

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

***Launch: Inclusive
Community Garden***

***Members News and
Events***



SHOUT
UNITED TOGETHER

A WORD FROM THE CEO:

Welcome to Spring!

If you are like me we are delighted to see the bulbs blooming in the garden and it feels like Spring is on its way!

The big news for SHOUT is that we have now completed stage three of the Pearce Inclusive Garden (ahead of schedule) with thanks to funding received from the Community Gardens Grant, the Infrastructure Grant and the COVID stimulus grant. We are very grateful for the support of ACT Government, Ministers Suzanne Orr and Shane Rattenbury and of course the myriad of tradesmen and gardeners who have assisted in making the vision a reality.

The launch of the Pearce Inclusive Community Garden will be on the 16th of September and we are hoping for warm and sunny weather, a great atmosphere, coffee and cupcakes!

We hope to see you there.

Regards
Carol

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
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
People with Disabilities
Perinatal Wellbeing Centre
REACH for Training
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
Motor Neurone Disease NSW
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



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



SHOUT
UNITED TOGETHER

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

Volunteer Application for the Inclusive Community Garden

Over the next years the garden will grow and develop into a bustling garden for people in the area and those who use our centre. We would see that there will not be too much happening until the warmer months within the vegetable garden – but we cannot wait to get things growing.

Would you please fill in the form on the next page and email it back to ceo@shout.org.au so we can contact you and coordinate a work plan of you would most be interested in and your availability?

You will be required to fill in a volunteers agreement prior to commencement of your work at the Pearce Community Centre, and to follow policies and procedures through your volunteering activities. These will be made available to you, prior to your commencement.

Name	
Contact Phone	
Email	
Position I am most interested in:	<input type="checkbox"/> Community Garden Coordinator <input type="checkbox"/> Community Garden Volunteer
Qualifications	<input type="checkbox"/> Working with Vulnerable People Check (this is free as a volunteer and is a requirement) <input type="checkbox"/> First aid certification – current Relevant experience or qualifications that you would like to let us know about <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
My main interests in the garden are:	<input type="checkbox"/> Anything that needs doing <input type="checkbox"/> Vegetable gardening <input type="checkbox"/> General things – planting, watering, weeding

"Our purpose is to support and connect community groups with the Canberra community by building capacity and opportunity"

	<p>Are you limited doing activities? Such as lifting, digging etc</p> <p>Please explain</p>
My health:	<p><input type="checkbox"/> I have excellent mobility and fitness</p> <p><input type="checkbox"/> I have reasonable/moderate fitness and mobility within my own limits</p> <p><input type="checkbox"/> I am keen to be involved and will need assistance or supports such as chairs when gardening (we will ask for an exercise physiologist assessment to plan for you and make it safe – no cost to you)</p>
My availability is:	<p><input type="checkbox"/> Daytime – week days</p> <p><input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday</p> <p><input type="checkbox"/> Morning or <input type="checkbox"/> afternoon <input type="checkbox"/></p> <p><input type="checkbox"/> Weekends</p>
I would like to be specifically involved in:	<p><input type="checkbox"/> Gardening only</p> <p><input type="checkbox"/> Along with gardening I would also like to be involved in Administration such as</p> <p><input type="checkbox"/> Producing the newsletter</p> <p><input type="checkbox"/> Rostering</p> <p><input type="checkbox"/> Volunteer contact</p>
Other comments or information	

Thank you for your interest – I look forward to working with you
Please email this back to ceo@shout.org.au or drop it in to the SHOUT Office during weekdays

Regards
Carol Mead
CEO – SHOUT & President – Pearce Community Centre



**Catch The Calm and Mindfully Gain Power Over Chronic Pain,
Stress, Anxiety and Depression**

Eight-week Mindfulness course



Catch The Calm

**Begins Wednesday, 30 September for 8 weeks.
Session times are 4pm – 6pm on each session date.**

**All attendees must be a financial member of
Arthritis and Pain Support or the ACT ME/CFS Society.**

You can join or renew your membership to take part.

This program will be held via Zoom. You will need to set up your own Zoom account to participate. You can set up an account on your phone, your tablet or your computer. We can assist you to do this if you need help – give us a call and we'll make a time for you to drop in and your device and we can sort you out.

Bookings are essential and payment is required to secure your booking. We are not able to offer this program face to face nor host people who cannot gain access to some sort of video conferencing at this time. If we have enough interest to run a second course we will look at that being held in the middle of the day so you could attend one of our offices to join.

What is the Cost?

The normal cost for this program is **\$475** (Concession card holder **\$275**)
Arthritis and Pain Support ACT and the ME/CFS Society are subsidising this course for financial members only. No non-members will be able to attend (however you can become a member to attend). **Cost to members is \$80** (\$10 per week). You must be able to commit to all 8 weeks of this program. The fee is payable in advance.

How to Register

Email info@arthritisact.org.au or call 6251 2055. This program will not be recorded and only those attending will receive the link for the program. Numbers will be limited. If there is the demand, a second course will be scheduled (please do not ask us when this will occur as we will not know until we have ascertained the demand for this initial course)

A medical certificate of attendance is available if you require one for your employer.

About the Course

This powerful course run by Jude King from Catch The Calm, has helped thousands of people with chronic pain, stress, anxiety or depression. You will learn how to use meditation and everyday mindfulness to quieten your mind and calm your physiological systems. This course will help you to enjoy life more and deal better with the unpleasant bits (including chronic pain and stressful life situations).

What is Mindfulness?

Mindfulness is about being in the present noticing what we are experiencing in an open, non-judgemental way. The techniques of mindfulness practice train the mind to be relaxed and open in the presence of all experiences. Pleasant experiences like delicious food or beautiful scenery become more enjoyable as we learn to be more present with life. Unpleasant experiences like pain tend to be less stressful and less dominating.

Jude King's Catch The Calm secular mindfulness course draws on these learnings and is based on Professor Emeritus, Jon Kabat-Zinn, from the University of Massachusetts, Mindfulness Based Stress Reduction program (MBSR), combined with a focus on self-compassion and living the best life you can.

There is substantial evidence that mindfulness training is beneficial for people struggling with chronic pain conditions, stress, depression and anxiety. Research has found that mindfulness training can help people to relax and be less stressed. After learning mindfulness people report lower levels of pain intensity, depression and anxiety, and an increased ability to cope with stressful situations and greater engagement with valued activities.

What will happen in this Mindfulness Course?

The course will consist of eight two-hour sessions. Each week you will receive an email with links to download course notes and audio guided meditations.

Jude will explain the concepts of mindfulness and how to promote a mindful approach to life, as well as how to manage unpleasant events such as pain and challenging life events. There will be lots of guided practice in mindful meditation, such as meditating on the breath, the body, emotions, and even pain (sounds strange to focus on pain but it actually helps!).

You will also learn how to practice 'everyday mindfulness' where you are fully engaged with whatever is happening in the present moment. You will learn how to use visualisation, which is akin to mindfulness, as well as how to be more self-compassionate. This course will help you to identify what is valuable to you in your life, and how to take committed action to living the best life you can despite your circumstances.

There will be group discussion around developing your mindfulness practice, however, no one is required to share if they prefer not to. Home practice will be encouraged as an essential part of learning these skills so that they can help you day to day.

Who will be running the course?

The course is presented by Jude King an experienced mindfulness teacher, pain educator, clinical counsellor and coach. Jude has a lived experience of chronic pain and other chronic health issues and credits her mindfulness practice as one of the main reasons that she is living the life she wants to.

ART THERAPY

Arthritis ACT is currently offering members Art Therapy facilitated by a final year trainee from the Master of Art Therapy at Western Sydney University.

Creative Arts Therapies can assist us to develop coping skills, express difficult feelings and find relief from mental or emotional difficulties. When something is hard to put into words, creativity can give us the opportunity to communicate non-verbally. A therapist can bear witness to our expression and help us to gain an understanding of our process, the art product and our responses.

Art Therapy sessions can be a one on one (1:1) experience to explore private issues, or in a group. Groups can be closed therapeutic sessions with set participants and an understood expectation of privacy, or a more social, free-artmaking group to improve mental health and wellbeing.

There is no need to be familiar with (or good at) artmaking to be involved.

Class times: Tuesday, 12 midday to 2pm in Bruce
Friday, 12 midday to 2pm in Pearce

Cost: \$10 per class to cover materials. Bookings are essential.

For more information and to book into a class please contact Arthritis ACT on [6251 2055](tel:62512055) or email: info@arthritisact.org.au



Now is the time to put your health first!

As we all continue to live through these unprecedented times, it is essential we also ensure we put our health first to help us stay well. Recent reports have indicated a significant reduction in regular GP visits, health screening and regular health check-ups across Australia, especially for people living with a chronic condition or at risk of an undiagnosed chronic condition. Although now is the perfect time to make sure we are doing everything we can to stay well and that we put our health needs first especially as all health services are open to help us keep well. Our health services may be operating in a different way such as telehealth but your health professional team is here to assist you in all your health needs.

There are 18,300 people in the ACT that are living with diabetes, with diagnoses on the rise, and unfortunately many more people may not know they are living with diabetes. It is estimated half a million Australians are living with undiagnosed Type 2 Diabetes. There is strong evidence that shows if diabetes is detected early, and appropriate treatment is commenced, then most of the complications can be prevented and lives saved.

There are however some steps we can take to know if we are at risk, which the first steps we can take is from the comfort of our own homes.

Step 1 Know the risk factors

- Having a family history of type 2 diabetes or prediabetes
- Being above the healthy weight range
- Having an inactive lifestyle
- Increasing age
- Having an Aboriginal or Torres Strait Islander background
- Being from Melanesian, Polynesian, Chinese, Southeast Asian, Middle Eastern or Indian background
- Having gestational diabetes during pregnancy
- Having polycystic ovary syndrome
- Taking some medications such as antipsychotic or steroid medicines

Step 2 Measure your risk

- Complete the online risk assessment [Click Here to access online Diabetes Risk Assessment](#)
- This is a quick 12 question assessment, if your risk level is 12 or more you are at high risk of developing type 2 diabetes

Step 3 Talk to your health professional

- Talk to your GP about your results, and the potential need for ongoing tests.
- Your health team is here to help you during Covid 19, so please put your health first and make that appointment today

Step 4 Speak to us today for more assistance

- If you are living with Diabetes please remember Diabetes NSW & ACT is here to help you, with tools, resources, education programs, lifestyle support, health professionals and so much more
- Diabetes NSW and ACT helpline 1300 342 238
- NDSS Helpline 1300 136 588
- For more information call us today 6248 4500 or visit <https://diabetesnsw.com.au/>



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

We have moved

Diabetes NSW and ACT is now located at 19 – 23 Moore Street Turner 2612, phone 62484500.

We look forward to continuing to support the Canberra community live well with diabetes.

Telehealth Services

Telehealth consultations with a Credentialed Diabetes Educator and/or a are now available. Our new telehealth service is bulk billed for eligible Medicare recipients. If required face to face appointments can be arranged using covid precautions. 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. Over 1500 members across ACT and NSW are enjoying the benefits of our online community. 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.

Face to face events may still be on hold due to covid, there are however a growing list of online programs to assist us live well <https://diabetesnsw.com.au/education-events/>



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



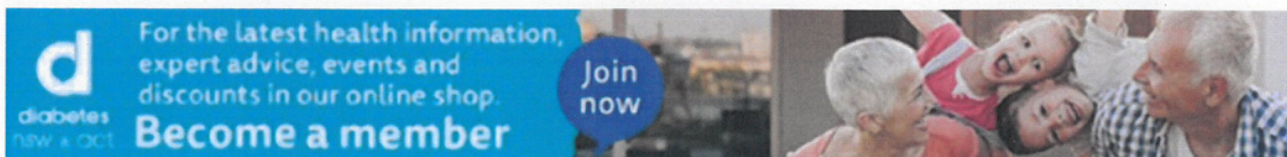
What a week, thank you to the several organisations that supported us over National Diabetes Awareness week. We look forward to the ongoing success of these programs, to assist us to raise awareness and gain enhanced support for our community living with diabetes.

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. 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



CELEBRATE CHILDREN'S WEEK 25 - 31 OCTOBER 2020

Start planning

Program entries close 4 September 2020

Activities – promote what you do
for children/young people.

Grants for events – applications close 4 September 2020

Awards for making a difference – nominations close
11 September 2020

Celebrate children and young people

More information

www.actchildrensweek.org.au

info@actchildrensweek.org.au

PO Box 513, Jamison Centre ACT 2614





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

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

- 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



SHOUT
UNITED TOGETHER

Providing over
35 years
of support for the
Canberra Community!

HLTSS00066

Infection Control Skill Set

(Food Handling)



Are you working in
the food industry?

Help prevent the spread of
COVID-19 in your workplace

Gain the skills and knowledge to follow basic infection prevention and control
policies and procedures to manage the risk of infection posed by COVID-19

**Fee-free
training***

*Conditions apply

* This initiative is funded by the ACT and Australian Government through the Project Agreement for the National Infection Control Training Fund '

DURATION

32 hours

including training and assessment activities completed online via REACH's online student portal, and a four hour Trainer visit at your workplace.

ELIGIBILITY REQUIREMENTS

1. USI (Unique Student Identifier) Number
2. Minimum 15 years of age
3. Australian Citizen/Permanent resident/Eligible Visa holder
4. Living or working in ACT
5. Employed in the industry
6. Initial skills assessment
7. Access to computer & internet
8. Basic computing skills
9. Access to a workplace in your nominated industry to complete the practical assessments

TRAINING CONDITIONS

1. Commence training within 5 business days from creating the Skilled Capital student record
2. Complete assessment within 30 days of training commencement
3. All training and assessment for these Skills Sets must be completed with 5 weeks of the student record creation date

COURSE DESCRIPTION

This skill set is designed to upskill workers in the food industry who want to gain the skills and knowledge to manage risks arising from COVID-19. You will learn how to follow precautions for infection prevention and control and respond to infection risks in the workplace. The training is ideal for frontline staff in the food handling, restaurant, pub, tourism, hospitality and related industries.

UNIT OF COMPETENCY

On completion of this training you will receive a Statement of Attainment for
HLTINFCOV001 – Follow infection control policies and procedures

You will also receive a Statement of Attainment for

HLTSS00066 Infection Control (Food Handling) skill set.



1300 361 343

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

Level 3, 54 Benjamin Way, Belconnen, ACT, 2617

RTO: 91280 | ABN: 78 120 579 124 | July 2020 © REACH for Training Pty Ltd



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>





Australian
National
University

ANU Tax Clinic

- » Trouble completing a tax return?
- » Not sure whether you need to lodge a tax return?
- » How do you access MyTax?

The ANU Tax Clinic provides guidance and information on income tax matters.

Book a Free Consultation

For eligibility criteria and bookings, visit

- » rsa.anu.edu.au/anu-tax-clinic

For any enquiries contact us at

- » taxclinic@anu.edu.au

Or call us on

- » 02 6125 4853

Web of Support
www.shout.org.au
Information at your
Fingertips





HELP RAISE MONEY FOR SHELTERBOX

The Rotary Club of Woden Daybreak, ACT, is having a Mango Fundraiser again this year. The Club will donate all profits to ShelterBox.

You, and your family, friends, neighbours and colleagues, are invited to support this healthy fundraiser.

Each tray of mangoes costs \$25 and has approximately 7kg of excellent quality mangoes. The number varies according to the size of the mangoes and could be 12 large, 23 small or a mixture. It all depends on the crop and the weather. There isn't a choice of mango size.

Deliveries are expected early to mid-December. Details will be emailed to you mid-November.

You will need to collect the mangoes from Holder, ACT.

The latest date we can accept orders and payment is Wednesday 21 October.

HOW TO ORDER

Payment is required when orders are placed.

1. Please deposit the correct money into the Club's Bank Account via Electronic Funds transfer (EFT).
Please ensure you enter all of the details below when transferring funds.

BSB: 325 185

Account No.: 03753417

Account Holder Name: Rotary Club Woden Daybreak

Reference: surname and number of trays (example: Taylor x4)

2. Then email the Club at wodendaybreak@outlook.com with the subject line 'Mango Order' and include your name, phone number, the number of trays ordered and the amount and date deposited via EFT.

If you take orders for other people, you can use the order form below to keep track of your orders. You can also request an electronic version of the order form by emailing the club address.



CUSTOMER ORDER FORM

Your name:

NAME	PHONE NUMBER/EMAIL	QUANTITY	PRICE	TOTAL
1.			\$	\$
2.			\$	\$
3.			\$	\$
4.			\$	\$
5.			\$	\$
6.			\$	\$
7.			\$	\$
8.			\$	\$
9.			\$	\$
10.			\$	\$
11.			\$	\$
12.			\$	\$
13.			\$	\$
14.			\$	\$
15.			\$	\$
			TOTAL	\$



I need their help but they're hurting me



CANBERRA'S DOMESTIC AND FAMILY VIOLENCE SERVICES CAN HELP WOMEN WITH DISABILITY.

visit act.gov.au/violenceisneverok



SHOUT
UNITED TOGETHER

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE



2020



Are you a Tired
Teen?

ACT ME / CFS Society Presents

Tired Teens

An online social support network for young people
with fatiguing illness in the ACT and
surrounding region.



facebook.com/groups/tiredteenscbr



[@tiredteenscbr](https://www.instagram.com/tiredteenscbr)



(02) 6290 1984



tiredteens@gmail.com

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

