

Booklet helps fight the blues

IPSWICH residents can have their questions about depression answered thanks to a new, free, updated and comprehensive beyondblue booklet – A Guide to What Works for Depression.

The user-friendly booklet rates treatments with a “thumbs up, thumbs down” scale.

It covers medical, psychological, complementary and lifestyle options people may consider for the treatment of depression and features a tear-off bookmark summary of treatments that are proven to work.

Compiled by The University of Melbourne mental health experts Professor Anthony Jorm, Associate Professor Nick Allen, researcher Amy Morgan and Doctor Rosemary Purcell, the guide features more than 100 treatment options, and rates each against up-to-date clinical evidence.

“We want to inform people about what the evidence shows, so that they can make better choices about treatment for depression,” lead author Professor Tony Jorm said.

A Guide to What Works for Depression is now available free for download or order from the beyondblue website www.beyondblue.org.au or by calling 1300 22 4636 (local call).

Meeting the growth challenge with a positive strategy Planning for success

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RAPID growth in the Somerset Region is “challenging” Fernvale State School but plans are in place to accommodate a student population boom.

Work started this year on a \$3 million multi-purpose hall, library and science centre which will be the start of future infrastructure plans designed to better equip the school for growth.

Principal David Raine said the school had grown considerably in the past decade and he estimated future growth would be likely.

“Over the 10 years I have been here, enrolment has grown from 269 students to 510 students,” Mr Raine said.

With three established housing estates in the region and another residential estate with more than 1100 lots just being approved, growth is unavoidable.

“The impact on us is, once all these developments are finished, there will be a lot more children we will have to cater for,” he said.

“Good planning will be required into the future.”

Mr Raine has already started planning for growth by putting in an application for two additional classrooms.

“At the moment there is no



EXPANSION: Fernvale State School principal David Raine outside the new multi-purpose school building with year 7 students Monica Ogg, Tate Senhenn, Harden Wynn and Elly Schmidt. Photo: Sarah Keayes OC2209AD

enrolment cap for our school so we will just continue to grow and the government will continue to support that growth,” he said.

Mr Raine said the school was excited about gaining a new resource centre and multi-purpose hall which would greatly benefit the community.

“This has come at the right time for us and we are delighted with the project,” he said.

The buildings have been constructed on land beside the school which is also home to the Fernvale country markets.

“There will be changes over the next few months but the markets

are not closing,” he said.

“We thank the market committee for their support and co-operation.”

Mr Raine said construction on an athletic oval, also on the grounds where the markets are held, would commence early next month.



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