

JUNE/JULY 2019 | ISSUE 8

# SHOUT Newsletter



## Welcome to our News!

Hi Everyone,

SHOUT has had a very busy few months where we have been participating in Expos and Shopping Centre stalls, distributing information and talking to people about the services in the community and the Web of Support.

As we await our funding notifications after the federal elections, we are, as many of our members identify, waiting for notifications regarding our funding applications. We are reliant on funding to make SHOUT work for our members and the community.

Please note that in the next week your membership to SHOUT falls due, if you haven't already renewed your membership. Your membership helps us through reporting to the funding bodies and increases our presence and viability in the community. Thank you for your ongoing support – we so appreciate it.

With regards, Carol Mead  
CEO - SHOUT

**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: (02) 62901984

Email: [admin@shout.org.au](mailto:admin@shout.org.au)

# SHOUT Corporate Members

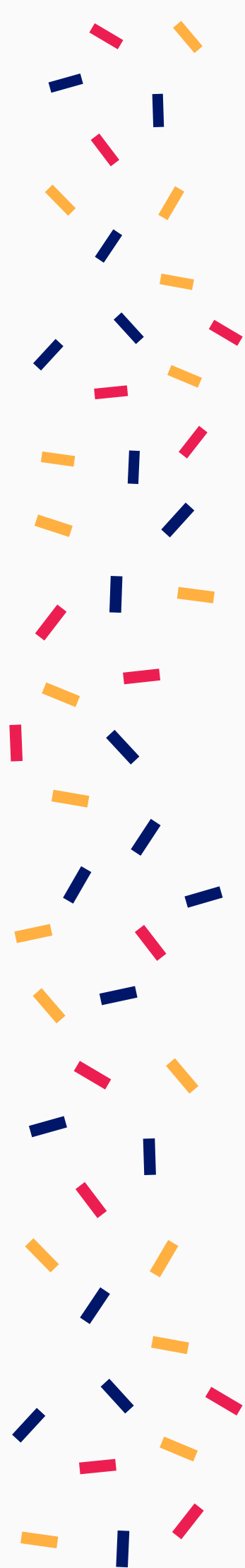
Women with Disabilities  
Australasian College of Road Safety  
Diabetes NSW/ACT  
Epilepsy ACT  
Cancer Council ACT  
Directions Health  
Australian Breastfeeding Association ACT/NSW Region  
Carers ACT  
Multiple Sclerosis Ltd (MS)  
BDP Awareness ACT  
Hartley Lifecare  
Flourish Australia  
Advocacy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

# 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



# IGPA CANBERRA CONVERSATION LECTURE SERIES

## 'The state of ACT's Budget & its policy directions'

Date: Wednesday 12 June 2019

Time: 12.30pm - 1.30pm

Venue: Function Room, Theo Notaras Multicultural  
Centre, 180 London Circuit, Canberra City.

About: In Australia, approximately 80 percent of public expenditure is by States and Territories which are responsible for delivering frontline services such as hospital care, schooling and law and order. State and Territory annual budgets therefore are important annual policy statements of significant importance for their residents. In the ACT, with its combined state and local government functions, the annual budget gains an added significance.

The 2019-20 ACT budget will be brought down on 4 June 2019. This IGPA Public Lecture will examine the state of the ACT's budget and its finances, as well the implicit and explicit policy directions encapsulated in the budget. The Seminar is jointly convened by Professorial Fellow Jon Stanhope AO and Adjunct Professor Dr Khalid Ahmed PSM.



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](http://www.shout.org.au)

PARKINSONS ACT

# *Carers Coffee*

**Thursday 9th June 2019 – 2.30 pm**

Yarralumla Gallery and The Oaks Brasserie

Cottage 1, Weston Park Rd, Yarralumla ACT 2600

For more information contact:

Maruta Pearson 6260 7494

All carers welcome!





Join us for our  
**Walk to d'Feet**  
**Motor Neurone Disease**  
**Canberra**

**Sunday, 16 June 2019**  
**10am Start**  
**Peace Park**  
**Lake Burley Griffin**

The Walk is a 5km round route  
returning to Peace Park

The Walk is wheelchair, stroller  
and dogs on lead friendly  
Register your pooch to receive a  
Dog MND Bandana

*Proudly supporting MND NSW*

Pre-register online  
Before 11 June, 2019  
For early bird  
discounts  
[www.mndnsw.asn.au](http://www.mndnsw.asn.au)

Or register on the day  
at a higher rate



For further information  
Call 1800 777 175  
Or email [kymn@mndnsw.asn.au](mailto:kymn@mndnsw.asn.au)





**STARTING SOON  
PARENT & INFANT  
HYDROTHERAPY  
CLASSES**

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To register your interest  
Contact ARTHRITIS ACT  
email:  
[info@arthritisact.org.au](mailto:info@arthritisact.org.au)  
pH: 1800011041

### **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.

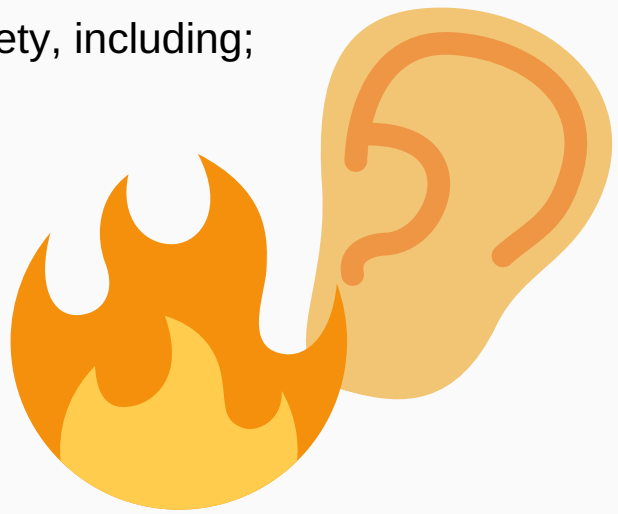
# ASSISTIVE TECHNOLOGY (INC. FIRE SAFETY) WORKSHOP

Do you have a hearing loss? Do you struggle to hear in noisy environments? Do you want to feel safe in your home? Come along to our Assistive Technology workshop to learn about the equipment available to help ease the difficulties of your hearing loss including;

- Hearing in Noisy Environments
- Television
- Home Safety/Alarms/Alerts
- Telephone

The workshop includes a presentation from Senior Fire Fighter Damian Tutty, regarding Fire Safety, including;

- General Home Fire Safety
- Smoke Alarms
- House & Kitchen Fires
- Fire Escape Plans

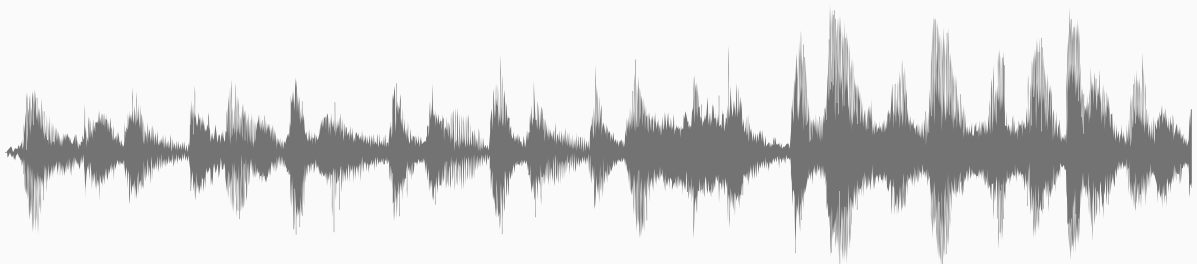


When: Monday June 17, 6.30pm—8pm

Where: ACT Deafness Resource Centre Offices

Grant Cameron Community Centre, Level 1b, 27 Mulley St, Holder

RSVP: to [glenn.vermeulen@actdrc.org.au](mailto:glenn.vermeulen@actdrc.org.au) by June 13





# Supermarket Tours

Do you find food labels confusing?

Can you tell a high fibre product from a low fibre product?

Want to know how to save money when grocery shopping?



Please register your interest for participation in Supermarket tours by emailing [Dietition@arthritisact.org.au](mailto:Dietition@arthritisact.org.au) or calling the Arthritis ACT office on: (02) 62512055

**Arthritis**  
AUSTRALIAN CAPITAL TERRITORY

# CELEBRATING 50 YEARS OF SUPPORT FOR BREASTFEEDING IN CANBERRA

**SAVE THE DATE**

**50th Anniversary of the first Canberra meeting of  
the Nursing Mothers Association of Australia**

**Tuesday 1 October 2019 6pm  
Canberra Southern Cross Club Woden**

Please email your contact details to [canberra@breastfeeding.asn.au](mailto:canberra@breastfeeding.asn.au)  
to be added to the invitation list



Australian  
Breastfeeding  
Association

## BREASTFEEDING SUPPORT FOR PEOPLE WITH A DISABILITY

The Australian Breastfeeding Association ACT and Southern NSW Region was awarded a 2018 Disability Inclusion Grant from the ACT Government.

We are seeking your support in helping us gather feedback on gaps which exist in breastfeeding resources currently accessible to women with a disability in our region.

Please complete our short survey: <https://www.surveymonkey.com/r/SVDGPD3>.



**Australian  
Breastfeeding  
Association**

# BREASTFEEDING EDUCATION CLASSES

## SPECIAL CANBERRA OFFER

To celebrate our 50th anniversary in Canberra, we are offering a special deal for our Breastfeeding Education Classes.

Online bookings are essential [www.breastfeeding.asn.au/classes](http://www.breastfeeding.asn.au/classes).  
Use the discount code CBR50 when booking the class+membership package to save \$40.

Why choose our class? Here's what a past attendee said -  
'I loved the experience of the speakers, seeing the Mum breastfeed, the videos and the information was very useful.'

Please share with friends and family who are expecting a baby.



**50th Birthday Offer on Canberra Breastfeeding Education Classes**

Email [Canberra@breastfeeding.asn.au](mailto:Canberra@breastfeeding.asn.au) for discount code



ACT  
Down Syndrome  
Association



**We are having a**



# FUNDRAISING MOVIE NIGHT

**Come along and watch Disney's**

*Aladdin*



**Friday 21st June at 7.00pm.**

**Tickets \$20.00 each**

**Contact Gemma at [community@actdsa.org.au](mailto:community@actdsa.org.au) to  
request your tickets!**



# LEARN HOW TO SPEAK UP

## Free Workshops on Self-Advocacy

**Dates:** 20 June, 27 June & 4 July 2019

**Time:** 10.00am – 11.30am

**Venue:** Vikings Club, 80 Athllon Drive, Tuggeranong Town Centre

**RSVP:** by 15 June to [admin@pwdact.org.au](mailto:admin@pwdact.org.au)

**Phone:** 6286 4223 or 0410 881 775



**People with  
Disabilities**  
ACT Inc



# SLEEP APNEOA ASSOCIATION

## *General Meeting*

The next Sleep Apnoea Association General Meeting will take place on Saturday 15 June 2019 at the Canberra Southern Cross Club Woden commencing 2pm.

All are Welcome.

For more information visit website:

[www.sleepapnea-act.org.au](http://www.sleepapnea-act.org.au)



Your invitation : Arthritis ACT Crafty Foxes  
Creative Workshop III  
**Crochet Clinic, Soup & Sandwich**



**When: 11:00am – 1:00pm, Friday 7<sup>th</sup> June 2019**

**Where: Arthritis ACT 170 Hayden Drive Bruce 2617**

**\$10 per person**

*When the weather is cold outside come and join us*

- Whilst we enjoy each others' warm company and a cup of hot soup.....
- Learn how to make a simple crocheted square (this can be extended to make other items ie rug, scarf, hat)
- Materials and food supplied! Take home item!
- Instruction led by an experienced craft tutor!
- Bring a friend, meet new friends and old friends!
- Beginners welcome!
- Experienced come share your skill!

To register your interest contact Jan:

**email: [Jan@arthritisact.org.au](mailto:Jan@arthritisact.org.au)**

**or text: 0439378426**

## **Social Event Folk & Irish Music Concert**

**When: 9:30 am for 10:00am to 12:00pm  
Thursday 6<sup>th</sup> June 2019**

**Where: Meet Arthritis ACT host Tessa  
at Uniting Church Hall 52 Gillis St Curtin**

**Cost \$1:00 Refreshments provided**

**Free parking and disability access**

**No need to book! Just turn up !**

**Inquiries: phone Tessa 0420 523245**

**Or Jan e [Jan@arthritisact.org.au](mailto:Jan@arthritisact.org.au)**



# NATIONAL STRATEGIC ACTION PLAN FOR RARE DISEASES SURVEY

As many of you know, Rare Voices Australia (RVA) has been travelling around the country undertaking face-to-face stakeholder consultations as part of the process to develop the National Strategic Action Plan for Rare Diseases.

We have now developed an online survey to provide those of you who were unable to attend one of these sessions with the opportunity to provide your valuable input. In particular, we are seeking your perspective on key early implementation steps in relation to the Priorities and Policy Directions that have emerged through consultations thus far.

Your time and input will be greatly appreciated, and will contribute directly to the work that RVA is undertaking to develop the Action Plan. You can respond to the survey via this link:

<https://www.surveymonkey.com/r/YFXXH2Q>

Please do not hesitate to get in touch with us if you have any questions or issues accessing the link: [policy@rarevoices.com.au](mailto:policy@rarevoices.com.au)

Many thanks and we look forward to hearing from you!





# PAIN SUPPORT/ARTHRITIS ACT:

## Can Yoga Help People in Pain?

Guest Speaker: Ms Pam Bleakley, a highly experienced and qualified yoga teacher.

A Pain Support /Arthritis ACT guest speaker event and time to talk. Pam will present links to research articles published recently about the efficacy of Yoga for people in pain. In addition, a brief look at News from the 2018 Integrative Pain Care Policy Congress in USA where Yoga Therapy is advancing. We hope there will be time for a gentle practice at/on your chair. After the talk there is time for a useful connect with others over a cuppa as well.

When: Tues 25th June 12-1.45pm.

Where: The SHOUT Meeting Room, Bldg 1, 1 Collett St, Pearce 2607

Registrations: Call Arthritis ACT/SHOUT 02 6290 1984



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.

# Royal Commission on Aged Care: What can it do and how can you contribute?

This Forum will provide insights into three aspects of how the Aged Care Royal Commission is operating. Case studies from research, consumer, dementia care and workforce perspectives will show the range of issues being presented to the Commission that are of particular relevance to AAG members working in all fields of ageing.

It will:

- Help you to understand how the Royal Commission is operating
- Explore the range of issues raised in submissions from different perspectives
- Answer your questions
- Explain how you can, and why you should, make a submission.
- Give an early view of possible future policy directions

Speakers include:

- Professor Emeritus Robin Creyke, School of Law, ANU,
- Assistant Professor Kasia Bail, PhD School of Nursing, University of Canberra,
- Richard Cumpston, Director, Australian Projections Pty. Ltd.
- Professor John McCallum, CEO and Research Director,
- National Seniors, Glenn Rees, Chair,
- Alzheimer's Disease International Annie Butler, Federal Secretary, Australian Nursing and Midwifery Federation



Time: 5.30 -7.15pm

Date: Wednesday, 19 June 2019

Venue: Bob Douglas Theatre, Eggleston Rd, ANU

RSVP: Free but need to register by 18 June:

<https://www.aag.asn.au/events/category/actHCCA>



# SYANDRA - DROP-IN MEDITATION SESSIONS

Drop-in meditation evenings on the first and third Tuesday's of the month.

Time: Starting at 7.00pm. The meditations finish at 8.00pm.

Refreshments available after.

Venue: The Tuggeranong Business Centre, 12 Kett Street, Kambah.

Bookings are not required for the drop-in evenings.

Cost: \$15.00 inclusive

Call: 02 6287 1710 or Email: [info@syandra.com.au](mailto:info@syandra.com.au)

No referral needed!

Michael Masani is the founder and principal of Syandra Health Centre.

He has over 25 years experience in helping people improve their emotional and mental health through a range of constantly updating skill-sets and services, including: Meditation courses; Meditation drop-in evenings; guided meditation CDs; Monthly e-newsletters and individual care. There are no religious affiliations involved with services.

# BLOOM HEALTHY LIVING PROGRAM

Flourish Australia's ACT Psychosocial Supports Program is a flexible mental health recovery service providing skill development groups, individual recovery plans, phone and face-to-face support and community connections for people living with mental health issues. Individuals participate in the program according to their individual recovery goals - this could be several weeks or many months. The aim is for people to build natural and community supports in order to return to their usual activities and relationships prior to the period of mental ill-health.

## Eligibility:

This program is available for people aged between 18-64 who live, work or study in the ACT with severe mental health issues that impact their psychosocial functioning. Formal diagnosis is not required. To be eligible for this service, the person must not be an NDIS participant or accessing other Commonwealth funded programs such as PIR, D2DL or PHaMs.

The program is currently located in Belconnen and Gunghalin with group activities held at Pearce Community Health Centre. We provide outreach across the ACT.

Referrals: You can self refer, walk in, phone or email.

Flourish Central Intake: 1300 779 270

Local Office: (02) 9393 9213

Team Leader: 0448 043 027 (Monday to Friday 830am-430pm)

Email: [referrals@flourishaustralia.org.au](mailto:referrals@flourishaustralia.org.au)

Online Enquiry Form: [www.flourishaustralia.org.au](http://www.flourishaustralia.org.au)



# Young Women Gathering Dates

A breast cancer support group for young women – a tribe with common concerns and shared insights! Husband, partner or friends welcome. Join us for drinks and nibbles at the Pavilion on Northbourne Avenue - from 7pm.

Wednesday nights:

12th June

7th August

4th September

6th November

4th December

School holiday catch up with the kids:

9th October – time and location to be confirmed.



## Volunteers Needed!

calling for volunteers for the Handmade Markets the weekend of Saturday and Sunday 29th & 30th June. Just looking for people to shake buckets and collect a gold coin donation at the entry.





# Less Waste - Zero Emissions

## FREE Workshops & Tours



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.

Workshop Schedule:-

Afternoon Tea provided for small donation

- |                |   |
|----------------|---|
| 4th June 2019  | <p><u>OP Shop Tour</u><br/>1:00pm—4:00pm<br/>Meet at the:<br/>Chifley Health &amp; Wellbeing Centre - Cnr Eggleston &amp; Maclaurin Crescents, Chifley<br/>Discover useful and often unique items you can purchase at realistic prices:</p>   |
| 18th June 2019 | <p><u>Re-Purposing with Candice</u><br/>1:00pm—4:00pm<br/>The Green Shed, Flemington Road, Mitchell<br/>See how resourceful and creative you can be re-purposing some of your great discoveries from op-shopping:</p>   |
| 9th July 2019  | <p><u>Fighting Food Waste</u><br/>1:00pm—4:00pm<br/>Meeting Room—1<br/>Chifley Health &amp; Wellbeing Centre - Cnr Eggleston &amp; Maclaurin Crescents, Chifley<br/>Presented by OzHarvest - lets see what we can all do to fight food waste:</p>   |
| 16th July 2019 | <p><u>Repair Cafe</u><br/>1:00pm—4:00pm<br/>Meeting Room—1<br/>Chifley Health &amp; Wellbeing Centre - Cnr Eggleston &amp; Maclaurin Crescents, Chifley<br/>Learn how to repair and maintain all types of things from within your home</p>  |
| 30th July 2019 | <p><u>Seasonal Cooking &amp; Leftovers</u><br/>1:00pm—4:00pm<br/>Meeting Room—1 &amp; Nutrition Australia Kitchen<br/>Chifley Health &amp; Wellbeing Centre - Cnr Eggleston &amp; Maclaurin Crescents, Chifley<br/>Learn some creative ways with leftovers and with foods that are in season.</p> |

More to come..... Just watch this space!

Register your interest NOW by contacting MHF on 6282 6604 or by email on [info@mhf.org.au](mailto:info@mhf.org.au)

Learn more about MHF and what MHF does by going to [www.mhf.org.au](http://www.mhf.org.au)

With assistance from the ACT Government under the ACT Community Zero Emissions Grants Program.