



AUGUST/SEPTEMBER 2019 | ISSUE 9

SHOUT Newsletter



Welcome to our News!

Thank you everyone for your support this past year – what a year we had! Our membership has increased – we have 18 Corporate Members 10 Full Members and 14 Affiliate Members. Please be sure to renew your membership as they are now overdue, if you have not already done so. You will need to renew your membership to continue to receive this newsletter and all of the benefits of SHOUT! The renewal form is included at the back of this newsletter.

Our Web of Support has definitely increased traffic into organisations throughout the region, some experiencing up to 50% increase in enquires. Please ensure your listing on the Web of Support is up to date and reflects your services, this assists everyone who accessing the information.

SHOUT is in the midst of Strategic Planning provision for a number of organisations – if you need assistance in this please contact me for information. So far 4 organisations have used SHOUT to facilitate their planning and they have been so well received. It is exciting!

For our members - as we come into the audit and annual meeting season – please remember we are going to advertise for Board member and volunteer applications in the October November Newsletter. We will also use this information for the Volunteering Expo. So with this in mind we have included a flyer with this newsletter – please fill it in and return it to Georgia by the end of August.

Happy reading, Carol Mead (CEO)

SHOUT Hours: Monday – Friday: 9:00am - 3:00pm

Corporate Members

Women with Disabilities
Australasian College of Road Safety
Diabetes NSW/ACT
Epilepsy ACT
Cancer Council ACT
Directions Health Services
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
PANDSI
The Personnel Group



Members

ACT Down Syndrome Association
ACT ME/CF Society
Motor Neurone Disease Association
Bosom Buddies
Brain Tumour Alliance
Canberra and Queanbeyan ADD Support Group
Parkinson's ACT
People with Disabilities
Prostate Cancer Support Group

Your SHOUT membership for
2019- 2020 is now due!
Application form located at the back

Affiliates

ACT Deafness Resource Centre
AIRA
Healthcare Consumers Association
Haemophilia Foundation ACT
Hepatitis ACT
Pain Support ACT
Sleep Apnea Association ACT
Mental Health Foundation ACT
Adoptive Families Association ACT
Al-Anon Family Groups Australia ACT
Sharing Places
Mindful Self Compassion
Better Hearing Australia ACT
Canberra Lung Life Support Group
Solace ACT Inc.
Yoga for Birth and Beyond
Canberra Region Kidney Support Group
Spinal ACT

To continue to receive the SHOUT
Newsletter, please remember to
renew your membership

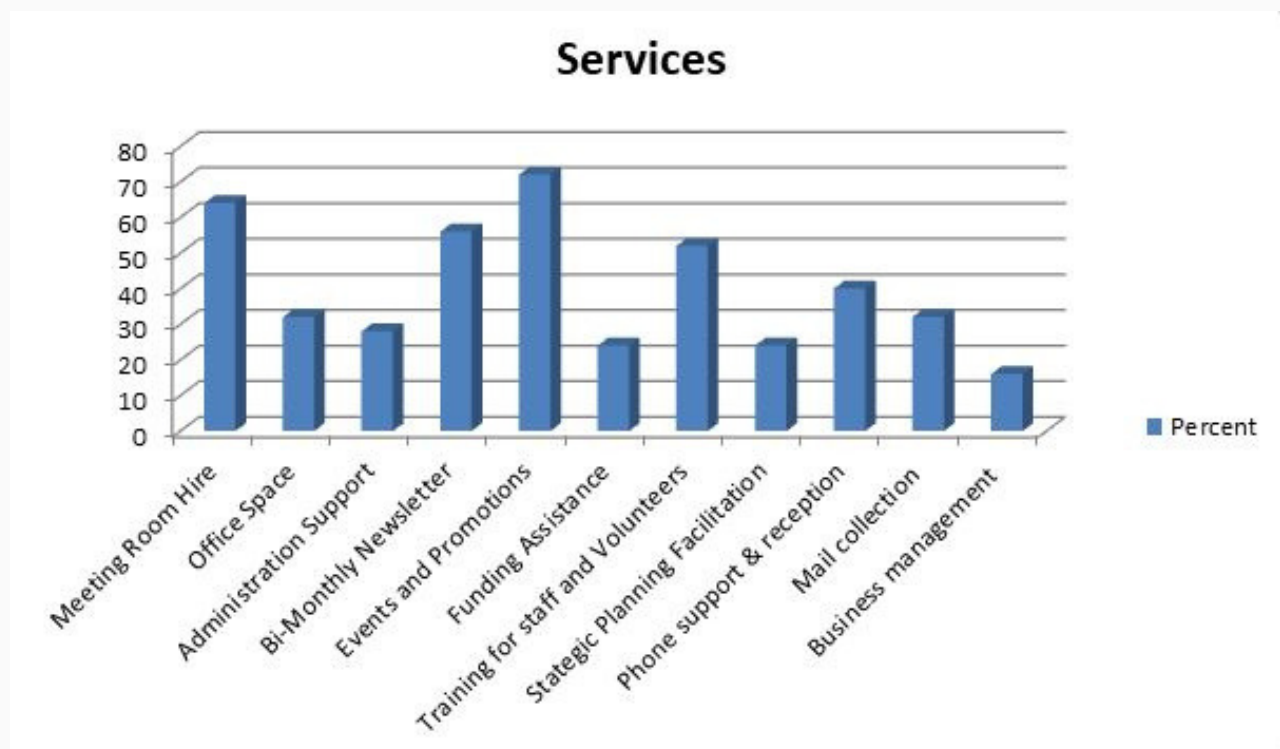


Survey of SHOUT 2019

The survey of SHOUT was answered by 25 member organisations across the ACT. The survey was open for 4 weeks and approximately 50% of SHOUT members responded via a survey monkey platform. Thank you for assisting us to make SHOUT stronger, your reply to this survey will certainly help us plan for the future.

Question 1:

SHOUT provides a range of services to the Canberra Community, particularly across health and disability. What are the services that your organisation finds valuable?



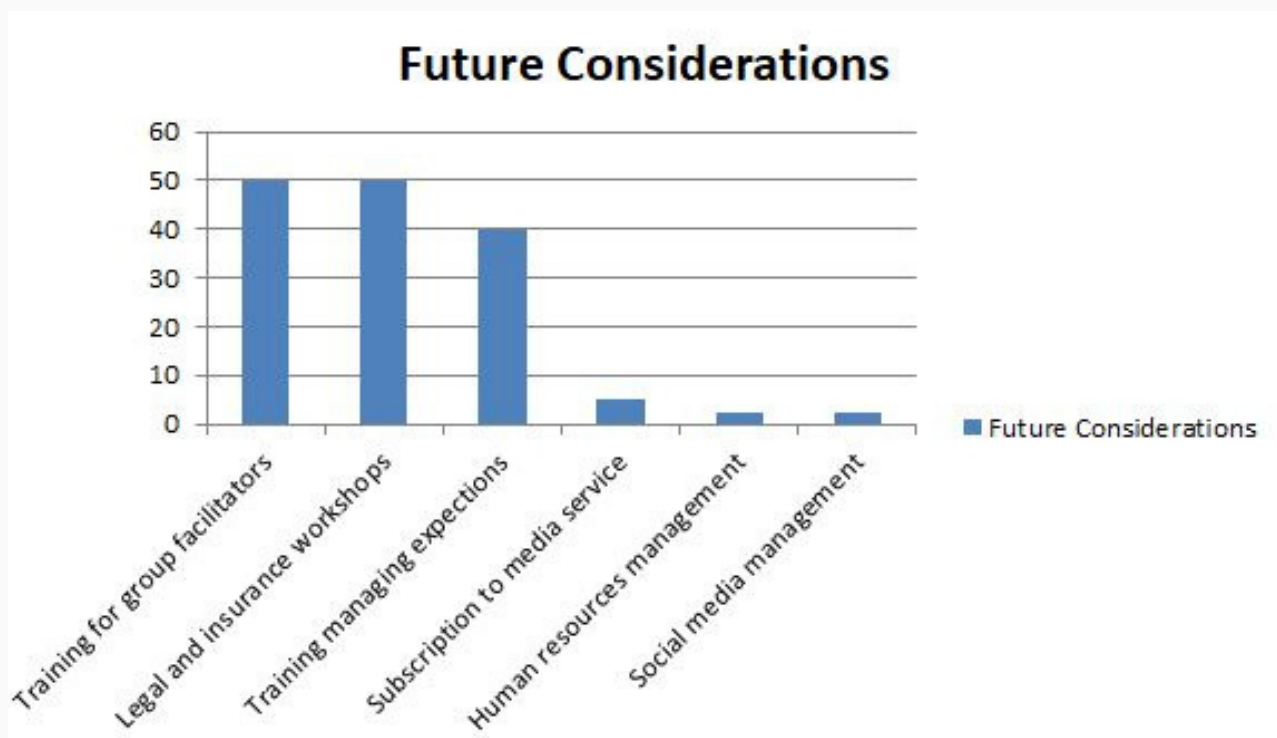
Question 2:

SHOUT Membership is available in three categories, which membership does your organisation hold?



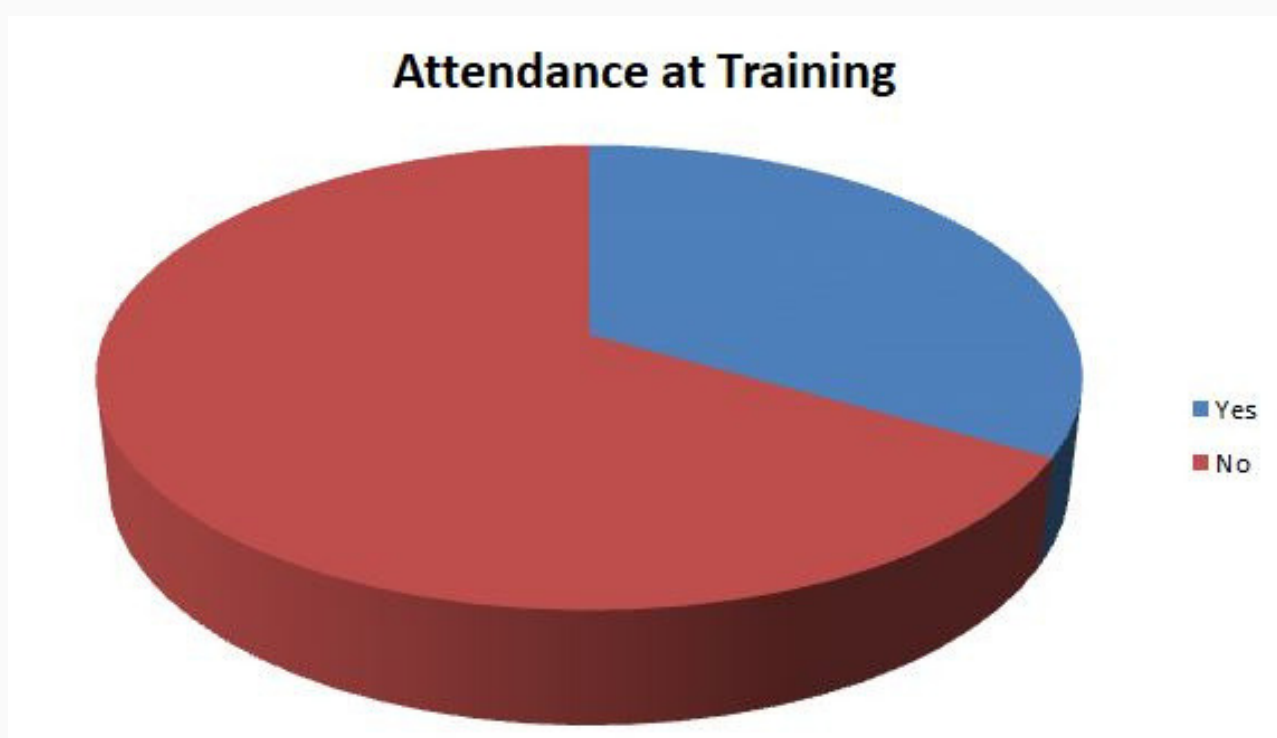
Question 3:

SHOUT was set up to support self-help groups. How can we add to what we already provide?



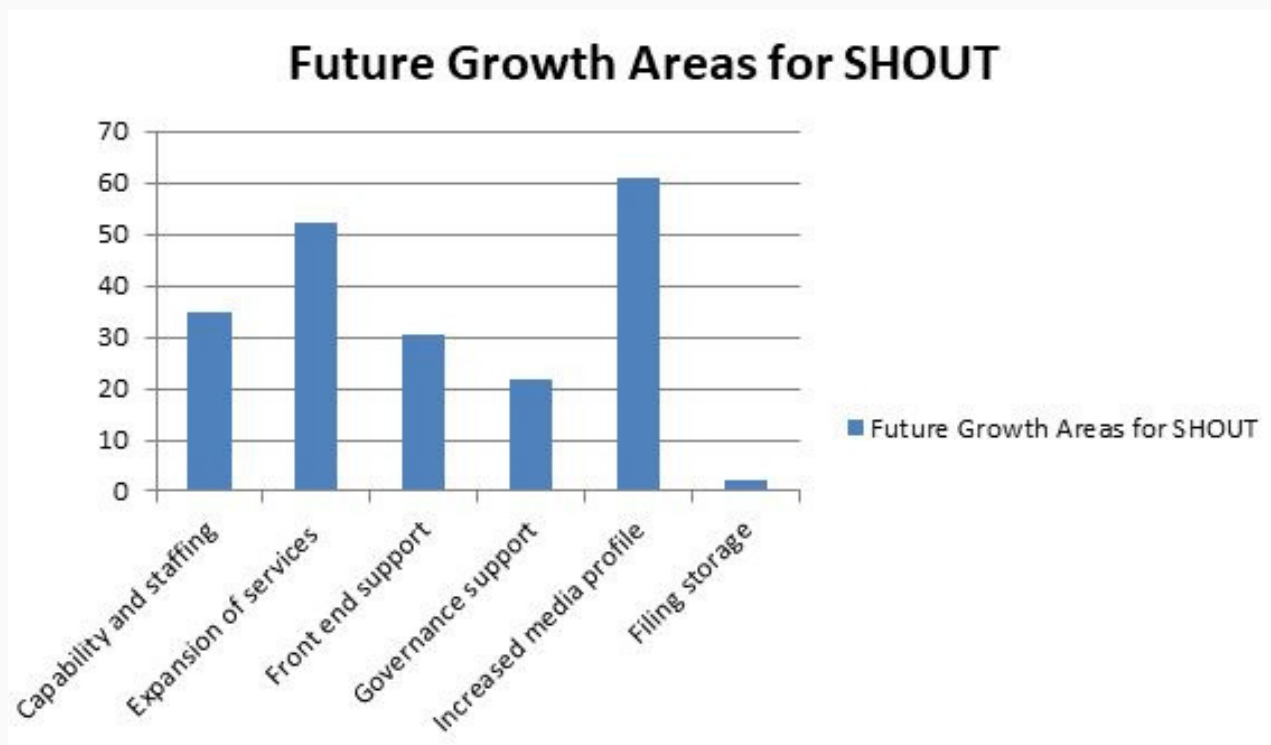
Question 4:

SHOUT provides a range of training opportunities for managers, volunteers and boards. Has your organisation taken part of this training?



Question 5

What would you like to see in the future for SHOUT?



THANK
YOU



SHOUT
UNITED TOGETHER

- CARE
- SELF HELP
- CONNECTION
- DEVELOPMENT
- GOVERNANCE

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, wall zip boil urn, crockery, cutlery, microwave, smart TV, whiteboards and a hearing loop. The training resources cupboard includes pens, whiteboard markers and paper for all to use.

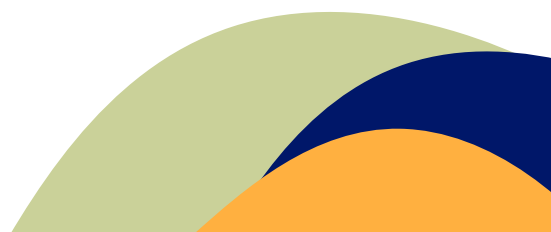
SHOUT also has a laptop for hire for \$25.00 per day if you require.

We are conveniently situated in Collett Place located 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 can hire the room for \$20 per hour. Affiliate Members will be charged \$25 per hour and Community organisations \$35 per hour.

For bookings please contact SHOUT Inc:

Phone: (02) 6290 1984 | Email: admin@shout.org.au



Feros Care Workshops

'NDIS PLANNING'

Thursday, 1st August | 9:30am - 11:30am

Shout Meeting Room, Building 1, Collett
Place, Pearce Community Centre, Pearce.

Link: <https://www.eventbrite.com.au/e/ndis-planning-tickets-64277915977?aff=ebapi>

FREE



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Feros Care Workshops

'USING YOUR NDIS PLAN'

Thursday, 5th September | 9:30am - 11:30am

Shout Meeting Room, Building 1, Collett
Place, Pearce Community Centre, Pearce.

Link: <https://www.eventbrite.com.au/e/using-your-ndis-plan-tickets-64278620083?aff=ebapi>

FREE



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UPCOMING EXPOS & STALLS

SHOUT will be at the following Expos and Stalls! Come and visit us for information.

ATSA Independent Living Expo: 8:30am- 5:00pm



Kippax Fair pop up stall: 6th August | 9:00am - 4:00pm

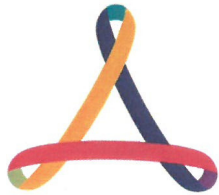
VOLUNTEERING EXPO OCTOBER

SHOUT will be attending the Volunteering Expo on the 26th of October on behalf of all our members. We will be using the form on the following page to provide information to the public about how they can help your organisation as a volunteer.

Please fill out the form if you would like us to include your organisation at this event. We will need your form emailed by the end of August to admin@shout.org.au. Please send us this form if your organisation would like to take advantage of this opportunity.

Thank you, The SHOUT Team!





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VOLUNTEERING
and
CONTACT ACT

Volunteering Expo

Organisation:	
Contact Person:	
Contact Email:	
Contact Phone:	

Our Organisation needs:

Board Members

Position:	
Position:	
Position:	

Administration/Office Duties

Financial/Budget

Policy Writing

Funding Application Writing

Fundraising

Events & Activities

Other:



**DUE BY THE END OF
AUGUST!**



**STARTING SOON
PARENT & INFANT
HYDROTHERAPY
CLASSES**

To register your interest
Contact ARTHRITIS ACT
email:
info@arthritisact.org.au
pH: 1800011041

Regular Groups
At SHOUT

Parkinson's ACT
Support Group
4th week of month
Thurs 9.30 to 12.30

Prostate Cancer Support
Group
1st and 3rd Wed
6.30 to 9pm

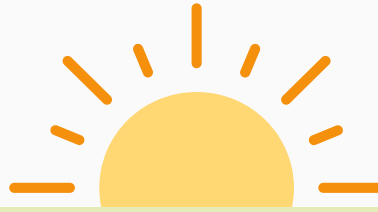
ACT Down Syndrome
Last Thursday Monthly
Confident speakers
7- 8.30pm

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

For more info
Web of Support
www.shout.org.au



The AA, or Alcoholics Anonymous National Convention was held in Canberra during Easter 2019. Al-Anon also attended. It is for those brought up in the past in a family affected by alcohol as well as those family and friends presently affected by alcoholics. Alateen is for those under 18 years.

There was a noticeable excitement at the National Convention Centre as participants shared their successes in learning to manage and understand the disease in a supportive, friendly and welcoming environment.

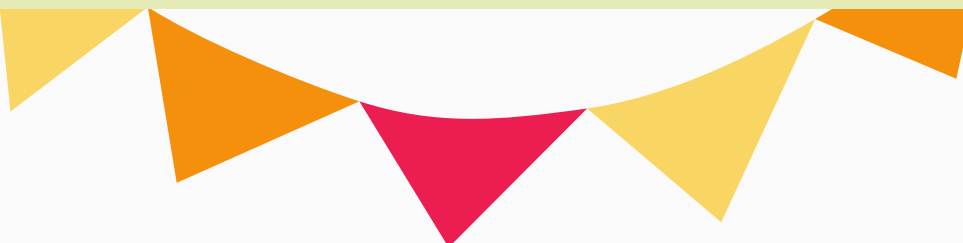
People concerned with the disease of alcoholism are already looking forward to the next Australian National Convention for 2020 in Toowoomba on 2-5 October with the theme: A Vision For You.

Apart from the Convention, it will be a great opportunity to witness Toowoomba in spring and enjoy its other attractions. Please visit www.aanatcon2020.com.au to find out more and discover the solutions and friendship available as well as have a holiday.

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.





ACT Down Syndrome Association

StepUP! for Down syndrome

October 20th, 10am - 1pm

**Black Mountain Peninsula,
Garryowen Dr, Acton**

**Come along on the day and support
ACT Down Syndrome Association and the ACT community**

Explore a Firetruck with ACT Fire & Rescue

Face painting

Glitter tattoos

Balloon modeling

Circus workshop & much more!



ARAWANG EMERGENCY RELIEF HUB

Emergency Relief is designed to assist people in crisis with supplies for 3-4 days. Emergency relief hampers of food and personal care items are available at the Arawang Emergency Relief Hub on Mondays between 9.30am – 12.30pm (closed public holidays).

Hampers and contents are dependent on availability as limited supplies are kept on site. Information about other services can also be provided by our volunteers.

No appointment is required but a small wait may be needed on arrival. Hampers must be collected on site during the opening hours, home visits are not possible.

A limit of one hamper per calendar month applies. Please bring:

- Photo ID
- Centrelink cards (if applicable)
- Your own shopping bags

Address: Corner of Marconi Cres & Kett St, Kambah ACT 2902 (entry via Kett St)

For more information: Email: Arawang.Hub@anglicare.com.au or

Phone: 0491 605 086 or visit: www.anglicare.com.au/foodrelief



PEOPLE WITH DISABILITIES (PWD)

Do you have a question for the new Disability Discrimination Commissioner?

We are meeting with Dr Ben Gauntlett – the new Disability Discrimination Commissioner on 24 July. Would you like us to ask him a question or raise an issue with him? Please let us know by 23 July by getting in touch with our office. Email: admin@pwdact.org.au or call: 6286 4223.

When Things Go Wrong in Health Services for People with Disabilities:

This is a guide prepared by People With Disabilities ACT and the ACT Human Rights Commission. PWD ACT has been able to contribute to this Guide through its Project Officer Rob Woolley and the funding of its Health and Disability Project by the National Disability Insurance Agency. It is a guide to give you options to help get something sorted when you have problems with your health service in three formats:

Easy Read – When Things Go Wrong in Health Services for People with Disabilities

Screen Reader – When Things Go Wrong in Health Services for People with Disabilities

Diagram – When Things Go Wrong in Health Services for People with Disabilities

(Please visit the 'News and Media' section on our website to access these documents)

Want to reach your audience with the Riot Act?

Did you know the Riot Act is read each day by up to 300,000 people in the Canberra region? You're invited to share your stories, discuss issues and more. Rachel Sirr, Executive Officer of People with Disabilities ACT has recently been asked to be a regular contributing writer to the Riot Act. If you have a story or issue to share, please send an email with the subject line 'Riot Act' to rachel.sirr@pwdact.org.au and she'd love to hear from you!



**People with
Disabilities**
ACT Inc

SLEEP APNEOA ASSOCIATION

General Meeting

The next Sleep Apnoea Association General Meeting will take place on Saturday 17th August 2019 at the Canberra Southern Cross Club Woden commencing at 2:00pm.

Guest Speaker Lyn Morley (ACT Lung Life)

All are Welcome.

For more information visit website:

www.sleepapnea-act.org.au



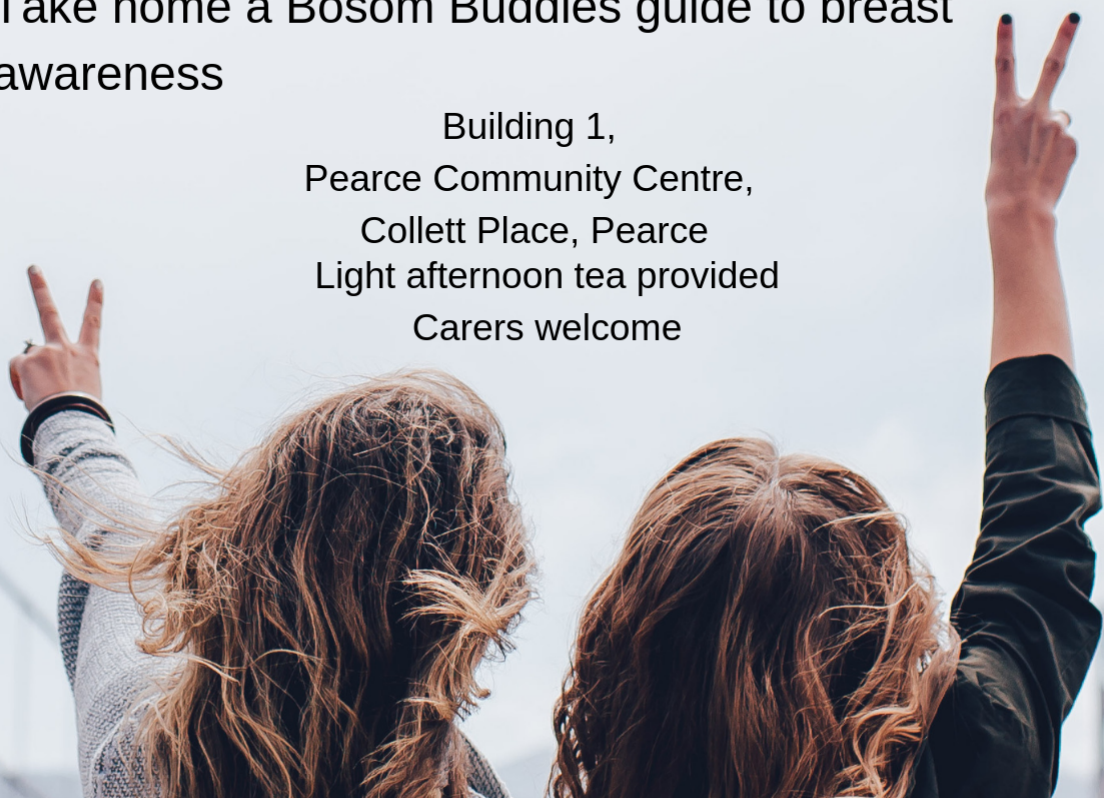


BREAST AWARENESS FOR WOMEN WITH AN INTELLECTUAL DISABILITY

Saturday August 10th, 2pm - 3pm

- Learn about Breast Cancer
- Learn what a lump feels or looks like
- Take home a Bosom Buddies guide to breast awareness

Building 1,
Pearce Community Centre,
Collett Place, Pearce
Light afternoon tea provided
Carers welcome



RE-EVALUATION, REIMAGINING, RESOLVING:

Creative solutions for a sustainable disability workforce

You are invited to a lively panel discussion and delicious supper!

How can we work together as a community to ensure we have the frontline disability workforce required to ensure people living with disability have greater choice and control?

Please join us for a panel discussion where we examine using a collective approach to solve sector wide issues, and hear from six innovative pilot projects who have worked towards a solution to some of the challenges faced by the ACT disability workforce. Challenges addressed include pathways into the disability sector, worker retention, job satisfaction and developing trusted relationships between workers and people with disabilities. The evening will be opened by the Rachel Stephen-Smith MLA, Minister for Disability and will include a supper and networking opportunity.

As a community event we invite members of the audience to ask questions of the panel. After the panel discussion there will be refreshments and time to mingle and chat to panellists, members of the Workforce Impact Collective Steering Group, sector stakeholders and members of the ACT community.

Date: Thursday, 8 August 2019

Time: 6:00pm to 7:30pm

Venue: Common Room, ANU University House, 1 Balmain Crescent, ACTON ACT 2601.

This is a free event but you must register and RSVP via Eventbrite

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.



ACT DOWN SYNDROME ASSOCIATION:

ACT Down Syndrome Association & Science Pirates present

SCIENCE ALLIANCE

Term 3 | July 22nd - September 23rd | Monday's 4pm - 6pm

- Learn about the world we live in through science
- Increase independence
- DEvelop leadership skills
- Make alot of mess and have alot of fun!



For further information please contact Gemma:
community@actdsa.org.au or call: 02 6290 0656



ACT
Down Syndrome
Association

EPILEPSY ACT:

Is your school an Epilepsy Smart School?

Why should your school become an Epilepsy Smart School?

Epilepsy can have a big impact on a child's experience at school due to the impact of seizures and any medication they may be taking, making it hard for a child to concentrate or remember information from class.

Epilepsy is more than just seizures and first aid training is not enough. Teachers need to understand the impact of epilepsy on student learning, as well as having epilepsy-specific training in understanding and managing epilepsy.

All schools have a duty of care to provide a safe learning environment for all students and ensure they accommodate the needs of all students.



*Is your school
Epilepsy Smart?*



www.epilepsysmartschools.org.au



WOMEN WITH DISABILITIES ACT

JOB POSITION AVAILABLE: ORGANISATIONAL DEVELOPMENT OFFICER

WWDACT is looking for an organisational development officer to build our capacity for engagement with our community and create sustainability.

Duties will include:

- Re-developing our representatives' program, including training policy, selection procedures and guidelines
- Refreshing our membership kit, to ensure WWDACT members have the knowledge and tools they need to participate in our work
- Creating a board induction package to streamline the pathway from membership to leadership and create clear guidelines for working as a board member

- Facilitating board training
- Developing internal policies for community engagement, media and human resources
- Ensuring documents created are accessible and understandable
- Assisting the CEO with the creation of an online members' space

The ideal candidate will have a strong understanding of not-for-profit governance and membership structures. They will be able to work both independently and as part of a diverse team.

Women, non-binary and feminine identifying people with disabilities are strongly encouraged to apply for this position.

Applications close July 25th. To apply, please send a CV with 2 references and a cover letter addressing the criteria in the position description to WWDACT CEO, Mx Clare Moore at info@wwdact.org.au. Please call Aji Sana on 0481825093 with any inquiries. Seeking Peer Leaders!



WOMEN WITH DISABILITIES ACT

JOB POSITION AVAILABLE:

WWDACT is looking for two peer leaders to run workshops as part of our NDIS Information, Linkages and Capacity Project.

We're looking for women or non-binary people with disabilities to run sessions about supported decision making and self-advocacy. You will help develop the curriculum and resources for the sessions, and run 10 sessions for the community in late 2019 and early 2020.

You'll be helping to build the capacity and confidence of women to use their existing support networks to help them make their own decisions about their lives. You'll also be teaching them how to advocate for their choices using real world scenarios.

Hours will be on a casual basis, around 8 hours per week to prepare, deliver and review the sessions over August 2019 to May 2020. Some sessions will be held on weekends.

You need a Working with Vulnerable People Card for this role, or the ability to get one. A position description is available [here](#).

Applications close July 25th. To apply, please send a CV, and a completed application form to WWDACT CEO, Mx Clare Moore at info@wwdact.org.au. Please call Aji Sana on 0481825093 with any inquiries.



BIG BOOK FAIR 2019

COFFEE SHOP - ART SHOW

WODEN SENIORS CLUB
12 Corinna St, Woden

Friday 9th August 10am – 4pm
Saturday 10th August 10am – 4pm
Sunday 11th August 10am – 4pm



www.wodenseniors.org.au



LUTON

SCHOLARSHIPS ARE AVAILABLE FOR OUR YWCA CANBERRA 2019 'SHE LEADS CONFERENCE'

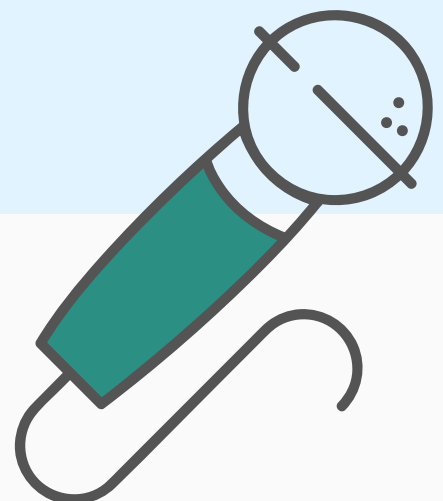
Through the generosity of our donors and supporters, She Leads has secured a number of full scholarships for this year's Conference to ensure equal access to this one of a kind leadership event.

If you or someone you know is interested in attending the She Leads Conference but are finding that the price is a barrier, you might be eligible for a scholarship.

We have three types of scholarships available:

- Jacq Burridge Scholarships for women 30 years and under (includes female-identifying and non-binary people) who are current full-time university students.
- Magistrate Louise Taylor Scholarships for women (includes female-identifying and non-binary people) who identify as an Aboriginal and/or Torres Strait Islander person and live in the ACT.
- Strive to Thrive Scholarship – supported by YWCA Canberra Life Member, Betty Ferguson, for women (includes female-identifying and non-binary people) who are current students or past graduates of the She Leads Diploma program.

To find out more information or to apply, please visit:
<https://bit.ly/2FtmtBb>.



Free Counselling

Are you interested in receiving free counselling sessions from a AIFC Advanced Diploma Counsellor Student?

Each counsellor is a member of the Australian Counselling Association (Level 1) and has a Working With Vulnerable Peoples (WWVP) card.

The client/s need to align with the following assessment requirements and be able to commit to attending a series of sessions. It is required that the sessions be recorded for assessment and supervision purposes, though only the counsellor will be on camera.

For your information, the assessment tasks sets the following requirements:

Conduct Family Therapy with Families:

- At least six 50-60 minutes therapy sessions with external clients for this unit.
- Of the six sessions, three sessions must have at least two family members present in the sessions. This is a mandatory requirement of this unit.
- The family members can be from any generation and must engage in the therapy process.

Children aged between 12 and 18 may be included in the counselling but must:

- Always be accompanied by at least one parent or guardian and at no time can they be counselled on their own.
- The focus must be on Family therapy using the AIFC Family Therapy Model.
- Ensure to avoid dual relationships, the client must not be someone close or well known to you. Also, avoid undertaking therapy on a person with complex problems beyond your area of expertise.

Interested to find out more or if places are still available?

Contact Sue: 0451 681 274 or Ljubica (Lah-bish-ka): 0406 949 089





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PO Box 717, Mawson ACT 2607
Phone: (02) 6290 1984
Email: admin@shout.org.au
ABN: 84 021 770 011



2019 / 2020 CORPORATE MEMBERSHIP APPLICATION FORM

SHOUT Inc welcomes your application for a Corporate Membership.
The benefits of the membership are outlined on page 2.
The Web of Support information form is located on page 3.

Organisation: _____

Full Corporate Membership: \$120.00 annually

Training room rates: \$20.00 per hour

Contact Name: _____ Position: _____

Postal Address:

Phone: _____

Email: _____

Website: _____

Facebook Link: _____

CARE

SELF HELP

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DEVELOPMENT

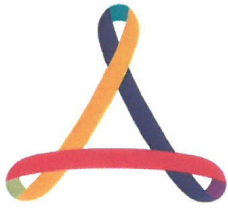
GOVERNANCE



CORPORATE MEMBERSHIP BENEFITS:

- Invitations to corporate membership events and activities
- Promotion of corporate members at shopping centre displays, events, expos and other opportunities
- Promotion of your organisation on the events board, our members board and on the members brochure rack in the SHOUT building
- Reciprocal attendance at your events when SHOUT is invited and able to attend
- Advocacy and sector development activities as negotiated
- Invitations to training, events and seminars a reduced cost and invitations to members only round table events held at least quarterly on a range of development and governance issues
- Mentoring and meetings as requested on all business issues including governance and raising the profile
- Support and facilitation of strategic planning days, board planning and focus groups at a free or reduced rate for corporate members as negotiated
- Promotion of your events through Facebook and bimonthly newsletter produced by SHOUT
- Website – Web of Support inclusion of your services in our new website
- Member area of the website which provides information, training calendar and events
- Hire of meeting room for reduced rate of \$20 per hour and priority bookings for meeting room
- Contact list held by SHOUT for both receiving and disseminating information





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ABN: 84 021 770 011



2019 / 2020 AFFILIATE MEMBERSHIP APPLICATION FORM

SHOUT Inc welcomes your application for an Affiliate Membership.

The benefits of the membership are outlined on page 3.

The Web of Support information form is located on page 4.

Organisation: _____

Affiliate Membership: \$25.00 annually

Training room rates: \$25.00 per hour

Contact Name: _____ Position: _____

Postal Address:

Phone: _____

Email: _____

Website: _____

Facebook Link: _____

CARE

SELF HELP

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DEVELOPMENT

GOVERNANCE



AFFIATE MEMBERSHIP BENEFITS:

- Website – Web of Support inclusion of your services in our new website
- Member area of the website which provides information, training calendar and events
- Invitations to training, events and seminars a reduced cost
- Hire of meeting room for reduced rate of \$25 per hour and priority bookings for meeting room
- Inclusion in Facebook page for your events
- Affiliate and Member news bi-monthly in which you can advertise your organisation and events
- Promotion of your organisation at events and displays
- Contact list held by SHOUT for both receiving and disseminating information
- Support and facilitation of strategic planning days, board planning and focus groups at a reduced rate for affiliates



WEB OF SUPPORT LISTING:

To include your organisation onto our online Web of Support please fill out the following form and return it to the SHOUT office:

Building 1, Pearce Community Centre, Collett Place, Pearce 2607.

Alternatively you can submit a directory listing online at the following link:

<https://www.shout.org.au/directory/submit-listing/>

Brief overview of organisation (150 words max):

Company Logo: (please email to web@shout.org.au)

Company brochures:

Please drop off or post 50 copies to the SHOUT Office so that they can be distributed at various expos and shopping centre displays.

Send to: SHOUT Inc, PO BOX 717, Mawson ACT 2607



Future Events & Advertisements: For any future events that you wish to advertise on the SHOUT Inc website please send a PDF version to Georgia (web@shout.org.au) to upload to the 'News & Events' section on the website.

Newsletter: To include any information in the monthly SHOUT Newsletter please email it to Georgia: web@shout.org.au

Type of service(s) provided (select multiple if relevant):

- Accommodation services
- Alcohol and other drugs
- Carer Support
- Children
- Chronic illness
- Counselling and advocacy
- Health Services
- Mental health support
- Personal Care
- Self help groups
- Social Support
- Training, Education and Information
- Transport

Please list the provided services with a brief explanation below: