Mary Holmes

Mary Holmes is a founder member of the community-run health centre Health In Our Hands, which has been serving the Whyalla community for 10 years and is based in the Whyalla Hospital. She is secretary and an executive committee member of the centre management as well as a volunteer on a day-to-day basis. Mary’s passion is in chronic condition self-management so the main focus of her work there is promoting, leading and training the Stanford Self-Management Programs (chronic disease, chronic pain and diabetes) as a peer leader in public courses, as a Master Trainer training leaders (health professional and volunteers) around the country and last year she went to Stanford USA to train as a T-Trainer enabling her to train Master Trainers.

Mary is also a trained co-facilitator for the American online self-management and diabetes self-management courses for the American National Council on Ageing. She also leads various activities at Health In Our Hands including tai chi and exercise programs and a walking group—all an important part of self-management—as well as helping organising the day-to-day activities and the welfare of the volunteers.

Mary is a community representative on the Health Advisory Council of the Whyalla Hospital.

As a retired person, Mary enjoys spending time away with her husband in their caravan. Family, painting and reading take up the rest of her spare time.