

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

Christmas Sparkle
Pearce Crafters Market
Pearce Community Centre
4 & 5 December
10am - 2pm
See page 3

New Member
Leo's Place
Respite House for people
with a life-limiting illness
See pages 4-5

Members News and
Events



A WORD FROM THE CEO:

Hello members and friends,

This has been quite a year and so much has been achieved, even though we have had our challenges with lockdown and working from home, not being able to see loved ones or to travel. At this time of the year I often reflect on what we have achieved and I am pleased to say that I think we have achieved a number of things that are not counted in money, or work hours, but they are achievements none the less.

We have realised how important connection is with our families and friends. We no longer need face to face meetings, and we catchup via video links. We have learnt to appreciate our teachers, nurses and our doctors more. We have learnt to work at home and many retain this flexibility. We have learnt to slow down a bit, read and just be for a while. Many of us have learnt a new hobby. Perhaps we have learnt more of what is important.

So my wish this Christmas is that we connect with our loved ones – and carry what we have learnt into 2022.

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
Leo's Place, Palliative Care ACT
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
Canberra Region People With MS
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



BEAUTIFUL BESPOKE

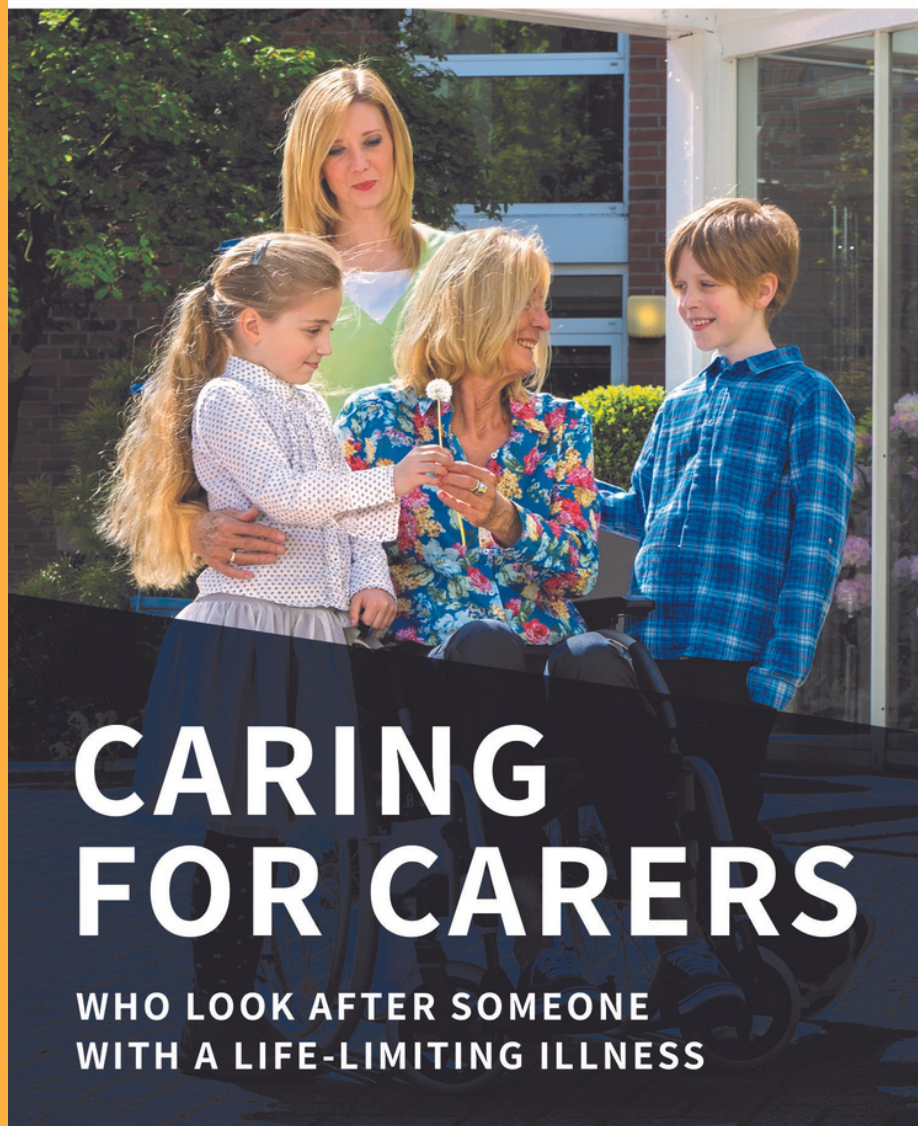
Christmas Sparkle Market

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



**PEARCE COMMUNITY CENTRE
COLLETT PLACE
PEARCE**

Brought to you by
Pearce Crafters Market



CARING FOR CARERS

WHO LOOK AFTER SOMEONE
WITH A LIFE-LIMITING ILLNESS

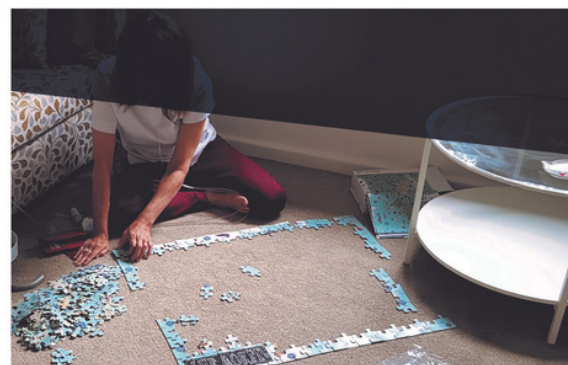
Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.

Leo's Place is a beautiful, comfortable residential home open to clients aged over 18 years who have been medically diagnosed with a life limiting illness.

Leo's Place can support you with:

- overnight respite, with the option of your carer staying, for up to seven nights.
- day respite providing stand-by support, enabling your carer to have a short break.
- client/carers support – access to advice, information and self-care activities.

**Self-referral/family referral/health practitioner referrals accepted.
No charges or fees.***



LEO'S PLACE

A PLACE TO REST AWHILE

Take a virtual tour, access a referral form and find more information at pallcareact.org.au/leos-place

If you are, or know, someone who might benefit from respite and want more information call

**02 6171 2290
stay@pallcareact.org.au**

Leo's Place
PO Box 31
Campbell ACT 2612



ACT
Government

Supported by
ACT Health
Directorate

**There is no cost to clients during the proof-of-concept of this new respite facility.*



Leo's place Respite care contacts

- Phone: **62 61712290**
- Email: Stay@pallcareact.org.au
- Facebook: <https://www.facebook.com/PalliativeCareACT>
- Twitter - <https://twitter.com/PallCareACT>

RESPITE HOUSE FOR PEOPLE WITH A LIFE-LIMITING ILLNESS. OPEN DURING COVID 19 AS ESSENTIAL SERVICE.

Leo's Place, a world-first non-clinical respite home in ACT available for referral from GP, other health professionals or **self-referral**.

Leo's Place is an ACT Government sponsored project in the initial phase of proof of concept with monitoring and evaluation by the University of NSW.

During the proof of concept phase operational funding has been provided by the ACT Government so there are **no charges or fees for clients**.

Leo's Place is set up to be a home away from home for clients aged over 18 years living with a medically diagnosed, life limiting illness. Our clients must be able to self-administer their own medications and attend to most activities of daily living with stand-by assistance provided by qualified support workers. Clients can have any clinical services that would normally visit them at home, come and see them at *Leo's Place*.

Leo's Place provides:

- Overnight respite for client, carer or both staying up to 7 nights
- Day respite providing support to allow carers to have a short break
- Carer support access to advice, information and self-care activities

We are looking for referrals to ensure this amazing opportunity proves successful so we can continue to provide this type of support to carers and families of people with a life-limiting illness.

Link for virtual tour of Leo's place: <https://www.pallcareact.org.au/leos-place>

If you know someone who might benefit from respite and want more information please contact me on 6171 2290, M: 0402822170 or email via stay@pallcareact.org.au

There is a direct self-referral form link at <https://www.pallcareact.org.au/leos-place-referral-form/>

I am available to visit/zoom with any organisation to provide further information, deliver brochures and answer questions.

Warm regards

Ann Monahan

Manager Respite Services



To refer a client to Leo's Place, please complete the online form available [here](#).



ACT
Down Syndrome
Association

TRANSITIONING TO PRESCHOOL AND BEYOND!

When

Thursday 9th December 2021, 3:30pm - 5:00pm (AEST)

Where:

**SHOUT Meeting Room
Pearce Community Centre, Building 1**

This is a FREE workshop for families of a child with an intellectual disability transitioning into preschool and primary school. Facilitated and developed by local ACT teacher Sarah Johnson. Sarah holds a Masters in Special Education and is a Primary School Teacher with extensive experience teaching and transitioning students with a disability.

Topics include:

Curriculum - What to expect and what to ask

NDIS in School - What can NDIS fund and what is the responsibility of the Education Directorate

Setting Goals - Individual Learning Plans

What you can do to start preparing for 2022

***This workshop is being held with financial support from
the Department of Social Services***

Register Here!

Registrations will be open until **Monday 6th December**

**For further information, please contact Gemma at
community@actdsa.org.au or phone (02) 6290 0656.**



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

Need help? Just email us at hearinghelp@actdrc.org.au for assistance.

Happy shopping!



As a Deaf person,
are you fed up with
constant barriers to
the information and
services you need?

Do you worry that
Deaf children do
not have the same
educational
opportunities as
hearing children?

 **DeafACT**



**PLEASE
SIGN OUR PETITION**

A petition has been created to ask
the ACT Legislative Assembly to
reduce discrimination and
disadvantage for Auslan users.

Please support us by signing the petition
and spreading the word. We need 500
ACT residents to sign the petition for the
Legislative Assembly to consider it.

[SIGN NOW](#)

To **SIGN THE PETITION**

Please find us on Facebook [**@actdeafnessresourcecentre**](#)

BET MOBILITY REPAIRS

Hello, my name is Brendan Mackrill and I am a T6-7-8 paraplegic. I am a 32 year old man who has recently started my own "Mobility Repairs" company. I am based in Morayfield QLD & I service all SEQ areas.

My services include:

- Services on mobility equipment
- Sandblasting & powder coating chairs
- Changing brakes & Tyres
- Custom made seats & backrests
- Light upfront castors
- Special orders & so much more



I have been in my wheelchair for 12 ½ years & I do find it easier connecting with clients who are bound to mobility equipment. I am a 24/7 mobile repairer & I do travel to you. BET Mobility Repairs is open 7 days a week, 365 days a year.

Are you needing repairs?

Call me today on [0420 296 723](tel:0420296723) or email us at brendanmackrill@hotmail.com





LOUNGING LIZARDS

Friendship group for young people with ME/CFS and fibromyalgia or other conditions with chronic pain and fatigue (17 – 40 years)

*Weekly Zoom Chat
11am every Friday*



FOR MORE INFORMATION
OR TO REGISTER AND GET
THE ZOOM LOGIN DETAILS
PLEASE CONTACT

BUILD A BETTER ME -
ARTHRITIS, PAIN
SUPPORT & ME/CFS ACT

EMAIL:
INFO@ARTHRITISACT.ORG.AU

PHONE:
02 6251 2055

Build A Better Me -
Arthritis, Pain Support & ME/CFS ACT

MANGO SALES

SUPPORT MALARIA ELIMINATION



Each year the Rotary Club of Woden Daybreak organises a Mango Fundraiser. In previous years, money raised has been donated to ShelterBox, Mercy Ships and an anti-slavery program in Nepal. This year the funds we raise will be donated to Rotarians Against Malaria Australia, a volunteer-run organisation working to eliminate malaria in Papua New Guinea, the Solomon Islands, Vanuatu, Timor Leste and West Timor.

Rotarians Against Malaria works with government health programs to help control and eliminate malaria. The programs all follow recommended World Health Organisation guidelines. The focus is often on vector control, that is, reducing the mosquito population and the opportunity for mosquitos to bite humans and thus spread the malaria parasite. Some ways malaria is controlled is by the use of Long-Lasting Insecticide-treated Nets, Indoor Residual Spraying, and environmental improvements through Healthy Villages projects.

Rotarians Against Malaria also funds programs to train community health volunteers to help distribute mosquito nets and provide malaria education.

The Rotary Club of Woden Daybreak has supported Rotarians Against Malaria for some years. If you would like to know more about this program, please contact our President Gary Davis at wodendaybreak_president@outlook.com.



CANBERRA LUNG LIFE SUPPORT GROUP

There will be no Support Group meetings over the Christmas and New Year period. For support over December and January please email the Canberra Lung Life Support Group at lung.life1@hotmail.com

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SLEEP APNOEA ASSOCIATION INC

Sleep Apnoea Association will not be holding any meetings over the Christmas and New Year Period. If you wish to talk to someone from the Sleep Apnea Association please contact the Association Secretary, Mr. Angelo Barich on 0437442372.



To take the interactive Lung Health Checklist go to:

<https://lungfoundation.com.au/lung-health/checklist/>



PROSTATE CANCER SUPPORT GROUP



Next Meeting:

DATE: **Wednesday, 19th January 2022**

- 3rd Wednesday of each month (except in December)

TIME: 6:30 pm

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

Please check the website at: www.pcsg-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,

There will be no support group meetings over the Christmas and New Year period. For support over December and January please phone BTAA on: phone: 1800 857 221 or email: btaa@shout.org.au





CANBERRA REGION PEOPLE WITH MS

Do you have Multiple Sclerosis (MS) or know someone who lives with MS? Our People with MS Taking Control Group meets regularly on the second and last Friday of each month at 12.30PM.

We also have lunches and coffee gatherings from time to time. We're all about friendship and mutual support. An important part of this is sharing information on interesting research and tips for living well with MS. In addition to local in-person get-togethers and Zoom meetings, we can connect you to mindfulness and exercise activities. We also invite well-qualified speakers to discuss topics of interest.

No-one wants to join the 'MS Club' but connecting with other people with MS can be a very positive experience. Everyone understands!

To join our mailing list and be advised of our gatherings and speakers, just send an email to pwmstcg@gmail.com

You can also follow '**Canberra Region MSers**' on **Facebook**. We love meeting new people, and we welcome new ideas.

We understand that some of us are not ready to disclose that we have been diagnosed with MS. Our mailing list is private and our Facebook group membership is only accessible to members.



Al-Anon Family Groups

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

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics (whether the alcoholic is still drinking or living) who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

A contact number and details of meetings are found on the Australian website at: www.al-anon.org.au

The introduction of Zoom has enabled many to benefit from the fellowship who previously could not because of family, incapacity, isolation or travel issues.

Again Alateens, for those under 18, have been able to meet on Zoom, a medium they are comfortable with and overcomes their need to travel. Access to five Alateen meetings exists throughout Australia providing convenient times.



Alateen Zoom Online

A place just for teens affected by someone else's alcoholism.

Please register your teenagers at alateenvsa@gmail.com

THURSDAY QUEENSLAND 7PM

MONDAY QUEENSLAND AT 6:30PM

FRIDAY VICTORIA 5PM-6PM

WEDNESDAY SOUTH AUSTRALIA 7PM-8PM

SUNDAY INTERNATIONAL 12PM-1PM, VICTORIAN TIME

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





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

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



Coffee Groups 2022

Are you undergoing treatment, or have you had breast cancer?
Come along for tea, coffee & friendship!

Monday

The Mawson Club
9.30am - 11.30am

10 January
14 February
15 March* (Tuesday)
11 April
9 May
14 June* (Tuesday)
11 July
8 August
12 September
10 October
14 November
12 December

NEW

Kids & Coffee Group

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

23 February
2 May
20 June
15 August
17 October
5 November

Tuesday

Bean Central Cafe
Queanbeyan
9.30am - 11.30am

25 January
22 February
29 March
26 April
31 May
28 June
26 July
30 August
27 September
25 October
29 November

Wednesday

After work drinks
The RUC Turner
5.30pm - 7.30pm

16 February
20 April
15 June
17 August
19 October
21 December

Young Women's
Group
Check website for
venues

7pm - 9.30pm

16 March @ The RUC
18 May
20 July
21 September
16 November

Thursday

Cafe Injoy Nicholls
2pm - 3.30pm

27 January
24 February
31 March
28 April
26 May
30 June
28 July
25 August
29 September
27 October
24 November

Friday

Yass
10am - 12noon

18 February @ Rose's
22 April @ Galutzi's
10 June @ Cafe Dolcetto
5 August @ Tootsie's
7 October @ Kaffeine
25 November @
Trader&Co

Contact us on:

0406 376 500 or 6290 1984

Monday - Thursday 9.30am - 2.30pm

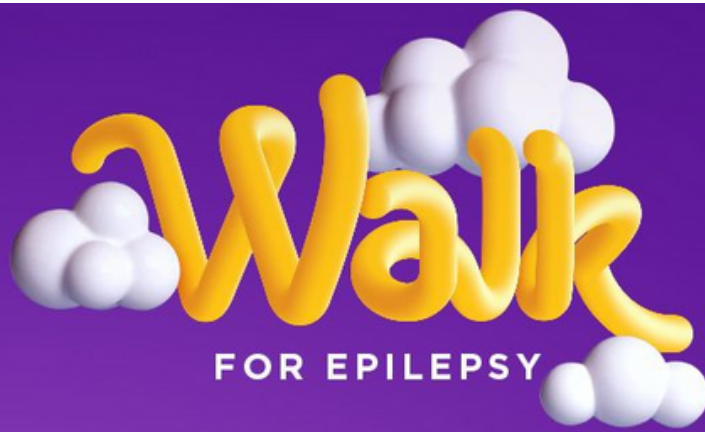
admin@bosombuddies.org.au

bosombuddies.org.au

If you would like formal support please give us a call



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



SAVE THE DATE

SUNDAY 6 MARCH 2022

- Coffee
- Face-painting
- Jumping Castle
- BBQ + more!



Walk
FOR EPILEPSY

epilepsy
ACT





WE ARE MOVING!

The ACT Down Syndrome Association are
moving!

From **February 2022**, you will be
able to find us at
Building 2
Pearce Community Centre
1 Collett Place, PEARCE ACT 2607
(Above Kidsafe)

Call us on **(02) 6290 0656** if you have
trouble finding us.





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
Phone: 6112 8630

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.

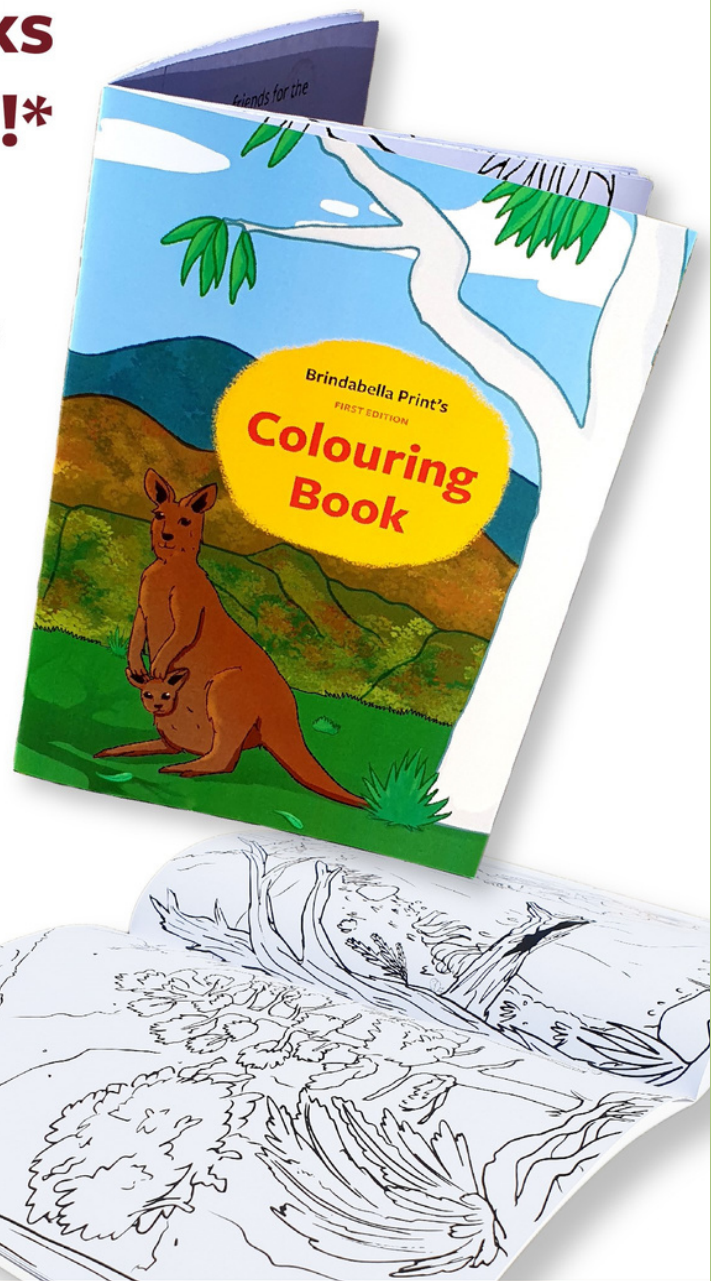
We have a **limited amount of FREE colouring books*** for you or your clients to grab until they run out or until end of lockdown.

*terms and conditions on facebook.com/brindabellaprint

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
for your FREE colouring book.

From your local printing team,



Brindabella Print



Pearce Community Centre

Library

Looking for something to read?
Come and borrow a
book or DVD!

Pearce Community Centre
Collett Place PEARCE





Web of Support

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**



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

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

