

SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

THINGS TO KNOW BEFORE YOU GO

8 August

See Page 7 for details

SPRING MARKET

23 & 24 September

See Page 6 & 22 for details

Members News and Events



A WORD FROM THE CEO:

Dear members,

I am pleased to have the privilege of being appointed as CEO of SHOUT and trying to fill the shoes of Carol Mead who did such a wonderful job over many years. I will be doing my best and giving my all to make sure you as the membership get great value for your ongoing commitment and support.

I have been a CEO of medium and large charities in the ACT for over 10 years and have consulted within the business and community sector for nearly 20 years. I hope to share my knowledge and experience with you in any area you see helpful.

Born and bred in Canberra, a father of 5 children, all girls 😊, and grandfather to 4 children, I am deeply connected and committed to a strong and vibrant community. My hope is that we thrive as a sector, make deep impacts for our people, and have a secure and prosperous future.

In my first few weeks I have made it my focus to come and meet as many of you as possible, and for those of you I haven't, stay tuned as I will meet with everyone. I am coming out to listen and connect with you, get to know about your organisations and understand what it is that SHOUT can do to support you.

In the meantime, please don't hesitate to reach out, let's catch up, have a chat, a coffee and connect because connection is key to what we do and who we are.

Looking forward to meeting you all soon.

Peace Torrien

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
Perinatal Wellbeing Centre
Prostate Cancer Support Group
Rise Above
Rotary Club of Woden Daybreak
Skipper Care Australia
The Hospital Research Foundation Group
Parkinson's
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

SHOUT SERVICES

Over 40 years of service to the community!

SHOUT is, and will continue to be, a grassroots community organisation, providing connection and developing community capacity.

Our services to our members include:

- Web of Support Directory
- Strategic Planning
- Business and Capacity Building
- Training and Development
- Newsletter
- Administration Services
- Tenancy
- Meeting Room Hire
- Contact Listing
- Promotion and Marketing

SHOUT 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

Address and Contact Details

Pearce Community Centre
Building 1, Collett Place, PEARCE ACT 2017
Phone: 62901984 Email: admin@shout.org.au





Web of Support

www.shout.org.au

**Canberra Support Services Directory
Health, Disability and Aged Care Information**



SHOUT
UNITED TOGETHER

*Providing over 40 years of support
for the Canberra Community*

SAVE THE DATE
TUESDAY, 10th OCTOBER 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 Torrien Lau - CEO of SHOUT.

Torrien has 18 years of business consultancy experience and 10 years of NFP CEO experience.

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



Pearce Community Centre

SPRING MARKET

Collett Place PEARCE

Stalls include: crafts, food,
coffee, plants, clothing, gifts
and a quality bric-a-brac!

SATURDAY

23 SEP

10AM TO 3PM

Rotary

Club of Woden Daybreak



Held in conjunction with the
2 day Pearce Crafters Market



Things to Know Before You Go

1-3pm, 8 August 2023
COTA Hall, 2 Wisdom St, Hughes

Join us for a free Dying to Know Day event!

Learn about planning ahead for your health care and end-of-life needs with our panel in a relaxed environment over afternoon tea!

Our speakers will cover a range of subjects, including:

- **Palliative Care** with Palliative Care ACT
- **Advanced Care Planning** with the Health Care Consumers' Association
- **Wills** with the Public Trustee and Guardian
- **Funeral Planning** with Tender Funerals

there will also be time for you to ask the panel questions.

Date: Tuesday 8 August 2023

Time: 1-3pm

Venue: COTA ACT Hall, 2 Wisdom Street, Hughes

To register, go to hcca-act.eventbrite.com, contact us at adminofficer@hcca.org.au or call 6230 7800.



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:

- **Phillip Community Health Centre** on Wednesday 2 August at 9:30am.
- **Meridian, 85 Northbourne Ave, Turner** on Wednesday 6 September at 1pm.
- **Online** on Wednesday 4 October at 5pm.

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

Email 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

Tuesday 1st August
1:00 pm – 3:30 pm

Wednesday 6th September
9:30 am – 12:00 pm

Monday 9th October
1:00 pm – 3:30 pm

Monday 6th November
1:00 pm – 3:30 pm

Tuesday 5th December
9:30 am – 12:00 pm

Venue

Gungahlin Community Health Centre

Phillip Community Health Centre

Belconnen Community Health Centre

Tuggeranong Community Health Centre

Gungahlin Community Health Centre

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



My Support



Annecto's private fee-for-service program

My Support is a great option if you aren't eligible for government funded services or need to top up your existing services. Whether it's a one off service or ongoing— it's your choice.

Services can include but are not limited to:

- Domestic assistance
- Meal preparation
- Personal care
- Door to door transport to medical and social appointments
- Shopping assistance
- In home respite
- Social support
- Decluttering
- Sleepovers/overnight support
- Case Management



Why Choose Annecto for My Support?

- As a smaller provider in the Capital Region, Annecto is able to provide a very personal and flexible service.
- We cover all of Canberra and Queanbeyan.
- 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 variety 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.
- Annecto is independent and not-for-profit.

Interested in finding out more about My Support our other programs or just want to have an obligation free

Contact Annecto



Questions about diabetes?

We've got answers.

We offer a range of courses that support people living with diabetes. There are also specific courses for carers and professionals.

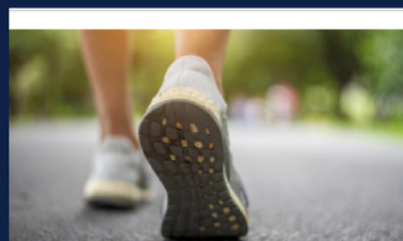
People living with diabetes visit events.ndss.com.au



Mediterranean Style Eating for People with Type 2 Diabetes - Online



Beat It Online WET1508230



FootSmart - Online

Caring for someone with diabetes:
diabetesqualified.com.au/all-courses



DIABETES IN PRACTICE

Diabetes in Practice for Pharmacists

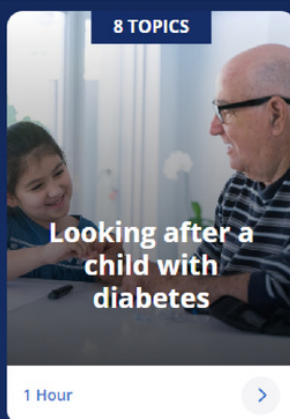
9 Hours



CPD

Diabetes in Practice for Podiatrists

6 Hours



8 TOPICS

Looking after a child with diabetes

1 Hour



AGED CARE

SHORT COURSE

Practical Diabetes for Aged Care Workers

2 Hours



Call Customer Care for more information: 1800 177 055.

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, 27 August and 24 September 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



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

Canberra & Queanbeyan ADD Support Group Inc

ABN: 95 350 477 580

Information Line:

T: 6290 1984 bh

M: 0493 220 996 6pm – 9pm

W: www.addact.org.au

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



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.



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 19 AUGUST 2023

Canberra Southern Cross Club Woden 2.00pm.

Guest Speaker: Mr. Simba Sigauke, Senior Sleep Scientist, The Canberra Hospital
Department of Respiratory & Sleep Medicine.

The Canberra Hospital Respiratory Clinic provides free sleep studies and assisted treatment for eligible Medicare and Concession Card holders. The Respiratory Clinic has a dedicated sleep laboratory for the assessment of severe sleep disorders including Obstructive Sleep Apnoea (OSA), and also provides Home Sleep Testing services for more general OSA assessment and treatment using Continuous Positive Airway Pressure (CPAP) devices to keep the airway open during your sleep. Simba will be explaining the hospital respiratory services they provide and how they can help you if you have been diagnosed with Obstructive Sleep Apnoea.

For more information about the Canberra Hospital Department of Respiratory and Sleep Medicine go to:

<https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/respiratory-medicine> Phone: (02)5124 2066

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 16 August, 7 pm, Meeting Room, Pearce Community Centre	Prof Catherine Paterson, Prof of Cancer Care and Clinical Care in Nursing, UC
Wednesday 20 September, 7:00 pm, Meeting Room, Pearce Community Centre	AGM and A/Prof Paul Craft, Medical oncologist

Coming Coffee Mornings

Tuesday 8 August, 10 am	Canberra Southern Cross Club, Jamison (near the rear coffee bar)
Tuesday 12 September, 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



OUR SERVICES

- Support Independent Living (SIL)
- Support Coordination
- Household Tasks
- Cleaning and Gardening
- Assistance with Travel/Transport
- Group and Centre Based Activities
- Nursing Care
- Participate in Community, Social and Civic Activities
- Assistance with Daily Personal Activities

We support the

ndis

📞 0452 24 0000, 1800 24 0000/1800 24call

🌐 www.24careaustralia.com.au

📍 7/53 Dundas Court, Phillip ACT 2606



Participants looking for a home?

We have SIL Vacancies

Skipper Care Australia provides a personalised approach to disability support.

Our Evatt based SIL house is looking for applications,

Sharing the home with a wonderful 21 year old lady, we have space to share with another three bedrooms available .



- 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 @ support@skippercare.com.au
📘 skippercare 📷 skippercareaustralia

People with disability have opportunities to live their best life

Hartley Lifecare services

Supported
independent
living



Short term
accommodation
(Respite care)

Hydrotherapy
pool heated to
34°C



Volunteers and donations welcome
www.hartley.org.au

SOUTHSIDE FOOD PANTRY



Spreading Kindness to Others!

We have free fresh produce available to anyone in need. No matter your circumstance, everyone is welcome to come along, fill up a bag and share a story

EVERY WEDNESDAY
1:30 - 2:30PM

Pick Up Location: Reach Out Canberra

📍 21 Jenke Circuit
Kambah, ACT 2902
(Opposite Kambah
Medical Practice)



Please note: Items available will vary week to week. If collecting from the pantry, please be aware of any personal allergies/intolerances. We do our best to monitor the quality of our donations, though volunteers of the food pantry and Reach Out Canberra will not be held liable for any sickness or ailment that may occur as a result of consumption of donated goods.

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**



CARING FOR CARERS

WHO LOOK AFTER SOMEONE
WITH A LIFE-LIMITING ILLNESS

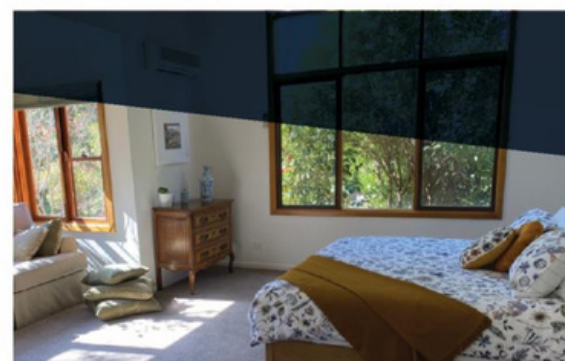
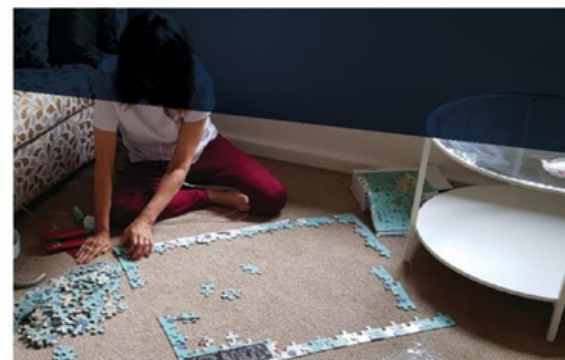
Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.

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/carer 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.**



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



EVERYBODY WINS

Community & Country
Event for PERSONAL-GROWTH!



**WARREN
MACDONALD**
Environmentalism,
Adventurer,
Disability Advocate
& Resilience Speaker

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:   



Spring Market

23 & 24 SEPTEMBER

SATURDAY 10-3

SUNDAY 10-1

PEARCE COMMUNITY CENTRE

COLLETT PLACE

PEARCE

Brought to you by Pearce Crafters Market

