intended to put into context the size and complexity of the school, the School’s high performance on Course Evaluation Questionnaires (CEQ), Course Evaluation Instruments (CEI) and Student Evaluation of Teaching (SET) and the direction of travel in the forthcoming Excellence in Research for Australia (ERA) audit. The themes led to lively discussions, tangible outcomes and directions for the future. The presentation and outcomes from the day are available to HLS staff following this link 2011 HOS Planning Day Presentation. Thanks to all of the staff and PhD students who were able to attend and your active and lively participation in helping to plan for the future of the School. From the positive feedback we received, it is evident that the day was well received and the great food was certainly appreciated! It was gourmet style! I look forward to keeping you informed of developments and actions arising from the day. The actions are being dealt with systematically through the School’s Executive Committee and we will report progress at School Board during 2012. Some photos of the day are included below.

Some pictures from Planning Day

Hayley Uden, Carolyn Murray and Mark Catley receive recognition of their first publication and a $200 cheque

Happy Happy Staff of the School of Health Sciences! We just love planning!
Jon Buckley seeks inspiration!

Launch of ‘Exercise Benefits’ Health and Fitness Centre

Some of you will have noticed that the City East gym received a major facelift and lots of new equipment over the Christmas period. Thanks and well done to Raewyn Todd (School Manager), Jodie Quilliam (Clinical Operations Manager), Luke Knappstein (Gym manager) and Denise Matthews (Receptionist) for their sterling work in making this happen with minimal disruption to normal service. We have also increased the opening hours from 6.00am to 9.00pm during the week and 9.00am to 12.00pm on Saturday mornings. You may also recall that we held a competition some time ago for the renaming and launching of the new gym. The name ‘Exercise Benefits’, proposed by Maarten Immink, was the favourite among a number of contenders. Maarten receives 12 months free membership. The new name has now received corporate and legal approval in preparation for labelling and the launch of the new facilities on 27th March at 4.00 pm. Other exciting developments around membership and improvements to this space will happen over the next few months.

Contributions to the HLS Newsletter

Thanks again for all your contributions to the Newsletter. The Newsletter is widely circulated to an increasing number of stakeholders. It is also available to the wider public on the School of Health Sciences Website under ‘On the pulse’ where HLS Newsletters for the last 12 months may be found. To help us communicate news about research, national appointments, community engagements, awards, achievements and sporting endeavours, etc., please continue to keep Kylie Fogarty (kylie.fogarty@unisa.edu.au) informed of all your news. We are always open to suggestions to help raise awareness and readability of the Newsletter. It is your newsletter. If you have ideas for what might be interesting regular items to include, please let us know.

Finally, huge thanks and well done yet again to Kylie Fogarty for collating all the news and making the Newsletter possible.

Kind regards
Roger Eston
Did You Know?

**Effort perception**

Perceptually-regulated exercise training at RPE13 (with no feedback on speed, heart rate or any other measure) improves aerobic fitness, blood pressure, BMI and total cholesterol in previously sedentary participants. [Abstract](#)

**Pain**

Redheads have a lower pain threshold for heat than everyone else.
Crossing your hands makes a finger injury hurt slightly less than it does with your hands uncrossed.
You think a hill is steeper if you are wearing a back pack than if you are not.
Taking a red placebo pill improves your reaction time.
Panadol *patented* the colour of their boxes because the colours made Panadol more effective than identical paracetamol pills from a plain box.

Source: Professor Lorimer Moseley ([BIM Research Group](#))

**Hanging out the washing is more enjoyable than ironing!**

129 adults were asked to recall activities over a 24 h period. For each activity recalled (total = 4525 instances) they rated how much they enjoyed it on a scale of 0 (I hated it) to 10 (I loved it).
   Top 3:   Sex 9.5; Videogames 8.3; Sleep 7.5
   Bottom 3; Ironing 3.9; Laundry 4.2; Hanging out washing 4.3

Source: Professor Tim Olds ([HUT Research Group](#))
Orientation 2012

1st Prize – 64GB Wi-Fi iPad2 presented to Courtney Lynch (International Exchange Student)

2nd Prize – 64GB iPod Touch presented to Pedr Jones (Occupational Therapy Student)

3rd Prize – $50 iTunes Voucher presented to Tarryn McFarlane (Human Movement Student)
**STAFF NEWS AND APPOINTMENTS**

- Congratulations to **Dr Nicola Massy-Westropp** on winning the Student Nominated Excellent Educator Award 2011 in the School of Health Sciences.

- Congratulations to **Professor Kevin Norton** who was awarded the Chairmen’s Award by Fitness Australia. This award is for outstanding service to the fitness industry.

- Congratulations to **Dr Matt Haren** who began a new position of UniSA-Royal Flying Doctor Service Research Fellow with the Social Epidemiology and Evaluation Research Group on 1st November 2011.

- Congratulations to **Liz Buckley** on receiving the 2011 Bellberry Scholarship. Bellberry Ltd are a national, private not-for-profit organisation that are a Human Research Ethics Committee to the private sector. Any surplus funds generated from their business are donated back into the Australian research community. In 2011 they provided funds for a PhD scholarship which is supporting Liz throughout her candidature. Liz presented a brief outline of her proposed PhD project entitled “Effects of screen-detected pre-invasive lesions, including carcinoma in-situ and atypical hyperplasia, on invasive breast cancer incidence”.

The lunch was attended by:

- Professor Sakkie Pretorius, DVC Research and Innovation
- Professor Phil Weinstein, Dean of Graduate Studies and Professor of Ecosystem Health, Barbara Hardy Institute
- Professor Allan Evans, Pro-Vice Chancellor, Division of Health Sciences
- Professor David Roder, Chair of Cancer Epidemiology, Liz’s supervisor
- Associate Professor Pat Buckley, Dean: Research and Research Education, Division of Health Sciences
- Professor Roger Eston, Head of School: Health Sciences
- Ms Kim Murphy, Manager, Graduate Research Centre
- Ms Liz Buckley, PhD Candidate and 2011 Bellberry Scholarship recipient
- Ms Amy Baker, PhD Candidate and 2007 Bellberry Scholarship recipient
- Dr Silvia Pignata, Research Associate, School of Psychology, Social Work and Social Policy and 2007 Bellberry Scholarship recipient
- Ms Wendy Bowes, Graduate Research Centre Executive Officer

In attendance from Bellberry Ltd was:

- Mr Fraser Bell, Chair
- Mr Mark Allen
- Ms Imelda Lynch

- Congratulations to **Dr Alison Coates** on the recent appointment as a member of Deakin University’s Postgraduate Human Nutrition Advisory Board.

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**Congratulations to Brad Stenner and his family on the arrival of gorgeous little Aidan Rex Stenner on 25th January 2012. Little brother to Callum.**
EXERCISE PROGRAM SUCCESSFUL AGAIN

In 2010 the School of Health Sciences ran a pilot exercise program for children who were part of the Little Heroes Cancer Survivorship Service (see May 2011 Newsletter for further information on the pilot).

The project was funded by the Little Heroes Foundation (formally known as the McGuiness McDermott Foundation) and run by the UniSA Exercise Physiology Clinic. The success of the pilot project saw the Little Heroes Foundation fund the program again in 2011 with impressive outcomes.

The program is designed as a 10 week exercise program for children who have had or still have a diagnosis of cancer, and are considered to be off treatment. All children attend an initial consultation where their medical history is recorded and baseline clinical outcome measures are taken. An accredited Exercise Physiologist then designs an exercise programme specific for each child which is delivered over the next 10 weeks with the programme continually monitored and modified during that time. At the end of the 10 weeks the outcome measures are reassessed and a qualitative survey is completed.

In 2011 a total of 11 children aged between 6 and 18 years participated, with all participants improving in at least one of the clinical outcome measures. The results for some of these measures are shown in Table 1.

<table>
<thead>
<tr>
<th></th>
<th>6 minute walk/run test</th>
<th>30 second sit to stand test</th>
<th>Predicted 1RM chest press</th>
<th>Vertical jump</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>6 – 10 years (n = 4)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean ± SD</td>
<td>28.0 ± 20.2%</td>
<td>38.5 ± 13.5%</td>
<td>-</td>
<td>34.3 ± 15.1%</td>
</tr>
<tr>
<td>Range</td>
<td>18.9 – 22.9%</td>
<td>30.0 – 54.5%</td>
<td>-</td>
<td>15.1 – 50.0%</td>
</tr>
<tr>
<td><strong>10 – 18 years (n = 7)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean ± SD</td>
<td>19.7 ± 37.1%</td>
<td>54.4 ± 83.7%</td>
<td>27.3 ± 23.9%</td>
<td>-</td>
</tr>
<tr>
<td>Range</td>
<td>-3.4 – 109.5%</td>
<td>0.0 – 257.1%</td>
<td>0.0 – 71.4%</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Group (N = 11)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean ± SD</td>
<td>22.5 ± 31.7%</td>
<td>49.1 ± 67.6</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Range</td>
<td>-3.4 – 109.5%</td>
<td>0.0 – 257.1%</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Additionally, the most common responses in the qualitative survey were that children increased physical fitness and increased confidence and ability following the program. Other responses included; increased willingness to partake in physical activity, increased positive attitude towards physical activity, increased concentration ability and increased independence.

It is hoped that given the repeated success of this programme the Little Heroes Foundation will continue their support in 2012 and the program will again be run by the Exercise Physiology Clinic.

*Dr Carmel Nottle*
FUn-UNISA LAUNCH WITH THE MAHC

The Football United®-UniSA (FUn-UniSA), “football for social development” program, was launched on Saturday 18 February in Elizabeth Downs. The launch has been a great opportunity for community members, agencies and organisations to come together and celebrate sport and social inclusion. The launch was organised in collaboration with the City of Playford and the OPAL program, and saw the participation of several other agencies including Amnesty International, FFSA, Adelaide United FC, the Office for Recreation and Sport, Australian Sports Commission, the Martyn Crook Foundation, and Munno Para Soccer Club. Guests included Mr Nick Champion, Federal MP for Wakefield and Mr Glenn Docherty, Mayor of the City of Playford, who officially “kicked-off” the program among a crowd of more than 300 community members. Following the launch, two teams made up by members of the local African refugee community took part into the “1st Football United Community Challenge” trophy. Several UniSA students took part in the event as volunteer coaches, coordinators and event managers, and the local community members showed a great deal of interest about the Mobile Allied-Health Clinic (MAHC)van that was brought for the occasion. The Football United®-UniSA participants took the time to visit the MAHC and chat with volunteers about university and UniSA in particular.

If you want to participate in this activity or with the Mobile Allied-Health Clinic in anyway, please contact jo.willis@unisa.edu.au

TOUR DOWN UNDER – MOBILE ALLIED HEALTH CLINIC

The Tour Down Under village expo ran over 7 days in January with over 20 students participating. Students were from the programs; Bachelor of Podiatry, Bachelor of Human Movement and Graduate Diploma in Clinical Exercise. The students put
in a great effort in the heat providing foot pressure analysis using the Pedar system, health and fitness advice along with blood pressure & blood glucose testing.

Students have provided some feedback on their involvement:

“The best thing for me was becoming familiar with the Pedar system and being able to talk to general public about their foot related concerns. I thought it was a great experience.” **Podiatry Student**

“I enjoyed engaging with members of the public and being able to sit with them and chat about their physical activity behaviours and provide general health information. Overall, I felt the people that visited the Mobile Allied Health Clinic benefited from the information we provided. I also liked being able to work as part of a team with the other students and found the grad dip students to be really supportive and helpful. Being involved in this event allowed me to learn from fellow students and put into practice the skills that I have learnt at Uni (e.g. communication skills, taking blood pressure etc.).” **Human Movement Student**

The event was supported by several staff and I thank them all sincerely for going beyond the call of duty attending after hours and on weekends. Thank you to those staff who dedicated their time and energy: Sara Jones, Hayley Uden, Ryan Causby, Laura Kambuts, Maarten Immink, Carmel Nottle, Adam Hewitt and Kade Davidson. I would also like to thank Ziggy Gniadek who assisted me with set up of the MAHC and equipment.

If you would like to be involved with the MAHC in 2012, please contact jo.willis@unisa.edu.au

**SCHOOL’S IN AT WEST LAKES (TAKEN FROM MEDIA ROUND UP – 2-8 DECEMBER 2011)**

The Crows have opened their doors to six exercise and sports science students from the University of South Australia for season 2012. The Club has enjoyed a strong relationship with the University through Professor of Exercise Science Kevin Norton for a number of years, but only recently formalised the partnership with cadetships.

Physical performance manager Stephen Schwerdt said several current and former members of Adelaide’s sports science team had completed a similar pathway.

“(Specialist coach) Mark Upton, (senior performance analyst) Steve Edgecomb and (performance analyst) Brock Wiseman were all appointed after spending time with me at the Club as part of their university studies,” Schwerdt said.

“We decided that we should formalise our agreement with the university a bit more.

“Part of that was to get a PhD student on board, which we’ve done and a follow on from that was formalising our ‘cadetships’ so to speak.

“It benefits us because we get to use their expertise and skills and it benefits the student because they get exposure in the environment and it looks good on their resume for future employers.”

The students, Angela, Brad, Matt, Sean, Matthew and Wade will spend anywhere from a few hours to a few days a week at West Lakes over the next 12 months. They will work with different areas of the Crows sports science and physical performance team, including strength, rehabilitation, GPS and fitness.
PROGRAM MANAGEMENT MEETING - UPDATE

I am happy to provide a regular short report on Program Management meetings which are held once a month and attended by Roger, myself and Program Directors.

The School of Health Sciences Program Management Committee’s purpose is to provide a means to effectively plan, implement and monitor:

- Academic program standards, quality and developments;
- Financial management within the School relevant to program matters;
- University policy and procedure that relate to teaching programs;
- Student performance and progress

The Program Directors find this a good forum to discuss common issues around teaching and learning, specific to programs and courses that arise during the year. I hope that this report will improve dissemination of information coming from these meetings that are relevant to all staff. My first report will summarise a few dot points that are not covered in other items of this newsletter.

- All students who successfully completed their degrees in 2011 were posted a congratulatory letter signed by Roger and the students Program Director;

- With the changes to the assessment submission process through learnonline, all student assessments will now automatically be processed through Turnitin. This means that students will receive a report with a ‘similarity’ index. Academic staff may need to help students interpret their results, as a high similarity index may not necessarily mean that the student is breaching academic integrity if they have referenced correctly. I have asked the Teaching and Learning Unit to provide us with some explanatory material around the interpretation of Turnitin. Students also have the opportunity to resubmit an assignment (before the assessment due date), after viewing their Turnitin report; they should use the same file name as their first submission.

- Course amendment process for 2012 –

The university is accountable in teaching what we report we are teaching, therefore Course Coordinators should be very mindful that their teaching is aligned with what is published on PCMS. Teaching and learning activities must be approved through the Program and Course approval process. If you are planning on making amendments to your courses you should forward any requests through to Gill Carr and please be aware of the following key dates.

**KEY DATES:**

27/4/12: close of papers for amendments to teaching and learning components for all courses 2013.

25/5/12: close of papers for minor amendments such as course aims, content, assessment for Study Period 5 2012

*Associate Professor Kerry Thoirs*
RESEARCH NEWS

- Congratulations to PhD candidate **Mark Catley**, who was recently awarded a payment under the School HDR Publication Incentive Scheme for his publication ‘Normative health-related fitness values for children: analysis of 85347 test results on 9-17 year old Australians since 1985’. This paper was accepted for publication in the *British Journal of Sports Medicine*.

- Congratulations to PhD candidate **Rebekah Das**, who was recently awarded a payment under the School HDR Publication Incentive Scheme for his publication ‘Fluid intake and voiding; habits and health knowledge in a young, healthy population’. This paper was accepted for publication in *Research and Reports in Urology*.

- Congratulations to PhD candidate **Val Dones**, who was recently awarded a payment under the School HDR Publication Incentive Scheme for his publication ‘Inter-tester Reliability of Sonographers in Detecting Pathological Lesions in the Elbows of Individuals with Lateral Epicondylar Pain’. This paper was accepted for publication in *Journal of Musculoskeletal Research*.

- Congratulations to **Dot Zarnowiecki** on a successful application for the HDR Publication Incentive Scheme for publication entitled ‘Parental nutrition knowledge and attitudes as predictors of 5-6 year old children’s healthy food knowledge’.

- **CAHE PhD candidate, Luke Perraton** was recently awarded an NHMRC postgraduate scholarship for 2012-2014 for his PhD research into “osteoarthritis and knee joint function 1 year after anterior cruciate ligament reconstruction, and the influence of altered neuromuscular control”. Luke started in April 2011 and was awarded a NHMRC postgraduate scholarship for 2012-2014 which is a competitive national scholarship.

- Congratulations to **Ryan Causby** and **John Arnold** who have been appointed as HDR representatives for 2012.

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**Professor Lorimer Moseley**, leader of the School of Health Sciences Body in Mind research group, has driven the launch of a community cycling event to promote the much-overlooked issue of chronic pain. On Sunday 29 April, cyclists will take to the roads in an effort to raise awareness about the challenges faced by the 1 in 5 Australians diagnosed with a chronic pain disorder.

Riders of all abilities are welcome, why not join them?

Sign up for the 100 kilometre Adelaide Hills loop up Norton Summit to Lobethal and back to the city, or take the 45 kilometre exit.

Those looking for a challenge are encouraged to take on the Corkscrew Challenge, solo or as a team, in a bid to overcome adversity and acknowledge the parallel challenge faced by those suffering from chronic pain. Thanks to Fasta Pasta, the first 60 riders to reach the top of Corkscrew Road will receive a voucher for complimentary main pasta. Teams registered with 8 or more riders will go in the draw to win 1 of 2 packages of 20 Fasta Pasta vouchers.
Recreational riders and families haven’t been forgotten. Grab your bikes and enjoy the 35 kilometre beach ride. For more information, visit http://www.unisa.edu.au/health/rideforpain/default.asp (and don’t forget to take advantage of the discount for UniSA staff!)

Ashley Green (Marketing)

WEIGHING UP WHAT AN HOUR IS WORTH

A couple of research projects being conducted by the HUT Group have attracted a great deal of media attention over the last couple of weeks. Lisa Matricciani’s history of sleep recommendations for children has been covered by Time magazine, NBC, the Toronto Star (largest circulation newspaper in Toronto), USA Today (the largest circulation daily in the US), Australian Doctor and a US-based medical internet service, WebMed. Lisa’s article in Pediatrics found that while children’s sleep has been declining at the rate of 45 seconds each year for the last 100 years, sleep recommendations have been declining at the same rate. Most sleep recommendations had no empirical basis. David Burdon’s holiday research work on 23- and 25-hour days was featured in The Australian and carried by over 20 radio newscasts. David is asking what people would do if they had one extra hour, or one hour less, each day.


Professor Tim Olds

ICAHE SUPPORTS THE ALLIED HEALTH PROGRAM IN CHILDREN’S CENTRE (TAKEN FROM ICAHE JANUARY / FEBRUARY 2012 NEWSLETTER)

SA Health, the Department of Education and Child Development (DECD) and ICAHE have embarked on a collaborative journey to facilitate support for Allied Health staff in Children’s Centres in their professional development and also in the evaluation of their services. Kobie Boshoff and Karen Grimmer-Somers have received funding in 2011 to provide support to the staff working in these exciting and developing roles across South Australia.

The Children’s Centres Program reflects a cross government initiative partnership between DECD, Department for Families and Communities and SA Health. Children’s Centres aim to improve outcomes for children in the areas of child health and development, child safety, family wellbeing, early learning and later also educational achievement. It is anticipated that there will be 38 centres operational across SA by 2013 – 2014. In 2007, the centres embarked on a new initiative, in recognizing the need for Allied Health staff to provide services on-site at the centres. Speech and Occupational Therapy positions were created in SA Health Primary Health teams, funded through the DECD. Allied Health staff are employed and managed locally in country and metropolitan locations with overall program coordination provided by a lead program officer responsible to both departments.

Funding was obtained by ICAHE to firstly provide evaluation support, with the primary objective of collaboratively refining the evaluation framework for the Allied Health Program, in order to implement an improved evaluation in subsequent evaluation cycles. During this process, the current evaluation methodology was reviewed and recommendations were made for improvement. The next phase has just concluded, incorporating the collaborative planning and development of the evaluation tools. Allied Health staff, in collaboration with Kobie, developed a data collection framework, as well as corresponding evaluation tools and processes. Staff provided input in order to make the tools and processes practical and appropriate, while also yielding the evaluation data required. A workshop, attended by 20 Allied Health staff, was held in January 2012 to train staff in, and prepare for, the implementation of a trial run of the evaluation methodology. Each staff member received an evaluation kit with the protocols and tools ready for the trial implementation.

The other aspect of the funding, support in professional development, is achieved through facilitation of interactive face to face sessions and online communication in the form of a Com-munity of Practice. Group work occurs with staff around shared practice topics, e.g. the development of promotional brochures and processes for the Allied Health roles in Children’s Centres. In addition, a systematic review to describe the Allied Health role in these centres is currently undertaken to inform the development of evidence-based services.

Dr Kobie Boshoff
NEW EMAIL ADDRESS FOR RESEARCH DEGREE STUDENTS

From Thursday 2 February 2012, research degree students will notice a new email address appear for them in myUniSA.

This email address will be of type ‘Higher Degree Research’ and will be in the format –

firstname.lastname@mymail.unisa.edu.au.

This email address type will be allocated to all postgraduate research students, and will be progressively rolled out for them to use between Friday 3 February and Monday 6 February. Once their new email address has been activated, all emails they send will be sent ‘from’ this address.

However, they will still receive emails sent to either their new address or their existing ‘Campus’ email address in their inbox, and both of these email addresses will continue to work for them into the future (so there is no risk that their emails will be lost). If students have any concerns about their new email address, they should contact the Graduate Research Centre on 8302 5880.

RESEARCH TRAINING COMMITTEE

One of the main foci of the RTC is coordinating the Telemachus Research Training (TRT for short) program for higher degree candidates in the School of Health Science.

Formerly known as Vespers, these sessions are held weekly on a Monday at midday. Attendance is good and we are hoping that in 2012 will be even better as we continually update and improve topics in response to feedback. We encourage all staff, as well as supervisors and candidates, to keep an eye on the events and attend as often as possible to learn together, to provide support for each other and to foster a sense of a collective research training community in our school.

We have had many excellent presentations – the league table of presenters is currently Marie Williams (4) closely followed by Grant Tomkinson (3) and Tim Olds (2) with several others putting in stellar cameo performances. Numerous other staff chaired sessions (when students present their work) and we are very grateful for their assistance: Natalie Sinn is the top of the table in this category, followed by our two 2011 representatives Rachel Wong and Dorota Zarnowiecki.

It is wonderful that people have made themselves available so willingly and we hope to see some serious contenders for the 2012 tables. If staff are interested in helping with the TRT sessions please let Susan Hillier or Deb Williams know.

Susan Hillier

RESEARCH GRANTS / FUNDING

- Dollman J. (2012). Towards the development of tailored and targeted physical activity promotion among cancer survivors in rural communities, Country Health SA, $10,000 (1 Year duration).


- A one-year $100,000 research grant from the Canadian Institutes of Health Research has been awarded to Assistant Professor Eduardo Chachamovich, Dr Margaret Cargo (ARC Future Fellow, Social Epidemiology and Evaluation Research Group), Assoc/Prof Jack Haggarty, Prof Laurence Kirmayer, Dr Gustavo Turecki on Social and Clinical Risk Factors for Inuit Suicide in Nunavut: a Multicomponent Knowledge Translation Strategy.
Dr Matt Haren, UniSA – Royal Flying Doctor Service Research Fellow from the Social Epidemiology and Evaluation Research Group, has been awarded a 2.5 year $100,714 Australian Department of Health and Ageing through the University Department of Rural Health Scheme research grant: ‘iWhyalla (Intervention Whyalla): a workplace-based obesity and diabetes primary and secondary prevention trial’. The project team includes Professor Mark Daniel from the Social Epidemiology and Evaluation Research Group, Dr Siobhan Banks, Assoc/Prof Gary Misan, Associate/Professor Jon Buckley from Nutritional Physiology Research Centre, Professor Peter Howe from Nutritional Physiology Research Centre, Mrs Kate Warren and Ms Angie Stokes.

Congratulations to Dr Coralie English who was successful in obtaining a small grant ($19,950) from the National Stroke Foundation. Final research project findings include “sitting for long periods each day may increase risk of future stroke. Using gold standard technology, this project will gather detailed information about patterns of sitting time in people living at home after stroke. We will then be able to design and evaluate programs aimed at reducing daily sitting time.” Coralie was also successful in obtaining another grant from the National Stroke Foundation under the Vic and Nancy Allen Prevention Grant ($20,000).

The Division of Health Sciences Business Development Team would like to advise you of the following tender opportunities that are coming up, please find information attached

THE BUSINESS DEVELOPMENT TEAM NEWSLETTER

ROUND 1 OF DEEWER’S OFFICE FOR LEARNING AND TEACHING GRANTS 2012

DEEWR’s Office for Learning and Teaching (OLT) offers funding for innovation and development, strategic priorities, seed projects, leadership and extension grants. Detailed information and instructions are available at the OLT web site at http://www.deewr.gov.au/HigherEducation/Programs/Quality/Pages/OLT.aspx

Note that due to the OLT Round 1 submission date of 1 March 2012, completed grant applications must be submitted for internal UniSA review and endorsement ASAP.

For further information contact Associate Professor Gavin Sanderson, Deputy Director, LTU by email or telephone on 27850.

DEEWR (OLT) has announced the following programs will operate in 2012.

Learning and Teaching Grants Scheme
Funding is provided for innovation and development, strategic priorities, seed projects, leadership, extension and special initiatives grants.
• Round 1 applications close 1 March 2012
• Round 2 applications close 3 August 2012

Citations and Awards
The Australian Awards for University Teaching comprise citations and four award types recognising teaching excellence and outstanding contributions to student learning:
• Citations for Outstanding Contributions to Student Learning
• Awards for Programs that Enhance Learning
• Awards for Teaching Excellence
• Prime Minister’s Award for Australian University Teacher of the Year
• Career Achievement Award

Citation nominations close 15 June 2012 and Teaching and Program Award nominations close 20 July 2012.

Fellowships
Up to 5 national teaching fellowships, up to 5 mid-career fellowships, and a number of secondments to the Office will be offered. Nominations close 28 February 2012.

Instructions on how to apply for the awards, fellowship and grants schemes will be available at the end of November 2011.
and will be advertised on the University’s Teaching Awards and Grants web site. In the meantime, enquiries can be directed to Associate Professor Gavin Sanderson, Deputy Director, Learning and Teaching Unit.

Information on previous grants, fellowships and awards programs, including resources and reports, is available through the ALTC website. A summary of recently completed projects and resources may be found at http://www.deewr.gov.au/HigherEducation/Programs/Quality/Pages/ALTC.aspx

INFORMATION REGARDING LINKAGE PROGRAM SCHEMES FOR 2012

Linkage Program

Industrial Transformation Research Program
In December 2011, the Industrial Transformation Research Program was announced. This is a new component in the ARC Linkage Program, and consists of Industrial Transformation Research Hubs and Industrial Transformation Training Centres.

The ARC anticipates that the first round of the Industrial Transformation Research Hubs will open for proposals in March 2012 for funding commencing in July 2012, and the first round of the Industrial Transformation Training Centres will open for proposals in March 2012 for funding commencing in January 2013.

Linkage Projects
The Linkage Projects scheme will have one round for funding to commence in 2013. The ARC expects that this round will open for proposals in September 2012 for funding commencing in July 2013.

The ARC will provide further notification when the Funding Rules for the abovementioned schemes become available.

Funding Rules

Discovery Indigenous
The Discovery Indigenous Funding Rules for funding commencing in 2013 are now available on the ARC website: www.arc.gov.au/ncgp/di/di_fundingrules.htm. The closing date for submission of Proposals is 5:00pm (AEST), Thursday 12 April 2012.

Linkage Infrastructure, Equipment and Facilities
The Linkage Infrastructure, Equipment and Facilities Funding Rules for funding commencing in 2013 are now available on the ARC website: www.arc.gov.au/ncgp/lief/lief_fundingrules.htm. The closing date for submission of Proposals is 5:00pm (AEST), Wednesday 18 April 2012.

Further information
The ARC will provide further notification when the schemes open and the RMS Proposal Forms and other relevant documentation become available. Visit www.arc.gov.au for scheme information.

Contact
Contact details can be found at www.arc.gov.au/contact/programs.htm
   1 Year IF = 4.106, 5 Year IF = 4.748 (3/80 Sports Sciences)
   Abstract

   5 Year IF = 3.155, 1 Year IF: 2.684 (27/153 Medicine, General & Internal).
   Abstract

   1 year IF = 2.54; 5 year IF = 2.69; [10/79 Sports Science]
   Abstract

   Abstract

   1 year IF = 1.772, 5 year IF = 2.470 (14/44 Rehabilitation)
   Abstract

6. English C, Thoirs K, Fisher L, McLennan H, Bernhardt J. Ultrasound is a reliable measure of muscle thickness in acute stroke patients, for some, but not all anatomical sites. Ultrasound in Medicine and Biology 2012 38(3) 368-76
   1 year IF = 2.493, 5 year IF = 2.557 (4/30 Acoustics, 42/113 in Radiology, Nuclear Medicine).
   Abstract

   1 Year IF = 2.214, 5 Year IF = 2.526 (Ranking 22/80 Sports Sciences)
   Abstract

   1 Year IF 3.26, 5 y IF = 3.87 (11/81 Experimental Psychology; 13/73 Psychology; 19/78 Physiology)
   Abstract

   Abstract

   1 year IF = 3.17; 5 year IF= not listed (18/70 Nutrition and Dietetics)
   Abstract

**Abstract**

12. Hancock K, Schermer, TR, Holton C, Crockett A. Microbiological Contamination of Spirometers. *Australian Family Physician.* 1 year IF = 0.647 (98/163 Medicine, General and Internal)

**Abstract**


**Abstract**


**Abstract**


**Abstract**


**Reference**


1 year IF = 2.53; 5 year IF = 2.45 [20/46 Respiratory System]

**Abstract**


**Abstract**


**Abstract**


1 year IF = 1.941 5 year IF= 2.375 [17/29 Rheumatology]

**Abstract**


1 year IF = 2.65; 5 year IF= 3.82 [15/109 Paediatrics]

**Abstract**
1 Year IF = 4.106, 5 Year IF 4.748 (Ranking 3/80 Sports Sciences)  
Abstract

5 year IF = 7.501 (3/70 Nutrition & Dietetics)  
Abstract

1 Year IF = 2.462, 5 Year IF  3.252 (41/73 Biophysics, 18/70 Engineering, Biomedical)  
Abstract

Abstract

Reference

1 Year IF = 4.457, 5 Year IF 4.969 (16/153 Medicine, General and Internal)  
Abstract

1 Year IF = 2.543, 5 Year IF 2.272 (22/46 Respiratory System)  
Abstract

1 year IF = 4.61, 5 year IF = 4.22 (Medicine, Research and Experimental 17/106).  
Abstract

1 year IF: 3.28, 5 year IF = 3.40 (Physiology 24/78).  
Abstract

1 year IF = 2.65; 5 year IF = 3.16 (3/44 Rehabilitation)  
Abstract

1 year IF = 2.645; 5 year IF = 3.158 (6/61 Orthopedics; 4/44 Rehabilitation)  
Abstract.

**Abstract**

**CONFERENCE PRESENTATIONS / UPCOMING CONFERENCES**

- **Dr Nayana Parange** conducted an ultrasound workshop for radiotherapists from RAH on 1st February 2012, it was a “hands on” workshop designed for radiotherapists interested in becoming proficient in ultrasound use for the purpose of gynaec brachytherapy.

  The program provided participants with tuition in basic ultrasound physics; ultrasound terminology; sonographic scan planes; annotations and measurements; probe manipulation techniques. Participants practiced these techniques on the pelvic ultrasound simulators as well as on volunteers.


  PechaKucha draws its name from the Japanese term for the sound of ‘chit-chat’. PechaKucha Night’s are informal, live non-profit creative ideas sharing events. Devised and launched in Tokyo, 2003, by Architects, Astrid Klein and Mark Dytham, PechaKucha Night’s rest on a simple patented idea: 20 images x 20 seconds. Presenters show 20 images, which advance automatically every 20 seconds, giving presenters 6 minutes, forty-seconds to take their audience on a fast-track through their passions before the next presenters is up! [http://www.pecha-kucha.org/night/adelaide/2](http://www.pecha-kucha.org/night/adelaide/2)

- **Mr Neil Coffee**, Senior Research Fellow from the Social Epidemiology & Evaluation Research Group, presented in collaboration with Dr Tony Lockwood “The Property Wealth Metric and Socio Economic Indicators” at the 18th Annual Conference from 15-18 January 2012

- SCHE PhD candidate **Janine Margarita Dizon** attended and presented her work at the 19th Cochrane Colloquium and 6th International Conference on Patient Safety from the 19th -22nd of October in Madrid, Spain and the Joanna Briggs Institute’s (JBI) International Convention from the 7th-9th of November in Adelaide, Australia. In the Cochrane Colloquium, Janine did an oral presentation for her study entitled “A pilot study of an evidence-based practice training program for Filipino physiotherapists: emerging evidence on outcomes and acceptability” and two poster presentations for her other studies in her PhD which are “Current practice of Filipino physiotherapists in Metro Manila, Philippines” and “Complex interventions required to comprehensively educate allied health practitioners on evidence-based practice”. In the JBI convention, Janine did an oral presentation of the complex interventions study.

- **Lucy Lewis** and **Katia Ferrar** attended the Pennington Biomedical Research Centre in Baton Rouge, USA from Jan 23rd - 31st for training in the ISCOLE (International Study of Childhood Obesity, Lifestyle and the Environment).

**CLINICAL HYPNOSIS IN PSYCHOTHERAPY & BEHAVIOURAL MEDICINE 2012**

**2012 COURSE DETAILS:** The following 13 full days (scheduled over Fridays and Saturdays) include 15 hours of supervision in small groups.

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**Areas covered will include:**

- history and theories of hypnosis
- traditional and utilisation approaches
- hypnotic phenomena and their use to create change
- hypnosis applied to dentistry, chronic health problems, trauma, childbirth, pain problems, depression and anxiety.

SCHOOL ADMINISTRATION

SCHOOL OF HEALTH SCIENCES – NEW VEHICLE

We are pleased to advise that the School of Health Sciences has purchased a new vehicle which was purchased with the surplus of funds from the previous mobile health clinic helping hand/unisa project. The vehicle is a Holden Captiva that can be used as a 5 seater with storage or a 7 seater without storage.

Bookings can be made via the ‘captiva_loan_form’ which is online with the other school’s forms on the SharePoint site here: https://teamsites.unisa.edu.au/hsc/hls/Forms_School/Forms/AllItems.aspx

You can check as a guide only if the vehicle is currently booked by viewing here: https://teamsites.unisa.edu.au/hsc/hls/bookings/Lists/Captiva_Car/calendar.aspx

Please note, at times there may be several booking requests pending so please wait for confirmation from reception to confirm the vehicle is available. This confirmation will come via email and will include further instructions. Please note: Preference will be given for bookings when related to clinical activity. Where possible bookings should be made 48 hours in advance.

Please also read the information on SharePoint prior to driving the car - https://teamsites.unisa.edu.au/hsc/hls/Documentation/All_about_Captiva_Car_Loan.doc. These instructions are also located in the vehicle’s glove box. Please contact Jo Willis (ext 22887) for any questions.

ASSESSMENT AND GRADEBOOK

AssignIT has been replaced with the learnonline integrated Assessment and Gradebook offering advanced features including Turnitin integration and the management of extension requests. All functionality can be accessed from within learnonline course sites. Study Period 7, 2011 is the last period in which assignments can be submitted to AssignIT. From Study Period 1, 2012 all assignments submitted online must be via the learnonline course site using new Assessment & Gradebook functionality. The AssignIT website is still active but can only be used by students submitting Study Period 7 assignments.

Assessment & Gradebook training sessions are available by registering for one of the open sessions.

You will find online help resources at the following links.

Add an (assessment) activity
Gradebook
Course Site Help for Students – Assignments

ACADEMIC CREDIT CARD HOLDERS

Please note: Credit cards are for pre-approved travel and travel related expenditure only and not to be used for purchasing items. For example stationery, teaching materials, text books etc. Please contact Louise Massie for purchases or other related business.

PD FUNDS

Reminder: All PD fund expenditure must have pre approval from the Head of School (or delegate) prior to committing University funds to purchase.
**REIMBURSEMENTS**

Where at all possible please do not purchase items with personal monies, we offer the service of managing your purchases within the school office please contact Louise Massie with such requests. As the process of reimbursements can be quite lengthy and laborious, we are mindful that claiming can take some time and lead to staff members being “out of pocket” for extended periods of time.

**TRAVEL WITH FAMILY MEMBERS**

**Reminder:** Should you wish to travel on University business accompanied by your family member/s you must seek prior approval via Kylie Fogarty as this is an additional approval process. There have been several recent instances of this approval not having been received and we are required to comply with the Travel Policy of the University. We will include this question on the conference approval form to assist in this compliance.

**Spouse, Partner and Dependent Travel**

Staff must receive prior approval from an SMG member for spouse, partner or dependent accompanied travel. Any additional cost for the staff member (including any associated FBT) must be met by the employee, whilst all costs associated with spouse, partner and dependents must be met by the staff member.

Travellers are to ensure when accompanied by a spouse, partner or dependent, the business of the University is not compromised. The University must not be financially disadvantaged because of a partner or dependent travelling with a staff member.


**GUEST LECTURERS, EXTERNAL PRESENTERS, VOLUNTEERS CONTRIBUTING TO CORE BUSINESS (TEACHING)**

**Vouchers** (maximum value $75 as per ATO ruling) – persons engaged by the University who are contributing to core business will only be entitled to a voucher if they are not receiving wages/salary that day by their regular place of employment this includes University staff members. The auditor general is very focussed on staff who are being paid by their employer and in addition, are receiving supplementary compensation (be it $ or gifts) or personal gain from other organisations, they view this as double dipping and the gift is considered to attract fringe benefits tax.

The University does not condone this practice and we are needing to tighten our controls on ensuring we seek clarification that only those here in their personal time (not on payroll for their employer) can receive a direct benefit, in this case a gift card (max $75). Please seek clarity in writing (just an email is fine) “Please confirm you are not receiving salary/wages from your regular employer for this time” from the person you wish to engage to support the FBT declaration of the gift for audit purposes. We have received many gift cards returned due to company policy not allowing additional payment (in particular government departments).

**Contracts** ( invoicing) Those persons engaged who wish to be paid by invoice have an approval process to enable payment to be made. This involves a compliance check that results (if eligible) in a contract to engage being raised. Without this contract signed payment cannot and unfortunately will not be made. This is a central finance directive, please contact Jodie Quilliam in the first instance should you need to engage the services of an external provider to conduct core business.

**Please Note:** Those who are being paid by their employer for that day will receive a thankyou card and an invitation to a school supported end of year function recognising their contribution to educating our future professionals.
CAMPUS CENTRAL STAFF DROP BOX – CITY EAST

Campus Central have now commissioned a staff drop box which can be used to hand in forms (in an envelope) for processing without being caught up in a student line during peak periods. The box will be checked by Campus Central staff daily.

Matt Golotta
Campus Central Team Leader

STUDENT NEWS

PHYSIOTHERAPY STUDENTS COLLABORATE ON CONFERENCE WORKSHOPS

A group of final year physiotherapy students have been given an exciting opportunity to collaborate on an international conference being held in Adelaide this April – “Noi 2012, Neurodynamics and the Neuromatrix”. Six students are preparing and presenting two interactive workshops for the conference as part of their final year course. One workshop will be focussing on illusions – is what we perceive really ‘real’? The other workshop will be demonstrating particular aspects of neurodynamics – the fluidity of nerves during limb movement.

This is an excellent opportunity for our students to participate alongside world-renown researchers and clinicians in a field of health care increasingly recognised for its important in patient management across multiple disciplines. The University of South Australia is a gold sponsor of “NOI 2012, Neurodynamics and the Neuromatrix”, which is being hosted by NOI Australasia. Please refer to the conference website for more information about this event.

Julie Walters

PEACHEY PLACE COMMUNITY GARDEN

In November 2011, Occupational Therapy students Ayesha Gordon and Cressida Sayer began their three month placement at the Playford Primary Health Service (PPHCS) just north of Elizabeth.

During their time with the PPHCS, Ayesha and Cressida formed relationships with a group of adults who, due to changes in the (state) education policy, were finishing their studies at Para West Adult Campus (PWAC), a local adult-entry high school.

The adult students were looking for something to fill a void in their lives, as studying at the PWAC allowed them to “keep their brain active and do things”.

Ayesha and Cressida, along with the adult student began working with another community group called Peachey Place and together they initiated the Peachey Place Community Garden.

The initial phase of the Peachey Place Community Garden (PPCG) project was to clear the overgrown existing garden, which was completed on the 06/01/2012.

The PPCG group identified the long term goal of establishing an edible garden which could then be accessed by all those involved. The PPCG has the potential to provide many opportunities to its users (group members) outside of gardening, such as creating volunteer or mentoring roles, healthy cooking programs, linking group members with other community agencies and developing great friendships.

The PPCG welcomed members of the Burundian Association and other African community members as part of a shared learning experience. Ayesha and Cressida played a pivotal role in forming and maintaining the PPCG group, and in turn the group has helped its members to find both direction, and the motivation to continue to live life to its fullest.

The work done by Ayesha and Cressida will be continued by local health and community workers.

Hugh Stewart
HOLLY EVANS – COUNTDOWN TO LONDON

Please take the time to read Hockeyroo Holly Evans weekly blog as she and her team mates prepare for the 2012 London Olympic Games -


Cressida and Ayesha (back row, second and third from the left) with the group members at Playford.