

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

**Christmas Market**  
**3rd & 4th December**  
See Page 3 for details

**Invitation to Participate  
in Research**  
**Health Care Consumers'  
Association**  
See Page 5 for details

**Members News and  
Events**



## A WORD FROM THE CEO:

Hello everyone,

Well, we are heading for the silly season and like all the team at SHOUT, I am sure you are sorting out the end of year activities, closedown and starting to think about having a well-deserved break. It has been a huge year and I feel that so many of us in the Community sector are fatigued and ready for some time out.

I thought I would just remind everyone how important the Community sector is to Canberra. The services we offer are innovative, forward thinking and consider the individual in programs and service delivery. We do simply what bigger organisations cannot do; we make the services and supports about people and their needs – not our own.

So as we move towards the end of the year – on behalf of SHOUT, I would like to wish you a very happy holiday season, surrounded by those who you love. And, I look forward to next year working with you all.

Regards  
Carol Mead

# SHOUT MEMBERS



## Corporate Members

Abilities Unlimited Australia  
ACT Deafness Resource Centre  
ACT Disability, Aged and Carer Advocacy Service (ADACAS)  
ACT Down Syndrome Association Inc  
Advocacy for Inclusion Inc  
Anglicare NSW South, NSW West & ACT  
Annecto  
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  
Rotary Club of Woden Daybreak  
Skipper Care Australia  
The Personnel Group  
Tuggeranong Community Arts Association  
Women's Health Matters

## Members

Bosom Buddies  
Brain Tumour Alliance Australia  
Canberra Queanbeyan ADD Support Group  
Motor Neurone Disease NSW  
Parkinson's ACT  
Prostate Cancer Support Group  
Women with Disabilities ACT

## Affiliates

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 Consumers' Association  
Hepatitis ACT  
Mental Health Foundation ACT  
Mindful Self Compassion  
Oceans of Energy  
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)**





# Christmas Sparkle Market

10 AM TO 2PM

3 & 4 DECEMBER

PEARCE COMMUNITY CENTRE  
COLLETT PLACE  
PEARCE





# PEARCE COMMUNITY GARDEN OPPORTUNITY

**DO YOU LOVE GROWING THINGS?  
NEED SOME USEFUL GARDENING TIPS?**

**Our horticulturalist is offering to share her knowledge with  
volunteers in exchange for some help in the garden.**

This opportunity is available on **Wednesdays between 9am-2pm.**

Please contact Elsa at SHOUT on **62901984** or  
email: **admin@shout.org.au** for more information.



To support our volunteers, SHOUT will arrange an assessment  
through an Exercise Physiologist free of charge on  
commencement in the garden.

Supported by the ACT Government under the ACT Health  
Promotion Grants Program.

 Find us on Facebook  
@PearceCommunityGardenCanberra



Supported by







## Invitation to participate in research

Do you have a chronic or complex health condition?

And do you use three or more health or community services to manage your health and wellbeing?

We'd love to hear from you!

The Health Care Consumers' Association is keen to hear from people who have a chronic or complex health condition and use three or more health or community service supports.

What works for you? What can be difficult? Are there any changes you think would make it easier for you to look after your health and wellbeing? Did COVID-19 change anything for you?

### To take part, you need to:

- Be 18 or older
- Have a chronic health condition that is expected to last 12 months or longer (for example: asthma, arthritis, anxiety or depression)
- Access three or more health or community services to help you manage your health
- Have access to healthcare or community services you need
- Live in the ACT or surrounding areas of NSW
- Get most of your health care in the ACT

### What to expect?

You'll take part in a confidential conversation of about 1 hour. This will be about how you manage your health and wellbeing, your experience of getting the services and supports you need, and your ideas about how to make it simpler to get the services you need. We can also talk about anything that changed during COVID-19.

As a thank you for taking part, we will provide you with a \$50 gift card.

If you would like to participate, or would like to find out more, please contact Shivana Chandra, HCCA Research Officer, on 02 6230 7800 or email: [shivanachandra@hcca.org.au](mailto:shivanachandra@hcca.org.au)

This project aims to identify ways to improve integrated care for people with chronic or complex health conditions who live in the ACT region. You can find out more about the Health Care Consumers' Association here: [www.hcca.org.au](http://www.hcca.org.au).



## 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!







# GOOD OMEN GOODEZE

Creating warmth and comfort for those in need, *one stitch at a time.*



Join a group of like-minded people, attend regular events, learn a new skill or share an old one, and make a difference with your projects!

Good Omen Goodeze (GOG) volunteers lovingly knit and crochet comfort items for Canberra Health Services patients and their families in their time of need.



[goodomengoodeze.org.au](http://goodomengoodeze.org.au)







**Greenleaf Disability Service is a leading Provider for disability Support Services. We provide ongoing support for Supported independent living, Respite— STA and MTA. Capacity building activities, support coordination and Plan management.**



### **Our Values;**

**QUALITY** is our backbone,  
being **PERSON CENTERED** is our heart,  
**INNOVATIVE THINKING** is our brain,  
**EXCELLENCE** is our hand; and  
we walk in **COLLABORATION** with other  
community service organisations.

### **Greenleaf Capacity Building Activities:**

Come along and join in on the fun, while  
discovering a new Interest

- ♦ Craft and Create
- ♦ Cooking
- ♦ BBQ
- ♦ Board Games
- ♦ So much more!



### **Contact us Today!**

Call: 1800 800 777

Email: [admin@glids.com.au](mailto:admin@glids.com.au)





# 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](http://www.abiliitesunlimited.com.au)  
[info@abilitiesunlimited.com.au](mailto: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, 22 January 2023  
**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](mailto:catherine@hindson.org)





**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](mailto:lung.life1@hotmail.com)**



# Diversity in the Classroom

**Presented by Learning Support Coordinators Sharon Moore, Karen Garrity, and Biologist Kelli Gowland.**

**This workshop is a unique opportunity to hear from educators who are also parents of children with Down syndrome.**

**Topics will include:**

- What does it mean for a person to have Down syndrome?
- How does Down syndrome impact a student's learning and inclusion in the classroom?
- Practical strategies to support classroom teaching
- Understanding the link between communication and behaviour
- Transition - why is it important and how can you do it successfully?
- Simple strategies to support positive behaviours

**When:**

**Thursday 23rd February,  
9.00am - 3:00pm**

**Cost:**

**ACTDSA Member - \$165.00**

**Non-Member - \$187.00**

**(Prices are excluding Eventbrite Fee)**

**Where:**

**ACTDSA Office,** Lvl 1, Bldg 2  
Pearce Community Centre,  
Collett Place, PEARCE ACT 2607

**Please register by:**

**Thursday 16th February, 5.00pm**

**[Please register here](#)**

*Please note that the venue is on the second floor,  
up a flight of stairs. If you have mobility  
requirements, please email  
[admin@actdsa.org.au](mailto:admin@actdsa.org.au) or call (02) 6290 0656 .*

(02) 6290 0656

[admin@actdsa.org.au](mailto:admin@actdsa.org.au)

Pearce Community Centre,  
Pearce ACT 2607

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





## CONSUMERS PARTNERING IN RESEARCH WORKSHOP SERIES

HCCA proudly supports Dr Mary Dahm, Senior Research Fellow at the ANU Institute for Communication in Health Care, in rolling out an exciting workshop series focused on consumer engagement in qualitative health research.

These **free workshops** will introduce a range of concepts and increase participants' understanding of research and research-related terms, principles, approaches and procedures, with a focus on qualitative research. Which is research that helps us learn about the experiences and opinions of people.

Consumer participants will develop skills and knowledge to take part in qualitative research including as a co-researcher, or in a governance or advisory role.

This workshop series is for people who are interested in participating as a consumer team member in health research – or who already do. It is good for people with a range of experience, including those who have never taken part in this kind of work before.

While designed for consumers, the workshops will be of interest to a wide audience including medical, nursing and allied health students, clinicians and health researchers as well.

### Topics covered

There will be **6 workshops** as part of the series:

1. Introduction for health care consumers who are participating in research (90 minutes)
2. How to involve health care consumers in health research projects – best practice (60 minutes)
3. Research ethics (60 minutes)
4. Introduction to qualitative research (60 minutes)
5. Qualitative research – two hands-on workshops, (each 2 hours long)\*
6. Academic publishing (60 minutes)

(\*these workshops will likely be offered as face-to face only)

### Schedule

Participants can attend one-off workshops or the entire workshop series.

Most of the workshops will be offered on a 3-week schedule, with the option to attend either in person or via webinar.

### When?

The workshop series will run over 4 months, **starting in late February or early March 2023**. Dates and times are yet to be finalised.

**Register early** to secure a place in your choice of in-person workshops or webinars.

### Register your interest now!

HCCA is now inviting you to register early.

Let us know whether you are interested in the full series or just one or two of the sessions, and whether you would prefer to participate in person or online. Early registrants will receive advance notice of the workshop schedule.

If you have any questions about the workshops, please contact HCCA Research Officer Shivana Chandra  
Ph: 02 6230 7800  
Email: [shivanachandra@hcca.org.au](mailto:shivanachandra@hcca.org.au)

This workshop series is offered as part of Dr Mary Dahm's Australian Research Council (ARC) Discovery Early Career Researcher Award (DECRA).

# ENRICHing Survivorship

## Live well, feel good.



### Expressions of Interest for February 2023

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.

6257 9999 | [cancerinformation@actcancer.org](mailto:cancerinformation@actcancer.org) | [www.actcancer.org](http://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](mailto:cancerinformation@actcancer.org)



# Can you hear on the phone?

If not.

# konnekt



*feel connected, feel safe*

## Captioned Video phone can help!



To find out more information  
Contact:  
[hearinghelp@actdrc.org.au](mailto:hearinghelp@actdrc.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!

Kick-start the New Year! Over 3 weeks, you will learn and discuss:

- Living with chronic conditions.
- How to make positive changes to improve your health.
- 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.

You will receive helpful resources and develop your own health action plan to take home. Connect with others in a safe and welcoming space.

You can choose to receive ongoing support to make changes can be provided for up to 6 months via SMS.

The next programs will start in the New Year: in **Phillip** (February) and **Online** (March).

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

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).



# Sew for Change - making a difference

## January - June 2023

Sew for Change is a local volunteer program under Canberra Circle of Women Inc, 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. Our packing days are to pack these kits so we can send them out to the world.

Everyone is friendly and ready to help newcomers. We look forward to meeting you!



### Friday Sewing Circle

**13 January** Friday 1-4pm

**10 February** Friday 1-4pm

**10 March** Friday 1-4pm

**14 April** Friday 1-4pm

**12 May** Friday 1-4pm

**9 June** Friday 1-4pm

### Tuesday Knitting Circle

**January 17, 24, 31** - 1.30-3.30pm

**February 7, 14, 21, 28** - 1.30-3.30pm

**March 7, 14, 21, 28** - 1.30-3.30pm

**April 4, 11, 18, 25** - 1.30-3.30pm

**May 2, 9, 16, 23, 30** - 1.30-3.30pm

**June 6, 13, 20, 27** - 1.30-3.30pm

### DFG Kit Packing Days

**19 February** Sunday 10-2pm

**19 March** Sunday 10-2pm

**16 April** Sunday 10-2pm

**21 May** Sunday 10-2pm

**18 June** Sunday 10-2pm

**Venue - SHOUT Meeting Room  
Building 1,**

**Pearce Community Centre,  
Collett Place Pearce.**

**Ph: 02 62901984 (SHOUT)**

**Everyone is welcome at our days.**



**sew for change**

**email [sewforchangeact@gmail.com](mailto:sewforchangeact@gmail.com)**

**CANBERRA  
CIRCLE OF  
WOMEN**

# SAVE THE DATE

## TUESDAY, 7th MARCH 2023



# Governance Training for Not for Profit Boards

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

The Governance Training for Not for Profit Boards is a short 2.5 hours (9am - 11:30am) workshop delivered by Carol Mead - CEO of SHOUT.

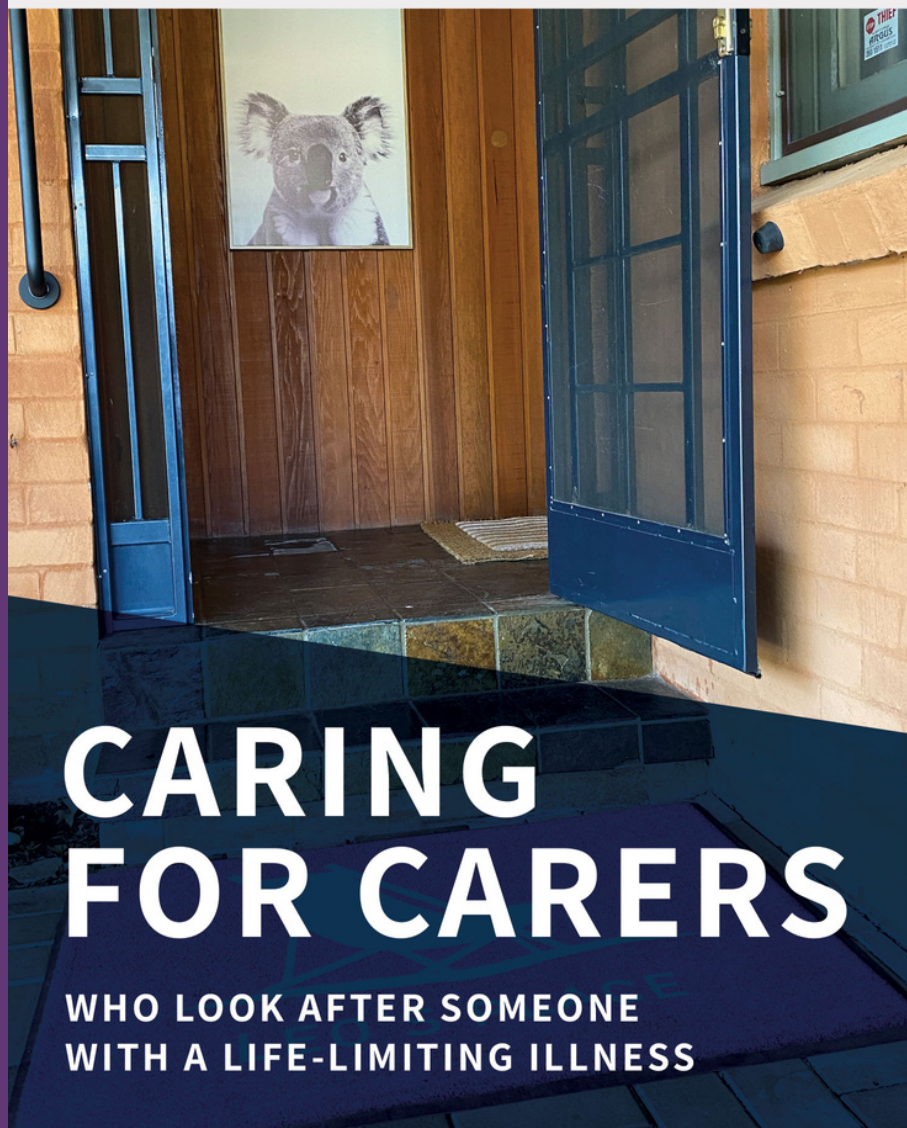
Carol has extensive experience both as a CEO in the Community Sector and is currently President of three Boards.

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







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](http://leosplace.org.au)

- Day Respite
- Overnight Respite
- Carer Support



**ACT**  
Government

Supported by  
ACT Health  
Directorate





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





# Web of Support

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

**Canberra Support Services Directory  
Information at your Fingertips**



**SHOUT**  
UNITED TOGETHER

*Providing 41 Years of support for the  
Canberra Community*



# SHOUT SERVICES

*41 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)

