



SHOUT Newsletter



Welcome to our News!

Happy Autumn everyone!

We are now in cooler Autumn weather and the trees are changing – what a magnificent time of the year! Canberra does it so well.

This newsletter is exciting for the Community Sector as we are highlighting the training the SHOUT is offering in May. Members receive a great discount for training being sponsored by SHOUT and we have included the information and Eventbrite links pages 4 to 8 in this newsletter. Book in early to avoid disappointment as they are filling quickly.

Is your membership up to date? We will be sending out the applications for membership in May, and your membership will enable you to receive our bi-monthly newsletter and enjoy all the benefits of membership.

Please make sure you keep everyone up to date by placing your events and training in the newsletter - for our members there is no cost! Contact Georgia on web@shout.org.au

Happy reading!
Carol Mead (CEO)

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: (02) 62901984

Email: admin@shout.org.au

SHOUT Corporate Members

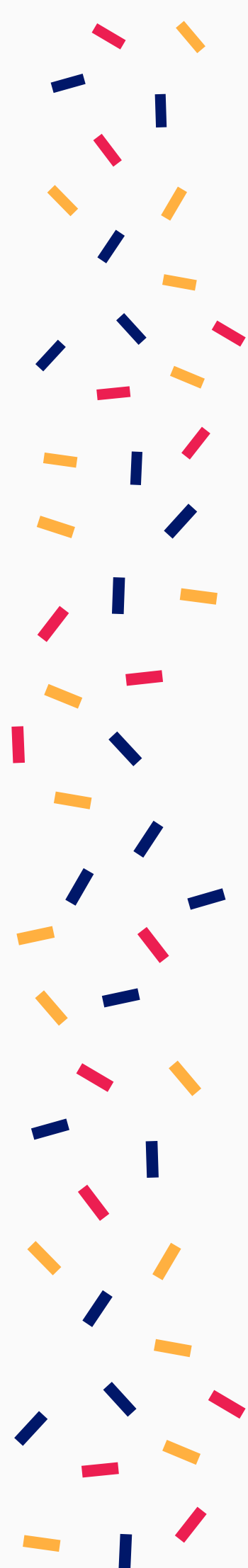
Arthritis ACT
Women with Disabilities
Australasian College of Road Safety
Diabetes NSW/ACT
Epilepsy ACT
Cancer Council ACT
Directions Health
Australian Breastfeeding Association ACT/NSW Region
Carers ACT
Multiple Sclerosis Ltd (MS)
BDP Awareness ACT
Hartley Lifecare
Flourish Australia
Advocacy for Inclusion

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
Parkinson's ACT
People with Disabilities
Prostate Cancer Support Group
Spinal ACT

SHOUT Affiliates

ACT Deafness Resource Centre
AIRA
Healthcare Consumers Association
Haemophilia Foundation ACT
Hepatitis ACT
Pain Support ACT
Sleep Apnoea Association ACT
Mental Health Foundation ACT
Personnel Group
Adoptive Families Association ACT
Al-Anon Family Groups Australia – ACT
Sharing Places
Mindful Self Compassion
Better Hearing Australia - ACT



NFP SUCCESS

Building Stronger NFPs

Since 2015 we have trained more than 7000 Not for Profit and Community Sector boards, committees, staff and volunteers on a variety of topics.

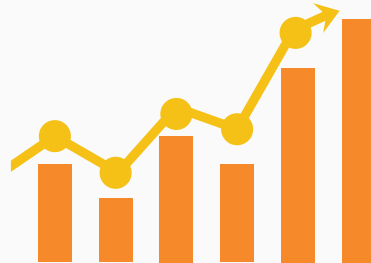
Our training is interactive, educational and entertaining and our fees are very competitive and genuinely all inclusive - we don't add any hidden extras such as travel or printing - that's our cost.

We have 41 Consultants all of whom have worked as Not for Profit Sector CEO's or Managers, and/or have served on Not for Profit Sector Boards.

We come to you on a date of your choice and to proceed simply email your preferred date and timing. We will then allocate the project to one of our Consultants who will be in direct contact with you re specifics.

Many of our programs, catered to Boards and Committees, are ideal to be run as 3 hour workshops ideal for evenings and Saturday mornings to cater for Board and Committee member's busy schedules.

Enquiries to Helen Gibson
helen.gibson@nfpsuccess.com.au
Head Office: (02) 9659 2602
www.nfpsuccess.com.au



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

CRITICAL CONVERSATIONS

This extremely popular Program is designed to boost the confidence and effectiveness of employees take responsibility for their own work place engagement, handle difficult situations and conflicts better and achieve job satisfaction from meeting customer expectations. It is also aimed to assist people address situations before they become bigger issues that affect staff engagement and customer satisfaction.

The content includes:

- Self-Engagement Strategies
- Self-Managing Difficult Situations and Conflicts
- Understanding Expectations of Others
- Maximising Customer Service
- Workplace Relationship Building

Date: Tuesday 7th of May

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

Time: 9:00am- 12:00pm

Cost: \$85.00 (+GST) for SHOUT Members \$120.00 (+GST) Non Members

Morning Tea provided | Maximum of 20 Participants

Book Here: <https://www.eventbrite.com.au/e/shout-training-critical-conversations-tickets-59211806106>



CHANGE, RESILIENCE AND MOTIVATION

This is a great program for all staff. No matter how much we enjoy our work there are always personal and work issues that affect performance and motivation. And Not-for-Profit sector staff constantly experience change and often need to manage that change as individuals.

This program is best delivered in half-day format and assists people in understanding:

- Their individual workplace motivation points
- How to stay motivated and resilient despite the challenges
- Practical steps to stay positive at the most challenging times

Practical steps to stay motivated and focused during periods of high change and uncertainty

- Anticipating, managing and handling change

This session will be fast paced and interactive, and include a number of individual and group skill building exercises and we will also be using several relevant training video clips

Date: Thursday 7th May

Time: 1:30-4:30pm

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

Cost: Shout Members: \$100.00 (+GST) Non Members: \$125.00 (+GST)

Maximum 15 people | Afternoon Tea provided

Book Here: <https://www.eventbrite.com.au/e/shout-training-change-resilience-and-motivation-tickets-59212061871>



MODERN GOVERNANCE & EFFECTIVENESS

Our Fresh and modern program assists Managers, Boards and Committees better understand roles, responsibilities and requirements and improve strategic thinking, organisational leadership and competencies. These are great programs for people new to these responsibilities and experienced people seeking to refresh their skills.

During the program we will discuss:

- Getting Governance Right - The Ten Principles
- Board Members Fundamentals
- Boards and Leadership
- NFP Organisational Sustainability
- More Effective Meetings
- Strategic Planning
- Managing Conflicts
- Resilience and Staying Motivated
- Reaching the Next Level of Effectiveness



These programs also represent a good opportunity to address specific issues facing your organisation and are good team building and professional development.

Time: 10:00-1:00pm

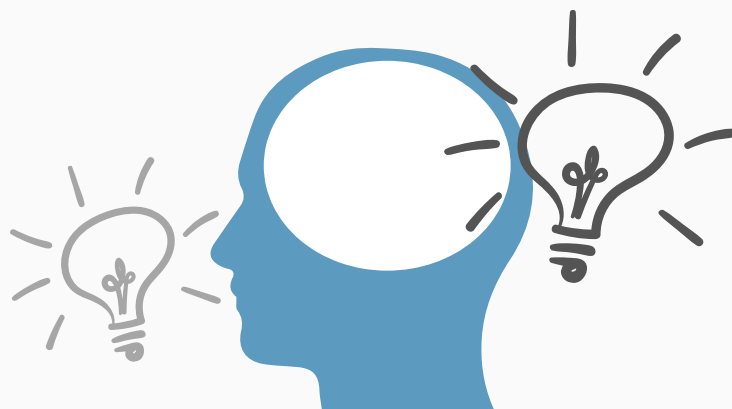
Date: Saturday 15th June

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

Cost: SHOUT Members: \$85.00 (+GST) and Non Members: \$120.00 (+GST)

Morning Tea provided | Maximum of 20 people

Book Here: <https://www.eventbrite.com.au/e/shout-training-modern-governance-and-effectiveness-tickets-59211822154>



PROJECT MANAGEMENT

This program outlines the fundamentals of Project Management and is suitable for staff at all levels. During the program we share techniques on how to establish project timelines, understand project management technology, use project management software and report project progress and outcomes.

Content includes:

- Project Management Definitions
- Why some Projects Fail?
- Project management in a Community Sector Context
- The Planning Phase (Group Exercise Based -Off -Line) - Each group will list, order, time, prioritise, resource and costs tasks and then present their timeline
- Understanding and Applying Project Management Terminology (Tasks/Baseline/Gantt Charts/Pert Charts/Phases/Milestones/Resources/Dependencies/Actuals/Estimates etc.)
- Microsoft Project Outline - Demo and Video Clips
- Developing Your Own Project Plan (Exercise based - On-Line or Off-Line) Each group (or individual) to determine a real future project and put together a project plan using Project Management Templates. Then detail - listing tasks, the ordering (prioritising tasks), then timing tasks (in actual time and duration) then resourcing tasks, then costing tasks- Then each group or individual details their timeline/plan and present their plan for discussion
- Practical Project Management Hints

Date: Tuesday 21st May

Where: SHOUT Meeting Room, Building 1, Pearce Community Centre, Pearce 2607

Time: 9:00 - 4:30pm

Cost: Members \$ 155.00 (+GST) Non Members \$180.00 (+GST)

To Book: <https://www.eventbrite.com.au/e/shout-training-project-management-tickets-59212177216>



SHARE THE DIGNITY DRIVE

WE ARE
COLLECTING
SANITARY ITEMS
FOR

*Share the
Dignity*

because no woman
should have to choose
between buying food or
sanitary products.



A collection box is now located
out the front of the SHOUT Office
for all donations!



Grant Opportunity

Women's Leadership Development Program

Open non-competitive round 2018-2021

Close Date & Time: 28-Jun-2019 8:00 pm (ACT Local Time)

Internal Reference ID:

Women's Leadership and Development Program (WLDP)

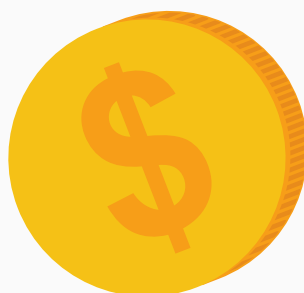
Primary Category: 331005 – Women

Contact Details Rebecca Grant

Email: WLDP17-18@pmc.gov.au

<https://www.grants.gov.au/?>

event=public.GO.show&GOUUID=69DF6F99-9C0E-81A3-
CA5B3BF1C57246AE



TNA Turns Pink 4!

Be Part of History



Help us attempt
a World Record
for the most
players in a netball
exhibition match!

Get your team together now!

RAISING MONEY FOR OUR CHARITIES



marymead



bosom
buddies ACT
INC

For more information email
tturnspink@tuggeranongnetball.com.au
tuggeranongna.act.netball.com.au

IN ASSOCIATION
WITH



Vikings
Group



Living with Parkinson's Disease Volunteers Needed

ANU Medical School
Canberra Hospital Campus
INFORMATION FOR VOLUNTEER PATIENTS
Living with Parkinson's disease



**Australian
National
University**

Are you living with Parkinson's disease and currently under the care of a doctor and/or receiving treatment?

Would you like to help teach the Year 2 ANU medical students about this health condition?

What is involved? Come along and join a small group of students (about 8) and their tutor (a doctor who runs the group), and talk with them about your experiences with this health issue, how it effects your life and how you manage it and your treatment. You are welcome to bring a family member or friend with you if you wish.

When: Tuesday 2 April 2019 at 1.15pm for session 1.30pm – 2.30pm (approx.).

Where: Building 4, Hospital Road in the Canberra Hospital Complex (just opposite the main entrance to the hospital).

We can assist with transport if needed – we can book and pay taxi costs– and all volunteers receive a \$30 Gift Voucher in appreciation of their help with the program.

If you are interested we would be delighted to hear from you.

Please call Alastair Walters on 5124 3389 or e-mail patient.recruitment@anu.edu.au

Thank You for your help!

Dr Janelle Hamilton
Senior Lecturer
Academic Coordinator Phase 1



parkinson's
ACT

IN THIS TOGETHER



Come And Sing With Us!
Singing Does You Good!

- **It's fun!**
- **It's therapeutic: good for your lungs and your voice!**
And your spirits!
- **It's sociable - It's a buzz!**

Just drop in and give it a try!
No need to audition!

This weekly voice and singing activity is for people with Parkinson's, their carers and friends. Come and join us to sing together. You'll enjoy making music and strengthening your voice. It is supported by Parkinson's ACT.

- When:** Starting April 1st
Mondays (except public holidays) 10am to 12 noon,
including a break for tea/coffee and chat!
- Where:** Room 14, Ainslie Arts Centre, Elouera Street Ainslie
Parking available in front of venue.
- Cost:** \$10 per session
- Enquiries:** Phone Chrissie Shaw 0407 079 748 or email
chrissieshaw@apex.net.au and leave your name, phone
number and email address. Chrissie will reply with details.

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.

Theme: The Joy of Living

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



CANBERRA LUNG LIFE SUPPORT GROUP

Lung Life Foundation Education Day
Lung Foundation Australia is holding an Education Day for anyone with a lung disease or condition or anyone who is a carer.

Topics include:

- Inhaler device, medicines and interactions
- Oxygen
- Palliative care and advanced care planning.

Date: 9.45am to 2pm, 5 April 2019

Venue: Southern Cross Club Woden

Cost: \$20 includes morning tea and lunch

RSVP: Phone 1800 654 301 by 28 March

Other important dates:

Wednesday 3 April 2019 1:30 pm - 3:30 pm

UC Physiotherapy Students

Friday 5 April 2019 Education Day Seminar,
Southern Cross Club

Thursday 11 April 2019 CLLSG Meeting



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.

Consumer Representative 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 of health services?

HCCA's next free, two-day Consumer Participation Training course will be held over two Fridays - 3 and 10 May 2019. All are welcome to attend.

Transport assistance may be available. For more information, please contact Kate Gorman at kategorman@hcca.org.au or on 6230 7800

Date: 10:00am - 3:00pm, Fridays 3rd & 10th May 2019

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

RSVP: adminofficer@hcca.org.au or call 6230 7800.

Please advise any dietary requirements.



Understanding Multiple Sclerosis (MS)

Massive Open Online Course (MOOC)

Understanding Multiple Sclerosis (MS) is a FREE six-week online course that aims to improve understanding and awareness of MS. Members of the public will increase confidence in their knowledge of MS related issues and those in the MS Community will be empowered to create and contribute to their personalised MS management plans.

The course is designed for anyone worldwide with an interest in MS, including:

- People living with MS, their families and carers
- General practitioners
- Allied health professionals
- Advocates, service delivery staff, support workers

Enrol today, it's free
ms.mooc.utas.edu.au

CRCOS Provider Code: 005888



FREE online course

Developed by Menzies Institute for Medical Research, University of Tasmania in partnership with Multiple Sclerosis Limited, Understanding MS opens April 2019

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 (29th April to 1st July)

Weston Neighbourhood Hall: 6 Gritten Street, Weston.

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

Strength & Balance: Tuesdays 10:30am - 11:30am (30th April to 2nd July)

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

Balance 30: Thursday 9:00am - 9:30am

Strength & Balance: Thursdays 10:00am - 11:00am (2nd May to 4th July)

* Please note different starting times for Tuggeranong location



Keep up your exercise and try our Strength & Balance Maintenance Classes. Enroll and attend for an extra 10 sessions throughout the term:

Bruce: 170 Haydon Dr, Bruce ACT 2617

Strength & Balance: Wednesday 11:00am - 12:00pm (Commencing 1st of May)

Strength & Balance: Saturday 11:00am - 12:00pm (Commencing 4th of May)

To register: Please contact Arthritis ACT on info@arthritisaact.org.au or 1800 011 041. Registrations are essential and payment is required at the time of registration.

Prices:

Members: \$99.00 (new starter) \$80.00 (continuing)

Non Members: \$129.00 (new starter) \$104.00 (continuing)



Expressions of Interest: Thermomix Demonstration

Would you be interested in attending a Thermomix demonstration, learning how to use one and having a hands on go?

If the answer is yes! Please contact our office on (02) 6251 2055 or (02) 6290 0784 to register your interest.

If we receive enough interest we will go ahead and arrange a demonstration.



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.

Mutiple Scleroisis Ltd

The Neuro Carers Network

Monday April 29 @ 6:00 pm - 8:00 pm

In conjunction with MS and Carers ACT, we are starting a new support group, The Neuro Carers Network, for family and friends who are carers of people with multiple sclerosis, motor neurone disease or other conditions that effect the nervous system and are sharing some similar experiences.

When: Monday 29th April 6:00 pm - 8:00 pm

Where: Gloria McKerrow House, 117 Denison St, Deakin.

To register your interest in attending or for more information please email: support.groups@carersact.org.au or phone 6296 9975



CarersACT

SLEEP APNEOA ASSOCIATION

Sleep Apnoea Association Inc Next General Meeting:

When: 20 April 2019

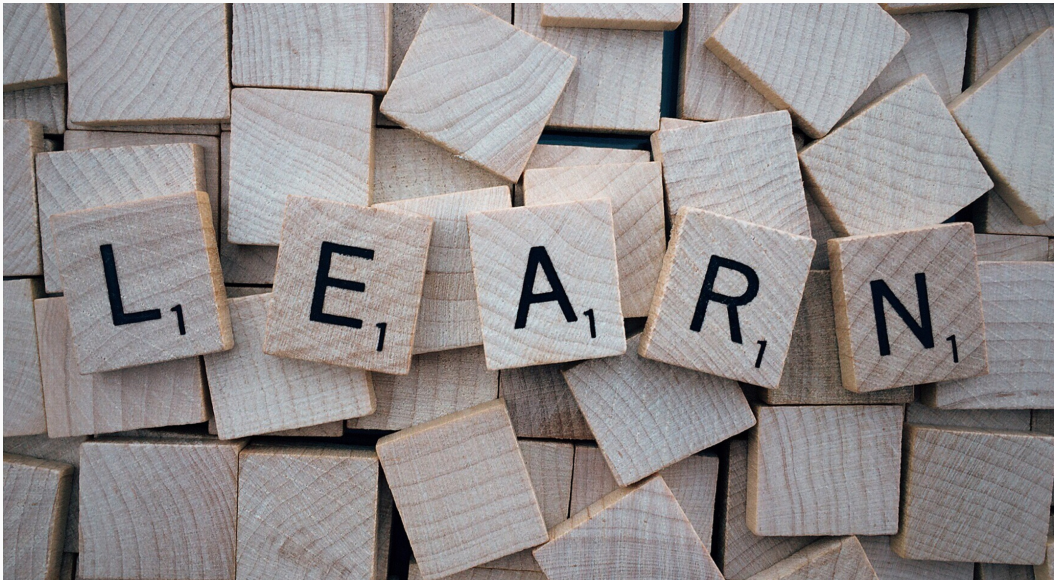
Location: Canberra Sothern Cross Club Woden

Time: 2:00pm

Guest Speaker: Mr Graham Waite – Director, Technology for the Ageing and Disability (TADACT Inc).

All Welcome!

Enquiries: sleepact@yahoo.com.au



Mental Health Foundation

The Mental Health Foundation ACT (MHF) is hosting a series of FREE hands-on workshops and tours over the next six months to encourage people to reduce their household waste.

23rd April 2019 Water Saving / Drought Proofing Your Home

1:00pm—4:00pm

Chifley Health & Wellbeing Centre - Cnr Eggleston & Maclaurin Crescents, Chifley

30th April 2019 Edible Home Garden

1:00pm—4:00pm

Canberra City Farm, Dairy Road, Fyshwick

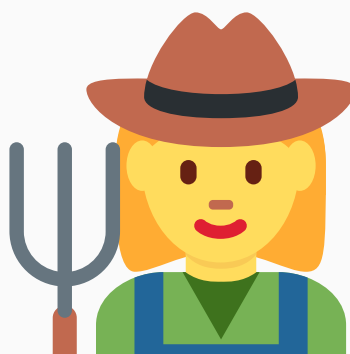
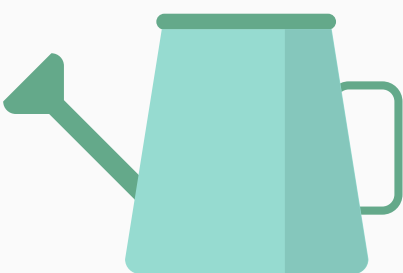
14th May 2019 Winter Gardening

1:00pm—4:00pm

Canberra City Farm, Dairy Road, Fyshwick

Register your interest NOW by contacting MHF on 6282 6604 or by email on:
info@mhf.org.au

Learn more about MHF and what MHF does by going to www.mhf.org.au



REVIEW OF THE LONG SERVICE LEAVE (PORTABLE SCHEMES) ACT 2009

The Governing Board of the Long Service Leave Authority has undertaken a review of the operational aspects of the Long Service Leave (Portable Schemes) Act 2009 (the Act).

The review identified a number of areas of the Act that could be amended to provide a more contemporary approach to regulation and enforcement, as well as a number of technical omissions and inconsistencies in the Act.

A Discussion Paper has been prepared for the purpose of seeking input from stakeholders in relation to the issues identified in the review.

The Discussion Paper can be accessed at:

https://www.cmtedd.act.gov.au/__data/assets/pdf_file/0018/1342413/Review-of-the-Long-Service-Leave-Portable-Schemes-ACT-2009-Discussion-Paper.pdf.

As a current registered employer under the Act we would value your input.

Consultation is open for six weeks from 27 March 2019 until 7 May 2019.

If you would like to provide input, please forward your response to wsir@act.gov.au

