

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

**Member Spotlight**  
**Al-Anon Family Groups**  
**Australia ACT**  
[See Page 5 for details](#)

**Free Event**  
**Living Well With Diabetes**  
**Saturday, 15 June**  
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**Volunteer Opportunities**  
**with Hartley & Rise Above**  
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**Members News and**  
**Events**



## A WORD FROM THE CEO:

Dear SHOUT members,

As we near to the end of this financial year, I have been watching how we as a sector are navigating these challenging times. The NDIS continues to be a space of tightening funding and increasing compliance which continues to challenge organisations, and the recent news of very few ILC grants being awarded in the ACT is deeply concerning. These observations are mirrored in the experiences I have in my private consulting practice where organisations at financial risk are coming to me for help. As this is an area where I have some expertise, please do not hesitate to get in contact with SHOUT to see if we can be of some assistance. There is a time to act quickly to external circumstances and a time to go slow, we can help you work out what speed you might need to be operating at if there are changes that need to be made in your organisation.

I am currently negotiating with several professional service providers to create a list of preferred providers that will offer SHOUT members special offers and discounts. If you have a service provider that has been a great supplier for you, please let me know so that I can have a chat with them about being a SHOUT preferred provider.

Its going to be a busy end of the year and we are hoping that early in the new financial year we will be able to release more about your member benefits, membership structure and available services so stay tuned.

Torrien Lau  
CEO  
SHOUT Inc.

# 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](http://www.shout.org.au) or email [ceo@shout.org.au](mailto: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](mailto: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  
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  
Golden Oldies Home Technology  
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  
Multicultural Hub Canberra & Regional NSW  
PAALAM - The Bridge to Humanity Inc  
Perinatal Wellbeing Centre  
Prostate Cancer Support Group  
Rise Above  
Rotary Club of Woden Daybreak  
Sahaja Yoga Meditation (Life Eternal Trust Australia)  
Skipper Care Australia  
The Hospital Research Foundation Group Parkinson's



The Personnel Group  
Tuggeranong Community Arts Association  
Women's Health Matters

## Affiliates

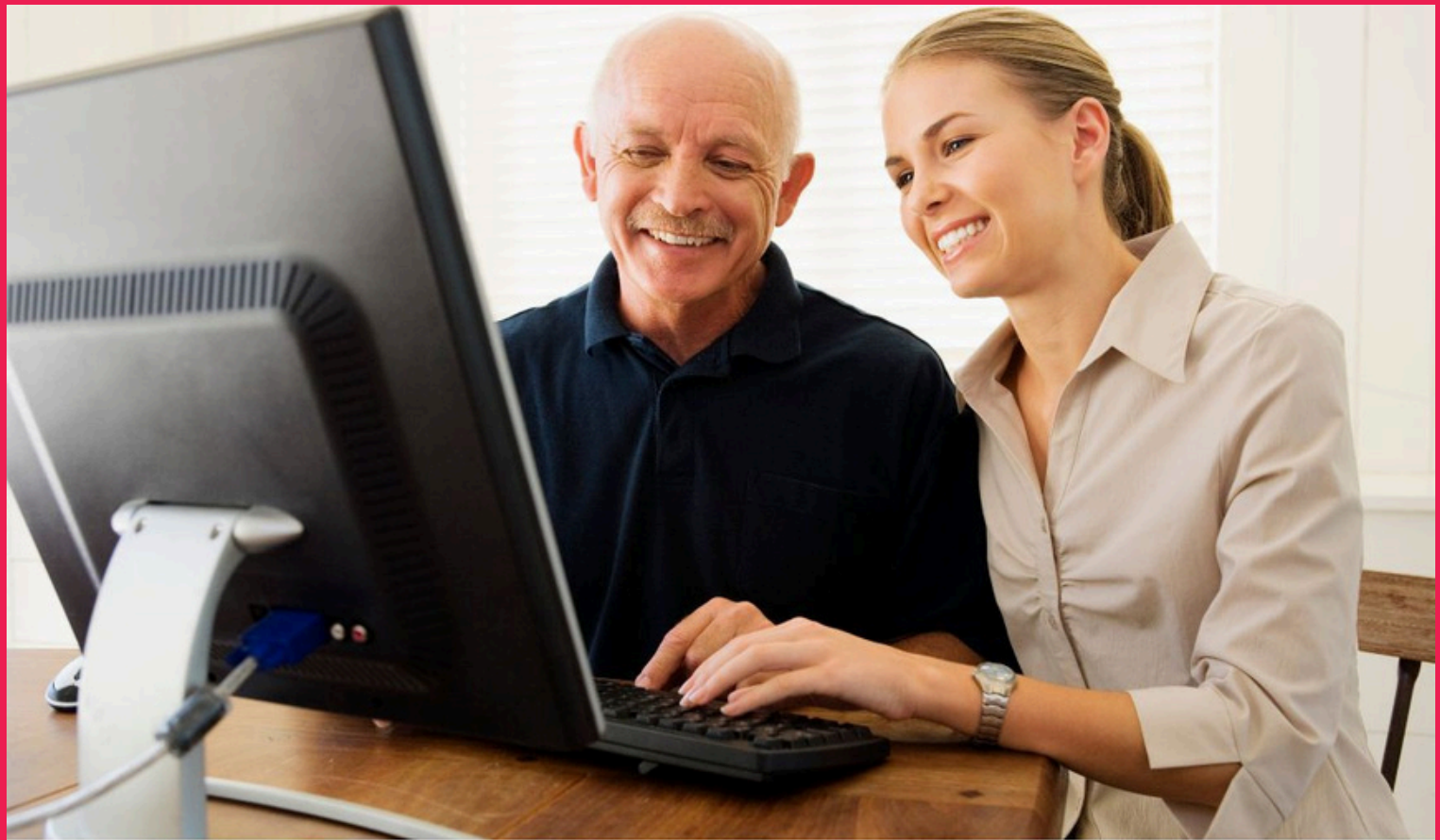
ACT Neighbourhood Watch Association Inc  
Adoptive, Kinship and Fostering Families  
Association of the ACT and surrounds (AKFFA)  
Al-Anon Family Groups Australia ACT  
Better Hearing Australia, Canberra  
Canberra Lung Life Support Group  
Canberra Refugee Support Inc  
Canberra Region Kidney Support 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 ACT21  
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)





# Web of Support

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

Trusted, local Canberra information and support,  
when you need it most.



**SHOUT**  
UNITED TOGETHER

Providing over 40 years of support  
to the Canberra Community



# MEMBER SPOTLIGHT

## AL-ANON FAMILY GROUPS AUSTRALIA ACT

### **This is Al Anon and Alateen.**

Al Anon is for the relatives and friends of people who suffer from the disease of alcoholism. Alateen is for teenagers who have a relative or friend who suffer from the disease of alcoholism. Al Anon and Alateen believe that alcoholism is a family disease and that it affects all members of the family.

Al Anon and Alateen meetings are a safe place for people to share their experience, strength and hope to solve the common problems of living with the disease of alcoholism. We do this by applying the Twelve Steps adapted from Alcoholics Anonymous to our problems in order to lead a healthier and happier life.

Al Anon is self-supporting through its own voluntary contributions, is not allied with any sect, religion or denomination and neither supports nor opposes any outside causes.

### **What is discussed at meetings?**

In general, each week there is a different topic discussed at every meeting. The topics are chosen to help us to: understand the disease of alcoholism and how it affects the family, find solutions to better manage family relationships, get in touch with our feelings, detach from the alcoholic's behaviour, set boundaries with others, learn how to manage our anger and deal with our resentments. Such topics also help us to: raise our self-esteem, face our fears, and deal with our anxiety and depression.

Each meeting is chaired by one group member, usually a different member each week. The chairperson will choose a topic to guide the meeting, but if/when invited to share, you are free to say what's on your mind and in your heart. Much help is gained by listening to others' experiences, strength and hope in applying the tools of the Al-Anon program.

Information about Al Anon and Alateen and details of meetings can be found on the Al Anon website,

**<https://alanon.org.au> or by calling 1300 252 666**



# Al-Anon Family Groups

*Remember: You are not alone and there is always hope.*

# Support World-wide Knitting in Public Day

**Saturday  
8 June 2024  
10am-3pm**



## WHERE:

- Westfield Belconnen  
Lev 3 Target end
- Westfield Woden  
Lev 1 near JB Hi-Fi

Register to attend at:

<http://www.wikipday.com/find-a-kip/kips-in-ocean-pacific/>



**Knitters, crocheters and those  
wanting to learn or support us  
welcome.**

- Bring your needles and yarn and join our 'knit-in'
- Ask us about learning to knit and our free knitting for Charity and Wellbeing groups
- Access free patterns (Belconnen)
- Chat to us and show solidarity for knitting in public
- Enter the Gogster Competition (Woden)
- Meet with other crafts people and have fun. Coffee available locally

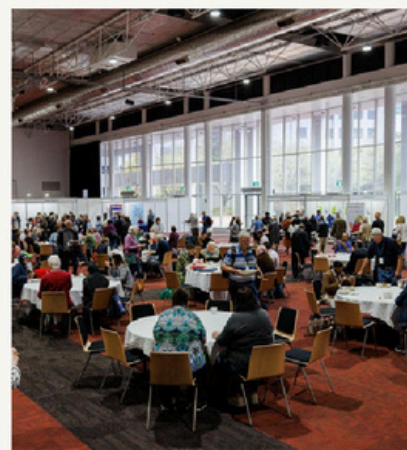
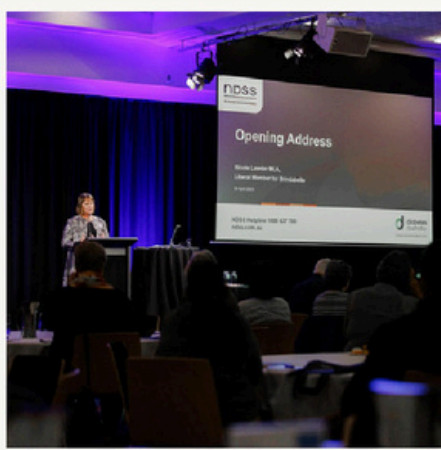
*Good Omen Goodeze*

Proudly presented by Good Omen Goodeze (GOG) and supported by Westfield Woden and Westfield Belconnen

[WWW.YOURWEBSITEHERE.COM](http://WWW.YOURWEBSITEHERE.COM)







## LIVING WELL WITH DIABETES Saturday 15 June 2024

Free Event! Learn from diabetes experts about a range of topics, such as food and nutrition, physical activity, diabetes devices and technology and mental health. Access services and programs on managing diabetes. Connect with health professionals and other people with diabetes.

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Search 'Living Well' Location: ACT  
on **[events.ndss.com.au](https://events.ndss.com.au)** to book  
your place





## Women's Safety Program

# Information

# Session

THURSDAY 20TH JUNE, 12.30-1.30PM

For Support Workers,  
Case Managers,  
Community Services  
organisations,  
Counsellors

Light lunch provided

Short Presentation

Q&A

Network with the Facilitators



Learn more about the Women's  
Safety Program, meet the  
facilitators and understand  
whether the program is a good fit  
for your clients.

Register Here  
[www.tinyurl.com/WSP-Info](http://www.tinyurl.com/WSP-Info)





## Take Control - Live Well: a FREE program for ACT adults living with chronic conditions

Take Control – Live Well is a FREE 3-week group program for adults living in the ACT with a chronic condition. It helps you find ways to reach your health goals and manage your condition. Connect with others in a safe and welcoming space.

### After the 3-week program, you will have:

- a plan to reach your health goals.
- a program book of resources to take home.
- the option to receive SMS support for up to 3 months.

### The next programs start at:

- Gungahlin Community Health Centre on Friday 7 June at 9:30am.
- Tuggeranong Community Health Centre on Wednesday 7 August at 1pm.
- Online on Tuesday 10 September at 4:30pm.

In 2024, we will be partnering with Flinders University to formally explore the effectiveness of Take Control - Live Well.

### More Information & to book:

**Phone:** (02) 5124 9977

**Email:** [SelfManagement@act.gov.au](mailto:SelfManagement@act.gov.au)

**Web:** scan the QR code.





*Pearce Community Centre*

# CHRISTMAS IN JULY MARKET

**Collett Place PEARCE**

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

**SATURDAY**

**27 JULY**

**10am to 3pm**

**Rotary**  
Club of Woden Daybreak



Held in conjunction with the  
2 day Pearce Crafters Market





# Volunteer

at the Hartley Hall Markets



*Bring your passion and skills to help people with disability live their best lives*

## We need help doing:

- + Set up crew
- + Traffic control
- + Food stalls - including baristas
- + General administration office
- + Count cars and collect donations on entry
- + Pack down crew
- + Miscellaneous jobs

Once per month • half day volunteer or full day Volunteer

## Why Volunteer?

Hartley Lifecare (Hartley) is a Canberra-based not-for-profit organisation providing Supported Independent Living (SIL), Short Term Accommodation or respite care (STA) to people with disability in Canberra.

Volunteers help Hartley to run the Hartley Hall Markets and Hartley's signature events. These activities raise money for people with disability in the ACT – giving them access to Hartley's services that allow them to participate in things that they otherwise would not be able to do.



HARTLEY  
Hall Markets

To enquire: [hartley.org.au/people/our-volunteers](http://hartley.org.au/people/our-volunteers)



RISE ABOVE  
CAPITAL REGION CANCER RELIEF

# VOLUNTEERS NEEDED

Help us ease the cost  
of cancer for locals!

## JOIN US!

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

62971261

[hello@riseabovecbr.org.au](mailto:hello@riseabovecbr.org.au)





# FIND YOUR PEOPLE

Johnny H

CANBERRA & MONARO

#bemore

#bemore

## Make new friends, enjoy new experiences, and learn new skills with Johnny H.

Our small group Adventures program is ideal for late teens and adults with mild to moderate intellectual and developmental disabilities.

We service the wider Canberra community from our base in Fyshwick. Return shuttle bus transport is available for most adventures.



Social Activities



Short Trips



Global Adventures

- ✓ **NDIS FUNDING CAN BE USED TO COVER THE COST OF SUPPORTS**
- ✓ **ALL ADVENTURES ARE BOOKED VIA THE WEBSITE**
- ✓ **CONTACT THE TEAM TO FIND OUT MORE AND SET UP AN ACCOUNT**

Johnny's Place 5/151 Newcastle Street Fyshwick  
(02) 6223 0011 | [canberra@johnnyh.com.au](mailto:canberra@johnnyh.com.au) | [www.johnnyh.com.au](http://www.johnnyh.com.au)



# 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. They are there to support the participant's independence.

## IS THERE A COST?

No. All costs are met by Koomarri.

## HOW MANY HOURS ARE INVOLVED?

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 organisation/business.

## WHAT ABOUT INSURANCE?

**Koomarri's insurance covers all participants** and the DSP's 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.com.au



(02) 6280 6143



25 Launceston Street  
Phillip ACT



# COMMUNITY ACTIVITIES

- Movie Day
- Create with Craft
- BBQ
- Pub Grub
- Board Games
- And More..

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



**SERVICES MANAGER  
TAMARA BLACK**

**040 21 719 24  
1800 24 00 00**





Helping you set up  
and manage personal  
safety devices and  
technology

**We deliver, install and provide technical support for assistive technology to help you live safely and independently.**

Our services and solutions are designed to improve your quality of life, giving you and your family peace of mind.

**We specialise in helping you with in-home assistive technology devices like:**

- GPS trackers
- fall detectors, and
- personal alarm and response systems.

Our caring, patient and trustworthy team are here to make technology easy for you.

**We can also help you with:**

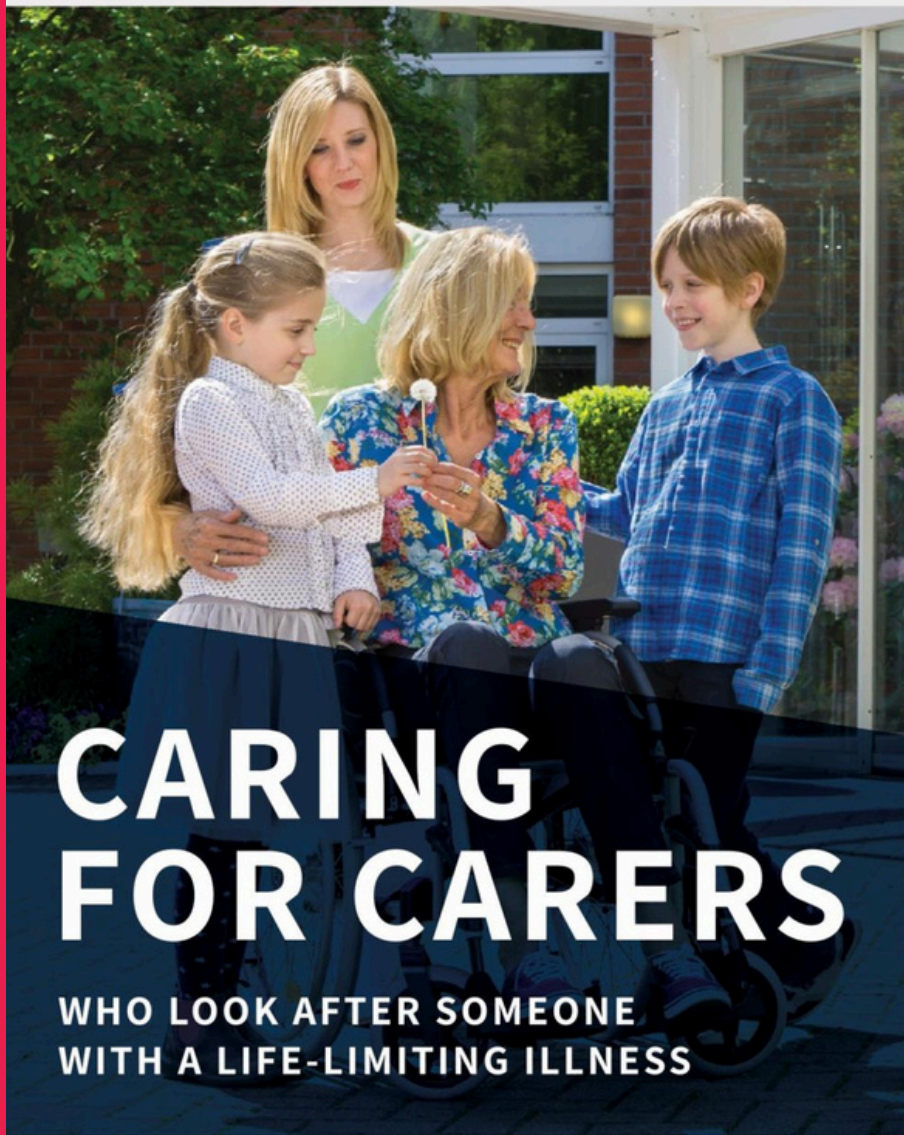
- technology support and training for computers, phones and televisions
- gardening and home maintenance
- social support, and
- cleaning.

**Contact us for a free  
consultation and quote**

Golden Oldies Home Technology  
Angus Robertson  
p: 0439 180 336  
e: [goldenoldiesht@gmail.com](mailto:goldenoldiesht@gmail.com)  
w: [www.goldenoldiesht.com.au](http://www.goldenoldiesht.com.au)







# CARING FOR CARERS

WHO LOOK AFTER SOMEONE  
WITH A LIFE-LIMITING ILLNESS

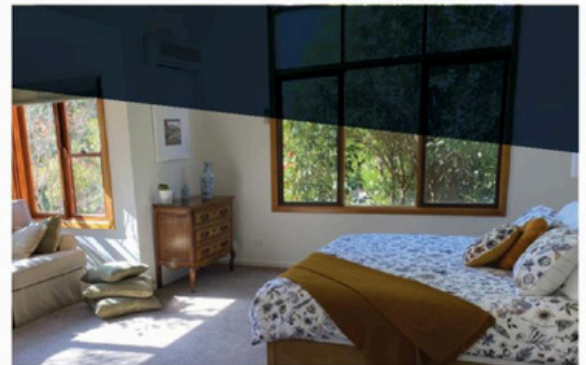
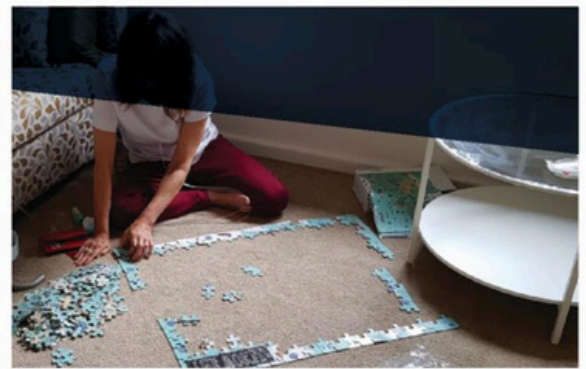
**Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.**

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

Leo's Place can support you with:

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

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



**LEO'S PLACE**

*A PLACE TO REST AWHILE*

Take a virtual tour, access a referral form and find more information at [pallcareact.org.au/leos-place](http://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](mailto: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.*



# 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.

<b>DATE:</b>	<b>23 June &amp; 28 July 2024</b>
<b>TIME:</b>	11:30 am
<b>LOCATION:</b>	Canberra Southern Cross Club, Woden - Community Room 1
<b>CONTACT:</b>	Bernadette Power
<b>PHONE:</b>	1800 857 221 or
<b>EMAIL:</b>	<a href="mailto:catherine@hindson.org">catherine@hindson.org</a>



## **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 15 JUNE 2024**

**Canberra Southern Cross Club Woden 2.00pm.**

#### **Guest Speaker:**

**Mr. Torien Lau, Chief Executive Officer, SHOUT Inc.**

Torien commenced his role as the new CEO of SHOUT in June 2023. Although new to SHOUT, Torien comes with a wealth of experience in running community organisations large and small and has well established profile in the ACT community sector.

SHOUT has been providing community support services for over 43 years. The Sleep Apnoea Association Inc, is an affiliate member of SHOUT, and SHOUT has provided administrative support services by way of telephone assistance and communication services to the SAA for many years.

Self Help Organisations United Together (SHOUT) is located at the Pearce Community Centre (formerly the Pearce Primary School), Collett Place, Pearce ACT 2607.

**All SAA members and visitors are welcome to attend our upcoming GM.**

## **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](http://www.addact.org.au)

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



SUPPORT  
CANBERRA • QUEANBEYAN

**(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](mailto:admin@addact.org.au).





**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)**

# Prostate Cancer Support Group ACT Region

Our mission is to support men and those in their lives by:

- raising awareness of prostate cancer in the community
- promoting early intervention
- providing ongoing peer support

## Meetings

We have a group meeting or dinner on the third Wednesday of each month, usually at the Pearce Community Centre. There is a speaker at most of these Group meetings.

We 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.

## Contact Us

- Phone: 02 2290 1984
- Email: [info@pcsg-act.org.au](mailto:info@pcsg-act.org.au)
- Website: [pcsg-act.org.au](http://pcsg-act.org.au)



**Early  
detection  
saves lives**

**Know your  
risks**

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 of prostate cancer or breast cancer). If you are in these groups, talk to your GP about getting tested.

Proudly affiliated with



Prostate Cancer  
Foundation of Australia



## Your local Parkinson's support groups

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>Singing – The Bushlarks Choir</b></p> <p><b>Every Monday</b> 10:00am – 12:00pm St Simon's Anglican Church (Georgina Cres, Kaleen)</p> <p><b>Enquiries:</b> sarahlouowens@gmail.com</p>	<p><b>Tuesday Support Group</b></p> <p><b>4<sup>th</sup> Tuesday of the month</b> 6:00 – 7:30pm THRFG-PACT Office, (Suite 6, 32 Thesiger Court Deakin)</p> <p><b>Enquiries to Dimitra:</b> 0401 765 904 dimitra.campbell@hotmail.com</p> <p><b>Dance for People with Parkinson's – Belconnen</b></p> <p><b>Every Tuesday</b> 1:15 – 2.30pm Belconnen Arts Centre (Emu Bank, Belconnen)</p> <p>\$100 for 10 week term (alongside ACT school terms) or \$12 per class.</p> <p>No booking required.</p> <p><b>Enquiries:</b> ZestDWB@gmail.com 0417 417 182</p>	<p><b>Dance for People with Parkinson's – Tuggeranong</b></p> <p><b>Every Wednesday</b> 11.15am – 12.30pm Tuggeranong Arts Centre (137 Reed St, Greenway)</p> <p>\$100 for 10 week term (alongside ACT school terms) or \$12 per class.</p> <p>No booking required.</p> <p><b>Men Who Care</b></p> <p><b>3<sup>rd</sup> Wednesday of the month</b> 3:00 – 4:00pm THRFG-PACT Office, (Suite 6, 32 Thesiger Court Deakin)</p> <p><b>Enquiries:</b> mrobbins@home.netspeed.com.au</p>	<p><b>Painting with Parkinson's - Southside</b></p> <p><b>Every Thursday</b> 10:00am - 12:00pm LDK Greenway Views (260 Soward Way, Greenway)</p> <p><b>Enquiries to Ian:</b> ianjbignall@gmail.com</p> <p><b>Carers Coffee</b></p> <p><b>1<sup>st</sup> Thursday of the month</b> 2:00pm – 3:30pm Yarralumla Gallery and The Oaks Brasserie Cottage (Weston Park Rd, Yarralumla)</p> <p><b>Enquiries to Jenny Scott:</b> 0434 961 905 (phone and SMS, no voicemail) or info@parkinsonsact.org.au</p> <p><b>Guys and Games Gathering</b></p> <p><b>2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday of the month</b> 10:00am - 12:00pm Manuka Tennis Club (Flinders Way, Griffith)</p> <p><b>Enquiries to Martin:</b> martinpikler@gmail.com</p> <p><b>Bungendore Support Meeting</b></p> <p><b>4<sup>th</sup> Thursday of the month</b> 10:30am – 12:00pm Bungendore Medical Centre (2631/36 Ellenden St, Bungendore, NSW)</p> <p><b>Enquiries:</b> Anne, Bungendore Medical Centre 6238 1417 / reception@bungendoremedicalcentre.com.au Margaret Day (coordinator) 0418 649 801 or meday154@gmail.com</p> <p><b>Women with Parkinson's</b></p> <p><b>1<sup>st</sup> Thursday of the month</b> 1:00pm – 3:00pm The Henry Retirement Village (Higgins ACT) and THRFG-PACT Office(Suite 6, 32 Thesiger Court Deakin)</p> <p><b>Enquiries:</b> jmiragaya1@outlook.com</p>	<p><b>Painting with Parkinson's – Botanic Gardens</b></p> <p><b>Every Friday</b> 10:00am – 12:00pm Australian National Botanic Gardens (Clunies Ross St, Acton)</p> <p><b>Enquiries to Ian:</b> ianjbignall@gmail.com</p>





# GOG COMMUNITY GROUPS

## MONDAY

### EVATT STITCHING GROUP

9:30-11:30am @ Evatt Primary School (during term-time)

## THURSDAY

### DICKSON CRAFT & CONVERSATION

10am-12pm @ Northside Community Centre

### TAYLOR CRAFTERNOON

1-3pm @ Margaret Hendry School

## FRIDAY

### GINNINDERRY CRAFTERNOON

1-3pm @ The Link, Ginninderry

## WEEKENDS

### FORTNIGHTLY MEET-UPS

1-4pm @ Marie Reay Teaching Centre ANU  
(alternating Saturday and Sunday)

FREE to attend! All skill levels welcome!  
Check our monthly calendar to confirm  
which groups are running this week







# HIGH TEA & FASHION SHOWCASE

**THEME: THE GOLDEN AGE OF HOLLYWOOD**

Saturday 24th August 2024, 1.00pm - 4.00pm, Albert Hall

**TO REGISTER: [www.hartley.org.au/high-tea](http://www.hartley.org.au/high-tea)**



## MEETING ROOM HIRE

The SHOUT meeting room provides a well-lit, comfortable venue for up to 30 people, with total disability access.



The room has a fully equipped kitchenette, air conditioning, hearing loop, wall mounted smart TV and **Teleconferencing System** to facilitate in person and online meetings and presentations. The training resources cupboard, located up the back of the room near the kitchenette, is also stocked with pens, whiteboard markers and paper for all to use.

The SHOUT Meeting Room is conveniently located in Building 1 at the Pearce Community Centre, Collett Place, Pearce opposite the Pearce shops which has several cafes with great coffee.

- Members and Corporate Members: \$30 per hour
- Affiliate Members: \$35 per hour
- Community Organisations: \$50 per hour
- Corporate: \$55 per hour

To check the rooms availability or to download a booking form please visit our website at:  
**[www.shout.org.au/meeting room](http://www.shout.org.au/meeting room)**.

Alternatively, please phone SHOUT on **(02) 6290 1984** or email: **[admin@shout.org.au](mailto:admin@shout.org.au)**

We look forward to assisting you with your next meeting or function.

# 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](http://www.shout.org.au) or email [ceo@shout.org.au](mailto: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](mailto:admin@shout.org.au)

