

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

WALK FOR EPILEPSY

Sunday, 5 March

See Page 4 for details

GOVERNANCE TRAINING FOR NOT FOR PROFIT BOARDS

Tuesday, 17 March

See Page 6 for details

Members News and Events



A WORD FROM THE CEO:

Hello everyone,

As we head back after a well-deserved break, I hope you are well rested and feeling like 2023 might be great!

We are back in the office raring to go, and looking forward to seeing what the year brings. While COVID numbers are still high, we are getting used to the new normal and finding new ways of coping with any challenges.

This March, don't forget to book into the Governance workshop, as Boards have new members after the AGM. This is a short morning session and will give people what they need as a board member.

We welcome Canberra Circle of Women to the SHOUT Office space as a tenant and look forward to their programs and services as they find their feet. They are located in office 4 next to SHOUT.

As always I am available Monday to Friday to support our amazing community member organisations. Just a phone call away - 62901984

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
Australasian College of Road Safety
Australian Breastfeeding Association ACT NSW
Australian Medical Association (ACT) Ltd.
Borderline Personality Disorder Awareness ACT/NSW Region
Canberra Circle of Women
Cancer Council ACT
Caring Approach Pty Ltd
Coaching with Mick
Diabetes Australia NSW & ACT
Directions Health Service
Employ for Ability
Epilepsy ACT
Everybody Wins
Flourish Australia
Greenleaf Care 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
Rotary Club of Woden Daybreak
Skipper Care Australia
The Personnel Group
Tuggeranong Community Arts Association
Women's Health Matters

Members

Arthritis ACT
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



JUBILEE WALK LAUNCH

*Hosted by SHOUT on 13 December 2022
at the Pearce Community Centre*



This project received funding from the Australian Government's
Planting Trees for The Queen's Jubilee Program.



SHOUT
UNITED TOGETHER

SUNDAY 5 MARCH 2023

@ LAKE BURLEY GRIFFIN

- BBQ
- Homemade Lemonade
- Face-painting
- Live Music
- Prizes + more!



**REGISTER
TODAY**

Walk
FOR EPILEPSY

epilepsy
ACT



**EVERY 33 MINUTES
SOMEONE'S LIFE IS TURNED
UPSIDE DOWN BY EPILEPSY**

HELP TURN THINGS AROUND

Each March the world turns purple in support of the 65 million people living with epilepsy. In 2023 Epilepsy ACT invites you to join the movement happening in over 130 countries around the world and make March purple for epilepsy!

**CHECK OUT OUR WEBSITE FOR IDEAS ON
HOW YOU CAN HELP TO
MAKE MARCH PURPLE FOR EPILEPSY**

**MAKE MARCH
PURPLE
FOR EPILEPSY**



epilepsy
ACT



ACT
Government

**Canberra Health
Services**



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:

- Receive helpful resources.
- Develop your own health action plan to take home.
- Learn skills to take the lead in looking after your health.
- Get support to set goals and achieve them.
- Connect with others in a safe and welcoming space.

You can also choose to receive ongoing SMS support for up to 6 months.

The next programs will start:

- At **Phillip Community Health Centre** on Monday 13 February at 9:30am.
- **Online** on Tuesday 7 March at 4:30pm.
- At **Belconnen Community Health Centre** on Thursday 6 April at 9:30am.

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



SHOUT
UNITED TOGETHER

Governance Training for Not for Profit Boards

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

Date: Tuesday 7th March 2023

Time: 9am to 1pm

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

Facilitator: Carol Mead - CEO of SHOUT

Cost: \$33

Booking through Eventbrite at: <https://www.eventbrite.com.au/e/governance-training-for-not-for-profit-boards-tickets-477642189647>

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

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

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

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

CARE

SELF HELP

CONNECTION

DEVELOPMENT

GOVERNANCE



ENRICHing Survivorship

Live well, feel good.



REGISTER NOW FOR FEBRUARY 2023

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

Facilitated by a Dietician, Exercise Physiologist, Yoga Instructor and Peer Support volunteers, it is held over 8 weekly 2hr sessions in Deakin.

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



1-2 April 2023

AIS Athletics Track

Register your team today:
relayforlife.org.au/event/act-2023

**Celebrate.
Remember.
Fight Back.**

Self Help Course

for ME/Chronic Fatigue Syndrome,
Fibromyalgia, Chronic pain and Long COVID



Learn practical skills for dealing with common problems of ME/CFS, Fibromyalgia, Chronic pain and Long COVID with post-exertional malaise*

Course details

Eight weekly **online** sessions
Fridays 10:30am – 11:30am
10 February – 31 March 2023

Limited places

\$50 members
\$75 nonmembers
Includes textbook

Bookings required

info@arthritissact.org.au

Ph: 02 6251 2055

Monday - Friday 9am - 5pm

*Post-exertional malaise

When symptoms get worse after physical or mental activity



Family Fun Day

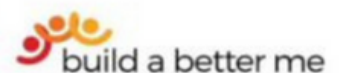
SUNDAY, 19TH MARCH 2023

10AM - 1PM

For ACT and Regional families with a child affected by chronic pain, fatigue or associated auto immune conditions.

- Programs specifically for parents /carers / siblings and affected children
- Support to help your child transition to adulthood and self management
- Ideas to assist siblings with their feelings
- Meet with other children & families with similar life experience

Travel scholarships available for interstate attendees (conditions apply)
Contact us for further information



www.arthritisact.org.au | e: info@arthritisact.org.au

Enquire or book today
1800 011 041

Save The Date

FRIDAY 31 MARCH 2023



ROTARY CLUB OF WODEN DAYBREAK

- SAVE THE DATE FOR OUR NEXT TRIVIA NIGHT
- WESTON CREEK LABOR CLUB IN STIRLING FROM 7PM ON FRIDAY 31 MARCH.
- A FUN NIGHT OF TRIVIA, A SILENT AUCTION, SPELLING BEE, RAFFLE AND FUN GAMES

FOR MORE DETAILS CONTACT US AT kylo@pcug.org.au

Bosom Buddies needs a helping hand

(your small local breast cancer support charity that does big things!)

We provide free breast awareness and early detection information sessions to the community.

**Do you have experience in presenting?
Are you comfortable speaking to groups?**

Do you have some free time?

(most requests can be scheduled to a time that suits you)

**If you're interested or would like more information please email :
admin@bosombuddies.org.au**



Living Well with diabetes Members' expo



EVERYTHING YOU NEED IN ONE PLACE

- Food and nutrition
- Physical activity
- Diabetes devices and technology
- Mental health
- Access to Health Professionals

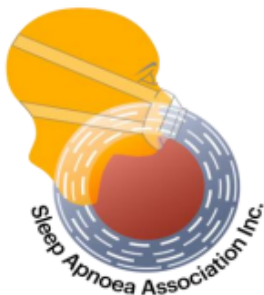
CANBERRA: 29 APRIL 2023

 diabetes
australia

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.



Sleep Apnoea Association Inc.

ACT Reg: 2042 ABN: 62 545 256 140

ACNC Registered Charity

Affiliate member of SHOUT Inc and the
Health Care Consumers' Association Inc

PO BOX 1461

Tuggeranong ACT 2901

Phone (02) 6230 7800 (HCCA Inc)

Phone (02) 6290 0198 (SHOUT Inc)

www.sleepapnea-act.org.au

Email: sleepact@yahoo.com.au

Sleep Apnoea Association Inc.

NOTICE OF NEXT GENERAL MEETING 11 February 2023

Canberra Southern Cross Club Woden 2.00pm.

Guest Speaker: Ms. Marina Siemionow, Coordinator, Canberra Lung Life Group (Lung Foundation Australia). Marina will inform us about the Lung Life Group activities in Canberra. To find a community of people coming together near you to support each other and share experiences and practical tips for navigating life with lung disease and lung cancer, in particular their work in helping people to manage their Chronic Obstructive Pulmonary Disease (COPD) and other lung health conditions including links to Obstructive Sleep Apnoea. All members and guests are welcome.



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 February & 26 March 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

PROSTATE CANCER SUPPORT GROUP



Monthly Meeting:

Please check our website at: www.pcsg-act.org.au to confirm support group meeting details for February and March 2023.

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.





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

Home Care Packages for our senior Canberrans



What is a Home Care Package?

Home Care Packages are a coordinated range of care and services to help you live independently in your own home.

There are 4 levels of package to meet the different levels of care needs. Each come with a set subsidy amount that you use to purchase services including personal care, domestic assistance, nursing, mobility aids and lots more.

The first step is a referral to My Aged Care to be assessed for your eligibility—we can help with this process with no obligation. So choose us as your provider.



Why Choose Annecto for your Home Care Package?

- Annecto is an independent, not for profit organisation committed to providing high quality and friendly services.
- As a smaller provider in the Capital Region, we are able to provide a very personal and flexible service.
- Direct contact with your Case Manager—you will have their mobile phone number.
- We cover all of Canberra and Queanbeyan.
- Flexibility with all out of pocket expenses related to your Home Care Package.
- We directly employ our team of experienced and skilled Support Workers.
- Support available 7 days a week.
- Proven track record of successfully working with diverse communities.
- Our team members speak a number of community languages.
- Life is not always between 9 and 5—we have 24 hour after hours assistance.
- 60 years experience in delivering high quality, person centred support.

Not yet assessed for a Home Care Package or just want to have an obligation free chat?

Contact Annecto

Phone—02 6174 4883
actenquiries@annecto.org.au
www.annecto.org.au
71 Mawson Place (Southlands)
Mawson ACT 2607

Access to Home Care Packages through Australian Government's My Aged Care contact centre on 1800 200 422

ACT01 05/22



Free Health Talks

The Health Care Consumers' Association of the ACT (HCCA) offer free talks and workshops that help people get what they need from the health system. We can adapt these to meet the needs of your community group. Contact us to book a session or go to hcca.org.au/events to see our public events.

Topics



- Navigating the Health System
- Stretching Your Health Dollar
- Managing Your Medicines
- Making the Most of Your Appointment
- Giving Feedback and Making Complaints
- Staying Safe in Hospital
- Finding Trusted Health Information
- Consumer Participation Training

Don't see what you're looking for? Our team is always developing new talks and resources, so contact us to let us know what you need.

Save the Date



Managing Your Medicines

Date: Wednesday March 1

Time: 10:30am-12pm

Location: Online via Zoom

Understand how to read a medicine label, the differences between a generic and a brand medicine and way to manage your medicines. Presented with a registered pharmacist.

Advance Care Planning Week: Planning Ahead With Younger Onset Dementia

Date: Thursday March 23

Time: 10:30am-12pm

Location: Online via Zoom

Join our panel to hear about planning ahead after a dementia diagnosis, including Advance Health Care Plans, financial matters and support for you and your family.

Registrations open soon at hcca.org.au/events



hcca.org.au

02 6230 7800 | adminofficer@hcca.org.au



HCCA.ACT



@HealthCanberra

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

**CANBERRA
CIRCLE OF
WOMEN**

MEETING ROOM HIRE



The SHOUT meeting room provides a well-lit, comfortable venue for up to 30 people, with total disability access.

The room has a fully equipped kitchenette, air conditioning, hearing loop, wall mounted smart TV and **NEW Teleconferencing System** to facilitate in person and online meetings and presentations. The training resources cupboard, located up the back of the room near the kitchenette, is also stocked with pens, whiteboard markers and paper for all to use.

The SHOUT Meeting Room is conveniently located in Building 1 at the Pearce Community Centre, Collett Place, Pearce opposite the Pearce shops which has several cafes with great coffee. For meetings held between 9am - 4pm Monday to Friday SHOUT offers a catering package, including a beverage option so you don't have to bring tea and coffee for your participants.

- Members and Corporate Members: \$25 per hour
- Affiliate Members: \$30 per hour
- Community Organisations: \$40 per hour
- Corporate: \$45 per hour

To check the rooms availability or to download a booking form please visit our website at: **[www.shout.org.au/meeting room](http://www.shout.org.au/meeting_room)**.

Alternatively, please phone SHOUT on **(02) 6290 1984** or send us an email at: **admin@shout.org.au**

We look forward to assisting you with your next meeting or function.





Web of Support

www.shout.org.au

Trusted, local Canberra information and support,
when you need it most.



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

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

