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Youth Hⁱ News

HAEMOPHILIA FOUNDATION AUSTRALIA

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message from the co-chair - Robert McCabe

Welcome to the June edition of *Youth News*. The committee has had a productive first half of 2009. I hope to see some young people at the 15th Australian & New Zealand Haemophilia Conference this October in Brisbane. You can read more information on the conference in the newsletter or visit www.haemophilia.org.au. The conference is a great opportunity for learning and to meet others.

Hope to see you there!



15TH Australian & New Zealand
HAEMOPHILIA CONFERENCE
Life Challenges Hⁱ
Brisbane, 8-10 October 2009 www.haemophilia.org.au

The 15th Australian and New Zealand Haemophilia Conference in Brisbane will be held in October. Registrations are now open!

Youth delegates must be aged 15 and over and will attend mainstream conference sessions on Friday and Saturday. There are sessions specifically geared to youth issues so there will be a lot of relevant info for you.

Conferences are a great opportunity to meet other people and re-unite with old friends. You can also learn more about bleeding disorders, the best way to use your treatment products and manage your prophylaxis, and also to deal with complications like inhibitors, and preventing joint problems. It's all about learning more about living with a bleeding disorder and suggestions for how to cope better and get on with your life.

Abseiling the Kangaroo Point Cliffs

Abseiling has been organised for Thursday 8 October late afternoon, and is included in the registration fee for all youth delegates. If you wish to attend, please ensure your flight/transport into Brisbane arrives in plenty of time for this departure. Details of times will be in your confirmation letter. You must tick the box on the registration form to attend this activity. Unfortunately, if you don't tick the box you will be unable to attend.

Limited funding for young people will be available through HFA and possibly your Foundation - contact HFA for more information on 1800 807 173.

For more information on the conference visit: www.haemophilia.org.au/conferences

HEPATITIS C RESOURCES

Suzanne O'Callaghan, Haemophilia Foundation Australia Policy Officer

In May HFA released two new resources relating to hepatitis C -

- Personal stories about living with a bleeding disorder and hepatitis C
- Fact sheets on telling people you have hepatitis C and a bleeding disorder - at work, and to family, friends and new partners

These resources were launched via the HFA E-News on 19 May and can be found in the Hepatitis C section of the HFA web site - www.haemophilia.org.au. A print copy of each of the fact sheets has been included in the June copy of *National Haemophilia* and more are available from your local Haemophilia Centre or Haemophilia Foundation.



How did we decide what resources to develop?

Feedback from the community and health professionals in the HFA hepatitis C strategy evaluation (*Getting It Right Report*) highlighted several priority issues:

- Importance of personal stories to feel connected to other people with bleeding disorders and hepatitis C
- Need for the general community in Australia to understand the particular story of people with bleeding disorders and hepatitis C
- Need for fact sheets with tips on how to disclose hepatitis C at work and to family/friends/new partners. Information for a health care setting would also be useful.

The HFA Hepatitis C Awareness Week Working Group helped to develop the resources - thanks to Erin James from the HFA Youth Committee for his contribution.

For more information on hepatitis C visit www.haemophilia.org.au

RED RUN CLASSIC

Congratulations to Angus Douglas for winning first place in the boys section and Caitlin Large for winning 1st place in the girls section.



HIGHLIGHTED SPORT ~ ABSEILING

The information below is an extract from "Boys will be Boys" by Brendan Egan, Senior Physiotherapist at the Henry Ekert Haemophilia Treatment Centre, Royal Children's Hospital, Melbourne (2005).

Participation

Abseiling is a basic climbing technique that allows safe descent of steep rock sections. It is generally regarded as a low risk adventure sport. No previous experience is necessary, however it is important you participate only with skilled instructors. It is a moderately strenuous activity.

Abseiling can be divided into two categories – abseiling and sports abseiling. Abseiling has become a sport in its own right and presents a unique personal challenge to the participant. It is most often done outdoors but there are now a number of indoor climbing centres where you can abseil.

www.climbing.com.au

Common Injuries

- No specific injury statistics for abseiling. All data refers to rock climbing.
- Climbers sustain overuse injuries and are specific to the handhold types used by the climber
- Predominant areas of injury are the elbow, wrist, forearm and hand

Injury Prevention

Warm-up

- General aerobic warm up, ie walk, jog, run on the spot
- Stretches
- Specific warm up activities can include easy routes (concentrate on movement and technique)

Protective Equipment

Mandatory

- Abseiling helmet
- Properly fitted harness
- Standard descending devices
- Alloy or steel screw gate karabiners

Strongly recommended

- Comfortable protective clothing
- Footwear for location
- Gloves (leather preferred)

Additional protective considerations

- Ensure qualified personnel assess, conduct and supervise the activity
- Conduct the activity in safe areas – consider the capabilities and experience of participants
- Abseiling sites should be free of loose debris
- Venue must enable safe walking access to top and bottom of the climb. Safe zones must also be established at the top and bottom of the cliff.
- Participants must have prior training in equipment use, basic abseiling techniques and safe working practices.



ABSEILING WORD FIND

ABSEIL

ADVENTURE

ANCHORS

ASCENDING

BOOTS

CLIFF

CLIMBERS

DEBRIS

DESCENDING

EQUIPMENT

GLOVES

HARNESS

HELMETS

LIGHT

PRUSIK

RAPPEL

ROCK

ROPES

SAFETY

SECURE

TRAINING



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