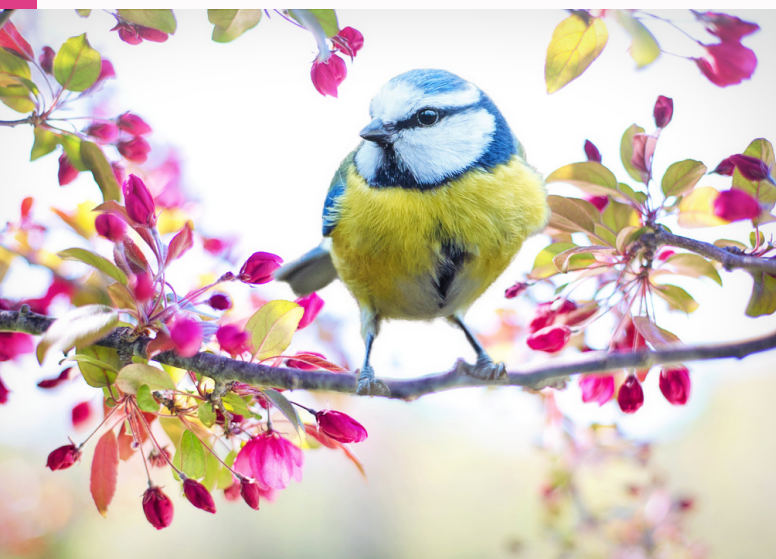


SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

Spring Markets

24th & 25th September

10AM - 2PM

Pearce Community Centre

See Page 3 for details

Dying to Know Day

8th August - Free

Lead Up Webinars

2nd, 3rd & 4th August

See Page 8 for details

Members News and Events



A WORD FROM THE CEO:

Hello everyone,

Well Spring is in the air and aren't we delighted about that?

For me that means Floriade, Tulip Tops and seeing the Pearce Community Garden blossom and flourish under the careful work of Courtney our gardener. It is a time of new growth and colour - and let's hope, after a rocky COVID filled year so far, we can finally start to really enjoy it all!

Of course, the Spring Market is on in late September and we really are excited to see you there - it raised funds to support women and girls globally, plus the market is supported through funding of Events ACT and provides our local crafters and artisans a place to showcase their amazing products. All undercover too!

Lastly, I want to thank you for supporting the Christmas in July event, and can you believe we are now planning the December event too! It is never dull at SHOUT.

We hope to see you soon, and remember we are just an email away, supporting you and the work our amazing Community Members do in Canberra!

Happy Spring!
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
Employ for Ability
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



Spring Market

PEARCE COMMUNITY CENTRE
COLLETT PLACE
PEARCE

10 am to 2pm

24 & 25 September



Brought to you by
Pearce Crafters Market

Take Control – Live Well

Do you have a chronic condition and struggling to make changes? 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 health 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 can be provided for up to 6 months via SMS.

The next programs will be run in **Tuggeranong** (August) and **Dickson** (September).

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

See the Canberra Health Website (scan QR code below) for a full list of dates, times and locations or contact SelfManagement@act.gov.au.



SELF-HELP/SUPPORT GROUPS

Self-help groups or support groups are groups of people who can provide mutual support for each other. In each group the members share a common condition, disease or addiction. To learn that you are not alone, that you are not the only one facing the problem, can be an enormous relief. For those who might be lacking support and empathy from friends and family, the environment of a self-help group who has members with similar experience can be a critical part of recovery.

While every group is different the self-help experience in these groups reduces stress and isolation through shared experience, understanding support and information sharing. The model of self-help is empowering as the participants are dependent on themselves, on each other and the group. Through self-disclosure, members share their stories, stresses, feelings and recoveries. Together they learn to understand and control the issue in their lives, by giving emotional, social and practical support to each other.



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.

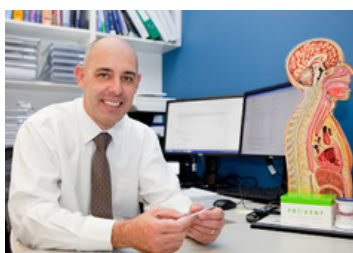
DATE:	Sunday, 28 August & 25 September 2022
TIME:	11:30 am
LOCATION:	Canberra Southern Cross Club, Woden - Community Room 1
CONTACT:	Catherine Hindson
PHONE:	1800 857 221 or
EMAIL:	catherine@hindson.org

SLEEP APNOEA ASSOCIATION INC

General Meeting:

DATE: Saturday, 20 August 2022
TIME: 2.00pm
LOCATION: Southern Cross Club Woden

GUEST SPEAKER: Dr Grant Willson – Sleep & Lifestyle Clinic, Phillip ACT.
Sleep Disorders Clinician including Obstructive Sleep Apnoea (OSA).



Grant will be speaking to us about a new diagnostic tool by Sunrise medical - The Sunrise Home Sleep Apnea Test, is a non-invasive home care aid in the evaluation of obstructive sleep apnea (OSA) in patients 18 years or older with suspicions of sleep breathing disorder. The Sunrise device uses a sensor placed on the patient's chin to record mandibular (lower jaw) movement

during sleep. Grant will also answer any questions you may have on your own OSA condition and treatment and the use of cpap equipment.



All SAA Members and Guests welcome.

Enquiries: Phone Angelo Barich - 0437442372

Email: sleepact@yahoo.com.au

Web: www.sleepapnea-act.org.au

PROSTATE CANCER SUPPORT GROUP

Monthly Meeting:

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





Supporting individuals and families living with chronic lung disorders.

Having trouble breathing? Looking for information? Seeking support?

We can help you!

COME AND JOIN US!

We offer support, education and friendship for people with conditions such as COPD, bronchiectasis, pulmonary fibrosis, dust disease, lung cancer etc.

We do this through:

- *Monthly meetings that often feature guest speakers, covering topics such as; chronic illness, medical information, social information, sustaining quality-of-life.*
- *Regular social events and outings.*

WHEN: Meets the second **THURSDAY** of every month

WHERE: The Weston Creek Labor Club, Teesdale Close, Stirling ACT

TIME: 10.15 – noon (interested members continue with an affordable lunch at the club)

Contact us through our email: lung.life1@hotmail.com



GET DEAD SET

FREE WEBINARS

HCCA is running 3 free lunchtime webinars in the lead up to Dying to Know Day 2022. Hear from 2 expert speakers each day on issues like funerals, voluntary assisted dying, diversity and your rights.

- **Aug 2, 12:30-1:30pm** - Voluntary Assisted Dying in the ACT with Minister Tara Cheyne & Community Undertakings with Catherine Bell of Tender Funerals
- **Aug 3, 12:30-1:30pm** - Multicultural Perspectives on Death and Dying with Dr Rosalina Sa'aga-Banuve and LeHoa Lam
- **Aug 4, 12:30-1:30pm** - LGBTQIA+ Friendly End-of-Life Care with Alicia Hind & Safeguarding Your Rights with Advance Care Planning

To register, go to hcca-act.eventbrite.com or contact us at adminofficer@hcca.org.au or call 6230 7800.

Free Health Seminars

COMING UP



Gut Health for Overall Health

Time: 6-7:30pm, 16 August 2022

Venue: Online via Zoom

Advance Care Planning

Time: 10am-12pm, 20 September 2022

Venue: Online via Zoom

Managing Your Mental Wellbeing

Time: 6-7:30pm, 12 September 2022

Venue: Online via Zoom

Making the Most of Your Health Appointment

Time: 2-4pm, 10 October 2022

Venue: TBA

Health Literacy for Community Workers

Time: 11am-12:30pm, 20 October 2022

Venue: TBA

To register for our upcoming events, go to:
hcca-act.eventbrite.com



hcca.org.au

02 6230 7800 | adminofficer@hcca.org.au



HCCA.ACT



@Health.Canberra

Hearing Loss Social Groups

Meet other people with a hearing loss:

- **Sharing experiences, challenges and successes we may have faced**
- **Learn the about Assistive Technology available to make your life easier**



To find out when the next Event is on:

Email: hearinghelp@actdrc.org.au

Call: 02 62874393



**Supporting You On Your
Hearing Loss Journey**

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

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

Tuesday

Bean Central Cafe

Queanbeyan

9.30am - 11.30am

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

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

NEW Braidwood

Coffee Group

Troopers Rest

10am - 11.30am

Thursday 7th April
Thursday 26th May
Thursday 7th July
Thursday 25th August
Thursday 13th October
Thursday 1st December

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

ENRICHing Survivorship

**Live well,
feel good.**

Join us each Thursday in Deakin, ACT
20 October- 8 December 2022

Registration is essential
6257 9999

cancerinformation@actcancer.org
www.actcancer.org

- 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



**For all that cancer takes,
give this Daffodil Day Appeal.**



- **donate**
- **fundraise**
- **volunteer**

www.daffodilday.com.au



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

MONDAY QUEENSLAND AT 6:30PM	THURSDAY QUEENSLAND 7PM	FRIDAY VICTORIA 5PM-6PM
WEDNESDAY SOUTH AUSTRALIA 7PM-8PM	SUNDAY INTERNATIONAL 12PM-1PM, VICTORIAN TIME	





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

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 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).

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.





ACT
Down Syndrome
Association

StepUP!
for Down
syndrome



**SAVE
THE DATE**

Sunday, 16 October 2022

10:00am - 1:00pm

Have you ever thought about joining Rotary?

**The Rotary Club of Woden Daybreak
is now open to new members!**

We are a family-friendly service club that meets at
the Pearce Community Centre.

We warmly invite you and your family to attend a meeting as our guests.

We meet from 7.30am to 8.30am on Fridays.



For more information, please visit our website,

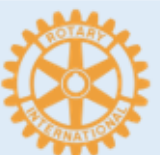
www.rotaryclubofwodendaybreak.com

or contact Karen on 0417 482 360



Rotary

Woden Daybreak





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





Web of Support

www.shout.org.au

Find the health, disability and aged care services you need.



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

