

Members & Affiliates News

INSIDE THIS ISSUE:

Training Opportunities	2
Shopping Centre stall dates	2
Meeting Room Hire	2
Self Help Groups	3
Sector Training and Events	3
Regular Groups	3
Our Vision and Mission	4
ACT Down Syndrome	4

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Welcome to our news!

Welcome to our new newsletter for members and affiliates. Every two months we will send this newsletter to keep you informed about the sector and what SHOUT is doing to assist, train and provide support for community organisations.

As soon as our new Web of Support is live this newsletter will always also be available on the members and affiliates area to access as you need.

We will be launching the website in May and Georgia has now contacted many of you for up to date information about your organisations information and the services that you provide.

We are excited to announce that Carol Mead is now the CEO of SHOUT and will be

aiming to meet all affiliates by the end of June.

The Board has recently had a planning day and has now reworked the vision, mission and statement of purpose for the organisation. In addition, a number of new brochures have been developed as well as a new look. Recently we participated at the CAP expo and our new branding was positively received. SHOUT has changed and we look forward to showing you all.

As we have upgraded our services we want to meet with you and see what you need and how we can help. We are hoping that many of you can come over to see our new upgraded facilities including the updated meeting room which you can hire for a really reasonable rate – these

are: Members \$15 per hour and Affiliates \$20 per hour. Just ring or email the SHOUT office for more information.

In addition we are hoping that this newsletter will offer you a resource to inform you about what is on in the health and disability sectors, in regards to professional development, funding opportunities and events.

We also encourage you to provide a point of contact through this newsletter for your courses, events and training opportunities for free. Our hope is that it will have a targeted audience for you and be worthwhile to SHOUT members and affiliates.

We look forward to hearing your response to the newsletter and your input is welcome.

Web of Support Launch – Tuesday 22nd May

SHOUT is proud to launch our Web of Support provided by the ILC funding to the Canberra Community.

The Web of Support offers a wonderful network of support for

people looking for self-help groups, support and information in the ACT.

Launch details
Tuesday 22nd May
10am to 11am
SHOUT Meeting Room

Pearce Community Centre – Building 1
Collett Street
Pearce

RSVP
Ph 02 6290 1984
admin@shout.org.au

Training Opportunities sponsored by SHOUT

Clickability Seminar

The NDIS has created opportunities to increase transparency of disability services. This talk will assist you to understand ore about feedback into the disability sector and how this can assist your members

When: Tuesday 19th April
10 am to 11am

Where: Meeting Room
SHOUT Pearce

Register: 62901984

Carers ACT Talk

Do you wonder what Carers ACT does?

Find out how Carers ACT can assist your members who might be caring for a family member and gain an understanding of their services and groups.

When: Tuesday 10th May
10 am to 11am

Where: Meeting Room
SHOUT Pearce

Register: 62901984

Health Consumers Association of the ACT

When: Thursday 21st
June
10 am to 11am

Where: Meeting Room
SHOUT Pearce

Register: 62901984

Stalls in Shopping Centres

SHOUT is facilitating stalls at shopping centres to widen the reach of our member organisations and increase membership uptake. SHOUT will provide the stall and negotiate with management.

If you would like to assist in some stall time – we would love to have you on board. Committee members and volunteers are also very welcome.

Lanyon Market Place

14th June 2018
9am to 6pm

Kippax Fair

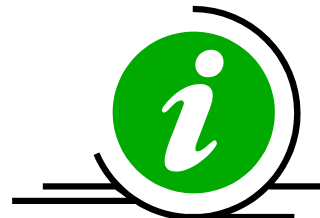
16th August 2018
9am to 6pm

Coolleman Court

September TBC

Erindale Centre

November TBC



Meeting Room Hire

Have you had the opportunity to meet or attend training in our new look meeting room as yet??

We are conveniently situated in Collett Street in Pearce and opposite the Pearce shops which has

several cafes and great coffee, plus an IGA!

We also offer a catering package, including a beverage package if you require so you will not need to bring tea and coffee etc. for your participants.

The meeting room is large and airy and has a large fridge, urn and crockery and cutlery provided.

Plus a new training resources cupboard with pens, whiteboard markers and paper.

Bookings 62901984

Self-Help Groups

Self-help groups or support groups are groups of people who can provide mutual support for each other. In each group the members spare a common condition, disease or addiction.

To learn that you are not alone, that you are not the only one facing the problem, can be an enormous relief.

For those who might be lacking support and empathy from friends and family, the environment of a self-help group who has

members with similar experience can be a critical part of recovery.

While every group is different the self-help experience in these groups reduces stress and isolation through shared experience, understanding support and information sharing.

The model of self-help is empowering as the participants are dependent on themselves, on each other and the group.

Through self-disclosure, members share their stories, stresses, feelings and recoveries. Together they learn to understand and control the issue in their lives, by giving emotional, social and practical support to each other.

For more information on self-help please refer to the SHOUT brochures on Self-Help and Building Self-Help Groups. More information will be on the website once launched on May 22.

Regular GROUPS at SHOUT

Parkinson's ACT
Support Group
4th week of month
Tuesday 6 to 8pm
Thursday 9.30 to 12.30

Prostate Cancer Support Group
1st and 3rd Wed
6.30 to 9pm

ACT Down Syndrome
Last Thursday of month
Confident speakers
7- 8.30pm

Arthritis ACT
Exercise Physiology classes
Monday every week
1.30 – 3.30pm

Pearce Neighbourhood Watch
4th Wednesday of each month
7.30 – 8.30pm

University of 3 Age
Bookclub
3rd Wed of month
10am – 12pm

Pain Support
Bi monthly 12 to 2pm
Please call for dates and times

Ring: 62901984

Sector Training, News and Events

Self Help Course ME/CFS and FMS

Assists participants to better understand and manage chronic illness.

In a group setting learn practical strategies and share experiences and ideas to develop your own individualised self-management program.

When: Starts May 4 for 8 weeks

Where: Meeting Room SHOUT Pearce

Cost: \$75 or \$50 concession

Register: 62901984

Bosom Buddies

Financial considerations when you are receiving treatment.

This talk assists participants to manage financial challenges when they are receiving treatment for breast cancer.

Beyond Bank offers insight on how to communicate with banks and what they can offer to make the journey easier.

When: Tuesday 12 June 10am

Where: Meeting Room SHOUT Pearce

Register: 62901984

Emerging Leaders Program

This popular workshop provides an understanding of facilitation practice that can be applied in meetings and a range of other forums.

The workshop will introduce participants to techniques and approaches that will enable participants to be a confident and effective facilitator.

When: Wednesday 13 June, 9.30am-4.30pm

Where: ACTCOSS Meeting Room

Register: ACTCOSS

SHOUT

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Pearce Community
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Collett Street
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Phone 02 62901984

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SHOUT Members United Together

ACT Down Syndrome
Association

ACT ME/CFS Society

ACT/NSW Motor Neurone
Disease Association

Arthritis ACT

Bosom Buddies ACT

Brain Tumour Alliance Australia

Canberra & Queanbeyan ADD
Support Group

Canberra Region Kidney
Support Group

Friends of Brain Injured
Children ACT

Parkinson's ACT

People With Disabilities (ACT)

Prostate Cancer Support Group
ACT Region

Spinal ACT

Tjillari Justice Aboriginal
Corporation

Statement of Purpose

Our purpose is to support and connect community groups with the Canberra community by building capacity and opportunity.

Vision

A fair and just community which is enriched by self- help.

Mission

Our mission is to support community groups through connection, skill development, awareness and governance to deliver vital outcomes to their members.



SHOUT
UNITED TOGETHER



Spotlight on ACT Down Syndrome Association:

The ACT Down Syndrome Association (ACTDSA) is a community based organisation that provides support to the community, families and individuals with Down syndrome.

The Association aims to improve the quality of life of individuals with Down syndrome; to provide support and information to their families; and to increase awareness of the very real abilities and needs of people with Down syndrome through our programs, events and activities.

ACTDSA provides a range of services including:

- Parent to parent support and Under 5's group
- Confident Speakers Program – a monthly program to encourage public speaking skills for individuals with Down syndrome and other intellectual disabilities aged 15 and older
- Social events
- Access to a up to date information
- Monthly e-news
- A variety of workshops for individuals with Down syndrome, carers, teachers and other professionals and community members.

ACTDSA employs a person with Down syndrome and is committed to providing opportunities and support to individuals and organisations/businesses around meaningful employment.

For the latest ACTDSA info, please follow us on Facebook:
www.facebook.com/actdsa or check out our website www.actdsa.org.au