



***‘Shades of Pain’ Art Exhibition  
and Community Expo  
Launches in Oakleigh, Sunday 27th April***



***In support of the Federal Government’s National Pain Strategy, which commenced in 2010, Wanda Cook and Associates are launching an art exhibition and community event from Sunday 27th April to Saturday 3rd May 2014.***



As Wanda continues on her own journey of managing persistent pain, she has spent a great deal of her own time creating awareness of this cause and with her previous a career as a nurse, she has been running numerous workshops focusing on pain management strategies through the techniques of Kikqua Therapy.

When discussing Wanda’s own plight, she opened up about her own journey with severe and persistent pain.

*“It has been a long and drawn out process, as a consequence of workplace and motor traffic injuries with the most harmful effects actually occurring by inhumane dealings of insurers and the disenfranchised process of legal systems that bounce injured workers around as mere commodities from bureaucracies and red tape with little to no checks and balances. The consequence of my story are*

*available on Pain Australia's website and my self-directive recovery and educative stories are available on Kikqua Therapy website with linkage to the interactive practise and studies as hosted by Kikquaonline website”.*

There are many alternative in the pain arena but no ONE fix for all and no "cure" at this stage although hope remains high as we look to the future and further support by Federal governments

for the National Pain Strategy (2010) of which Victoria is yet to commit as a signatory and fully fund all of the goals.

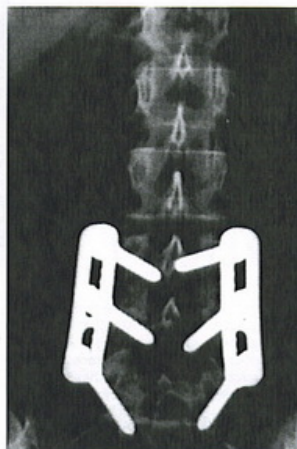
As founder and CEO of Wanda Cook and Associates, Wanda elaborated on her involvement with the Federal Government initiative:

*“My involvement with the National Pain Strategy (NPS) was initially as what seemed a single “consumer voice” (in Victoria) advocating for the improvement of services and support to those who experience persistent pain through ‘no fault’ injury and especially where children, bear the brunt of ignore-ance, servitude and isolation”.*

***“Through an amazing spiritual (para-normal to some) experience I found the will and strength to re-learn and discovered when the student is willing the teacher appears”.***



*The type of pain life can dish up ..... and the repair of a severely damaged spine.*



*Changing my perception lead to my recovery.*

*“I found I was not alone and was invited to take part on the National advisory panel for Chronic Pain Australia (CPA) - a not for profit consumer organisation advocating and leading the consumer arm of the National Pain Summit - later to become the (NPS) and a world leading model used in the Declaration of Montreal to see pain management be observed as a Human right”.*

Now Wanda with the assistance of KaZbAhMeDiA is hosting a week long art exhibition and community event.

The main expo days will include the art exhibition and sales, entertainment, food, coffee and refreshments, stalls and merchandise and live music. There will also be arts and crafts, guest

speakers, massage therapy, kid's activities and merchandise, competitions, raffles and a sausage sizzle, among other community based activities and family fun. We invite people to come down to Liddiard Gallery and Convention Centre in Oakleigh and experience this event and art exhibition on Sunday 27th April from 12pm and again on the following Saturday, 3rd May from 9:30am. As well as these expo days, a workshop will be held on Thursday the 1st May from 9:30am providing education in pain management and awareness of the National Pain Strategy. This workshop will include speakers, activities and a Q&A panel and lunch, refreshments, art and merchant sales will also be available. On Friday the 2nd May a silent auction will be run by Jonathon Eaves from Ray White, Oakleigh and this will commence from 6:30pm, with entertainment across the evening and food, refreshments and merchant sales available on the night.

Wanda Cook in response to her involvement and interest in the National Pain Strategy (2010) further stated:

“Facilitated learning in health and community is my passion and finding methods and tools of engagement have been the driving force behind Kikqua Therapy as a program. Especially those used for culturally and linguistically diverse communities. Not just for English as a second language or Multiculturalism specific, but for the "real diversity" that of children, Mums and Dads, young people, aging people and those ethnically connected to lands originating from near and far.

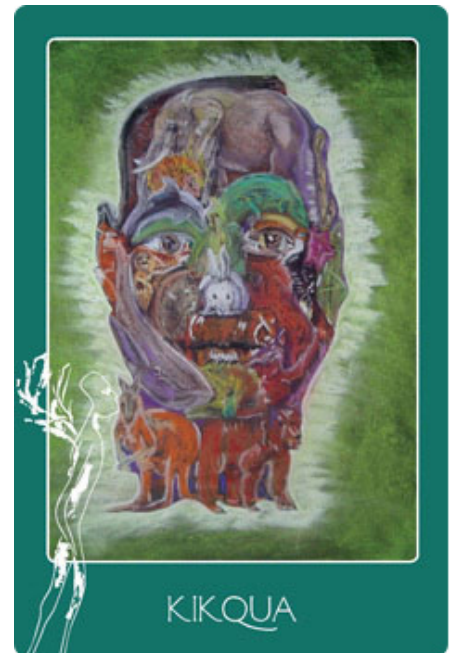
***“Disability is not the barrier Stigma and isolation are the preventers”.***

“...If seeing is believing and experiential learning is the most lasting then come and experience KT for yourself and join us on the journey as we deliver Kikqua where Knowledge is the key question understand and apply as we explore Shades of Pain and stories by a survivor called Wanda”.

So come along to the ‘Shades of Pain’ expo on Sunday the 27th April - Saturday 3rd May and learn more about Wanda’s struggle, hear from guest speakers and support this fantastic cause. The expo days are going to be exciting, lively community events, with numerous activities, stalls, food, refreshments and entertainment to suit the whole family.

It will be an event that should not be missed!

**“Shades of Pain” Exhibition & Kikqua Community Expo**



Sunday April 27th (Sunday from 12pm) - Saturday 3rd May (daily from 9:30am)  
Cnr Warrigal & Dandenong Roads, Oakleigh

For more information contact:

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Supporting cross-cultural communications & Pain Management:

Kikqua Therapy (KT) is a cross cultural communications program for self directive management of persistent pain.

Supporting Goal 2 of the National Pain Strategy: 'A knowledgeable, supports & empowered consumer'

Article By Karyn Scottney-Turbill

[www.KaZbAhMeDiA.com](http://www.KaZbAhMeDiA.com)

**Communicating Pain Management in Australia** **ART EXHIBITION** 

**KIKQUA THERAPY**

**'SHADES OF PAIN'**  
**EXPO**

- Silent Auction
- Mid-Week Work Shop

**ENTERTAINMENT**

- Live Music
- Massage
- Sausage Sizzle
- Guest Speakers
- Face Painting
- Competitions
- Kids Play Area
- Coffee & Tea
- Food Sales
- Beverages
- High Tea
- Raffles

**MERCHANDISE**

**LIDDIARD GALLERY**  
Cnr Dandenong Hwy & Warrigal Rd, Oakleigh

**Sunday 27<sup>th</sup> April**  
Until  
**Saturday 3<sup>rd</sup> May**

**Sunday 27<sup>th</sup> 12:00pm – 6:00pm**  
BBQ 12:00pm-2:00pm, High Tea 3:00pm  
**LIVE MUSIC, ACTIVITIES & ENTERTAINMENT**  
Workshop: Thursday 1<sup>st</sup> May  
Presentations, interactive learning, activities  
Lunch Options, Entertainment & High Tea  
[Registration by Donation – Book Now for Catering]

Silent Auction Friday 2<sup>nd</sup> May- 6:30pm  
LIVE music, Guest Speakers & Refreshments

**Saturday 3<sup>rd</sup> 9:30am – 2:00pm**  
Family activities from 10:00am, BBQ 12:00pm-2:00pm  
**LIVE MUSIC, ACTIVITIES & ENTERTAINMENT**  
DAILY: Art Exhibition, Sales & Information  
Communicating Pain Management in Australia

**KNOWLEDGE & ACTION**

**KIKQUA**  
*Knowledge Is the Key:  
Question, Understand & Apply*

**LIDDIARD GALLERY & CONVENTION CENTRE**  
Cnr Warrigal Road & Dandenong Hwy, OAKLEIGH

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Supporting Cross Cultural Communications & Pain Management. Wanda Cook & Associates (03) 8502 2643 [www.kikquaonline.com](http://www.kikquaonline.com)

Patron of  **Trust Award**