

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

SHOUT Training and Workshops

REACH Training

Members News and Events



A WORD FROM THE CEO:

Welcome to 2020 and I hope this finds you safe as we bounce into the year. We have had the most awful fires and as I write this, Tharwa is threatened to be impacted by fires in the Namadgi National Park, it has been, and continues to be a difficult and painful fire season. This year, as always brings challenges to the community sector, funding is tight resulting in many organisations looking further afield to shore up capacity. This brings its own set of challenges, with time spent on funding greatly affecting the running of organisations. I am delighted to let you know about the Vocational Traineeships that REACH Training is offering - which have great incentives to the workplace, not only in increasing skills, but monetary incentives which assist. SHOUT is also providing training and workshops throughout the year and we look forward to your attendance.

SHOUT MEMBERS

Corporate Members

ADACAS
Advocacy for Inclusion
Anglicare
Arthritis ACT
Australian Breast Feeding Association ACT NSW
Australian Medical Association (ACT) Ltd
Australasian College of Road Safety
Autoimmune Resource & Research Centre
BDP Awareness
Cancer Council ACT
Carers ACT
Diabetes Association NSW ACT
Directions Health Services
Epilepsy ACT
Flourish Australia
Hartley Lifecare
Imagine More
Multiple Sclerosis Limited (MS)
Koomarri
LDK Health Care – Greenway Views
PANDSI
REACH for Training
RetireInvest Woden
Rotary Club of Woden Daybreak
The Personnel Group
Skipper Care Australia
Spinal ACT
Women with Disabilities ACT

Members

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

Affiliates

CT Deafness Resource Centre
Adoptive Families Association ACT
AIRA
Al-Anon Family Groups Australia ACT
Better Hearing Australia ACT
Canberra Lung Life Support Group
Canberra Region Kidney Support Group
Haemophilia Foundation ACT
Health Care Consumer's Association
Hepatitis ACT
Mental Health Foundation ACT
Mindful Self Compassion
Sharing Places
Sleep Apnoea Association ACT
Solace ACT Inc.
Yoga for Birth and Beyond

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE

SHOUT Membership Forms
can be downloaded at:
www.shout.org.au

SHOUT TRAINING

ALL TRAINING AT
SHOUT
MEMBERS REDUCED FEE
LIGHT REFRESHMENTS



3 mar

9:30-12:30

CRITICAL CONVERSATIONS

Boost confidence and effectiveness of employees to take responsibility for their own workplace engagement, manage difficult situations and conflicts, maximising customer service and build workplace relationships.

<https://www.eventbrite.com.au/e/critical-conversations-tickets-90888803859>

3 mar

1:00-4:00

PERSUASVE PRESENTATIONS

Engage your audience, managing difficult questions, making presentations with life and energy, removing fear and the 10 secrets to persuasive presentations.

<https://www.eventbrite.com.au/e/persuasive-presentations-tickets-90895221053>

16 apr

7:00-10PM

EFFECTIVE GOVERNANCE

Ten principles of governance, organisational responsibilities, sustainability, strategic planning, managing conflicts, effective governance and roles and responsibilities.

<https://www.eventbrite.com.au/e/effective-governance-tickets-90899102663>

27 may

9:30-12:30

DIFFICULT SITUATIONS

Managing expectations, identifying root causes of issues, de-escalating aggressive situations, coping with personal criticism, managing stress at work, conflict resolution techniques

<https://www.eventbrite.com.au/e/difficult-situations-tickets-90899854913>

27 may

1:00-4:00

TIME OPTIMISATION

Taking control of time, reducing stress, identifying time robbers, productivity, simple work prioritisation, goal achievement, results orientation at work.

<https://www.eventbrite.com.au/e/time-optimisation-tickets-90900737553>

BOOK THROUGH EVENTBRITE LINKS

SHOUT WORKSHOPS

<https://www.eventbrite.com.au/e/effective-govern>



BOOKINGS admin@shout.org.au

10 mar

MAKING THE MOST OUT OF SOCIAL MEDIA

*Facilitator C Moore - CEO WWDACT
10.30am to 11.30am*

14 may

STRATEGIC PLANNING - WHY, HOW, WHEN?

*Facilitator Carol Mead - CEO SHOUT Inc
9:30am to 11.30am*

3 jun

BOARD POSITION STATEMENTS AND MAKING THEM RELEVANT

*Facilitator Carol Mead - CEO SHOUT Inc
10.30am to 11.30am*

4 aug

POLICIES AND PROCEDURES WHICH MEET YOUR REQUIREMENTS

*Facilitator Carol Mead CEO - SHOUT Inc
10.30am to 11.30am*

13 oct

RISK MANAGEMENT PLANNING

*Facilitator Bec Davey CEO - AACT
10.30am to 11.30am*

**ALL WORKSHOPS IN SHOUT MEETING ROOM
FREE FOR SHOUT MEMBERS
LIGHT REFRESHMENTS AVAILABLE**



SHOUT has a fully appointed meeting room which is light, airy and functional and available for hire. The room is fully accessible, with some disabled parking, an accessible bathroom and hearing loop. There is a kitchenette, wall urn, white boards and a smart TV and wifi.

Discounted SHOUT members rates:

- SHOUT Corporate and Full members \$20 per hour
- SHOUT Affiliate members \$25 per hour
- Community organisations \$35 per hour
- Corporate non-members \$40 per hour

ROOM BOOKINGS AND AVAILABILITY

Email: admin@shout.org.au

Phone: 0262901984

Web: www.shout.org.au



SHOUT MEETING ROOM HIRE



INFORMATION SESSION
TUESDAY 18TH FEBRUARY
10.30 TO 11.30 AM
SHOUT MEETING ROOM

REACH for Training offers subsidised Vocational Education and Training opportunities for businesses and individuals.

REACH is able to support you upskill your staff by offering a nationally recognised qualification in:

- Business Administration
- Leadership and Management
- Community Services
- Disability & Ageing Support

through flexible on the job training subsidised by the ACT government.

Learn more at the free information session.



**INFORMATION
SESSION**





Government Funded Courses 2020

Flexible Classroom Training only 2 days a week! Fees: \$100 - \$430* | Enrolling for February 2020

Traineeship (On the Job Training): \$350 | Enrolments open throughout the year

*Eligibility criteria applies | www.reachfortraining.com.au

Call us at (02) 6100 9938 or email info@reachfortraining.com.au



CHC33015 Certificate III in Individual Support (Ageing, Disability)

Tentative Training Days: Mon & Tue | Tue & Wed
Training Time: 9.00am - 3.00pm
Duration: 25 weeks
Work Placement: Minimum of 120 hours (Organised by REACH)



CHC42015 Certificate IV in Community Services

Tentative Training Days: Monday and Tuesday
Training Time: 9.00am - 3.00pm
Duration: 25 weeks
Work Placement: Minimum of 120 hours (Organised by REACH)



CHC50113 Diploma of Early Childhood Education and Care

Tentative Training Days: Saturday
Training Time: 9.00am - 3.00pm
Duration: 96 weeks
Work Placement: Minimum of 240 hours (Organised by REACH)



CHC52015 Diploma of Community Services

Tentative Training Days: Wednesday and Thursday
Training Time: 9.00am - 3.00pm
Duration: 42 weeks
Work Placement: Minimum of 240 hours (Organised by REACH)



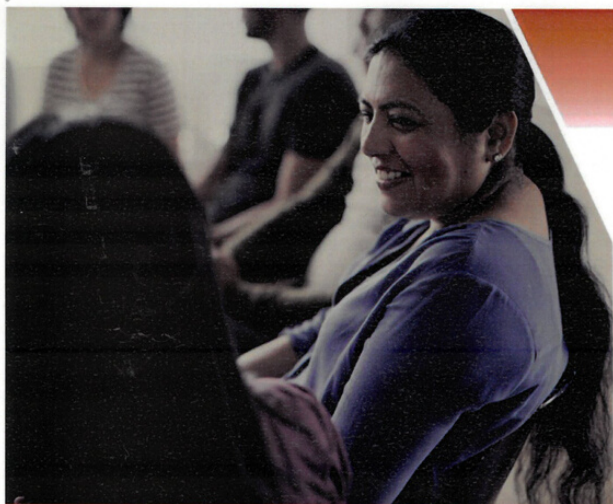
BSB30415 Certificate III in Business Administration

Tentative Training Days: Tuesday and Wednesday
Training Time: 9.00am - 3.00pm
Duration: 18 weeks



CHC30113 Certificate III in Early Childhood Education and Care

Tentative Training Days: Wed & Thu | Thu & Fri
Training Time: 9.00am - 3.00pm
Duration: 28 weeks
Work Placement: Minimum of 120 hours (Organised by REACH)



COURSE DESCRIPTION

This qualification **CHC52015 Diploma of Community Services** reflects the roles of community services, case management and social housing workers involved in the managing, co-ordinating and/or delivering of person-centred services to individuals, groups and communities.

ENTRY REQUIREMENTS

- USI (Unique Student Identifier) Number
- Mature age entry (18+)
- Initial Skills Assessment
- Valid and current email address
- National Police Check (fee applies) **
- Working with Vulnerable People Check (fee applies) **

In order to undertake this qualification, the learner commitment is expected to be at a minimum of 35 – 45 hours a week. This includes face to face classroom training hours, homework and self-study, work placement hours, assignment activities and assessment time.

The course generally runs for 34 weeks excluding holiday.

** For Traineeship / Apprenticeship programs, employer(s) are responsible for all relevant police checks.

WORK PLACEMENT

240 hours minimum work placement within a community service facility is compulsory for this qualification. Work Placement Insurance will be provided by REACH for Training.

LEARNING OUTCOMES

These include:

- Specialised skills in communication
- Broad understanding of community services
- Advocacy skills
- Management skills

For further details and/or information such as learner fees, course timetables and available learner support services, please do not hesitate to contact us by email at info@reachfortraining.com.au or call 1300 361 343 where you will speak directly with one of our experienced training coordinators.

CENTRELINK APPROVAL NUMBER:
2P728 | RTO: 91280

CORE UNITS – 8

CHCCCS007	Develop and implement service programs
CHCCOM003	Develop workplace communication strategies
CHCDEV002	Analyse impacts of sociological factors on clients in community work and services
CHCDIV003	Manage and promote diversity
CHCLEG003	Manage legal and ethical compliance
CHCMGT005	Facilitate workplace debriefing and support processes
CHCPRP003	Reflect on and improve own professional practice
HLTWHS004	Manage work health and safety

ELECTIVE UNITS – 8

CHCCCS004	Assess co-existing needs
CHCCSM004	Coordinate complex case requirements
CHCCSM006	Provide case management supervision
CHCCDE007	Develop and provide community projects
CHCCDE009	Develop and support community leadership
CHCDIS008	Facilitate community participation and inclusion
CHCMGT003	Lead the work team
CHCMGT006	Coordinate client directed services

LEARNER FEES - SKILLED CAPITAL PROGRAM

*The fees indicated below are applicable for learners who meet the eligibility criteria of Skilled Capital Program; for more information on eligibility, visit * www.skills.act.gov.au

STANDARD FEE	\$430
CONCESSION FEE	\$320
TRAINEESHIP FEE	\$350

PAYMENT PLAN AVAILABLE

REACH for Training also offers fee-for-service options for learners, who are not eligible for government subsidised training. Please contact us for more information.



1300 361 343

www.reachfortraining.com.au
info@reachfortraining.com.au

RTO: 91280 | ABN: 78 120 579 124 | Jan 2019 © REACH for Training Pty Ltd



Alderson Awards 2020

Southern Cross Club Woden, 6pm March 20th 2020

RSVP MARCH 11TH

<https://www.eventbrite.com.au/e/alderson-awards-2020-tickets-88438771747>



ACT Down Syndrome Association
&
Science Pirates present

SCIENCE ALLIANCE

Term 1, 2020

February 4th -April 7th
Tuesday's 4pm - 6pm



- Learn about the world we live in through science
- Increase independence
- increase teamwork skills
- Develop leadership skills
- Make a lot of mess and have a lot of fun!

For further information contact Gemma
ACT Down Syndrome Association
community@actdsa.org.au
02 6290 0656



Australian Services Union
NSW & ACT (services) Branch

The Australian Services Union is your union in community and disability sector. We represent members in the workplace and campaign to protect and improve your wages and working.

In 2012, ASU members fought for Equal Pay and we won pay rises of between 23% and 45% for the community sector. Today, community workers are between \$200 and \$600 better off each week thanks to ASU members.

ASU members managed to get governments to set aside a special fund to cover the cost of these pay increases. But government departments have not budgeted to lift the funding of programs in the future.

If Equal Pay is not funded, jobs, services, and programs will be under threat.

We fought to win Equal Pay. Now we must save it.

What can you do to help?

1. Join the ASU – the only way we won Equal Pay was through people joining the union
2. Organise a workplace visit from the ASU to update all staff
3. Join the Canberra Save Equal Pay Action Network to get involved in the campaign.

To find out more information, contact Divina from the ASU at: dblanka@asu.org.au.

Web of Support
www.shout.org.au

Information at your
Fingertips



Education Seminars

**COME AND LEARN ABOUT HOW OUR
EXERCISE CLASSES CAN HELP YOU.**

We run 6 exercise education sessions on a weekly rotation where you can learn about our GLAD Program and our My Exercise Classes.

Date

4th Feb
11th Feb
18th Feb
25th Feb
3rd March
10th March

Session

GLAD 1
Strength and Balance
GLAD 2
Back Pain
Weightloss and Exercise
Shoulder/ Upper Body

All seminars start at 12:30pm at our office in Bruce.
Please call 6251 2055 for bookings

Kick Start a healthy new year

diabetesnsw.com.au



Looking after your diabetes can sometimes feel like a full-time job. Over time this can take its toll on your emotional health. It's normal to feel stressed sometimes but prolonged or intense stress is not healthy. In a recent Australian survey, 28% of people with type 1 diabetes and up to 22% of people with type 2 diabetes reported experiences severe diabetes-related distress.

It's important to take care of yourself. Follow these four tips and help get yourself back on track.

1. Talk to someone

The saying is true – 'A problem shared is a problem halved'. Connect with someone and talk about how you're feeling – it could be a friend, family member or a health professional. Alternatively, look online for a support group or call our helpline on 1300 136 588.

2. Do something you enjoy

When we get busy and stressed, it's easy to stop making time for the things we enjoy. Take some time out and do something you enjoy. It could be as simple as putting your feet up with a cup of tea and a good book. Alternatively you could catch up with a friend, plan a date with your significant other, get a massage, spend some time gardening or go see a movie – anything that makes you feel good.

3. Focus on the present

We often feel stressed over something that happened in the past (e.g. eating a 'bad' food or forgetting a medication) or worry about the future (e.g. developing complications or potential impact of diabetes on work, money or relationships). Try to focus on the present – praise yourself for the things you have done well and focus on the things you can change here and now.

4. Take care of yourself

Make sure you are getting a good night sleep, drinking plenty of water and eating well – it will go a long way to making you feel better. Exercise also helps relax your muscles and releases feel-good hormones, which can help boost your mood.

Membership

When you become a member of Diabetes NSW & ACT you join our growing community of more than 45,000 people from across NSW and the ACT. Your membership gives you access to a range of benefits and support.

[Join online](#) today or call our Helpline on 1300 342 238, alternately contact the Canberra office on 02 6248 4500 if you have any further enquiries.

Advance Care Planning

FREE HEALTH TALK

An Advance Care Health Plan ensures your values and preferences are respected when you can't voice your decisions.

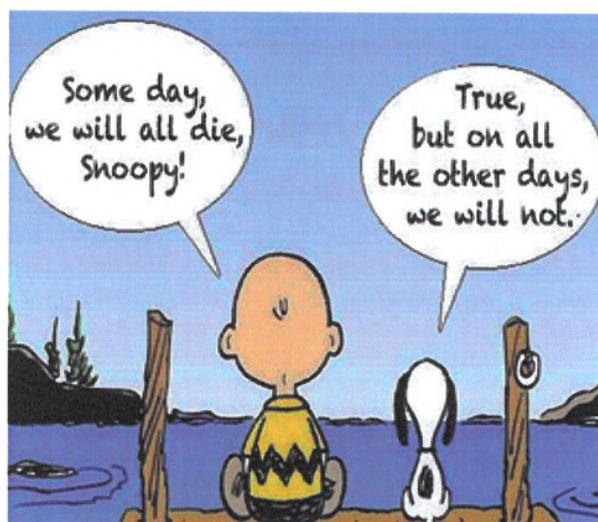
- Learn the steps to make a plan
- Tips for having the conversation about your wishes
- Find out who can help to get your plan in place

Other Information:

We can tailor presentations to your group's needs, including multicultural groups. Group size: up to 30

Bookings:

Call 6230 7800 or email karenjames@hcca.org.au



For more information on these seminars
please contact Health Care Consumers' Association
on 6230 7800 | karenjames@hcca.org.au



Rotary now meets at SHOUT, Pearce.

Rotary. You may have heard of Rotary and if so, you have probably heard of it being described as 'an old man's club with long dinner meetings'. Unfortunately, that is a perception that a lot of people have of Rotary. The Rotary Club of Woden Daybreak seeks to dispel that myth. In 2019 the club moved its meetings to the SHOUT meeting room in Pearce and became a proud member of SHOUT. The move has meant that we have been able to reduce our breakfast cost each week which makes our club a lot more appealing to visitors and others. The club meets on Friday mornings from 7.30am for 1 hour, and members attending can pay to have a continental breakfast for \$10 or pay less (\$5) and just have a coffee or tea.

The Woden Daybreak club is focused at meetings on the opportunities that members have to socialise and plan for club events. Although there are some formal elements at meetings, we aim to keep meetings as informal as possible and always no more than 1 hour long. The club is quite active in Canberra and has established partnerships with Greening Australia, Clean Up Australia, Abbeyfield and other local organisations.

In addition to local community activities, we are proud to be involved in a range of International, youth and vocational activities. For example, Rotary is leading the push to end Polio with its PolioPlus campaign, which has seen the eradication of Polio in all but three countries in the world. Rotary is also involved in anti-Malaria projects, and our club has also been supporting anti-slavery projects, Mercy Ships, and supporting education of students in Africa.

Members participate in as many or as few events as they want to throughout the year and even those members that are not able to attend the weekly meetings, are encouraged to still participate in the community and fundraising events. Members' children, spouses and other family members are encouraged and indeed welcomed to assist with events.

Coming up is one of the club's annual fundraising projects, which is a bike ride 'Giro d' Canberra'. This is being held in late February and starts and ends at Stromlo Forest Park. If you are interested in finding out more about this event, visit the website: <https://girodcanberra.gofundraise.com.au/cms/home>.

Woden Daybreak club members are keen to meet with other SHOUT members and look at ways that our organisations could work closely together. Why not drop in to a meeting and find out more about us? There is no charge for your first meeting and absolutely no obligation to join or even return.

If you would like more information about our club, please visit our website: www.rotaryclubofwodendaybreak.com, email us at: wodendaybreak@outlook.com, or call 02 6282 0791.





ADACAS will be hosting a free 1 hour information session, providing general information about the National Redress Scheme.

The Redress Scheme was created for people who have experienced institutional child sexual abuse.

Over 1 hour, we will discuss eligibility, options for applying, what to do if an institution is not participating, and how ADACAS can provide practical support to those who may be considering an application.

This Free event is open to anyone. You can register your interest via EventBrite to secure a place or by turning up on the day (please be aware that space is limited).

<https://www.eventbrite.com.au/e/adacas-redress-support-national-redress-scheme-information-session-tickets-89938585731>

When: **Monday the 17th February 2020 from 11 am to 12 pm**

Where: **ACTCOSS meeting rooms, Weston Community Hub, Gritten Street, Weston**

Please note the content discussed on the day can be distressing to some. If you feel affected after the session and need support you can call these support services:

Canberra Rape Crisis Centre	Ph: 62472525
Victim Support ACT	Ph: 1800822272
Knowmore – legal advice	Ph: 1800 605 762
Blueknot Foundation	Ph: 1300 657 380
Lifeline	Ph: 131 141



SimplyGo POC – Too good to miss

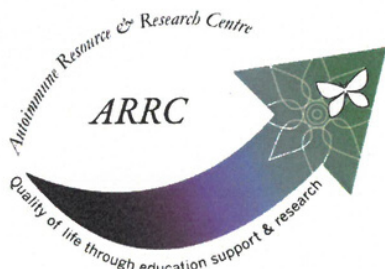
We have been donated a SimplyGo portable oxygen concentrator which we'd like to pass on to another user. The SimplyGo provides continuous oxygen as well as pulse.

It was only used for a short while and is in good condition. It has a trolley, a manual, a power cord (charger) and a car power cord.

A new SimplyGo with only one or two batteries costs about \$4500 - \$5000. This one has 4 beautiful batteries. They each cost about \$500 new.

We ask for a donation to Lung Life.

Contact Helen Cotter on 6281 2988 or cotterhe@hotmail.com.



Café Conversation

An Autoimmune Resource & Research Centre (ARRC) program, bringing together people living with autoimmune illness in local areas. Family & friends welcome. *Talk, laugh and support each other.*

**Lupus Scleroderma Sjögren's Raynaud's
& associated autoimmune illness.**



Woden ACT

Saturday 15th February 2020

10 am

Hellenic Club

Matilda St

Woden ACT 2606

RSVP Kate 0404774144

ARRC is a registered not-for-profit charity dedicated to improving quality of life through education, support and research. CFN 22223

www.autoimmune.org.au



Painting with Parkinsons - now also at the Belconnen Arts Centre!

The art therapy program Painting with Parkinsons which has been operating for 25 years is now evolving a new schedule in conjunction with the Belconnen Arts Centre.

The lessons will be held between 10am and 12.30 on Tuesday mornings from 11th February to 7th April at the Belconnen Arts Centre.

No previous experience in painting or drawing is required and newcomers to visual arts practice are warmly encouraged to participate in the program.

More information about the program can be found on the Painting with Parkinsons website at: www.paintingwithparkinsons.org.au or by contacting coordinator John Pratt – Johnpratt179@gmail.com or Mob:- 0420-672-466



Creating more good together.

We believe in strengthening our customers' communities. That's why we support community initiatives throughout the country.

As a certified B Corp, we use business as a force for good.

It's all part of being the other way to bank.

To discover more about what we do, contact our Community Development Team on **13 25 85** or email us on community@beyondbank.com.au



Beyond Bank
AUSTRALIA

Beyond Bank Australia Ltd ABN 15 087 651 143
AFSL/Australian Credit Licence 237 856.

For ME/Chronic Fatigue Syndrome
Fibromyalgia and other chronic conditions

Relax well

Wednesday 12 February

Learn breathing and relaxation techniques which can increase energy and calm the nervous system from a yoga teacher with lived experience of CFS


Eat well

Wednesday 26 February

Dietician Erica Roughton will demonstrate a delicious healthy meal you can prepare when your energy is low. Have a taste! Plus tips and tricks for eating well when exhausted.

Please book as numbers are limited:
6290 1984

admin@mecfscanberra.org.au



10:30AM - 12:00PM
170 HAYDON DRIVE
BRUCE

Refreshments provided



Thursday, 5 March 2020
Hellenic Club, Woden
10am - 3pm

FREE ENTRY



**Meet professionals from
different hearing and
health organisations**



**Come along to learn how
to best manage your
hearing loss**

**HEARING
& HEALTH
EXPO
2020**

Logo and posters designed by:



Alexina Design
29alexina@gmail.com

ACT Deafness Resource Centre Inc.

02 6287 4393

drcenq@actdrc.org.au

www.actdrc.org.au

SHOUT SERVICES

37 years of service to the community!

SHOUT is, and will continue to be, a grass roots community organisation, providing connection and developing community capacity.

Our services to our members include:

- Web of Support Directory
- Strategic Planning
- Business and Capacity Building
- Training and Development
- Newsletter
- Administration Services
- Tenancy
- Meeting Room Hire
- Contact Listing
- Promotion and Marketing



SHOUT

UNITED TOGETHER

Building 1
Pearce Community Centre
Collett Place
Ph: 62901984
Email: admin@shout.org.au

SHOUT Membership

SHOUT offers two levels of membership which offer a range of services to organisations and boards.

- Corporate Membership - \$120 pa
- Affiliate Membership - \$25 pa

For more information on membership refer to the website : www.shout.org.au
or email ceo@shout.org.au

