

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

New Member Days for Girls

**Bra Donation Drive &
Sewing and Packing Day
Calendar for 2022**

See Page 3 & 4 for details

Walk for Epilepsy Sunday, 6 March 2022

See Page 5 for details

Members News and Events



A WORD FROM THE CEO:

Hello everyone and welcome to our February and March 2022 edition of SHOUT Matters.

What a crazy start to the year! I was hoping, like many of you I expect, for a gently ease from COVID and getting on with loosening restrictions, and the ability to start planning for travel. Well, 2022 started quite differently from that, and will continue to ebb and flow for many months I expect.

So as we manage our social isolation, and perhaps connecting with family and friends in far flung places, via the internet and audio calls, I am reminded how good it is to have technology, to be able to see faces and maintain the connection with those special people in our lives.

It has changed how we do our work too – SHOUT has noticed more organisations including government staff working remotely. And SHOUT itself had limited staff in the office for January, and we continue to make changes as we need to keep our staff and our members safe.

So moving forward, we are here – as we have always been, and we look forward to working alongside you through this time.

Cheers
Carol Mead

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
Canberra Circle of Women
Cancer Council ACT
Caring Approach Pty Ltd
Coaching with Mick
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 Puffers 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
Tuggeranong Arts Centre
Women with Disabilities ACT

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
Days for Girls Tuggeranong ACT
Good Omen Goodeze Inc.
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**

Bra Donations Needed

We send them to Pakistan & the Philippines

Your pre-loved bras are needed by the girls and women of the Philippines and Pakistan - who need them not only for dignity but also to stop them developing chaffing and infections, such as boils in hot and humid climates.

Imagine going to school and trying to play sport without a bra. Or nursing your baby. Or working through the hot day in the kiln factory.

Bras are very much a luxury in poorer rural communities, and often women don't have even one bra to use. Bras certainly are one of the most consistent items we are asked for. And they are so appreciated.



We make Days for Girls Menstrual Hygiene kits and include a bra for the girls and women at the same time.
Pakistan

We need all sizes of bras, in preloved good condition and clean. Sports bras and nursing bras are very much appreciated as well.

Drop off points:

SHOUT Office

Pearce Community Centre, Collett Place, Pearce

Motherly Instincts

3/52 Woollongong Street, Fyshwick

Arthritis ACT

170 Haydon Drive Bruce

The Markets Wanniasa

Waniassa Shops, Sangster Place Wanniasa

Fernwood Tuggeranong

184 Scollay Street, Greenway



A bra makes so much difference when you go to school, especially in sport Philippines

**DAYS FOR
GIRLS
AUSTRALIA**



Sewing and Packing Day Calendar

Sewing and Packing Dates 2022

In 2022 we have our days on both **Sundays** and **Fridays**

18 February Friday 1-4pm

27 March Sunday 10 - 2pm

17th April Sunday 10 - 2pm

20 May Friday 1-4pm

19 June Sunday 10 - 2pm

31 July Sunday 10 - 2pm

21 August Sunday 10 - 2pm

16 September Friday 1 - 4pm

16 October Sunday 10 - 2pm

20 November Sunday 10 - 2pm

16 December Friday 1 - 4pm



Our Market Dates

In 2022 we have 4 Markets - these help us to freight our DFG Kits and sewn items over to the countries we serve.

Volunteers are always welcome and so appreciated.

23 & 24 April 10 - 2pm

9 & 10 July 10 - 2pm

24 & 25 September 10 - 2pm

3 & 4 December 10 - 2pm

Walk

FOR EPILEPSY

SUNDAY 6 MARCH 2022

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



**REGISTER
TODAY**



Walk
FOR EPILEPSY

epilepsy
ACT





**Celebrate.
Remember.
Fight Back.**

Relay is a chance for the Canberra community to recognise and celebrate local cancer survivors, patients and their carers, to honour and remember loved ones lost to cancer and to raise money to help save more lives.

Join the thousands of Australians who take part in Cancer Council's Relay For Life each year in the fight against cancer: start or join a team in the Canberra 2022 Relay today!

**Register.
Participate.
Donate.**

1300 65 65 85

 relayforlifeaustralia

relayforlife.org.au

'Relay For Life reminds me how precious life is and that each and every moment counts.'

Sharon Cohrs
Breast Cancer Survivor

**ENRICHing
Survivorship**
**Live well,
feel good**



Join the ENRICHing Survivorship Program

- Free program for cancer survivors and their carer
- Facilitated by a Dietitian, Exercise Physiologist, Yoga Instructor and Peer Support volunteers
- Helps to restore physical and emotional wellbeing after cancer treatment

Join us in Deakin, ACT
Thursdays 3 February - 24 March 2022

Registration is essential
6257 9999
cancer.information@actcancer.org
actcancer.org



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



STRENGTH & BALANCE 2022

An entry level exercise class designed to help strengthen muscles and improve balance to reduce the risks of falls. Classes are held at different locations and will run throughout the year. **A 10-session pass cost \$100.**

Mondays: 11am - 12pm

SHOUT Building 1 Collett Place, Pearce

Tuesdays: 10:15am - 11:15am

Weston Creek Neighborhood Hall, 6 Gritten St

Wednesdays: 10:30am - 11:30am

70 Haydon Drive, Bruce

Thursdays: 10.30 - 11.30am

SHOUT Building 1 Collett Place, Pearce

Fridays: 10am - 11am

170 Haydon Drive, Bruce

BALANCE30

Balance30 is a 30 minute Balance class designed to challenge and improve static and dynamic balance. Completion of a S+B course is recommended prior to participating in Balance30. **A 10-session pass cost \$50 and can be used at anytime throughout the year.**

Tuesdays: 9.30am - 10.00am

Weston Neighborhood Hall

Fridays: 9.30am-10.00am

170 Haydon Drive, Bruce

Registrations essential. Please call Arthritis ACT on 1800 011 041



Greenleaf
DISABILITY SERVICE™

GREENLEAF SOCIAL CONNECT

Skill Development & Capacity Building Group Activities



REGISTERED
NDIS
PROVIDER

MONDAY	Time:11:00am-1:00pm	COOKING Weston creek Community Centre Whitney Pl Weston, ACT	Time:1:30pm – 3:30pm	MUSIC GROUP Shout Building (South Side) 1 Collett Place Pearce	Time: 5:30pm-7:30pm	PUB GRUB North Side
	Time:10:00am – 12:00pm	COMMUNITY OUTING Different location Weekly	Time:1:30 pm -3:30 pm	BOARD GAMES Shop 3/66 Primmer Ct LFG Kambah Village,Kambah,ACT	Time:5:30 pm-7:30 pm	PUB GRUB South Side
TUESDAY	Time:9:30am- 12:00pm	CRAFT & CREATE Shout Building (South Side) 1 Collett Place Pearce	Time: 1:30pm- 4:00pm	CRAFT & CREATE Flynn Community Hub 21 Bingle St Flynn,ACT	Time: 5:30 pm-5:00pm	DISCO/ KARAOKE Weston Creek Community Centre Whitney Pl Weston, ACT (Monthly)
	Time:12:00pm – 2:00pm	COMMUNITY BBQ Different location Weekly	Time: 3:00 pm-5:00pm	RELOAD GAMERS 38 Northbourne Ave Canberra,ACT		
THURSDAY	Time:10:00am – 12:00pm	BOARD GAMES Shop 3/66 Primmer Ct LFG Kambah Village Kambah				
FRIDAY						

For Booking, Please Contact
Mrs. Tamara Black (Team Leader)
M:0401 466 734
T: 1800 800 777
Email:tblack@glds.com.au

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 @ Galutz'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



CANBERRA LUNG LIFE SUPPORT GROUP

Informal Get Together:

DATE: Thursday, 10 February 2022
TIME: 11:00am, followed by lunch at 12:00 noon
LOCATION: Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

There will be no Support Group meetings in February; However, you are welcome to attend an informal 'get together' at the Labour Club on Thursday 10 February. No bookings required, just turn up on the day. Everyone welcome.

For information about the Support Group please email lung.life1@hotmail.com

SLEEP APNOEA ASSOCIATION INC

General Meeting:

DATE: Saturday, 19 February 2022
TIME: 2.00pm
LOCATION: Southern Cross Club Woden
GUEST SPEAKER: Dr Stuart Miller - Canberra Sleep Clinic Deakin ACT.
Sleep Disorders Specialist including Obstructive Sleep Apnoea (OSA).



Stuart will bring us up to date on current sleep disorder treatments and the effects that Covid-19 has had upon our sleep health. Stuart will also answer any questions you may have on your OSA condition and treatment and the use of cpap equipment. All SAA Members welcome.

Enquiries: Ph: Angelo Barich – 0437442372
Web: www.sleepapnea-act.org.au
Email: sleepact@yahoo.com.au

PROSTATE CANCER SUPPORT GROUP



Next Meeting:

DATE: Wednesday, 9 February 2022
TIME: 6:30 pm
LOCATION: Online 'Get Together'

Due to COVID there will be no face-to-face meeting in February. However we are having an Online 'Get Together'. If you are interested in joining the online 'Get together' please email Greg at: president@pcsg-act.org.au

Please check our website at: www.pcs-g-act.org.au to confirm support group meeting details for the March 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, 27 February & 27 March 2022
TIME: 11:30 am
LOCATION: Please contact Catherine Hindson to confirm location

CONTACT: Catherine Hindson
PHONE: 1800 857 221 or
EMAIL: catherine@hindson.org



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 support individuals to navigate, and seek, aged care home services and supports through My Aged Care (MAC). This could be related to registration with MAC, seeking an assessment or finding a suitable service provider.

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) where an Access Not Met letter has been received from the NDIS.

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.

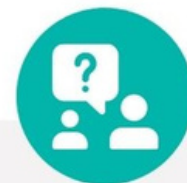
To start making enquiries about your aged care plans please contact Ken at ADACAS on 6242 5060 or AgedCareNavigator@adacas.org.au or review <https://adacas.org.au/advocacy-support/older-persons-advocacy/> for more information.



Free Health Seminars For Community Groups

The Health Care Consumers' Association of the ACT (HCCA) offer free talks and workshops that help people get what they need from the health system. We can adapt many of these to meet the needs of your community group. Contact us to find out more.

Topics



Taking Charge of Your Health

- Navigating the Health System
- Stretching Your Health Dollar
- Managing Your Medicines
- Getting the Most Out of Your Appointment
- Giving Feedback and Making Complaints
- Staying Safe in Hospital

Training for Community Workers

- Community Worker Health Literacy Training
- Helping Clients to Manage their Medicines
- Advance Care Planning

A Conversation for Everyone: Advance Care Planning

An Advance Care Plan ensures your values and preferences are respected when you can't voice your decisions. Learn the steps and who can help.

Consumer Participation Training

Learn how to become a consumer representative on a health service committee, and the skills and knowledge needed for this role.

Coming Up



Managing Your Medicines

Time: 2:00pm-3:30pm, 28 February 2022

Venue: Online via Zoom

Consumer Participation Training

Time: 10am-3pm, 8 and 15 March 2022

Venue: HCCA Offices, Hackett

Advance Care Planning

Time: 10:00am-11:30am, 24 March 2022

Venue: Online via Zoom

Looking After Your Feet

Time: 6:30pm-8:00pm, 5 April 2022

Venue: HCCA Offices, Hackett

Navigating the Health System

Time: 12:30pm-1:30pm, 7 April 2022

Venue: Online via Zoom

To register for our upcoming events, go to:

hcca-act.eventbrite.com



ACT DEAFNESS RESOURCE CENTRE

During these trying times, Masks are still mandatory indoors. People with a Hearing Loss rely on lip reading as well as using hearing devices.

This resource enables people with a Hearing Loss to communicate with people as they can take their mask off to talk.

Here at the DRC we created a Mask Exemption Resource image that you can download on your phone or print out.

Here is the link to download the image:

<https://www.actdrc.org.au/mask-exemption-resource/>

Supporting You on Your Hearing Loss Journey Through these difficult times.

HARD OF HEARING

MASK EXEMPTION

Please remove your mask so we can communicate with each other. I rely on reading lips.

Please maintain a social distance of 1.5m

Mask exemptions are allowed by the ACT Government where a mask needs to be removed to clearly communicate.
www.covid19.act.gov.au/act-status-and-response/face-masks

The graphic is a vertical stack of colored bars with text and icons. It starts with a blue bar containing 'HARD OF HEARING', followed by a light blue bar with 'MASK EXEMPTION'. Below that is a white bar with blue text: 'Please remove your mask so we can communicate with each other. I rely on reading lips.' This is followed by a light blue bar with a white icon of a face with a red 'X' over it. Next is an orange bar with white text: 'Please maintain a social distance of 1.5m'. Below that is a white bar with a black icon of two people and a double-headed arrow labeled '1.5M'. The final bar is light blue with white text: 'Mask exemptions are allowed by the ACT Government where a mask needs to be removed to clearly communicate.' and a URL.

Supporting You on your Hearing Loss Journey

ACT Deafness Resource Centre



FBTs for NFPs

Nexis Accountants and Business Advisors provides some insight on how the Fringe Benefits Tax works for not-for-profit organisations

As a not-for-profit (NFP), it is especially difficult to hire and retain great staff when you have limited resources. Did you know you can use the Fringe Benefits Tax (FBT) concessions available to NFPs as a way of providing tax advantaged salaries to your employees?

The FBT Concession is essential for NFPs to be able to provide services sustainably, while also being a talent attraction and retention tool for employees.

Some FBT Concessions include:

- Exemptions subject to a cap for registered public benevolent and health promotion charities, hospitals, and public ambulance services
- Rebate subject to a cap of \$30,000 for each employee
- Separate capping thresholds for salary packaged meal entertainment up to \$5,000
- Exemptions for car parking fringe benefits
- Concessions for remote area housing benefits

For these Concessions to apply, a not-for-profit organisation that is a charity must be registered with the ACNC and be endorsed by the ATO. It also depends on what category of charity applies to the entity.

We can help answer your questions when it comes to FBTs. A commonly asked question is around timing. For example, if you hire an employee halfway through the year, does the whole cap apply, or only half? The answer is yes! The whole cap applies.

To find out more and to ensure you are maximising your FBT Concessions, contact Nexis Accountants and Business Advisors on 02 6264 8000.



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](https://www.facebook.com/PearceCommunityGardenCanberra)



Supported by





Executive Support

Just as you wouldn't go into a marathon untrained and unprepared, the same is true for an executive role within a community organisation. There are many supports, opportunities to train and assistance available, but perhaps the most rare is experienced support at the executive level.

While the Executive Officer may be supporting staff, the board and other stakeholders - it is equally important that they, in turn, find support that is confidential and professional. SHOUT understands the unique needs of a top position within the community sector.

SHOUT Offers Executives:

- Strong Leadership Support
- Individual One-to-one Support
- Mentoring & Coaching
- Confidential Advice
- HR Mentoring and Assistance
- Assistance in Funding Applications
- Business Advice and Options
- Insurance Advice
- Regular Member Newsletters
- Board Governance Training
- Strategic Leadership and Planning

For more information email:
ceo@shout.org.au

Executive Support





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**



*Providing 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 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



SHOUT

UNITED TOGETHER

Building 1
Pearce Community Centre
Collett Place
Ph: 62901984
Email: admin@shout.org.au

