

JUNE - JULY 2023 EDITION

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

### Christmas in July Market

**1 & 2 July 2023**

See Page 3 for details

### Respite Care & Rise Above HIGH TEA

**Saturday, 22 July 2023**

See Page 6 for details

### Members News and Events



## A WORD FROM THE CEO:

Hello everyone,

Winter is certainly here and frosty mornings have started.

This is a little bittersweet to write, as I know that this will be my last newsletter for SHOUT, as I am retiring after 6 years at the helm. What was a 6 month contract to get SHOUT back on its' feet and build a new business plan for the future, my employment extended to 6 years. Certainly I leave SHOUT with a little sadness but also pride of a job well done.

We will be announcing the new CEO shortly, please come to meet them at the Christmas in July function at SHOUT.

I am retiring but will still be busy working with Canberra Circle of Women and my pottery business - always a busy person. I thank you for your support over the past 6 years and assisting you in whatever way I could have been a delight.

All the best for the future.

*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 Pumbers 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](http://www.shout.org.au)**





CANBERRA'S VERY OWN

**Christmas in July  
Market  
July 1 & 2  
Saturday 10-3  
Sunday 10-1**



**PEARCE COMMUNITY CENTRE  
COLLETT PLACE  
PEARCE**

Brought to you by  
Pearce Crafters Market



## 🔔🔔🔔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**





# Chronic Conditions Network

The Health Care Consumers Association is creating a Chronic Conditions Network. This network will identify key issues for consumers with chronic conditions and strengthen collaboration on systemic advocacy between organisations.

Representatives of support and advocacy organisations that are dedicated to people living with chronic conditions are welcome to join the network.

**For more information and to attend a meeting:**  
[www.hcca.org.au/chronic-conditions-network/](http://www.hcca.org.au/chronic-conditions-network/)  
or email [chronicconditions@hcca.org.au](mailto:chronicconditions@hcca.org.au)



## In Person Events

10am to 11:30am

HCCA Meeting Room

MAY  
**31**

JUL  
**26**

SEPT  
**27**

NOV  
**29**



## Online Events

6pm to 7:30pm

Via Teams

JUN  
**28**

AUG  
**30**

OCT  
**25**

FEB  
**28**

Scan for  
more info:



## Free Health Seminars

### Exercising with a Chronic Condition

Date: Thursday 1 June 2023

Time: 6:00pm - 7:30pm

Location: Online via Zoom

Find out:

- The importance of exercise for overall health
- How exercise can be used to help to prevent and manage a wide range of chronic conditions
- Tips to get you safely moving and exercising again!

Register at  
[hcca.org.au/events](http://hcca.org.au/events)



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

02 6230 7800 | [adminofficer@hcca.org.au](mailto:adminofficer@hcca.org.au)



HCCA.ACT



@HealthCanberra



Respite Care  
+  
Rise Above  
Yvonne Cuschieri Memorial  
HIGH TEA

# FOOD • FRIENDS • FUNDRAISING

SATURDAY  
JULY  
22ND

2pm  
Start  
-  
4pm  
Finish

COME ALONG AND ENJOY  
A SCRUMPTIOUS HIGH TEA,  
GOOD COMPANY, AND  
THE CHANCE TO WIN  
PRIZES IN OUR RAFFLE AND  
SILENT AUCTIONS.

Purchase tickets here →

[www.eventbrite.com.au](http://www.eventbrite.com.au) - Search 'Yvonne High Tea'



RISE ABOVE  
CAPITAL REGION CANCER RELIEF

This event is a fundraiser hosted by, and benefiting, Rise Above and Respite Care for QBN





Do you know how Rise Above supports cancer patients in the Canberra and Queanbeyan region?

## WE PROVIDE ONGOING ASSISTANCE BY PAYING FOR THE FOLLOWING:

### ***Cancer Medications:***

We setup an account at a pharmacy of the patients choice and cover medications directly related to their cancer diagnosis.

### ***Prescribed Dietary Supplements:***

When a hospital dietitian prescribes supplements for a patient, Rise Above promptly orders and covers payment for the supplements.

### ***Chemotherapy:***

Direct payment for chemotherapy medications made on behalf of the registered patient.

### ***Gas, Electricity or Water Bill:***

Rise Above provides a one-off payment of up to \$300 on to a gas, electricity, or water bill and provides the patient with confirmation of payment.

### ***Woolworth Voucher:***

\$200 food/fuel voucher which can be requested every 14 days if required.

### ***Fertility Preservation:***

Assisting with the initial upfront cost associated with sperm or egg freezing.

[WWW.RISEABOVECBR.ORG.AU](http://WWW.RISEABOVECBR.ORG.AU)

[ADMIN@RISEABOVECBR.ORG.AU](mailto:ADMIN@RISEABOVECBR.ORG.AU)

6297 1261

\*CONDITIONS MAY APPLY – ASSISTANCE IS PROVIDED WHILE A PATIENT IS ACTIVELY RECEIVING TREATMENT FOR CANCER, UNABLE TO RESUME THEIR NORMAL WORKING DUTIES AND HAS NOT REACHED RISE ABOVE'S ASSISTANCE LIMIT.  
CONTACT OUR FRIENDLY RISE ABOVE STAFF FOR MORE INFORMATION

# ASSISTANCE

Not sure what to do after  
school?

# Join our Living and Learning for Purpose Program!

Skipper Care Australia  
provides a skilled based  
program for young adults  
wanting to gain more and  
new life skills

By attending various work experiences  
and completing home based tasks you  
will gain lots of new skills for life!



- One on One Support
- In Home Care
- Community Access
- Personal Care
- Living Skills and Work Experience Programs
- Short Term Accommodation
- Respite Services
- Supported Independent Living
- Transport Training

Unit 7/83-101 Lysaght St, Mitchell ACT 2911 ☎ 02 6103 0338  
🌐 [www.skippercare.com.au](http://www.skippercare.com.au) @ [support@skippercare.com.au](mailto:support@skippercare.com.au)  
📘 skippercare 📷 skippercareaustralia



# 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**

Sponsored by



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](http://www.hepatitisact.com.au) | 36 David Street, Turner 2612



Women's Health Matters is offering **FREE health education sessions** for multicultural groups in the ACT.

## Languages

- Arabic
- Cantonese
- Hindi
- Kannada
- Khmer
- Mandarin
- Urdu

## How to book

Email: [himl@womenshealthmatters.org.au](mailto:himl@womenshealthmatters.org.au)



## Learn online or in person about:

- Staying COVID-19 safe
- Women's health and wellbeing
- Sexual and reproductive health
- Preventing & managing chronic conditions
- Healthy relationships
- Women's safety and wellbeing
- Understanding the health system



[f/WomensCentreForHealthMatters](https://www.facebook.com/WomensCentreForHealthMatters)



[@womenshealthmattersact](https://www.instagram.com/womenshealthmattersact)

# 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

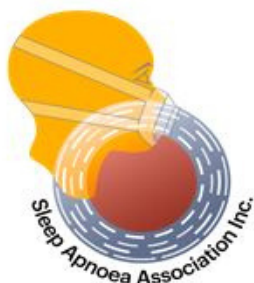
### Support Group Meeting:

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, 24 June and 23 July 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)





## 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](http://www.sleepapnea-act.org.au)

Email: [sleepact@yahoo.com.au](mailto:sleepact@yahoo.com.au)

## Sleep Apnoea Association Inc.

### NOTICE OF NEXT GENERAL MEETING 17 June 2023

Canberra Southern Cross Club Woden 2.00pm.

**Guest Speaker:** Ms. Marina Siemionow, Co-Ordinator, ACT Lung Life Support Group (Lung Foundation Australia).

Symptoms of lung disease tend to creep up slowly and people often put the symptoms down to aging or lack of fitness. Knowing the early warning signs of lung disease can help you receive treatment before the disease becomes serious or even life threatening. The most common lung disease is Chronic Obstructive Pulmonary Disease (COPD) which affects the airways that carry oxygen and other gases into and out of the lungs. It is also not unusual for COPD patients to also suffer from Obstructive Sleep Apnoea (OSA).

For more information about the ACT Lung Life Support Group and the Lung Foundation Australia go to: <https://lungfoundation.com.au>  
All SAA members and visitors are welcome to attend.

## 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 usually 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

Wednesday 21 June, 7 pm, Meeting Room, Pearce Community Centre	Dr Irmina Nahon, continence therapy
Tuesday 18 July, 6:30 pm, Canberra Southern Cross Club, Woden	'Christmas in July' dinner

#### Coming Coffee Mornings

Tuesday 13 June, 10 am	Canberra Southern Cross Club, Jamison (near the rear coffee bar)
Tuesday 11 July, 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





**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:*

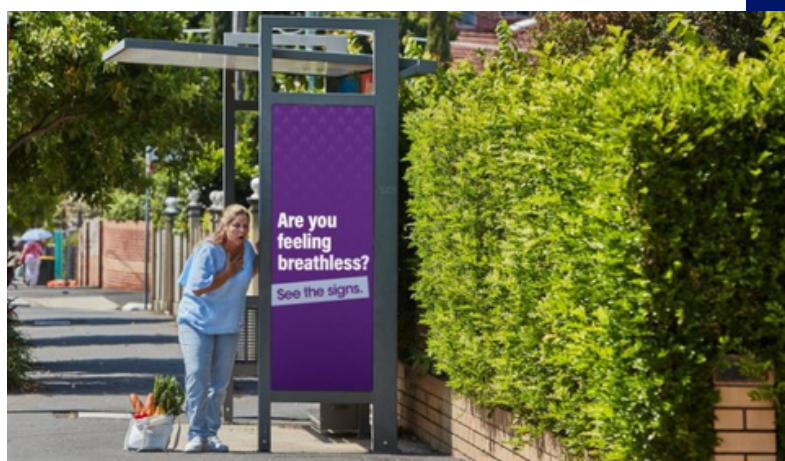
- *Monthly meetings that often feature guest speakers, covering topics such as; chronic illness, medical information, social information, sustaining quality-of-life.*
- *Regular social events and outings.*

**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)





# Canberra & Queanbeyan ADD Support Group Inc

ABN: 95 350 477 580



SUPPORT  
CANBERRA + QUEANBEYAN

(ADDACT)

## Information Line:

T: 6290 1984 bh

M: 0493 220 996 6pm – 9pm

W: [www.addact.org.au](http://www.addact.org.au)

FB : ADDACT (Canberra And Queanbeyan) <https://www.facebook.com/groups/1890865264560787>

## A short history of ADHD

- ADHD is a recent term describing behaviours that have been observed throughout history.
- 1798, Sir Alexander Crichton describes a condition where: "The incapacity of attending with a necessary degree of constancy to any one object."
- 1902, Sir George Frederic Still discussed "the particular psychical conditions—which are concerned with abnormal defect of moral control in children",
- 1937 saw positive effects of stimulant medication (dl-amphetamine) in children with various behavioural disorders. Methylphenidate use was pioneered in 1957,
- 1968 Diagnostic and Statistical Manual (DSM-II) (1968)—the USA description of mental disorders—first defined "Hyperkinetic Reaction of Childhood",
- 1980 The DSM-III defined Attention Deficit Disorder, or ADD.
- 1994 The DSM-IV renamed it as Attention Deficit Hyperactivity Disorder, or ADHD,
- 1994. The DSM-5 (2012) maintains the term ADHD but is more expansive in the description of symptoms.
- 2022 The DSM-5 -TR will reconceptualise the official diagnostic instruments used to assess

## Aims and Objectives

- ☐ Our aims and objectives are to create community awareness of the condition and support by providing:
- ☐ Access to information and reference material;
- ☐ Support and sharing experiences, e.g. parenting and/or school issues, adult issues;
- ☐ Newsletters and Information sharing
- ☐ Reduced fees for seminars;
- ☐ Presentations by qualified speakers who understand ADHD;
- ☐ Advocating on behalf of ADHD families e.g. with politicians or government;
- ☐ Making available a telephone support service and, in some cases of crisis, instant support;
- ☐ Providing a sympathetic ear;
- ☐ Sharing experiences;
- ☐ Workshops

## General monthly meetings

ADDACT meetings are held at **Canberra College - First floor, 2 Launceston St, Phillip ACT 2606** (follow the signs with our logo).

Meetings are usually held the **first Sunday of every month, from 1pm (unless otherwise specified)**.

We try to have a guest speaker at meetings; otherwise we have a chat session where people can talk about specific problems and issues in a round-table discussion.

## Adults with ADHD

In the early 1990s, a group for adults with ADHD commenced within the Canberra & Queanbeyan ADD Support Group Inc. The adult group met separately at the home of a member at the same time as the parents/carers/general public meeting. Later on, the adult group met together with the parents/ carers/general public meeting. This has proved to be positive as the adults can explain to the parents what it is really like for the ADHD child. Some adults need to be at both sessions.

## Donations

We are GST Registered/Income Tax Exempt and have Health Promotion Charity Status as well as Deductible Gift Recipient Status, therefore donations are tax deductible.

## Member of SHOUT

### Join our support group

Give yourself permission to not go it alone. Join a support group, it is difficult trying to raise an ADHD child without support or understand and support adults with ADHD. Get to know other parents or Adults with ADHD who are or have been facing the same challenges as you are. Exchange ideas and stories and learn to "be there" for each other.

## Child care at the general meetings

For a gold coin donation, professional child care and activities for children is available to all financial members for any of the above meetings or seminars. Email [admin@addact.org.au](mailto:admin@addact.org.au).



# 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](mailto:SUPPORT@SKIPPERCARE.COM.AU)

PH: (02) 6103 0338



# LEO'S PLACE

## VISITOR INFORMATION



### WHAT WE PROVIDE

- Overnight respite for people with a life-limiting illness, and/or their carer
- Day respite allows carers to take a short break while we provide support and care for people with a life-limiting illness
- Carer support through access to advice, information, and self-care activities

### LEO'S PLACE WELCOMES

- People living with a medically diagnosed, life-limiting illness, who can take their own medication and attend to most daily activities with stand-by assistance
- Their families / carers
- Client support services received in their home are welcome to continue at Leo's place

### CARER SUPPORT

- Counselling and emotional support
- Assistance with navigating services
- Activities to promote well-being. Eg: Massage



### VIRTUAL TOUR

Use your phone to scan the QR code below to go to our website where you can take a virtual tour, either by watching a video or interacting with a 3D virtual tour



# Greenleaf Care Servcies

## 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 activites 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](mailto:admin@glds.com.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**



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

Take Control – Live Well is a 3-week program giving you the skills and confidence to care for your condition. Connect with others and get support to make changes and live well.

Programs start:

- At **Gungahlin Community Health Centre** on Wednesday 14 June 2023 at 1pm.
- **Online** on Monday 3 July 2023 at 9:30am.

Save your spot today by calling **Central Health Intake on 5124 9977**.

Email [SelfManagement@act.gov.au](mailto:SelfManagement@act.gov.au) for more information, to order flyers or to arrange a guest talk for your organisation.







**ACT**  
Government

**Canberra Health  
Services**

## **PELVIC FLOOR WORKSHOPS**

### **Dates for 2023**

The Community Care Physiotherapy Service provides Pelvic Floor Workshops at Community Health Centres in Canberra. The aim of these sessions is to provide information, education and self-help strategies for women who are experiencing or wishing to prevent continence problems.

#### **Dates for 2023**

#### **Venue**

Wednesday 1<sup>st</sup> February  
9:30 am- 12:00 pm

Belconnen Community Health Centre

Tuesday 7<sup>th</sup> March  
5:00 pm – 7:30 pm

Tuggeranong Community Health Centre

Tuesday 4<sup>th</sup> April  
1:00 pm – 3:30 pm

Gungahlin Community Health Centre

Tuesday 2<sup>nd</sup> May  
9:30 am– 12:00 pm

Phillip Community Health Centre

Wednesday 7<sup>th</sup> June  
1:00 pm – 3:30 pm

Belconnen Community Health Centre

Monday 10<sup>th</sup> July  
1:00 pm – 3:30 pm

Tuggeranong Community Health Centre

Tuesday 1<sup>st</sup> August  
1:00 pm – 3:30 pm

Gungahlin Community Health Centre

Wednesday 6<sup>th</sup> September  
9:30 am – 12:00 pm

Phillip Community Health Centre

Monday 9<sup>th</sup> October  
1:00 pm – 3:30 pm

Belconnen Community Health Centre

Monday 6<sup>th</sup> November  
1:00 pm – 3:30 pm

Tuggeranong Community Health Centre

Tuesday 5<sup>th</sup> December  
9:30 am – 12:00 pm

Gungahlin Community Health Centre

**To Book a place, please contact Community Health Intake on 5124 9977**





**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](http://www.davebarrie.com.au/event)

Connect:   





# Web of Support

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

Need to find a local Canberra Support Group?  
Search the Web of Support



**SHOUT**  
UNITED TOGETHER

Providing over 40 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](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)

