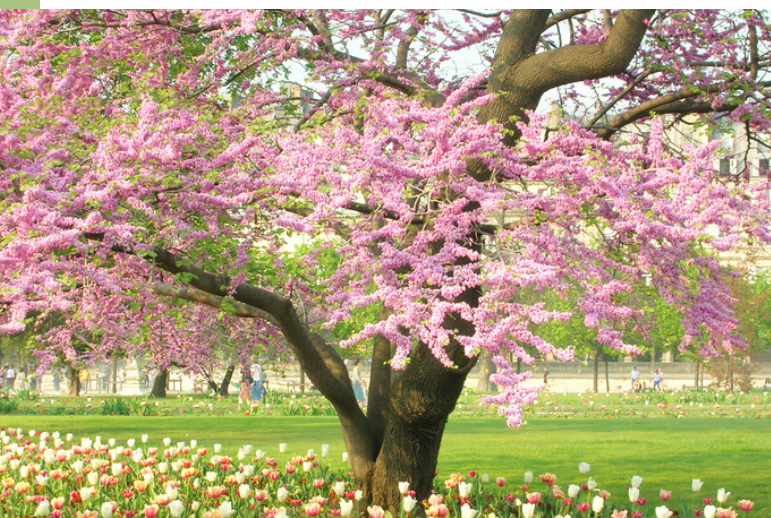


SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

Walk for Epilepsy

1 - 25 October

See Page 6 for details

Governance Training for Not for Profit Boards

25 October

See Page 4 for details for

Members News and Events



A WORD FROM THE CEO:

Spring is here!

It's been three months since I started at SHOUT, and I have learnt many things during this time. After leading and consulting to large not-for-profits for the last 10 years, I have had the opportunity to see a different part of the sector. The passion, purpose and identity of the people are the same, but there are real differences too. Financial pressures are more significant, resourcing activities is challenging, and the reliance on volunteers is higher. In saying that, the impact the SHOUT members make is significant and can't be underestimated – you punch above your weight.

I have now met with 30% of the membership and will continue my goals of connecting with every organisation throughout the year. I have received interesting feedback around what SHOUT does, what it could do and what is needed from the members, all of which will be important information when SHOUT undertakes its strategic planning cycle at the beginning of next year. We haven't changed anything we do at this stage but what I can say is, we will have to change in the future. Put simply, because the world has changed, we need to change and primarily in what we can do to meaningfully support the membership.

If we haven't yet met, please reach out to us to arrange a meet and greet, as I would love to catch up, hear your story and learn about what you do and how we can help.

Best wishes
Torrien

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**



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
Diabetes Australia NSW & ACT
Directions Health Service
Employ for Ability
Epilepsy ACT
Everybody Wins
Eyes for Life Canberra
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
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
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**



Governance Training for Not for Profit Boards

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

Date: Wednesday, 25th October 2023
Time: 9:30am to 12pm
Location: SHOUT Meeting Room
Building 1, Pearce Community Centre,
Collett Place, Pearce
Facilitator: Torrien Lau - CEO of SHOUT
Cost: \$45

Bookings through Eventbrite at:

<https://www.eventbrite.com.au/e/governance-training-for-not-for-profit-boards-tickets-714389035837?aff=oddtcreator>

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

Torrien has 11 years' experience as a CEO and Public Officer of large charities, is a graduate of the Australian Institute of Company Directors and current Board member of a Canberra NFP. Torrien has significant experience in developing Governance frameworks, reviews, constitutional amendments and contemporary governance practices.

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



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*

Walk for Epilepsy

1 to 25 October

1 in 25 Australians are diagnosed
with epilepsy in their lifetime.

www.walkforepilepsy.org.au





COMMUNITY ACTIVITIES

PUB GRUB WEDNESDAY

6:00 pm to 8:00 pm

CREATE WITH CRAFT

10:00 am to 12:30 pm

BBQ THURSDAY

12:00 pm to 2:00 pm

6/53 Dundas Ct, Phillip, Upstairs.

Please reach out to
Tamara today to book in.
Spots are filling up fast,
and booking is a must



Registered
NDIS
Provider



24CARE AUSTRALIA
DISABILITY SERVICES *Partner in Your Care*

PLEASE CONTACT

SERVICES MANAGER TAMARA BLACK

☎ 040 21 719 24 | 1800 24 00 00

✉ tamara@24careaustralia.com.au



Take Control - Live Well: A FREE program for people living with chronic conditions

Take Control – Live Well is a FREE 3-week program empowering people to care for their condition and reach their health goals.

Over 3 weeks, people will:

- Receive helpful resources.
- Develop their own health action plan.
- Learn skills to take the lead in looking after their health.
- Get support to make positive changes.
- Connect with others in a safe and welcoming space.

The final programs for 2023 start:

- Online on Wednesday 4 October at 5pm.
- Village Creek Community Centre, Kambah on Wednesday 8 November at 9:30am.

More Information & to book:

Phone: (02) 5124 9977

Email: SelfManagement@act.gov.au



ACT
Government

**Canberra Health
Services**



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

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

Belconnen Community Health Centre

Tuggeranong Community Health Centre

Gungahlin Community Health Centre

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



SELF-HELP/SUPPORT GROUPS

Self-help groups or support groups are groups of people who can provide mutual support for each other. In each group the members share a common condition, disease or addiction. To learn that you are not alone, that you are not the only one facing the problem, can be an enormous relief. For those who might be lacking support and empathy from friends and family, the environment of a self-help group who has members with similar experience can be a critical part of recovery.

While every group is different the self-help experience in these groups reduces stress and isolation through shared experience, understanding support and information sharing. The model of self-help is empowering as the participants are dependent on themselves, on each other and the group. Through self-disclosure, members share their stories, stresses, feelings and recoveries. Together they learn to understand and control the issue in their lives, by giving emotional, social and practical support to each other.



BRAIN TUMOUR ALLIANCE AUSTRALIA

Support Group Meeting:

Hi to all of our ACT Support Group Members,

All Brain Tumour patients, carers, family and friends are invited to attend the next Brain Tumour Support Group meeting. New members are especially welcome.

DATE: Sunday, 22 October and 26 November 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 18 NOVEMBER 2023

Canberra Southern Cross Club Woden 2.00pm.

Guest Speaker: Ms. Siham Kobti, Business Development Manager Sydney/ACT, Air Liquide Healthcare CPAP Clinic. Ms. Kobti will be providing an insight into the Air Liquide respiratory equipment and services they provide throughout Australia including the ACT. **Founded in 1902, the Air Liquide Group is one of the world's largest suppliers of respiratory equipment with operations in over 80 countries. With a long-standing place in the Australian market working with multiple major manufacturers of sleep therapy equipment, our team of experienced professionals are well equipped to help patients with their sleep therapy needs.**

The ACT Air Liquide Healthcare CPAP Clinic is located at the Equinox Building 2, Unit 22/70 Kent Street Deakin (Ph 02-62852979).



For more information about *Air Liquide Healthcare* go to:

<https://store.airliquidehealthcare.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 18 October, 7 pm, Meeting Room, Pearce Community Centre	Discussion on active surveillance led by member John Reis
Wednesday 15 November, 7:00 pm, Meeting Room, Pearce Community Centre	Presentation by dietician from <i>Southside Physio</i>

Coming Coffee Mornings

Tuesday 10 October, 10 am	Canberra Southern Cross Club, Jamison (near the rear coffee bar)
Tuesday 14 November, 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





Making a difference, together.



Canberra Circle of women is a small emerging community organisation which supports women and girls, through a wide range of services and donations to reduce period poverty, increase the uptake of education, health and well-being of females and their children globally.

We do this through:

- Provision of free washable and sustainable period kits
- Providing donations of clothing, school supplies and toiletries
- Donations of soap, dental care and bras

Over 520 million women and girls do not have period products globally, and while we cannot possibly fill the enormous need, we have sent over 7500 period kits to the women in Pakistan, Sri Lanka, the Philippines and Zambia.

How do you become involved in this work:

Canberra Circle of Women has an office at SHOUT and we are always happy to welcome new members and friends. We have sewing and knitting groups, packing days, and volunteer opportunities where everyone can be involved.

Our phone: 62903367



We are delighted to welcome everyone and know that whatever you choose to be involved with, you will love our friendly people and attitude.

We have information available at our office
Our office is in Room 4 - right next to SHOUT
(Monday to Friday 10 - 1pm)

Pearce Community Centre, Building 1, Collett Place PEARCE

Our email: canberracircleofwomen@gmail.com

Hep B Free ACT Project

"Hep B free ACT" is an educational and an awareness campaign funded by ACT Health for people from culturally diverse backgrounds, Aboriginal and Torres Strait Islander people living in the ACT and people living with hep B.

• Hep B transmission • Treatment • Vaccination • Liver Health

Seeking community leaders and members for a focus group

To better understand the needs of our target populations, we would like your valuable input on the resources and information we will be offering through this project.

Would you like to be part of our focus group?

We are seeking community leaders/workers and service users from Aboriginal and Torres Strait Islander communities and multicultural communities in the ACT as well as people living with hep B.

For more information on scheduling educational sessions and focus group participation please contact [Hepatitis ACT](#)

1800 437 222 | info@hepatitisact.com.au | 36 David Street, Turner



Supported by



Short term accommodation (Respite care)

Hartley Lifecare provides short term accommodation (STA) to people with disability. Residential respite care is 24/7 care in specialist disability accommodation for a short period of time.

If you are interested in discussing STA options please contact our Disability Programs Manager on 02 6282 4411 or at enquiriesSTA@hartley.org.au



Hydrotherapy pool

Hartley Hydro is an all accessible heated pool which operates 5 days per week at a temperature of 34 degrees Celsius.

Hartley Hydrotherapy pool is available for hire to all members of the Canberra community and surrounds.



13A Wynter Place, Hughes ACT 2605
For bookings:
Tel: 02 6185 1653
Email: hydrotherapy@hartley.org.au

Supported independent living

Our experienced staff support people to pursue interests and hobbies, make friends, plan holidays and participate in the community. Whether living alone or with other people with disability, we support people to maintain their home and complete day-to-day household activities including meal planning and cooking, washing or even maintaining a vegetable garden.



Whether you have your own home and would like Hartley to support you, or you would like to live with others with a disability in a home already supported by Hartley Lifecare, please contact the Senior Manager of NDIS and Service Development on 02 6282 4411.



ENRICHing Survivorship

Live well, feel good.

- **Thursdays: 12 October- 30 November 2023**
- Free program for cancer survivors and their carers.
- Facilitated by a Dietician, Exercise Physiologist, Yoga Instructor and Peer Support volunteers.
- Helps to restore physical and emotional wellbeing after cancer treatment.



Registration is essential:

☎ 6257 9999

✉ cancerinformation@actcancer.org

🌐 actcancer.org/support/enriching-survivorship-program/



ENHANCE Wellbeing

Features a range of wellbeing and healthy lifestyle sessions aimed at improving overall health and wellbeing for those affected by cancer and their carers. Check out the upcoming sessions below:

Yoga and Mindfulness

Mondays: 16 to 23 October



🌐 actcancer.org/support/enhance-wellbeing/

Introduction to Tai Chi

Wednesdays: 8 to 29 November



🌐 actcancer.org/support/enhance-wellbeing/

Registration is essential: ☎ 6257 9999

✉ cancerinformation@actcancer.org



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**

Environmentalist,
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:   



Greenleaf Care Service is a leading Provider for disability Support services.

We Provide ongoing support for Supported independent living, Respite – STA and MTA.

Capacity building activities, support coordination and Plan Management.



Our Values

Quality is our backbone,

Being Person Centered is our heart,

Innovative thinking is our brain,

Excellence is our brain; and

We walk in Collaboration with other

Community Service Organisations.



Greenleaf Capacity Building Activities:

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

- Craft and Create
- Cooking
- BBQ
- Board Games
- Tunza Fun



Contact Us Today ☺

Call: 1800 800 777

Email: admin@glids.com.au

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

