

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

### CEO's Lunch

**27 April 2021**

12.30 to 1.30

SHOUT Meeting Room

### Autumn Leaves Market

**1st & 2nd May 2021**

10am to 2pm

Pearce Community Centre

### Members News and Events



## A WORD FROM THE CEO:

Hello Members

Welcome to my favourite season of the year – Autumn. Cool nights and gorgeous foliage – spiced lattes.....

SHOUT has just completed an awesome Governance Training workshop for Boards and CEOs – and we will make sure we will conduct another later in the year – the response was great. We will also run a marketing promotion course as well.

We have a CEO luncheon coming up in April – the first was very successful so we hope that we can build on that and make it something that is worthwhile every couple of months. When we connect and build our capacity great things happen.

Lastly, with my other hat on, there is an Autumn Leaves Market on the 1st and 2nd May at Pearce Community Centre. This market raises money for Days for Girls – a charity close to my heart, which sends washable feminine hygiene kits to countries where they have so very little. The market is open to everyone – Rotary Club of Woden Daybreak is providing a Community Market alongside on the Saturday and the Pearce Crafters Market is inside throughout the weekend. We do hope you will support this event.

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  
Master Pumbers Association ACT  
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

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE

## 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


**SHOUT Membership Forms**  
**can be downloaded from our**  
**Web of Support at:**  
[www.shout.org.au](http://www.shout.org.au)



# CEO'S LUNCH

For CEOs, Business  
Managers & Presidents

**Apr  
27**

A group of people are sitting around a wooden table, looking at a white paper with text. The paper is placed on the table, and a hand is pointing at it. The text on the paper is: 

**Catered Lunch  
12.30 to 1.30  
SHOUT Meeting Room**

**Connect, Build, Strengthen**

**Booking link**

<https://www.eventbrite.com.au/e/ceo-business-manager-and-presidents-lunch-tickets-143906537327>



# PEARCE COMMUNITY CENTRE INCLUSIVE GARDEN

Friendship & Vegetable Garden  
Planting Day



*Thank you!*

Oh behalf of the Pearce Community Centre and ACT Down Syndrome Association, SHOUT would like to thank **Independent** for volunteering their time and energy in assisting with the planting of the Pearce Community Centre Inclusive Garden's Friendship and Vegetable Garden beds. Your staffs participation, time and effort has been invaluable. Thank you!

**independent**  
PROPERTY GROUP





# AUTUMN LEAVES MARKET

A beautiful bespoke market  
May 1st & 2nd  
10am to 2pm  
Pearce Community Centre



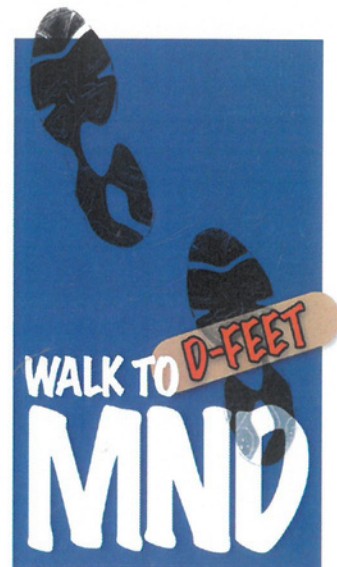
The Pearce Community Centre Market will be held on the  
Saturday at the same venue by Rotary Daybreak Group



COVID guidelines are  
in place

Cards welcome





mnd   
New South Wales

# CANBERRA WALK APRIL 18

Rond Terrace  
9:30am (T-shirt pickup 8:30am)  
Adults \$25, Kids \$10  
5km charity walk - wheelchair,  
stroller and dog friendly

**Register Now:**  
[www.walktodfeet.org.au](http://www.walktodfeet.org.au)





# UPCOMING WORKSHOPS



## Making the Most of your Funding Series

Date: **Tue 20 Apr, 2021**

Time: **18:00 - 20:30**

Location: **O'Connor, ACT**

Presented by: Anne Keep, Erosha Bakmiwewa, Jan Kruger & Janet Klees

This is a six-part interactive workshop series for families. The focus is on moving beyond traditional uses of NDIS funding. That's because the traditional approach often results in a week filled with activities, often without purpose.

Instead, we'll provide a framework to use NDIS funding to help your family member with disability enjoy a typical, age-appropriate experience of all the good things in life. Your family member's interests, strengths, hopes and dreams will provide the vision and establish their goals.

## Imagining Work – Getting Started

Date: **Tue 27 Apr, 2021**

Time: **12:30 - 13:30**

Location: **Online**

Presented by: Jan Kruger & Fiona McIntosh

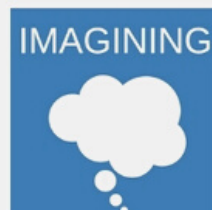
When your son or daughter with disability is in Year 7 or 8, it might feel much too early to be thinking about their future employment and career. But the high school years fly past in the blink of an eye! The sooner that students and their families start exploring their options and planning for work, the better.

In this introductory workshop, we'll help you and your student to imagine the valued work roles they can strive towards. Join us during lunch for 60 minutes of learning and discussion.

**To find out more about these workshops and to register go to:**  
<https://imaginemore.org.au/events/mtm-funding-2021/>



Workshop Series  
**Making the Most of Your Funding**  
A framework for Reimagining Funding



**School To Work**  
**Imagining Work**  
for Students in Years 7-8

**Getting Started**



# COME & PLAY BOARDGAMES

Join a small, friendly, weekly group of people to play a variety of European boardgames from a large selection in this local gaming shop. Get to know titles like Carcassonne, Catan, Azul, Splendor, Photosynthesis, Wingspan, and Pandemic. Instruction is available, and there are games suitable for all levels of experience and interest. There are even games involving cooperation, rather than competition if you are not into world domination! Support is available for those with disabilities who might require extra assistance, and adapted titles can be available for people with vision loss, as well. .



**GREENLEAF  
DISABILITY SERVICE  
WELCOMES YOU**

**WEEKLY FROM 23  
APRIL, 2021**

**FRIDAYS, 10:00 TO  
12:00**

**RATES AS PER NDIS  
PRICE GUIDE**

**REGISTER YOUR  
INTEREST AT  
BHELMERS@GLDS.  
COM.AU OR RING  
0481 166 810**

## **LFG (LOOKING FOR GAMERS)**

Shop 3, Primmer Court,  
Kambah Village (row of  
shops behind Woolies)

<https://retail.lfg-aus.com.au/>

Fridays 10-12 in school terms



# INFORMATION ABOUT THE COVID-19 VACCINE ROLL OUT IN THE ACT



It's important to get COVID-19 vaccine information from legitimate sources. This is the best way we can ensure all people stay informed and up to date with accurate information. This includes [www.covid19.act.gov.au/vaccine](http://www.covid19.act.gov.au/vaccine)

If you're interested in getting the latest Canberra news and updates about the COVID-19 vaccination program, sign up to the ACT Government's Community Partner Update at:

<https://confirmsubscription.com/h/d/880B96368A41458D>

The ACT Government's Community Partner Update is a fortnightly e-newsletter providing information in a really simple and easy to understand format. With information about COVID-19 changing so quickly, it's another great way to stay on top of what's happening while getting reliable information to help support your own community and workplace conversations.

Have you ever thought about joining Rotary?

**The Rotary Club of Woden Daybreak  
is now open to new members!**

We are a family-friendly service club that meets at the Pearce Community Centre.



We warmly invite you and your family to attend a meeting as our guests.

**We meet from 7.30am to 8.30am on Fridays.**

For more information, please visit our website,

[www.rotaryclubofwodendaybreak.com](http://www.rotaryclubofwodendaybreak.com)

or contact Karen on 0417 482 360

**Rotary**  
Woden Daybreak



# Steady as she goes zoom chat group



**Escape the push and crash cycle**

**FRIDAYS**

**MIDDAY FOR 30 MINS**

MEETING ID: 814 6837 7376

PASSCODE: PEM

STARTS 23 APRIL 2021

**For anyone with  
Post Exertional Malaise**

For further information ph: (02) 6251 2055

email: [info@arthritissact.org.au](mailto:info@arthritissact.org.au)



A little bit of skills and a lot of chat



## NDIS ART GROUP

Our Art Therapist, Rhondda, is now offering friends of SHOUT an NDIS specific Art Group, aimed at creating a safe space for creativity and social connection. Rhondda's experience running NDIS groups in Belconnen over the last few years gives her the capacity to provide one on one attention within the group process.

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

**When:** selected Tuesdays (commencing 9th March 2021)

**Time:** 9:00am-11.00am (or 9-10:30am)

Note: there are only two short sessions,  
included within these dates:

Tuesday **March** 9th and 23rd  
(fortnights change thereafter),

Tuesday, **April** 13th & 27th,

Tuesday **May** 11th (9-10:30am) & 25th,

Tuesday **June** 8th & 22nd (9-10:30am).

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









## Diabetes Qualified

Diabetes Qualified is a subsidiary of Diabetes NSW & ACT, to support the ongoing education and learning needs of our community. Diabetes Qualified provides accessible and engaging diabetes education and resources for people living with diabetes, people caring for our community living with diabetes and health professionals.

We recognise that face to face training does not suit everyone, so have developed online eLearning programs to provide you with increased knowledge and understanding of diabetes. Our objective is to support delivery of consistent, relevant and actionable support to the person living with diabetes. Our online programs have been developed by credentialed diabetes educators and health professionals that work with people living with diabetes every week.

Current Online Courses, with many more learning opportunities and resources are readily available at <https://www.diabetesqualified.com.au/>

	<p><b>Type 2 Diabetes and Me online learning program</b> The National Diabetes Services Scheme (NDSS) has developed a free online course to help people learn more about living with diabetes, show them where to go for support and provide links to additional information and resources.</p>
	<p><b>Living with Insulin Online</b> Do you support people with diabetes who are using or transitioning to insulin? Living with Insulin is an online learning hub to help them become more confident in using insulin. 10 short interactive modules covering a range of important topics are available. No logins or downloads are required, so anyone with a computer or mobile device with internet can get started straight away.</p>
	<p><b>Practical Diabetes for Childcare Workers</b> This online education program is for early childcare based teachers and support staff who are responsible for caring for a child diagnosed with type 1 diabetes. Staff working in a childcare centre, or a before or after school care facility, play an important part in supporting children with managing their diabetes. In this course, you will learn what diabetes is, how it is managed, and also how you can support a child with diabetes.</p>
	<p><b>Disability Support Worker Online Training</b> Diabetes is the fastest growing chronic condition in Australia, with 1 in 4 adults either living with diabetes or pre-diabetes. If not managed effectively, diabetes can lead to serious health complications. Support Workers play an important role in taking care of the person living with diabetes and can help them practice good diabetes care. Effective self-care results in better health related outcomes and quality of life for the person living with diabetes. This eLearning program will provide Disability Support Workers with a basic understanding of diabetes, and how it relates to their work and the situations that arise from their role.</p>
	<p><b>Aged Care Diabetes Training Course</b> Diabetes is the fastest growing chronic condition in Australia, and around one quarter of all people living in Residential Aged Care Facilities have diabetes. For older people, helping them maintain the best quality of life is one of the main principles of diabetes management and Aged Care Workers play a pivotal role in supporting the person living with diabetes. This eLearning program will provide Aged Care Workers and Assistants in Nursing with a basic understanding of diabetes, and how it relates to their work and the situations that arise from their role.</p>
 NATIONALLY RECOGNISED TRAINING Diabetes Qualified RTO 45193	<p><b>Chronic Disease Self-Management Skill Set</b> The Chronic Disease Self-Management Program is designed to provide the skills and knowledge to assess and support an individual with a chronic disease. The program includes a range of topics such as assessing risk factors, readiness for change and health behaviours, while working with both the client and their health professional team to develop a chronic disease self-management plan. This skill set reflects the skill requirements for work assisting clients with self-management of chronic disease.</p>





**SUPPORTED  
INDEPENDENT (SIL),  
INDEPENDENT  
LIVING OPTIONS  
(ILO)  
ROOMS 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.

**CARING APPROACH  
CARINGAPPROACH.COM.AU**

[adminACT@caringapproach.com.au](mailto:adminACT@caringapproach.com.au)

02 6253 1017

02 6253 1357



## CANBERRA LUNG LIFE SUPPORT GROUP

### Next Meeting:

**DATE:** Thursday 8th April 2021  
**LOCATION:** Weston Creek Labour Club  
Teesdale Close, Stirling ACT 2611  
**TIME:** 10:15 am - 12 noon  
**GUEST SPEAKER:** Val Dempsey who will speak about First Aid in everyday life.

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## SLEEP APNOEA ASSOCIATION INC

### General Meeting:



**DATE:** Saturday 17th April 2021  
**LOCATION:** Southern Cross Club Woden, Community Room  
**TIME:** 2.00pm  
**GUEST SPEAKER:** Mr. Harry Katsaros, Pharmacist and Manager Capital Chemist Hughes Pharmacy Garran ACT

Harry is a registered CPAP service provider and agent for Resmed, Fisher & Paykel and Philips sleep apnoea equipment and spare parts. Harry can also answer all your questions on the Covid-19 vaccination rollout and upcoming Flu season vaccination program.

All Members and Guests are Welcome.



# PROSTATE CANCER SUPPORT GROUP



Next Meeting:

**DATE:** **Wednesday 21 April & Wednesday 19 May 2021**

**LOCATION:** Room 22, Building 1, Pearce Community Centre,  
3 Collett Place, Pearce

**TIME:** 6:30pm

Meetings generally last for about two hours, including tea and coffee at the end of the meeting. Everyone is welcome — members, non-members, carers, friends, 'just interested', etc.



## BRAIN TUMOUR ALLIANCE AUSTRALIA

Support Group Meeting:

Hi to all of our ACT Support Group Members

All Brain Tumour patients, carers, family and friends are invited to attend the next Brain Tumour Support Group meeting. New members are especially welcome. Following the meeting you are also welcome to join us for a "Fish and Chips" lunch on the lawns at the front of the Yacht Club.

**DATE:** **Sunday 25th April & Sunday 23rd May 2021**

**TIME:** 11 am

**LOCATION:** Canberra Yacht Club (Meet in the Lounge)  
Mariner Place, Yarralumla ACT 2600

**Contact:** Catherine Hindson

**Phone:** 0412 041 245 or

**Email:** [catherine@hindson.org](mailto:catherine@hindson.org)

# SAVE THE DATE



COTA ACT is pleased to announce the newly branded ACT Seniors Week. The new name for the events which will take place throughout the year in Canberra is **Silver is Gold Festival – sparking connection and re-imagining ageing.**

The new name aims to introduce the direction and focus that COTA ACT will implement as part of celebrating Canberra's seniors. COTA ACT will hold multiple events throughout the year to avoid the potential disappointment that occurred in 2020 when ACT Seniors Week was cancelled due to COVID restrictions.

These events include **The Silver is Gold Expo** (previously the ACT Seniors Expo) which will take place on **Thursday 16 September 2021.**

For more information about the Silver is Gold Festival, please call COTA ACT on **6282 3777** or email – **Events@cotaact.org.au**





# ROUNABOUT CANBERRA

*Supporting local social service organisations*



Roundabout Canberra is a grassroots charity working with over 90 social services agencies to provide safe and clean pre-loved baby and children's items for families experiencing hardship with kids aged newborn to 16 years. Roundabout Canberra believes that every child deserves a safe start and every family deserves dignity. In 2020 almost 1400 local children were helped, and this number is expected to grow in 2021.

How Roundabout Canberra supports local social service organisations:

- We are a one-stop shop for the provision of high-quality, clean and safe baby and children's items.
- Simple registration and order process for social workers.
- Collection point is at the Holt Community Hub 80 Beaurepaire Crescent Holt
- Range of items available including but not limited to: cots, prams, car-seats, clothing and linen packs, toys, books, feeding equipment and breastfeeding supplies, back to school items ... plus much more.
- No cost to social services agencies or your clients.
- We welcome the donation of volunteer time to help us sort donations, put together packs and clean items – corporate volunteering team bonding sessions are available.
- Provides an opportunity to build the relationship with your clients through the provision of practical items given as a gift from the community.
- Save time and funds procuring items for families.



Images: Sample of packs provided by Roundabout Canberra

Hannah Andrevski, Founder of Roundabout Canberra



## Is your care team adequately prepared to meet the varied and complex needs of people living with Parkinson's?



### Why is this important for your organisation?

The prevalence of Parkinson's in our community is increasing, so it is likely that your care teams have already encountered the challenges in providing support to clients living with Parkinson's or will do so in the future

**One** in every **308** people (2018 est.) in Australia lives with Parkinson's

On average, **37** new cases are diagnosed every day - **13,500** people were diagnosed with Parkinson's in 2018

There are more than **110,000** people living with Parkinson's in Australia, making it the most common major movement disorder

### Parkinson's symptoms impact both motor and non-motor functioning of an individual



#### Communication

Can be affected by changes to speech, voice volume, and facial expression. Handwriting or the ability to use technology can also be affected.



#### Cognition

Can be affected by 'brain fog', difficulty learning or recalling information, maintaining focus, carrying out executive functions and multitasking. This can affect ability to perform basic activities of daily living.



#### Behaviour and mood

Can be affected by anxiety, apathy, depression, sleep disturbances, a sense of isolation, fatigue, hallucinations, paranoia, delusions and compulsive behaviours. Changes can also result from infections.



#### Swallowing

Can be affected and make mealtimes challenging. The risk of aspiration and subsequent infections is increased.



#### Balance & Gait

Can be affected by tremor, muscle stiffness, slowness of movement, sudden inability to move, stooped posture, postural instability, shuffling or unstable gait. This increases falls risks.



#### Medication Management

Timing of Parkinson's medication is critical to prevent rapid changes in function. Many other medications should be taken with caution as they may cause adverse side effects.



People living with Parkinson's are more than **5 times more likely** to be in aged care facilities than the general population



## Make a difference, become a Parkinson's-aware care organisation

PACT offers a nationally accredited training program to enhance your care team's skills and capability in providing care for people living with Parkinson's. The training is conducted by our PACT specialist occupational therapist, during a 1.5-hour interactive group session, which includes:



- ☐ Practical tips and techniques so that your care staff have a comprehensive and practical understanding of Parkinson's symptoms and management strategies
- ☐ Best practice management principles to achieve high quality outcomes for clients and provide dignity and respect for people living with Parkinson's who are in your care

**To book your staff development session contact PACT**  
(02) 6286 4475 or [office@parkinsonsact.org.au](mailto:office@parkinsonsact.org.au)

The cost of the training workshop is \$250 per session  
Certificate of attendance provided for staff to gain CPD points



# 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)

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## MEETING ROOM HIRE

The SHOUT meeting room provides a well-lit, comfortable venue with total disability access. Meetings of up to 30 people (COVID 19 conditions apply) are easily catered for. The room has a kitchenette, air conditioning, hearing loop and has a wall mounted smart TV for your presentations.

All attendees are required to use the Check in CBR app.

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



Providing over 35 Years of support  
for the Canberra Community



# 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)

