



SHOUT Newsletter

For Members & Affiliates



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
Carers ACT
Multiple Sclerosis Ltd (MS)
BDP Awareness

Welcome to our News!

Hi members and HoHoHo,

Welcome to our very last newsletter for the year. And what a year it has been – so many great things have happened at SHOUT and as I write this I am quietly reflecting on the year that has been.

SHOUT has funding for 4 years through the Community Services Directorate which has really helped stabilise us and let us focus on the future. Our member organisations have grown and we have developed a Corporate Membership tier which is very successful – we are grateful to all our members for supporting us this year. The Web of Support has been a great resource to find services in the ACT, and is being accessed throughout Australia (and overseas). And we have trained groups, run seminars and conducted many one to one sessions to build capacity and grow and connect.

It is with sadness that we say goodbye to Friends of Brain Injured Children who are winding up at the moment. This was a tough decision for the Board, but they have left us with an amazing resource which is available both on our website and in hard copy at SHOUT.

So, as we near the end of another year, I wish you all a happy and safe Christmas and New Year with those you love. Thank you for your support and input.

With regards,
Carol Mead
SHOUT CEO

SHOUT Hours:

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

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>

Meeting Room

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

FREE 2019 SHOUT CALENDARS

For all Calendar orders, please email Georgia: web@shout.org.au. After the first 10 copies, a payment of \$4.50 will be required for each calendar to cover the expenses.

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

Parkinson's ACT

People With Disabilities
(ACT)

Prostate Cancer
Support Group ACT
Region

Spinal ACT

Christmas Morning Tea

Our informal Morning Tea for all Members, Affiliates and Corporate Members will be in the meeting room. Come and enjoy some lovely food, lively chatter and a break in the Christmas lead up.

From 10am to 11.30am on the 20th December.

RSVP: 13th December to Georgia: web@shout.org.au



SHOUT CHRISTMAS HOURS

SHOUT will be closed from Friday 21st December and will reopen 7th January 2019 with limited staff hours. Full staffed hours will commence on the 14th January.



They SHOUT Inc Team would like to wish our Corporate Members, Members and Affiliates a Merry Christmas and a happy New Year. We look forward to continuing our service, training and support in 2019.

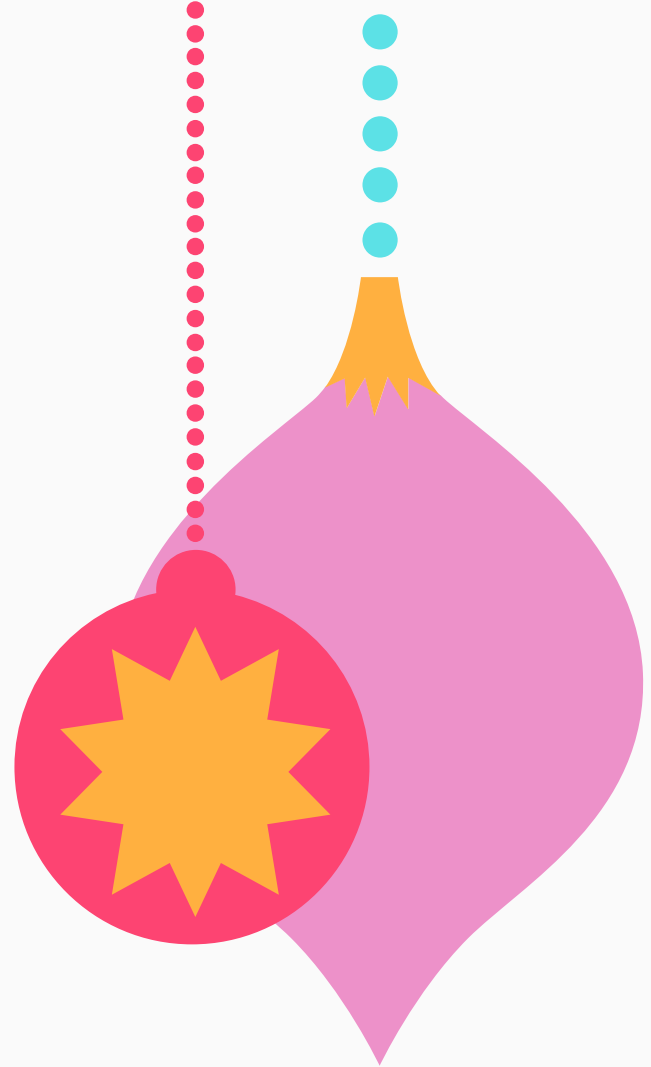
Carol, Elsa & Georgia

BOSOM BUDDIES

Christmas Cards

Our Bosom Buddies Christmas Cards are packed up and ready for sale! They are \$10 for a pack of 10 (blank inside, envelopes included)

Can be purchased via the Bosom Buddies office, HeadsUp at Kippax or from Colleen's in Garran. All proceeds will go straight to Bosom Buddies.



Another option is our Bosom Buddies Donation Gift card – We all know someone that is really hard to buy for, why not make a donation to Bosom Buddies in their name. A special gift that supports Bosom Buddies and those experiencing breast cancer in the ACT and surrounding region.

Your donation will also be tax deductible!

Give Karen a call in the office to arrange your Donation Gift card in time for Christmas.

Please don't hesitate to give me a call or email if you have any questions.

Call: 0406 376 500

Email: admin@bosombuddies.org.au

PEOPLE WITH DISABILITIES ACT

International Day of Persons with Disabilities – IDPD

Since 1992, the United Nations IDPD has been annually observed on 3 December around the world. Monday 3rd December is the 2018 International Day of Persons with Disabilities.

This year's theme is Empowering persons with disabilities and ensuring inclusiveness and equality. Gerrard Gosens is the Australian Patron for the 2018. Please read more about Gerrard at: <https://www.idpwd.com.au/gerrard-gosens/>

People With Disabilities ACT is working with the Canberra Times and the ACT Office for Disability to produce an I-Day Supplement which will be published in the Canberra Times on Sunday, 2nd December 2018. This 2018 PWD ACT's fourth consecutive I-Day Supplement is shaping up as one of the most comprehensive coverage of disability issues and I-Day events.



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

DOWN SYNDROME ASSOCIATION ACT

Free Membership Fees

Down Syndrome Association ACT are offering free memberships for 2018/2019!

**PLEASE FILL OUT THE APPLICATION FORM
ON THE FOLLOWING PAGE**



ACT
Down Syndrome
Association

ACT Down Syndrome Association

Membership Form 2018/2019

Application Renewal

I would like a 12 month "Voice" subscription (\$30.00)

Primary Contact information

Title _____ First Name _____ Surname _____

Address _____ Suburb _____

State _____ Postcode _____

Phone (h): _____ Phone (m): _____ Email: _____

Person with Down syndrome (if applicable)

Title _____ First Name _____ Surname _____

Address _____ Suburb _____

State _____ Postcode _____

Phone (h): _____ Phone (m): _____ Email: _____

Date of Birth (dd/mm/yy) _____ Gender _____

Individual with Down syndrome lives: Parents Mother Father
 independently Other

Does the individual with Down syndrome identify as:

Aboriginal Torres Strait Islander Aboriginal and Torres Strait Islander
 Neither Other

Preferred language (if other than English): _____

School currently attending (if applicable): _____

Current workplace (if applicable): _____

Other interests (e.g. sports, social activities, craft, etc): _____

Name (print) _____

Signature _____ Date _____

Personal information collected on this form will be retained and used for the purpose of processing and delivering ACT Down Syndrome Association membership applications for services, programs and normal business practices. It may also be used for other purposes including keeping you informed about the organisation's activities, events, member networks, distributing publications and providing you with information about things we think may be of interest to you. Without this information we may be unable to provide the member services and programs as intended. De-identified personal and health information may be used for research and statistical purposes for planning services by the organisation or distributed to third parties, such as government agencies or other agencies with an interest in the research. Be assured that this type of data is always de-identified. Personal information will not be disclosed to third parties without consent or in accordance with the law. We take steps to protect all personal, sensitive and health information held against misuse, interference, loss, unauthorised access, modification and disclosure. You can access the personal information that we hold about you, and you can ask us to correct the personal information we hold about you. If you are listed on one or more of our network email lists you can opt out at any time.

WOMEN WITH DISABILITIES ACT

Pitch Your Passion 2019

Women With Disabilities
ACT presents...

PITCH YOUR PASSION 2019

EXPRESSIONS OF
INTEREST NOW OPEN FOR
PERFORMERS + SPEAKERS

Open Mic + Variety Show for
People aged 16-25 with Disability
or Mental Illness.

5 minute time slots to perform or
speak about your interest

Take it further with mentoring
opportunities to follow...

projects@wwdact.org.au
wwdact.org.au/pitch-your-passion

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 the 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.

GRANT OPPORTUNITY

Women's Leadership and
Development Program

**Women's Leadership and
Development Program
Due 14th December 2018 –
but another round due 28th
June 2019**

**For more info contact
Rebecca Grant 62716074
WLDP17-18@pmc.gov.au**



SHOUT

UNITED TOGETHER

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE

CATHOLIC CARE CANBERRA & GOLBURN

11th Annual Comorbidity
Interagency



There for any human

Save the date
11th Annual
Comorbidity Interagency

Mental Health &
Drug & Alcohol Services Expo
Wednesday 5 December 2018
12.00pm–2.00pm

Blackfriars Rose Garden
Australian Catholic University
127 Phillip Ave, Watson ACT

Register now
comorbidityinteragency2018.eventbrite.com.au

For more information contact
comorbidityinteragency@catholiccare.cg.org.au

www.catholiccare.cg.org.au

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.

PARKINSON'S ACT

Women with Parkinson's

A monthly catch-up for women seeking to share their experiences of living with Parkinson's. Join us on the first Thursday of the month at 2.15pm at the Southern Cross Club, Macquarie (located opposite the Jamison Centre).

LIFELINE TRAINING COURSE

Mental Health First Aid for the Suicidal Person

This four-hour (4hr) Mental Health First Aid for the Suicidal Person course is for any interested adult who wants to learn the skills and acquire the knowledge required to safely have a conversation with a suicidal person.

Location

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

Cost

Introductory 2-for-1 Offer!!
Pay for one and bring along a friend!
\$200 inc GST (\$150 inc GST for charities/community organisations and pension card holders).

For further information on this course or to download a registration form, please visit our website or contact the Lifeline Canberra training team.

Web: www.act.lifeline.org.au

Email: training@act.lifeline.org.au

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 five fold 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.

Time to Talk

In 2019, February 7 is Time-To-Talk Day – a day when everyone is encouraged to have a conversation about mental health.

On Time-To-Talk Day 2019, the Mental Health Foundation ACT (MHF) aims to get as many people as possible across the ACT talking about mental health by getting conversations happening in schools, homes, workplaces, in the media and online.

Since Time-To-Talk Day was first launched in the UK in 2014, it has sparked millions of conversations around England, Scotland, Wales and Northern Ireland.

Even though great progress has been made locally, nationally and even internationally, the reality is that mental health can affect anyone, and many people still don't consider mental health as being relevant to them, these people don't believe mental health problems are likely to affect them or people they know. Actually, mental illness is very common. One in five (20%) Australians aged 16-85 experience a mental illness in any year and almost half (45%) Australians will experience a mental illness in their lifetime, but people are still afraid to talk about it.

Too many people with mental health problems are made to feel isolated, worthless and ashamed. For these people not being able to talk about it can be one of the worst parts of the illness.

In the Workplace:

It can be really hard to open up about mental health at work: 95 per cent of people calling in sick with stress give a different reason. No one should have to fear being treated differently because of a mental health problem.

You CAN talk about mental health at work!

Time-To-Talk Day encourages everyone to talk about mental health. It is a chance for all of us to be more open about it – to talk, to listen, to change lives.

Taking part in Time-To-Talk Day is a great way to start the conversation about mental health in your workplace and break down barriers. 95% of UK workplaces that took part in Time-To-Talk Day 2018, said that people in their organisation are now more likely to talk about mental health as a result.

"(in my workplace) I handed out tea bags and stickers after each conversation and encouraged teams to carry on the discussion with others. I also placed leaflets and reading material in high traffic areas and saw many people reading!" – James

Starting a conversation about mental health might seem daunting but simply sending a text, checking in on a friend or sharing something on social media can break the ice.

So why not hold a lunch and learn, give out materials or host a coffee morning. These are all good ways to get your conversations started. Or you can have MHF come to your workplace and help to get the conversation started.

For more information, support materials or someone to visit your workplace to help get the conversation started, contact the Mental Health Foundation ACT on 02 6282 6604 or by email to info@mhf.org.au. By getting people talking about mental health we can break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all. MHF encourages everyone to talk about mental health this Time-To-Talk Day.

MENTAL HEALTH FOUNDATION

Time-To-Talk Day – 7th February 2019

Proudly promoted in Canberra and surrounding regions by the Mental Health
Foundation ACT

11/70 Maclaurin Crescent, Woden – 02 6282 6604 – www.mhf.org.au

**No one should
feel ashamed
to talk about
mental health**



#timetotalk

time to change

let's end mental health discrimination



THE AUSTRALASIAN COLLEGE OF ROAD SAFETY (ACRS)

The Australasian College of Road Safety (ACRS) is the region's peak membership association for road safety professionals, advocates, and members of the public who are focused on saving lives and serious injuries on our roads. The College provides a rich, collaborative environment to promote communication, networking, professionalism & advocacy across all spheres of road safety – including policy, advocacy, research, application & dissemination. Our current membership includes experts from across all areas of road safety: policy makers, academics, community organisations, researchers, federal, state and local government agencies, private companies and members of the public. We attract and retain these experts through the active and inclusive nature of our organisation, and we warmly invite all those interested in saving lives and serious injuries on our roads to be a part of our progressive organisation.



AUSTRALASIAN COLLEGE OF
ROAD SAFETY

*Fostering communication,
networking, professionalism
and advocacy in road safety*

Visit: www.acrs.org.au Contact: (02) 6290 2509