

JULY - AUGUST 2020 EDITION

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

*SHOUT Workshops*

*Members News and Events*

## A WORD FROM THE CEO:

Welcome everyone to the winter edition of the newsletter.

What a strange year it has been so far. I am delighted to be back at SHOUT in the office and feeling a bit more normal now – I know many staff across the Community Sector are still at home for the near future. I believe this newsletter is timely as we raise our heads to start to come out of restrictions, and fingers crossed, without a second wave.

As we are progressing we have been looking at workshops for the next 6 months of the year so please look at what we are offering and book in to secure a seat.

SHOUT will be releasing memberships for the next 12 months. We value your membership and due to this difficult time, we understand if there are circumstances that may make it difficult to pay for your annual membership.

Please contact me if this is the case and we will offer you free membership for the year.

Happy reading  
Carol



**SHOUT**  
UNITED TOGETHER

# SHOUT MEMBERS

## Corporate Members

ADACAS  
Advocacy for Inclusion  
Anglicare NSW South, NSW West & ACT  
Arthritis ACT  
Australian Breast Feeding Association ACT NSW  
Australian Medical Association (ACT) Ltd  
Australasian College of Road Safety  
Autoimmune Resource & Research Centre  
Borderline Personality Disorder Association  
    ACT/NSW Region  
Cancer Council ACT  
Carers ACT  
Diabetes Association NSW ACT  
Directions Health Services  
Epilepsy ACT  
Flourish Australia  
Greenleaf Care Plus  
Hartley Lifecare  
Imagine More  
Kidsafe  
Koomarri  
LDK Health Care – Greenway Views  
Multiple Sclerosis Limited (MS)  
People with Disabilities  
Perinatal Wellbeing Centre  
REACH for Training  
RetireInvest Woden  
Rotary Club of Woden Daybreak  
Skipper Care Australia  
Spinal ACT  
The Personnel Group  
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  
Prostate Cancer Support Group

## Affiliates

ACT 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  
Roundabout Canberra  
Sharing Places  
Sleep Apnoea Association ACT  
Solace ACT Inc.  
Spinal ACT  
Yoga for Birth and Beyond

**CARE**

**SELF HELP**

**CONNECTION**

**DEVELOPMENT**

**GOVERNANCE**

SHOUT Membership Forms  
can be downloaded at:  
[www.shout.org.au](http://www.shout.org.au)





PEARCE COMMUNITY CENTRE

# LAUNCH : INCLUSIVE COMMUNITY GARDEN

for our friends and community

SEPTEMBER 16, 2020  
10AM

PEARCE COMMUNITY CENTRE



All welcome to launch and celebrate the  
Inclusive Community Garden, Pearce  
Community Centre, Collett Place, PEARCE  
RSVP 10th September 2020  
[admin@shout.org.au](mailto:admin@shout.org.au)





**SHOUT**  
UNITED TOGETHER

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

# SHOUT WORKSHOPS

**4 aug**

**BOARD GOVERNANCE,  
POLICY AND POSITION  
DESCRIPTIONS**

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

**13 oct**

**RISK MANAGEMENT  
PLANNING**

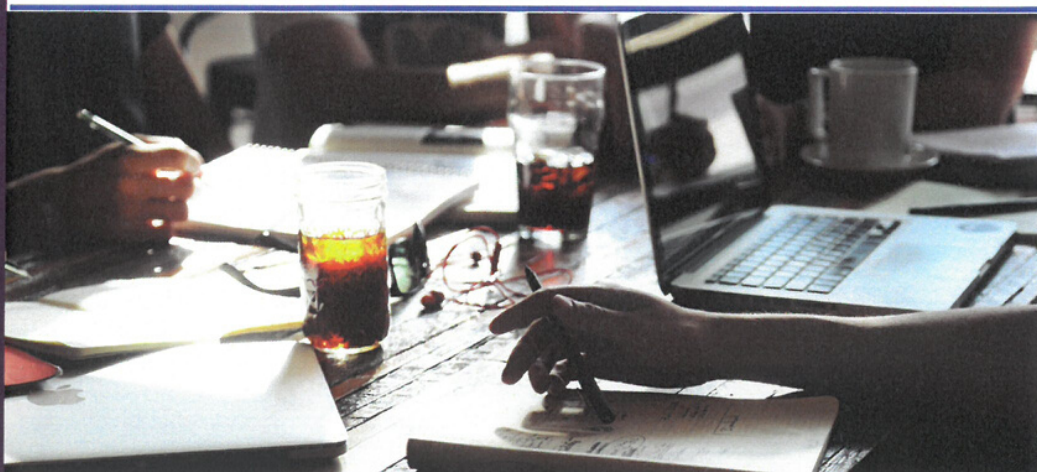
*Facilitator Bec Davey CEO - AACT  
10.30am to 11.30am*

**10 nov**

**STRATEGIC PLANNING -  
WHY, HOW, WHEN?**

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

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







# Al-Anon Family Groups

*Remember: You are not alone and there is always hope.*

Al-Anon has continued to meet throughout the pandemic, through ZOOM and Conferencecall. It's been exciting, as many have found these meetings very convenient while admitting they have missed the face to face meeting with long time friends who have been with them throughout their struggles.

People in country towns where meetings are not held have been able to return to attending or even commence attending for the first time. Surprisingly members from overseas have joined our Canberra meetings where the time has proved convenient. This has sometimes provided new insights for members.

Some meetings are returning to face to face, while others, because of space, remain as internet meetings or a combination of both. All these opportunities are found on the website "[al-anon.org.au](http://al-anon.org.au)" under "Internet Meetings". As well as meeting information there is lots of information about Al-Anon itself. The phone is 1300 ALANON.

It's important to note that recovery from the effects of being raised in a family affected by a member's drinking or of living with a family member affected by alcohol is best achieved by attending meetings and the daily reading of the literature. Al-Anon is for anybody affected by another's drinking.



**ARE YOU LIVING WITH A  
MUSCULOSKELETAL DISORDER OR  
CHRONIC PAIN?**



have your questions answered, share and learn with other men by  
joining our...

# **Men's Chat Group**

**Every Thursday 10am via Zoom  
until restrictions ease then, will include  
face to face**

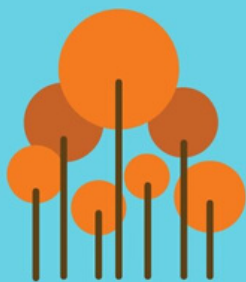
Hosted by Arthritis ACT Peer Mentors and Allied Health  
Professionals

For more information contact Arthritis ACT  
pH: 6251 2055 or [info@arthritisact.org.au](mailto:info@arthritisact.org.au)



## Are you living with pain?

Arthritis ACT incorporating Pain Support promotes health and well being for all people living with pain in the ACT and surrounds...



With a focus on supporting you to self-manage your pain, using recognised methods that are delivered by qualified professionals, we can help you make a real difference to your quality of life.

www.info@arthritisact.org.au or Ph: 1800 011 041

## Arthritis ACT Incorporating Pain Support offer the following services to people living with pain:

- Dietitian- weight loss/gain, allergies, intolerances
- Exercise Physiology
- GLAD Program: Osteoarthritis Hip & Knee
- Hydrotherapy/Warm Water Exercise
- Individual Support and Peer Mentoring
- Nordic Walking
- Occupational Therapy
- Pain Support Presentations
- Physiotherapy
- Support groups
- Yoga, Tai Chi (land & water)
- Strength & Balance Classes
- My Exercise- program for back pain, upper body pain & non-osteoarthritis lower limb pain

All exercise classes are run by qualified instructors or Allied Health Professionals.

We are a registered NDIS provider.

We accept Enhanced Primary Care (EPC) referrals, Department of Veteran's Affairs (DVA) clients & My Aged Care.

For further information or support contact us:

info@arthritisact.org.au or

PH: 1800 011 041



# *fast asleep - How to get a really good night's rest.*



[A new book by Dr Michael Mosley - Published 2020]



Well known author and BBC TV science presenter Dr Michael Mosley has published his latest book *fast asleep*. In *fast asleep*, Dr Michael Mosley explains what happens when we sleep, what triggers common sleep problems and why standard advice rarely works. *(I recommend this book to our SAA members and anyone who is interested in improving their sleep quality and maintaining proper sleep health)*. The following is a chapter extract from Dr Mosley's book *fast asleep* (pages 63-69) on Snoring and sleep Apnoea:

## **Snoring and sleep apnoea:**

Along with a full bladder, one of the main reasons why people sleep badly is that they or their partner snore. I come from a long line of snorers. My father used to snore really, really loudly

like someone sawing logs. It was loud enough to be heard on the other side of the house. I also used to snore at an incredible volume; in fact, my wife said that when we lived in London, I snored so loudly that I drowned out the sound of the metal beer barrels being delivered to the pub opposite first thing in the morning.

Although the caricature of a snorer is fat, middle-aged man, women also snore. A few years ago, British newspapers outed a grandmother of four as 'one of Britain's loudest snorers'. She was recorded snoring at a window rattling 112 decibels, which means her snoring was louder than the noise made by a love-flying jet. Apparently, her husband coped by sleeping in the spare room and burying his head in a pillow. I don't know if this was her problem, but the main reason most people snore is that they are overweight. If you are a woman with a neck size over 16 inches (41cm), or a man with a neck size over 17 inches (43cm), you are almost certainly a snorer.

As we get older and fatter, we snore more. That's because our throat gets narrower, our throat muscles get weaker and our uvula, which is that finger-like bit of tissue that hangs down at the back of our throat, gets floppier. All these changes mean that when we breath in, the air can't move freely through our nose and throat and into our lungs. instead, the incoming air makes the surrounding tissues vibrate, which produces that horrendous snoring noise.

As well as being annoying, snoring can be a sign of **Obstructive Sleep Apnoea (OSA)**, which is much more worrying. OSA occurs when muscles at the back of the throat relax and temporarily restrict or block airflow as you sleep, which leads to falling blood oxygen levels. This, combined with an increase in blood pressure, puts you at increased risk of having a heart attack. It can kill you.

The actress Carrie Fisher, famous as Princess Leia in Star Wars, died from a heart attack at the age of 60 while on a plane. The coroner said that the main contributory factors were untreated sleep apnoea and build-up of fatty tissue on the walls of her arteries. An awful lot of people with sleep apnoea go untreated because they think it is just snoring and that snoring is harmless.

OSA affects around one in four men and one in ten women. Unfortunately, it is particularly common in lorry and truck drivers, who tend to be overweight because they spend a lot of their working lives sitting on their bottoms eating junk. A recent study of 905 Italian truck drivers found that around half suffered from sleep-related breathing problems, making them dangerously prone to falling asleep at the wheel.

If you have OSA, but are not overweight, or are not motivated to lose weight, you might benefit from a CPAP machine. CPAP stand for **Continuous Positive Airway Pressure**. It is a machine that sits beside your bed and pumps air into a mask covering your nose and sometimes your mouth while you are asleep. The idea is that the pressure of the air keeps your throat open so that you don't stop breathing. It can be a life saver.



# What's happening in the ACT with Diabetes NSW & ACT



As the winter months are now upon us there is still a lot of activity, and our ACT Diabetes team is here to support you.

## Telehealth Services

With thanks to both the Federal and ACT Governments, Diabetes NSW & ACT is now able to offer telehealth consultations with a Credentialed Diabetes Educator and/ or a Dietitian to our members in the ACT. Our new telehealth service is bulk billed for eligible Medicare recipients.

While we understand that restrictions to movement required by COVID-19 have made people reluctant to go out and keep up with regular appointments, we encourage you to put your health first. Please stay in touch with your GP, and keep up with your regular diabetes tests and appointments. Remember, your GP can refer you to up to five allied health services per year to help you with your diabetes care and our telehealth services would be included in this. For more information, please call our ACT office on 02 6248 4500.

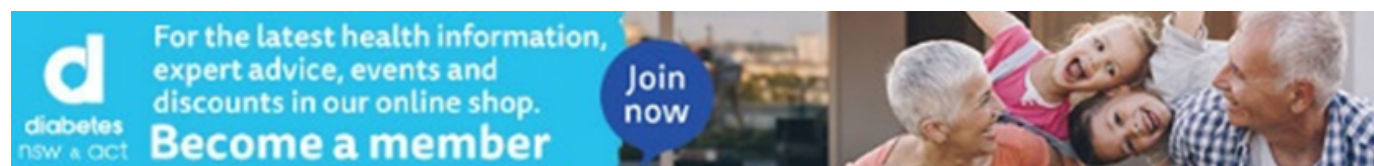
## New Member Opportunities

Recently we launched the new online Live Your Life Community to connect you with others who know what it's like to live with the challenges and triumphs of diabetes each day. It's a great place to ask questions, swap experiences and create connections. To get started and join the conversations simply go to our website <https://diabetesnsw.com.au/> and click on the Community Login button at the top of the page.

At the moment we're not able to offer face to face events, so we are working to take make them available to you online. The first major online event Live your life Expo is scheduled for 18 July 2020. Registrations are open so get in early and book today <https://diabetesnsw.com.au/event/live-your-life-virtual-expo-type-2-sessions-18-07-2020/>



**Did you know members** of Diabetes NSW & ACT can also access Club Lime Platinum Annual Gym memberships through your ACT Office for an annual subscription of \$749,. A fantastic member benefit and a great way to support Diabetes NSW & ACT. What a great way to help us get active again with thanks to our friends at Club Lime. To access please call the ACT office on 02 6248 4500.



## National Diabetes Awareness Week Activities

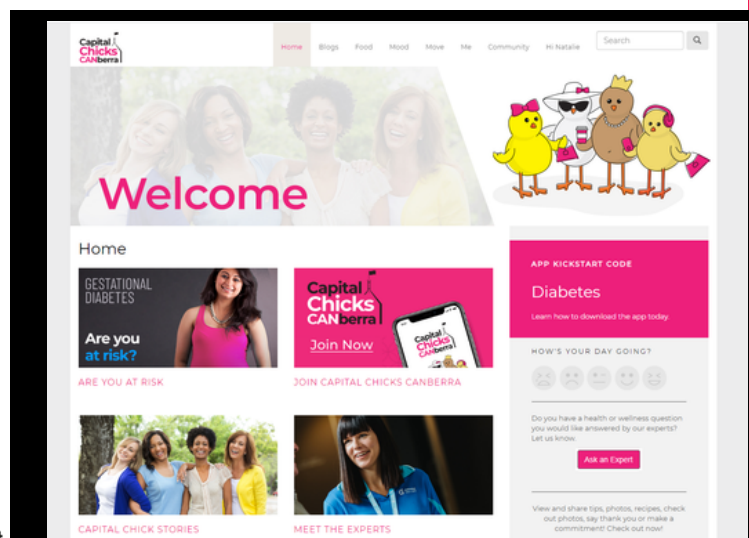
There is a lot of activity planned to celebrate national diabetes awareness week 12-19 July this year as we focus on emotional wellbeing. We will see the night time shoreline of Lake Burley Griffin blue for the week, digital bill board notices at Canberra Airport, online forums including cooking demonstrations with our MasterChef favourites, psychology sessions with Katherine Dixon, exercise hints and tips plus so much more.

## Capital Chicks CANberra

With thanks to support from ACT Health, please take the time to have a look at our new online platform supporting better health for the women of Canberra. Unfortunately, the ACT has the highest occurrence of Gestational Diabetes in Australia, in which these ladies are at risk of developing type 2 diabetes later in life (the risk increases by 50%). This new platform provides an opportunity for the women of Canberra of all ages to join a network of like-minded ladies, sharing experiences whilst also accessing great healthy lifestyle tips, resources and so much more. Join our community today go to [www.capitalchickscanberra.com.au](http://www.capitalchickscanberra.com.au)

## Your ACT Office is moving

In July your ACT Office will be moving to Ground Floor 19-23 Moore Street Turner, our phone numbers will remain unchanged (6248 4500). The new site will make it much easier for you to access our clinic services which we look forward to seeing you soon.







## **Description of Parkinson's ACT**

Parkinson's ACT (PACT) promotes the well-being and interests of people with Parkinson's, their families, friends and carers in the ACT and nearby region. PACT is an all-volunteer, not-for-profit organisation providing information, support and education for people living with Parkinson's. Membership of PACT is open to all people with Parkinson's in the ACT and surrounds, their carers and families. Others may join PACT on application.

## **Services Offered**

PACT sponsors a number of Support Groups including discussion groups, dancing, singing and painting to enhance the quality of life for its members. It also distributes a Bulletin each month, conducts seminars and other information sessions for the benefit of its members and other interested persons such as Allied Health organisations. PACT also conducts a bi-annual Walk in the Park as its major fund raising activity. It also seeks support from sponsors.

PACT has now suspended all physical Support Group operations, including discussion groups to align with the restrictions imposed by the government as a result of COVID-19. To continue with a delivery of service and discussions, PACT has been using video conferencing technology, allowing the contact to continue without the implications for physical contact. Video conferencing will continue to be used until the end of July, when a further decision will be promulgated as to the application of any further suspension to service delivery.

PACT supports research into Parkinson's and offers annual scholarships to selected interested students at ANU School of Medicine and University of Canberra School of Nursing. It promotes and supports selected registered nurses at not-for-profit Aged Care institutions in the ACT to attend School of Nursing Courses associated with Parkinson's.

## **Volunteers**

PACT is an all volunteer organisation and is always keen to recruit new volunteers to assist in providing for our members. At present we are seeking a volunteer to undertake our publicity and to further pursue our awareness efforts within the community. The position would require the person to liaise with local media outlets from time to time, especially those in Canberra and with other sources to pursue an awareness of and support for Parkinson's. The position is not particularly demanding of any special talents but as well as a willingness to work with media outlets and an ability to write releases (with help from others as necessary), the person would need to have some capacity in handling the internet and some social media. This person would be expected to work closely with the PACT committee and would be invited to join the Committee which meets once per month.

## Volunteers Continued..

PACT is also seeking additional volunteer/s who could assist PACT in its fundraising activities such as seminars and our bi annual fundraiser "Walk in The Park". These volunteers would also be expected to work closely with the PACT Committee.

### Contact Details

Parkinson's ACT Incorporated.

Email Address: [actparkinsons@gmail.com](mailto:actparkinsons@gmail.com)

Phone: 02 6290 1984

The SHOUT Office will either take a message or redirect you

Postal Address: PO Box 433, JAMISON CENTRE. ACT 2614

If you are seeking information, resources or advice on Parkinson's, please contact us, preferably by email, or dial the Parkinson's Info Line 1800 644 189 for initial contact.



Parkinson's ACT (PACT) sponsors the following Support Groups for its members. Those wishing to join any of the mentioned groups should also seek membership of PACT. Membership forms and details may be found at [www.parkinsonsact.org.au](http://www.parkinsonsact.org.au)

- WOMEN WITH PARKINSON'S
- CARERS COFFEE
- MEN WHO CARE
- TUESDAY SUPPORT GROUP
- BUNGENDORE SUPPORT GROUP
- Young@Park
- PARKINSON'S DANCING GROUPS
- PAINTING WITH PARKINSON'S
- SINGING GROUP

Details of all groups can also be found at [www.parkinsonsact.org.au](http://www.parkinsonsact.org.au)





There is movement at the station and it is all good for our listeners. During the COVID19 emergency COVID19 Radio 1RPH has been able to keep our well-loved programs on the air and make some innovative changes. This is due to the foresight of our Board and the skills of our volunteers. The morning live news reading for both Canberra and Wagga Wagga and Junee has continued with a 2 hour program from 7 am to 9 am. The evening news has been reduced to one hour from Monday to Friday. A new format for the evening news readings is being developed.

Radio 1RPH volunteers are using their skills and modern technology to record programs from home. We are very excited at the quality of the home recordings which are volunteers are providing. Radio 1RPH is learning to use the flexibility offered by home recording to offer our listeners a wider variety of programs. Our newly formed Program Team is seeking ideas from listeners and volunteers for new programs. All ideas will be considered but we have to take account of our available volunteer resources. You can email your suggestions to [programteam@radio1rph.org.au](mailto:programteam@radio1rph.org.au) or phone Jenni at the station on 62414076.

Radio 1RPH now has access to the catalogue of programs offered by the Community Radio Network. If you have heard something on a community radio station that you would like to hear on Radio 1RPH please let us know by contacting the Program Team or phoning the station.

Listen to Radio 1RpH at 1125 am on the AM dial, via the tun in radio app or via the listenlive link on our website <http://www.radio1rph.org.au>



The COVID-19 shutdown has been a trying time for our community but the Perinatal Wellbeing Centre was pleased that through the flexibility of our team and with a strong commitment to our clients, we were able to transition to telephone and web based platforms. This allowed us to successfully deliver our perinatal mental health services to a clientele that increased by 40%. We recognise that in Australia, and Canberra especially, we have not seen the worst aspects of the COVID-19 pandemic and feel lucky that restrictions are now being lifted.

This means that we are eagerly preparing our plan to resume normal service delivery over the coming weeks, with us fully moving back to the office by Term three in July. Our timeline includes beginning to conduct face-to-face intakes with new clients; transitioning to invitational play groups with existing clients then completing the move to all in-person group meetings in July. Given the new dynamics present in this COVID-19 environment, we are taking all the necessary steps to ensure all our groups and gatherings are compliant with the ACT Government advice regarding physical distancing and sanitary measures.

The success of some of our web-based support programs during the shutdown means that we will continue to provide the following online:

**Baby & Me Yoga Group** – This online group is open to all clients who have a non-mobile or just mobile baby that would like to playfully connect with their baby while moving through a series of yoga moves together. After yoga participants are welcome to hang around for a small group chat and catch up.

**Facebook Live:** These weekly Facebook Lives allow our mental health workers to share strategies, mindfulness techniques and information with our Facebook audience.

The Perinatal Wellbeing Centre is also going to continue to run our #Cakedit Challenge throughout the winter months. #Cakedit was initiated during the shutdown in response to the cancellation of our largest annual fundraiser, Cake Off, which takes place in May. Styled by the antics of Nailed it!, #Cakedit utilises a cake theme and invites our supporters to bake a cake of their choosing and tag us on social media with their attempt (preferably a humorous one!). The purpose is three fold, to raise awareness of the work that we do in supporting new and expecting parents with their perinatal mental health, create a vivid and funny collection of cakes to admire via social media and to encourage donations. To learn more, visit our #Cakedit Emergency Appeal.

(Photos: Our staff participated in #Cakedit attempting to make the classic Women's Weekly Rubber Duck Birthday Cake!)





JUNE 2020



02 6100 9938

[www.reachfortraining.com.au](http://www.reachfortraining.com.au)

[info@reachfortraining.com.au](mailto:info@reachfortraining.com.au)

Level 3, 54 Benjamin Way,

Belconnen, ACT 2617

RTO: 91280 | ABN: 78 120 579 124

CANBERRA | QUEANBEYAN | REGIONAL NSW



TRAINEESHIPS | SUBSIDISED TRAINING | JOB READY SKILLS

## *Upskilling & Retraining during COVID-19*

by Talha Tariq, Business Development Manager

### *What's New*

**FREE INFECTION CONTROL  
TRAINING**

**NSW FEE FREE  
TRAINEESHIPS & REGIONAL  
NSW FUNDING**

**SUBSIDISED FLEXIBLE ON  
THE JOB TRAINING**

Dear Stakeholders,

I hope you, your staff and your families are continuing to do well and getting ready for the other side amidst the easing of the lockdown restrictions.

In this very first edition of our newsletter, on behalf of REACH for Training, I would like to take this opportunity to appreciate Skills Canberra's decision to restore the funding for the qualifications it offers under Skilled Capital funding program.

This is a significant move to tackle workforce demand and supply issues as a result of COVID-19 and revive the ACT's economy to normal operation as soon as possible.

Every challenge provides a unique opportunity. This pandemic is no different and with the help of the ACT government, REACH can enable you to overcome this challenge by upskilling yourself and engaging in further training and education through nationally recognized government funded qualifications. With social distancing measures still in place, the training will be delivered through remote flexible learning in the form of user-friendly video conferencing channels to suit the learners well-being and household needs.

## *Government Subsidised On the Job Training - Qualifications and Skillsets*

**Traineeship** combines work based training with an employer and formal training from a registered training organisation.

### **What are the benefits?**

- Financial Incentives for Employers
- Payroll Tax Rebates
- Subsidised Training fee of **\$350** in ACT
- **Fee Free** Traineeships/Subsidised training in NSW\*
- Tailored training to your workplace
- Provide professional development opportunities to your staff leading to job satisfaction

### **Courses on Offer:**

- Early Childhood Education and Care
- Business Administration
- Leadership and Management
- Individual Support (Ageing & Disability)
- Community Services
- Retail
- Hospitality

### **Course Delivery:**

Flexible on the job training supported by monthly trainer visits at the workplace or through interactive zoom sessions

### **Funded Skillset Training**

Are you a busy professional and don't have the commitment to do a whole qualification? REACH can offer the following skillsets to drive your professional growth and help you gain targeted industry knowledge

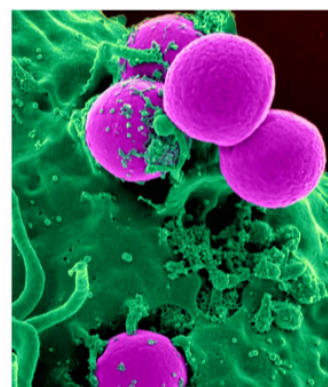
#### **Skillsets:**

- Key Management Skillset
- Team Leader Skillset
- Carer Support Skill Set
- Ageing Skillset
- Disability Skillset

#### **Fees and Charges:**

Student Fee: **\$100** under the ACT Government's Skilled Capital training initiative. Students may be eligible for a reimbursement of \$100 at completion and sign off of the training contract (Skilled Capital training initiative.)

New **infection control training** will soon be available for delivery by REACH for workers in customer-facing roles to help them understand how to minimise the risk of COVID-19 spreading as more businesses start to reopen. **Free** accredited training will be available before the end of June and will support a confident and safe return to work for over 1,300 frontline workers in the ACT.



***REACH for Training is an organisation committed to provided quality learning experiences***

Engaging in staff training is fundamental to business productivity. Australian governments are constantly investing in training and education to help bridge the gap of skill shortages in the labour market and enable existing workers to upskill themselves





AUSTRALASIAN COLLEGE OF  
**ROAD SAFETY**

## **The 2020 Australasian Road Safety Conference (ARSC2020) has been Postponed... but we'll see you in Melbourne in 2021**

As a result of the impact of the global pandemic caused by COVID-19 and the associated lockdown and travel restrictions, the Conference will not be held in Melbourne in 2020. Although we are disappointed that ARSC2020 will not be going ahead, we are excited to announce that the Melbourne conference is set to take place on 28-30 September 2021. The ARSC conference series will then return to the regularly scheduled annual conferences, with the next conference due to take place in Christchurch, New Zealand in 2022. Get more information on the conference at: <https://australasianroadsafetyconference.com.au>

Although ARSC2020 has been postponed, we are excited to announce that our ACRS Awards will go ahead in 2020 as planned! Award winners will be announced at an event during the rescheduled National Road Safety Week from 9-15 November 2020. Award nominations will open on 1st July 2020 at: <https://theaustralasianroadsafetyawards.com.au>







# Telehealth

Health Care Consumers Association (HCCA) has been working with Canberra Health Services (CHS) on patient communication about telehealth. CHS only uses the term telehealth for video consultations, which may result in some confusion, as the broader definition covers any remote health consultation using ICT (Information and Communication Technologies). This includes emails, video, remote health monitoring and phone calls. We are interested in your experience of telehealth, including how it is arranged.

HCCA will also be offering an online seminar on Making the Best of your Telehealth Appointment in early July. Please contact Claudia on 6230 7800 or [claudiacresswell@hcca.org.au](mailto:claudiacresswell@hcca.org.au) if you have feedback on telehealth or are interested in the seminar.

*Claudia Cresswell*  
Health Literacy Officer

**Web of Support**  
**[www.shout.org.au](http://www.shout.org.au)**

Information at your  
Fingertips





## COVID-19 RESOURCES

For up to date information about COVID-19 check the following websites and social media channels:

**ACT Health:** <https://www.covid19.act.gov.au/>

**Healthdirect:** <https://www.healthdirect.gov.au/coronavirus> (This has information in other languages)

**Facebook:** <https://www.facebook.com/ACTHealthDirectorate/>

**Twitter:** <https://twitter.com/ACTHealth>

**ACT Government Helpline:** Ph 6207 7244 8am-8pm daily or [www.covid19.act.gov.au/contact-us](https://www.covid19.act.gov.au/contact-us)

**Disability Information Helpline:** Ph 1800 643 787 8am-8pm Monday to Friday and 9am-7pm Saturday and Sunday.

**The Older Person's Support Line:** Ph 1800 171 866.

**Commonwealth Department of Health:**  
<https://www.health.gov.au/news/health-alerts/novelcoronavirus-2019-ncov-health-alert>

**ACT Communicable Disease Control (CDC) team:** Ph 5124 9213 or 9962 4155 after hours.

**Symptom checker:**  
[https://www.covid19.act.gov.au/\\_\\_data/assets/pdf\\_file/0003/1504974/CV\\_Identifying-symptoms.pdf](https://www.covid19.act.gov.au/__data/assets/pdf_file/0003/1504974/CV_Identifying-symptoms.pdf)

If you are concerned and want further information you can call the Australian Government Coronavirus Health Information Line on 1800 020 080 24 hours/day, seven days a week.

# 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](mailto: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](http://www.shout.org.au)  
or email [ceo@shout.org.au](mailto:ceo@shout.org.au)

