ABN 17 229 754 538
Not for Profit Registered Charity: CH 1922

PETFORD WELLNESS

Petford Wellness Association (PWA) Newsletter—October 2015

OCTOBER 2015 ISSUE

News from Petford Farm

Vale Norma Guest (Perrot)

Sad news. After a life time of supporting youth, Norma Guest passed away on 11th July 2015 at Petford. Many would know that Norma supported thousands of boys and girls in exploring self-respect and respect for others in the Region for 33 years. A large crowd attended the memorial for Norma in Mareeba and last Saturday 26th Sept at Petford.

Community Wellness Beside Emu

Norma and Geoff

Our Secretary **Rebecca Sharpe** is leaving the role as she is relocating and we thank her for all the work she has done for the Association

Geoff a Conference Presenter

Geoff spoke on Indigenous Mental Health at the Creating Futures Conference in 11-14 May 2015. Geoff also had talks in Melbourne with Professor Rex Haig of Nottingham University where they exchanged ideas about Community Mutual Help Well-being Ways

Healing bumps and bruises with homemade herbal oil

Contact Us.
PETFORD WELLNESS ASSOCIATION
Phone: 07 4093 5365 Herberton-Petford Road, Petford
PO BX 1178, ATHERTON, 4883, QLD
Email: tcenablers@gmail.com

PETFORD WELLNESS

Like the new seeds in the bush, Petford Wellness have many simple though very good ways to start your community on the way to increased wellness

Geoff has dedicated more than 30 years developing this program for people of all ages.

His success is now legend throughout the country

We want to support communities to help themselves

Becoming a Sponsor

Petford Wellness Association is a not-for-profit organization totally funded by donations from the public.

We are actively seeking new members who would like to help educate the community about enjoying a healthy lifestyle using a diet free from sugar and refined foods.

Your Community Women's Group can become a member of Friends of Petford Wellness

- Receive Association Newsletter
- Advice of Seminars
- E-Seminars in your community
- Access to advice line

Every Wednesday between **8-12 noon** Geoff runs the Wellbeing and neuro–feedback clinic at the former state school building in Maple Street, Atherton, Qld Australia.

Petford Wellness Background

An overview may be found at:
http://www.laceweb.org.au/ggl.htm

Vale Richard Whyte (Cowboy)

We've had a second loss. Many of the friends of Petford would have known Cowboy who stayed at Petford on a number of occasions. He died recently aged 43 of a heart attack while driving in Darwin Northern Territory. Geoff Guest flew from Cairns to attend the funeral.

Wellness Idea

Collaborate together to fund Geoff visiting your community with his EEG Neurofeedback and other equipment.

Arrange for Geoff to work with the young pregnant women supporting them in having good nutrition habits towards health babies.

Keep off the Twin White Deaths - White Sugar and White Floor

These are real nasties. Our experience confirms other research that many problems in remote communities can be traced in part to the link between poor nutrition and issues such as alcoholism and mental health.

Even one can of soft drink a day can lead to violent behaviours with a link to low blood sugar.

You can use Stevia as a healthy replacement to sugar. Using Stevia to sweeten increases energy, improves digestion, regulates blood glucose levels, and supports the spleen, pancreas and liver. Stevia has been called one of the most health restoring plants on Earth.

Wellness Idea

Are there local examples of very well nourished healthy children? What is their mother doing?

A photo from the National Geographic showing Geoff Guest and Petford visitors learning to live well in the bush.