

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

### **SHOUT's Christmas in July Luncheon**

**19th JULY**

**12:30 PM - 2 PM**

**SHOUT Meeting Room**

See Page 5 for details

### **Hire Smart Interns**

**Helping Aussie Business  
get Info-Tech Tasks Back  
on Track**

See Page 3 for details

### **Members News and Events**



## A WORD FROM THE CEO:

Good day everyone,

We are heading towards our winter now and the flu season. May I take this opportunity to ensure that you encourage people to have their flu shot as it seems that this is quite a nasty strain this flu season. The Community sector has been in our thoughts with so many of our organisations affected by COVID and really being hit hard by staff shortages and clients unable to attend services and programs through contacts or isolation. It is a major concern for the sector.

Recently we had three interns from Smart Interns build a community organisation website – and it was very successful. We have featured their ad in this newsletter, it could be a boon for small to medium community organisations.

Stay warm and safe  
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  
Canberra Circle of Women  
Cancer Council ACT  
Caring Approach Pty Ltd  
Coaching with Mick  
Diabetes Association NSW ACT  
Directions Health Service  
Epilepsy ACT  
Everybody Wins  
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  
Adoption, Kin and Fostering Families  
Association of the ACT and region (AKFFA)  
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](http://www.shout.org.au)**



# Hire Smart Interns

## HELPING AUSSIE BUSINESSES GET INFO-TECH TASKS BACK ON TRACK...

### WHY HIRE AN INTERN?

The service is completely free and all costs are covered by the education provider. All candidates have completed or nearing the end of their I.T degrees. Service is governed by the ACS (Australian computer society). We help match local businesses with skilled I.T talent. From basic data entry to more complex tasks such as web development, all graduates are keen to apply their skills and put their best foot forward for your business.

From WebDev, cloud storage, networking, data analyst or telecommunications, let us find you the perfect candidates.

**BOOK A HOST COMPANY SUITABILITY  
CALL TODAY.**

### HOW DO I GET INVOLVED?

- Current ABN holder
- Registered business address
- 2+ employees
- Trading more than 12 months
- Complete Host Suitability form
- Begin interviewing

Call Hugh King 04 14 002 133



### SKILLS BRIDGE

**70+ SKILLED INTERNS AVAILABLE!**

HELP BRIDGE THE GAP  
BETWEEN EDUCATION AND  
THE REAL WORKING  
ENVIRONMENT.

### SERVICE WE PROVIDE

- ✓ Screen all candidates
- ✓ Ongoing internship support
- ✓ Ongoing host company support
- ✓ Free replacement every 3 months

hire.smart.interns@gmail.com

**Book a 10 minute call to discuss taking part in the program.**

# PROSTATE CANCER SUPPORT GROUP



## Monthly Meeting:

Please check our website at: [www.pcsg-act.org.au](http://www.pcsg-act.org.au) to confirm support group meeting details for June and July 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@pcsg-act.org.au](mailto:info@pcsg-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, 26 June & 24 July 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](mailto:catherine@hindson.org)

## SLEEP APNOEA ASSOCIATION INC



### General Meeting:

**DATE:** Saturday, 18 June 2022  
**TIME:** 2.00pm  
**LOCATION:** Southern Cross Club Woden  
**SPECIAL EVENT:** SAA Inc, 30 Year Celebration Party  
**GUEST SPEAKER:** Name To Be Advised – Original 1992 SAA Foundational Member.

All past and present members welcome but numbers are limited.

Please RSVP by Friday 10 June to Angelo on **0437442372** or email [sleepact@yahoo.com.au](mailto:sleepact@yahoo.com.au)





DEAR MEMBERS,  
PLEASE JOIN US FOR

SHOUT'S

*Christmas*

IN JULY LUNCHEON

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TUESDAY 19TH JULY - 12:30PM TO 2PM  
SHOUT MEETING ROOM

BOOKINGS CLOSE 11 JULY  
RSVP TO SHOUT VIA EMAIL: [ADMIN@SHOUT.ORG.AU](mailto:ADMIN@SHOUT.ORG.AU)  
OR PHONE: (02) 62901984

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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](mailto:mick@andrewscan.id.au) | 0417212261





## We're here for you Canberra

You've probably talked to us at the show or your workplace about your risk of Type 2 diabetes. Maybe one of our health professionals has visited your kids' school? Perhaps you've seen our Diabetes Educator or Dietitian at our specialist clinic in Turner.

If you haven't, then call our Canberra office on 02 6248 4500.

We're here and ready to help!







## Register to Host your Biggest Morning Tea!



[biggestmorningtea.com.au](http://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](mailto: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.




# GOG'S KNIT IN PUBLIC DAY EVENT!

It's that time of year again, Good Omen Goodeze's, World Wide Knit In Public Day!! Get your yarns and hooks ready on **11 June**, and join TEAM GOG at Westfield Belconnen for what is a fantastic festival for all stitchers. You may spend some time knitting or crocheting a square for a blanket to be donated to the Canberra Hospital, bring your own project to work on it together on the day, or simply drop in to have a chat with some many like-minded people.

And that's not all GOG has in store for you...

GOG is calling for the snazziest Gogsters for a special Gogster Competition! This year, we would like to challenge you to make the most creative Gogsters to win prizes up for grabs on KIP - these Gogsters can be any size, from 10cm x 10cm up.



For more information visit us at:  
[www.goodomengoodeze.org.au](http://www.goodomengoodeze.org.au)  
or visit our  Facebook Page



## Gogster Competition!

We Challenge you to make your snazziest Gogster and bring it to our Knit in Public event!

It will be judged by our **SPECIAL** guest judge with a special 'People's Choice Award' too! With prizes up for grabs and mega bragging rights, we cant wait to see you there!

**When:** 11 June 10.30am-3pm  
**Where:** Westfield Belconnen, Ground floor, outside Myer  
**Cost to enter:** \$5 (\$2 for kids!)

## 'NEW' Craft and Conversation Session!

Come along for a chat, a cuppa and share skills and ideas with other crafters!

**Where:** 2 Rosevear Pl, Dickson  
**When:** Thursdays, 10am - 12pm  
**What to Bring:** A project or pattern if you have one, or pick up a pack to get you started!

See you there!







CANBERRA'S VERY OWN

# Christmas in July Market

10 am to 2pm  
2 and 3 July



PEARCE COMMUNITY CENTRE  
COLLETT PLACE  
PEARCE

Brought to you by  
Pearce Crafters Market





## Small Business Breakfasts

A vocational service project of the Rotary Clubs of Belconnen and Canberra-Weston Creek

To help Canberra's micro and small businesses **survive and thrive**

# FREE

(limited to 150 attendees)

### SIX Business Breakfasts

for Canberra's small business operators with compelling speakers providing information, ideas and tips on business planning, information technology, leadership, staffing, peer support, mental health, sustainability and advertising.

Need more information?

Email: [bizbreakfasts@gmail.com](mailto:bizbreakfasts@gmail.com)

Registration via Eventbrite

QR Codes over page



Timings: 7:30 AM - 9:00 AM

- Prompt start and finish!

### Venue



RAIDERS  
BELCONNEN

**Raiders Belconnen**  
(Kippax)

on Hardwick Cres, Holt



### BREAKFAST EVENTS

# 1

**Wed, 25 May 2022**  
**Breakfast Launch**

Speakers:

- Tara Cheyne MLA  
*ACT Minister for Business & Better Regulation*
- Cam Sullings  
*Presenter Confidence Coach*



Register attendance

# 2

**Wed, 22 Jun 2022**  
**Information Technology**



Speakers:

- Caleb George  
*Business Doctor*
- Ceshton Hanns  
*Gallagher Insurance*

Register attendance

# 3

**Wed, 27 Jul 2022**  
**Build a Better Business**

Speakers:

- Chris Mason  
*Mindshop Group*
- Steve Thomas  
*Edge Real Estate*



Register attendance

### SPONSORS



ACT  
Government



The Rotary Club  
of Belconnen



Slaven Torline



radio *Alive*



The Rotary Club of  
Canberra-Weston Creek Inc.



Methinks Creative

### BREAKFAST EVENTS

# 4

**Wed, 24 Aug 2022**  
**Business Peer Support**

Speakers:

- Ian Lindgren  
*PayMe Group*
- Dr. Michael Moore AM  
*Rotary International*



Register attendance

# 5

**Wed, 28 Sep 2022**  
**Structure for Sustainability**



Speakers:

- Frank Lo Pilato  
*RSM Bird Cameron*
- Michael Slaven  
*Slaven Torline*
- Tony Lane  
*Beacon Advisory*
- Bernice Ellis  
*Partner - Mills Oakley*

# 6

**Wed, 26 Oct 2022**  
**Media Advertising**

Speakers:

- Michael Jones  
*Capital Radio Group*



Register attendance



# Sew for Change - making a difference

Sew for Change is a local volunteer program which support women and children in a variety of ways. We sew menstrual kits through Days for Girls international to help women and girls globally - these kits last 4 years and make a significant difference to girls and women reducing period poverty and enabling better outcomes for their future. Our packing days pack these kits so we can send them out to the world.

The sewing circle is run once a month on Fridays and everyone is welcome. We have sewing kits, including kids clothing, and spare machines to use, everyone is friendly and welcoming and ready to help newcomers. We look forward to meeting you!

## Sewing Circle

**10 June** Friday 1-4pm

**8 July** Friday 1-4pm

**12 August** Friday 1-4pm

**9 September** Friday 1-4pm

**14 October** Friday 1-4pm

**11 November** Friday 1-4pm

**9 December** Friday 1-4pm



## DFG Kit packing days

**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



**DAYS FOR  
GIRLS**  
TUGGERANONG ACT  
AUSTRALIA TEAM



**Venue - SHOUT Meeting Room - Building 1,  
Pearce Community Centre, Collett Place Pearce.**

**Everyone is welcome at our packing and sewing days.**



**We are on facebook  
email [sewforchangeact@gmail.com](mailto:sewforchangeact@gmail.com)**



# information session

## breast cancer surgery options

**Thursday 16th June 2022**

**5.45pm for a 6pm start**

**For catering purposes please**

**RSVP by Wednesday 15th June**

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

14 June\* (Tuesday)  
11 July  
8 August  
12 September  
10 October  
14 November  
12 December

#### NEW

#### Kids & Coffee Group

CSCC Club Woden  
Henry's Indoor Play  
from 10am  
20 June  
15 August  
31 October  
5 December

### Tuesday

**Bean Central Cafe  
Queanbeyan  
9.30am - 11.30am**

28 June  
26 July  
30 August  
27 September  
25 October  
29 November

### NEW Braidwood Coffee Group

**Troopers Rest  
10am - 11.30am**

Thursday 7th July  
Thursday 25th August  
Thursday 13th October  
Thursday 1st December

### Wednesday

**The RUC Turner  
5.30pm - 7.30pm**

15 June  
17 August  
19 October  
21 December

#### Young Women's Group

**Check website for  
venues**

**7pm - 9.30pm**  
20 July  
21 September  
16 November

### Thursday

**Cafe Injoy Nicholls  
2pm - 3.30pm**

30 June  
28 July  
25 August  
29 September  
27 October  
24 November

### Friday

**Yass  
10am - 12noon**

10 June @ Cafe Dolcetto  
5 August @ Tootsie's  
7 October @ Kaffeine  
25 November @  
Trader&Co

**Contact us on** ph 0406 376 500 or 6290 1984

Monday - Thursday 9.30am - 2.30pm

[admin@bosombuddies.org.au](mailto:admin@bosombuddies.org.au) - [bosombuddies.org.au](http://bosombuddies.org.au)

*If you would like formal support please give us a call*





**Do you or someone you  
love have a Hearing Loss?  
Would you or them hear  
the Smoke Alarm when  
asleep?**



**To find out more:**

**Email:**

**[hearinghelp@actdrc.org.au](mailto:hearinghelp@actdrc.org.au)**

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

**Call: 62874393**

# Canberra & Queanbeyan ADD Support Group Inc

ABN: 95 350 477 580



SUPPORT  
CANBERRA + QUEANBEYAN

(ADDACT)

## Information Line:

T: 6290 1984 bh

M: 0493 220 996 6pm – 9pm

W: [www.addact.org.au](http://www.addact.org.au)

FB : ADDACT (Canberra And Queanbeyan) <https://www.facebook.com/groups/1890865264560787>

## A short history of ADHD

- ADHD is a recent term describing behaviours that have been observed throughout history.
- 1798, Sir Alexander Crichton describes a condition where: "The incapacity of attending with a necessary degree of constancy to any one object."
- 1902, Sir George Frederic Still discussed "the particular psychical conditions—which are concerned with abnormal defect of moral control in children",
- 1937 saw positive effects of stimulant medication (dl-amphetamine) in children with various behavioural disorders. Methylphenidate use was pioneered in 1957,
- 1968 Diagnostic and Statistical Manual (DSM-II) (1968)—the USA description of mental disorders—first defined "Hyperkinetic Reaction of Childhood",
- 1980 The DSM-III defined Attention Deficit Disorder, or ADD.
- 1994 The DSM-IV renamed it as Attention Deficit Hyperactivity Disorder, or ADHD,
- 1994. The DSM-5 (2012) maintains the term ADHD but is more expansive in the description of symptoms.
- 2022 The DSM-5 -TR will reconceptualise the official diagnostic instruments used to assess

## Aims and Objectives

- ☐ Our aims and objectives are to create community awareness of the condition and support by providing:
- ☐ Access to information and reference material;
- ☐ Support and sharing experiences, e.g. parenting and/or school issues, adult issues;
- ☐ Newsletters and Information sharing
- ☐ Reduced fees for seminars;
- ☐ Presentations by qualified speakers who understand ADHD;
- ☐ Advocating on behalf of ADHD families e.g. with politicians or government;
- ☐ Making available a telephone support service and, in some cases of crisis, instant support;
- ☐ Providing a sympathetic ear;
- ☐ Sharing experiences;
- ☐ Workshops

## General monthly meetings

ADDACT meetings are held at **Canberra College - First floor, 2 Launceston St, Phillip ACT 2606** (follow the signs with our logo).

Meetings are usually held the **first Sunday of every month, from 1pm (unless otherwise specified)**.

We try to have a guest speaker at meetings; otherwise we have a chat session where people can talk about specific problems and issues in a round-table discussion.

## Adults with ADHD

In the early 1990s, a group for adults with ADHD commenced within the Canberra & Queanbeyan ADD Support Group Inc. The adult group met separately at the home of a member at the same time as the parents/carers/general public meeting. Later on, the adult group met together with the parents/ carers/general public meeting. This has proved to be positive as the adults can explain to the parents what it is really like for the ADHD child. Some adults need to be at both sessions.

## Donations

We are GST Registered/Income Tax Exempt and have Health Promotion Charity Status as well as Deductible Gift Recipient Status, therefore donations are tax deductible.

## Member of SHOUT

### Join our support group

Give yourself permission to not go it alone. Join a support group, it is difficult trying to raise an ADHD child without support or understand and support adults with ADHD. Get to know other parents or Adults with ADHD who are or have been facing the same challenges as you are. Exchange ideas and stories and learn to "be there" for each other.

## Child care at the general meetings

For a gold coin donation, professional child care and activities for children is available to all financial members for any of the above meetings or seminars. Email [admin@addact.org.au](mailto:admin@addact.org.au).



# Talking About ADHD

Knowing what to say and using the correct language when talking about ADHD can be difficult. This guide is designed to help. We recommend using these tips when talking about ADHD, whether in public or in private.

## 01 Be accurate and optimistic

We need to foster a better understanding of ADHD without causing harm or increasing negative perceptions.

## 02 ADHD is a neurodevelopmental condition

ADHD is NOT a behaviour disorder. Many people with ADHD also have other coexisting conditions.

## 03 ADHD is a disability

With evidence based treatment, support, and appropriate accommodations people with ADHD can thrive and live a full and rewarding life.

## 04 It's ADHD not ADD

Please use the correct term

## 05 There are not 3 types of ADHD ADHD presents in 3 ways:

01 Predominantly inattentive symptoms like a lack of concentration or focus.

02 Predominantly hyperactive-impulsive symptoms like speaking or acting without thinking first.

03 A combination of both.

## 06 Don't trivialise ADHD

ADHD is not just about hyperactivity, inattention and acting impulsively. Try and talk about the underlying strengths and challenges people with ADHD experience.

## 07 The ADHD brain is different

People with ADHD display differences in brain structure, connectivity and function. As a result they can struggle to:

- Make informed decisions
- Manage time effectively
- Be organised and prioritise
- Stay organised
- Focus and pay attention
- Develop social skills and self-awareness
- Store and recall information
- Control their thoughts words, actions and emotions

## 08 ADHD is not always a "superpower"

For some people living with ADHD, 'superpower' is a positive description. But for others, it's a negative term and invalidates their experience. What is true, is that many people with ADHD can be creative, spirited, innovative and adventurous. They can also be great problem-solvers and think outside the box.

## 09 ADHD medication is effective

It works by facilitating electrical signal transmission in the brain, improving cognitive function and reducing symptoms of ADHD.

## 10 Don't use medication slang

Please don't refer to Methylphenidate (Ritalin) and Dexamphetamine as "Speed" or "Dexies". Use the correct names when talking about medication.

## 11 Without medication

There are non-medication strategies and supports that are known to assist people with ADHD, including psychological therapies, occupational therapy, coaching and other interventions. People affected by ADHD should talk to their doctor about what will work best for them.

## 12 Do children grow out of ADHD?

ADHD tends to be a life-long condition. We don't know why but occasionally kids stop experiencing symptoms in adolescence. It's important to focus on positive strategies to live successfully with ADHD.

## 13 ADHD is not an excuse

Please distance ADHD from immoral, unethical, criminal and sexist behaviour. While ADHD can lead to impulsive decision making, using it as an excuse to explain away wrongful and dishonest behaviour is inappropriate.

## 14 You can't have a bit of ADHD

Occasionally everyone gets distracted. But, for people with ADHD, being constantly distracted or being unable to focus effectively can impair their ability to learn, work and socialise.

Different Not Dumb

Positive Is Powerful





# Talking About ADHD

## Continued...

Words Matter

### First-person language is best practice. Use positive phrases like:

- Children with ADHD or living with ADHD
- People with lived experience of ADHD

### Avoid language that feeds into stereotypes such as:

- My son is ADHD or she's ADHD
- He's got a bit of ADHD



### It's good to check how someone likes to talk about themselves and their condition.

Avoid	Use
Suffer or Suffering	Live or Lives with Struggles
Label	Diagnosis
Behaviour	Symptoms, Traits or Characteristics
Naughty or Brat	Unable to self-regulate all the time
Manage a child	Care for, or Support
Manage behaviour	Scaffold or Guide
Deficit	Difference or Neurodiverse
Treatable	Thrive with treatment and support

To Be Accepted

### Please remember that effective advocacy fosters empathy and understanding. It also promotes acceptance and inclusion.

People with lived experience, clinicians and researchers have all contributed to this guide. It will continue to evolve and be updated as needed. We welcome suggestions and feedback, please email [admin@aadpa.com.au](mailto:admin@aadpa.com.au).

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aadpa



ND Australia



# 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](mailto:AgedCareNavigator@adacas.org.au) or review <https://adacas.org.au/advocacy-support/older-persons-advocacy/> for more information.







# 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. You will receive a handbook of resources and develop your own action plan to take away. 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.

The next programs will be run in **Kambah** (June) and **Belconnen** (July). See the Canberra Health Website for a full list of dates, times and locations or contact [SelfManagement@act.gov.au](mailto:SelfManagement@act.gov.au).

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





# 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](http://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](mailto: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



# ONLINE ART THERAPY- NEW GROUP FOR ALL MEMBERS

Arthritis ACT and "Build a Better Me" is changing our Art Therapy Group to provide more members with access to a safe space for creative self-exploration and social connection. Our group aims to develop our emotional vocabularies & expressive capacities, and to improve participants' ability to resolve personal issues by practicing self reflection.

Our Art Therapist, Rhondda facilitates this group using the Zoom platform for online video-conferencing. (With prior arrangement, attendees can utilise provided Zoom technology and limited art supplies at our BaBM / AACT office in Bruce, ACT).

## Meeting online in ZOOM, each Wednesday, 1-3pm.

**Contact us** for member pricing, info on NDIS entitlements, or more details, including the Zoom link (AACT's membership fee is waived for NDIS consumers).

**For more details or an info pack, please call  
Arthritis ACT on 1800 011 041 or email [info@arthritisact.org.au](mailto:info@arthritisact.org.au)**

## 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 \$150.**

**Mondays:** 11am - 12pm

SHOUT Building 1 Collett Place, Pearce

**Tuesdays:** 10:15am - 11:15am

Weston Creek Neighborhood Hall, 6 Gritten St

**Wednesdays:** NEW!!: 9:30- 10:30am 170 Haydon Drive, Bruce

10:30am - 11:30am 170 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 \$100 and can be used at anytime throughout the year.**

**Fridays:** 9.30am-10.00am

170 Haydon Drive, Bruce

**Bookings essential. Please call Arthritis ACT on 1800 011 041**





# 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](mailto:ceo@shout.org.au)**

# Executive Support







# 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







# Web of Support

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

**Support Services Directory  
Local Canberra Information**



**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](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)

