

# Members and Affiliates News

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### Corporate Members:

Arthritis ACT  
Women with Disabilities  
Australasian College of Road Safety  
Diabetes NSW/ACT  
Vivere  
Epilepsy ACT  
Cancer Council ACT  
Directions Health  
Australian Breastfeeding Association ACT/NSW Region

## Welcome to our News!

Welcome to the news for August and September. The year is now about to ramp up with the warmer weather around the corner.

The Web of Support launch was very well attended – thank you for all your support. Minister Rachel Stephen-Smith officially opened the Web of Support and we were grateful to also welcome MLAs Alistair Coe, Jeremy Hansen and Elizabeth Lee. We were delighted to connect with so many of SHOUT's supporters and members.

The Web of Support is now fully operational and is a great resource for your members and the Canberra Community. Small packages of our flyers have been delivered to your organisation for distribution. Please ask Georgia for more as you require. We know that the more people who know of this amazing support the

more people and families are assisted.

The newsletter will now be produced by Georgia who can be contacted at [web@shout.org.au](mailto:web@shout.org.au)

Georgia also looks after the website so please contact her on the above email to update your listing on the Web of Support.

We conducted the Governance Effectiveness Training for Managers, Boards and Committees in July with a great response from our members. Governance is such an important part of our work in the sector – it allows Boards to keep their view on the future direction, while managing risk, and not becoming bogged down with operation matters.

Over the next month we will have our affiliates listing on the website – what we need is for all our affiliates to send back the

membership form so we can invoice your organisation. As we know that sometimes funds are an issue – we are happy to do a reciprocal affiliate membership with your organisation for no charge. If you wish to be listed – please get the form back to us so we can include your organisation.

From August SHOUT will be holding round tables for organisations to attend at the SHOUT meeting room. These will include sessions on key areas such as risk management, marketing plans and using social marketing effectively. I will be approaching organisations with these skill sets.

Regards,

Carol Mead

**CEO**

**SHOUT Inc.**

## Web of Support

Find the services you need to support you and your family.

Local Canberra Information ◦ Disability, Health and Aged Care Services

Support Services Directory ◦ Self-help Groups ◦ Information at your

fingertips. Visit: <http://www.shout.org.au>

SHOUT Hours: Monday – Tuesday: **9am-4:30pm** Wednesday – Friday: **9am -1:00pm**

## New Round Tables for Managers and CEOs



Round Tables share the knowledge and experience of leaders in the Community Sector with Managers and CEOs of SHOUT Member Community Organisations.

Each Round Table will provide vital information of a wide range of topics which are paramount for building and maintaining strong, connected and ethical organisations.

**Location:**  
SHOUT Meeting Room

Building 1 Pearce,  
Community Centre  
Collet Street, Pearce  
Light refreshments provided

**RSVP:** SHOUT  
[admin@shout.org.au](mailto:admin@shout.org.au)

Tuesday August 21

10:30 to 11:30am  
Building a workable business plan for community organisations

Facilitator: Carol Mead CEO SHOUT

Tuesday September 18

10:30 to 11:30am

Applying for funding- what you should know

Facilitator: Bec Davey CEO Arthritis ACT

Thursday 11<sup>th</sup> October

10:30 to 11.30am

Harnessing social media to promote your organisation

Facilitator: Claire More - CEO Women with Disabilities ACT

## Meeting Room Bookings



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

We are conveniently situated in Collet 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, airy and has a large fridge, urn and crockery and cutlery provided.

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

**To Book Please Call SHOUT on:**

**(02) 62901984**

**Email:**  
[admin@shout.org.au](mailto:admin@shout.org.au)

## New Share the Dignity Drop off Point!

Commencing August 1<sup>st</sup> SHOUT will now be a drop off point for Share the Dignity!

Donate to a women's charity that makes a real, on-the-ground difference to homeless women and victims of domestic violence poverty.

Share The Dignity collects thousands of pads, tampons and experiencing homelessness and Personal hygiene products every YEAR!



## 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.

16<sup>th</sup> of August Kippax Fair

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE

## Sleep Apnoea Association

Next General meeting  
18<sup>th</sup> of August 2018

**Location:**

Canberra Southern Cross Club, Woden.

ALL WELCOME

**SAA Website:**

[www.sleepapnea-act.org.au](http://www.sleepapnea-act.org.au)

**Guest Speaker:**

Mr. Phil Kwok –  
Bespoke Medical  
Innovations Pty Ltd  
[www.bespokemedical.com.au](http://www.bespokemedical.com.au)

**Subject:** Demonstration of the new ApneaSeal 3D imaging custom made CPAP breathing mask technology.

**Phone:** Angelo

(02) 6231600

**Email:**

[leepact@ahoo.com.au](mailto:leepact@ahoo.com.au)



## ACT ME/Chronic Fatigue Syndrome Society

**Information Session:**

‘Gutsy Story’

**Speaker:** Erica Roughton

(Accredited Dietitian and Nutritionist)

**When:** Tuesday 7<sup>th</sup> August

**Time:** 12:30PM

**Where:** Meeting Room, Building 1, Pearce Community Centre, Collett Place, Pearce.

Learn the difference between:

- Microbes and microbiota
- Signs of poor gut health
- Ways to obtain and maintain good gut health



**SHOUT**  
UNITED TOGETHER

## Bosom Buddies

Save the Date for Bosom Buddie's Upcoming Fundraiser Night!



Join us for a 1980's Prom Night  
Live music, dancing, games, raffles and prizes!

**When:** Saturday 20<sup>th</sup> October 2018  
**Where:** St Clare's College Hall, McMillan Crescent, Griffith

**More details soon!**

Keep up to date with Bosom Buddies news and activities via our [website](#) and [Facebook](#) page.

## Parkinsons ACT

Parkinsons, ACT has much pleasure in inviting you to the opening of **'Resonance'**

An exhibition of Artwork by members of the *Painting with Parkinsons Program* at the visitors Centre, Australian National Botanical Gardens.

To be opened by Ann McMahon. (Exhibition continues until the 8/09/18)

**Time:** 11:00am on **When:** 3<sup>rd</sup> of August **RSVP:** [johnpratt179@gmail.com](mailto:johnpratt179@gmail.com)



Nugent, Ann



## Regular Groups At SHOUT

**Parkinson's ACT**  
Support Group  
4<sup>th</sup> week of month  
Tuesday 6 to 8pm  
Thursday 9.30 to 12.30

**Prostate Cancer Support Group**  
1<sup>st</sup> and 3<sup>rd</sup> 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**  
4<sup>th</sup> Wednesday of each month  
7.30 – 8.30pm

**University of 3 Age**  
Book club  
3<sup>rd</sup> Wed of month  
10am – 12pm

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

**Call: 62901984**

## Pain Support ACT

### A Personal Pain Revolution Workshop

**Who and What:** Dr Kal Fried is a specialist sports and exercise physician with over 30 years' experience. Kal is part of the Pain Revolution ([www.painrevolution.org](http://www.painrevolution.org)) which reflects cutting edge science of understanding of pain. The workshop will explore pain science in an easy to understand way. No prior knowledge is necessary. Together we will be exploring how to practically apply this knowledge to gain a greater understanding of one's pain and the steps involved in an active recovery. If you have knowledge already, refresh and add this in.

**When:** September 10<sup>th</sup> 10 am-1pm.

**Where:** Griffith Neighbourhood Centre Hall, 53 Stuart St., Griffith

**Bookings:** Are essential. Book as soon as possible online at:

<https://www.eventbrite.com.au/e/a-personal-pain-revolution-workshop-tickets-45643029530>

**Contact:** Pain Support ACT until 10 August 62811036 then via SHOUT 62901984.

**Cost:** **\$22** at Eventbrite at the link above.



### Yoga in your chair\*: a sampler of gentle practices to manage pain.

**What:** A Pain Support ACT Support and Information event. Coffee & tea provided – BYO lunch if you wish.

**When:** Tuesday, 28 August 2018 from 12:00 - 2:00pm.

**Speaker/instructor:** **Christine Boulan-Smit** has been practicing yoga for over 25 years. From a European background of gym, dance and aikido, she has studied Stretch and Flexibility with Kit Laughlin in Australia. She trained with Bill Giles and is an accredited Samyama Yoga senior teacher (over 1000h practice) and teaches in a number of Canberra locations. Christine will take a largely practical approach in this session.

**Where:** 1 Collett Place, Pearce Community Centre.

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## Cancer Council

Our guest speakers will talk about:

- Exercise and cancer
- Nutrition and cancer
- Coping with cancer

There will also be an opportunity to learn about local services and to meet others in a similar situation.

**10am-12:30 pm, Saturday 18<sup>th</sup> of August**

Leukemia Foundation, 6 Rusden Street, Garran.

Light refreshments will be served. To register click [here](#)

For more information call 02 62579999 or email [reception@actcaner.org](mailto:reception@actcaner.org)



## ACTCOSS Free Information Sessions

<p>Cross-Sector Information Session: Aboriginal &amp; Torres Strait Islander Children and Families</p> <p><b>Date:</b> 30<sup>th</sup> August</p> <p><b>Cost:</b> FREE</p>	<p>Leading Social Change: A Networking Event for Community Sector Board Members</p> <p><b>Date:</b> 9<sup>th</sup> August</p> <p><b>Cost:</b> FREE</p>	<p><b>Time:</b> 9:30am-1pm</p> <p><b>Cost:</b> FREE</p> <p>ACT Community Development Peer Network</p> <p><b>Date:</b> 6<sup>th</sup> September</p> <p><b>Time:</b> 9:30am-11:30am</p>
<p>ACT Social Enterprise Peer Network</p> <p><b>Date:</b> 15<sup>th</sup> August</p> <p><b>Cost:</b> FREE</p>	<p>Opening up Equality in the ACT: The New Discrimination Grounds, and Beyond</p> <p><b>Date:</b> 29<sup>th</sup> August</p>	

## 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

## Do you want to learn more about NDIS? Are you or someone you know unsure about transitioning to NDIS?

The aim of this workshop is to provide an overview of the NDIS, with a focus on supporting people with psychosocial disability to access the Scheme. By the end of this two-day workshop, the participants will:

- Learn about the NDIS, eligibility requirements and registration process
- Explore how to assist potential NDIS participants with decision making and planning
- Explore how the recovery approach relates to the NDIS
- Identify how they can support someone when accessing the NDIS

### Workshop Details:

**Dates:** Mondays, 13 & 20 August 2018

**Time:** 10:00am - 4:45pm

**Location:** Canberra City, venue to be confirmed with participants

**Cost:** FREE

Morning tea and light lunch will be provided.

**Contact:** [education@actmhc.org.au](mailto:education@actmhc.org.au) or (02) 6230 5796



## Law for Non-Lawyers series upcoming sessions

Legal Aid ACT, the community legal Centre's, and other organisations are delivering a range of legal training sessions during August and November.

Following, are details about each session that will be delivered between August-September. Each session will be held on a Wednesday morning, at the same time, and in the same location Registration details are listed below. For information on all of the sessions scheduled for the year, please click on the Eventbrite link provided below.

**Time:** 9:30am to 11:0am Location: Legal Aid, 2 Allsop St, Canberra City

**Cost:** FREE. Materials and morning tea provided.

**RSVP:** Via Eventbrite [link](#) email [lauren.dreyar@legalaidact.org.au](mailto:lauren.dreyar@legalaidact.org.au) or phone (02) 62433463



## Personnel Group Information Sessions

An advertisement for Personnel Group. It features a black and white photograph of a smiling woman with long hair. The text is overlaid on a dark background with a yellow speech bubble graphic. The text includes the heading "Want to Work...", a description of the organization's purpose, information about upcoming sessions, and contact details. The Personnel Group logo is visible in the top right and bottom right corners of the ad.

**Want to Work...**

At The Personnel Group our core purpose is to help people find jobs. We want every person who comes into our organisation to find a job where they will flourish and thrive...it's that simple!

As a disability employment service provider, we help people who have a disability or mental health condition, to find and keep work.

We will be running information sessions on:  
**Wednesday 1st August at 11:00am**  
**Monday 3rd September at 11:00am**  
Both information sessions are being held at the **Pearce Centre**.

**...Let's get started**

Locations in **Belconnen, Queanbeyan** and the **City**.  
Ph. **0413 139 293**  
[personnelgroup.com.au](http://personnelgroup.com.au)

## Be Big at Neurospace

Patrick Macfeters, one of our Exercise Physiologists has just completed his training for LSVT Big. To celebrate Patrick finishing his accreditation, we have a special offer for the next person to complete their BIG program at a BIG discount. You could complete the 18-session program with a 30% discount, making it only \$98 per session (some conditions apply).

If you are interested in finding out more, call Rachel on: **(02) 6162 0450**  
If you are not sure if BIG is the right program for you, we also offer PD Warrior at our clinic, 10 Colbee Court Phillip.

### LSVT BIG 4 week program: 1hour x 18 sessions

Complete evidence based, standardised 4 week exercise program. Individualised hourly sessions focusing on high amplitude movements. Includes your initial assessment and post assessment, where we complete a selection of baseline measurements assessing your gait, mobility, balance and activities of daily living. These results will be compared at the end of the 4-week program and you will receive a copy of your results and improvements.



**NEUROSPACE**  
Rehabilitation, Healthy  
Ageing and Wellness

## Creating a Great Online Presence

Your understanding of your audience (or lack of) directly impacts on their experience, whether you're designing a website, app or social media campaign. Have you considered how they think, what catches their eye, the mistakes they make or the 'work-arounds' they have developed?

This workshop series taps into the psychology of design to help you develop engaging and accessible online content that meets the needs of all your users.

**When:** Workshop 2: Business Goals - usability and accessibility, a common courtesy (Thursday 16 August, 9:30am - 11:30am)

Workshop 3: A guide for the confused - content and understanding how people see, read, focus and decide (Thursday 20 September, 9:30am - 11:30am)

**Where:** Lighthouse, Unit 6/65 Tennant Street, Fyshwick ACT

**Cost:** \$25.00 (+GST) per person, per workshop

**Register:** To find out more and register for any of these workshops, please visit <https://www.eventbrite.com.au/e/what-you-need-to-know-about-people-tickets-47200242195>





## SHOUT INC.

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Phone: (02) 62901984

E-mail:

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We're on the Web!

[www.shout.org.au](http://www.shout.org.au)



# SHOUT

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Bosom Buddies provides patients and the community with support that is not provided elsewhere. Bosom Buddies is the only provider of patient aids and information to those undergoing treatment for breast cancer in the ACT and surrounding region. We advocate and spread the word about the importance of early detection not only to women but men also. Our buddies stay connected with patients for as long as they are needed.

We are a group of volunteers whose mission is to offer individual and personal support to patients of all ages and backgrounds and to their families and friends. Each year more than 470 women in our region are diagnosed with breast cancer and as many as 2000 may be undergoing some form of treatment.

Bosom Buddies volunteers:

- Spread the word about breast cancer – when breast cancer is identified early current treatments result in more than 90% survival rate.
- Produce and distribute shower tags that explain what to look for and encourage women and men to check their breasts on a regular basis. **Call Bosom Buddies to order free shower tags!**
- Deliver 'breast awareness' presentations at schools, government agencies, local businesses, not for profits and other professional service organisations – **Call Bosom Buddies to organise a free presentation for your staff!**
- Advocate to improve breast cancer treatment and services within our community and act as consumer representatives on ACT Health committees.
- Give back by raising funds for needed equipment for our hospitals.

Keep up to date with Bosom Buddies news and activities via our [website](#) and [Facebook](#) page.



bosom  
buddies ACT  
inc

facing breast cancer together

