

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

Autumn Leaves Market

29 & 30 April

See Page 3 for details

New Member

24 Care Australia

See Page 5 for details

Members News and Events



A WORD FROM THE CEO:

Hello everyone,

As we slip into Autumn the Pearce Community Garden is going from strength to strength. The Autumn foliage is showing and the vegetable patch is humming with activity. Our resident old male roo is making the best of the water and the grass, I always enjoy seeing him relaxing in the memorial garden in the early morning or chewing grass near the buildings which grows best at dusk.

There is a lot happening in the sector at the moment with lots of our fantastic members having events to celebrate their members and communities. It is wonderful to see that the community sector is coming back stronger after the COVID19 hit of the past few years. The future is looking bright!

As you may be aware by now I am now getting ready for retirement in June - we are scoping for a new CEO and what an exciting opportunity for the right person. SHOUT is very different to what I inherited and I know that a new CEO will continue to grow the organisation with reach and purpose - I hope that by the next newsletter I will be able to introduce the new CEO to you.

Regards

Carol Mead

SHOUT MEMBERS



Corporate Members

24 Care Australia
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 Queanbeyan ADD Support Group
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 Puffers Association ACT
Parkinson's ACT
Perinatal Wellbeing Centre
Prostate Cancer Support Group
Rise Above
Rotary Club of Woden Daybreak
Skipper Care Australia
The Personnel Group
Tuggeranong Community Arts Association
Women's Health Matters

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
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

Tenants

Arthritis ACT
Bosom Buddies
Brain Tumour Alliance Australia
Canberra Circle of Women
Motor Neurone Disease NSW
Women with Disabilities ACT

SHOUT Membership Forms
can be downloaded from our
Web of Support at: www.shout.org.au

AUTUMN LEAVES MARKET

A beautiful bespoke market

29 & 30 April 2023

Saturday 10am to 3pm

Sunday 10am to 1pm

Pearce Community Centre
Collett Place
Pearce



Brought to you by the
Pearce Crafter's Market

Combined with
Rotary Market
on Saturday



ENRICHing Survivorship

Live well, feel good.



REGISTER NOW FOR MAY/JUNE 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



**Celebrating
30 years!**

Australia's Biggest Morning Tea.



Register to host your tea: www.biggestmorningtea.com.au



24CARE AUSTRALIA

Partner in Your Care

Leading with Quality in Care and Compassion in Approach

24 HOUR SUPPORT SERVICES

Choose 24 CARE AUSTRALIA to
Work with you as Your NDIS
Provider

24Care Australia is one of the leading providers of disability and community services. We deliver Home and Community Care, Support and Services to NDIS participants as well as privately funded clients. We develop and deliver person centered care that focuses on your interest, choice and preference, which will promote independence and quality of life. We are a value driven and service-oriented group of like-minded Registered Nurses, Social Workers, highly experienced support coordinators and disability workers with a similar social commitment towards the community.

Our Values

- Equity and Access for All
- Excellence and Quality
- Innovative and Collaborative
- Passion and Compassion



Ph. 1800 24 00 00

info@24careaustralia.com.au | www.24careaustralia.com.au

**Do you have a
hearing loss?
Are you struggling
at work?**



**Talk to us about a
Workplace Assessment to
make your work life easier**



**To find out more:
Email: hearinghelp@actdrc.org.au
Website: www.actdrc.org.au
Call: 62874393**

Do you want to make a difference in peoples lives with a Hearing Loss in the ACT and surrounding regions?

- Do you have a hearing loss?**
- Lived experience of hearing loss?**
- Drive and motivation to help people with a hearing loss in the ACT Region and surrounds?**
- Not for Profit experience?**
- Have you got business experience with Not For Profit Organisations?**

Would you like to be a part of the ACT Deafness Resource Centre's Management Committee?

**To register your interest or to find out more about joining the DRC Committee.
Email: hearinghelp@actdrc.org.au
Call: 02 62874393**

Learn How to Save your Business Money through Road Safety



Join the Australasian College of Road Safety on Tuesday 4 April from 9am to 1pm

For a FREE Driver Risk Management Workshop: Safety When Work and Transport Merge

Vehicle-related incidents are the leading cause of workplace fatalities, accounting for 38% of total workplace fatalities in 2022.

Learn how to:

- Reduce insurance claims and cost, and time off the road
- Reduce workers compensation claims and premiums
- Reduce risk of claims against the business
- Reduce staff turnover and recruitment / training costs
- Enjoy more satisfied staff
- Reduce pressure on managers / owners

Register now to attend this free ACT workshop: <https://lnkd.in/gxPkBSvd>

Program offered with assistance from the ACT Government under the ACT Road Safety Fund Community Grant Program

HEY CANBERRA!! WHAT CAN YOU DO IN 1 HOUR?



Take a walk from Parliament House to Canberra Centre?



Watch the rising sun in a hot air balloon?



Take a yoga class?



Take a trip to Goulburn?

Or you can check your hepatitis C status for FREE!!!

hepatitisACT



Get tested for hepatitis C for FREE and receive the results in 1 hour - just a quick finger prick and analysis done on-site!

National Hepatitis Infoline: 1800 437 222 | www.hepatitisact.com.au | 36 David Street, Turner 2612





Take Control – Live Well

Do you have a chronic condition? Are you struggling to make changes? If yes, this is the program for you!

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.

The next programs will start:

- At **Belconnen Community Health Centre** on Thursday 6 April 2023 at 9:30am.
- At **Tuggeranong Community Health Centre** on Thursday 4 May 2023 at 1pm.
- At **Gungahlin Community Health Centre** on Wednesday 14 June 2023 at 1pm.

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

Scan the QR code below for more information or contact SelfManagement@act.gov.au.



Acknowledgement of Country



Canberra Health Services acknowledges the Traditional Custodians of the land, the Ngunnawal people. We acknowledge and respect their continuing culture and contribution to the life of this city and region.



Accessibility

Call (02) 5124 0000



Call 131 450

canberrahealthservices.act.gov.au/accessibility





Skipper Care



DO YOU WANT TO LEARN NEW AND MORE SKILLS?

Join our Living and Learning Program



SCAN ME

Improve or Learn New Skills:

- Cooking and baking
- Money handling
- Handwriting
- Community participation
- Transport training

Get involved with Work Experience:

- Salvation Army
- Lids4Kids
- National Zoo and Aquarium
- Lennock Motors
- Grind to Ground

EMAIL:

SUPPORT@SKIPPERCARE.COM.AU

PH: (02) 6103 0338

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.



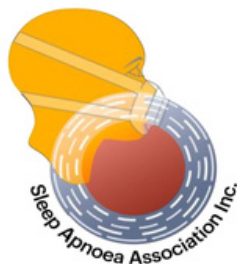
BRAIN TUMOUR ALLIANCE AUSTRALIA

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 April and 28 May 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



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 15 April 2023

Canberra Southern Cross Club Woden 2.00pm.

Guest Speakers: Ms. Siham Kobti, Airliquide Healthcare, Business Development Manager Sydney/ACT, and Ms. Taylaar Hart, Airliquide Healthcare Clinic Manager, Equinox Building, Kent St Deakin.

Air Liquide Healthcare Pty Ltd was established in 1995 and is a leading supplier of homecare services and medical gases & equipment in Australia. Its extended network for homecare presently serves tens of thousands of home oxygen and sleep apnoea patients across Australia.

For more information about Airliquide Healthcare go to:

<https://au.healthcare.airliquide.com/about-us/who-we-are>

All members and guests are welcome.

ACT PROSTATE CANCER SUPPORT GROUP — ACT REGION

We provide support to men and those in their lives who want to know more about prostate cancer, prehabilitation, treatments, and rehabilitation. Membership of the Group is free.

Our Meetings

We have a Group meeting or dinner at 7 pm on the third Wednesday of each month. Often there is a guest speaker at our Group meeting. We also have a coffee morning at 10 am on the second Tuesday of each month. These alternate between the Woden and Jamison venues of the Canberra Southern Cross Club.

All are welcome to attend.

Coming Meetings		Coming Coffee Mornings	
Wednesday 19 April, 7 pm, Meeting Room, Pearce Community Centre	Allison Turner, Prostate Cancer Specialist Nurse	Tuesday 11 April, 10 am	Canberra Southern Cross Club, Jamison (near the rear coffee bar)
Wednesday 17 May, 7 pm, Meeting Room, Pearce Community Centre	Speaker to be confirmed	Tuesday 10 May, 10 am	Canberra Southern Cross Club, Woden (near the rear coffee bar)

Early detection helps saves lives

Current guidelines suggest that men should consider PSA testing from the age of 50 (from the age of 40 if you have a family history). If you are in these groups, talk to your GP about getting tested.

Find out more about our activities and subscribe to our monthly newsletter at:

<https://pcsg-act.org.au>

Proudly affiliated with



Prostate Cancer
Foundation of Australia



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

Greenleaf Care Services

Providing Disability Support Services to the Canberra Community

Greenleaf Care Services is a leading provider for Disability Support Services. We provide ongoing support for Supported independent living, Respite – Short Term Accommodation and Medium Term Accommodation, Capacity Building Activities, Support Coordination and Plan Management.

The pictures below were taken at Group activities where people are having a fabulous time.

GREENLEAF CAPACITY BUILDING ACTIVITIES

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

- Craft & Create
- Cooking
- BBQ
- Boardgames
- Tunza fun Exercise
- So much more

NDIS Provider Registration Number 4050073018

Call: **1 800 800 777** Email: admin@glds.com.au



Focus Group Research Participation: Call for Expressions of Interest

LDK Seniors' Living is inviting expressions of interest to participate in a focus group. We are looking for 2 groups of people that fall within these categories:

- Seniors aged 75 – 85 years old, a mix of couples and single senior men and ladies
- Daughters of seniors aged 55 – 65 years old

If you're looking to meet new people and participate in a fun project, consider expressing interest in this focus group. All you have to do is watch a short 5-minute video and then tell us what you think of it and engage in a discussion around specific questions we will ask you. You will do all this over an enjoyable morning or afternoon tea hosted by us.

Conditions:

- Have not heard of, and/or not familiar with LDK Senior's Living
- Have not visited Greenway Views or The Landings
- Are all currently living in their own homes (ie., not in a village or facility)
- Is not a family member or friend of an LDK resident or employee
- Resides in Canberra, Sydney or Brisbane
- Is willing to provide personal information such as name, age, marital status, address (as in the form attached)
- If selected, is willing to participate in a 60-minute focus group session. The sessions will be held in three locations:
 - Greenway Tuggeranong, ACT,
 - North Turramurra, Sydney
 - Mary Street in Brisbane.

Dates and times will be determined once we have groups of 8 -12 persons in each category.

Attendees will receive a \$50 gift card as payment in appreciation of their time and contribution and enjoy some light refreshments.

If you are interested in participating please email Donna at:

donna.jeremiah@ldk.com.au



Greenway Views

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



🔔🔔🔔GOG EVENT ALERT🔔🔔🔔

It's that time of year again, GOG's KIP- ✨World Wide Knit In Public Day✨!! Get your yarns and hooks ready on Saturday 10 June, and join TEAM GOG at Westfield Belconnen between 10.00am and 3pm, for what is a fantastic festival for all stitchers! 🧡💖 You may like to spend some time knitting or crocheting a square for a blanket to be donated to the Canberra Hospital, bring your own project to work on, or simply drop in to have a chat with so many like-minded people.

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

GOG is calling for the snazziest Gogsters for a special Gogster Competition! 🦉🦉🦉 This year, we would like to challenge you to make the most creative Gogsters to win prizes up for grabs at the KIP- these Gogsters can be any shape and a minimum of 10cm to a maximum of 30cm. 🧸 Check out our Website or Facebook Page for photos of Gogsters made by our members. Drop your Gogster off at one of our drop off points if you can't make it on the day (make sure you give your Gogster a name and put your name and phone number in the bag), or come on down and bring your Gogster with you on the day! The Gogsters will then be donated to people in need in The Canberra Hospital (unless other arrangements have been made prior to the competition).

For more information email us or check out our Facebook Page. Stay tuned for one of the most exciting events of the year and gear up for the Gogster Challenge! 💖💖



Good Omen Goodeze's 2023 WORLD WIDE KNIT IN PUBLIC DAY



DAY: SATURDAY JUNE 10TH

TIME: 10AM-3PM



LOCATION: BELCONNEN

MALL GROUND FLOOR





GEMMA ACTON
Network 7 News
Finance Editor



BEN ABSTACKER
4x Australian Champion
Fitness Model



CAYLA POTHAN
Women's Empowerment Coach



I'm worth it 🙏❤️



DAVE BARRIE



WARREN MACDONALD
Environmentalism,
Adventurer,
Disability Advocate
& Resilience Speaker

→ **EVERYBODY WINS**

**Community & Country
Event for PERSONAL-GROWTH!**

WHAT IS HOLDING YOU BACK?

WHY? Shift your perceptions into growth & strength.
Learn to overcome anything!

Who? 14yrs+, Adults, Families, & Professional Learning

Where? National Film & Sound Archive, Canberra

When? Saturday December 2nd, 2023 **Time:** 8:30am – 3:30pm

Your “Self-investment” is: **\$197**

100% of funds go to the most profound school program, in Australia.

Tickets: www.davebarrie.com.au/event

Connect:   

Managing Your Health

Free Health Seminars with Qualified Professionals

These seminars are designed for people living with long term health conditions, but anyone is welcome to come along and learn to support their health. Presenters are registered professionals in their field or students under supervision of a registered professional.

Dates and Topics



Getting a Good Nights Sleep

with Dr Grant Willson,

Registered Physiotherapist

Time: 6:00-7:30pm, 4 May 2023

Venue: Online via Zoom

Exercising with Chronic Conditions

with University of Canberra Health Clinic

Time: 6:00-7:30pm 1 June 2023

Venue: Online via Zoom

Managing Chronic Pain

hosted by Pain Support ACT/Arthritis ACT

Time: July 2023 (date and time to be advised)

Venue: Online via Zoom

Gut Health for Overall Health

with University of Canberra Health Clinic

Time: 6:00-7:30pm, 3 August 2023

Venue: Online via Zoom

Using mindfulness to work with physical and emotional pain

with Megan Layton, Accredited Mental Health Social Worker

Time: 6:00-7:30pm, 7 September 2023

Venue: Online via Zoom

Looking after Your Feet

with Ricky Lee of the Walking Clinic, Registered Podiatrist

Time: 6:00-7:30pm, 5 October 2023

Venue: Online via Zoom

Self-advocacy in health care

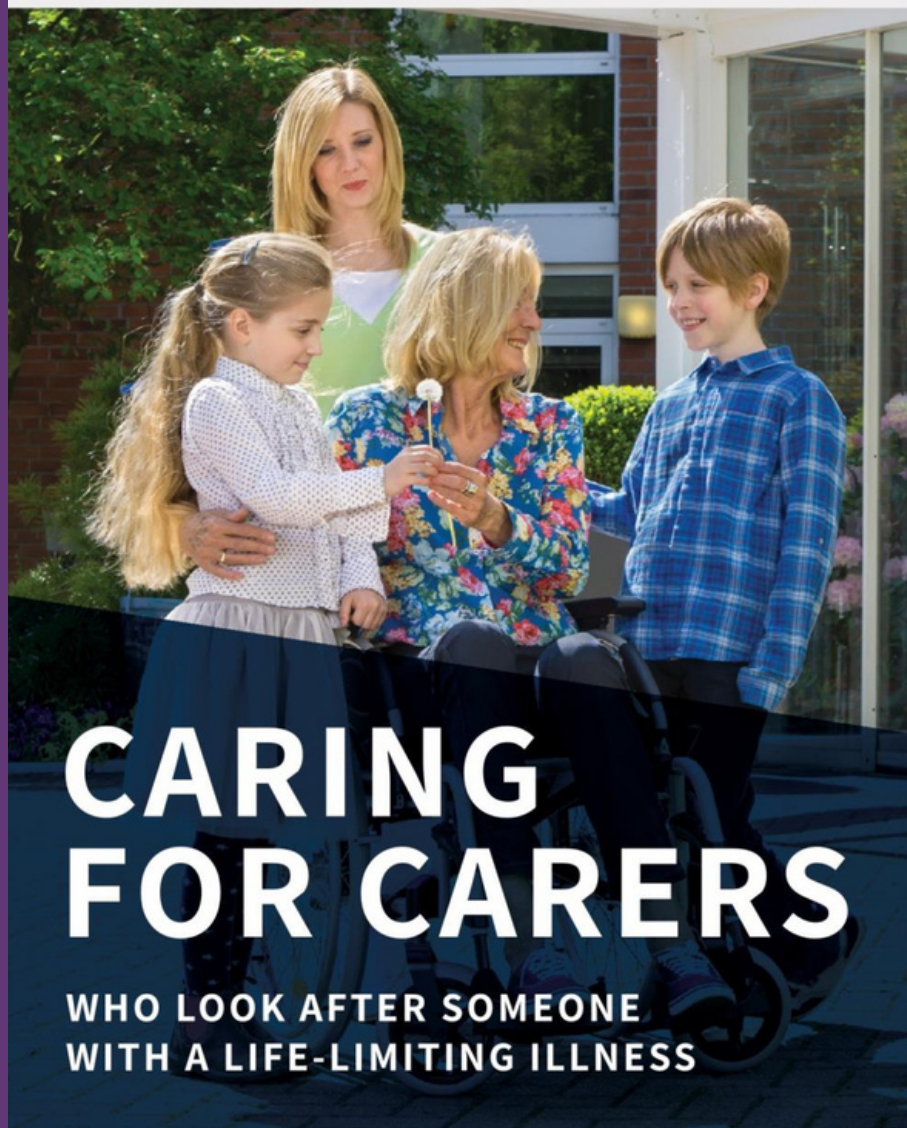
with experienced HCCA members

Time: 6:00-7:30pm 2 November 2023

Venue: Online via Zoom

To register, go to hcca-act.eventbrite.com, scan the QR code or contact us: adminofficer@hcca.org.au or 02 6230 7800





CARING FOR CARERS

WHO LOOK AFTER SOMEONE
WITH A LIFE-LIMITING ILLNESS

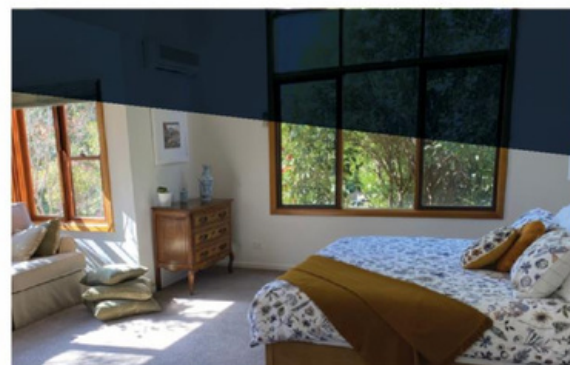
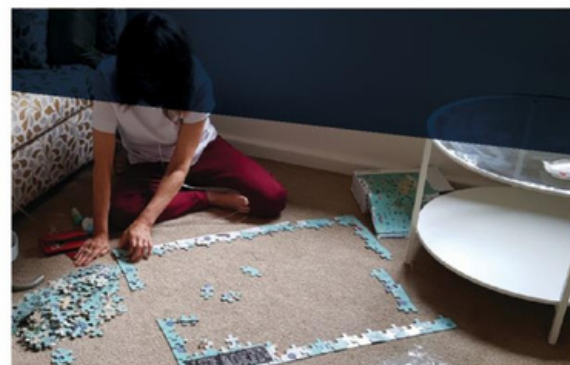
Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.

Leo's Place is a beautiful, comfortable residential home open to clients aged over 18 years who have been medically diagnosed with a life limiting illness.

Leo's Place can support you with:

- overnight respite, with the option of your carer staying, for up to seven nights.
- day respite providing stand-by support, enabling your carer to have a short break.
- client/carers support – access to advice, information and self-care activities.

Self-referral/family referral/health practitioner referrals accepted.
No charges or fees.*



LEO'S PLACE

A PLACE TO REST AWHILE

Take a virtual tour, access a referral form and find more information at
pallcareact.org.au/leos-place

If you are, or know, someone who might benefit from respite and want more information call

02 6171 2290
stay@pallcareact.org.au

Leo's Place
PO Box 31
Campbell ACT 2612



ACT
Government

Supported by
ACT Health
Directorate

**There is no cost to clients during the proof-of-concept of this new respite facility.*



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@andrewsclan.id.au | 0417212261



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	



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.



Find the Services you need to support you and your family

Web of Support

- Local Canberra Information
- Disability, Health and Aged Care Services
- Support Services Directory
- Self-help Groups
- Information at your Fingertips



www.shout.org.au

Web of Support

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

Pearce Community Centre
Building 1
Collett Place
PEARCE ACT 2017
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

