

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

### **SHOUT Members Lunch**

**2 March 2021**

### **Friendship Garden Planting Day**

**15 March 2021**

### **Members News and Events**



**SHOUT**  
UNITED TOGETHER

## A WORD FROM THE CEO:

Welcome back everyone to 2021.

I hope, as I am sure you do, that together we will be able to move through this year a little easier than we did in 2020. And, while our 'new normal' looks different from what we were used too, it has paved the way to look outside the old ways, and find new and innovative ways to run our organisations and businesses.

So this being said, SHOUT is also looking at ways to assist and connect with you, in spite of the challenges we may face this year, to build and strengthen organisations and ensure our sector is vital and robust, and organisations have the capacity to grow and meet their own strategic direction. I would also encourage our member organisations who need support in strategic planning, board governance and policies to contact SHOUT – I am always happy to assist and support you.

We have already planned to conduct and facilitate a SHOUT Members Lunch bimonthly so CEOs, Business Managers and Presidents can connect and share ideas to build further capacity on their organisations, I have provided the booking URL in the article on page 8.

I look forward to a great year ahead – together we will manage its challenges and celebrate our successes. Thank you for being an integral part of the journey.

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 Refugee Support Inc  
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](http://www.shout.org.au)





PEARCE INCLUSIVE COMMUNITY GARDEN

# FRIENDSHIP GARDEN PLANTING DAY

Come and bring plants from your garden

MARCH 15 2021  
10AM TO 11AM  
PEARCE COMMUNITY CENTRE  
COLLETT PLACE PEARCE

The Friendship Garden will be a feature  
of the garden where all our friends  
donate plants to build our new  
friendship garden





# SCIENCE ALLIANCE

Explore the world through science

**February 2nd - April 6th**  
**Tuesday's 4pm - 6pm**  
**Pearce Community Centre**

Develop your science skills and meet new people!

This program uses peer mentoring for enhanced social participation in and outside the classroom. All sessions encourage exploration of the world using creativity and invention.

Come along and improve:

- Observational and rational skills
- Personal skills
- Problem solving skills
- Independence



**For more information including pricing please contact**  
**Gemma community@actdsa.org.au**  
**02 6290 0656**



# *Diversity in the classroom*

Tips for teaching students with Down syndrome

Come along for this unique opportunity to hear from Educators whose own children have Down syndrome.

## Topics will include:

- What does it mean for a person to have Down syndrome?
- How does Down syndrome impact a student's learning and inclusion in the classroom?
- Practical strategies to support classroom teaching• Understanding the link between communication and behaviour
- Transition—why is it important and how can you do it successfully
- Simple strategies to support positive behaviours

There will be opportunities throughout the day to network and share ideas and strategies, with other Educators

## Presenter Information

Sharon Melhuish and Karen Garrity are both teachers and Learning Support Officers in schools in the ACT. Kelli Gowland is a Biologist and former Education Officer for the ACT Down Syndrome Association.

All presenters are family members of people with Down syndrome and passionate advocates of informed teaching practices.

**When: February 22, 9.00am - 3.00pm**

**RSVP 15th February 2021**

For tickets please visit:

<https://www.eventbrite.com.au/e/diversity-in-the-classroom-tips-for-teaching-students-with-down-syndrome-tickets-129428731821>



### **Workshop: Towards a Better Life**

A two-day SRV training workshop with John Armstrong, live in Canberra

This workshop explores why some groups in our society are more likely to experience marginalisation and stigma. We'll examine the impact that this has on people with disabilities, aged people and other marginalised people.

The workshop also examines how the acquisition of valued roles can change societal perceptions and strengthen the likelihood that people with a devalued status will get a better life.

- Monday, February 22 - Tuesday, February 23, 2021
- 9:30 AM - 5:00 PM both days
- Attendance strictly limited to 20 people
- This is a paid event. Details on our website
- <https://imaginemore.org.au/events/towards-a-better-life/>

### **Workshop: Securing The Good Life With Inclusive Education**

A one-day training event, face-to-face in Canberra

When children with disability are included in a mainstream class in their local school, everyone benefits in the short and long term. But even in 2021, it can be difficult for our sons and daughters with disability to be effectively included in the same school as their siblings, friends and neighbours.

Many families have found that it's helpful to have a working knowledge of educational inclusion and to know what the school needs to provide to make inclusion possible. It's also critical to know how to ask for these in a manner that strengthens the relationship between the school and the family.

This workshop is suitable for families of students of all ages (primary, high school and secondary college) as well as families whose children haven't yet started school.

- Wednesday, March 17, 2021
- 9:15 AM - 2:30 PM
- Attendance strictly limited
- This is a free event
- <https://imaginemore.org.au/events/ie-workshop-2021/>



## School to Work Webinars



Many people assume that a student with disability will struggle to find work in Open Employment. Yet, with the right supports, young Australians with disability are taking their rightful place in the workforce. They earn a living, contribute positively to their workplace, and acquire skills for future employment.

The [School to Work Project](#) aims to inspire, increase the confidence of, and motivate secondary school students with disability and their families about work. All webinars are free to attend. A replay will be available to everyone who registers.

## Upcoming Webinars

### Imagining Work

- Students in Years 7 and 8
- Thursday, February 25, 2021
- 12:30 - 1:30 PM
- <https://imaginemore.org.au/events/imagining-work-2021-02/>

### Discovering Work

- Students in Years 9 and 10
- Thursday, February 4, 2021
- 12:00 - 1:30 PM
- <https://imaginemore.org.au/events/discovering-work-2021-01/>

### Finding Work

- Students in Years 11 and 12
- There are two webinars for this cohort
- Getting Started: Thursday, February 11, 2021
- The Next Steps: Thursday, February 18, 2021
- 12:00 - 1:30 PM
- <https://imaginemore.org.au/events/finding-work-2021-02-gs/>

## Peer Support Groups

Our Peer Support Groups support families to help their family members with disability seek out, enjoy and maintain [The Good Life](#). Each group provides an opportunity for learning, discussion, sharing, troubleshooting, and celebrating. Members are encouraged to discuss their ideas and plans and to seek inspiration from other's stories and actions. Groups are facilitated by our team to ensure a safe, welcoming and supportive forum in which every member can be heard.

We invite you to join us. It doesn't matter if you are very new to the journey or a seasoned traveller. We can all learn something from others and give and receive support.



Continued...

### Employment Peer Support Group

- First meeting on Thursday, February 4, 2021
- 5:00 PM - 6:00 PM
- Learn more and register here: <https://imaginemore.org.au/what-we-do/peer-support-groups/employment/>

### Imagining Home Peer Support Group

- First meeting on Tuesday, February 16, 2021
- 12:00 PM - 1:00 PM
- Learn more and register here: <https://imaginemore.org.au/what-we-do/peer-support-groups/imagining-home/>



**SHOUT  
Members  
Lunch  
for  
CEO's,  
Business  
Managers  
& Presidents**

*An opportunity to connect, share ideas and build capacity.*

***Next Lunch: 2nd March 2021 12.30pm at SHOUT***

**Bookings: <https://www.eventbrite.com.au/e/shout-members-lunch-for-ceos-business-managers-and-presidents-tickets-136528365015>**



**NEW! Pearce Location**

## **STRENGTH & BALANCE CLASSES 2021**

An entry level exercise class designed to help strengthen muscles and improve balance to reduce the risks of falls. Classes are led by an Exercise Physiologist and will be run throughout the year.

**Location:** Building 1 Collet Place, Pearce

**When:** Mondays (commencing 1st Feb 2021)

**Time:** 11.00am – 12.00pm

**Cost:** A 10 session pass cost \$120 for NEW Starters, or \$100 for Continuing Members

**For more details please call Arthritis ACT on 1800 011 041 or email [info@arthritisact.org.au](mailto:info@arthritisact.org.au)**

## NEW! Pearce Location

# TAI CHI FOR FALLS PREVENTION 2021

Tai Chi for Falls Prevention is a beginners Tai Chi program, designed to improve your mobility, balance and mental well-being. Classes are held once a week, commencing the first week of February and will run continuously throughout the year.

**Location:** Building 1 Collett Place, Pearce

**When:** Wednesdays (Beginners)

**Time:** 2.00pm – 3.00pm

**Cost:** \$50 for 10 Passes



For more details please call Arthritis ACT on 1800 011 041  
or email [info@arthritisact.org.au](mailto:info@arthritisact.org.au)



## NEW SUPPORT SERVICES FOR PARKINSON'S ACT !



Parkinson's ACT (PACT) received some good news in late 2020 receiving a grant from the John James Foundation's Community Health Program to support our proposed **Occupational Therapy - Education, Awareness Raising and Guidance** project through 2021. To support this program PACT has engaged Kate Sterrenberg, a professional Occupational Therapist with a special interest in Parkinson's to work one day a week to provide broad OT services to our

members. Kate has already volunteered for a half a day a week with PACT for around 5 months in 2020 and achieved a significant amount over that time - surveying needs, engaging with our support groups and providing high-level advice to our members.

Together with PACT, Kate has developed an OT Services Plan for 2021. Services will range from: OT Support Group sessions with guest expert speakers on relevant topics, face to face and virtual sessions, with some after hours for Young Onset, an education program with a half day seminar, client/member engagement via calls and emails and home visits. Assistance/advice on applying for Aged Care and NDIS programs along with community engagement in residential aged care and promotion of local service providers and allied health resources along with advocacy for PLWP - will also be part of Kate's charter. Kate is contactable at [OT@parkinsonsact.org.au](mailto:OT@parkinsonsact.org.au)

We thank the John James Foundation for their generosity as these funds will help us to extend our current services through 2021 to include broader occupational therapy related services for our members.



PACT is also joining with SHOUT in welcoming Ingrid Pepper to a new role as our **PACT Events and Project Support Officer** based at the SHOUT Office with the team.

Ingrid has extensive experience in such roles working with COTA ACT for nearly 10 years and earlier in her career at the Department of Health and Ageing. PACT is excited to be able to roll out a 12 - 18 months program for our members to support people living with Parkinson's to live their best lives now. We will update the network on our calendar of events in the next edition. Ingrid will be based in the SHOUT Office for 3 days a week (Tues, Wed, Thurs) and can be contacted on 02 62864475 or at [office@parkinsonsact.org.au](mailto:office@parkinsonsact.org.au)

We welcome both Kate and Ingrid to our community and look forward to their support through 2021.

**Marcia Kimball**  
**Vice President,**  
**PACT**

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

2021

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

## Monday morning

The Mawson Club

Heard Street, Mawson

9.30am - 11am

11th January

8th February

9th March\* (Tuesday)

12th April

10th May

15th June\* (Tuesday)

12th July

9th August

13th September

11th October

8th November

13th December

\* Held on Tuesday due to public holiday

## Tuesday morning

The Mill House

57 Collett Street, Queanbeyan

9.30am - 11am

27th January\* (Wednesday)

23rd February      27th July

30th March      31st August

27th April      28th September

25th May      26th October

29th June      30th November

\* Held on Wednesday due to public holiday

## Wednesday evening

Venue to be confirmed

Please check website or Facebook

5.30pm - 7pm

17th February

18th August

21st April

20th October

16th June

15th December

## Thursday evenings

Young Women's Group

Different venue each time

Please check website or Facebook

From 7pm

21st January - The Deco Hotel

18th March

16th September

20th May

18th November

15th July

## Thursday Afternoon

Cafe Injoy

39 O'Hanlon Place, Nicholls

2pm - 3.30pm

28th January

29th July

25th February

26th August

25th March

30th September

29th April

28th October

27th May

25th November

24th June

### Please Note:

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

### Office Details:

0406 376 500 or 6290 1984

Monday - Thursday 9.30am - 2.30pm

[admin@bosombuddies.org.au](mailto:admin@bosombuddies.org.au)

[bosombuddies.org.au](http://bosombuddies.org.au)

ABN 59 262 617 782



**bosom  
buddies** ACT  
inc  
facing breast cancer together



# ADACAS SUPPORT COORDINATION FOR NDIS PARTICIPANTS

ADACAS (The ACT Disability, Aged and Carer Advocacy Service) is a Canberra-based organisation that provides advocacy, support and information to people who live with disability, experience mental ill-health, older people, and their carers.

Support coordination is an NDIS funded support that is designed to support participants to make the most of their NDIS funds.

ADACAS use a specialist advocacy model of support coordination to ensure that you participate in decision-making about all aspects of your NDIS plan and your supports are delivered consistently with your wishes.

We use our advocacy skills and values to:

- Identify, promote and defend your human rights
- Inform and educate you about all your available options and their advantages and disadvantages
- Support you to make informed decisions
- Ensure you have choice and control over your NDIS funded services
- Enable your voice, views, opinions and preferences to be articulated in forums where others are making decisions which impact directly on your life
- Inform and educate you and your supporters about safeguarding, the dignity of risk and managing risk.

We will successfully link you to supports, ensuring you live in an environment in which you can flourish, and enrich your capacity to build and sustain independence.

If you think ADACAS Support Coordination is the right choice for you, please contact us on:

**02 6242 5060** or at: [sc@adacas.org.au](mailto:sc@adacas.org.au) or visit our website at: [www.adacas.org.au](http://www.adacas.org.au)



# NAVIGATING THE AGED CARE SYSTEM

Do you or a loved one need help navigating the aged care system?  
We can help!!

The ACT Disability Aged Care Advocacy Service (ADACAS) is working with the Council on the Ageing (COTA) to see how people are navigating aged care home services and support through My Aged Care (MAC).

Eligibility to access MAC is open to all Aboriginal and Torres Strait Islander people aged 50 years or older, all non-Indigenous people aged 65 years or older and Prematurely Aged individuals (50 years or older for non-indigenous people and 45 years or older for Aboriginal and Torres Strait Islander peoples).

ADACAS Aged Care Navigators provides a free My Aged Care information service to eligible individuals, their families and carers, in person, by phone or by video-link. We can also coordinate the help of the Translation Information Services for people from linguistically diverse backgrounds or with auditory impairments.

To start making enquiries about your aged care plans please contact **Ken** at **ADACAS** on **6242 5060** or **[AgedCareNavigator@adacas.org.au](mailto:AgedCareNavigator@adacas.org.au)**



## **Sleep Apnoea Association Inc** General Meeting

**DATE:** Saturday 20 February 2021  
**LOCATION:** Woden Southern Cross Club  
Community Room  
**TIME:** 2.00pm  
**GUEST  
SPEAKER:** Dr Stuart Miller (Sleep Physician)  
from the Canberra Sleep Clinic,  
Equinox Centre, Deakin ACT

**All members and interested public welcome**





# WEB OF SUPPORT

## Information at your finger tips

To find the service you need to support you and your family, please visit SHOUT's Web of Support at: [www.shout.org.au](http://www.shout.org.au)



## MEETING ROOM HIRE

Due to the ACT Governments easing of COVID19 restrictions the SHOUT meeting room will now accommodate up to 30 people. All attendees are required to use the Check in CBR app.

For more information or to make a booking please call SHOUT on **(02) 6290 1984** or email [admin@shout.org.au](mailto:admin@shout.org.au)



**SHOUT**  
UNITED TOGETHER

*Providing over 35  
years of support  
for the Canberra  
Community*



# ACCESSIBLE TRANSPORT AND TRAVEL

Caring Approach ACT is excited to announce a new wheelchair accessible transport vehicle is available to NDIS participants in the Canberra Region and surrounds. Regular appointment, group and ad hoc bookings can be made through our friendly team on **(02) 6253 1017**, 7 days a week. All our drivers are trained support workers and can assist you getting to, and during appointments/activities.

Service areas include but are not limited to; Canberra, Queanbeyan, Yass, Tumut, Goulburn, Batemans Bay, Braidwood, Jindabyne, Bowral, Moss Vale, and Wollongong.

Caring Approach NSW is also available for accessible transport in the Greater Sydney area and surrounds please call **(02) 8212 5659** for booking enquiries.



## Caring Approach transport price guide Important Information

- All vehicles are comprehensively insured, and drivers hold a current appropriate licence. Caring Approach is registered with the NDIS to provide transport services.
- Pricing and cost are in line with the NDIS price guide and as such driver / support worker hourly rate is applied including during wait times.
- Requests for transport should be submitted a minimum 48 hours prior to the service required.
- A surcharge may apply if pickup for initial service is in excess of 35km from the Canberra CBD.
- Group bookings can be made
- Quotes can be provided for booking requests where overnight travel stay is required.

Vehicle Type	cost
Toyota HiAce commuter wheelchair accessible + seating for 6 additional passengers	\$2.40km + hourly rate of support worker / driver
Caring Approach Vehicle – Hyundai i30 or Mitsubishi ASX	\$0.85km + hourly rate of support worker driver
Caring Approach support workers vehicle	\$0.85km + hourly rate of support worker driver



We Need

**Volunteers !**

5<sup>th</sup> March 2021



"An equal world is an enabled world. How will you help forge a gender equal world? Celebrate women's achievement. Raise awareness against bias. Take action for equality."

UN WOMEN



# Become a Canberra International Women' Day Event Volunteer Today

TO REGISTER YOUR INTEREST OR TO ENQUIRY

EMAIL [canberra@unwomen.org.au](mailto:canberra@unwomen.org.au)

**Closing Registration Date & Time**

11<sup>th</sup> February 2021 COB



# BACK TO SCHOOL... IS YOUR CHILD ASTHMA READY?



Every year there is a rise in asthma flare-ups when children return to school after the summer holidays. This results in an increase in Emergency Department visits, hospitalisations and days off school.

## MAKE SURE YOUR CHILD IS ASTHMA READY BY FOLLOWING THESE STEPS:

### 1 BOOK AN ASTHMA REVIEW (LONG APPOINTMENT)

This is a designated check-up for your child's asthma, recent asthma control, symptoms, summer and back to school triggers, and medication use. Don't forget to include a check on their device technique.

### 2 UPDATE YOUR CHILD'S ASTHMA ACTION PLAN

During the Asthma Review ask the doctor for a signed written Asthma Action Plan. Schools and Outside School Hours Care will require an up-to-date plan for each student with asthma at the start of the new school year. Evidence tells us that using a written Asthma Action Plan to identify and manage a flare-up sooner can help to reduce hospitalisations, improve lung function and reduce the number of days off school.

### 3 RELIEVER MEDICATION AND SPACER

Check with the school about their medication policy and work with the staff to find the best way to manage your child's asthma medication, including before physical activity (where applicable).

- Ensure medication is in date and with enough medication remaining, if not
- Purchase reliever medication and a spacer (and mask if age appropriate) for use at school
- Ensure the pharmacist labels medication with your child's name and you label the spacer with your child's name

### 4 TALK TO SCHOOL STAFF

Make time to talk with the class teacher and the school nurse (where applicable) about your child's asthma, their written Asthma Action Plan and their usual triggers, symptoms and medication.

Also talk to your child's sport coaches and supervisors of other school activities. Don't forget to keep staff up-to-date with any change to your child's asthma management.

Any changes to asthma management throughout the school year, requires an updated written Asthma Action Plan to be completed by your doctor and provided to the school.

#### If a child -

- has symptoms during the day more than 2 days per week
  - has to stop activities such as playing or exercise because they get asthma symptoms
  - wakes up with asthma during the night or early morning
  - needs reliever more than 2 times days per week (not including prior to exercise)
- then take your child to their doctor as this indicates signs of worsening asthma.

Children over 12 can take an Asthma Control Test, a score under 20 indicates partial or poor asthma control.

For more information call **1800 ASTHMA** (1800 278 462) to speak with an Asthma Educator or visit [asthma.org.au/back-to-school](http://asthma.org.au/back-to-school)



**ASTHMA  
AUSTRALIA**

#### PARTNERS



BIRD HEALTHCARE



Bird Healthcare and Flo are campaign partners of Asthma Australia and have not been involved in the development of this resource.



# HOW SUNSMART WILL YOU BE THIS SUMMER?

We are about to really notice the summer we haven't actually had as yet – and it's hotting up for February. Cancer Council ACT is encouraging all community groups and individuals to remember the SunSmart messages when outdoors at events, gardening, walking and generally enjoying the Canberra weather.

When UV levels reach 3 and above we recommend all Canberrans adopt a combination of sun protection measures to protect their skin and eyes from harsh UV. To put this into perspective, UV levels in Canberra will reach 13 (Extreme) during the middle of the day in summer – the higher the UV level the quicker your unprotected skin will damage, increasing your personal risk of developing skin cancer. Sun protection is therefore recommended in Canberra between August and May – not just the hot summer months!

This summer, do yourself a favour and download Cancer Council's free SunSmart App. Check the app each morning to know exactly when your family will need to adopt sun protection measures when spending time outdoors. By wearing sensible lightweight clothing that covers as much skin as possible and a hat that protects your face, neck and ears and you will be winning the battle against skin cancer, add sunnies and seeking shade whenever possible to the mix and you're in total control this summer.

So, what about sunscreen? Sunscreen is still very important however it is not a suit of armour and it has to be applied correctly and reapplied every 2 hours to remain effective. Sunscreen should never be used to extend time outdoors in the sun, and always used in combination with other sun protection measures. In January 2019 peak bodies responsible for sun safely advice in Australia and New Zealand, including Cancer Council, came together to adopt a new policy on sunscreen use, recommending that people apply sunscreen daily as part of their regular morning routine. This change better tackles incidental sun exposure that really adds up in Australia and increases one's risk of skin damage and skin cancer. When applying sunscreen the rule of thumb is 1 teaspoon per adult limb.

And finally, take a break inside between 11am and 3pm this summer if you possibly can. This is the time when annual UV levels peak in Canberra and so it is not the best time to take the kids to the pool nor the time to fire off a round of golf – but if you have to, remember to ensure everyone is SunSmart!

For more information on being SunSmart in Canberra this summer visit [www.actcancer.org](http://www.actcancer.org)



If you've just been diagnosed with type 2 diabetes you could be feeling overwhelmed and going through a range of emotions including anger, sadness, grief, denial, loss or fear. If you've been experiencing symptoms for a while, you may also be feeling a sense of relief at finally knowing what you're dealing with. These are all normal responses.

The first thing to know is that you are not alone. Many thousands of Australians are living well with type 2 diabetes every day. Below are some helpful first steps you can take to set yourself up to manage your diabetes and live well.

#### **Make sure you have a diabetes healthcare team**

If you're living with type 2 diabetes it's recommended you have a healthcare team to provide support and help you manage your diabetes. Your healthcare team may include your GP, an endocrinologist, exercise physiologist, dietitian and diabetes educator. Please go to <https://diabetesnsw.com.au/about-diabetes/type-2-diabetes/about-type-2/understanding-the-different-organisations-and-health-professionals/> to find out more about how each health professional can help you, or call your ACT team on 02 6248 4500 to access our dietician and/or diabetes educator for support and assistance.

#### **Register for the NDSS**

Your healthcare team will help you register for the National Diabetes Services Scheme (NDSS). The NDSS is a government program that delivers education and information services to people with diabetes. It also provides a range of diabetes products like blood glucose testing supplies and needles and syringes to people who take insulin at a subsidised cost. It is available to all Australian residents diagnosed with diabetes. More information <https://www.ndss.com.au/>

Education Events are also run locally in the ACT – simply search by ACT to access local face to face or webinar events to help you live well with Diabetes. Go to <https://diabetesnsw.com.au/education-events/>

#### **Find out more about diabetes and how to manage it**

It's really important for someone living with diabetes to understand how the condition affects their body. It's a good idea to attend diabetes education sessions and talk to your diabetes educator or your doctor about any questions or concerns you might have.

We have a lot of helpful resources available including diabetes information sheets and useful websites. Go to <https://diabetesnsw.com.au/about-diabetes/type-2-diabetes/helpful-resources/>

If you join Diabetes NSW & ACT you have access to free and discounted events as well as several local benefits such as discounts at Ziggy's Fresh Food Market and Club Lime in addition to the support of a team of health professionals if you have questions or need support. To find out more about the benefits of membership or to join today go to <https://diabetesnsw.com.au/get-involved/membership/>

#### **Create a support network**

It's really helpful to have people around you who are aware of your diagnosis and can offer you the support and care you need. Remember:

- Everyone has different experiences with diabetes
- Treatment recommendations are individual
- Diabetes support groups are there to help you
- Services are available to assist with important issues

It is important to talk about your feelings and counselling may be helpful. Diabetes NSW & ACT has a Psychologist on Call service. Our Psychologist, is available for confidential and informal discussions over the phone to help you develop strategies to manage your diabetes and get you back to a happier more fulfilling life. If you would like to access this service please call our ACT office 6248 4500 make an appointment.

It's also valuable to share your concerns and talk to your loved ones about your diagnosis. Perhaps you could invite them to see your GP with you so they can be reassured about how to manage your diabetes together, or talk to other living well with diabetes via our Members Only online forum.

Remember you are not alone. There are lots of people who can help you!



# SHOUT SERVICES

*38 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)

