

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

SHOUT's Christmas in July Luncheon

Tuesday, 6 July

12:30 PM to 1:30 PM

Bookings through Eventbrite close 30 June

Christmas in July Market

Sat 10 & Sun 11 July

10 AM to 2 PM

Pearce Community Centre

Members News and Events



A WORD FROM THE CEO:

Hello Members,

Welcome to Winter with chilly nights and frosty mornings - we are heading into the cold once more. Probably one of the nicest things SHOUT does in Winter is to run our annual Christmas in July function for our members.

We invite you all to our free function - to enjoy a little mid year Christmas and catch up with each other. It is free - and is advertised in this newsletter. You will require an eventbrite link to book in. Come and join the fun! Info is on page 5.

The other important thing to consider at the moment is Strategic Planning and Governance Training, which SHOUT offers to its members. If you have a new Board or just need a bit of an update with governance SHOUT runs a 3 hour governance training session which assists Organisations to keep focused on the governance of the organisation (rather than delving into operational matters). Info page 3.

Strategic Planning is also important to keep Organisations focused on planning and future directions. Without a plan organisations tend to be reactive and they become overwhelmed with competing priorities. SHOUT is able to facilitate Strategic Planning days, and we look forward to you contacting us for more information.

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
Reliance Disability & Ageing Care
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

AbilitySeer
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



SHOUT
UNITED TOGETHER

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE

Governance Training for Not for Profit Boards

Understanding the principles of Governance is essential for all Not for Profit Boards.

In the Governance Training we cover:

- What is an Incorporation, Constitution & Board
- How Boards work and the roles of a Board
- Board roles and responsibilities
- Board meetings, agenda and subcommittees
- Financial responsibilities, budgets and insurance
- Strategic Planning
- Recruiting an excellent CEO
- CEO roles and responsibilities
- Annual General Meetings, logistics, election and documentation

Strategic Planning for Not for Profit Boards

Forming a Strategic Plan will take the organisation into the future and provide strategic direction, rather than be reactionary with little focus. Every organisation, irrespective of size, needs to have a plan for the future. This session is approximately 3 to 5 hours with a follow up session if required, and is fully tailored to the needs of the organisation.

In Strategic Planning we cover:

- An analysis of the organisation both internally and externally
- A revision of the Vision, Mission and Core Principles
- A Statement of Purpose
- Values
- Strategic Priorities and Objectives
- Business Objectives
- Marketing Objectives
- Stakeholder Strategy

Carol Mead - the CEO of SHOUT has 32 years experience as a CEO and is President of several Community Organisations. She brings her knowledge of the Community Not for Profit Sector and her business, marketing and training background into the training sessions to make it both relevant and interesting. SHOUT offers our members Strategic Planning for a donation to SHOUT, and Governance Training for \$30 per person which includes a flash drive.

For more information or to book **Governance Training or Strategic Planning** – please contact Carol Mead – ceo@shout.org.au or phone 02 62901984.



DEAR MEMBERS,
PLEASE JOIN US FOR

SHOUT'S

Christmas

IN JULY LUNCHEON

TUESDAY 6TH JULY - 12:30PM TO 1:30PM
SHOUT MEETING ROOM

BOOKINGS CLOSE 30 JUNE
TO MAKE A BOOKING PLEASE GO TO:
[HTTPS://WWW.EVENTBRITE.COM.AU/E/144138320597](https://www.eventbrite.com.au/e/144138320597)





CANBERRA'S VERY OWN

Christmas in July Market

10 AM TO 2PM

10 & 11 JULY

PEARCE COMMUNITY CENTRE
COLLETT PLACE
PEARCE

Brought to you by Pearce Crafters Market



The Pearce Centre
Supporting our Community

PEARCE INCLUSIVE VEGETABLE GARDEN LAUNCH

On Wednesday, 19th May 2021 Emma Davidson, Minister for Disability, Shane Rattenbury, Attorney-General and Carol Mead, CEO SHOUT launched the Pearce Inclusive Vegetable Garden.

Over the past year the idea of an Inclusive Community Garden has developed into what you see when you now visit the Centre. This includes wide paths, access, sensory plantings and places to sit and enjoy the garden, read a book or watch the world go by.

Like everything at the Pearce Community Centre, each activity dovetails into others, and recently we have also been awarded support and funding for a Liberty Swing and an Under 5s Playground. We have also received a Healthy Canberra Grant which supports Courtney our wonderful Gardener and a new program in the garden with Arthritis ACT.

Through the community garden grant we have been able to establish the vegetable garden and install new water tanks and pumps to keep the garden growing, even through the driest periods. Harvesting water off our huge roof space, developing a garden which is not only colourful but productive, and offering quality programs to the people accessing the centre are the results of this funding.



INFORMATION FOR PENSIONERS AND SENIORS

Information kit:

David Smith MP has developed an information kit aimed at those who have retired or are planning for retirement.

We know that retirement brings with it significant change and can be a challenging time as we reconnect with our community in different ways. The guide aims to assist in connecting with relevant supports, services and community groups. It also provides information about the government financial support available in retirement.

It incorporates relevant information from several agencies and services such as:

- Government benefits, support and payments;
- Medicare and health information;
- Contacts for community support services and activities;
- Information about wills and legal affairs, safety and online safety; and
- Phone numbers and website links you might find useful.

To request a hard copy of the Pensioners and Seniors Information Kit please fill out the form at <https://www.davidsmith.org.au/resources/pensioners-and-seniors-kit/> or pick up a copy from the SHOUT office, located in Building 1, Pearce Community Centre.



SLOW MINDFUL YOGA WITH INTEROCEPTION - HELPFUL FOR CHRONIC CONDITIONS

Online Zoom Talk - 9 June 2021

Guest speaker Pam Bleakley is a highly qualified and experienced yoga teacher, with significant pain specialisations. She will provide some explanations and references to the current research, and some practical experience for you (if you wish) while seated in a chair.

- Slow mindful yoga practice, especially breathing, improves our interoception – the capacity to sense inside. Interoception can allow us to build new neural connections for better mind/body resilience, and for creating new patterns of movement that feel more comfortable. Training yourself to notice tension patterns aids in by-passing neural connections associated with pain sensations. Research has shown this helps in addressing or preventing some chronic conditions.
- Pam teaches slower Subtle Yoga inspired classes. This mindful approach builds resilience of body and mind and skills for improved ways of dealing with stress. The physical body may reap benefits from each practice. However, the main benefits come from the expanded neural networks connecting body and brain that enhance self-regulation. Slow mindful yoga serves like an adjustment to the sensitivity of 'danger detection' sensors.

Date: Wednesday 9 June 2021

Time: 1pm – 2pm,

Where: online via Zoom

Cost: free – all welcome

To register, or for more details on this or other activities provided by Arthritis and Pain Support ACT, phone 1800 011 041 or email info@arthritisact.org.au



Take Charge of a Pain

**FRIDAY 18TH JUNE
10.30AM - 2.30PM**

**PEARCE COMMUNITY CENTRE
BULIDING 1 - COLLETT PLACE PEARCE, ACT 2607**

LIGHT LUNCH PROVIDED.

**COST: \$40 MEMBERS AND \$80 NON-MEMBERS
BOOKINGS ESSENTIAL**



CANBERRA LUNG LIFE SUPPORT GROUP

Next Meeting:

DATE: Thursday, 10 June & Thursday, 8 July 2021

LOCATION: Weston Creek Labour Club
Teesdale Close, Stirling ACT 2611

TIME: 10:15 am - 12 noon

GUEST SPEAKER: Our guest speaker for our July Lung Life Support Group is Geoff Cox. Geoff who is a member of our group and the editor for our newsletter is going to tell us about his double lung transplant and his journey from then till now. Geoff had the transplant approximately two years ago. Everyone with any lung problem or illness and their carers are welcome to attend our meeting.



SLEEP APNOEA ASSOCIATION INC

General Meeting:



DATE: Saturday, 19 June 2021

LOCATION: Southern Cross Club Woden, Community Room,
Ground Floor

TIME: 2.00pm

GUEST SPEAKER: Mr. Simba Sigauke, Sleep Laboratory Technician,
The Canberra Hospital (TCH) Department of Sleep Medicine, Sleep and Respiratory
Clinic.

Mr. Sigauke (Simba) will enlighten us all on the work of the TCH sleep laboratory technicians who undertake the difficult and busy task of in-lab or at-home patient sleep disorder testing and assisting with the clinical treatment program advised by the Sleep Medicine doctors at the hospital.

All Members and Guests are welcome to attend. Note: Covid-19 entry registration rules apply at the Club.

For further information please contact the Association Secretary, Mr. Angelo Barich on mob 0437442372.

PROSTATE CANCER SUPPORT GROUP



Next Meeting:

DATE: **Wednesday, 16 June & Wednesday, 21 July 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. No need to register your attendance - simply turn up!



BRAIN TUMOUR
ALLIANCE AUSTRALIA Inc.
1800 857 221

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.

DATE: **Sunday, 27 June & Sunday, 25 July 2021**
TIME: 11:30 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



Women with Disabilities ACT (WWDACT) are currently conducting a research project to understand the unique barriers COVID-19 presented and continues to present for women, girls, feminine identifying and non-binary people (women*) with disabilities in the ACT. A corner stone of this project is our **Creating a Better COVID-19 Legacy Survey**. To take the survey please go to:

<https://www.surveymonkey.com/r/5NSV89B>

This survey explores COVID-19 with a gendered lens to shed light on issues overlooked or understated by studies of broader disability experiences. The survey attempts to capture the immense diversity of women* with disabilities, and properly understand how this diversity has shaped personal experiences of COVID-19. The survey will help WWDACT assess how well pandemic responses catered for women* with disabilities. This information will be used to identify actions that can be implemented systemically to address the needs and rights of women* with disabilities in COVID-19 responses and recovery plans. WWDACT will advocate for these changes as well as changes in future planning to create more robust emergency responses for women* with disabilities in the ACT.

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.

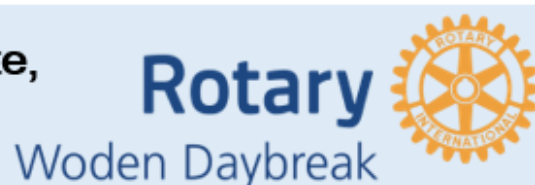
We meet from 7.30am to 8.30am on Fridays.



For more information, please visit our website,

www.rotaryclubofwodendaybreak.com

or contact Karen on 0417 482 360



Bosom Buddies

Social Groups

Tuesday 15th June from 9.30am @ The Mawson Club

Wednesday 16th June from 5.30pm @ The Deco Hotel

Friday 18th June from 10am @ Galutzi Cafe Yass

Thursday 24th June from 2pm @ Cafe Injoy Nicholls

Tuesday 29th June from 9.30am @ Central Bean Cafe Qbyn

For further dates head to www.bosombuddies.org.au

Information Sessions

Lymphodema Information Night

Wednesday 9th June @ 6.30pm

Venue - Positive Motion Physiotherapy Kingston

Reconstruction

Wednesday 1st September @ 6.30pm

Venue - Pearce Community Centre

Genetics

Thursday 4th November @ 6.30pm

Venue - Pearce Community Centre

The information sessions are FREE,
however for catering purposes please RSVP via
email to admin@bosombuddies.org.au or phone 0406 376 500



RELIANCE DISABILITY AND AGEING CARE



RELIANCE DISABILITY AND AGEING CARE is a NDIS Registered Provider of disability care services. From daily disability & personal activities support to community participation and assistance with accommodation, to transportation needs and SHORT-TERM ACCOMMODATION. Making care easy, accessible and affordable for everyone. At RELIANCE DISABILITY AND AGEING CARE, we believe that compassion is the key to successful care. As caregivers and household help providers, we know how important our role is in the daily lives of our clients.

Through compassion and exceptional care, we provide required support to those who need it most. Making it easy to get all the care and support they need. Whether it is children of busy parents who require extra care, young adults going through challenging circumstances, families that need outside support or elderly people who just desire some company, within the age group of 7 years to 65 years we offer bespoke services to fulfil individual needs of all our community members. We value quality over quantity and give new meaning to the lives of those who require special services, assistance and companionship. Thomas Paine's timeless words, "My country is the world, and my religion is to do good," is pretty much the reason why we exist. We believe in serving only one god and that is humanity.

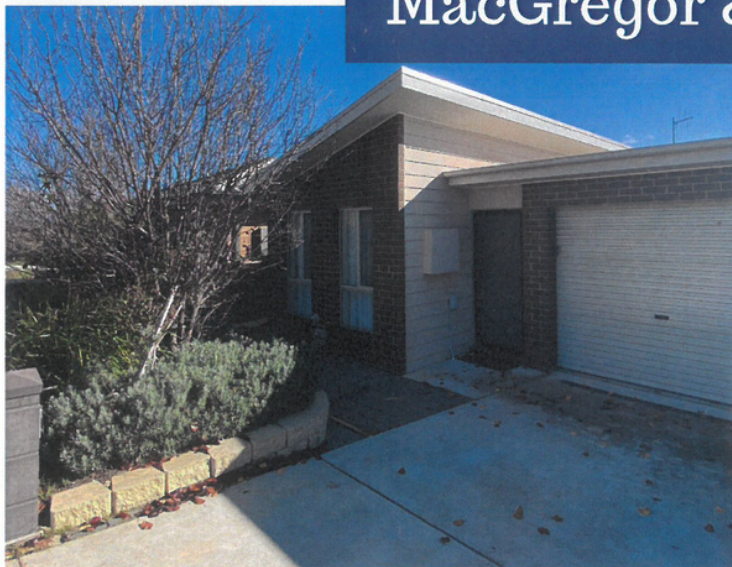
If you have a loved one that needs care, suffers from disability or children with disabilities who require extra care, don't hesitate to ask for help. We're here to lend you a hand and support you through these challenging times. Our services are tailored based on your specific needs and individual requirements. Whether you need a caregiver to visit you a few hours a week, overnight or be at home with you 24/7, we can arrange a suitable caregiver for you. Also, we provide RESPITE CARE at our shared place and SHORT-TERM ACCOMMODATION in addition to your transportation needs.





caring approach

MacGregor & Stirling



Supported independent (sil), independent living options (ilo) rooms available now

Situated in New MacGregor this 2014 built house is right on the edge of Canberra surrounded by bushland, it is peaceful, quiet and serene. Designed for YOD participants it has simple layout and is shared by only one other participant.

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.

www.caringapproach.com.au

02 6253 1017

WEB OF SUPPORT



Information at your finger tips

To find the services you need to support you and your family, please visit SHOUT's Web of Support at: www.shout.org.au

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 a wall mounted smart TV for your presentations.

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



Providing over 35 Years of support
for the Canberra Community





Pearce Community



Library

Come and borrow a book or
DVD!

Feel free to donate books. Please bring them to
the SHOUT office in Building 1

SHOUT is, and will continue to be, a grassroots 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

