

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

Walk for Epilepsy

1 to 25 October

See Page 3 for details

NEW MEMBER -

Abilities Unlimited Australia

Provide Social Inclusion and Capacity Building Programs

See Page 9 for details

Members News and Events



A WORD FROM THE CEO:

Hello everyone,

There is so much happening now we are in Spring and everything is opening up again. It seems so good just to see the sun and feel the warmth again. Please remain vigilant and safe, especially when in crowds where the possibility of Covid transmission is higher.

It is the time of tulips and daffodils and I certainly am looking forward to attending Floriade and Tulip Tops again this year after two years of missing these amazing gardens due to Covid.

Like many of you I was saddened to hear of the death of Queen Elizabeth, and I believe she was an amazing woman, who had the ability to relate to people of all backgrounds and ages, a true leader who gave everything she had to her life's work.

At SHOUT we are honoured to have been successful in gaining funding for the Jubilee walk, marking 70 years of her reign as Queen, and it is a poignant year to celebrate this great woman with a walk of flowering trees in her honour.

Happy Springtime!!
Carol Mead

SHOUT MEMBERS



Corporate Members

Abilities Unlimited Australia
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 Seniors' Living – 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
The Personnel Group
Tuggeranong Community Arts Association
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

Walk for Epilepsy

1 to 25 October



1 in 25

Australians will
develop **epilepsy**
at some stage in
their lives



Support them **this October**
with the **Walk for Epilepsy!**



Join in the fun
and **walk your**
local streets
to support:

**your local epilepsy
organisation!**

Learn more at
walkforepilepsy.org.au



Please Join us at
Perinatal Wellbeing Fest

**Monday 10th October
10am-1:00pm**

**Perinatal Wellbeing Centre
Playspace 6 Minns Pl Weston,
ACT**

For Mental Health Month we
are hosting a free community
festival to promote
awareness, belonging and
connection

BBQ
GIGGLE & WIGGLE
RAFFLE & PRIZES
FACEPAINTING
STALLS & MORE!

For more info: (02) 6287 3961
kate@perinatalwellbeing.org.au



MENTAL HEALTH MONTH ACT



ACT

StepUP!

#21YourWay



FAMILY DAY

Join us for a day of fun and games, while raising awareness and funds to support people with Down syndrome and intellectual disabilities in the ACT and surrounds.

**SUNDAY,
16 OCTOBER**

10am - 1pm
Kambah Adventure
Playground

Featuring:

Circus workshop with Warehouse Circus
The chance to sit on a real police bike
Face painting by the Gecko Gang
Music by Dennis the DJ
BBQ by Belconnen Lions Club
Family-friendly party games



Register Now!
Or turn up on the day



COGNO
COOPERATIVE TRIALS GROUP
FOR NEURO-ONCOLOGY

14th COGNO ANNUAL SCIENTIFIC MEETING
Brisbane, 16th - 18th October 2022

Patient Education and Information Forum

Sunday 16 October 2022

9.30am-10.00am Registrations

- 10.00am**
- A/Prof Eng-Siew Koh: Forum Opening
 - Dr Frank Saran: Medulloblastoma - A journey through time
 - A/Prof Matthew Foote: Radiation Therapy and Stereotactic Radiosurgery for Brain Tumours
 - A/prof Craig Gedye: Latest Trials - PICCOG, MAGMA and LUMOS2
 - Q&A
 - A/Prof Haryana Dhillon: Portals & Pathways. Can we deliver intergrated support to people with brain tumours and their families?

12.00pm - 12.45pm Lunch

- 12.45pm**
- A/Prof Kerryn Pike: Strategies to manage Memory and Thinking Difficulty after Brain surgery
 - Dr Helen Haydon: Website for carers
 - Dr Elizabeth Coyne: Balancing recovery: Acknowledging the challenges and looking for new ideas
 - Fiona Hassman: National Advocacy Service: Accessing NDIS, My Age Care, Centrelink, Carer Gateway

2.15pm-2.30pm | Q&A and Closing Remarks

Registrations: btaapatientforum22.eventbrite.com.au



SPONSORED BY
**The Brain
Cancer Group**

An Introduction to Health Care and Health Literacy

FOR COMMUNITY WORKERS

Health literacy describes the ability to get, understand and act on health information. Good health literacy helps us to find information, navigate the health system and get better health outcomes.

This FREE workshop for community, aged care and disability workers will support you to:

- Understand what health literacy means
- Know how health literacy affects health outcomes
- Understand your role in supporting your client in the health system
- Recognise the signs someone is experiencing high demands on their health literacy
- Know what questions to ask to get the most out an appointment with a health professional

Time: 1-3pm, 20 October 2022

Location: Online via Zoom

Register: hcca.org.au/events or contact 6230 7800



Free Health Seminars

COMING UP

Making the Most of Your Health Appointment

Time: 12:30-2pm, 11 October 2022

Location: HCCA, Maitland House, 100 Maitland Street, Hackett

Managing Your Mental Wellbeing

Presented by Megan Layton, Accredited Mental Health Social Worker

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

Location: Online via Zoom

Consumer Participation Training

Consumer representatives are the voice of your community in the health system. Learn how you can participate and become a representative in this 2 day course.

Time: 10am – 3pm

Date: 29 October and 5 November 2022

Location: HCCA, Maitland House, 100 Maitland Street, Hackett.

To register for our upcoming events, go to:

[**hcca.org.au/events**](https://hcca.org.au/events)



ENRICHing Survivorship

Live well, feel good.

20 October- 8 December 2022

This free program for cancer survivors and their carers helps to restore physical and emotional wellbeing after cancer treatment.

Facilitated by a Dietician, Exercise Physiologist, Yoga Instructor and Peer Support volunteers, it is held each Thursday in Deakin over 8 weeks.

Registration is essential

6257 9999 | cancerinformation@actcancer.org | www.actcancer.org



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, by appointment.



To make an appointment, please call 6257 9999
OR email cancerinformation@actcancer.org



ABILITIES UNLIMITED AUSTRALIA

Building capability, capacity and confidence of children with diverse abilities to safely, actively and meaningfully participate in sport and physical recreation.

"MY CHILD'S SMILE SAYS IT ALL. SHE IS SO HAPPY! STAFF ARE ENERGETIC, FUN, PATIENT, EFFICIENT, KNOWLEDGEABLE, KIND, TALENTED AND WONDERFUL WITH THE CHILDREN. EVERY PARENT LOVES THEM. YOU GUYS GET AN A++++."

EACH CHILD'S ABILITIES ARE EMBRACED AND NURTURED TO FOSTER AN ENVIRONMENT WHERE EVERYONE CAN LEARN, GROW, DEVELOP AND SHINE.

- EMPOWERING
- INCLUSIVE
- WELCOMING
- EVIDENCE BASED
- TARGETED
- TRANSFORMATIVE
- WHOLE FAMILY FRIENDLY
- POSITIVE, FUN
- LIFE CHANGING



SOCIAL INCLUSION AND CAPACITY BUILDING PROGRAMS

**DEVELOP CONFIDENCE, SOCIAL AND EMOTIONAL
SKILLS, BALANCE, STRENGTH, COORDINATION
ENDURANCE AND SO MUCH MORE....**



CYCLABILITIES

Step 1: At Cyclabilities Balance and Glide build spatial-awareness, dynamic balance skills and learn to cycle program through individualised 1:1 support.

Step 2: Cyclabilities On the Pedals is the gateway to starting your cycling adventure independently, ensuring strong road safety skills and knowledge.

Step 3: Cyclabilities Out the gates builds freedom, independence and endurance leading riders onto different terrains, up and down hills, along bike paths to experience "real" cycling.



SHREDABILITIES

Shredabilities skateboarding program combines life skills, fun freedom and creativity through skateboarding.

Builds resilience, self assurance and self esteem. Friendships are made and confidence soars.

Beginners and intermediate options available.

All 1:1 support in a small inclusive group setting.



MOVEABILITIES

Moveabilities is a peer group physical health and wellbeing program, creating pathways for inclusion for children with disabilities so they can develop strength, balance and fitness, confidence, positive wellbeing, make friends and connect meaningfully with the community.



WATERABILITIES

Waterabilities is an individualised, targeted and intensive drowning prevention and swim skill program, providing opportunities for children to develop social and communication skills whilst building swim biomechanics, swim movement patterns, balance, coordination, water safety and drowning prevention skills. In water components are 1:1.

www.abiliitesunlimited.com.au
info@abilitiesunlimited.com.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.



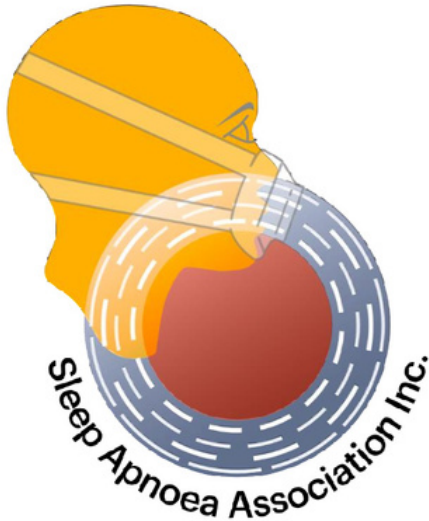
BRAIN TUMOUR ALLIANCE AUSTRALIA

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, 23 October & 27 November 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

**Next Meeting Dates October &
November 2022**

- Saturday 16 October 2022.
**Annual General Meeting and
presentation of Annual reports and
Election of Committee for 2022-23.**

- Saturday 19 November 2022.
**General Meeting open to all members
and guests. Special Guest speaker, Ms Jessi Claudianos, ACT
Regional Manager Australian Red Cross.**

**All meetings take place at the Woden Canberra Southern Cross
Club - ground floor Community Room, commencing 2.00pm.**

All Welcome – Enquiries phone 02-62316001

Prostate Cancer Support Group — ACT Region

Proudly affiliated with



Bringing together men and women who have a passion for helping those impacted by prostate cancer. Most members have had a direct experience of prostate cancer, either as a patient or a partner and family member

Coffee Mornings

Our coffee mornings take place at 10:00 am on the second Tuesday of each month (except January) and alternate between the Woden and Jamison venues of the Canberra Southern Cross Club. All are welcome to attend. Just turn up.

Our next coffee morning will be held at 10 am on Tuesday, 11 October 2022 at the Canberra Southern Cross Club, WODEN. Just come along – we'd love you to join us for a chat.

Group Meeting, 7 pm Wednesday, 19 October 2022

Our next meeting will be held at the Icon Cancer Centre, 1 Broula Street, Corner Broula and Allawoona Sts, Bruce. This is on the University of Canberra campus.

Icon staff will give a presentation on prostate cancer treatments and a tour of the Cancer Centre.

The Icon Cancer Centre will be providing refreshments for attendees. So, to help with catering for this, please confirm your intention to attend and indicate any dietary restrictions by Sunday 15 October to the Secretary at:

secretary@pcsg-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

**Do you or someone you
love have a Hearing Loss?
Do you travel frequently
on your own?
Would you or them hear
an alarm when asleep?
The Bellman & Symfon
Vibrio can help!**

To find out more:

Email:

hearinghelp@actdrc.org.au

Website: www.actdrc.org.au

Call: 62874393





MENTAL HEALTH MONTH ACT 2022

Awareness
Belonging
Connection

Mental Health Month Trail

This October, you are invited to follow the Mental Health Trail: a personal journey to improve your wellbeing and that of those around you.

Complete daily activities to support positive mental health in yourself and our community. You can follow along on social media, our website, the MHM ACT App, or using the calendar on the next page.

Once you have completed all the activities, enter our prize draw and you could win a Wellbeing pack!

Don't forget to share your Trail experiences with us on social media: tag us for more chances to win, and we might even share your posts to inspire others!



@MentalHealthMonthACT

#MentalHealthMonthACT #AwarenessBelongingConnection

www.MentalHealthMonthACT.org



Mental Health Month ACT is coordinated by the Mental Health Community Coalition ACT (MHCC ACT) with funding from ACT Health and in partnership with WIN Network and Riotact.

© 2022 MHCC ACT.



mental health
community coalition ACT



ACT
Government

ACT Health

Riotact

Local voices. Stronger communities.

Tick the box when you complete each activity and please tag us if you share your experiences on social media!




















Awareness



Belonging



Connection

1 Immerse yourself in nature. Go for a walk, smell the plants and feel the fresh air on your skin.  <input type="checkbox"/>	2 Become a mental health ally. Learn how to make our community safer and more supportive for people experiencing mental health challenges. <input type="checkbox"/>	3 Phone a friend. Support each other by staying connected. Do a video or voice call, share a cuppa or a meal, or just catch up.  <input type="checkbox"/>	
4 Start a gratitude journal. Record the things you are grateful for in a written journal, visual journal or app—whatever works for you. <input type="checkbox"/>	5 Start a conversation. Talk with a colleague or friend about mental health stigma and why it needs to change.  <input type="checkbox"/>	6 Connect with your community. Look into social or community groups near. If you can't find one that suits you, think about creating one! <input type="checkbox"/>	
7 Be creative. Do an activity like colouring in, writing, crafting, music or baking, and be mindful in the moment.  <input type="checkbox"/>	8 Feel safe. Think about where you feel safest: it could be a place or a situation. Write or draw about how it makes you feel and what it means to you. <input type="checkbox"/>	9 Write a note. Pick up a pen and paper and write a letter to a neighbour or a loved one.  <input type="checkbox"/>	
10 Take a break. Knowing when and how to rest is as vital for mental health as physical. Take a bath, get a massage or start a daily mindfulness or meditation routine. <input type="checkbox"/>	11 Learn the signs. Find out what to look out for that suggests someone is having a rough time.  <input type="checkbox"/>	12 Care for your environment. Head out to a park, community area or around your neighbourhood to collect rubbish.  <input type="checkbox"/>	
13 Move a new way. Try an exercise, dance move or something restorative like yoga or tai chi.  <input type="checkbox"/>	14 Do something nice. Open the door for someone, shout a stranger a cuppa, give a compliment, or make another intentionally kind gesture. <input type="checkbox"/>	15 Celebrate uniqueness. Send a message to someone telling them what unique thing makes them awesome.  <input type="checkbox"/>	
16 Make nature art. Collect fallen leaves, pine cones, bark and rocks and make a mini-sculpture. When you're done, return the items to where you found them. <input type="checkbox"/>	17 Be thankful. Thank someone who was there for you when you needed support, no matter what type or how big an impact they made.  <input type="checkbox"/>	18 Sharing is caring. Learn something new today, whether it's the answer to a burning question or a random fact, and share it with someone you think will enjoy it. <input type="checkbox"/>	
19 Ground yourself. Stop and list 5 things you can see, 4 things you can hear, 3 things you can touch from where you are, 2 things you can smell and 1 thing you can taste. <input type="checkbox"/>	20 Be curious. Take time to listen to and engage with someone else's experience or story. Would you react similarly or differently?  <input type="checkbox"/>	21 Start a new hobby. Having a hobby is a great way to unwind. You can find social groups to connect with for almost any hobby. <input type="checkbox"/>	
22 Practice self-compassion. Treat yourself as you would a friend and say something nice and supportive to yourself.  <input type="checkbox"/>	23 Touch base. Reach out to someone you haven't spoken to in a while or who has been feeling down. Let them know you're thinking of them. <input type="checkbox"/>	24 Play games. Whether in person or online, enjoying games together is a great bonding experience and a chance for some fun!  <input type="checkbox"/>	
25 Breathe deep. Find a quiet, private space, close your eyes and spend a few minutes focusing on your breath. <input type="checkbox"/>	26 Face the facts. Share facts about mental health with your friends (e.g., that almost half of Australians have had a mental health condition).  <input type="checkbox"/>	27 Get to know someone. Talk to someone you don't know well and find out more about them.  <input type="checkbox"/>	
28 Eat fresh. Make a meal using a range of fresh fruit and vegetables to nourish your body and mind.  <input type="checkbox"/>	29 Be prepared. Make a list of who you could go to if you or a friend needed support: friends, family, your GP, mental health services, other people or organisations, etc. <input type="checkbox"/>	30 Create with a friend. Show you care by giving a handmade gift, doing an art workshop with a mate or three, or asking a family member to teach you a new creative skill. <input type="checkbox"/>	
31 Celebration! <input type="checkbox"/>			Look back over all you've done this last month. Whether you did every activity or just a few, you deserve to feel proud of yourself. If you completed all of them, enter our prize draw at www.MentalHealthMonthACT.org/theTrail 

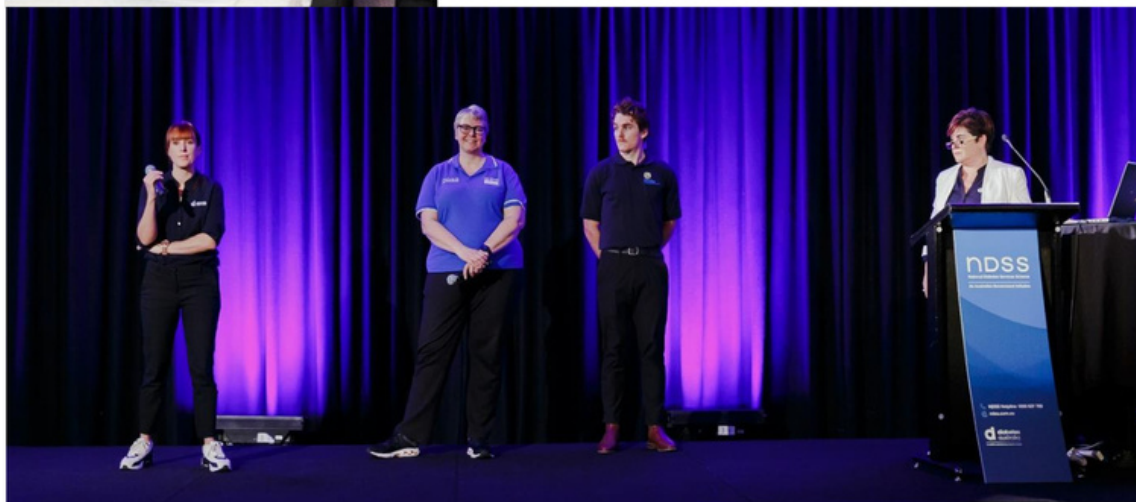


We're here for you Canberra

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!



NAVIGATING THE AGED CARE SYSTEM

Here's a shout out to you, your family, your mates, your co-workers and your clients!

If you're worried that someone you know is being taken advantage of by their friends or family, service provider, or perhaps, have an issue with a residential aged care facility or matters related to a hospital stay – ADACAS are here to help with our free advocacy services.

ADACAS have friendly, skilled advocates on hand to help navigate the health and welfare system. With the person's permission, you can confidentially refer someone to ADACAS and, we'll provide free, confidential help – or connect them to someone who can assist through our extensive network.

See us in person at the following events:

Thursday 13th October – 9am to midday

Westfield Belconnen (near Aldi)

Friday 14th October – 9am to midday

Westfield Woden (outside of Baker's Delight)

If you or someone you know wants advocacy help, please contact ADACAS:

Phone: 02 6242 5060

Email: adacas@adacas.org.au

Web: www.adacas.org.au





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:

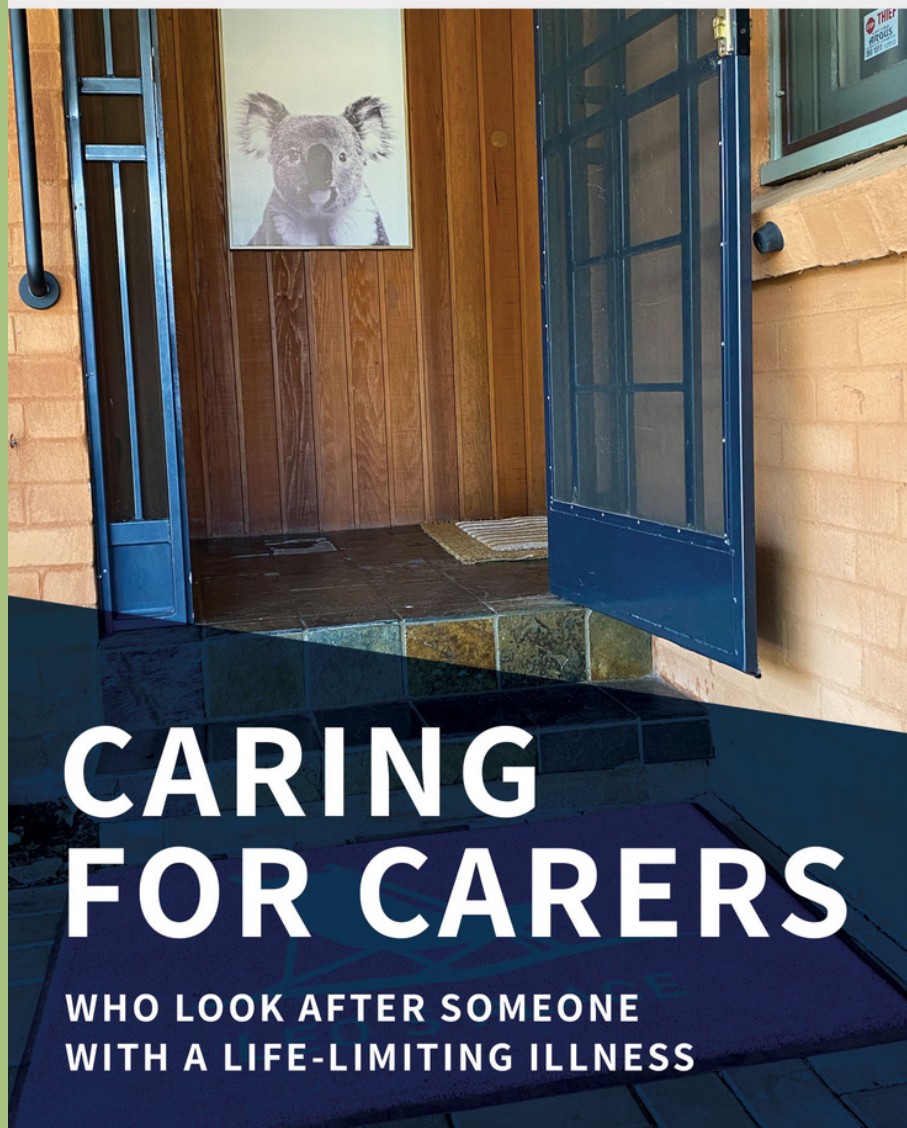
- What are chronic conditions?
- How to make positive changes to live well.
- Exercise and eating to help your health.
- The mind-body connection.
- How to get the most out of your health appointments.
- Local services available to you.
- How to set goals and achieve them.

Ongoing support to make changes can be provided for up to 6 months via SMS.

The next programs will be run **Online** (October) and **Gungahlin** (November).

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 (canberrahealthservices.act.gov.au) for a full list of dates, times and locations or contact SelfManagement@act.gov.au.



CARING FOR CARERS

WHO LOOK AFTER SOMEONE
WITH A LIFE-LIMITING ILLNESS

Leo's Place is a beautiful, comfortable residential home offering non-clinical respite to clients who have been medically diagnosed with a life limiting illness.

Leo's Place can support with:

- overnight respite with stand by assistance for clients and/or carers.
- 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.

There are no charges or fees.



Use this QR code to take a
virtual tour, find out more
information, or to make a
booking.

If you know someone who might
benefit from respite and want
more information call
02 6171 2290
or visit leosplace.org.au

- Day Respite
- Overnight Respite
- Carer Support



ACT
Government

Supported by
ACT Health
Directorate



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



CONSUMER GUARANTEE

PLUMBING PEACE OF MIND



Our members are covered by a \$5,000 Consumer Guarantee.

Make sure your plumber is an MPA member plumber. We've done all the hard work for you – checked licences, business registrations, and liability insurance. Plus MPA member plumbers sign up to MPA's Code of Ethics and Consumer Guarantee. Giving you plumbing peace of mind!!!



Find an MPA plumber: www.masterplumbersact.asn.au/find-a-plumber
Phone: 6112 8630



Christmas Sparkle Market

10 AM TO 2PM
3 & 4 DECEMBER
PEARCE COMMUNITY CENTRE
COLLETT PLACE
PEARCE





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

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

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

