

Members and Affiliates News

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Corporate Members:

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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
Carers ACT

Welcome to our News!

Hi everyone and welcome to our latest edition of the Members and Affiliates Newsletter. The response so far has been great and we are receiving lots of information to share into the community. Please feel free to share as you need with your community, members, volunteers – the more who can access services, support and connection the better.

Our Round Tables got off to a great start and as I write this I am thinking about what to offer next year which is the most use for your staff, volunteers and organisation. We certainly have a funding

one coming up in early 2019 but I know that there is so much we can share. If you have thoughts about what you would definitely like to see offered in the Round Tables we would love to hear from you.

We are negotiating our Funding Agreement at the moment and why I mention this is that SHOUT has changed the focus from previous years into building and strengthening the self-help and community organisations through promotion, training and resources. This is a great move forward and it shows there is recognition for the work we do to ensure organisations are

equipped to meet the ongoing and unique needs of their members and volunteers.

I will also be negotiating with providers for training opportunities for staff and boards on Board Governance, Leadership, Human Resource Management with a focus on great value seminars to assist your organisation. SHOUT will sponsor some of the cost to make it affordable.

Thank you for your support, we encourage you to advertise your events.

Together we are stronger!

Regards,

Carol Mead

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 Members United Together:

ACT Down Syndrome Association

ACT ME/CFS Society

ACT/NSW Motor Neurone Disease Association

BDP Awareness 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

We're on the Web!
www.shout.org.au

New Round Tables for Organisations

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

Thursday 11th October

10:30 to 11.30am

Harnessing social media to promote your organisation

Facilitator: Claire More - CEO Women with Disabilities ACT



Meeting Room Bookings

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.

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.

Members and Corporate Members \$15 per hour

Affiliate Members \$20 per hour
Community Organisations \$25 per hour

To book please call SHOUT on:

(02) 62901984

Email:
admin@shout.org.au

- CARE**
- SELF HELP**
- CONNECTION**
- DEVELOPMENT**
- GOVERNANCE**



Is your organisation holding an event for Mental Health Month?

The Mental Health Community Coalition is the peak body representing the community managed health sector in the ACT. Each year in October, MHCC ACT coordinates Mental Health Month to raise awareness & understanding of mental illness, reduce the stigma & discrimination associated with mental illness, & promote positive mental health & wellbeing.

As part of this, MHCC ACT produces an event program booklet to highlight events that are happening around the ACT in October for Mental Health Month. This booklet is distributed physically at premium venues around the ACT and online.

There are lots of ways to get involved in Mental Health Month in the ACT as an artist, participant or organisation. Events include the **Mental Health & Wellbeing Expo held in Canberra city on October 11, 2018** and the Mental Health Month Awards ceremony.

Register an expo stall, nominate an individual or organisation for an award and find out more on the Mental Health Month ACT website: www.mentalhealthmonthact.org

We encourage local organisations to get involved in Mental Health Month 2018 and help us support those in the community with lived experience of mental illness.



Next SHOUT Newsletter for December/January will be published on Tuesday December 4th 2018.

Please email any news, events, and training information for these upcoming months to: web@shout.org.au

Please send all information in before the 13th of November.

We're on the Web!

www.shout.org.au

Health Care Consumers Association:

Consumer Participation Training:

Are you, or someone you know, interested in learning more about how consumers (all of us) can participate in and improve our health system? Would you like to learn more about the ACT health system, and have an opportunity to speak up for consumers who use health services? HCCA's next free, two day Consumer Participation Training course will be held over two Saturdays - 20 and 27 October.

Email: adminofficer@hcca.org.au

Phone: 6230 7800

When: 10:00am to 3:00pm, Saturdays 20 and 27 October 2018

Venue: HCCA, Maitland House, 100 Maitland Street, Hackett

Chronic Conditions Seminar Series: 'Chronic Conditions and Intimacy'

When: 3 November, 2-4pm

Phone: 6230 7800

HCCA Annual Conference:

When: Friday 16 November

Where: The Hellenic Club. Bookings will open soon. Places will be limited.

Phone: 6230 7800

Epilepsy ACT:

Free Yoga Class Epilepsy ACT:

Free Yin & Yang yoga sessions for parents, caregivers and people who have epilepsy. This is part of their contribution to Mental Health Month. Two 60-minute yoga sessions will be held comprising "Yang" or active practice and "Yin" deep-relax practice, for a balanced practice and the best possible outcome in terms of overall self-care and wellbeing.

When: 12pm - 1pm Sunday 21 & Sunday 28 October 2018

Venue: Canberra Yoga Space, 13 Botany St, Phillip Who: People with Epilepsy, their family, care givers and support people

Email: epilepsy@epilepsyact.org.au

Phone: 02 6287 4555 or 1300 852 853

Are Self-Help Groups Effective?

Self-help groups are comprised of people who share the same problem, life situation or crisis. Members provide emotional support to one another, learn new ways to cope, discover strategies for improving their condition and help others while helping themselves.

Self-help groups are increasingly being recognized as viable, efficient methods of supplementing and extending present health and mental health resources.

In addition numerous research studies have concluded that self-help groups are effective in helping group members, both short and long term. Self-help groups have been shown to improve health conditions and prevent problems associated with chronic illness.

Sleep Apnoea Association Inc:

General Meeting Dates: (All Welcome)

Saturday 20 October 2018 (AGM)

Canberra Southern Cross Club Woden commencing 2.00pm

Guest Speaker: Mr Don Fischer - Fischer Agencies trading as SleepZone Goulburn

Saturday 17 November 2018

Canberra Southern Cross Club Woden commencing 2pm

Guest Speaker: Dr Grant Wilson – Sleep and Lifestyle Clinic, Phillip ACT



What is a Self-Help Group?

Self-help groups or support groups are groups of people who can provide mutual support for each other. In each group members share 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.

People with Disabilities:



PWD ACT and Capital Health Network -My Health Record

What can it mean for people with disabilities?

When: Tuesday 16 October 2018

Time: 11:00am to 12:30pm **Where:** Large Meeting Room, SHOUT at Pearce Community Centre, Pearce

My Health Record (MHR) is a new way of recording health information online, to make it more accessible to you and to relevant healthcare professionals. When My Health Record is fully up-and-running, information from your doctors, specialists and some other health professionals will be combined with your test results, medical history and details about your medications.

People with disabilities often face additional barriers to accessing and managing healthcare information. My Health Record has the potential to address a lot of ongoing challenges around collection and sharing of information, but it also comes with some risks. Taking control of healthcare information is even more vital for people with disabilities who consistently experience worse health outcomes than people without disabilities.

Go to <https://www.eventbrite.com.au/e/my-health-record-what-can-it-mean-for-people-with-disabilities-tickets-50624200346> to book your place, or email projects@pwdact.org.au, or call Rob on 02 6286 4223 for more information.

People with Disabilities:

PWD ACT October Morning Tea- Have your say on the ACT Budget for People with Disabilities ACT

When: Thursday 18 October 2018

Time: 10:30am to 12noon

Location: Southern Cross Club Woden

An informal and social morning tea for all people with disabilities in Canberra, key stakeholders and important networks. We will come together with a focus on the upcoming ACT Budget.

We want your say on how Canberra can be a better and more inclusive city for people with disabilities. It is so important that your views are represented in our submission. We particularly encourage you to consider the following questions:

RSVP to admin@pwdact.org.au or call 02 6286 4223.

Regular Groups At SHOUT

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

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

ACT Down Syndrome
Last Thursday
Monthly
Confident speakers
7- 8.30pm

Arthritis ACT
Exercise
Physiology classes
Each Monday
1.30 – 3.30pm
Chair Yoga
2.30 – 3.30pm
Each Thursday

Pearce Neighbourhood Watch
4th Wed Monthly
7.30 – 8.30pm

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

Haemophilia Foundation
2nd Thurs Monthly
7.30 – 8.30pm

For more info
Web of Support
www.shout.org.au

ANTI-POVERTY WEEK

14-20 October 2018

Poverty and severe hardship affect more than a million Australians. Around the world more than a billion people are desperately poor.

The main aims of Anti-Poverty Week are to:

- **strengthen public understanding** of the causes and consequences of poverty and hardship around the world and within Australia;
- **encourage research, discussion and action** to address these problems, including action by individuals, communities, organisations and governments.

Last year, at least 600 organisations around Australia participated in more than 400 activities during the Week, with a total participation of more than 10,000 people.

- > **Why not organise a display, stall or award?**
- > **Maybe a workshop, lecture or forum?**
- > **How about a fundraiser, fact sheet or petition?**

For information and ideas, visit the website, or email apw@antipovertyweek.org.au or call 1300 797 290

www.antipovertyweek.org.au

This is a week when we can all do something about poverty





Paint and Play

OUTDOOR PLAYGROUPS

Paint and Play playgroups are a fun way for children (and their carers) to play games, do paintings and activities, meet other people, connect with other families.



Paint and Play playgroups take place across various Canberra locations during school terms.

For more information call ACT Playgroups on **1800 171 882**

Check their Facebook page, just search 'ACT Paint and Playgroup'.

For parenting support and information visit your local **Child and Family Centre:**

Gungahlin	51 Ernest Cavanagh St, Gungahlin	t 6207 0120
Tuggeranong	159 Anketell St, Greenway	t 6207 8228
West Belconnen	6 Luke St, Holt	t 6205 2904

www.communityservices.act.gov.au/ocyfs/children/childandfamilycentres

For practical guides about a range of parenting topics, visit:

www.parentlink.act.gov.au



ACT
Government

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE

ACT Down Syndrome Association:

Step UP! for Down syndrome

Join members and friends as we raise awareness and celebrate the achievements of people with Down syndrome.

Sunday October 28th, 2018

10.00am—1.30pm

Black Mountain Peninsula

Garryowen Dr, ACTON



Join members and friends as we raise awareness and celebrate the achievements of people with Down syndrome.

There will be lots of fun family activities including a circus performance and workshop (created for people of all abilities), music, dancing, a sausage sizzle, cold drinks, coffee, face painting, glitter tattoos and lots more!

Come along, have fun and support a good cause!



Borderline Personality Disorder Awareness Week:



YOUR INVITED



FOR THOSE WITH BPD & THEIR FAMILY & FRIENDS

SUNDAY 7TH OCTOBER

11AM TO 3PM

FREE SAUSAGE SIZZLE DRINKS

ALCOHOL FREE EVENT

SELF CARE AND ART ACTIVITIES

Western Foreshore,
Lake Ginniderra
Belconnen ACT

PLENTY OF PARKING

Entry off Joynton Dr then on to McDermott Place

Please bring your own blankets and chairs

PUBLIC TOILETS

Contact: Natalie - BPD Awareness ACT 0415111894
bpdawarenessact@gmail.com

About SHOUT

Self Help Organisations United Together, or SHOUT, is a community based organisation based in Canberra, which provides a range of services to other community organisations – particularly in the health and disability sectors, through a fivefold approach:

- CARE
- SELF HELP
- CONNECTION
- DEVELOPMENT
- GOVERNANCE

The support and care that SHOUT offers to small organisations is specifically tailored to the needs of each individual organisation. From the inception of a small volunteer self-help group and growth into a small community organisation requires flexibility, knowledge and the navigation through a number of options towards a viable, incorporated and funded organisation.

You are invited to the launch of the

ACT Carers Strategy 2018-2028: First Three-Year Action Plan

Date: Tuesday, 16 October 2018

Time: 12pm to 1pm

Place: National Portrait Gallery

The *ACT Carers Strategy* demonstrates an ongoing commitment to the many carers in our community, recognising the essential contribution they make through their caring role, guiding support for carers and responding to the challenges they face.

The First Three-Year Action Plan includes actions and initiatives that will deliver on the *ACT Carers Strategy*.

Carers worked alongside Government officials and community sector organisations at every stage of the development of the Strategy and Action Plan, ensuring a strong carer voice will guide the ongoing work of supporting Canberra's carers.

Light refreshments will be served.

Please RSVP to Francie Bennett at Francie.Bennett@carersact.org.au by 8 October 2018.



ACT
Government
Community Services

CarersACT

The *ACT Carers Strategy* was developed in partnership between the ACT Government and Carers ACT.

Parkinson's ACT:

"Living your best life now" Seminar

Time: 9.00am – 4.45pm

When: Thursday 29th November 2018,

Where: Corinna Ballroom, Southern Cross Club, Phillip

Full registration details and a link to the EVENTBRITE website will be published in the October bulletin, as well as a paper based registration form for those who prefer not to register online.

Cost: The cost to attend the seminar will be \$20 for members and \$20 for their partner/carer, and \$50 for unfinancial members and non-members.

The October bulletin will be POSTED to all members. Please check the address label on the envelope to see your MEMBERSHIP NUMBER, which is used with your name as the reference number for direct debits. If your registration label is RED you are unfinancial and will have to pay \$50 to register.

Early registration is recommended as the seminar will be open to the public as well as PACT members.

Call: 02 6290 1984

Email: actparkinsons@gmail.com

Mental Health Month Shows:

October is Mental Health Month and the Mental Health Foundation ACT (MHF) is presenting two very interesting shows as part of our drive to help reduce/eliminate stigma associated with mental illness.

"Giving Stigma the Boot" with This Is My Brave Australia (TIMBA)

When: Wednesday 17th October. **Time:** doors 6:30pm Show 7pm **Where:** National Film and Sound Archive Tickets: \$30 \$15 Concession

Tickets available at: www.thisismybraveaustralia.com/shows

Duncan n. Sargeant's Annual Concert for Mental Health - "Don't Call Him Ed!"

When: Friday 26th October - **Where:** Nation'sHeart Hall – 27 Rae St, Belconnen **Time:** 7:00pm (doors open 6:30pm) **Cost:** \$20.00 per person / Family pass (2 adults + 2 children under 16) \$50.00 / Concession \$12.00 / Mental Health Consumers \$10.00

For any further information contact the Mental Health Foundation ACT on 02 6282 6604.

Lifeline Training Courses:

Mental Health First Aid Training:

This two day course teaches adults how to assist other adults who are experiencing a mental health crisis or developing a mental health problem. Courses run from 9am - 4.30pm each day.

It discusses mental health issues such as depression, anxiety disorders, psychosis and substance use disorders as well as some of the potential crises that may arise including suicidal ideation, panic attacks, severe psychotic states and intoxication.

When: 12 – 13 November

Course overview: More information on the course content can be found here: www.mhfa.com.au

Location: The courses will be run from the Lifeline Canberra training room, located on Level 1 of 71 Northbourne Avenue in Civic.

Cost: \$400 inc GST per person (\$350 inc GST for charities/community organisations and pension card holders).

Dealing with People in Difficult situations Training:

The course is run as a half-day workshop, from 9am-1pm. This course provides participants with fundamental skills to deal with people who are displaying difficult behavior. This intensive course equips people with the skills needed to de-escalate difficult situations as they arise, and most importantly, the value of boundary setting and self-care.

When: 29th October or the 28th November

Cost: \$200 incl. GST per participant (\$150 incl. GST per participant for charities and community organisations or pension card holders).

For further information:

Web: www.act.lifeline.org.au

Email: training@act.lifeline.org.au



Not-for-Profits: Being for good & managing the bad Workshop series

This series of workshops will look at some of the biggest issues facing organisations in the not-for-profit/for purpose sector today and present options on how to address them. There will also be an opportunity for you to connect with other local community groups and share your knowledge and experiences with one another.

Workshop 4 - Making Memberships Matter (Friday 5 October, 12:30pm – 2:30pm)

Workshop 5 - Business Model Options (Friday 26 October, 12:30pm – 2:30pm)

Workshop 6 - Staying Relevant (Friday 9 November, 12:30pm - 2:30pm)

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

Cost: \$65.00 (+GST) per person, per workshop

Register: To find out more and register, please visit:

<https://www.eventbrite.com.au/e/not-for-profits-workshop-series-tickets-45425892066>



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.

Workshop 4: Function over 'flash' - how do people think?

Thursday 4 October, 9:30am - 11:30am

Workshop 5: Social-ability and mobile-ability - the evolution of online participation

Thursday 8 November, 9:30am - 11:30am

Where: Lighthouse, Unit 6 - 65 Tennant Street, Fyshwick ACT

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





Diabetes Awareness

Diabetes affects more than 430,000 people living in NSW & ACT. If left undiagnosed and untreated, diabetes can cause long-term health complications. It can increase your risk of cardiovascular disease, blindness, kidney failure and circulation problems that may lead to lower limb amputation.

If you are over 40 years it is recommended you make an appointment with your doctor to have your diabetes risk assessed annually. This is particularly important if you have a family history. Symptoms of type 2 diabetes occurs gradually and may go unnoticed in some people. If you suffer from blurred vision, recurrent skin infections, slow wound healing, tingling and/or numbness in the feet, it's a good idea to visit your doctor for a check-up.

Diagnosis

Your doctor can perform a HbA1c (glycated haemoglobin) test to assess whether you are at risk of or have diabetes. An HbA1c result between 5.7 – 6.4% indicates that you are pre-diabetic. An HbA1c result of $\geq 6.5\%$ (48mmol/mol) can diagnose diabetes. You may have to undergo other tests to confirm a diagnosis of diabetes but this depends on your risk factors and family history. Speak with your doctor if you have any concerns.

NDSS Registration

If your doctor has diagnosed you with diabetes, the first step is to register with the National Diabetes Services Scheme (NDSS). This is completely FREE. Once registered you can enjoy the benefits of:

1. Access to free diabetes workshops, resources and expos to learn how to self-manage your diabetes and prevent complications.
2. Access to discounted testing strips (must be renewed every 6 months with your doctor) and other products.
3. Free access to health professionals such as dietitians, diabetes educators and exercise physiologists via the national hotline (1300 136 588) for any questions you may have about living with diabetes.
4. Informs the Federal Government how big the diabetes problem in Australia is so funding can be allocated to keep the NDSS running to provide you with ongoing benefits (listed above in 1-3).

Your doctor can also refer you to allied health professionals to help you learn more about your diabetes and the best way to manage to prevent long-term complications. This is called a GP Management Plan (GPMP) and Team Care Arrangement (TCA). Under Medicare, you are eligible for 5 subsidised or bulk billed sessions with a range of health professionals each calendar year. Speak with your doctor about getting this plan in place.



We're on the Web!

www.shout.org.au

Diabetes NSW & ACT

Diabetes NSW & ACT (Canberra office) can offer those living with pre-diabetes and type 2 diabetes access to a dietitian and diabetes educator via the GPMP and TCA arranged by your doctor. Both our health professionals are highly qualified and experienced in the management of people living with diabetes and will work with your diabetes healthcare team to help you navigate through life and prevent/manage long-term complications.

We are located within the Diabetes Australia office at Level 1, 101 Northbourne Avenue, Turner ACT 2601. For an appointment, please call (02) 6248 4500. Prior to your appointment, make sure you bring a completed and signed GPMP and TCA from your doctor when you visit us.



SHOUT INC.

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