

Members & Affiliates News

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02 6290198

SHOUT email:

admin@shout.org.au



Welcome to our news!

Welcome to Autumn at last and the cooler weather at last!

The first newsletter has been received with good response and I would like to thank you so much for those affiliates who have been meeting with me and letting me know what you need. I am working through the list and will definitely be hoping to talking with you all when I return from leave in mid June.

As I have chatted to organisations I realised that there was a need to create a corporate membership to further support each other and offer more benefits than currently is offered by and affiliate membership. I have included this membership form and details as a separate attachment sent with this newsletter.

Of interest is the increase in training opportunities at SHOUT and we are delighted to let you know that we have great training available for boards, managers and directors occurring in July. Tickets are available through Eventbrite and there is a link on the flyer. This reduced rate sponsored by SHOUT is available only to financial affiliates and members so please make sure your membership is up to date.

We are now busy putting in your organisations details into the backend of the website and look forward to making this live for the launch on the 22nd May.

We are delighted to announce that Minister Rachel Stephen-Smith will be officially launching the SHOUT website at 10am.

I do hope that a representative from your

organisation will attend to show your support.

While I am away on leave Georgia will be working limited hours in the SHOUT office – I am on leave from 25th May to 12th June.

Bookings of our great meeting room are now coming in steadily as organisations are keen to hold events and meetings in our upgraded facilities, which you can hire for a really reasonable rate – these are: Members \$15 per hour and Affiliates \$20 per hour.

Please make sure we are kept in the loop to advertise your activities, training and events for the months ahead. Our next newsletter cut off date is July 13. We are also able to send PDFs with this newsletter.

Regards Carol

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.

Minister Rachel Stephen-Smith will be launching the Web of Support.

We are grateful to the Minister for her ongoing support.

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

Clickability

Clickability is an Australian Disability Service Directory that features ratings and reviews from people who *actually* use the services.

People with disability and their carers can discover and explore new services, connect with their peers, and provide feedback that others can then use to choose a service.

Live in ACT since January, Clickability aims to create and develop an empowering community for people with disability, supported by relevant, reliable services that are responsive to feedback.

In addition to its directory, Clickability also:

- runs workshops for people with disabilities and providers, helping them understand and navigate disability services
- publishes resources via a weekly blog, featuring posts by people with disabilities, carers, service providers and allied health professionals

They'd love to hear from you, so please visit their website

www.clickability.com.au

or contact Clare Humphries at clare@clickability.com.au.

Alternatively, follow them on Facebook:

<https://www.facebook.com/clickability.com.au/>.

Meeting Room Hire Bookings

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



Governance and Effectiveness Training for Boards, Committees and Managers



A modern half-day program, now delivered to more than 5000 people, assists Managers and Members of Community Sector and Not for Profit Sector Boards and Committees better understand roles and responsibilities and improve strategic thinking, organisational leadership and competencies.

- Getting Governance Right - The Ten Principles;
- Board Member/Committee Member Fundamentals;
- Boards, Committees and Leadership;
- Responsibilities and Staying on Top of Changes;
- Organisational Sustainability;
- Holding Effective Meetings;
- Strategic Planning;
- Monitoring Performance;
- Resilience and Staying Motivated;
- Reaching the Next Level of Effectiveness

Cost is \$51.64 per ticket. For bookings:

<https://www.eventbrite.com.au/e/governance-and-effectiveness-training-for-boards-committees-and-managers-tickets-45848529185>

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
Book club
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

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

Health Consumers Association of the ACT

When: Thursday 21st June

10 am to 11am

Where: Meeting Room SHOUT Pearce

Register: 62901984

Watch this Space!!

Free Informal Round Tables

Coming in August

10 to 11am at SHOUT

In response to recent survey in which members asked for training around a number of issues

SHOUT

Building 1
Pearce Community
Centre
Collett Street
PEARCE ACT 2607

SHOUT Members United Together

ACT Down Syndrome
Association

ACT ME/CFS Society

ACT/NSW Motor Neurone
Disease Association

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

Corporate Members

Arthritis ACT

Diabetes NSW/ACT

Australasian College of Road
Safety

Shopping Centre Displays

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



SHOUT
UNITED TOGETHER



Spotlight on ACT ME/CF Society:

For 35 years ACT ME/Chronic Fatigue Syndrome Society has been supporting Canberra people affected by Myalgia Encephalomyelitis/Chronic Fatigue Syndrome and fibromyalgia.

Myalgic Encephalomyelitis (ME), sometimes known as Chronic Fatigue Syndrome (CFS), is a severe, complex, acquired illness with numerous symptoms related mainly to the dysfunction of the brain, and the immune, gastrointestinal, endocrine and cardiac systems. Fibromyalgia (FMS) is a chronic muscle pain condition with very similar symptoms to those of ME/CFS.

ACT ME/Chronic Fatigue Syndrome Society seeks to provide support and information for people with ME/CFS and FMS, their families and their carers.

Services provided by the Society include:

- Monthly Information Session
- Self Management Course
- Support Service
- Telephone Information
- Publications
- Coffee Catch Up

Keep up to date with Society news and activities through Facebook

www.facebook.com/ACT-MEChronic-Fatigue-Syndrome-Society

and our website www.mecfscanberra.org.au.