



December 2019 / January 2020 | ISSUE 11

SHOUT Newsletter



Welcome to our News!

As we work through the final weeks of the year it is a great time to reflect on 2019.

Through 2019 we have increased our membership by over 50% this year and welcomed new members every month.

- We have held 4 training courses and 5 NDIS workshops.
- We have exhibited at 6 Canberra Expos and 6 Shopping Centres
- Our meeting room is now being booked regularly and consistently with both regular and casual hiring.
- Our tenancy is full, with all eight offices holding 100% tenancy rates.
- We have held 5 strategic planning days for members with great results.
- We have rewritten our own strategic plan, policies and procedures including governance and risk management protocols.
- We provide administration support to 5 organisations.
- Our Web of Support has received 7000 hits from January to November 2019.
- We have been successful in achieving funding for both infrastructure and an Inclusive Garden Space.

Thank you for your support - it means so much!

We look forward to working alongside you in 2020.

Regards

Carol Mead and the SHOUT Team



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
Imagine More
Rotary Club of Woden Daybreak

Koomarri
Skipper Care Australia
Anglicare
Autoimmune Resource & Research Centre
Australian Medical Association (ACT) Ltd
LDK Health Care - Greenway Views

Members

ACT Down Syndrome Association
ACT ME/CFS 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

Affiliates

ACT Deafness Resource Centre
AIRA
Health Care Consumer's 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



Christmas Shutdown

The SHOUT Office will be closed from Friday, 20th December 2019 and will be re-opening on Monday, 13th January 2020.

February/March Newsletter

If you would like to advertise your organisations upcoming events in SHOUT's February / March Newsletter please forward your information to web@shout.org.au by Wednesday, 22nd January 2020.

2020 Calendars

SHOUT's 2020 Calendars have arrived!
As a member you are entitled to receive a Free Calendar which will be sent to you during the first week of December. Order forms will be included in your pack should you wish to order more copies.



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.

BHA CANBERRA ONLINE STORE LAUNCH

BETTER
HEARING
AUSTRALIA
Canberra



BHA Canberra Online Store

The online store will be an addition to the original website, enabling everyone to purchase merchandise from the site. The website will still have information about BHA Canberra and its services. The store will be showcasing the "Gift Pack" and merchandise for gift ideas for the festive season.



What's available at the online store

BHA have released the polo shirt range, incorporating a positive message about hearing loss in a fashionable way. The first style is "Fit, Active, Connected". Appealing to people who like to participate in recreational sports and to keep fit and active. The second style, "Confident, Competitive" is aimed at the professional sportsman/woman.

Both of the designs incorporate the BHA brand and hearing loss.

The polo shirts are available for \$45 through the online store or are included in the gift pack for \$50.



BHA Hearing Health Companion Gift Pack

The BHA gift pack format is a compromise that enables sons, daughters and carers to present these items as a gift for loved ones with a hearing loss.

The gift pack includes:

- Polo Shirt- One of two styles with a positive message about hearing loss
Fit, Active, Connected
or Confident, Competitive
- Walking Vest that informs others of the wearers hearing loss when on shared paths.
- A hearing loss identity wrist band
- An information booklet about communications in the home

The gift pack will be available to purchase through the website: www.bhacanberra.org
The gift pack will be \$50 plus postage or pick up at the BHA Hughes Office.
Contact through email:
bhacanberra@gmail.com



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

CHRISTMAS PICNIC

Bring a picnic dinner, family and friends!
Celebrate the end of year and Christmas with a family
friendly evening in the park.

DECEMBER 8
4 PM ONWARDS
KAMBAH ADVENTURE PLAYGROUND
SPRINGBETT ST, KAMBAH ACT 2902



ACT
Down Syndrome
Association





ARTHRITIS IS NOT AN 'OLD PERSON'S DISEASE'

**1: 1000 children have a form of
Juvenile Idiopathic Arthritis (JIA)**



**CHILDREN AS YOUNG AS A FEW MONTHS OLD
ARE DIAGNOSED WITH JIA (COMMON AS TYPE 1
DIABETES IN CHILDREN UNDER 16YRS OF AGE)**

*In Australia 52,000 people are
unable to work between 15-65yrs of
age due to arthritis*

*Inflammatory arthritis can start at
any age*

*RA onset generally between 30-60
yrs of age, PsA onset usually 20-
50yrs of age*

**Ankylosing Spondylitis commonly occurs
between the ages of 17 and 45 yrs of age**



**How can we get funding and help for children and
young people living with arthritis if we call it
'An Old Person's Disease'?**

by Linda Spurrier

If I had a dollar for every time I heard arthritis called an 'old person's disease' I would have enough money to fund research to find a cure for inflammatory arthritis. I was diagnosed with RA in my 20's (over 2 decades ago) and I may have felt like I was aging because of it but I certainly wasn't old. I'm not sure opinions about who gets arthritis have changed that much since, despite what we know about the 100 forms of arthritis. My 12 yr old, has evolving Juvenile Idiopathic Arthritis (JIA) and gets frustrated when he also hears people say 'arthritis is an old person's disease'. Children often avoid talking about it or showing how it affects them so they don't feel different. They just want to be like other kids. Teens and young adults also find it hard to get people to believe them.

Inflammatory arthritis is not like osteoarthritis and if you meet a young person with arthritis, it's most likely they have an inflammatory arthritis caused by an autoimmune disease. Even some adults you meet will tell you they had JIA that has continued into adulthood.

Unfortunately when they named autoimmune diseases they attached the word arthritis, such as Rheumatoid Arthritis(RA), Psoriatic Arthritis(PsA). Psoriatic Arthritis is now being called Psoriatic Disease, because they know so much more about this autoimmune disease that causes inflammatory arthritis.

Inflammatory arthritis caused by autoimmune disease is often 'silent' not seen, with no obvious deformity, very debilitating and very real. Causing fatigue, brain fog, immobility, inhibiting growth in children, chronic pain, reduced working capacity, reduced school attendance, depression, can attack organs, increased risk for other health problems, some cancers and require the use of medications with multiple side effects. How do we address this? How do we get more help and support for children and young people living with these diseases?

**By being mindful of how we talk about arthritis and getting
the word out there about all forms of arthritis.
That arthritis also affects children and young people.**

By not using the phrase "old person's disease"



Sharing Delights



December 3 is iDay - International Day of Disabled Persons.

Sharing Places will be holding a morning tea in celebration of iDay and the grand opening of our new skills development café "Sharing Delights".

We would love to see you there from 10am.

In the Stromlo garden, building 2 of the Pearce Community Centre.

There will be coffee, hot choc and cake on offer.

Bring your change for gold coin donations.

Please RSVP to Sharon by Friday 29 November 2019.



WWDACT is running a series of free workshops on Self Advocacy and Supported Decision Making for women, non-binary and feminine identifying people with disabilities.

These workshops are designed to help you find supporters, make your own decisions and tell people about the decisions you make. You can attend all or some of the workshops.

We want to know who will be interested in attending these workshops. Please fill out an Expression of Interest Form to sign up at <https://www.surveymonkey.com/r/N3W2QPQ>

More information at <https://www.wwdact.org.au/workshops/>

WWDACT WORKSHOP SERIES PART 1

Self Advocacy & Supported Decision Making

What is Supported Decision Making?

Nov 28th at 6-8pm

Who are our Supporters?

Dec 7th 11-1pm

Mapping My Support Network

Dec 7th 2-4pm

Exploring Decisions

Dec 12th - 12-2pm

Express your interest at wwdact.org.au/workshops
or email engagement@wwdact.org.au, you can also
call 0481 825 093



Breast Cancer Network Australia



Great news from the Australian Government today announcing new Medicare rebates that will directly benefit Australians affected by breast cancer. From today (1 November), women with or suspected of having breast cancer will be able to claim Medicare benefits for breast MRI scans.

New rebates are also available for some PET scan services. Advocacy has always been at the heart of #bcnapinklady, and we called for these changes in our State of the Nation report released last year. We continue to improve the lives of those affected by breast cancer who are missing out today, and to make sure that no one misses out tomorrow.

Huge thank you to WA breast surgeon Professor Christobel Saunders for her work in preparing the MRI submissions. Thanks also to Health Minister @greghuntmp for listening and responding to the voice of all Australians affected by breast cancer.

Find out more here the website at <https://buff.ly/2BZ6skb>



Are you undergoing treatment, or have you had breast cancer?

2020

Come along for tea, coffee or a drink and friendship.
No need to book, just turn up.

Monday morning

NEW VENUE

The Mawson Club

Heard St Mawson ACT 2607

9.30am - 11am

13th January

10th February

10th March*

14th April*

11th May

9th June*

13th July

10th August

14th September

12th October

9th November

14th December

* Held on Tuesday due to public holiday

Thursday Afternoon

Cafe Injoy

39 O'Hanlon Place, Nicolls

1.30pm - 3.30pm

30th January

27th February

26th March

30th April

28th May

25th June

30th July

27th August

24th September

29th October

26th November

Tuesday morning

Country Heir Cafe

54 Monaro Street, Queanbeyan

9.30am - 11am

28th January

25th February

31st March

28th April

26th May

30th June

28th July

25th August

29th September

27th October

24th November

Wednesday evening

Tilley's Devine Cafe Gallery,

1/94 Wattle Street, Lyneham

5.30pm - 7pm

19th February

15th April

17th June

18th August

21st October

18th December

Please Note:

These are social gatherings, not formal support.
If you would like support please contact the
Bosom Buddies office to arrange for a member
of the Support Team to make contact.

Office Details:

0406 376 500 or 6290 1984

Monday - Thursday 9.30am - 2.30pm

admin@bosombuddies.org.au

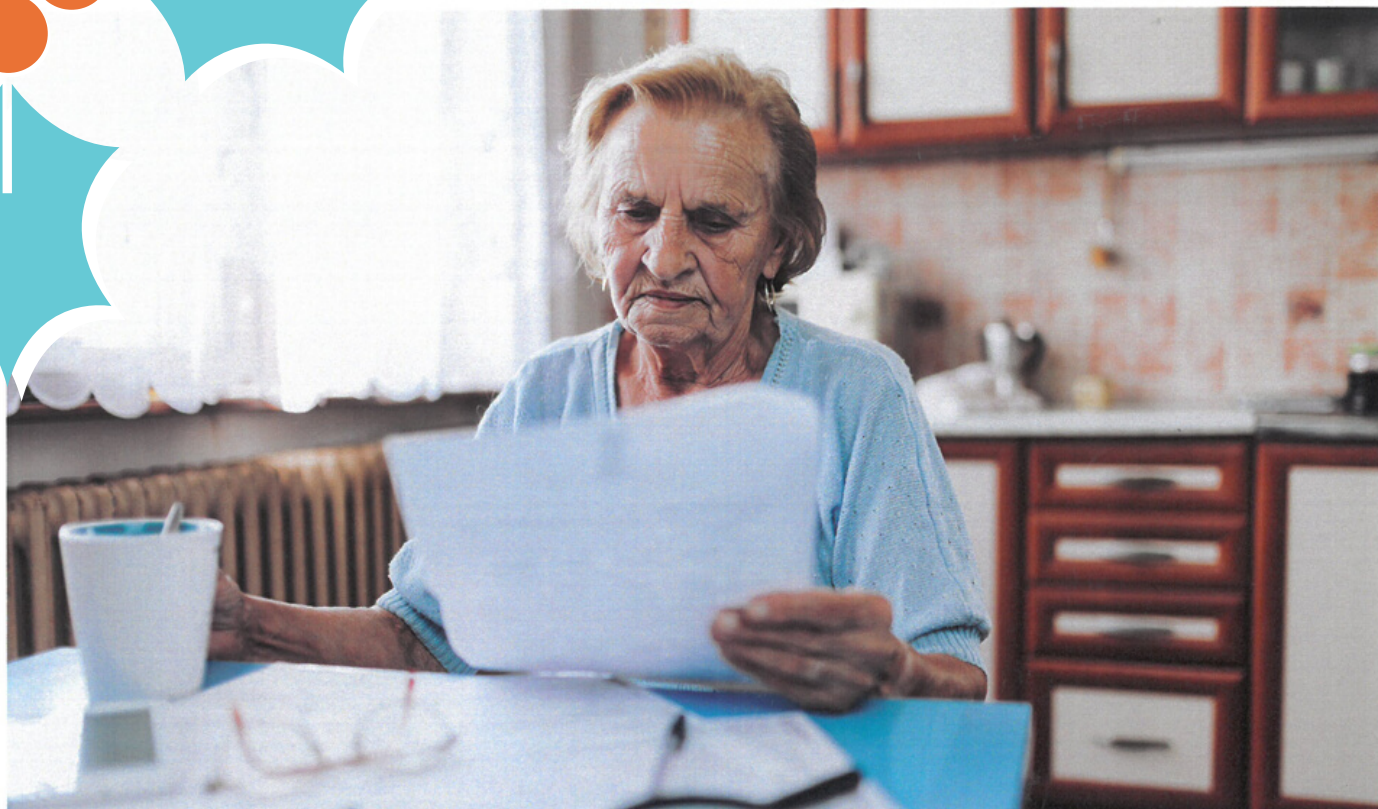
bosombuddies.org.au

ABN 59 262 617 782



**bosom
buddies** ACT
inc

facing breast cancer together



Do you need help navigating the aged care system?

Make a free appointment with a skilled volunteer navigator and get assistance with:

- exploring the options available to help you stay in your home
- accessing aged care for the first time
- navigating MyAgedCare
- transitioning between the Commonwealth Home Support Programme, Home Care packages and/or Residential Aged Care
- your rights and responsibilities

Call ADACAS on 6242 5060 to book your appointment or for more information.





ACT Aged Care Navigators Trial: Supporting Access to the My Aged Care Service System

ADACAS Aged care expert staff and trained volunteers are available to provide support, education and assistance to people 65 (50+ for Aboriginal and Torres Strait Islander peoples) years and over to navigate the My Aged Care system.

Free Drop-in Aged Care Navigator Hubs- Canberra and Queanbeyan All Welcome

ADACAS runs a drop-in Aged Care Navigator Hub for people wanting to better understand My Aged Care. Support is offered to identify support needs, types of services available and to register with My Aged Care.

ACT Multicultural Cultural Communities Illawarra, Level 2, 180 London Circuit, Canberra

- 5 December **10am to 11am** and
- 19 December **10am to 11am**

Country Heir Café- 54 Monaro St, Queanbeyan

- 3 December **10am – 11am** and
- 17 December **2pm – 3pm**

Other Aged Care Navigator Information and Supports

The ADACAS Navigator team is also available to:

- facilitate My Aged Care workshops and information
- provide assistance accessing and navigating the My Aged Care
- provide assistance filling My Aged Care registration forms
- support individuals wanting to register with My Aged Care for the first time

More information

If you would like more information or book a group information session, workshop, or an individual session please call us at ADACAS on 02 **6242 5060** or email: adacas@adacas.org.au

You can also go to the Council of the Ageing website by following the link below

<https://www.cota.org.au/information/aged-care-navigators/>



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

Innovation grants to boost housing choices in ACT's tough market

It says a lot about the ACT's rental market that an income of \$100,000 is not considered enough for many Canberrans to put a roof over their heads.

Catholic Care Canberra and Goulburn is one of six organisations to share in grants worth \$645,000 to provide more affordable housing in Canberra. The project is aimed at the first and second quintile of incomes, up to \$100,000. CEO Anne Kirwan said a project to design and build 6-8 units targeted at women aged over 50 and people with a disability will include an income cap of \$100,000 for applicants, which she says sounds like a lot but not when you're renting in the ACT market.

"It's amazing that people on \$100,000 are finding it difficult to access housing in Canberra but it's the most expensive place in Australia to rent and we want to be part of the solution," Ms Kirwan said.

CatholicCare has received \$50,000 to identify under-utilised Church land that is zoned for community facility use. It will pay consultants Colliers International to manage the complex zoning and land use rules, and Cox Architects to design energy-efficient buildings that make the best use of the land.

Ms Kirwan said CatholicCare hoped to develop a viable model for affordable and supported housing in the ACT. Rents for the affordable component would be set at 75 per cent of the market rate.

The organisation is also partnering with Housing ACT in the recently launched Housing First initiative which over two years will assist 20 long-term homeless people with complex needs into permanent homes.

One man who has been sleeping rough for 20 years is now housed and CatholicCare has a group assessed through Vinnies' Street to Home program ready to be allotted homes.

The second-round grants announced on Thursday have been sourced from the Affordable Housing Innovation Fund.

ACT architect Nathan Judd's Build.Rent initiative has received \$125,000 to help establish long-term, below-market rate rental housing targeting people in the first and second income quintiles.



It plans an affordable rental apartment development in Belconnen with 80 micro terraces offered to people on lower incomes (with an annual review of eligibility) at a rent capped at 20 per cent lower than the average market rate. The development will include eight accessible units offered to tenants with disabilities also at 20 per cent below market rent.

YWCA for YHomes has also received \$125,000 to help deliver supportive housing for older women on an under-utilised block in Ainslie.

Summer Foundation Limited (\$35,000) will assist 20 people with disability likely to be eligible for Specialist Disability Accommodation in the ACT to complete a new housing needs tool. The results will be aggregated and analysed, and a briefing paper will be prepared with recommendations.

Rights and Inclusion Australia (\$90,000) aims to reduce housing stress among people with disability in the ACT by increasing information about and identifying a range of suitable housing options available to this population.

Community Connections (Homeshare ACT) received the biggest grant at \$220,000 for a project to establish a model aimed at matching homeowners with a spare room with low-income tenants seeking affordable rental accommodation in exchange for providing assistance around the home.

The Government says Housing ACT is also providing an additional \$6.524 million in funding to support frontline services and address gaps in its homelessness service system.

It has extended the operating hours of the Early Morning Centre to enable the delivery of additional services and activities to improve guests' social skills, social inclusion, and health, job and educational outcomes.

It has boosted funding for the Doris Women's Refuge, Beryl Women Inc, Toora Women Inc and Karinya House for Mothers and Babies Inc to support greater stability for women and children escaping family and domestic violence, and to prevent children from entering child protection and reduce the impact of intergenerational homelessness.

Two new homelessness services have been launched in the past year. One supports older women into affordable housing options in both public and private sectors, operated by the YWCA; the other is for asylum seekers and people with uncertain immigration status, operated by Migrant and Refugee Settlement Services (MARSS).

Over the next five years the Government will spend \$100 million on the renewal of at least 1000 public housing properties as well adding 200 homes to the portfolio to help with the waiting list.





Sad news from Pegasus
15th November 2019

It is with a very heavy heart that we announce the sad news that Pegasus co-founder, Honorary Life Member and RDA Life Member, Bid Williams, passed away on Friday evening surrounded by family at her side.

The visionary co-founder of Pegasus, Bid was a friend and inspiration to so many. Bid appreciated the gentle nature of the horse and understood that the bond between rider and horse could be immensely therapeutic.

Bid was a genuinely kind and caring person who will be forever remembered and admired for her compassionate efforts, pioneering spirit, and remarkable contribution to the Pegasus family, the local community, and to those living with disabilities. Bid will be deeply missed, but her legacy will live on through the continued work of Pegasus and the many, many people whose lives she touched.

Vale Bid



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





-everyone deserves a chance to shine

PARENTS OF TEENS WITH ADHD

“MOVING UP AND MOVING ON”

Speaker Evening with Mark Brandtman

Mark is unique because he has a high level of practical knowledge about ADHD across all settings

Mark operates an Educational Consultancy which works exclusively with adults and children with ADHD. His consultancy offers in-servicing and support to schools as well as education to parents and school students. The Sydney Adult ADHD Clinic, the only clinic specialising in Adults with ADHD in Australia. Mark has worked in both private and non-government schools where he was a Boarding Housemaster, an Assistant Principal, Classroom Teacher and has been involved in remedial education in both Primary and Secondary settings.

Tips for parents to keep in mind when their Teen is moving up into the senior years in Secondary school, and moving on to Tertiary education. Diagnosed later in life himself, and the parent of young adults with ADHD, Mark will share a little of his own experiences and offer practical Strategies to guide parents through what can be a difficult time for Teens.

WHEN	Thursday 5th December, 2019. Time: 7:00pm – 9:00 pm
COST	\$10.00 (Please book early Limited seating) https://www.trybooking.com/BGXUJ
VENUE	Dunmore Lang College, (adjacent Macquarie University) 130-134 Herring Road, NORTH RYDE, NSW 2113
TRANSPORT	Bus/train to Macquarie University station, walk across Waterloo Rd, then 3min walk up Herring Rd to the College.
PARKING	Limited off-road parking area at the door. Alternatively, 3 hrs free parking in Westfield Shopping Centre (opposite).

WE LOOK FORWARD TO SEEING YOU THERE

Please register at by 5pm on Tuesday 3rd December 2019 at

<https://www.trybooking.com/BGXUJ>

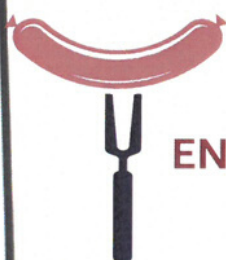
Enquiries to ADHD Foundation tel: 1300 39 39 19 : Or: events@adhd.foundation.org.au

Arrive early for a chat and a coffee/tea Stay to meet the speaker, other parents and carers.
Information handouts freely available on night.



ADDACT

Cordially Invites You to Our



END OF YEAR SAUSAGE SIZZLE PARTY

Sunday, December 1st

12:30pm-2:30pm



*Eddison Park - Launceston Street, Phillip. Entrance is opposite
Canberra College.*

Alternate Venue: Canberra College, if raining

We will provide free Sausage sizzle/ Sandwich lunch &
Soft Drinks

or

you can choose to bring your own lunch

(a selection of Gluten Free sausages and small selection of Gluten Free wraps will be
available)



Please R.S.V.P. by no later than
Thursday 28th of November by 4:00pm

secretary@addact.org.au

Hope to see you all there

Starting January 2020

Support group for PRESCHOOLERS with JIA & their families

- to be held at various playgrounds, cafes etc
- during the day (outside nap times)
- formatted to suit group needs
- no attendance cost, just the freshment cost at venue

For more information contact AACT
Ph: 6251 2055 or email linda@arthritissact.org.au



Happy New
Year!