

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

SHOUT Christmas Gathering in the Garden

**Wed, 9th December
11:30am to 1:30pm**

Christmas Sparkle **5th & 6th December** **10am to 3pm**

Members News and Events



SHOUT
UNITED TOGETHER

A WORD FROM THE CEO:

Welcome everyone to the last newsletter for 2020.... What a year it has been!

Like you all, we have had our fair share of challenges in this COVID year and thankfully, as we come to November, we have experienced very few cases of COVID in our region in comparison to many other parts of the world.

The Community Garden was launched on the 16th September and we had a fabulous day – the Garden is becoming a wonderful community hub, with a Community Library and lovely gardens. We thank Minister Suzanne Orr and Minister Shane Rattenbury for their ongoing support for the garden and funding to realise our vision to make it happen.

We have had the ACT Election and I congratulate Elizabeth Lee, in becoming the Leader of the ACT Liberal Party, and recognise her strong support of SHOUT and the Community. I look forward to our continuing relationship.

I look forward to a new year in 2021 and wish you all a very safe and happy Christmas.

Regards
Carol

SHOUT MEMBERS

Corporate Members

ACT Deafness Resource Centre
ACT Disability, Aged and Carer Advocacy Service (ADACAS)
Advocacy for Inclusion Inc
Anglicare NSW South, NSW West & ACT
Arthritis ACT
Asthma Australia
Australian Breastfeeding Association ACT NSW
Australian Medical Association (ACT) Ltd.
Australasian College of Road Safety
Borderline Personality Disorder Awareness ACT/NSW Region
Cancer Council ACT
Caring Approach Pty Ltd
Diabetes Association NSW ACT
Directions Health Service
Epilepsy ACT
Flourish Australia
Greenleaf Care Plus
Hartley Lifecare
Imagine More
Kidsafe ACT
Koomarri
LDK Healthcare – Greenway Views
People with Disabilities
Perinatal Wellbeing Centre
REACH for Training
Rotary Club of Woden Daybreak
Skipper Care Australia
Star Disability & Medical Services
The Personnel Group
Women with Disabilities ACT

Members

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

Affiliates

Adoptive Families Association
AIRA
Al-Anon Family Groups Australia ACT
Better Hearing Australia, Canberra
Canberra Lung Life Support Group
Canberra Region Kidney Support Group
Haemophilia Foundation ACT
Healthcare 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 & Beyond

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE

SHOUT Membership Forms
can be downloaded from our
Web of Support at:
www.shout.org.au

Please join us in the Pearce Community Garden for

SHOUT's Christmas Gathering

Wednesday 9th December, 11:30am to 1:30pm

Enjoy Christmas carols by

The Canberra Harmony Choir, The Canberra Chordsmen & The Gospel Folk Choir

RSVP 2nd December

admin@shout.org.au or call 6290 1984

Sausage sizzle & light refreshments
will be provided



Sleep Apnoea Association Inc

NEXT GENERAL MEETING

Saturday 28 November 2020 @ 2:00pm

**Location: Community Room
Southern Cross Club Woden**

Guest Speaker: Ms Angela Lalor - Sleep Technician from the Canberra Sleep and Lifestyle Clinic - Dundas Court Phillip ACT

All are Welcome to Attend.

Enquiries: Ph (02) 62316001



CHRISTMAS SPARKLE

BESPOKE CHRISTMAS MARKET

Our stalls include the best unique
handmade items in the region.

 **10am to 3pm**
5th & 6th December

 Pearce Community Centre 
Building 1
Collett Place, Pearce 

more information: carol@tatteredinspirations.com 

Family Meet up

Saturday 7 November 2020 - 2-3pm @ Boundless Park, Parkes

Fruit and drinks provided
by Epilepsy ACT
see you there :)

Free Health Seminar

How to Stretch Your Health Dollar



Find out:

- how to obtain free or cheap medical services
- how to save money on medicines
- why health literacy is important
- share tips with others.

Date: 7.00pm – 9:00pm, **Tuesday 17 November 2020**

Venue: By Zoom. Link sent on registration. Zoom support provided.

Register: By Friday 13 November to reps@hcca.org.au or phone: 6230 7800

For more information on this or other free health seminars provided by Health Care Consumers' Association ACT contact: reps@hcca.org.au or phone: 6230 7800.

The Pacing Course



Pace rather than push and crash

Build practical skills for managing ME/CFS, fibromyalgia & any chronic condition with fatigue or variable symptoms

Course details

- Six weekly online sessions
- Mondays 11am - midday
(with breaks)
- 9 November - 14 December

Bookings required

admin@mecfscanberra.org.au
02 6290 1984
Monday - Friday 9am - 3pm

Limited places

\$20 members
\$40 nonmembers
plus optional textbook

- Find your limits
- Explore adaptations
- Minimise relapses
- Identify triggers

CANBERRA HEALTH LITERACY NETWORK



Improving health information designed for consumers and carers

The Canberra Health Literacy Network invites you to join us for a webinar to learn:

- how to write informative and engaging health information for consumers and carers
- how to improve health literacy by communicating complex health information clearly
- how to partner with consumers to meet their information needs.

Speaker:

- Associate Professor Sophie Hill, Centre for Health Communication and Participation, La Trobe University

**THURSDAY
26 NOVEMBER 2020
2.00 - 2.55 PM**

**WEBINAR
WEBEX DETAILS PROVIDED
ON REGISTRATION**

**REGISTER VIA
EVENTBRITE**

PERINATAL WELLBEING CENTRE INVITES YOU TO LEARN WITH US

COVID19 & Perinatal Mental Health

A 2020 TWILIGHT SEMINAR



Join Perinatal Wellbeing Centre and your peers for an evening learning opportunity focusing on the impact of COVID19 on Perinatal Mental Health. Presenters Dr Emma Adams and Monique Bowley will share knowledge towards the following learning outcomes to help you:

- better understand the impact of COVID19 on perinatal health for individuals
- understand the challenges and barriers to providing perinatal health services during a pandemic outbreak
- identify opportunities for creative thinking, and exploring other effective platforms to provide high quality health care amidst the pandemic.
- practice and promote self care when translating services to a digital platform delivery model.

This seminar will provide you with 3hrs of recognised of professional development.

5:30pm (for a 6:00pm start) until 9:00pm | 12 November 2020
Olympus Room, Hellenic Club, Matilda Street, Phillip

Cost:

\$90 (including 3 course meal) for physical attendance

\$40 for digital access only.

Bookings prior to the event are essential. Please visit www.perinatalwellbeingcentre.org.au to find out more. Please note: all precautions will be taken to deliver this event in line with current ACT Health guidelines for service delivery during COVID19.

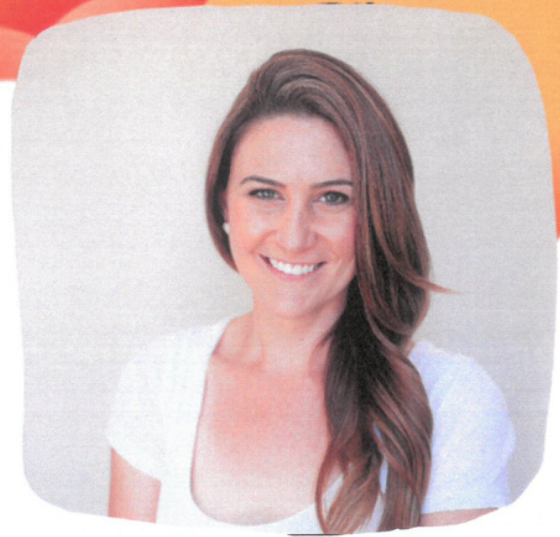
COVID19 & Perinatal Mental Health

A 2020 TWILIGHT SEMINAR



Dr Emma Adams is a Canberra based psychiatrist with a long passion for and curiosity in perinatal and infant psychiatry since she was a psychiatry trainee in 1997 at Helen Mayo House in Adelaide. She followed this up with formal training. And kept it real with her own three children. Dr Adams was awarded the Block Family Memorial Grant in Perinatal and Infant Psychiatry in 2009 and worked in this area in Vancouver, British Columbia. On returning to Australia, she set up a Perinatal and Infant Mental Health Clinic at Winnungah Nimmitjyah here in Canberra.

Dr Adams continues to practice in perinatal and infant psychiatry in private practice. Emma published a memoir, in 2018 *Unbreakable Threads* which was based on her and her family's attempts to release a teenage Hazara boy out of immigration detention, and is now working on a novel, both works explore the abiding notions of intergenerational connection, identity and love.



Monique Bowley is a writer, broadcaster, and executive producer of podcasts with the ABC. She has conceived, developed and executive produced award-winning podcasts such as the ABC's *The Pineapple Project*, *Fierce Girls*, and *The Parenting Spectrum*, as well as Mamamia's *Hello Bump*, *No Filter*, and *Mamamia Out Loud*.

She is a former Australian basketballer and mother of two under two. This photo is what she looked like before children, when she had clean hair and got a full and luxurious 8 hours sleep a night.

Provider of NDIS Supports for People with Psychosocial Disability

Accommodation - Independent Living Options
| Supported Independent Living | Short Term
Accommodation Respite | Supported Accommodation
| Medium Term Accommodation

Support Coordination | Recovery Coaching |
Peer Mentoring | In-Home Supports | Community Access
| Tenancy Assistance | Mentoring, Peer Support and
Individual Skill Development



Enquiries: info@mhf.org.au
02 6282 6604

BTAA RAFFLE



**BRAIN TUMOUR
ALLIANCE AUSTRALIA Inc.**
1800 857 221

Support Australian Brain Tumour Patients and win one of 6 beautiful handmade quilts!

Big shout out to Rosewood Craft And Quilters (RCQ) who have kindly donated six beautiful quilts to BTAA to help our fundraising.

BTAA is grateful to the skilful and generous quilters at RCQ, in particular, Wendy Quinton.

We are offering these lovely quilts as prizes in a COVID safe online raffle.

To buy a ticket and support the work of BTAA go to:

<https://bit.ly/2SYcvOz>

If you have any issues purchasing tickets due to where you live, please call the BTAA helpline on 1800 857 221.

The Raffle closes on the 30th of November 2020 and will be drawn on the 4th of December 2020.

Thank you for your support.

Win a Beautiful Quilt!



BTAA (Covid-safe) Online Raffle 2020



MEETING ROOM HIRE



The SHOUT meeting room is large, airy and includes a large fridge, instant hot water system, crockery, cutlery, a microwave, smart TV, whiteboards and a hearing loop. There is a training resources cupboard with pens, whiteboard markers and paper for all to use. We are conveniently situated in Collett Place in Pearce opposite the Pearce shops which has several cafes, great coffee, plus an IGA! We also offer a hot beverage package so you will not have to bring tea and coffee etc. for your participants.

Members \$15 per hour. Corporate Members \$20 per hour & Affiliate Members \$25 per hour.

To make a booking please call SHOUT on: **(02) 6290 1984** or email: admin@shout.org.au



SHOUT
UNITED TOGETHER

Providing over
35 years
of support for the
Canberra Community!

WEB OF SUPPORT



Information at your finger tips

Due to the ongoing COVID restrictions some Self Help/Support Groups have not yet resumed face to face meetings, however, they are meeting via Zoom. To find out which groups are meeting, and how, please visit SHOUT's Web of Support at: www.shout.org.au



PEARCE INCLUSIVE COMMUNITY GARDEN

The Pearce Community Centre's Inclusive Community Garden is open and available for use. There are wide paths, seats and a free community library for borrowing books.

So when you are visiting the Pearce Community Centre please feel free to spend some time in our lovely garden.



Support for you

Parkinson's ACT (PACT) provides information, education and a range of support groups and activities to assist in understanding and managing Parkinson's and improving quality of life.

For details about activities and support group times and locations please visit the PACT website or get in touch at actparkinsons@gmail.com.

Painting with Parkinsons

A wonderful and innovative art therapy program designed by Nancy Tingey specifically for people living with Parkinson's.



Absolutely no artistic experience required.

Singing with the Bushlarks

No auditions needed! Stay loud and be heard! Join a fun weekly social singing group for people with Parkinson's, carers, family and friends. Singing is proven to strengthen and maintain throat muscles important for speaking and swallowing.

"You don't have to have a good voice – if you can make a noise you belong!"



PK

Dance for People with Parkinson's

A fun weekly dance class working your brain, body, memory and imagination. Everyone — people newly diagnosed with Parkinson's, people using walkers and wheelchairs, family members and friends — is welcome to participate. No previous experience is necessary.



General Support Group Meetings

Informal meetings are held in a variety of locations in Canberra and also in Bungendore, where PACT members, and their families and carers, can chat about their situation, exchange experiences, share information and support each other. These meetings also feature guest speakers on issues of interest to the groups.

Carer's Coffee Corner

Caring can be challenging on your time and lifestyle. As a carer it is very important to look after your own needs. Joining a Carer Support Group is one way of doing that. A casual monthly coffee catch-up offering mutual support and reassurance for people who care for a family member or friend with Parkinson's.

Young at Park

A welcoming social group for people with early onset Parkinson's and their partners and families to share



experiences and support each other. About 20 per cent of people with Parkinson's experience symptoms before age 50. They may experience the disease differently, and have different issues to manage to those diagnosed later in life, including career and family responsibilities.

Men Who Care

An informal monthly gathering of men who support a partner living with Parkinson's. A shift into a carer's role can be a steep learning curve. Being able to share concerns, swap experiences, and join in team problem solving about issues that are specific to male primary carers of partners with Parkinson's can be useful.

Women with Parkinson's

A relaxed monthly catch up for women to share their experiences of living with Parkinson's. Women can experience Parkinson's quite differently from men in, for example, the management of sleep problems, medication side effects and emotional health. Talking with others dealing with similar challenges can help.

We are here to support you!

Support Groups are a great way to connect with other people who are also living with diabetes. Finding friends who understand what you're going through because they have similar experiences can help you through the tougher time. It also gives you a network to share information and celebrate wins.

Support Groups come in lots of different forms to suit everyone. So while Support Groups aren't necessary everyone's cup of tea, don't assume it's not going to work for you because you're not a face-to-face person. Why not have a look at the online forums or invitation-only Facebook pages.

It's important to remember that while there are many benefits to support group discussions, your group can't replace the in-depth knowledge your Health Professionals' training brings to your particular case. So before making changes to your diabetes management plan, always check-in with your diabetes educator or GP.

Covid 19 has prevented many of our support groups from meeting in recent months, but Diabetes NSW & ACT is still here to help and support you:

- **Our Live Your Life Community online forum**

This is a great place to connect with others who know what it's like to live with the challenges and triumphs of diabetes in a covid safe way through our online experience. It's easy to ask questions, swap experiences and create connections. Our members are providing great feedback of new strategies, relationships and networks all assisting them to live well with diabetes in the safety and comfort of their home. To get started and join the conversations go to our website and join Diabetes NSW and ACT at <https://diabetesnsw.com.au/>. Once you're a member click the Community Login button at the top of the page.

- **Capital Chicks Canberra**

Join our community of ACT women living well today, access is free for women of all ages living in the ACT <https://capitalchickscanberra.com.au/home>. You can enjoy access to online services or access some of the great networking activities such as *Fit Chicks*, a tailored 6 week women's only fitness program. Whether you have played touch football before or never held a football, *FitChicks* is for any mum in Canberra who would like to get fit and have fun at the same time! Your kids are welcome and will be entertained with games by University of Canberra students so you can have some quality 'me time' getting fit with other women.

The program starts on the 27 October at Makin Place Deakin and mid-course registrations welcome.

To register go to <https://www.surveymonkey.com/r/FitChicksrego> or email kim.wilshurst@touchfootball.com.au.

- **Canberra Support network - run by members for members**

Although this support group is not meeting at present due to Covid precautions we understand this will reconvene in the future with meetings the last Wednesday of the month at Dickson Tradies.

Contact the ACT office for more information 02 6248 4500.

We hope to see you at one of our events in the near future! If you have any questions about your diabetes, you can always visit our website www.diabetesnsw.com.au or call our helpline on 02 62484500.

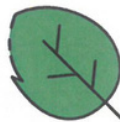


SUPPORT GROUPS



Arthritis Support Group

Meet 2nd Monday each month
If a Public Holiday, 3rd Monday
10.30am-12.00 noon
The Helenic Club, Phillip



Men's Chat Group

Contact us if you are interested



Chronic Pain (including Psoriatic Arthritis) Support Group

weekly, starting 16th October 2020 (til Christmas)



Rheumatoid Arthritis / Sjogren's Syndrome Interest Group

Meet 2nd Thursday each month
10.30am-12.00noon
The Mawson Club, Mawson
and also at 11am on Zoom
contact us for the link to join

Other support available

YOUNG ADULTS LIVING WITH AUTOIMMUNE DISEASE Contact: Arthritis ACT on
1800 011 041 or linda@arthritisact.org.au

JIA KIDS AND PARENTS SUPPORT Contact: Arthritis ACT on 1800 011 041
or linda@arthritisact.org.au

PAIN SUPPORT ACT Contact: Arthritis ACT on 1800 011 041
or info@arthritisact.org.au

Associated Groups:

LUPUS Association of NSW Freecall: 1800 802 088
www.lupunsw.org.au

SCLERODERMA SUPPORT Ph: 02 4921 4095
www.autoimmune.org.au

ME/CFS and Fibromyalgia regular self-management courses held throughout the year and also

Teens program supporting teens/young adults and parents.
Ph: 02 6290 1984 or email admin@mecfscanberra.org.au



Facebook Groups

Request to join any of our groups via Facebook or email: info@arthritisact.org.au



Young Women's Autoimmune Friendship Group

Canberra JIA Support Group



Hypermobile ACT





COFFEE GROUPS

Are you undergoing treatment or have you had breast cancer?
Come along for tea, coffee or a drink and friendship:

Monday morning @ The Mawson Club from 9.30am

- Monday 9th November
- Monday 14th December

Tuesday morning @ The Mill House Café Queanbeyan from 9.30am

- Tuesday 24th November

Wednesday evening @ The Deco Hotel Braddon from 5.30pm

- Wednesday 16th December
-

Thursday afternoon @ Café Injoy Nicholls from 1.30pm

- Thursday 26th November

Friday morning @ Yass from 10am

- Friday 10th December – venue to be confirmed please check website or Facebook for details

Due to Covid these dates may change or be cancelled at any time and at short notice.

Always confirm with our website or contact the office on 0406 376 500.

Bosom Buddies ACT Inc
www.bosombuddies.org.au
admin@bosombuddies.org.au





caring
approach

at Caring Approach

All staff have the required checks, qualifications for their role, receive ongoing training and are thoroughly inducted to provide a high level of service. Our staff matching process and meet and greets ensure you are comfortable with who is supporting you or your loved one.

Our Services

As registered NDIS and approved aged care providers delivering home care package services we can help you make the most out of your government funding. This can include;

Personal Care Assistance (Basic and Complex):

Domestic Assistance:

Overnight care:

Staffing for Group Homes and aged care accommodation:

Respite Care:

Live-in care for you:

Transport:

Who Are We ?

Caring Approach, is a provider of high quality and professional nursing and support staff assisting people to maintain their independence, access their community and to live life to the fullest!

As nationally registered NDIS and Approved aged care providers we believe our clients are at the centre of everything we do.

We provide high standards of care for the elderly, people with disabilities and assist in supporting carers and families.

Our services range in duration from 1 hour to 24-hour care.

We provide our services in a flexible, honest and tailored way to ensure care is delivered in a way that is right for you.

We provide you with skilled caring staff to look after your needs.





Supported Independent Living (SIL) Independent Living Options (ILO) room's available now.

Caring Approach is looking for suitable NDIS participants to share a large spacious residence in Stirling ACT with one other gentleman in his late 40's. The house is situated on a large block and the living areas are all newly furnished. The dwelling is currently staffed 24/7, all enquiries are welcome, Please call James on 0401 258 580 to discuss.



02 6253 1017 & 02 6253 1357



www.caringapproach.com.au



adminact@caringapproach.com.au





ASTHMA AUSTRALIA

Asthma Australia are delighted to have joined the SHOUT Membership after a short hiatus from when we were known as Asthma Foundation ACT.

By joining with Asthma Australia in 2017, the work carried out in the ACT is supported and strengthened by our national organisation for the advocacy and wellbeing of people with asthma in the ACT.

Have a browse on our website <https://asthma.org.au/> and scroll through our scope of services <https://asthma.org.au/what-we-do/> and information <https://asthma.org.au/about-asthma/> or consider subscribing to our newsletter <https://asthma.org.au/what-we-do/how-we-can-help/asthma-assist/> and follow us on Facebook for our informative and timely updates.

Our asthma educators are available free of charge to provide you or your members with answers to your asthma questions and provide support for not only people with asthma but their carers. To access our asthma educators call 1800 278 462 (Monday to Friday 9- 5) or visit <https://asthma.org.au/what-we-do/how-we-can-help/1800-asthma/> to schedule a call.

We invite all SHOUT members to visit our website and make contact with us to discuss your organisations touchpoints with asthma including any needs or gaps you may have in regard to asthma knowledge or management within your organisation or for your consumers.

Our ACT office for Asthma Australia is located at the Chifley Health and Wellbeing Hub, 70 Maclaurin Cres Chifley, staffed by Janine Lourensz and Diane Percy, we're happy to discuss local needs on 02 6109 9401.

Our latest Spring and Asthma Campaign:



Register for the Spring Asthma Checklist, link to register is on the spring campaign webpage <https://asthma.org.au/about-asthma/live-with-asthma/spring-asthma/>

STAY WELL WITH ASTHMA THIS SPRING



The spring season can often bring additional challenges for people with asthma. Follow our spring asthma checklist to better manage your asthma and allergies.



SPRING ASTHMA TIPS

1 Be aware of high pollen days

If you experience hay fever and/or pollen is a trigger for your asthma, it is important to be aware of when high levels of pollen are present in the air.

On high pollen days, close your windows and doors. If you have an air conditioner, make sure it is turned to 'circulate' so it doesn't bring the outdoor pollens inside.

2 Treat your hay fever symptoms

Managing hay fever is an important part of overall asthma care as hay fever can make asthma worse and more difficult to control. Treatment of hay fever depends on the severity and frequency of your hay fever symptoms. Treatment options include:

- Antihistamines or decongestants,
- Saline sprays/irrigations,
- Corticosteroid nasal sprays, and
- Allergen Immunotherapy

Speak to your doctor or pharmacist about the best treatment for your asthma and hay fever.

3 Household allergens

Mould is common in Australian homes and can be a regular trigger for asthma. Mould fragments (or spores) spread in the air and can cause allergic and asthma responses in some people. Allergic and asthma responses may cause inflammation of the airways, which bring on asthma symptoms and may cause serious flare-ups. Effective cleaning and maintenance can minimise the chance of mould spore build-up, and its potential impact on respiratory conditions.

Dust for people with asthma, can be one of the biggest triggers for asthma symptoms and flare-ups. It's important people with asthma whose symptoms are triggered by dust and dust mites minimise their exposure to these allergens as much as possible as dust and dust mites can act as irritants for sensitive airways.

4 Low allergen gardens

Gardens can harbor allergens that can trigger asthma, hay fever and allergy symptoms. Some top tips to reduce the impact of gardening on your asthma (alongside good asthma management) include:

- Choosing Australian native plants and brightly coloured, large flowering plants that are pollinated by birds/insects rather than wind, as they don't release pollen into the air

- Avoiding plants with strong fragrances or odour (e.g. jasmines), especially planted next to entrances, entrances or windows. Exceptions include roses
- Choosing native or slow-growing, low or no pollen grass that does not require frequent mowing
- Using inorganic mulches such as pebbles or gravel to reduce weeds and mould spores
- Weeding the garden often to avoid them flowering or seeding
- Avoiding compost heaps
- Avoiding gardening on windy days when pollen may be airborne

5 Pet allergies

People with asthma have also been known to have allergies, some of which may include animals. If you find that your allergies or asthma symptoms worsen around animals, it is recommended you speak with your doctor about your symptoms and perhaps further allergy testing.

6 Thunderstorm Asthma

Thunderstorm asthma can be very serious for people with asthma. If grass pollen is a problem for you then thunderstorms in spring and summer may also affect you.

- Some pollens can burst open and release tiny particles that are concentrated in the wind just before the thunderstorm. These small particles get further into the airways and can trigger asthma symptoms.
- To avoid exposure, stay inside with the windows and doors closed until after the storm has passed.
- People at risk of acute asthma flare-ups triggered by a thunderstorm include those with seasonal hay fever, current asthma, a history of asthma or undiagnosed asthma.
- The risk of thunderstorm asthma is highest in adults who are sensitive to grass pollen and have seasonal hay fever (with or without known asthma). The worst outcomes are seen in people with poorly controlled asthma.
- To reduce the risk of thunderstorm asthma where it is a known trigger, it is recommended to aim for optimum asthma management year-round. This means optimising preventer use during spring thunderstorm season, controlling hay fever, checking pollen levels and avoiding exposure to pollen on these days where possible.

BE PREPARED FOR SPRING



Good asthma management year-round is the key to ensuring you are ready for spring.



1 Visit your doctor for an asthma review

Visit your doctor every 6 – 12 months for an asthma review. With your doctor:

- assess your current level of asthma control
- make sure you are on the right medicines to manage your asthma (e.g. a preventer)
- check your inhaler technique
- ensure your Asthma Action Plan is up to date
- ask about your asthma, your treatment and how to stay healthy during spring

2 Get a written Asthma Action Plan

An Asthma Action Plan is something developed with a doctor to help provide clear instructions on what to do when experiencing asthma symptoms or during an asthma flare-up and should include instructions about managing asthma alongside identified triggers.

With your doctor, develop or update your written Asthma Action Plan.

Follow a written Asthma Action Plan for:

- better controlled asthma
- fewer asthma flare-ups
- fewer days off work or school
- reduced reliever medication use
- fewer hospital visits

3 Take the Asthma Control Test

If you have experienced any of the following in the last four weeks it indicates your asthma may not be under control.

- daytime asthma symptoms more than 2 days per week
- need for reliever more than 2 days per week
- any limitation on activities due to asthma symptoms
- any asthma symptoms during the night or on waking

Visit asthma.org.au/asthma-control-test to get your Asthma Score.

4 Preventer - every day, even when well

Preventers work to reduce the inflammation in the airways. Regular use of your preventer makes the airways less sensitive, which reduces the frequency and severity of asthma symptoms (reducing the need for your reliever medication) and the risk of future flare-ups. Daily use of a preventer is key to keeping well.

5 Check your device technique

Up to 90% of people are thought to use their inhalers incorrectly, which means the dose of medicine isn't getting into the lungs where it's needed. Ask your doctor or pharmacist to check you are using your inhaler medication device correctly.

6 Learn the steps of Asthma First Aid

The Asthma First Aid app is your go-to tool for an asthma emergency. It covers both first aid in the event of an asthma emergency plus the ability to review each of the four first aid steps. Download the Asthma First Aid app from the App Store or Google Play.

For more information on how to manage your spring allergies, call **1800 ASTHMA (1800 278 462)** and speak with an Asthma Educator or visit asthma.org.au/spring-asthma



02 6100 9938
www.reachfortraining.com.au
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

Wage Subsidies for New Trainees - Budget 2020

by Talha Tariq, Business Development Manager

Dear Employers,

Apprenticeship/Traineeship has won big in this year's budget.

The Australian Government has announced the Boosting Apprenticeship Commencements wage subsidy to support employers to take on new apprentices and trainees.

Businesses can claim 50% wage subsidy for new trainees signed up on or after 5 October 2020 until 100,000 places are reached. The wage subsidy is available for a maximum of \$7,000 per quarter per eligible Australian Apprentice/Trainee until 30 September 2021.

This is a game changer for employers as it will help reduce payroll costs as well as provide your staff with government funded training through flexible on the job learning.

Please do not hesitate to reach out to me if you have any questions or would like to secure the spot for your trainees.

What's New

BOOSTING APPRENTICESHIP COMMENCEMENT (BAC)

NSW FEE FREE TRAINEESHIPS & REGIONAL NSW FUNDING

SUBSIDISED FLEXIBLE ON THE JOB TRAINING

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

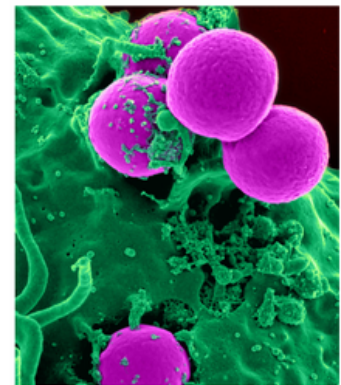
Skillsets:

- 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.)

Fee Free **infection control training** is now available for delivery by REACH for workers in customer-facing roles. The skill set has been developed in response to COVID 19. This training will prepare workers with the skills and knowledge to follow basic infection prevention and control policies and procedures to manage the risk of infection posed by COVID 19 in their workplace.



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

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 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



SHOUT

UNITED TOGETHER

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