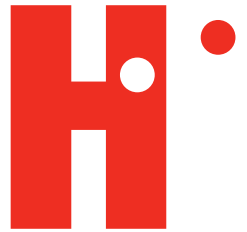


No.15 Sept 2007

Youth

News



HAEMOPHILIA FOUNDATION AUSTRALIA

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MESSAGE FROM THE CO-CHAIR, ROBERT McCABE

Hi - I'm one of the Co-Chairs on the Youth Committee. I joined the committee in 2003 as the Western Australian representative. Since that time I have had the opportunity to meet other young people who are connected to the bleeding disorders community.

I am 23 years old and work as an Article Clerk (trainee solicitor). I live in Perth and I enjoy surfing, watching football and watching movies.

I am looking forward to the up and coming 14th Australian & New Zealand Haemophilia Conference in Canberra. Conferences are a great opportunity to meet community members in a casual environment in order to network and learn off others who have had similar and different backgrounds to my own. I strongly recommend if anyone is thinking of attending the national conference to do so, as it is always a very entertaining weekend.

Hope to see you there!



CRAIG'S PASSION FOR SNAKES - CRAIG BARDISLEY

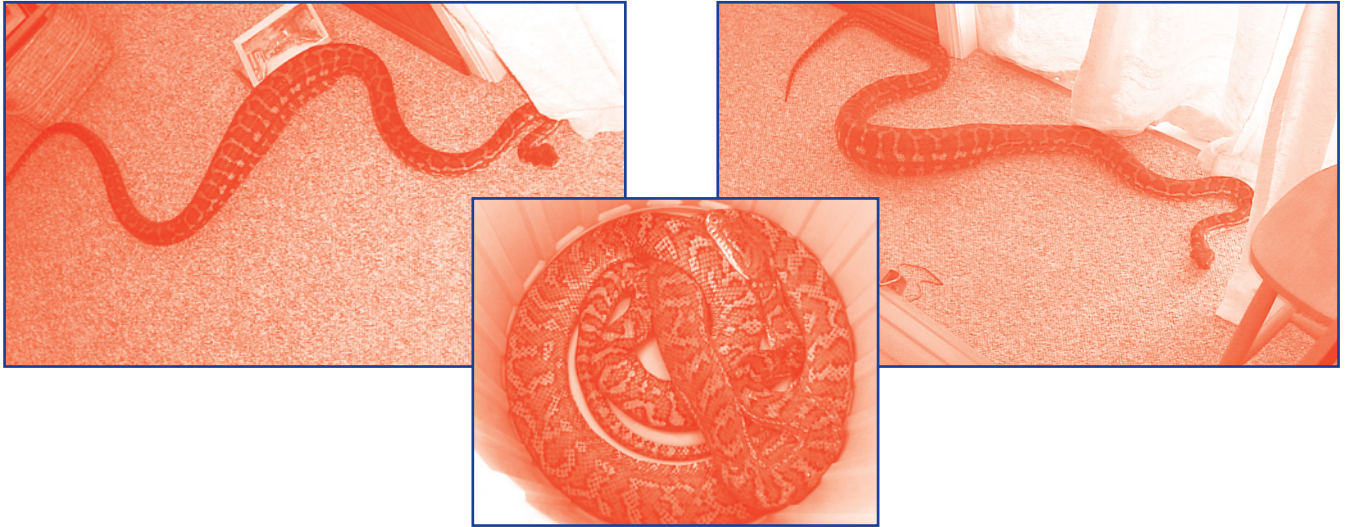
My name is Craig Bardsley and I am on Youth Council representing Queensland. I work as a Behaviour Modification Specialist and Support Worker for people with intellectual disabilities. But in my spare time I catch and release snakes from people's houses and work sites, as well as photographing them. I have always been interested in snakes and bought my first snake when I was 22.

I now have four snakes, one Stimpson Python, two Central Australian Carpet Snakes or Bredli and one Atherton Tableland Python. I have been doing snake relocations for about 2 years and have caught some of the most venomous snakes in Australia, as well as some of the biggest and smallest.

Some of the snakes I have caught are Coastal Carpets, Golden Crowns, Small Eyed, Blind Snakes, Rough Scales, Keel Backs and heaps more. In Australia we have 5 of the top 10 most venomous snakes on land in the world. They are the Fierce Snake or Inland Taipan, the Eastern Brown Snake or Common or Eastern Brown Snake, the Common Taipan or Coastal Taipan, Tiger Snake, and Death Adder. In a couple of weeks I will get the opportunity to handle the top two most venomous snakes in the world, the Inland Taipan and the Eastern Brown Snake.

About 3 months ago I got a call from a lady who said she had a large Carpet Snake in her lounge room and she said it looked like it had eaten a cat or possum. When I got there I found a 2 metre snake curled up under her TV cabinet and it had the biggest belly I have ever seen on any snake. I'm pretty sure it had eaten a possum.

Below are some of the snakes I have caught.



DO I HAVE TO TELL MY EMPLOYER?

Extracted from brochure prepared by John Berrill of Maurice Blackburn Cashman, September 2005.

Generally you don't have to tell your employer about your haemophilia unless it's an occupational health and safety risk.

Also your employer can't force you to see their doctor or sign authorities to get reports from your doctors. There are some exceptions such as for Workers Compensation claims.

However, in many cases telling your employer would be a positive move. It may help explain any problems you are having performing your work and may result in changes to your work which will mean you can continue to work productively.

It's important to assess what you think the reaction of your employer will be and maybe get the help of your doctor, union or the counsellor or other health professionals at your haemophilia treatment centre.

HIGHLIGHTED SPORT - SOCCER

The information below is an extract from "Boys will be Boys" by Brendan Egan, Royal Children's Hospital, Melbourne (2005).

The publication helps people with haemophilia to be better informed about their sporting choices and understand the risks of different sports for them.

Participation

Soccer is the most popular sport in the world, with estimates that there are over 120 million players. There has been a huge surge in the popularity of soccer in Australia over the last 20 years. It is a game that can be played by all ages and at all different skill levels. There is some contact in soccer, particularly in the lower legs during tackles. There are many clubs catering for soccer enthusiasts. Goal kick is a program run for five to ten year olds, offering a fun and safe environment to learn the skills of the game.

www.australiansoccer.com.au

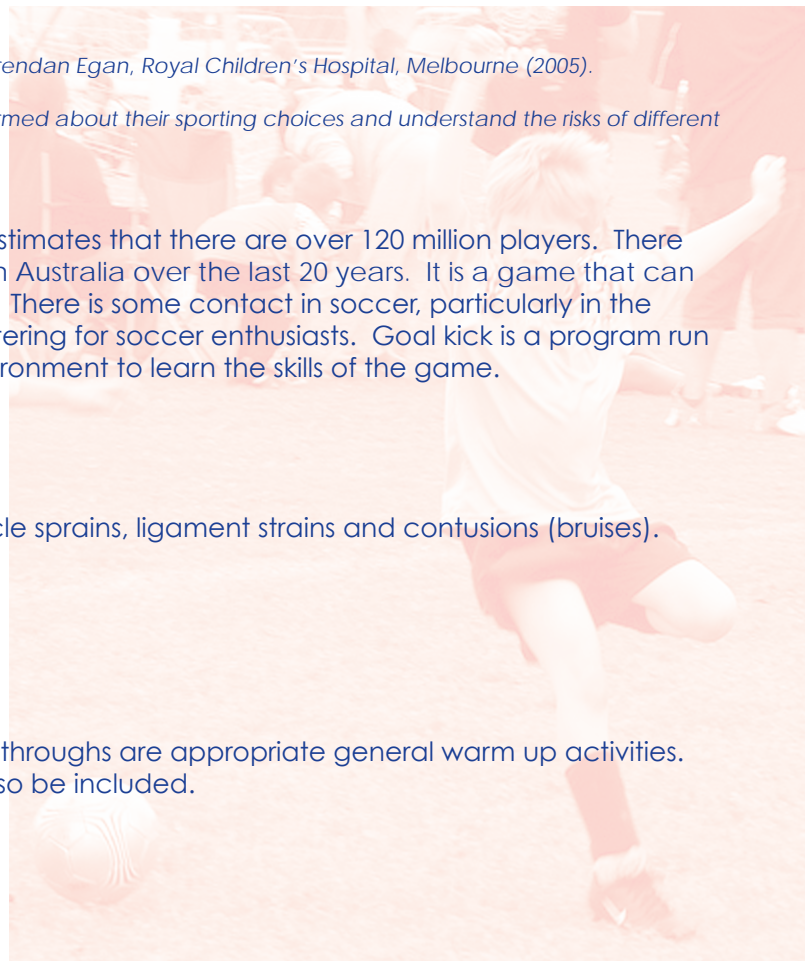
Common Injuries

- Most injuries are to the lower limbs, including muscle sprains, ligament strains and contusions (bruises).
- Lacerations and abrasions are also common.
- A small number of injuries are fractures.
- Lower back and pelvic pain are also seen.

Injury Prevention

Warm up

- Jogging, side to side, backwards running and run throughs are appropriate general warm up activities. Shots at goal, passing and dribbling skills should also be included.
- Stretches.



Protective equipment

Mandatory

- Shin guards.

Strongly recommended

- Mouth guard Type III.
- Appropriate footwear.

Optional

- Thigh guards/padded shorts.
- Protective headgear.
- Chest and shoulder guard.
- Ankle/knee brace.

Additional protective considerations

- Goal posts securely anchored and padding around the goal post well maintained.
- Research has found that, during game situations forwards were the most frequently injured, followed by midfielders and then by defenders. Therefore, it would be worth considering the placement of a person with a bleeding disorder in the statistically safest position.
- Playing on soft grounds surfaced with a good coverage of grass may reduce the incidence of abrasions and lacerations.
- The action of heading the ball in soccer presents the possible event of head injuries. Repeated minor head trauma can lead to a cumulative chronic injury. This may, however, be less of a problem now as balls are lighter and less prone to getting waterlogged and heavy. The use of protective headgear in soccer would need to be given clearance by those in charge of the game. In general, the person with a bleeding disorder should show caution when heading the ball, as even minor head trauma must be taken seriously. Correct heading technique should be taught from a young age.



Australian & New Zealand Haemophilia Conference Canberra 4-7 October 2007

bleeding disorders ~ achieving success to last a lifetime

www.haemophilia.org.au



HAEMOPHILIA FOUNDATION AUSTRALIA

The 14th Australian and New Zealand Haemophilia Conference in Canberra is not that far away, and it isn't too late to register for the conference.

Youth delegates must be aged 14 and over and will attend mainstream conference sessions on Friday and Saturday and any of the workshops on Sunday morning. There are sessions specifically geared to youth issues so there will be a lot of relevant info for you. On Sunday youth delegates will have an offsite activity at Pitch n' Putt golf. This is included in your conference registration costs.

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 disorders and suggestions for how to cope better and get on with your life.

Junior delegates (aged 14 and under) may play golf on Sunday with the consent of their parent/guardian. If you are under 14 and are interested in the activity please email your details to hfaust@haemophilia.org.au or call 1800 807 173.

For more information visits the conference website www.haemophilia.org.au/conferences



The theme, **Haemophilia ~ One Community, Many Faces**, aims to portray that haemophilia affects people of all ages and experiences.

You can help promote Haemophilia Awareness Week in many ways ~

- Set up a stand at your school
- Assist your local foundation during the week
- Organise a Red and White casual clothes day
- Organise a sausage sizzle or morning/afternoon tea

Promotional items – Balloons, Stickers, Posters and Bookmarks – will be available and there will be a colouring in competition for children. If you would like to receive a promotional package or run an event to coincide with the week contact HFA on 1800 807 173 or email ncoco@haemophilia.org.au.

Snake Word Find by Craig Bardsley

**ADDER
CONSTRUCTOR
SCALY**

**BITE
FANGS
SCRUB PYTHON**

**BROWN SNAKE
HERPETOLOGY
SNAKE**

**COASTAL TAIPAN
INLAND TAIPAN
TIGER SNAKE**

**CONSTRICTION
NOCTURNAL
VENTRAL SCALE**

S	N	H	E	R	P	E	T	O	L	O	G	Y
C	O	A	S	T	A	L	T	A	I	P	A	N
V	E	O	N	N	O	C	T	U	R	N	A	L
V	E	N	A	B	I	T	E	F	S	C	A	Y
F	A	N	K	T	R	E	D	D	A	V	O	L
T	I	G	E	R	S	N	A	K	E	N	P	A
B	R	O	W	N	S	N	A	K	E	S	G	C
V	E	N	T	R	A	L	S	C	A	L	E	S
C	O	N	S	T	R	I	C	T	O	R	A	W
F	N	O	I	T	C	I	R	T	S	N	O	C
I	N	L	A	N	D	T	A	I	P	A	N	B
S	C	R	U	B	P	Y	T	H	O	N	I	M

Haemophilia Foundation Australia
Registered No.: A0012245M ABN: 89 443 537 189
1624 High Street, GLEN IRIS VIC 3146
Freecall: 1800 807 173 F: 03 9885 1800

E: hfaust@haemophilia.org.au
W: www.haemophilia.org.au

Editor: Natasha Coco
Contributors: HFA Youth Council & Leaders

Youth Council
Co-Chairs ~ Paul Bonner (SA), Robert McCabe (WA),
Anna Szytyer (TAS), Kristi Jorgensen (VIC), Scott Christie (SA),
Simon McMenamin (ACT), Craig Bardsley (QLD), Sam Duffield (NSW)

Youth Leaders
Chantel Roberts (VIC), Dale Spencer (WA), Michael Lucken (VIC),
Matthew Blogg, (VIC) Erin James (NSW), Lauren Albert (QLD)

HFA Representative ~ Natasha Coco