

Noticeboard

Parentworks

Are you looking for help managing challenging tantrums, aggression and sibling conflict or to work better with a partner parenting children 2 to 16 years? Parentworks is a free online programme that may help. It has been developed by psychologists and researchers from the University of Sydney, who are keen to involve all parents and have developed ParentWorks to be a father-friendly program (parentworks.org.au)

Dance For A Cure

Dance For A Cure to raise funding and awareness for the Children's Leukaemia & Cancer Research Foundation is hoping hundreds of Perth families will come together in Forrest Place in the City of Perth on Sunday 30th October at 10.30am. A filmed version of the choreography is available to learn and two rehearsal dates will be held before the event. (to register for the event, order a T-shirt and learn the dance, see danceforacure.com.au)

Mindfulness

If you have had enough of colouring in as a mindfulness exercise, try Wildlife Spotter. A citizen scientist project to help researchers identify animals in wilderness photographs taken by automated cameras around Australia and help save threatened species and preserve Australia's iconic wildlife. wildlifepotternet.au

Sing for Good

Sing for Good, the video challenge raises donations to support disadvantaged people through Creativity Australia's With One Voice Choirs and charity partners. Sing with a group, enter your video and vote, share and donate. The challenge closes late October 2016 singforgood.org

Quality checklist

Blogs and podcasts are increasingly being used for education and to share information, if you looking for a checklist to assess the quality of an online health education resource, a list of quality indicators has been formed by Canadian researchers to produce checklists to assist with reviewing medical blogs and podcasts. See thewinnower.com (The Quality Checklists for Health professions Blogs and Podcasts from September 13, 2015)

National Nutrition Week

Celebrate National Nutrition Week from 16-22 November, and take the Try For 5 Challenge. On registration, unlock the resources section which contains information and recipes to help discover new ways to add veges to the day. Host a vegetable-based BBQ, start an edible garden, host a "healthy lunch day", for more ideas, see nutritionaustralia.org or follow on Instagram (@nutritionaustralia) or twitter (@NutritionAust) or Facebook (Nutrition Australia)

"Outside of a dog, a book is man's best friend" - Groucho Marx.

The State Library of Victoria has a useful resource for teen readers, Inside a Dog . It provides a space for young people to find great reads, review books they love or hate, join forums and create or join book clubs. See insideadog.com.au or follow on Facebook and twitter @InsideADog

UV Meters in WA

Cancer Council WA has designed a UV meter for use to provide an accurate, minute by minute reading of solar UV radiation for the location. In WA, the UV levels can be high enough to increase skin cancer risk throughout the year at certain times of the day. The meters provide simple signage indicating what sun protection is required. The meters are made in WA and have been purchased by schools, councils and workplaces , there are no ongoing service fees and minimal maintenance other than a superficial clean , and currently cost between \$3 500 and \$4 000 depending on freight costs. Meters currently are in use by the City of Melville at Deepwater Point, Surfing WA Headquarters, Trigg beach, HBF Arena, Venues West Edith Cowan University , Mt Lawley Campus and several schools. see myuv.com.au for more information or to download a product guide

Donations that make a difference

Ensure you donate to effective charities and have confidence that your donations will make a significant difference by using The Life You Can Save organization, who have evaluated charities working in areas such as health care, hunger and nutrition and economic empowerment. Each year a list of the world's best charities aiding the global poor is published, the recommended charities have to demonstrate a record of effectively combating the causes and symptoms of global poverty. The founder of the organization is Princeton ethicist Peter Singer, author of The Most Good You Can Do and The Life You Can Save. thelifyoucansave.org

The Conversation Project

The Conversation Project is designed as a tool to help people have conversations with their family members and loved ones about their wishes for end-of-life care. The organization has now developed a Starter Kit to help families and loved ones of people with Alzheimer's disease or other forms of dementia who want guidance about "having the conversation". It is designed to help discuss how the person want to live at the end of their lives, about the care they want and the care they don't want. theconversationproject.org



Perth
Pathology

Did you know that Perth Pathology provides pathology collection here at CBD West?

Two dedicated staff are onsite from 7.30 am to 4.00pm Monday to Friday. Perth Pathology is Western Australia's only independent pathology laboratory providing diagnostic services to Perth and surrounding areas.

Podcasts

Noun: a digital file made available on the internet for downloading to a computer or portable media player, typically available as a series, new installments of which can be received by subscribers automatically.

This means you save the podcast to your phone or tablet, or computer and you can listen to it later at anytime, even without an internet connection. It is believed that the term podcast was first used in 2004 in an article for The Guardian Newspaper, since then subscriptions to iTunes podcasts alone number over 1 billion, in over 100 languages. The original article was suggesting possible names for the new medium, the "pod" is borrowed from Apple's "ipod" digital media player and the "cast" portion is taken from Radio's "broadcast" term.

The freedom given to the listener, of being able to choose when and where to listen to their favourite programming, combined with the intimacy of voice and the interactivity of a website (most podcast websites have ways for listeners to leave comments about each episode) explains the increasing popularity of podcasts. The podcast also allows programme makers more freedom of content, with no programming regulations and low cost of production.

The range of topics available is extensive, allowing the listener to find out about new trends and ideas, use for education or simple human interest stories. Their formats range from talk shows, call-in sports shows, audiobooks, poetry, music DJs, news, sightseeing tours, education and more.

Accessing podcasts is not streamlined, an app must be downloaded, for example by using iTunes to manage them. Other apps that operate as podcatchers include Pocket Cast, TuneIn and Instacast. The podcasts must be discovered, most people have podcasts recommended by word-of-mouth. The technology has not kept up as it remains difficult to search by subject outside the name and tag given or the 'top ten' lists provided by the providers of the app used for subscriptions. At the moment there is no 'Netflix' like service to provide suggestions based on your current subscriptions.

Some podcast examples to experiment with are:

- **Philosophy Bites** - a 20 minute series featuring philosophers being interviewed on various topics
- **Stuff you Should Know** - two hosts discuss a wide range of topics
- **The Allusionist** - explore the English language and terms with host Helen Zaltzman
- **Song Exploder** - musicians tell the story of their creative process and how they make their music
- **A Great Recipe for Life** - Mel Kettle talks to everyday people doing interesting and extraordinary things
- **Science Vs** - Wendy Zukerman dissects current fads framing themselves as scientific fact
- **Revisionist History** - Malcolm Gladwell returns to reinterpret something from the past
- **Control Z** - unravel technology and internet culture
- **Best Science Medicine** - BS without the BS, a Canadian production discussing evidence-based drug therapy
- **Inside Health (BBC)** - UK GP Dr Mark Porter demystifies myths about vitamins, statins, e-cigarettes and more
- **Dear Sugar** - the spoken world's Doctor Dolly
- **TV Club** - a weekly panel of industry insiders and critics look at TV
- **Another Round** - by buzzfeed, hosted by women discussing race, gender and pop culture
- **Seriously** - a selection of documentaries across unlimited topics from BBC Radio 4
- **Off Track** - discussions about the outdoors and the environment produced by radio national Australia

- **The Health Report** - Norman Swan produces a weekly review about health development for Australians
- **The Real Thing** - episodes discover the stories, characters and scenes from the 'real' Australia
- **Chat 10 Looks 3** - Annabel Crabb and Leigh Sales chat about books, television, movies and culture
- **The Wheeler Centre** - from the best of talks given at The Wheeler Centre Melbourne, covering books, writing and ideas
- **Women of the Hour** - hosted by Lena Dunham, each episode has a theme such as work, friendship, the body
- **Like I'm a Six Year Old** - Tom Ballard interviews interesting people such as indigenous activists, lawyers, politicians and waitresses on a range of issues
- **theThing** - with Alec Baldwin, he interviews his friends, providing insight into the lives of actors and artists
- **This American Life** - Ira Glass hosts a weekly programme of memoirs, essays, field recordings and short stories
- **Radiolab** - stories and science woven with sound and music
- **Reply All** - subjects around the Internet are tackled, about how people shape the internet and how the internet shapes people
- **WTF** - one of the original stand-up comedy podcasts. The interview with Louis CK is claimed to be 'The greatest Podcast of all time'



Meet Our Team! This week:

Dr Elizabeth Kerr
MBBS Dip RACOG FRACGP

Dr Elizabeth Kerr's father was a pastoralist near Meekatharra and she was born, raised and educated in Western Australia. After finishing her medical degree at the University of Western Australia, she worked for two years in the local teaching hospitals before spending the next four years working in England and travelling extensively.

Dr Kerr returned to Western Australia to start a family, finishing the Family Medicine Programme and a Diploma in Obstetrics and Gynaecology while working as a GP in various rural and city locations and for two years as a GP Obstetrician in Carnarvon.

For the next ten years Dr Kerr continued in Shoalwater as a GP with a strong interest in Women's Health and an increasing interest in Sport's Medicine. She started regular sessions at Murdoch University Health Centre and Peel Hospital Emergency Department. Dr Kerr continues to thoroughly enjoy the variety and complexities of modern General Practice and finds CBD West Medical Centre a great practice.