

AUGUST - SEPTEMBER 2021 EDITION

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

Spring Markets

25 & 26 September

10am to 2pm

Pearce Community Centre

Pearce Community Garden Volunteering

Pearce Community Centre

See page 13 for details

Members News and Events



SHOUT
UNITED TOGETHER

A WORD FROM THE CEO:

Welcome to our August/September newsletter!

With better weather around the corner and Spring in the air, I am definitely looking forward to coming out from this very cold and wet winter.

We are delighted to be hosting the Spring Market for the Pearce Crafters Market on the 25th & 26th September – be sure to let your friends and colleagues know and for those with access issues – the venue and event is totally disability friendly. Everyone is welcome.

We are also looking for garden volunteers and expect that a new program will commence in earnest in September. We look forward to happy gardening, making friends and enjoying exercise with our volunteers – chat to Elsa if you are interested. Email: admin@shout.org.au

With 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
Asthma Australia
Arthritis ACT
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
Invisible Disabilities Australia
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
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



Spring Market

PEARCE COMMUNITY CENTRE
COLLETT PLACE
PEARCE

10 am to 2pm



25 & 26 September



Cards welcome

Brought to you by

Pearce Crafters Market

Get diabetes smart – free education events

Diabetes NSW & ACT education events provides you with knowledge and skills that will assist you in preventing associated health complications. We offer free sessions about blood glucose monitoring, healthy eating and carbohydrates, weight management, looking after your feet, smart shopping, emotional wellbeing and much more.

Your health will always be our top priority. We're pleased to still be able to provide free face-to-face diabetes events in the ACT safely. Our facilitators are all local and trained in COVID-safe practices. If the situation in ACT changes we will be in touch.



Shop Smart

Learn how to decode food labels and understand marketing techniques used to trick you into buying unhealthy food.

Dickson	Belconnen	Stirling
2 August	13 August	10 August
	26 August	6 September



Med Smart

A practical workshop that explains diabetes medication for people living with Type 2 diabetes.

Belconnen	Stirling
13 August	10 August
	6 September



Foot Smart

A practical workshop will teach you all you need to know about checking and caring for your feet.

Dickson	Phillip	Gungahlin	Conder
2 August	24 August	17 August	2 September
	10 September		



Carb Smart

Confused about carbs? This session covers the facts. Learn about different types of carbs and what's best for you.

Dickson	Phillip	Gungahlin	Conder
17 September	24 August	17 August	2 September
	10 September		

Find out more information about each session and book your spot by visiting:
<https://diabetesnsw.com.au/education-events/>

information session



Advanced Care Planning & Palliative Care

Tuesday 3rd August

10am - 11.30am

Pearce Community Centre, Collett Place, Pearce

Learn the steps to make a plan
Tips for having the conversation about your wishes
Who can help to get your plan in place
Understand what Palliative Care really is and how it can help you

RSVP required for Covid and catering purposes
email admin@bosombuddies.org.au



Call 0406 376 500

Monday - Thursday
bosombuddies.org.au

Coffee Groups & Info Sessions 2021



Monday The Mawson Club 9.30am - 11.30am	Tuesday Queanbeyan Bean Central Cafe 9.30am - 11.30am	Wednesday After work drinks @ Deco Hotel 5.30pm - 7pm	Thursday Northside @ Cafe Injoy 2pm - 3.30pm	Information Sessions @ Pearce Community Centre	Come along for tea, coffee or a drink & friendship! Due to COVID restrictions please RSVP for each event. RSVP via: 0406 376 500 admin@ bosombuddies.org.au Follow us on Facebook bosombuddiescanberra
9th August	31st August	18th August	26th August	Reconstruction Wednesday 1st September @ 6.30pm	
13th September	28th September	20th October	30th September	Lymphoedema Wednesday 13th October @ 6.30pm	

NEW

Kids & Coffee Group

Monday 23rd August

Canberra Southern Cross Club Woden - Henry's Indoor
Play area, lots of activities to occupy the kids
From 10am



UPCOMING EVENTS AT IMAGINE MORE



School to Work Webinars

In these free introductory workshops, we'll help you and your student to imagine, discover, and find employment opportunities that ultimately lead to valued paid employment.

Imagining Work - For Students in Years 7 and 8

- Monday, August 9

Discovering Work - For Students in Years 9 and 10

- Tuesday, August 10

FindingWork - For Students in Years 11 and 12

- Webinar 1: Thursday, August 12
- Webinar 2: Thursday, August 19

Inclusive Education Workshop Series

A four-part workshop series

- Tuesday, August 24 - online
- Tuesday, August 31 - online
- Tuesday, September 7 - online
- Tuesday, September 14 - optional face-to-face session about choosing a school in Canberra

If you're seeking an inclusive education for your son or daughter with disability, register to attend this four-session workshop series that explores the practicalities of inclusion in local schools. This workshop series 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.

Workshop About Home

- Wednesday, September 15
- Wednesday, September 22
- Wednesday, September 29

In this practical and down-to-earth workshop series, we will explore individualised and innovative ways that people with a disability have used to create their own homes while getting the support they need. This is an interactive online workshop series and will be held over three weeks.

Imagine More's 2021 Conference

Get That Good Life!

Plan to join us for Get That Good Life! - a two-day conference in Canberra:

- Wednesday, October 27
- Thursday, October 28

We're lining up some wonderful local, national, and international speakers to join us to share their insights, stories, and best practice methods to help people with disability to Get That Good Life! Expect to come away with plenty of actionable ideas about inclusive education, employment, building connections, getting the support right, creating a place to call home, and much more!

To find our more or to register please go to:

<https://imaginemore.org.au/events/>



CANBERRA LUNG LIFE SUPPORT GROUP

Next Meeting:

DATE: Thursday, 10 June & 8 July 2021
LOCATION: Weston Creek Labour Club
Teesdale Close, Stirling ACT 2611
TIME: 10:15 am - 12 noon

Everyone with any lung problem or illness and their carers are welcome to attend our meetings.



SLEEP APNOEA ASSOCIATION INC

General Meeting:



DATE: Saturday, 21 August 2021
LOCATION: Southern Cross Club Woden, Community Room,
Ground Floor
TIME: 2.00pm
GUEST SPEAKER: Ms Barbara Campbell, principal Campbell & Co Lawyers,
Deakin ACT.
SUBJECT: ACT Estate Planning, Wills, Power of Attorney, Executors and
Administrators, Probate and Other Estate Matters.

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, 18 August & 8 September 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, 22 August & 26 September 2021**
TIME: 11:30 am
LOCATION: Please contact Catherine Hindson to confirm location
as the Yatch Club is closed for renovations
CONTACT: Catherine Hindson
PHONE: 0412 041 245 or
EMAIL: catherine@hindson.org

UPCOMING EVENTS AND SEMINARS



'The most important conversation you've never had...' Dying to Know Day Event 2021

Join the Health Care Consumers' Association, with support from Canberra Health Services and the ACT Health Directorate, at a free forum to discuss, plan and improve your knowledge of choices and services at end of life.

- Hear from our keynote speaker about palliative care
- Ask our panel of experts your questions
- Take part in guided table conversations about topics relating to end of life
- Find information about government and community agencies who can support you

All questions are welcome! It might just be the most important conversation you've never had...

Date: 1:15pm-3:30pm, **Wednesday 18 August 2021**

Venue: Hughes Community Centre, 2 Wisdom St, Hughes ACT 2605

RSVP: Eventbrite <https://www.eventbrite.com.au/e/dying-to-know-day-2021-tickets-160888420597>

Due to COVID restrictions, numbers are limited and all attendees must register for this event with a ticket through Eventbrite.

Free Health Seminar: Having a Good Night's Sleep

Find out:

- Why sleep is important to health
- How sleep may be impacted with chronic conditions
- Tips to get a good night's sleep!

Dr Grant Willson, physiotherapist from The Sleep and Lifestyle Clinic will present this FREE seminar.

When: 6pm-7:30pm, **Tuesday 14 September 2021**

Location: Online by Zoom

RSVP: Eventbrite <https://www.eventbrite.com.au/e/having-a-good-nights-sleep-registration-158068598433> or phone 6230 7800.

Further details will be sent to participants after registration for this event.

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

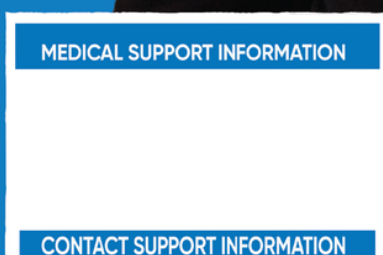
Invisible Disabilities AustraliaTM

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BADGE AMBASSADOR PLEDGE

Congratulations on becoming an Invisible Disabilities Australia, Badge Ambassador and wearing your support badge with pride.

When people with Invisible Disabilities see your badge they know you can be trusted to **recognise, understand and support** them. That you understand they might be struggling, might need priority queueing, extra time, assistance with lifting, need a chair or toilet access and you will treat them with understanding & kindness.

When you see someone wearing their blue and orange lanyard, please start a conversation ask "What can I do for you?", "How are you going?".

Most importantly, please remember, they have **NO NEED TO EXPLAIN** why they need support or what their medical condition is.

Please make sure that all your co-employees can find you when a card holder enters your premises or asks for a Badge Ambassador.

Please make sure IDA posters are available on walls in staff areas to help increase understanding or people with Invisible Disabilities.

I have read the statement above and I undertake to do the best I can to - recognise, respond & support people with Invisible Disabilities Lanyards and Communication Cards.

I have watched the 60 second video below and understand it

NAME:

SIGNATURE:

DATE:/...../.....



WATCH
NOW!



www.invisibledisabilities.com.au

5 MILLION AUSTRALIANS HAVE INVISIBLE DISABILITIES

MS
Autism
PTSD
Multiple Sclerosis
Colitis
Parkinson's
Arthritis
Diabetes
Epilepsy
Amputees
Chronic Pain
Anxiety Disorders
PTSD
Crohn's
Brain Injuries
Ostomies
Mental Health
Diabetes
Colitis
Vision Impairment
Chronic Pain
Arthritis
Hearing Impairment
Dementia
Amputees
Anxiety
PTSD
No Need to Explain
INVISIBLE DISABILITIES





Invisible
Disabilities
Australia[®]
AUSTRALIA'S PEAK BODY

admin@invisibledisabilities.com.au



Invitation to all SHOUT Members

Become an Invisible Disabilities Friendly Organisation

Put your pin on our map! SHOW 5 MILLION AUSTRALIANS YOU CARE

BECOME AN AMBASSADOR ORGANISATION

Invisible Disabilities Australia, (IDA) Ambassadors are in good company, they are joining The Hon Justice Michael Kirby AC, CMG. (Former High Court Justice & Chair, International Commission of Jurists) who supports our initiatives and invites others to do the same.

IDA is proud to offer all members of **SHOUT** free membership of our IDA Ambassador Program. Membership includes complimentary placement on our Invisible Disabilities website map and on our IDA App to be launched later this year.

When people with disabilities, and those who love and care for them, are looking for support they will be able to find your organisation through a link to your website and location. They will know that you have at least one IDA Badge wearer available at all times who have signed the IDA Pledge and watched our 60 second video. * The video is currently screening on SBS

Contact us at ambassador_program@invisibledisabilities.com.au let us know that you are a member of **SHOUT**, and we will post your ambassador package straight away. This includes shopfront signage, badge & pledge, and brochures.

Invisible Disabilities Australia (IDA), world first initiatives, provide a practical means of mutual recognition between people with invisible disabilities and those who and understand their obligations to support them.

Our discreet inclusive disability signage Lanyards assists organisations to meet their anti-discrimination obligations. This helps reduce inadvertent exacerbation of existing health conditions that can lead to secondary illnesses such as anxiety, PTSD, and various mental health conditions including suicide.

NDIS purchase item numbers for cards and lanyards and car magnets for plan recipients are available on our website.

Invisible Disabilities Australia, an Australian Peak Body, advocates for recognition and support for millions of Australians who have disabilities that are not always visible. People from all age groups all over Australia are wearing our Emergency Medical Card & ID communication cards to help them to feel safe.

CEO Lynn Russell

www.invisibledisabilities.com.au

www.invisibledisabilities.com.au/access-card-and-lanyard/



PEARCE COMMUNITY GARDEN VOLUNTEERING

**DO YOU LOVE GROWING THINGS? DO YOU
WANT TO BE INVOLVED?**

If you are interested in volunteering please drop in and see Elsa at SHOUT. Alternatively, call: 62901984 or email: admin@shout.org.au

To support our volunteers,
SHOUT will arrange an assessment
through an Exercise Physiologist
free of charge on commencement
in the garden.





Al-Anon Family Groups

Remember: You are not alone and there is always hope.

Do you need help to cope with the effects of someone else's drinking?

Alanon can help families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem. There are now Al-anon meetings everyday in Canberra including north & southside face-to-face meetings, Zoom and phone meetings.

For information about Canberra meetings or to talk to an Al-anon member call 6249 8866 or visit our website at: www.al-anon.org.au



- We are a volunteer powered registered charity
- We accept pre-loved baby and children's items such as clothing, linen, cots, prams & car-seats
- We work with community services and other non-profit groups in the Canberra and surrounding areas to help families in need.

Donate Time // Donate Goods // Donate Funds

every child deserves a safe start, every family deserves dignity



NEXIS ACCOUNTANTS AND BUSINESS ADVISORS



About Nexis

Nexis Accountants and Business Advisors are more than your traditional accounting firm; They provide businesses and individuals with tailored and innovative accounting services and business advice.

Services we provide

Nexis Accountants and Business Advisors provide a range of accounting and business services to the Canberra region ranging from individual tax services, business advice, bookkeeping and management of self-managed super funds. They pride themselves on their "Link to Grow" mentality: they partner with their clients on their journey to financial success every step of the way.

Nexis provides not-for-profit organisations a complete range of compliance, advisory and bookkeeping services for a fixed low-cost fee. This allows the NFPs to focus more time and resources in achieving their mission.

Our Values

Previously located in Belconnen, and now in Turner ACT, Nexis have four distinct values they live by in their business: Quality, professionalism, innovation, and synergy. They are focused on delivering a premium quality service, professionalism by being efficient in their managing of client's needs, by raising the bar and seeking to improve their practices and creating a unified team environment.

Contact Nexis today you feel they would be the right fit for you:

Website: www.nexis.com.au

Email: general@nexis.com.au

Phone: (02) 6264 8000





Rotary

Rotary Club of Woden Daybreak Inc.

Chartered 16 January 2002, District 9705



Meets Fridays 7.15am for 7.30am to 8.30am,
SHOUT, Pearce Community Centre, Building 1, Collett Place, Pearce

IS ROTARY FOR YOU?

DO YOU WANT TO:

- MAKE A DIFFERENCE IN YOUR COMMUNITY, AUSTRALIA & THE WORLD
- TAKE ON NEW VOLUNTEERING OPPORTUNITIES
- INCREASE YOUR BUSINESS AND SOCIAL NETWORKS
- FURTHER DEVELOP YOUR SKILLS WORKING ON OUR CLUB PROJECTS; AND
- MAKE NEW FRIENDS & JOIN US IN A RANGE OF SOCIAL ACTIVITIES?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, WE WOULD LIKE TO HEAR FROM YOU.

THE ROTARY CLUB OF WODEN DAYBREAK WELCOMES WOMEN AND MEN OF ALL AGES TO OUR FRIENDLY ROTARY CLUB THAT MEETS ON FRIDAY MORNINGS FROM 7.30AM – 8.30AM, AT SHOUT.

WE WOULD LOVE YOU TO ATTEND ONE OF OUR MEETINGS TO LEARN MORE ABOUT US.

FOR MORE DETAILS, PLEASE CONTACT OUR CLUB PRESIDENT, GARY DAVIS AT kylo@pcug.org.au OR PHONE HIM ON 0410 028 629.

YOU CAN ALSO VISIT OUR WEB PAGE AT www.rotaryclubofwodendaybreak.com OR OUR FACEBOOK PAGE AT <https://www.facebook.com/rotaryclubofwodendaybreak/>

WE HOPE TO HEAR FROM YOU SOON.



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 Carer Advocacy Service (ADACAS) is proudly continuing to work with the Council on the Ageing (COTA) until December 2022 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 carer's, in person, by phone or by video-link. We can also coordinate the help of the Translating 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



Child safety is no accident! Kidsafe ACT is the leading charity dedicated to the prevention of unintentional childhood injuries and death. We have been helping the Canberra community keep our most vulnerable safe for over 40 years.



Our services include:

- Low cost child car seat services
 - Professional installation
 - Free and low cost installation checks
 - Short and long term carrier, car seat and booster hire
 - Low-birth-weight carrier hire
 - Trialing options for fitting 3 child car seats in a vehicle
 - Assistance with the safe transportation of children living with a disability or injury
- Free services
 - New born check – to see if bub is fitting in their restraint safely
 - Advice on all aspects of unintentional childhood injury and death
 - Pamphlets and safety brochures
 - Limited child car seat checks per day
- Product sales
 - Child car seats - below RRP
 - Prams and strollers – below RRP
 - Child car seat accessories
 - Home safety products
- Services for other organisations
 - Kidsafe ACT runs workshops for organisations transporting children, contact us for more details
 - Child Car Seat Checking Days for Day Care Centres and Schools – Kidsafe can come to your Day Care or School to perform child car seat checking days for a small fee

Upcoming programs and events

Child safety is no accident! Kidsafe ACT is the leading charity dedicated to the prevention of unintentional childhood injuries and death. We have been helping the Canberra community keep our most vulnerable safe for over 40 years.

Come visit us at the Canberra Baby Expo on the 28th and 29th of August for advice on car and home safety.

Contact us

Kidsafe Shop Front

Building 2, Collett Place, Pearce

Phone: (02) 6290 2244

Facebook: facebook.com/kidsafeact

Website: www.kidsafeact.com.au

Email: Shop@kidsafeact.com.au

Email for media and campaign enquiries: Jes@kidsafeact.com.au



INFORMATION FOR PARENTS AND CARERS

A guide for new parents and caregivers:

David Smith MP has developed a guide to provide information for parents and caregivers of babies and toddlers living in the Bean electorate (Woden, Weston Creek, Tuggeranong, Tharwa and Norfolk Island).

Brining up a child; whether they are your first, second or third, is one of the most exciting and rewarding times in a person's life, but comes with significant challenges.

The guide aims to help you navigate your way through the early stages of parenting and caring and assists you in connecting with relevant supports, services and community groups.

It includes information on:

- looking after your health
- environmental health
- early childhood education and care
- financial tips, and
- phone numbers and website links you might find useful.

To request a copy of the Growing up in Bean guide please fill out the form at:

<https://www.davidsmith.org.au/resources/parents-and-caregivers-guide/> or pick up a copy from the SHOUT office, Building 1, Pearce Community Centre.



Growing
UP IN Bean



COTA ACT Silver is Gold Seniors Expo Gathers Momentum

While Canberra's seniors might well remember the postponement of the COTA ACT Seniors Expo, due to the COVID-19 lockdown in March 2020, it was always the intention to re-schedule later in 2021 and to take advantage of staging the Seniors Expo to coincide with Floriade, another important event on the Canberra seniors' calendar.

With the rapid progression of the COVID-19 vaccination program in the ACT and the prospect of COVID outbreaks diminishing, COTA ACT have taken the responsible decision to deliver the Seniors Expo on Thursday 16 September 2021 at Exhibition Park in Canberra (EPIC), situated on Flemington Road, Mitchell, close to the Transport Canberra, bus and light rail stations.

COTA ACT have also decided to expand the Seniors Expo by creating a second pavilion, to enhance and diversify the overall attraction to seniors and to allow a greater degree of social distancing.

The Coorong Pavilion, which is linked to the Budawang Pavilion, will feature lifestyle and recreational interests, displays and stalls that will include art, photography, craft, hobbies, bonsai, gardening advice, sustainable living and gardens, environmental information, seniors nutrition, regional gourmet food and wines, dance and music performances, regional tourism and other activities that are on offer to seniors in the Canberra region.

Seniors who visit the Expo, can wander through the Coorong and Budawang pavilions with ease, absorbing information on services, products, features and displays in the stalls that are located within each pavilion.

One significant change from previous Expos will require seniors who would like to attend the Expo, to book for either a morning or afternoon session, of a maximum three hours in duration. Ticketing has been implemented to great success, in the delivery of the seniors expos in other parts of Australia, to ensure the safety and wellbeing of seniors.

The morning session will commence at 9.00am and conclude at 12.00pm. Expo visitors who have attended the morning session, will then depart the Expo site, to enable a special cleaning team to perform a thorough COVID-preventative cleaning operation, in readiness for the afternoon session, which will commence at 12.45pm and conclude at 3.45pm.

Canberra seniors who would like to attend the Expo, must book their tickets through the Eventbrite booking platform, prior to the Expo, with a choice to attend either the morning or afternoon session. There are 4,000 tickets allocated for each session, with admission and parking being absolutely free. The link to register for the Seniors Expo can be found at: <https://seniorsexpo2021.eventbrite.com.au>

Expo visitors will enter the Expo through the Budawang Pavilion main entrance doors, have their tickets checked, complete the scanning procedures, using the Check-in CBR QR code for the Seniors Expo, have their temperature checked, before they are admitted into the pavilion.

Seniors who do not have the technology to check in using the app. will be assisted in this process by COTA ACT, in the reception area.

The Silver is Gold Expo, which is part of the Silver is Gold Festival of Events, is proudly sponsored by LDK Seniors Living, The Canberra Times, The Senior, ActewAGL, Transport Canberra, Beyond Bank, Radio 2CA and 2CC and is proudly supported by the ACT Government. Any enquiries can be directed to COTA ACT by phoning **6282 3777** between 9am – 5pm, Monday to Friday or on the COTA ACT web site: <https://www.cotaact.org.au/>

WEB OF SUPPORT



Information at your finger tips

Find the services you need to support you and your family on 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



SHOUT SERVICES

38 years of service to the community!

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

