

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

**Christmas Sparkle**

**Pearce Crafters Market**

**Pearce Community Centre**

**4 & 5 December**

**10am - 2pm**

Subject to COVID Restrictions

Find them on Facebook

See page 3

**Pearce Community**

**Garden Volunteering**

**Pearce Community Centre**

See page 4

**Members News and  
Events**



## A WORD FROM THE CEO:

Welcome to our October/November newsletter!

What strange times we are in at the moment and how things change in a heartbeat... here we all were in our own Canberra (Ken Behrens) bubble just 6 weeks ago planning events, replying to invitations to do expos and speaking engagements and everything changed!

Through this period, what we do know is that masks, stay at home orders and vaccinations will make a difference to the outcomes for your health and the time of the lockdown period - and SHOUT follows ACT Health advice and hope we all can come out of this period healthy and strong.

Please ensure you avail yourselves and your staff of the COVID Crisis payments if they suit your needs - they are easy to obtain - you will need a MyGov account. Many organisations will not be able to gain other funding for loss of income, for a variety of reasons, so these payments will assist small organisations to come through this period, retaining staff and morale, and be ready to start again when lockdown is over.

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 Disability Service  
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](http://www.shout.org.au)





**BEAUTIFUL BESPOKE**

# **Christmas Sparkle Market**

**10 am to 2pm  
4th & 5th December**



cards.welcome

**PEARCE COMMUNITY CENTRE  
COLLETT PLACE  
PEARCE**

Brought to you by  
Pearce Crafters Market





# PEARCE COMMUNITY GARDEN VOLUNTEERING

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

If you are interested in volunteering please  
contact Elsa at SHOUT on 62901984 or  
email: [admin@shout.org.au](mailto: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.



Find us on Facebook

@PearceCommunityGardenCanberra



Supported by







<b>MONDAY NORTH SIDE</b> 10:00am to 12:00pm	<b>MUSIC PROGRAM NORTH</b> Holt Hall 80 Beaurepaire Cres Holt, ACT
<b>MONDAY SOUTH SIDE</b> 1:30pm to 3:30pm	<b>MUSIC PROGRAM SOUTH</b> SHOUT OFFICE 1 Collett Place Pearce, ACT [Building 1]
<b>MONDAY NIGHT NORTH SIDE</b> 5:30pm to 7:30pm Out of pocket Expense=\$Meal	<b>PUB GRUB NORTH SIDE</b>
<b>TUESDAY</b> 1:30 to 3:30pm	<b>BOARD GAMES</b> Kambah Village /Behind the shops Shop 3 Primmer Court / Row of shops behind Woolworths
<b>TUESDAY</b> 10:00am to 12:00pm Times may vary, depending on what activity we are attending	<b>COMMUNITY OUTING</b> Zoo \$0, Bowling \$6.90, Cinema \$9, Cockington Green picnic BYO picnic
<b>TUESDAY NIGHT SOUTH SIDE</b> 5:30pm to 7:30pm Out of pocket Expense=\$Meal	<b>PUB GRUB SOUTH SIDE</b>
<b>WEDNESDAY SOUTH SIDE</b> 9:30am to 12:00pm	<b>CRAFT AND CREATE</b> SHOUT OFFICE 1 Collett Place Pearce, ACT [Building 1]
<b>WEDNESDAY NORTH SIDE</b> 1:30pm to 4:00pm	<b>CRAFT AND CREATE</b> Holt Hall 80 Beaurepaire Cres Holt, ACT
<b>WEDNESDAY NIGHT</b> 5:30pm to 7:30pm	<b>MONTHLY DISCO /KARAOKE</b> Weston Creek Community Center Whitney Place Weston /At the shops
<b>THURSDAY</b> 12:00pm to 2:00pm	<b>COMMUNITY BBQ /no cost for BBQ</b>
<b>THURSDAY</b> 3:00pm to 5:00pm	<b>RELOAD</b> 38 Northbourne Ave Canberra
<b>FRIDAY</b> 10:00am to 12:00pm	<b>BOARD GAMES</b> Kambah Village /Behind the shops Shop 3 Primmer Court / Row of shops behind Woolworths

## PRE BOOK NOW

For more information and to pre book please contact  
**Tamara Black** on 0401466734 or email [tblack@glds.com.au](mailto:tblack@glds.com.au)





# WWDACT is teaming up with Headspace to bring you...

## **headspace Day** Australian Sign Language 101

with Open That Door  
and WWDACT



**HELLO**



This event is for young people aged 12-25 and their families.

Log on and meet Hadley Johnson; Deaf Auslan teacher, long time mental health advocate and all-round wonderful human! Come learn some conversational Auslan and well as some mental health specific signs!

Details:

Cost: Free

Date: Sat 9th Oct

Time 11:30AM

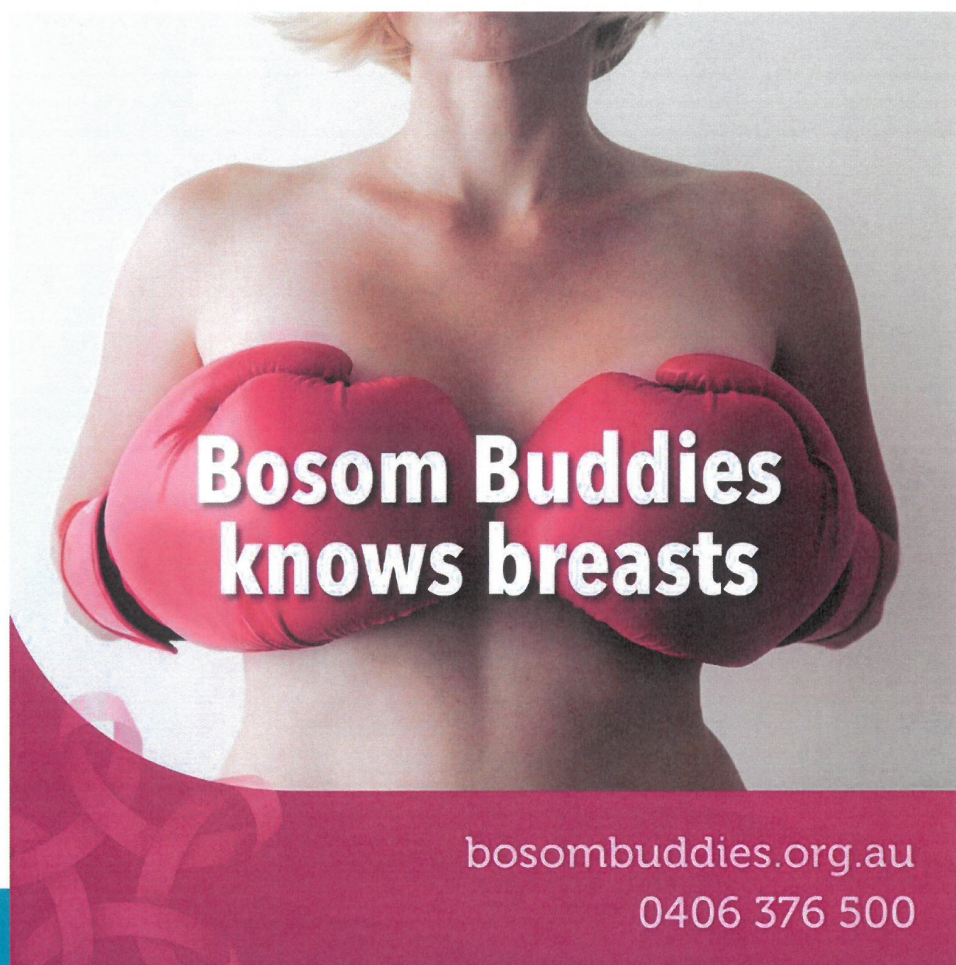
Bookings for this session are essential

email: [ftaylor@gph.org.au](mailto:ftaylor@gph.org.au) to get a spot!

Link for online session provided after booking.







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

0406 376 500

**Bosom Buddies is a small ACT charity supporting men and women who have been diagnosed with breast cancer.**

**Part of our mission is to spread the word about the importance of early detection.**

**Book a FREE 20 minute virtual breast awareness session for your workplace or community group where you will learn:**

**how to be breast aware  
signs and symptoms to look out for  
what to do if you find something  
breast screening options**

**It is estimated that over 20,000 men and women will be diagnosed with breast cancer in 2021.**

***It is never too early to be breast aware!***

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

**[admin@bosombuddies.org.au](mailto:admin@bosombuddies.org.au) – 0406 376 500**



# UPCOMING EVENTS AND SEMINARS



## Free Health Seminar: Advocating for Yourself and Your Health

Find out:

- How to advocate for yourself when using the health system
- What questions you need to ask to keep yourself safe
- Who can help you to advocate.

**When:** 6pm-7:30pm, **Wednesday 13 October 2021**

**Location:** Online via Zoom

**RSVP:** Eventbrite <https://www.eventbrite.com.au/e/advocating-for-yourself-and-your-health-registration-163310653561> or phone 6230 7800

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## A Conversation for Everyone: Advance Care Planning

Advance Care Planning gives you a voice and a choice in future decision making if there comes a time when you are unable to make decisions about your healthcare.

Learn:

- The steps to make a plan
- Tips for having the conversation about your wishes
- Who can help to get your plan in place.

**When:** 6:00pm – 7:30pm, **Wednesday 20 October 2021**

**Location:** Online via Zoom

**RSVP:** Eventbrite <https://www.eventbrite.com.au/e/a-conversation-for-everyone-advance-care-planning-registration-164053696021> or phone 6230 7800

**When:** 10:00am – 11:30am, **Thursday 18 November 2021**

**Location:** Online via Zoom

**RSVP:** Eventbrite <https://www.eventbrite.com.au/e/a-conversation-for-everyone-advance-care-planning-registration-176712851897> or phone 6230 7800

**FREE – All Welcome**

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## Free Health Seminar: Meditation and Mindfulness to Support Overall Health

This seminar will cover:

- What mindfulness is, how it works and why it's so helpful to practice
- How mindfulness affects the brain, body, stress and mental health
- Ways of practicing mindfulness and meditation

**When:** 6pm-7:30pm, **Wednesday 17 November 2021**

**Location:** Online by Zoom

**RSVP:** Eventbrite <https://www.eventbrite.com.au/e/meditation-and-mindfulness-to-support-overall-health-registration-168501096315> or phone 6230 7800.

Megan Layton, Accredited Mental Health Social Worker, Director of the Simply Mindful Canberra Mindfulness Centre will lead this session.



# Upcoming Events at Imagine More

## Get That Good Life!

### Two-day Virtual Conference



#### When

- Wednesday, October 27, 2021
- Thursday, October 28, 2021
- Plus three pre-conference webinars

#### Details and Tickets

- Online
- Registration is free

We all want the Good Life, for ourselves and for the people we care about. But, traditionally, people with disability have been denied access to (or given a watered-down version of) many of the things that make life meaningful, interesting, and fun.

So this conference is all about identifying the things that make life good and how to ensure that people with disability have access to these. It will focus on strategies that create wonderfully ordinary lives for people with disability.

We've invited an exciting group of local, national and international speakers to join us to share their insights, stories, and best practice methods. Expect to come away with plenty of actionable ideas!

### Two full days of virtual conference + three pre-conference webinars

Registration provides participants with access to

#### Three Pre-conference Webinars

- Monday, October 18 – **Inclusive Education** with Sarah Humphreys
- Thursday, October 21 – **Customised Employment** with Milton Tyree
- Monday, October 25 – **Relationships** with Janet Klees

#### The two-day Get That Good Life! Conference

- Wednesday, October 27
- Thursday, October 28

While recordings of most presentations will be available after the event, we'd still love to see as many people as possible attending the conference on the two days. You'll be able to ask speakers your questions in real-time, and you'll get to watch some presentations that will not be recorded.

#### Tickets

We are thrilled to be able to offer **free conference registration** as it is fully funded by the Australian Government Department of Social Services through an Individual Capacity Building grant.

#### Location

This is a virtual conference, so all presentations and replays will be accessible online

#### Register Now

<https://imaginemore.org.au/get-that-good-life/>



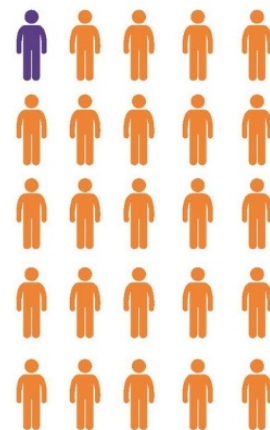
# Walk for Epilepsy

1 to 25 October



## 1 in 25

Australians will develop **epilepsy** at some stage in their lives



Support them **this October** with the **Walk for Epilepsy!**



Join in the fun and **walk your local streets** to support:

epilepsy  
ACT

Learn more at  
[walkforepilepsy.org.au](http://walkforepilepsy.org.au)

Walk for Epilepsy



# CONSUMER GUARANTEE

## PLUMBING PEACE OF MIND



## Our members are covered by a \$5,000 Consumer Guarantee.

Make sure your plumber is an MPA member plumber. We've done all the hard work for you – checked licences, business registrations, and liability insurance. Plus MPA member plumbers sign up to MPA's Code of Ethics and Consumer Guarantee. Giving you plumbing peace of mind!!!



Find an MPA plumber: [www.masterplumbersact.asn.au/find-a-plumber](http://www.masterplumbersact.asn.au/find-a-plumber)  
Phone: 6112 8630





Our ACT office is still **running clinics during lockdown via telehealth**.

If you have an appointment, we are still here for you and will be in touch with information on how to participate in your telehealth appointment.

If you'd like to see our Dietitian Charlotte, or our Diabetes Educator Karen, simply talk to your doctor about an Allied Health Services Plan referral and call us on 6248 4500 to book your appointment.

We will continue to offer telehealth appointments after lockdown lifts, for those who'd prefer to meet with their health professional team from the comfort of their home.



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## SLEEP APNOEA ASSOCIATION INC

### Annual General Meeting (AGM):



**DATE:** **Saturday, 16 October 2021**  
**TIME:** 2.00pm  
**LOCATION:** Southern Cross Club Woden, Community Room, Ground Floor  
**SUBJECT:** Presentation of Annual Reports and Financial Statement to Members.  
General Q&A and update of SAA activities and functions.  
Election of SAA Executive Committee for 2021-22.  
All SAA Members welcome.

Enquiries: Please contact the Association Secretary, Mr. Angelo Barich on 0437442372 or email [sleepact@yahoo.com.au](mailto:sleepact@yahoo.com.au)

# PROSTATE CANCER SUPPORT GROUP



Next Meeting:

**DATE:** Wednesday, 20 October & 17 November 2021  
**TIME:** 6:30 pm  
**LOCATION:** Room 22, Building 1, Pearce Community Centre,  
3 Collett Place, Pearce

Due to current COVID19 lock down restrictions please check the website at:  
[www.pcs-g-act.org.au](http://www.pcs-g-act.org.au) to confirm support group meeting details prior to each meeting.



## 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, 24 October & 28 November 2021  
**TIME:** 11:30 am  
**LOCATION:** For up to date information on location please contact Catherine Hindson on:  
phone: 0412 041 245 or  
email: [atherine@hindson.org](mailto:atherine@hindson.org)



# NEXIS ACCOUNTANTS



## About Nexis Accountants and Business Advisors

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.

## Nexis Business Chat Webinar series

Nexis provides a regular webinar, Nexis Business Chat, which covers subjects ranging from COVID-19 business support, federal budgets, and accounting advice. You can watch their latest and sign up for upcoming webinars at: [www.nexis.com.au/for-businesses/nexis-business-chat/](http://www.nexis.com.au/for-businesses/nexis-business-chat/)

## Audit and Acquittal for NFPs

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. Nexis can assist with simplifying the Audit and Acquittal process, specifically for NFPs. In making this process as easy as possible, Nexis can help you with:

- Weekly/monthly book-keeping
- Payroll compliance including leave entitlements
- Ensuring your MYOB or Xero account is set up adequately for Reporting
- Set up tracking categories correctly to track expenses to the right cost centres
- Annual end of year audit processes
- Generate working papers for auditors
- Creation of audit packs to send to auditors
- Attaching significant documents to your Xero files
- Customized reporting
- Linking your Xero to external applications specific to your needs
- Budgeting and forecasting



## Client testimonial

*"When our organisation was vetting potential accountants, we were looking for someone who could provide expert advice, expert service and have a willingness to come on a journey with our organisation. Finding a business that could do all this was not easy. However, what we found with Nexis was all this and more. What has impressed us the most was the culture within Nexis. The client service we receive from Nexis is outstanding. Every time I connect with any staff member at any level within the business, I feel like I'm the only person that matters at that time. We receive the expert advice; the expert service and we found the business partnership to come on a journey with us". – Mel Haley, CEO, Conflict Resolution Service*

**Contact Nexis via their website at: [www.nexis.com.au/contact/](http://www.nexis.com.au/contact/) or get in touch with Domenic [domenic@nexis.net.au](mailto:domenic@nexis.net.au) if you require expert NFT Audit and Acquittal assistance.**



# 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](http://www.al-anon.org.au)



**Do you need Hearing Assistive Technology in the Home?**

**Can't find anywhere to buy it?**

**Look no further than the DRC Online Store**

ACT Deafness Resource Centre now has an Online Store!

The DRC Online store is a new and easy way to purchase your hearing assistive technology, delivered to your door, Australia wide.

Check it out at: [www.actdeafnessresourcecentre.bigcartel.com](http://www.actdeafnessresourcecentre.bigcartel.com)

Need help? Just email us at [hearinghelp@actdrc.org.au](mailto:hearinghelp@actdrc.org.au) for assistance.  
Happy shopping!





## Take Control – Live Well

Do you have a chronic condition (lasting 3 months or more)? If yes, this is the program for you!

Canberra Health Services is offering a free 3-week course for adults with a chronic condition. Topics include making the most of your health appointments, physical activity, healthy eating, goal setting and problem solving.

Sessions are delivered online so you can complete the course from anywhere. Connect with others and get support in making positive changes to take control and live well.

Over 3 weeks, topics covered will include:

- What are chronic conditions?
- How to make positive changes to live well
- Exercise and eating to help your health
- The mind-body connection
- How to get the most out of your health appointments
- How to set goals and achieve them

Support to make changes will be provided for up to 6 months via SMS. After 6 months a reunion session will be arranged to further support and strengthen your skills.

**Courses start in November 2021 on Tuesdays and Wednesdays.**

**To register, call Central Health Intake on (02) 5124 9977. For more information contact [SelfManagement@act.gov.au](mailto:SelfManagement@act.gov.au).**

A maximum of 8 people per group will be accepted on a first-in, first-served basis.

# FREE Colouring Books LIMITED TIME ONLY!\*

Dear SHOUT Members & Affiliates,

We hope you are staying safe during this lockdown.

During these uncertain times we would like to offer some support as a printing business.

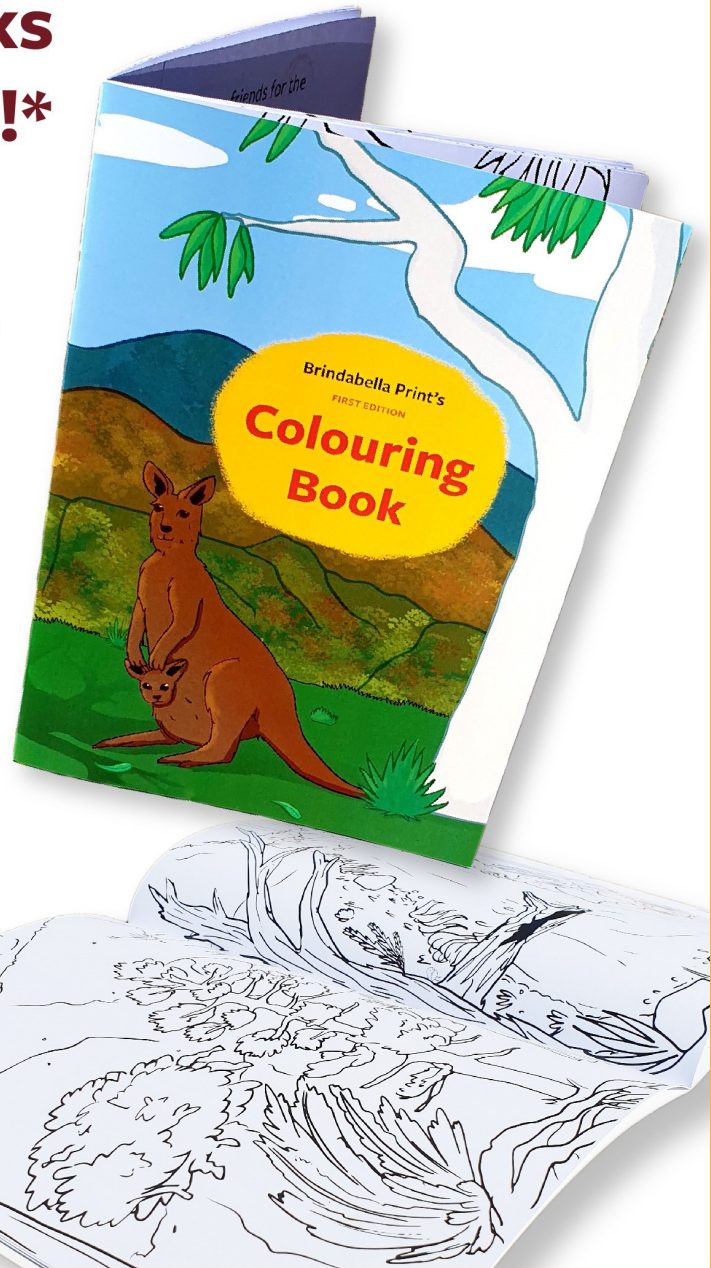
We have a **limited amount of FREE colouring books\*** for you or your clients to grab until they run out or until end of lockdown.

\*terms and conditions on [facebook.com/brindabellaprint](https://facebook.com/brindabellaprint)

The contents include

- Local Animals
- Landscapes
- Draw-your-own ... sections
- Patterns
- Mandalas – generously donated by Kailin P.

If you are interested in printing or designing, we offer SHOUT members and affiliates a **10% discount** on any order with us.



Ring us on **1300 886 965** or email us at  
**[info@brindabellaprint.com.au](mailto:info@brindabellaprint.com.au)**  
for your FREE colouring book.

**From your local printing team,**



**Brindabella Print**



# WHAT'S NEXT?

## Information for school leavers planning for the future

What exciting opportunities lay ahead for those at the end of our school journey.

For the first time you can truly choose your path for work, further education, or a combination of both. This is also a time that many young people like you start to consider their financial independence.

Like any time in our lives, the journey beyond school will be at times challenging, however there is support that is available along the way.

I have developed an 80-page handbook that aims to provide school leavers with some information to help you plan your future.

It also touches on the range of opportunities and support services available to young people in my electorate of Bean—which covers Woden, Weston Creek, Molonglo, Tuggeranong, Tharwa and Norfolk Island.

Included is information about:

- further education and training
- finding work
- looking after your finances
- applying for financial assistance
- living out of home
- looking after your health and safety, and
- connecting with our community.

To request a copy of What's next? please fill out the form at:

**<https://www.davidsmith.org.au/resources/what-s-next-information-for-school-leavers/>** or pick up a copy from SHOUT, Building 1, Pearce Community Centre. Collett Place, Pearce.

David Smith MP



**what's  
next?**

Information booklet  
for Bean school leavers  
planning for the future.

**Available for all school leavers and their families. Request a copy today.**

# ME/CFS and Fibromyalgia Support Group

Lay back and make yourself comfortable – you don't need to explain! Carers welcome.

**Wednesdays  
11:30am to  
12:30pm**



**Join others with  
lived experience  
of ME/CFS and  
Fibromyalgia for  
a chat via Zoom.**

Call

**02 6251 2055**

Or email

**[info@arthritisact.org.au](mailto:info@arthritisact.org.au)**

**for more details**



# ROTARY CLUB OF WODEN DAYBREAK -

## YOUTH PROJECT



The Rotary Club of Woden Daybreak (RCWD) runs a wide range of youth programs and while Covid restrictions have currently postponed or limited some of those programs, it is worth mentioning what the Woden Daybreak Rotary club is currently doing and what will be available in the future.

One of the things that will definitely go ahead in January 2022 is the National Youth Science Forum (NYSF). It is for Year 11 students going into Year 12 in 2022 and offers a wide range of science, technology, engineering and mathematics (STEM) experiences. It is planned to run from 10-25 January and will be a hybrid event, with 5 days face to face and the rest online. However, the face to face component could be reduced, should strict Covid restrictions still be in place in January. The Woden Daybreak club is sponsoring a student from Canberra College to attend NYSF and generally sponsors a local student each year to attend this event.

It is also hoped that the Rotary Youth Leadership Award (RYLA) program will run in January 2022, subject to Covid restrictions. It is an intensive 7 day residential leadership course for young people 18+. If RYLA does go ahead in 2022, the Woden Daybreak club will ask local businesses to nominate young employees from their companies, who will benefit from the leadership training and development they will obtain through RYLA. Generally the Rotary club fully funds one participant per year to attend RYLA.

It is also hoped that the Rotary Youth Program of Enrichment (RYPEN) for Year 9 students will run in the first half of 2022. RYPEN is a three day residential program where students participate in a range of team building activities and also hear from inspiring speakers on a wide range of subjects.

Prior to the current lockdown, the Rotary Club of Woden Daybreak club was also planning to work with other Rotary clubs and local High Schools to help fund a vocational building and construction course for students looking to pursue a vocational rather than academically focused educational pathway. However, due to Covid restrictions it is unlikely this project will now go ahead this year, but may be rescheduled to next year.

The Rotary Club of Woden Daybreak is also working on youth projects in regional Australia and recently funded a Rotary Peace Pole for the Hay Primary School in far western NSW. Rotary sponsors Peace Poles at schools all around Australia as a way of fostering in our youth an understanding of what peace means and how a peaceful world will benefit everyone. All three schools in Hay now host Rotary Peace Poles, which were unveiled in April this year. The Peace Poles commemorate 100 years of Rotary in Australia and bear the inscription 'May Peace Prevail on Earth'.

Given there is no Rotary club in Hay, the Rotary Club of Woden Daybreak continues to take an interest in the schools in Hay and ensures they have the opportunity to participate in Rotary peace activities. Club members joined students from Hay Primary School, who rang the Rotary Peace Bell on their recent school visit to Canberra. The Primary School students, and students from other schools in the region, folded cranes which were sent to Hiroshima, and draped on the Children's Memorial on 21 September, the International Day of Peace.

Students from St Mary's Primary School, Hay also recently participated in a Rotary Peace Essay competition and the Woden Daybreak Rotary club provided prizes for the winning essays from the school. Club members had planned to travel to Hay in September to commemorate the International Day of Peace at the schools. Covid unfortunately prevented this in 2021 but we plan to go to Hay in 2022.

If you want to hear more about what the Rotary Club of Woden Daybreak does in general, including volunteering opportunities, you can contact them at [wodendaybreak\\_president@outlook.com](mailto:wodendaybreak_president@outlook.com)

# 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](mailto:AgedCareNavigator@adacas.org.au)





# 2021 ACT GENERAL HEALTH SURVEY



Every year since 2007, the ACT Government runs the ACT General Health Survey. This year the survey runs from 5 October through to December. You may be contacted by the Social Research Centre from the ANU to take part in the survey over the coming weeks.

Contact will be made by text message in the first instance, so it is important that people know that this is a real survey. Once you agree to take part, trained interviewers will call you at a time that is good for you and is conducted by phone.

The survey is an important way for the government to collect information about the health status and behaviours of Canberrans. The information is used to plan and develop health programs and policies. The survey selects participants and the target this year is 1200 adults (over 16 years) and 1000 children (aged 5-15). You can find out more information by visiting the ACT Health website at <https://www.health.act.gov.au/about-our-health-system/population-health/epidemiology>.





# Web of Support

[www.shout.org.au](http://www.shout.org.au)

Canberra Support Services Directory  
Disability, Health and Aged Care Information



**Information at your finger tips**

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



Providing over 40 Years of support  
for the Canberra Community





# SHOUT SERVICES

*40 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](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)

