

Health



Not a Deadly Disease

Urinary Incontinence
“Social Death”

Urinary incontinence is not a deadly disease but an annoying one, that affects the quality of life of the patients, changes their social and sexual behavior and can lead to isolation and serious psychological problems. Urologist Charilaos Katsifiotis reached that conclusion on the occasion of the information campaign organized by the Hellenic Urologist Association in the framework of the European Week of Urology. Information material was available and was distributed in both Athens and Piraeus' stands. “A big part of the population of this country, taking into consideration that about 32% of people aged between 20 and 60 years old, present some kind of urinary incontinence incident and the percentage rises to 36% in people more than 60”, Mr. Katsifiotis added.

Art is good
for Health

A beautiful painting, a nice sculpture or any other qualitative piece of art can offer relief from sentimental traumas and physical pain.

Researchers from the nerve physiology unit of Bari University, Italy justify the administration boards of hospitals that often spent a lot of money in order to decorate the place with works of art.

According to the research, volunteers felt less pain and had reduced electric activity in the equivalent brain area when they looked at beautiful paintings. Although, studies have proved music reduces pain too, this is the first time that it is scientifically proved that other forms of art can also have such results in the treatment procedure.

“Hospitals have been designed to be functional, but aesthetics must also be taken into consideration”, neurologist professor De Tomasco said adding that “beauty offers a pleasant distraction, that bad paintings can not offer. However, there is not evidence yet, that an unpleasant environment can make pain worse”. According to the Italian neurologist, these findings need more scientific research in order to prove how a nice environment can smooth patients' pain.

Take part in Anti-Poverty week

Marrickville Council is encouraging residents to get involved in Anti-Poverty Week by participating in a variety of activities from 12-18 October 2008.

According to the most recent Census, almost a quarter of residents in the Marrickville local government area are struggling to make ends meet on low incomes and face issues such as lack of affordable housing.

To raise awareness of poverty, its causes and its effects, Marrickville Council will hold a range of activities during Anti-Poverty Week, including a fundraising lunch, sports competition and an environmental workshop. The purpose of the activities is to encourage both discussion and action to address the problems faced by low income earners.

The Street Soccer Competition is the first of the activities to commence prior to Anti-Poverty Week.

Street Soccer Competition

Weekly, starting Wednesday 1 October



ANTI-POVERTY
12 – 18 October 2008 **WEEK**

Debbie and Abbey Borgia Centre, 531 Illawarra Road, Marrickville

This street soccer competition for boarding house residents encourages inclusiveness and is organised by Newtown Neighbourhood Centre, Marrickville Council and Mission Australia.

Council events to be held during Anti-Poverty Week include:

Baby Rhyme Time: Monday 13 & Thursday 16 October, 10.30am

Marrickville Library, cnr Marrickville Road and Petersham Road, Marrickville

Literacy is an important part of poverty prevention. Baby Rhyme Time introduces children to the joys of literature and language, and helps them to develop the skills to learn to read and communicate.

Preschool Story Time:

Monday 13 October, 10.45am

Tuesday 14 October, 11am

Wednesday 15 October, 10.30am &

11.30am

All Council Libraries

Preschool Story Time consists of a theme, song, rhymes and several stories that are read aloud, as well as a simple craft activity for your child to complete.

Environmental Display:

Tuesday 14-Friday 17 October

The Watershed, 218 King Street, Newtown. A display outlining environmental issues.

Environmental Tips Workshop: Wednesday 15 October, 11am

St Peters/Sydenham Library, St Peters Town Hall, 39 Unwins Bridge Rd, Sydenham. Find out how to save money and the environment by reducing waste, energy and water usage.

Soup Lunch

Wednesday 15 October, 12pm

Petersham Town Hall, 107 Crystal Street, Petersham

Lunch will feature a choice of two soups and crusty bread for a donation equal to the value of your regular lunch (\$2-\$10). Funds raised will be donated to local not-for-profit organisations working with people affected by poverty.

Cookie Bake:

Wednesday 15 October, 12pm

Stanmore & Ferncourt OSHC

Marrickville Council's OOSH services will make cookies for the less fortunate and distribute them via Tom Foster Community Care Centre.

Poetry Evening

Thursday 16 October, 6-8pm

Marrickville Library, cnr Marrickville Road and Petersham Road, Marrickville

A poetry evening focusing on language and multiculturalism.

Marrickville Reads

Friday 17 October, 11am

Various Council locations

Everyone stops to read for 10 minutes on the International Day for the Eradication of Poverty. Residents can also help those in the community who are less fortunate by volunteering for local not-for-profit organisations. These include:

STARS – 9750 9344

May Murray Multicultural Aged Services - 9558 0999

Newtown Neighbourhood Centre - 9516 4755

Companionship Volunteers at Missionholme Aged Care Facility Sacred Heart Hospice – 8382 9444

For more information on Anti-Poverty Week and how you can get involved phone 9335 2157 or visit www.antipovertyweek.org.au.

Mass Surveillance of Motor Vehicles

There is enormous risk that Automated Number Plate Recognition (ANPR) will be implemented as a tool of mass surveillance.

The Australian Privacy Foundation (APF) welcomed aspects of the Queensland Parliamentary Report released on 11 September, but expressed serious disappointment that the document's key Recommendation is highly ambiguous. The Report of the Travelsafe Committee was prepared following exemplary public hearings. It recognises the potential benefits of the technology and the serious impact it could have on privacy, and adopts a balanced and measured approach to its Recommendations.

It is the only serious consideration yet to be given to ANPR by elected representatives.

The Report has two major defects, however.

1. The Report fails to recommend the appropriate form of technology ('blacklist-in-camera').

2. The key Recommendation is ambiguous. It says only that:

"Data relating to vehicles not found to be committing an offence shall be cleansed nightly from devices to minimise the possibility of security breaches"

The Committee Chair has confirmed to the APF in writing that the intention of that Recommendation is that:

"Data relating to vehicles not found to be committing A TRAFFIC offence shall be cleansed nightly from ALL devices OF ANY KIND, INCLUDING ALL DATABASES, to minimise the possibility of security breaches"

APF's Chair, Roger Clarke, said "It is vital that all agencies throughout Australia understand that ANPR as currently practised is simply mass surveillance, and is a completely unacceptable imposition on Australian society".

Queensland Parliamentary Travelsafe Committee Report on ANPR ANPR:

The Australian Privacy Foundation has been an effective advocate for privacy protections since 1987, representing the public interest to governments, corporations and industry associations. Automated Number Plate Recognition (ANPR)