## SHOUT MATTERS

Providing connection and developing community capacity





## **FEATURES**

1 December 2023 Community Collaboration Night See Page 5 for details

2 December 2023 Everybody Wins Event See Page 6 for details

2 & 3 December 2023 Christmas Sparkle Market

See Page 7 for details

Members News and Events



## A WORD FROM THE CEO:

Dear SHOUT members,

As we inch closer to the end of the year I don't know if it has gone at lighting speed or its been the slowest year ever! This dual feeling is reflective of what I have seen in the sector and membership over my first five months. Organisations and leaders are both in a state of responding to spot fires, immediate business needs and looking to the future at the same time. Somethings feel like they are taking forever and others things go by so quick its hard to keep up.

At SHOUT we are currently reviewing our constitution so that we are operating in a contemporary and compliant manner while at the same time enabling our opportunities to better meet the needs of the wider community sector. Our organisational branding, our key messaging, the customer value propositions, what we do and how we do it are also under review. In the life cycle of any organisation, these are all questions and activities that should be asked, reviewed and revised. Why? because everything changes and so should organisations in order to meet the changing needs within the community.

For those members that operate in the NDIS, change is constant and yet another significant change is on its way with the introduction of the PACE system. So what do you need to do, assess the needs, make the changes and act fast. Sometimes change compels us to adjust and adapt, but in a perfect world, businesses would be prepared for change, adopt it as a state of being and way of operating. If you are struggling with change, SHOUT may be able to assist - its one of the things we do so get in touch if you want to have a chat and we'll see what we can do.

Please note that this years annual shut down commences on the 27th December and reopens on Monday the 8th January 2024. From all of us at SHOUT we wish you a joyous and restful Christmas break and we look forward to seeing you next year.

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

Abiliities 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

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

Johnny H Canberra

Kidsafe ACT

Koomarri

Leo's Place, Palliative Care ACT

Marymead CatholicCare Canberra & Goulburn

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 Adoptive, Kinship and Fostering Families Association of the ACT and surrounds (AKFFA)

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 Austrlia

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



# Web of Support www.shout.org.au

Canberra Support Services Directory Health, Disability and Aged Care Information





## **DISABILTY SERVICES**

# COMMUNITY COLLABORATION NIGHT 1st December 2023

Just bring your Business cards and your appetite for some nibbles and drinks.

Let's Collaborate in Canberra and work together.

<sup>Let's Collaborate</sup> Canberra

In line with the International Day of People with Disabilities, on 3rd Dec., 24Care Australia will host a Collaboration event at our Function rooms at 6/53 Dundas Ct, Phillip, ACT, 1st Dec, 5 pm to 8 pm.

For catering purposes, please email your intention to attend.

Tamara@24careaustralia.com.au









4x Australian Champion

Fitness Model





Women's Empowerment Coach









Environmentalist, Adventurer. Disability Advocate & Resilience Speaker

**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









# Christmas Sparkle \*\* Market\* \*\*

SATURDAY 2 DECEMBER 10-3 SUNDAY\*3 DECEMBER 10-1

PEARCE COMMUNITY CENTRE \*
COLLETT PLACE
PEARCE \*



Santa \* 10 to 2 Saturday





















Johnny H is your leading provider in social and community support programmes for teens and adults with disabilities.

Engage with your peers, make friends and create memories, as you join us on our epic adventures.



## Please pop in and say hi!

Johnny's Place 5/151 Newcastle St Fyshwick



## Join the Chronic Conditions Network in 2024

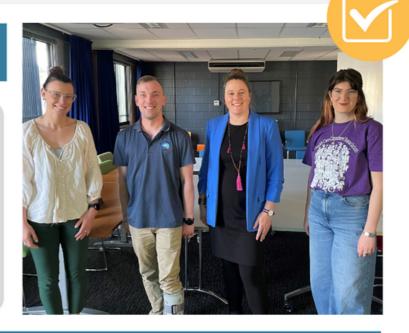
One of the strategic goals of HCCA is to strengthen the cohesion and coordination of consumer organisations to ensure we remain a strong and credible voice for consumers on health care.

To this end, HCCA created "The Chronic Conditions Network" which was officially launched in May 2023. This network is for community organisations and support groups and has the goal of "identifying key issues affecting consumers with chronic conditions and strengthening collaboration on systemic advocacy in relation to these issues".

## 2023 Achievements

#### 7 Monthly Meetings & 4 Workshops **Topics Included:**

- Advocacy Challenges
- Staying Safe in Hospital
- · Multicultural Engagement
- MyDHR Training Workshop
- · Health Pathways Updates with CHN
- · Self-Advocacy Training Module



## **2024 Meeting Dates**

## Would you like to join?



## In Person Events 10am to 11:30am

Various Locations TBA

MARCH 27

MAY 29 JULY

**SEPT** 

31

25



**Online Events** 

4pm to 5:30pm

Via Teams

**FEB** 28

APRIL 24 JUNE

**AUG** 

28 26



hcca.org.au

02 6230 7800 | chronicconditions@hcca.org.au





WE'RE BETTER TOGETHER!

Our community enables us to provide unbiased financial support to locals fighting cancer.



RISE ABOVE
CAPITAL REGION CANCER RELIEF

#### **HOW WE HELP**

Cancer isn't just physically and emotionally draining; it's financially draining too. At Rise Above our mission is to reduce the emotional and financial burden placed on locals undergoing treatment for cancer. We do this by assisting patient with the out-of-pocket costs that present when cancer is diagnosed.

We assist with covering the cost of chemotherapy and pharmacy medications, specialised dietary supplements, fertility preservation, a one-off bill payment of \$300, along with fortnightly Woolworths food and fuel vouchers. We also provide access to the UC Cancer Wellness Centre Program.





#### WHAT OUR PATIENTS SAY

"Rise above made my cancer experience feel less like a "hopeless hell" to a "cope-able challenge" it meant my kids were fed and cared for while I couldn't work, and I will forever be grateful for the help we received."

- Anonymous | Canberra

#### **HOW TO GET INVOLVED**

Know someone diagnosed with cancer and not sure how to provide practical help?

It's simple, tell them about Rise Above and our team will walk them through the process, making them feel hopeful and supported every step of the way.

Want to donate, volunteer, or become a corporate partner? Scan the QR code for more details.











## CYCLABILTIIES

## ON THE PEDALS AND OUT THE GATES HEAD FOR THE DIRT

Master the journey from first balance to off-road adventures, inclusive and tailored to foster safety, skills, and meaningful inclusion.

## **SHREDABILITIES**

## RIDE THE RAMP OF INCLUSION

1:1 support skateboarding for all, from first balance to advanced moves, building confidence, community, and skills in a welcoming environment.

## **TEAMABILITIES**

## TEAM SPORT SKILLS SCORE IN INCLSION

Inclusive team sports training for ages 5-12, enhancing skills, sportsmanship, and teamwork in an inclusive setting, celebrating each child's unique journey and team contribution

## WATERABILITIES

## WATER SAFETY ONE STROKE AT A TIME

Targeted 1:1 water safety and swimming skills for children of all abilities. Run in a sensory friendly hydrotherapy pool, building a foundation of swimming and safety in water.

## DEFENDABILITIES

#### SELF DEFENCE STAND STRONG -FEEL SAFE

A self-defense program where every child is supported to develop self defense skills, resilience, self-worth, and confidence.

## TEAMABILITIES TOUCH FOOTBALL

#### **MORE THAN A SPORT**

Focused on inclusive play for ages 5-17. It's more than just touch football; it's about honing skills, fostering teamwork, and ensuring every young player, regardless of ability, experiences the excitement and camaraderie of the sport.

INCLUSION IN ACTION

2024

# 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 or have a Family member with a hearing loss?
- Lived experience of hearing loss?
- Drive and motivation to help people with a hearing loss in the ACT Region and surrounds?

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 Management Committee and how to become a Member.

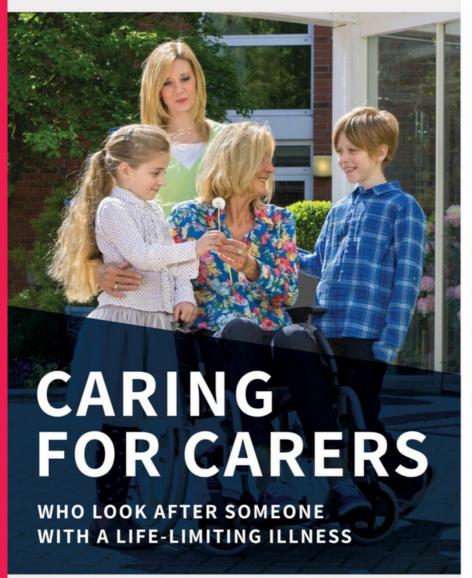
Email or Call hearinghelp@actdrc.org.au

62874393

**DRC AGM** 

12th December 5.30pm 27 Mulley St Holder











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.\*



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





#### 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.



## SHORT TERM ACCOMMODATION (RESPITE CARE)

Hartley provides short term accommodation 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:

T: 02 6282 4411 E: enquiriesSTA@hartley.org.au

www.hartley.org.au



#### **HYDROTHERAPY POOL**

The Hartley Hydrotherapy Pool is an all abilities accessible heated pool which operates 5 days per week at a temperature of 34°C.

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

For bookings: T: 02 6185 1653 | E: hydrotherapy@hartley.org.au



Hartley People with disability have opportunities to live their best life

## INVISIBLE DISABILITIES AUSTRALIA initiatives supported by the Disability Royal Commission

"It is evident that your organisation has promising practices, innovations and recommendations that can assist in achieving a more inclusive Australia."





## SELF-HELP/SUPPORT GROUPS

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

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



## **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:** 28 January 2024

**TIME:** 11:30 am

**LOCATION:** Canberra Southern Cross Club, Woden - Community Room 1

**CONTACT:** Catherine Hindson **PHONE:** 1800 857 221 or

**EMAIL:** <u>catherine@hindson.org</u>



## 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



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

## SUPPORT CARBERRA + QUEARBERRA (ADDACT)

#### 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.

## 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

#### Coming Coffee Mornings

Sunday 19 November 2023, 6 pm, Exhibition Park	Harness Racing ACT Meet and Fundraiser for the		Canberra Southern Cross Club, Jamison (near the rear
prii, zaiiziari raik	Group — Contact		coffee bar)
	secretary@pcsg-act.org.au		
	to join us for dinner		
		Tuesday 10 January 2024,	Canberra Southern Cross
2024, 7 pm, Pearce		10 am	Club, Woden (near the rear
Community Centre			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



## What you say matters!

Diabetes Australia has pledged to end diabetes stigma. Words carry weight, especially when talking to someone living with diabetes. We are excited to offer a free Using Supportive Language short eLearning course.

Dedicate just 10 minutes to be part of the solution:

diabetesqualified.com.au/resource/using-supportive-language

And if you've yet to make the pledge yourself, you can do it here: enddiabetesstigma.org/endorse-as-an-individual







## Your local Parkinson's support groups

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Singing – The Bushlarks Choir  Every Monday 10:00am – 12:00pm St Simon's Anglican Church (Georgina Cres, Kaleen)  Enquiries: sarahlouowens@ gmail.com	Group	Dance for People with Parkinson's  - Tuggeranong  Every Wednesday 11.15am - 12.30pm Tuggeranong Arts Centre (137 Reed St, Greenway) \$100 for 10 week term (alongside ACT school terms) or \$12 per class. No booking required.  Men Who Care  3 <sup>rd</sup> Wednesday of the month 3:00 - 4:00pm THRFG-PACT Office, (Suite 6, 32 Thesiger Court Deakin)  Enquiries: mrobbins@home. netspeed.com.au	Painting with Parkinson's - Southside  Every Thursday  10:00am - 12:00pm  LDK Greenway Views (260 Soward Way, Greenway)  Enquiries to Ian: ianjbignall@gmail.com  Carers Coffee  1" Thursday of the month 2:00pm - 3:30pm Yarralumla Gallery and The Oaks Brasserie Cottage (Weston Park Rd, Yarralumla)  Enquiries to Jenny Scott: 0434 961 905 (phone and SMS, no voicemail) or info@parkinsonsact.org.au  Guys and Games Gathering  2nd & 4th Thursday of the month 10:00am - 12:00pm  Manuka Tennis Club (Flinders Way, Griffith)  Enquiries to Martin: martinpikler@gmail.com  Bungendore Support  Meeting  4th Thursday of the month 10:30am - 12:00pm  Bungendore Medical Centre (2631/36 Ellenden St, Bungendore, NSW)  Enquiries:  Anne, Bungendore Medical Centre 6238 1417 / reception@bungendoremedicalcentre.com.au  Margaret Day (coordinator) 0418 649 801 or meday154@gmail.com  Women with Parkinson's  1" Thursday of the month 1:00pm - 3:00pm The Henry Retirement Village (Higgins ACT) and THRFG-PACT Office(Suite 6, 32 Thesiger Court Deakin)  Enquiries: jmiragaya1@outlook.com	Painting with Parkinson's - Botanic Gardens  Every Friday 10:00am - 12:00pm Australian National Botanic Gardens (Clunies Ross St, Acton)  Enquiries to lan: ianjbignall@gmail. com

# FOR EMPLOYERS LOOKING TO MAKE A DIFFERENCE



Koomarri helps people with a disability to find employment that is personally meaningful and socially valued.

## WE MATCH THE RIGHT EMPLOYEE WITH THE RIGHT WORK PLACE

#### **HOW TO GET INVOLVED**

Partner with us to host one of our participants with a disability for a work experience placement and/or paid position at your workplace. Koomarri provides a Disability Support Professional (DSP) for all work experience placements for the entire time. There is no cost involved in hosting a participant.



Work trials are usually one shift of 2-3 hours per week, for 10 weeks. This is completely negotiable and depends on the needs of your orginisation/business.

#### WHAT ABOUT INSURANCE?

Koomarri's insurance covers all participants and the Disability Support Professionals that support them.



## HOW DO WE MATCH PARTICIPANTS TO BUSINESSES?

As part of our program, we find out all about the skills and interests of the participants first. We then research the needs of your business/workplace. With the detailed information gathered, we match employers with participants to gain the best possible outcome for everyone.

"Our work culture has benefited by employing an all abilities candidate through our partnership with Koomarri. Our staff members are being met with inclusion, diversity, flexibility and empathy - all skills that make for a better workplace."

- Maliganis Edwards Johnson







## KOOMARRI'S WORKPLACE TRAINING



### **AUTISM & INTELLECTUAL DISABILITY IN THE WORKPLACE**

We understand that each workplace is unique. We customise our training to suit your specific needs.



#### CONSULTATION

- We offer a 30-minute consultation with a representative(s) from your team approximately 4 weeks before the scheduled training
- · We discuss the training outline and listen to any specific areas you would like us to focus on
- Based on your input, we may suggest additional areas of training to address specific issues or leverage existing strengths.



#### **ESSENTIAL CONTENT**

- What is Intellectual **Disability** and **Autism**? The word "**Neurodiversity**"
- Common barriers for people with ID and ASD
- Fostering inclusion ASD and ID strategies in the workplace
  - Communication
  - Behaviour
  - Social Interactions
- Practical Scenarios Case studies and examples
- Q&A



#### **DELIVERY**

- Our standard training session runs for 1 to 2 hours, including 15 minutes dedicated to questions and discussions.
- · Depending on the size of your group, we may recommend extending the O&A time.
- Online or in-person!
- We can arrange more than one session for staff with varying availability

#### **TESTIMONIALS**

"I liked the passion that the presenters had towards the work that they do and the **connection** with the **people** that they are placing in to roles."

"Their communication was clear and concise while the topic was engaging, informative and helpful!"

#### Something else?

We can further customise our training to meet your needs

#### CUSTOM TRAINING TOPIC SUGGESTIONS



#### THE HIRING **PROCESS**

Training specifically tailored for your leadership team.



#### NEURODIVERSITY

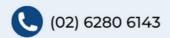
"Neurodiversity" also includes people with ADHD, Dyslexia, Dyscalculia, Epilepsy, Tourette Syndrome and more.



#### EXTRA Q & A

Great for specific scenarios, preprepared questions or larger groups (more than 10).











**V** 1800 24 0000

## **OUR SERVICES**



SIL HOMES



COMMUNITY **ACTIVITIES** 



**GROUP ACTIVITIES** 



CENTRE BASED **ACTIVITIES** 



SUPPORT COORDINATION

#### AREAS OF SERVICE

**CANBERRA** 

**GOULBURN** 

**SOUTH NOWRA** 

MAITLAND

BRISBANE

YASS

**QUEANBEYAN** 

COOMA







## 24CARE AUSTRAL

Partner in Your Care

DISABILTY SERVICES