

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

New Member Spotlight

- Coaching with Mick
- SATB2 Gene Foundation Australia
- Good Omen Goodeze
- Days for Girls

See Page 3 for details

Governance Training

Tuesday, 17 May 2022

9am - 12pm

See Page 4 for details

Members News and Events



A WORD FROM THE CEO:

Welcome everyone to our Autumn Newsletter.

It feels as though we are in the midst of COVID again, with most of our member organisations being so affected with staff isolating and whole families succumbing to the 7 day isolation. It definitely is a tough time keeping programs going and services all over the region are being cut. SHOUT has not been immune and we battle on with less staff and the effects it has on us all.

Please note that SHOUT is situated in a high risk facility, as many of our centres visitors in the disability area are considered to be high risk. Face masks are mandatory in the hallways and if you have COVID you must have isolated for 7 days + 3 days (so 10 days) and be symptom free when you visit or work in the Pearce Community Centre.

Lastly, we are running a governance training for boards, directors and volunteers in May. This is during the day, and is advertised within this newsletter, and we look forward to holding this training once again. If your Board would like to be trained together we do offer this at \$30 per person at a time that is more convenient to you. Please don't hesitate to contact me.

Stay well and safe
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
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 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
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
ACT Neighbourhood Watch Association Inc
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
SATB2 Gene Foundation Australia
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

NEW MEMBER SPOTLIGHT



The Men's Group program supports men to understand their relationship with themselves and understand why this relationship is the blueprint of every other relationship in his life.



@coaching.with.mick

mick@andrewsclan.id.au | 0417212261




SATB2 Gene Foundation Australia was established to enrich the lives of individuals with SATB2-associated syndrome, including those diagnosed with the condition and their families, through advocacy, support and education, and to raising funds for much needed research.

email: hello@satb2.org.au

Website: satb2.org.au



Good Omen Goodeze Inc (affectionately known as GOG) is a Canberra based community needle-craft group providing personalised hand crafted comfort 'Goodies', for patients and their loved ones in need of comfort or warmth in the Canberra Hospital.

If you would like details on how to become a GOG Volunteer, please:
Email: info@goodomengoodeze.org.au
or message us via our Facebook Page
 or join our Facebook Group.



Days For Girls provides washable menstrual kits for women and girls overseas. To become involved or for more information please:

Email: Tuggeranongact@daysforgirls.org



or join our Facebook Page

Sew For Change



Governance Training for Not for Profit Boards

A comprehensive hands on training on Governance for Board Members of Community Organisations.

Date: Tuesday 17th May, 2022

Time: 9am to 12:00pm

Location: SHOUT Meeting Room
Building 1, Pearce Community Centre,
Collett Place, Pearce

Facilitator: Carol Mead - CEO of SHOUT

Cost: \$33

Eventbrite Link

<https://www.eventbrite.com.au/e/governance-for-boards-ceos-and-managers-tickets-304386637627>

The Governance Training for Not for Profit Boards is a short 2.5 hours workshop delivered by Carol Mead - CEO of SHOUT.

Carol has extensive experience both as a CEO in the Community Sector and is currently President of three Boards.

The training will cover all areas of Board Governance and includes:

- Incorporation, legal and Insurance obligations
- Roles and Responsibilities of Board Members
- CEO engagement, responsibilities to the Board and Organisation and the partnership between the CEO and Board
- AGM's and meetings

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE



AUTUMN LEAVES MARKET

A beautiful bespoke market

23 & 24 April 2022

10am to 2pm

Pearce Community Centre

Collett Place

Pearce



COVID guidelines are
in place

Combined with
Rotary Market
on Saturday





Register to Host your Biggest Morning Tea!



biggestmorningtea.com.au

Cancer Council ACT Wig Service

Style that's a head above the rest.

The Cancer Council ACT Wig Service provides a wide selection of wigs, turbans and hats for people who lose their hair through cancer treatment. In a comfortable and confidential setting, our trained staff can assist you to find products to suit your needs.

For the safety of clients, and staff, we are only able to see people by appointment. To make an appointment, please call 6257 9999 or email cancer.information@actcancer.org

The Wig Service is located at the Cancer Council ACT Office:
Unit 1, 173 Strickland Crescent, Deakin, ACT.

Losing your hair due to cancer treatment can be a distressing experience. For more information on hair loss and cancer call to speak to our expert staff on 13 11 20.



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



Join the ENRICHing Survivorship Program

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

Join us in Deakin, ACT
Thursdays 28 April - 16 June 2022

Registration is essential

6257 9999

cancerinformation@actcancer.org

www.actcancer.org



The Men's Group program supports men to understand their relationship with themselves and understand why this relationship is the blueprint of every other relationship in his life.

Men are encouraged to share their skills, insights, and strengths within the group and recognise that everyone in the group has experience to share.

The Men's Group is not a substitute for Professional Mental Health care (Counselling, Psychologist etc). Group members are responsible for their own wellbeing and are encouraged to look after themselves and seek support if they need it before, during or after a group meeting.

Relationships are at the core of everything we do, and all relationships are essential. The relationship a man has with his, spouse, children, parents, siblings, extended family, friends, teammates, or work colleagues are all different.

If a man has a poor relationship with himself it may manifest in behaviours like acting out, risk taking, extreme shyness, and or addictive behaviours with alcohol, drugs, sex and or cigarettes.

  @coaching.with.mick



**“THE QUALITY OF A MAN’S
RELATIONSHIPS WITH OTHERS IS
REFLECTIVE OF HIS
RELATIONSHIP WITH HIMSELF”**

The Men's Group consists of 10-12 men (18+) per group.

Meeting is held on Thursday night.
Waiting list open for a Tuesday night.
Each group meets 7pm - 9:30pm one night per month at

SHOUT Inc meeting room
Pearce Community Centre
Building 1
Collett Place

We welcome men who:

- ◇ are looking for connection and community
- ◇ are looking for opportunities to develop and gain personal growth
- ◇ are wanting to share the journey of life with other men
- ◇ are open to feedback, even when it stings
- ◇ enjoy helping other men of all ages and contributing to the group.



Mick Andrews
@COACHING.WITH.MICK

mick@andrewscan.id.au | 0417212261

Member Forum

4 May 2022

Hotel Realm

18 National Circuit, Canberra

Live your life

d diabetes
nsw & c

Diabetes Australia would like to invite all members living in the ACT and surrounding areas to join us for an exclusive Member Forum on 4 May 2022.

This FREE event will give you the opportunity to catch up with other members while picking up new tips and advice for managing your diabetes.

To find out more or to register visit: diabetesnsw.com.au/event/member-forum-canberra-04-05-2022

If you're not currently a member of Diabetes Australia, or if you'd like to bring a guest, there is a registration fee of \$29. This fee will cover the event on the day and a Diabetes Australia membership to June 2023.

If you have any questions about the Forum or membership of Diabetes Australia, please contact us at community@diabetesaustralia.com.au or call 1800 177 055.

Join our community of
over 45,000 people
living with
diabetes

Become a
member



Support Groups

Held face to face and or via zoom

RA & Sjogren's Support Group

10:30am-12pm
2nd Thursday Monthly
Mawson Club/Zoom

Lounging Lizards (17-40yr olds)

Wednesdays
3:30-4:30pm AEDT
via Zoom

Tired Teens

call Libby on
6286 1439

ME CFS Fibromyalgia Chat Group via Zoom

Mondays 3:30-4:30pm AEDT
Wednesdays 11:30am-
12:30pm AEDT

Steady as She Goes Chat Group via Zoom

For people with PEM
Fridays 12-1pm AEDT

All facebook groups are private

Canberra JIA Support Group

For families who have a child with JIA



Hypermobile ACT

For anyone living with Hypermobility Syndromes or EDS

Tired Teens Canberra

A safe place to talk for teens and young adults living with Chronic Fatigue Syndrome or other fatiguing illnesses.

Young Women's Autoimmune Friendship Group

For women with Autoimmune Disease, Musculoskeletal Disorders or Chronic Pain.

To join a group

6251 2055 / 1800 041 011

info@arthritisact.org.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 @ 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



ACT
Down Syndrome
Association

UPCOMING EVENTS:

**12/13
APR**

READY TO WORK: GETTING A JOB FOR PEOPLE WITH DOWN SYNDROME

Online: Tuesday 12th April

Face-to-Face: Wednesday 13th April

*This event is funded by the Australian Government Department
of Social Services.*



**06
MAY**

THE ALDERSON AWARDS

Friday 6th May, 6:00pm

Hellenic Club, Woden

*This event is ticketed. Keep an eye on the ACT Down
Syndrome Association's Facebook page for more details.*



**25
MAY**

PATHWAYS TO INDEPENDENCE: STAYING HEALTHY

Wednesday 25 May, 1:30pm - 3:30pm

Bldg 2, Pearce Community Centre

*This event is funded by the Australian Government Department
of Social Services*



**MAY
-JUN**

LET'S GET WORK READY: HIGH SCHOOL PRE-EMPLOYMENT

Thursdays, 12th May - 9th June,

4:30 - 6:00pm

Bldg 2, Pearce Community Centre

*This event is funded by the Australian Government Department
of Social Services*



Visit www.actdsa.org.au for more details

admin@actdsa.org.au | (02) 6290 0656



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.

This is part of the Healthy Living Inclusive Garden Program, supported by Healthy Canberra Grants.



Find us on Facebook

@PearceCommunityGardenCanberra



Supported by



ACT
Government



pain
support



PROSTATE CANCER SUPPORT GROUP



Monthly Meeting:

Please check our website at: www.pcs-g-act.org.au to confirm support group meeting details for April and May 2022.

Everyone is welcome — members, non-members, carers, friends, 'just interested', etc.

If you have any questions or would like to talk to someone, please contact us at info@pcs-g-act.org.au.



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 April & 23 May 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



What is Good Omen Goodeze?

Good Omen Goodeze Inc (GOG) is a Canberra based community organisation that makes hand crafted comfort care items for patients and families in the Canberra Health Services. We also provide stitching for wellness programs to the Canberra Community and offer a safe and inclusive space for members to express their creativity and develop positive relationships within the community.

Working Bees

Our members mostly create from the comfort of their own homes, but we enjoy coming together for fortnightly for 'working bees' or special events, such as 'Knit in Public Day' and our wellness workshops.

Members may work on joint projects, share information, skills and ideas, or just enjoy a cuppa and a chat while being creative for a great cause.



What if I don't know how to knit or crochet?

Basic stitches are all you need to make a knee rug or beanie. If you would like to join us but don't know how to knit or crochet, we are more than happy to instruct and provide you with simple patterns to get you started. If you're experienced, why not offer your skills and 'mentor' one of our newer members.

How to Join the 'GOG Family'

For more information about membership, donation drop-off points, our 'Knitting for Wellness' programs, upcoming events, comfort items currently in need, uplifting stories, and the latest GOG news, please visit our website or Facebook Page.



www.goodomengoodeze.org.au



Page: @GoGoodeze
Group: www.facebook.com/groups/goodomengoodeze



Need other information?
info@goodomengoodeze.org.au

What can I make?

We make hand crafted comfort goods using donated materials where possible. Our 'Goodies' are created by volunteers who kindly donate their time, skills and resources to help others in need. Our Goodies include knee rugs, beanies, scarves, shawls, bed socks, mittens, gowns and comfort toys.



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.



How do you know if you have a Hearing Loss?

- Do you often ask people to repeat themselves?
- Do you have difficulty following conversation when there is too much background noise?
- Do you find it difficult to hear the phone ring or the doorbell?
- Do you have difficulty hearing on the phone?
- Do you find it hard to hear your children or grandchildren?
- Do you turn up the volume on the TV or radio that others find too loud?

Come and see us at the ACT Deafness Resource Centre for a no cost, obligation free consultation.

Talk to us about taking that next step.



For more Information:

Phone: (02) 6287 4393

Email: hearinghelp@actdrc.org.au

Website: www.actdrc.org.au

Visit: Level 1B

Grant Cameron Community Centre

27 Mulley Street

Holder ACT 2611



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

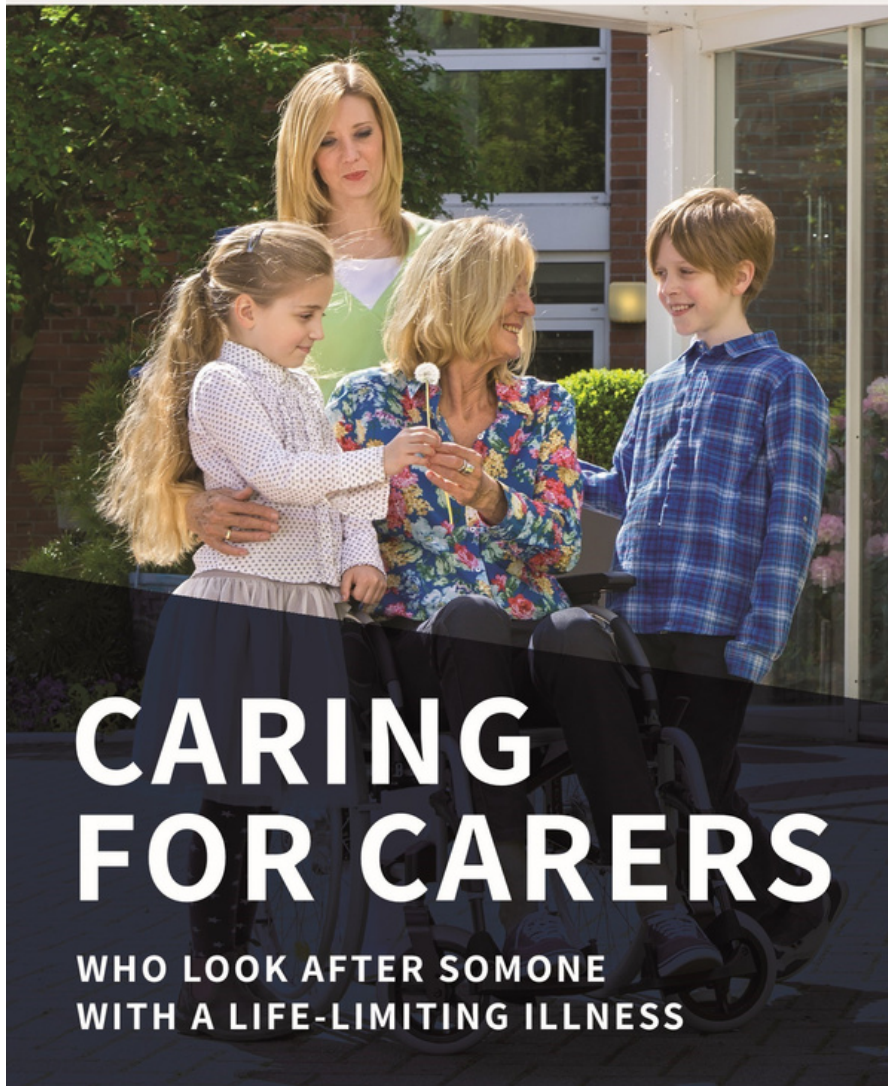
THURSDAY QUEENSLAND 7PM

MONDAY QUEENSLAND AT 6:30PM

FRIDAY VICTORIA 5PM-6PM

WEDNESDAY SOUTH AUSTRALIA 7PM-8PM

SUNDAY INTERNATIONAL 12PM-1PM, VICTORIAN TIME



CARING FOR CARERS

WHO LOOK AFTER SOMEONE
WITH A LIFE-LIMITING ILLNESS

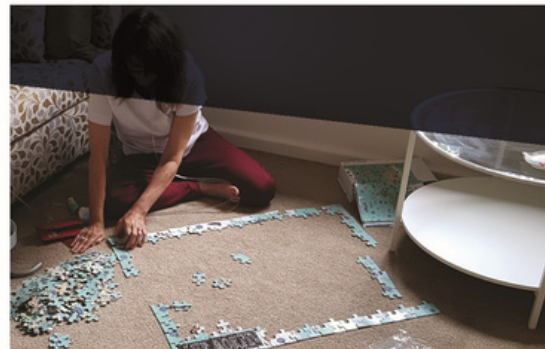
Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.

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/carer 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**



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, healthy mind, goal setting and problem solving.

Sessions are now being delivered face-to-face. Connect with others and get support in making positive changes to take control and live well.

Over 3 weeks, you will learn:

- 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
- Local services available to you
- How to set goals and achieve them

Ongoing 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.

Programs run every month from various locations across Canberra. Go to <https://www.health.act.gov.au/services/chronic-disease-management> for a full list of dates, times and locations.

Bookings are made on a first-in, first-served basis. Secure your spot today by calling **Central Health Intake on 02 5124 9977**.

For more information contact SelfManagement@act.gov.au.

APPLY FOR YOUR DIRECTOR ID - NEXIS ACCOUNTANTS AND BUSINESS ADVISORS TELLS YOU HOW



The Australian Securities and Investments Commission has implemented a new legal requirement for all company directors to hold a Director ID.

Each director must only apply for one director ID, even if you are a director of multiple companies.

When you must apply for your Director ID depends on the date you come a director.

If you become a director:

- On or before 31 October 2021 you MUST apply by 30th November 2022
- Between 1st November 2021 and April 4th 2022, you MUST apply within 28 days of appointment
- From 5th April 2022, you MUST apply before your appointment

How to apply

1. Visit this link and click the button: "How to apply for your Director ID". Follow the link to the Australian Business Registry Service
2. If you have not already set up your myGovID, follow the link provided under "Step 1 – Set up myGovID"

Once your myGovID is set up you must provide:

1. Your tax file number
2. Residential address as held by the ATO
3. At least two forms of ID

To find which identification documents are valid check the list under "Step 2 – Gather your documents".

The final step is to apply for your Director ID by following the prompts under "Step 3 – Complete your application".

Watch our video here: www.nexis.com.au/2021/12/how-to-apply-for-your-director-id/ for a step by step of the application process.

If you have any questions, feel free to contact us.



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

Need to find a local Canberra Support Group?
Search the Web of Support



SHOUT
UNITED TOGETHER

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

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

