

Margaret MAY MP
Margaret MAY MP
Federal Member for McPherson



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NEWSLETTER 2010

Dear McPherson Resident,

Since being elected as your local Federal Member in 1998 and re-elected in 2001, 2004 and 2007, it has been my privilege to represent our community in the Commonwealth Parliament. In August last year, I announced that I would not re-contest McPherson at the election expected to be held some time later this year.

Since making the announcement, many people have asked me how it affects my duties and responsibilities as a Member of Parliament. I am writing to you now because I want to assure you that this decision (which was not taken lightly) has not diminished my commitment to my electorate or my constituents. I am still your Federal Member and my staff and I are available to provide any assistance and/or information you may require in regard to matters which are the responsibility of the Commonwealth.

My retirement from politics will become effective immediately the Parliament is dissolved prior to the next election. However, the McPherson Electorate Office will remain open during the campaign period and my experienced, efficient and friendly staff will continue to be of service to you on Commonwealth-related matters until a new Member is declared elected.

Although I don't have any "inside knowledge" as to when the election is likely to be called, this may be my last opportunity to write to you as your local Member of Parliament. It is, therefore, an appropriate time to record my appreciation and thanks to the electors of McPherson for your support over 12 years.

McPherson is a fabulous electorate with its blend of urban areas, beautiful beaches, coastline, valleys and hinterland from Coolangatta in the south, to Burleigh in the north and west to Mudgeeraba - all these areas are supported by our vibrant tourism industry, small businesses, outstanding educational institutions and much much more. But most importantly it is the good people with an outstanding community spirit that make up the heart and soul of this wonderful electorate.

Thank you for the privilege of representing you throughout my parliamentary career. It has been a wonderful journey representing you in the Federal Parliament and I'm grateful to have been so closely involved and associated with you during my term of office.

Please accept my best wishes for the future.

Yours sincerely





Delivered for McPherson...

Margaret has always been a grassroots politician with the residents of McPherson being her first priority. She has worked hard so McPherson residents' voices are heard in Canberra and fought to deliver real results for the electorate for much needed funding and services - a snapshot of what has been delivered is provided below.

Margaret recently gave her valedictory and excerpts are included below -

Margaret May MP, Valedictory June 2010
"I have spent some time reflecting on my years of service as the Federal Member for McPherson, on what this role has meant to me, on what the people of McPherson have meant to me and on the many people who have supported me and made my time in this place and in the electorate so memorable".

DELIVERED DELIVERED DELIVERED DELIVERED DELIVERED

Delivered funding of \$2.8m for the Family Relationship Centre to provide a much needed service to Gold Coast families to help maintain a healthy family environment and strengthen family relationships.
Funding for Centacare of \$1.425m over 3 years to establish a new Early Intervention Service to assist Gold Coast families experiencing relationship difficulties.
Delivered the Commonwealth Carer Respite Centre.

The welfare of older Australians is a priority of Margarets and she has delivered seven nursing homes on the southern Gold Coast.

- Sandbrook
- Hillview House
- The Domain
- Villa Serena
- Burleigh Gardens
- Superior Care Group
- The Terraces



Delivered the Commonwealth Carelink Centre.

Continued support for the Kids Alive Do the Five Program through an additional \$330,000 to reinforce the water safety message for toddlers.
Delivered the Gold Coast Children's Contact Centre.



\$2.5m for Bond University to establish the Bond University Clinical Education and Research Centre at Robina Hospital.
Delivered \$4.5m for Bond University's Health Sciences and Medicine Building for training tomorrow's doctors.

Extended Family Assistance services through the Elanora Medicare Office.
\$249,428 to Kalwun Development Corporation under the Family Support Program to assist children and parents.
\$200,000 to Afafmi Queensland under the National Respite Development Fund to provide support and respite to carers of people with a mental illness/psychiatric or intellectual disability.
\$197,331.00 to FSG Australia under the national Respite Development Fund to provide support and respite to carers of people with a mental illness/psychiatric or intellectual disability.
\$1,210,800 to Aftercare under the Personal Helpers & Mentors Program to support people living with mental illness.

Secured \$13m for Currumbin Community Special School for the purchase of land and erection of buildings.
Delivered \$19.6m to Varsity College in capital grants to provide the best facilities for students.
Delivered \$18.9m to build a multi million dollar Australian Technical College at Robina creating opportunities for young people to acquire trade skills.

Delivered \$4m to the Southern Cross University located at Gold Coast Airport.
Delivered \$3.5m (in 2010) in Capital Development Pool Funding for the expansion of facilities at Southern Cross University.

Secured millions of dollars for school children under the Investing in our Schools Program.



Delivered over \$1m to Mirikai to provide drug and alcohol treatment.

Delivered the Medicare Office at the Pines Shopping Centre, Elanora.



Delivered \$1.5m under the Television Black Spots Alternative Technical Solutions Programme.

Delivering \$14m to inQbator to provide seed funding and business assistance for local ICT start-ups.



Delivered hundreds of thousands of dollars to those veterans that have served our nation.

Delivered \$455m for the upgrade of the M1.

Delivered the eastern route for the Tugun Bypass.

Delivered a \$120m commitment towards the Tugun Bypass.

Delivered over \$2m to the southern Gold Coast for black spot road safety improvements.

Delivered millions of dollars to the Gold Coast City Council for local roads and provision of other local government services. These grants are untied so the Gold Coast City Council can allocate funds according to local priorities.

Delivered millions of dollars to the Gold Coast City Council under the Roads to Recovery Programme to fix local road problems.

Margaret May MP, Valedictory
June 2010

"But I guess the moral of the story is that people can have a say and make a difference. As the local member, I became the people's voice in Canberra".



Margaret May MP, Valedictory
June 2010

"... but I think some of the most rewarding work we do is helping an individual or a group of people in our electorates to find a positive outcome to a difficult issue."

Delivered a \$300,000 community infrastructure grant to Gold Coast City Council for the Palm Beach Parkland, Treasure Island Playground Development.

Delivered Community Water Grants to school and community groups to improve water efficiency and to implement a range of water saving initiatives.

Delivered funding for the Gold Coast of \$3.15m over 4 years towards the Pressure and Leakage Management Initiative.

Delivered \$3m for Bond University's School of Sustainable Development.

Delivered a Small Business Officer to assist businesses on the Southern Gold Coast.

Delivered a TradeStart Office.

Delivered \$1.77m funding to the Gold Coast City Council to cut regulation and compliance costs for small business.

AND MORE AND MORE AND MORE
And more and more.....
AND MORE AND MORE AND MORE

Margaret May MP, Valedictory
June 2010

"We often hear politicians talk about the honour and privilege of representing people in the federal parliament. It is both and I am no different from others who have gone before me in saying just that. It has been an honour and a privilege."



Dementia is projected to outstrip any other health condition in Australia!!!

A report by Access Economics has projected that the number of Australians with dementia is expected to increase from 245,000 in 2009 to 591,000 in 2030 and again to a staggering 1,130,000 by 2050. The cost of community and residential care for dementia is already \$5.4 billion and by 2060, spending on dementia is projected to be \$83 billion (in 2006-07 dollars).

Follow the MIND YOUR MIND Signposts



.....They may reduce your risk of developing Dementia



MIND YOUR BRAIN

"Keeping the Brain Active"

Keeping the brain active is thought to build reserves of brain cells and enhance their connections, helping keep you mentally sharp.

- **Do mind games** like crosswords, number and word puzzles, chess, draughts and cards.
- **Read, write, converse, use a computer, learn a language, take a course.**
- **Pursue cultural activities** like going to plays, concerts, museums, galleries.
- **Keep up hobbies** like jigsaws, painting, sewing, carpentry ... or take up new hobbies.
- **Do activities around the house** like cooking and gardening.

"Make new friends"



MIND YOUR DIET

"A good and balanced diet promotes brain health"

- **Reduce saturated fats**

Eat mainly lean meat and chicken, and choose low-fat or no-fat products.

- **Eat protective foods**

HDL (or 'good') cholesterol foods: include monounsaturated and polyunsaturated fats, olive oil, avocados, olives, nuts, seeds and fish.

Omega-3 fatty acids: soy and canola oils, canola based margarines, fish (especially oily fish such as Atlantic salmon, mackerel, Southern blue fin tuna, trevally and sardines) once or twice a week.

Antioxidant-rich foods (from the richest down):

prunes, raisins, blueberries, other berries, spinach, brussel sprouts, plums, broccoli, beetroot, avocados, oranges, red grapes, red capsicums, cherries, kiwifruit, onions, corn, eggplant.

Antioxidant-rich drinks: green tea, tea and red wine (in moderation).

Folate: oranges, mandarins, bananas, rockmelons, strawberries, avocados, corn, broccoli, cabbage, cauliflower, pumpkin, sweet potato, parsnips, whole grain cereals and oats, peanuts, meat and soya.

- **Include sufficient vitamins**

Obtaining vitamins from food sources is best; but consider vitamin supplements if needed (but not more than 400mg of vitamin E daily).

Vitamin E, from vegetable oils, nuts, green leafy vegetables and fortified cereals may be especially important.

- **Drink water**

Keeping hydrated is important, unless medically advised to restrict fluids. Drink 6-8 glasses of water a day.

Avoid excessive caffeine or alcohol as these remove water from the body.



MIND YOUR HABITS

"Avoid Bad Habits"

- **Don't smoke.**
- **Don't drink too much alcohol:** if you drink, just have 1-2 drinks a day, with one or two alcohol free days a week,

And for your general health, it is helpful to reduce stress and get a good sleep.

The good news is if you do these things you will be healthier, and may lower your risk of heart disease, stroke and diabetes - and of dementia.



MIND YOUR BODY

“Exercise encourages blood to flow to the brain”

Physical exercise encourages blood flow to the brain. People who exercise regularly are less likely to develop heart disease, stroke and diabetes. These conditions are associated with an increased risk of developing dementia.

- **Exercise aerobically** at least 20-30 minutes three times a week. You can walk, dance, jog, cycle, swim, garden ... anything that gets the body moving and the heart pumping.
- **Resistance or weight training** builds muscle strength, coordination and maintains bone density.
- **Maintain flexibility and do balance exercises** like dancing, bending, stretching, tai chi, pilates and yoga.



MIND YOUR HEALTH CHECKS

“Have health check-ups”

Having check-ups and following the medical advice of your doctor is important for general health and brain health.

- **Mind your body weight** and avoid obesity.
- **Mind your blood pressure** and seek treatment if it is too high.
- **Mind your cholesterol** and keep the 'bad' cholesterol low.
- **Mind your blood sugar levels** and, if you have diabetes, manage it well.



MIND YOUR SOCIAL CHECKS

Being socially involved and participating in leisure and other activities with people helps maintain a healthy brain.

- **Keep in contact**, with family and friends.
- **Participate**, in clubs, social, cultural or other groups.
- **Keep on working**, or become a volunteer.
- **Enjoy conversation**, with your neighbours, shop assistants, on the radio.

“Be socially involved”



MIND YOUR HEAD

“Protect your head to reduce your risk of dementia”

- **Avoid head injury.**
- **Always use a seatbelt.**
- **Take special care** when you are a pedestrian.
- **Use protective headgear** when riding, skating and playing sport.

Could your team be the next local sporting champions?

For young sportspeople aged between 12 and 18 years of age, financial assistance is available from the Australian Sports Commission to go towards the cost of travel, accommodation, uniforms or equipment when competing, coaching, umpiring and refereeing. (Please note that grants are not available for ongoing training or seasonal competition).

I encourage McPherson residents to apply for the grants - \$500 for eligible individuals and \$3000 for eligible teams.

Please go to ausport.gov.au/champion for an application form.



Youth and the United Nations



I encourage young people with an interest in youth issues to consider becoming a delegate to the United Nations Programme on Youth.

The programme has been set up to –

- Increase awareness of the global situation of youth and increase recognition of the rights and aspirations of youth;
- promote national youth policies, national youth coordinating mechanisms and national youth programmes of action as integral parts of social and economic development, in cooperation with both governmental and non-governmental organizations;
- strengthen the participation of youth in decision-making processes at all levels in order to increase their impact on national development and international cooperation.

Further information is available from:

<http://www.un.org/esa/socdev/unyin/youthrep.htm>

Cyber Crime Booklet

Cyber crime is a major issue in our community and it is important for us to understand how to properly protect ourselves from cyber crime. We need to know the steps to follow so that we are protected as individuals, as well as protecting our families and businesses.

In a world of email, social networking, transacting online whether it be through internet banking, using eBay, purchasing goods and services online or filing your tax returns online, you may be subjected to scams and other online fraud.

I have put together a booklet with tips for online safety which is available from my office.



Quick Tips to Care for the Environment

Please contact my office for a booklet that sets out the steps you can take to help protect and preserve Australia's natural environment.

From conserving our biodiversity, cleaning up the atmosphere, reducing the amount of waste you produce, protecting waterways and caring for the coast - the booklet contains some useful suggestions for you to implement.



Commonwealth Respite
and Carelink Centres

www.commcarelink.health.gov.au

Your Link to Living Independently



Carer Respite & Support Information

- Home Care
- Respite
- Residential Care
- Domestic Assistance
- Home Modification
- Transport
- Allied Health
- Disability Services
- Social Support
- Meals
- Other



Are you caring for a person?

CARER RESPITE PROGRAMMES (no need to have a concession card)

- ▶ **Ageing Carers**
Caring for an adult child with a disability
- ▶ **Dementia**
Caring for a person with dementia/memory loss
- ▶ **Employed Carers**
In employment and caring for a person 65 years & over or 50 years Indigenous
- ▶ **Mental Health**
Supporting Carers of people affected by mental illness
- ▶ **Young Carers**
Up to 25 years of age who care for a family member with a disability or medical condition
- ▶ **Residential Respite Booking Service**
Planned respite (break) in a Residential Facility

All
Welcome!

102 TIPS for You

Where: Robina Community Centre
Robina Town Centre Drive

Date: Please contact the number below
for details and bookings for our
next session!

Come along, enjoy and learn more about
Cancer, Centrelink update, Care in the Home
and Medical matters.

Free entry and morning tea!

For further information contact:

1800 052 222* Freecall

(*calls from a mobile phone are charged at applicable rates).

Level 5, Robina Town Centre, Robina Qld 4226

USEFUL TELEPHONE NUMBERS

Emergency Numbers Health Police Help Lines Government Agencies Misc Numbers

Emergency Numbers

Ambulance, Police, Fire	000
State Emergency Services	5591 1177
Energex Emergencies	13 62 62

Health

Gold Coast Hospital, Southport	5519 8211
Gold Coast Hospital, Robina	5501 8333
John Flynn Hospital	5598 9000
Medcall	5531 1224

(Doctors after hours house calls – mainly bulk billed)

Medicare	13 20 11
Mental Health Information Service	1800 674 200
Poisons' Information Centre	13 11 26
Medicines' Line	1300 888 763
Alcohol and Drugs Information Service	1800 177 833
Disability Information Service	1800 177 120

Police

Coolangatta	5589 8444
Palm Beach	5534 0222
Mudgeeraba	5559 3888
Crime Stoppers	1800 333 000
National Security Hotline	1800 123 400



Help Lines

Lifeline	13 11 14
Kids' Help Line	1800 551 800
Elder Abuse Prevention Unit Help Line	1300 651 192
Domestic Violence Line for Women <i>(Assist women to get into safe refuge)</i>	1800 811 811
Women's Infolink	1800 177 577
Men's Line Australia	1300 789 978
Men's Line Queensland	1800 600 636
Parentline	1300 301 300
State-wide Sexual Assault Help Line	1800 010 120
Gambling Help Line	1800 222 050

Government Agencies

Commonwealth Carelink Centre	1800 052 222
Commonwealth Carer Respite Centre	1800 059 059
Department of Veterans' Affairs	5571 1549
Child Care Access Hotline	1800 670 305

Misc Numbers

Gold Coast City Council	5582 8211
Citizens' Advice Bureau	5532 9611
TransLink	13 12 30
Foreign Affairs Consular <i>(24-hour Emergency Centre)</i>	1300 555 135

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