

2019



# SHOUT

UNITED TOGETHER

OUR MISSION IS TO SUPPORT  
COMMUNITY GROUPS THROUGH  
CONNECTION, SKILL DEVELOPMENT,  
AWARENESS AND GOVERNANCE  
TO DELIVER VITAL OUTCOMES TO  
THEIR MEMBERS.





**SHOUT**



# JANUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		01 NEW YEAR'S DAY	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		AUSTRALIA DAY

- ACT SCHOOL HOLIDAYS
- ACT PUBLIC HOLIDAYS



**SHOUT**  
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**SHOUT**

PEOPLE WITH DISABILITIES



# FEBRUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04 ★ WORLD CANCER DAY	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

● ACT SCHOOL HOLIDAYS

YOU ARE INVITED TO JOIN PEOPLE WITH DISABILITIES ACT, THE PEAK VOICE IN CANBERRA SINCE 1982. MEMBERSHIP IS FREE FOR INDIVIDUALS. JOIN TODAY AND HELP HAVE A STRONGER VOICE FOR PEOPLE WITH DISABILITIES IN CANBERRA. VISIT: [PWDACT.ORG.AU](http://PWDACT.ORG.AU)



**People with  
Disabilities**  
ACT Inc












**SHOUT**

ACT DOWN SYNDROME ASSOCIATION



SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03  HEARING AWARENESS WEEK	04  WORLD HEARING DAY	05	06	07	08	09
10	11  BRAIN AWARENESS WEEK CANBERRA DAY	12	13	14	15	16
17	18	19	20	21  WORLD DOWN SYNDROME DAY ACT SENIORS WEEK EXPO	22	23  RELAY FOR LIFE
24  WALK FOR EPILEPSY & RELAY FOR LIFE	25	26 	27	28	29	30
31						

 ACT PUBLIC HOLIDAYS

# MARCH 2019

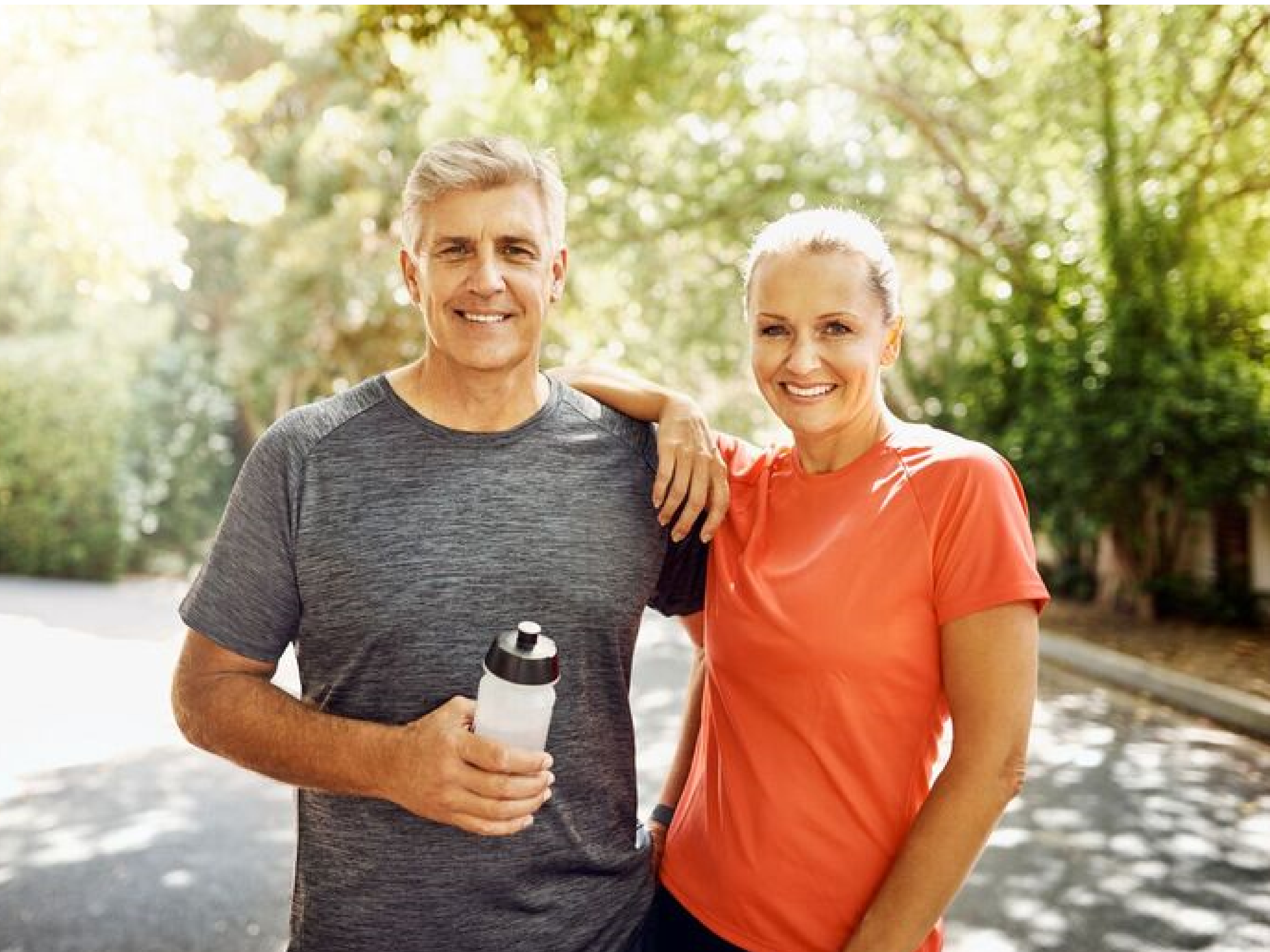
THE ACT DOWN SYNDROME ASSOCIATION IS A COMMUNITY BASED ORGANISATION IN CANBERRA THAT PROVIDES SUPPORT TO FAMILIES AND INDIVIDUALS WITH DOWN SYNDROME.

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.

VISIT: [WWW.ACTDSA.ORG.AU](http://WWW.ACTDSA.ORG.AU)







**SHOUT**

DIABETES NSW & ACT



# APRIL 2019

OVER 40? - HAVE AN ANNUAL DIABETES TEST  
WITH YOUR GP?

DIAGNOSED WITH DIABETES, ARE YOU  
REGISTERED ON THE NATIONAL DIABETES  
SERVICE SCHEME (NDSS)?

ANY QUESTIONS PLEASE CALL ACT DIABETES  
ON: 6248 4500 OR  
VISIT: [WWW.DIABETESNSW.COM.AU](http://WWW.DIABETESNSW.COM.AU)



SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11  WORLD PARKINSON'S DAY	12	13
14	15	16	17	18	19 GOOD FRIDAY	20 EASTER SATURDAY
21 EASTER SUNDAY	22 EASTER MONDAY	23	24	25 ANZAC DAY	26	27
28	29	30				

● ACT SCHOOL HOLIDAYS

● ACT PUBLIC HOLIDAYS








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MND NSW

# MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05  MND WEEK 5TH-11TH SLEEP APNEA AWARENESS DAY	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23  AUSTRALIA'S BIGGEST MORNING TEA CANCER COUNCIL	24	25
26	27   RECONCILIATION DAY	28	29	30	31	

 ACT PUBLIC HOLIDAYS

MND NSW PROVIDES INFORMATION, SUPPORT, ASSISTANCE LINKING TO SERVICES AS WELL AS ASSISTIVE TECHNOLOGY AND EDUCATION FOR PEOPLE LIVING WITH MOTOR NEURONE DISEASE (MND), THEIR FAMILIES, FRIENDS AND CARERS IN NSW AND THE ACT. WE ALSO PROVIDE INFORMATION AND EDUCATION ABOUT MND FOR HEALTH, COMMUNITY AND RESIDENTIAL CARE PROFESSIONALS.

PHONE 1800 777 175 OR  
VISIT: [WWW.MNDNSW.ASN.AU](http://WWW.MNDNSW.ASN.AU)









**SHOUT**

EPILEPSY ACT



SUN	MON	TUE	WED	THU	FRI	SAT
						01  BOWEL CANCER AWARENESS MONTH
02	03	04	05	06	07	08
09	10  QUEEN'S BIRTHDAY 	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

 ACT PUBLIC HOLIDAYS

# JUNE 2019

## OUR MISSION:

TO PROVIDE ACCESSIBLE SUPPORT,  
INFORMATION, EDUCATION AND CONNECTIONS  
FOR PEOPLE LIVING WITH EPILEPSY IN THE ACT  
AND SURROUNDING REGION, THEIR FAMILIES,  
SUPPORT NETWORK AND THE COMMUNITY.

## OUR VISION:

FOR EVERY PERSON LIVING WITH EPILEPSY IN  
OUR REGION TO FEEL SAFE, CONNECTED AND  
ABLE TO REACH THEIR POTENTIAL.

VISIT: [WWW.EPILEPSYACT.ORG.AU](http://WWW.EPILEPSYACT.ORG.AU)

epilepsy  
ACT





**SHOUT**

ARTHRITIS ACT



# JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06 ●
07 ●	08 ●	09 ●	10 ●	11 ●	12 ●	13 ●
14 ●	15 ●	16 ●	17 ●	18 ●	19 ●	20 ●
21 ●	22	23	24	25	26	27
28 ★ WORLD HEPATITIS DAY	29	30	31			

ARTHRITIS AFFECTS 1 IN 4 AUSTRALIANS, REGARDLESS OF AGE, BACKGROUND OR GENDER. ARTHRITIS ACT WORKS WITH INDIVIDUALS TO IMPROVE THEIR QUALITY OF LIFE WHEN LIVING WITH PAIN, MUSCULOSKELETAL PROBLEMS, OR JUST WANTING TO IMPROVE THEIR HEALTH GENERALLY. ARTHRITIS ACT IS DEDICATED TO PROVIDING QUALITY SERVICE AT A LOW COST. OUR SERVICES INCLUDE DIETITIAN, EXERCISE PHYSIOLOGY, COUNSELLING AND OCCUPATIONAL THERAPY CONSULTATIONS, SPECIALISED ARTHRITIS PHYSIOTHERAPY COURSES, EXERCISE PROGRAMS AND SUPPORT. WE ALSO RUN THE ACT'S LARGEST THERAPEUTIC HYDROTHERAPY PROGRAM. VISIT: [WWW.ARTHRITISACT.ORG.AU](http://WWW.ARTHRITISACT.ORG.AU)





## PARKINSON'S ACT

ARTIST FROM THE CANBERRA TINGEY  
PAINTING WITH PARKINSONS PROGRAM



# AUGUST 2019

DEALING WITH A DIAGNOSIS IS CHALLENGING AND IT CAN BE DIFFICULT TO FIND YOUR WAY. THE SUPPORT OF PEOPLE WHO SHARE YOUR EXPERIENCE IS INVALUABLE. AND LIVING WITH PARKINSON'S CAN BE ISOLATING. PARKINSON'S ACT UNDERSTANDS. THE PARKINSON'S COMMUNITY CAN HELP YOU NAVIGATE THIS CONDITION. WE'RE IN THIS TOGETHER.

VISIT: [WWW.PARKINSONSACT.ORG.AU](http://WWW.PARKINSONSACT.ORG.AU)  
EMAIL: [ACTPARKINSONS@GMAIL.COM](mailto:ACTPARKINSONS@GMAIL.COM)

**parkinson's** IN THIS TOGETHER  
ACT

SUN

MON

TUE

WED

THU

FRI

SAT

01



WORLD BREASTFEEDING WEEK

02

03

04

05



SLEEP AWARENESS WEEK

06

07

08

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DAFFODIL DAY  
CANCER COUNCIL

24

25



PARKINSON'S WALK IN THE  
PARK DAY

26

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31









**SHOUT**

CARERS ACT



# SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
01  PROSTATE CANCER AWARENESS MONTH	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 
29 	30 					

 ACT SCHOOL HOLIDAYS

CARERS ACT SUPPORTS, CONNECTS AND EMPOWERS CARERS TO MAINTAIN THEIR CARING ROLE AND PERSONAL WELLBEING AND ENABLE THEM TO PARTICIPATE IN THEIR REGULAR ACTIVITIES. AS THEIR TRUSTED PARTNER IN CARE, WE PROVIDE CARERS WITH A RANGE OF INTEGRATED SERVICES AND SUPPORTS TO MAKE THEIR LIFE EASIER. WE ALSO WORK WITH INDUSTRY AND GOVERNMENT TO CREATE A MORE CARER-FRIENDLY COMMUNITY.

VISIT: [WWW.CARERSACT.ORG.AU](http://WWW.CARERSACT.ORG.AU)

PHONE: 1800 052 222

**Carers**ACT





**SHOUT**

BOSOM BUDDIES ACT



# OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		01 ★ BREAST CANCER AWARENESS MONTH	02	03	04	05
06	07 LABOR DAY	08	09	10 ★ WORLD MENTAL HEALTH DAY	11	12 ★ WORLD ARTHRITIS DAY
13	14 ★ NATIONAL CARERS WEEK	15	16	17	18	19
20 ★ WORLD OSTEOPOROSIS DAY	21	22	23 ★ SUDEP ACTION DAY	24	25	26
27	28	29	30	31		

OCTOBER IS BREAST CANCER AWARENESS MONTH – CONTACT BOSOM BUDDIES TO ARRANGE A FREE BREAST AWARENESS PRESENTATION IN YOUR WORKPLACE, COMMUNITY GROUP OR SCHOOL. THE EARLIER BREAST CANCER IS DETECTED IN WOMEN AND MEN THE BETTER THE CHANCE OF SUCCESSFUL TREATMENT. BE BREAST AWARE!  
[WWW.BOSOMBUDDIES.ORG.AU](http://WWW.BOSOMBUDDIES.ORG.AU)



● ACT SCHOOL HOLIDAYS  
 ● ACT PUBLIC HOLIDAYS







**SHOUT**

AUSTRALIAN BREASTFEEDING ASSOCIATION



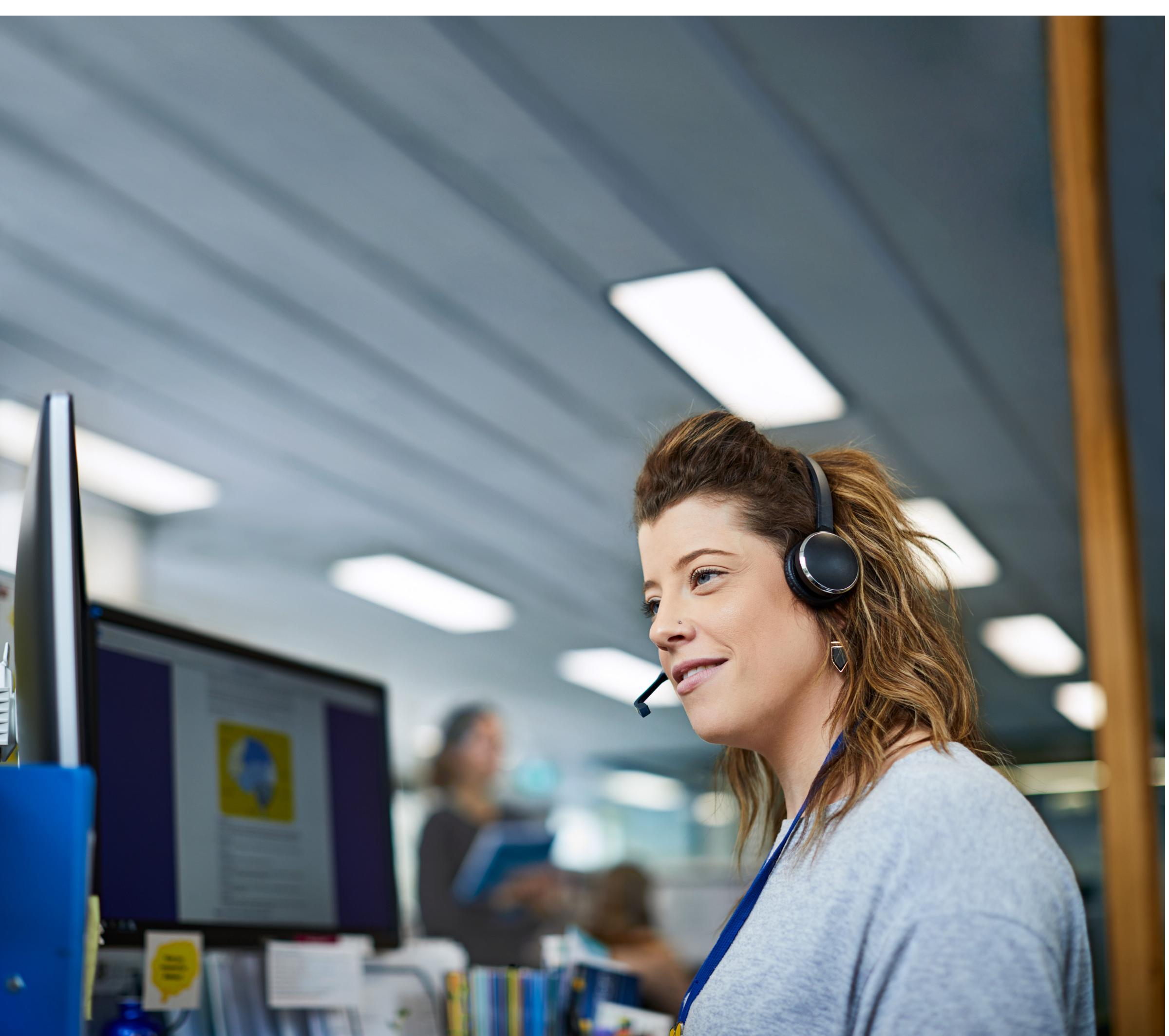
# NOVEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04	05	06	07	08	09
10	11	12	13	14  WORLD DIABETES DAY	15	16
17  NATIONAL SKIN CANCER ACTION WEEK	18	19	20	21	22	23
24	25	26	27	28	29	30

THE AUSTRALIAN BREASTFEEDING ASSOCIATION (ABA) HELPS AUSTRALIAN WOMEN GAIN THE SKILLS AND CONFIDENCE TO SUCCESSFULLY BREASTFEED THEIR BABY AND TO HELP THEM OVERCOME CHALLENGES THEY MAY EXPERIENCE THROUGH OUR BREASTFEEDING EDUCATION CLASSES, NATIONAL BREASTFEEDING HELPLINE (1800 686 268), LIVE CHAT, EMAIL COUNSELLING SERVICES, LOCAL SUPPORT GROUPS AND BREAST PUMP HIRE AND SUPPORT.  
VISIT: [WWW.BREASTFEEDING.ASN.AU](http://WWW.BREASTFEEDING.ASN.AU)







**SHOUT**

CANCER COUNCIL ACT



# DECEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03 ★ INTERNATIONAL DAY OF DISABLED PERSONS	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19 ●	20 ●	21 ●
22 ●	23 ●	24 ●	25 ● CHRISTMAS DAY	26 ● BOXING DAY	27 ●	28 ●
29 ●	30 ●	31				

CANCER COUNCIL ACT IS A NON-GOVERNMENT, NOT-FOR-PROFIT COMMUNITY ORGANISATION WORKING TOWARDS A CANCER FREE FUTURE. WE WORK IN THE LOCAL COMMUNITY PROVIDING INFORMATION AND SUPPORT TO PEOPLE AFFECTED BY CANCER, A WIG SERVICE, PREVENTION EDUCATION PROGRAMS, ADVOCACY, RESEARCH FUNDING AND OTHER SERVICES RELEVANT TO THE REGION.