



SHOUT Newsletter

For Members & Affiliates



Welcome to our News!

Happy New Year to all our members and friends.

We hope your holiday period was refreshing and you are back for a great year ahead.

At SHOUT we have taken the opportunity over the quiet time in January, to revamp the meeting room with new paint and carpet, and once the chairs arrive, it will be a great place for meetings, planning days and other activities. Our new TV is huge and is easily connected to your laptop through a HTML cable (in situ) plus we have wifi available – just ask us for the password as this will change every few months.

We also have updated the carpet in our SHOUT Office which has freshened up the office space – it looks so much better.

SHOUT has a busy year ahead with 6 expos, shopping centre visits and training opportunities for Boards, Managers and CEOs, and round tables. We are excited to know that this year will be full on and supporting all our member organisations in the Canberra Community.

We look forward to seeing you throughout the year and promoting your organisation in the community.

Regards,
Carol

Corporate Members:

Arthritis ACT
Women with Disabilities
Australasian College of Road
Safety
Diabetes NSW/ACT
Epilepsy ACT
Cancer Council ACT
Directions Health
Australian Breastfeeding
Association ACT/NSW
Region
Carers ACT
Multiple Sclerosis Ltd (MS)
BDP Awareness ACT

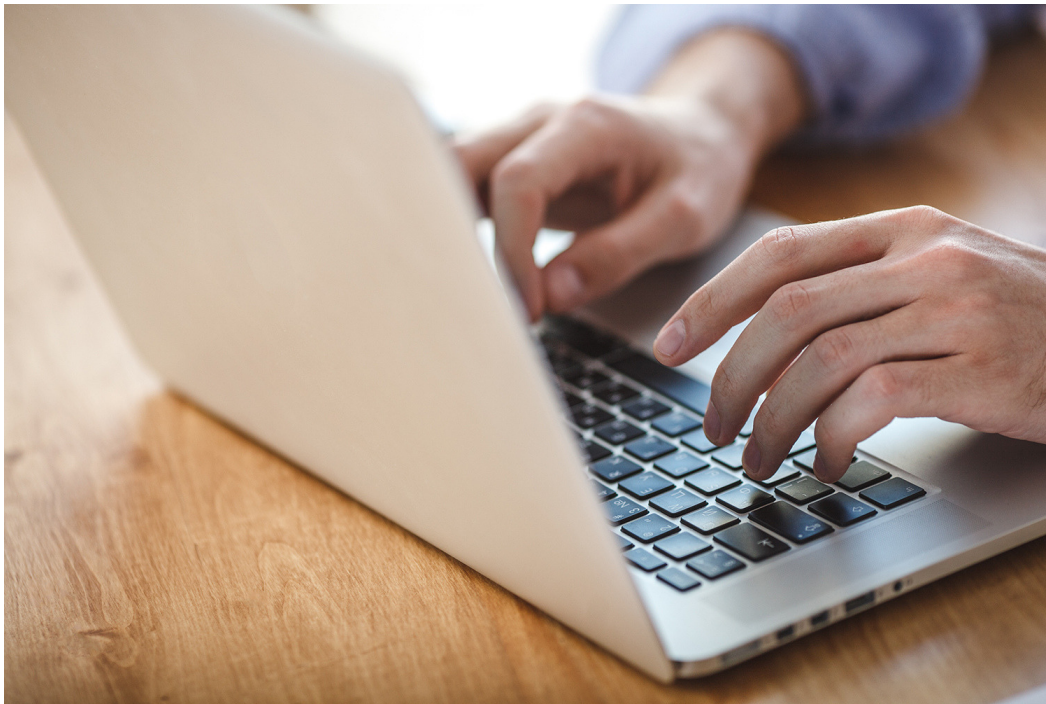
SHOUT Hours:

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



WEB OF SUPPORT

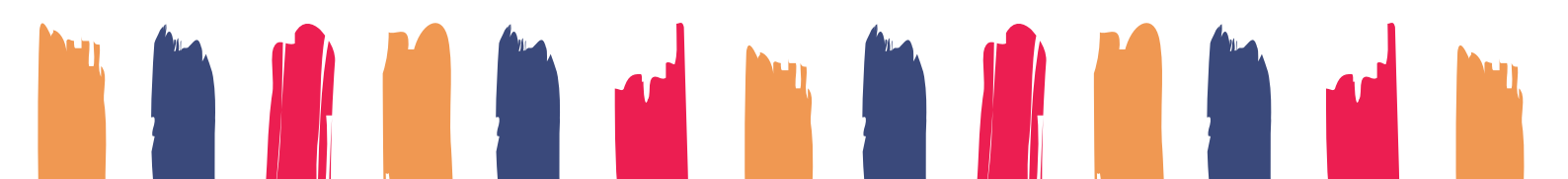
Find the services you need to support you and your family. Local Canberra Information, Disability, Health and Aged Care Services, Support Services Directory, Self-help Groups, Information at your fingertips. Visit: <http://www.shout.org.au>



Meeting Room Hire

Our recently refurbished meeting room is large, airy and includes a large fridge, urn, crockery, cutlery, a microwave, smart TV, whiteboards and a hearing loop. There is a new training resources cupboard with pens, whiteboard markers and paper for all to use. SHOUT also has a laptop for hire for \$25.00 per day if you require. We are conveniently situated in Collett Place in Pearce opposite the Pearce shops which has several cafes, great coffee, plus an IGA! We also offer a catering package, including a beverage option so you will not have 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



SLEEP APNOEA ASSOCIATION INC

Guest speaker: Dr Stuart Millar

General Meeting

Saturday 16th February, 2:00PM

Guest Speaker Dr Stuart Millar,
Sleep Physician, Canberra Sleep Clinic
Deakin ACT.

Canberra Southern Cross Club Woden

All Welcome!

SHOUT Members:

ACT Down
Syndrome
Association

ACT ME/CF
Society

Motor Neurone
Disease
Association

Bosom Buddies

Brain Tumour
Alliance

Canberra and
Queanbeyan ADD
Support Group

Canberra Region
Kidney Support
Group

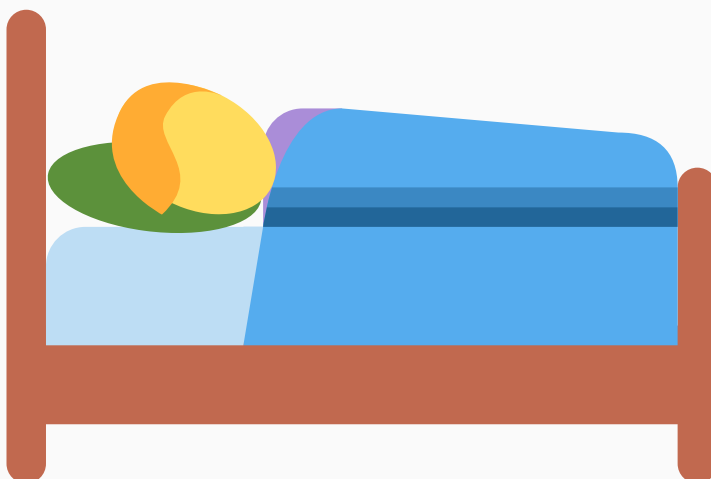
Friends of Brain
Injured Children

Parkinson's ACT

People with
Disabilities

Prostate Cancer
Support Group

Spinal ACT



ACT DEAFNESS RESOURCE CENTRE



Are you Hearing Impaired?

Come in and use our drop in service! The DRC is a not-for-profit community organisation funded by the commonwealth. We are a tax concession charity registered as a deductible gift recipient (DGR).

ACT Deafness Resource Centre:

- Provides Assistive Listening Devices for FREE trial and/or for sale
- Product demonstrations
- Delivers a Hearing Aiders Program for the aged in care
- Offers Information and Referrals
- Provides Advocacy Support
- Sell hearing Aid Batteries
- Makes Workplace Assessments & run workplace Presentations



Business Hours:
9am - 5pm
Monday to Thursday

Grant Cameron Community
Centre, Level 1B, 27 Mulley
Street, Holder ACT 2611.
www.actdrc.org.au



Registered NDIS Provider

Contact us:

email:drcenq@actdrc.org.au

Phone: (02) 6287 4393

TTY: (02) 62874394

Mobile: 0400 201 852

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

ACT DOWN SYNDROME ASSOCIATION

ALDERSON AWARDS

March 29, 2019 | 6:00PM
Southern Cross Club Woden
Dress to Impress!

RSVP March 15, 2019
To Gemma: community@actdsa.org.au

Please feel free to nominate an individual with Down syndrome who has worked hard towards achieving a goal or an organisation or individual that you feel has gone above and beyond! **Nominations must be received by March 8th, 2019.**

You can purchase your ticket for the night here:

<https://www.eventbrite.com.au/e/alderson-awards-2019-tickets-53086283503>

Nomination for the Alderson Family Community Contribution Award

The following guidelines apply:

Nominee must be an individual, organisation or business who has contributed to the community and/or people with Down syndrome in some way.

Membership of the Association is not a prerequisite for the award.

Examples of contributions could be (but are not limited to) providing meaningful employment to a person with Down syndrome. Providing work experience or volunteering opportunities to a person with Down syndrome. Providing education or training to a person with Down syndrome, their families, friends or support people.

The decision of the Association will be final.

Nominations must be in writing and be received by the ACTDSA by **8 March 2019**.

Nominee Information

Name of Nominee	
Home Telephone Number	
Work Telephone Number	
Mobile Telephone Number	
Email address	

Nominator Information

Name of Nominator	
Address	
Home Telephone Number	
Work Telephone Number	
Mobile Telephone Number	

Referee Information

Name of Referee	
Email Address	
After Hours Contact Number	
Business Hours Contact Number	
Mobile Telephone Number	

Nomination for the Alderson Family Community Contribution Award

Short Description of the Community Contribution	
How long has the organisation contributed to the community?	
What are the outcomes of this organisation's contribution?	

If insufficient space is provided, please attach additional page/s to complete your nomination.

Thank you for your nomination, please send to ACTDSA, PO Box 717, MAWSON, ACT 2607 or email to: admin@actdsa.org.au by 8 March 2019.

The Alderson Family Award 2019 - Nomination Form Category: 18 Years +

The following guidelines apply:

- Nominee must be a person with Down syndrome.
- Membership of the Association is not a prerequisite for the award.
- Achievement for a person with Down syndrome must be significant in the context of the nominee's life, not necessarily the wider community. Examples may be (but are not limited to): finishing school or achieving a good school report, confidently catching public transport, learning how to play a new sport or instrument, getting a job or volunteering for an organisation.
- The decision of the Association will be final.
- Nominations must be in writing and be received by the ACTDSA by **08 March 2019**.

Nominee Information

Name of Nominee	
Home Telephone Number	
Work Telephone Number	
Mobile Telephone Number	
Email address	

Nominator Information

Name of Nominator	
Address	
Home Telephone Number	
Work Telephone Number	
Mobile Telephone Number	

Referee Information

Name of Referee	
Email Address	
After Hours Contact Number	
Business Hours Contact Number	

Mobile Telephone Number

Nomination for the Alderson Family Personal Achievement Award
Short Description of the Achievement

How long did it take to achieve this goal?

What is the significance of achieving this goal?

How has this changed the person's life?

If insufficient space is provided, please attach additional page/s to complete your nomination.

Thank you for your nomination, please send to ACTDSA, PO Box 717, MAWSON, ACT 2607 or email to: admin@actdsa.org.au by 8 March 2018.

CARERS ACT

GIVE A YOUNG CARER A BRIGHTER FUTURE - APPEAL

"Mum cries a lot at night, she's in so much pain. It makes me cry too. I can't do my schoolwork or hang out with my friends because I need to help her. It's really hard."

- Beck, 14

Carers ACT is calling on the Canberra community to donate to its Young Carers Appeal to support young carers like Beck. Instead of doing schoolwork and interacting with friends, many young carers spend their time instead helping a parent with personal care, medications, medical appointments, grocery shopping, cooking, cleaning, washing, paying bills and looking after younger siblings. They often struggle at school, have little time to themselves and are more likely than their peers to have mental health issues.

**To donate online - visit: www.carersact.org.au/donate
or call (02) 62969900**





LIFE GOALS & SKILLS BLAST MENTORING PROGRAM

CANBERRA - SAT 16TH & SUN 17TH MARCH 2019



*The Life Goals & Skills Blast program is designed for Rural and Regional Australia.
Hear For You will come to Canberra to run a 2-day session for you!*

The participants, parents and teachers will select the topics they wish to cover in the Blast program.

Mentoring formats include both individual, small group, and peer to peer.

The discussions and activities are interactive and engaging to help teenagers explore all the pertinent issues and questions about teenage life!

What do teenagers gain?

- *Leadership and teamwork skills*
- *Resilience and anti-bullying tactics*
- *An understanding of their personal identity*
- *Develop and improve social skills*
- *Meet other deaf teens like them*
- *Create own life goals plans for NDIS*
- *Become community engagers*
- *Begin journey of realising their own life potential*

What do parents/guardians gain?

- *Build networks with other families*
- *Meet successful young deaf adults*
- *Discover new technology and supports*
- *Understand and develop strategies to better support their teenager at home*

How do local communities & schools benefit?

- *More confident deaf teenagers who are open to engaging more*
- *New generation of potential community leaders*
- *Increased engagement in the community*

To find out more or register:

<https://hfycanberrablast2019.eventbrite.com.au>

Who exactly is Hear for You?

Hear For You is a registered Not For Profit charity registered under ACNC, and is a Public Benevolent Institution. In 2013 Hear For You won a National Disability Award for Excellence in Personal and Community Support.

Hear For You is a nationally registered NDIS (National Disability Insurance Scheme) Provider.

Our amazing volunteer mentors are high achievers from a wide spectrum of Australian society, all whom are also deaf or hard of hearing. They all have the power of hindsight, having gone through similar experiences at High School themselves. They are waiting to hear your experiences and to share some cool stories with you!

Testimonials

"It only takes one person to make a difference to someone else's life and volunteering as a mentor means I have a chance to share my life experience with a mentee and guide them in the direction they want to head in."

Bradley Jardine, Mentor since 2014



"I just wanted to let you know how much my son, Daniel, has enjoyed the Hear For You workshops so far. Dan was a bit reluctant to go to the first session, but came home so happy – it was obvious that he'd had a great day. When he came home from the second day, he was absolutely exhilarated! I can't wait to see what will happen next! Thank you so much for giving Dan this rare opportunity to see the heights that he can achieve and to see what he can be."

Parent of deaf teenager - 2016 Rural & Regional Life Goals & Skills Program

Past Program Results

- **90% of parents indicate satisfaction with the program and the positive impact it has had on their deaf teen.**
- **85% of Teenage Participants indicate they are satisfied with the program**

For more info or to register, go to:

<https://hfycanberrablant2019.eventbrite.com.au>



BORDERLINE PERSONALITY DISORDER AWARENESS ACT

DBT Skills Groups Program

BPD Awareness ACT is offering a Dialectical Behavior Therapy skills Group program for those people who experience problems with self-harm, extreme emotional sensitivity, mood swings, anger, recurrent depression, anxiety, intense or chaotic relationships, impulsivity and stress.

In this program we will teach skills of how to be mindful, tolerate distress, regulate your emotions and improve interpersonal effectiveness. You will learn specific techniques to manage behavior, interact with others and learn how to tolerate painful emotions.

Dates for 2019 (follows ACT school terms)

Round 1: 4th February - 12th April

Round 2: 29th April - 5th July

Round 3: 22nd July - 27th September

Round 4: 14th October - 16th December

Days, times and venue to be confirmed

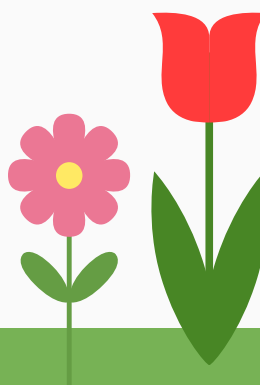
We aim to make our DBT Skills Groups affordable for all who need to learn DBT Skills to create a life worth living. Please call to discuss individuals' costs. Also available for those who are Plan Managed and Self Managed under NDIS

To express an interest or register, phone Natalie on:
0415 11 1894 or email: bpdawarenessact@gmail.com

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

Capital Giving 2019 Grant

In mid February 2019 Capital Giving will be inviting applications for the 2019 Grant. Applications open 15th February to 22th February 2019.

The successful applicant will be notified 7th March 2019, and be invited to meet our donors at the grant giving ceremony afternoon tea Saturday 30th March. The grant amount is not yet confirmed however it will be in the vicinity of between \$7K-\$10K.

The grant may help to support or extend a current successful program or be used to support a pilot program.

The grant is open to volunteer groups, community organisations and social enterprises.

We're looking support a project that has aims to support disadvantaged/vulnerable women in the ACT Region.

If you have any questions please email me at lesley@capitalgiving.org.au

Further information on Capital Giving
can be found here:
www.capitalgiving.org



Second Hand Corporate Clothing Sale



The ACT's professionals have donated their pre-loved corporate clothing to raise money for Bosom Buddies ACT.

Pick up some Cue, Armani, Orotan, David Lawrence, Jigsaw, and Hugo Boss for a steal!

14 & 15 February 2019
12pm-2pm & 4pm-6pm

Level 2, 121 Marcus Clarke St Canberra
ACT 2601

ARTHRITIS ACT

Tai Chi For Health & Falls Prevention 2019

Tai chi for Health and Falls Prevention is an 8 -week beginners program, designed to improve strength, flexibility and balance. This program aims to assist in reducing falls.

Venue: Kaleen Community Hall - 28 Georgina Cres, Kaleen

When: Monday 11th February —Monday 8th April

Time: 11.45 am—12.30pm

Members: \$40 per term **Non Members:** \$80

Venue: Building 18, 170 Haydon Drive, Bruce

When: Saturday 2nd February—Saturday 30th March

Time: 9.30am—10.15am

Members: \$50 per term **Non Members:** \$90

Hydro Tai Chi

Venue: The Canberra Hospital- Yamba Drive, Garren

When: Wednesdays (commencing 6th February)

Time: 9.00 am—9.45am

Cost: \$10 per class (WWX registration essential)

To Register: Please contact Arthritis ACT via
email: info@arthritisact.org.au or phone: 1800 011 041

Strength & Balance classes

An entry level, exercise program designed to help you strengthen your muscles and improve your balance.

Kaleen Community Hall: 28 Georgina Cres, Kaleen.

Balance 30: Mondays 9:30am - 10:00am

Strength & Balance: Mondays 10:30am - 11:30am

Weston Neighbourhood Hall: 6 Gritten Street, Weston.

Balance 30: Tuesdays 9:30am - 10:00am

Strength & Balance: Tuesdays 10:30am - 11:30am

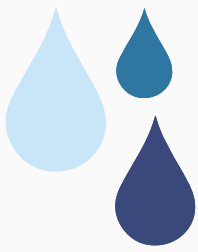
Lake Tuggeranong Sea Scouts Hall: Mortimer Lewis Drive, Greenway.

Strength & Balance: Thursdays 10:00am - 11:00am

To register: Contact: 1800 011 041 or email: info@arthritisact.org.au

Registrations are essential, Payment required at time of registration.





HYDROTHERAPY CLASSES

Hydro Tai Chi: Tai Chi movements conducted in water, focusing on balance and body movement. This class is low intensity and designed for those with limited mobility or balance concerns.

Hydro Motion: Exercises conducted in water focusing on strengthening joints and improving balance. These classes are low-moderate intensity and will focus on strengthening upper and lower limbs.

Hydro Pulse: A moderate-high intensity aqua aerobics class, focusing on movements to music. This class is designed to improve range of motion, strength and cardiovascular endurance whilst using water resistance to reduce impact on joints.

General Hydrotherapy: Normal hydrotherapy sessions open to members of Arthritis ACT completing individual programs. Attendee need to purchase WWX tickets from Arthritis ACT office to attend this session.

Payment:

Classes cost \$10 per class for ArthritisACT members. No bookings are needed, however payment upon attendance is required Participants must have current medical clearance form signed.

Monday	Wednesday	Friday
5-6pm Hydro Motion UCH	9-9.45am Hydro Tai Chi TCH	9-10am Hydro Motion TCH
	10-11am Hydro Motion TCH	10-11am Hydro Pulse TCH
	11am-12pm General Hydrotherapy (Open Access) TCH	11am-12pm General Hydrotherapy (Open Access) TCH
	12-1pm Hydro Pulse TCH	12-1pm Hydro Motion TCH
	5-6pm Hydro Pulse UCH	

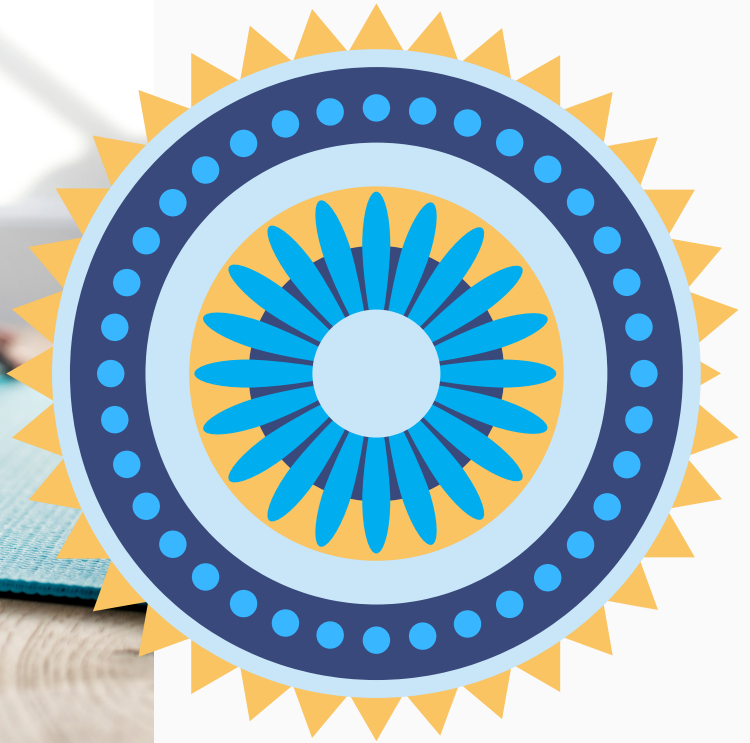
UCH – University of Canberra Hospital Pool, TCH – The Canberra Hospital Pool

If you have questions about the classes or times; please contact Sophie (Exercise Physiologist) sophie@arthritisact.org.au or call: (02) 6251 205

ARTHRITIS ACT

Yoga Classes

Arthritis ACT offers Yoga to improve muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being.



Date: 11th February -8th April

Class: Floor Yoga

Time: Mondays, 9:30 to 10:15 am

Date: 11th February-8th April

Class: Chair Yoga

Time: Mondays, 11:00 to 11:45 am

Date: 14th February- 11th April

Class: Chair Yoga

Time: Thursdays, 2:30 to 3:30 pm

Cost: Members: \$7 per session Non-

Members: \$11 per session

Note: The term usually consists of 9 or 10 classes.

Venues: Monday @ Building 18, 170

Hayden Drive, Bruce

Thursday, @ SHOUT Offices, Collett Place Pearce

To register: Contact Arthritis ACT on info@arthritisact.org.au or phone 1800 011 041

ADVOCACY FOR INCLUSION & ADACAS

We can do better, let's support decision making!

AFI and ADACAS are working together to make a change for people with disabilities.

Making decisions that affect our own life. We all use support to make decisions. Support looks different for each of us and for each decision. Being aware of your rights and responsibilities in decision making is important.

We will discuss:

- What is Supported Decision Making
- Why is it important
- Law about decision-making rights
- Dignity of risk
- How we can support decision making

We will be running free, catered lunchtime sessions from 11:45am-2:00pm each month that will provide you with resources and information about Supported Decision Making and your role in supporting choice.

Dates:

12th February
7th March

Where:

Advocacy for Inclusion, 2.02 Griffin Centre, 20 Genge St, Canberra.

For more information please visit:

<http://www.advocacyforinclusion.org/>

About SHOUT:

Selp 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.



Professor Simon Lewis

"HOW WILL WE EVER CURE PARKINSON'S?"

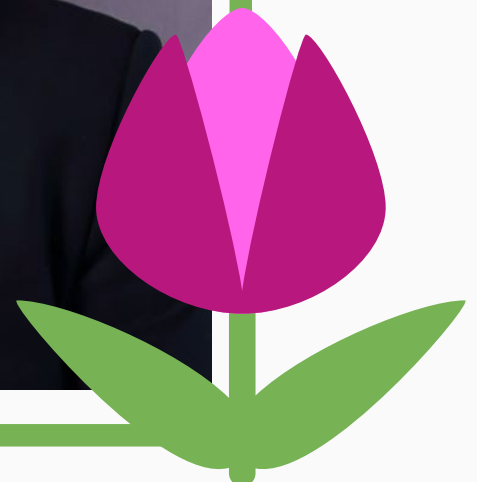


Friday 22nd February, 2019
2:00pm-4:00pm

Corinna Room 2, Southern Cross Club Woden

Parkinson's ACT is pleased to announce that Professor Simon Lewis will give a presentation followed by a Q&A session. In addition to his research and clinical work, Professor Lewis is a tireless educator and communicator on Parkinson's.

Professor Simon Lewis is an NHMRC-ARC Dementia Fellow who is Professor of Cognitive Neuroscience at the University of Sydney. He is the Clinical Director of the Aging Brain Clinic at the Brain & Mind Centre and heads the NSW Movement Disorders Brain Donor Program.



ME/CHRONIC FATIGUE SYNDROME & FIBROMYALGIA SELF HELP COURSE



Learn practical skills for dealing with common problems of ME/CFS and fibromyalgia in a supportive environment

Build skills and a support network in seven sessions over eight weeks

Tuesdays: 19 February – 9 April 2019 (Rest week 12 March)

10am – 12pm

Pearce Community Centre, Collett Place, Pearce

This course has been shown to improve health and wellbeing using scientifically proven self-management techniques.

- Pace yourself
- Minimise relapses
- Set realistic short term goals
- Reduce stress
- Manage emotions
- Improve relationships

Hosted by trained facilitators with lived experience of these conditions.

Cost is \$75/\$50 (society members), including book and refreshments.

Contact us now by calling 6290 1984 or
E: admin@mecfscanberra.org.au
ACT ME/Chronic Fatigue Syndrome Society Inc



AL-ANON FAMILY GROUPS AUSTRALIA

54th Australian National Convention of Alcoholics Anonymous with Al-Anon and Alateen participation is being held in Canberra this year!

Date: 18th - 22nd April (the Easter long weekend)

Venue: The National Convention Centre on Constitution Avenue in Civic

Great event for recovering alcoholic and their families. There is also help for those who grew up in a family affected by alcohol but who may not presently be in that environment.

Lots of meetings and fellowship with literature for sale.

Information and registrations at: www.aamatcon2019.com.au



ACT DOWN SYNDROME ASSOCIATION

The ACT Down Syndrome Association (ACTDSA) 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.

Events and activities that we have scheduled for the year include:

- Alderson Awards
- Fire Safety Workshop
- Step Up! For Down Syndrome
- World Down Syndrome Day (March 21st)
- Christmas Celebrations
- Workshop series for education professionals

ACT Down Syndrome Association also offers a number of social groups. These groups include:

- Youth Group
- Under 5's Parents Support Group
- Confident Speakers

Membership is currently FREE. Membership with the ACTDSA entitles you to:

- Monthly E-newsletter
- Access to information on various topics relevant to the community
- Parent support regardless of the age of your child
- Social groups for teens and adults
- Access to closed Facebook groups (Under 5's, Primary School Families, and Parents Carers and Families)
- Participation in the Confident Speakers program
- Access to workshops for individuals, families, carers and professionals
- Voting rights allowing you to stand for election to our Committee.



