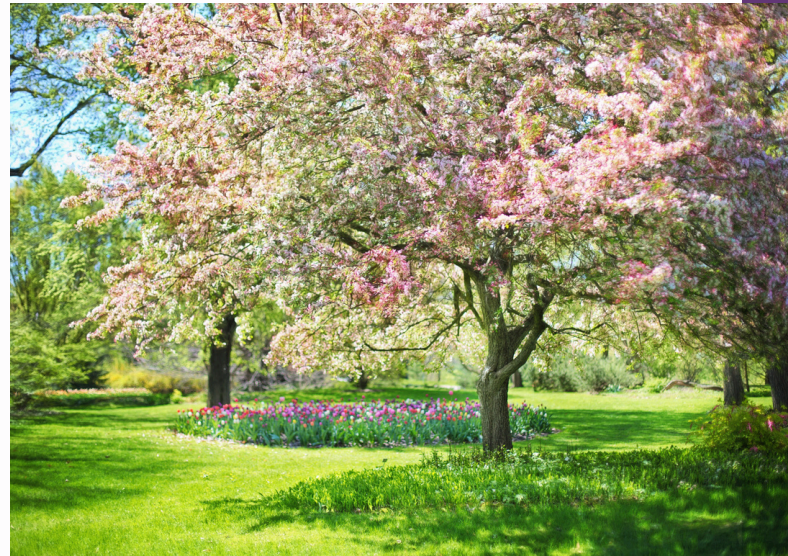


SHOUT MATTERS

Providing connection and developing community capacity



FEATURES

Member Spotlight

ADACAS Advocacy

See Page 6 for details

Daffodil Day

22 August 2024

See Page 8 for details

PAALAM - Charity Launch Gala Dinner

24 August 2024

See Page 9 for details

Members News and Events



SHOUT
UNITED TOGETHER

A WORD FROM THE CEO:

Dear Members,

I hope the end of the Financial year is going as well as it can for you all. While the economic and social environments continue to make it difficult to deliver services, I am encouraged by the resilience and commitment that I see on a daily basis within the community sector. It's easy to lose your passion and energy but if you look for the things that inspire and give you energy, they are there, and you will find them.

There have been a few big things happen at SHOUT over the last few months which I am happy to share with you. Our constitution has been changed and updated to ensure that we are meeting the needs of our members, our core purpose and additionally, the wider community sector. As you can appreciate, a change of this nature is no small feat and one which we frequently assist other members to achieve.

We have created a new membership category being the "Community member" and all organisations that have a listing on our Web of support are now qualified for this category. This is significant for all of us as SHOUT now has 170 members which constitutes a large representation of the sector. SHOUT is now in the position to bring matters of importance to the government and collaborate with other organisations on matters that are important to the sector. We are now all part of something much bigger.

We have also worked with several individuals and businesses that have a track record of providing trusted services to the sector that are prepared to offer SHOUT members special offers for their services. As this is just the beginning of the SHOUT preferred service provider initiative, I encourage you to refer an organisation to SHOUT that has delivered outstanding services to you, so that we can assess if they are prepared and qualified to be invited to participate in the initiative. Canberra is still a small place, word of mouth, reputation and proven performance are valued in our community, and this is what we value.

Kind regards,
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 - \$175 pa
- Affiliate Membership - \$50 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
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



Web of Support

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

NEW MEMBER BENEFITS - PREFERRED SUPPLIERS

SHOUT has worked hard to identify services that would benefit our membership from the smallest to largest. We now have a list of preferred providers that are ready and waiting to help your business. These businesses have proved to be reliable, provide value for money and quality services and have a great understanding of the community sector.

We are excited to introduce to you the following SHOUT preferred providers and hope to add more to the list as time goes on.

Threesides Marketing

Threesides Marketing are an integrated marketing agency based in Dickson in Canberra. They work with organisations to help plan, deliver and evaluate marketing and communication campaigns. Working with local and nationally focused for purpose organisations for over 16 years, they have deep experience and understand the opportunities and challenges within the sector, and how to focus available resources for the best outcomes. With specialization in digital marketing, they manage digital advertising, email campaigns, deliver social media management, develop website content and search engine optimization along with their more traditional marketing planning, public and media relations and creative production services.

Connect via the website: threesides.com.au or hello@threesides.com.au

Tim Dingwall at Tim Sharman Solicitors

Tim Dingwall is a down-to-earth, friendly, and pragmatic lawyer who is passionate about the not-for-profit (NFP) sector. He is known as a legal expert in the NFP sector and held in high regard for his integrity and advice. He understands the challenges the sector faces and provides the legal support they need. Tim's expertise covers a wide range of issues, including:

- Contract and Industrial relations and Employment
- Grant and funding agreements
- Corporate governance and AGM assistance law, compliance and Constitutional and corporate law
- Commercial contracts (drafting and reviewing)
- Privacy
- Leasing and residential tenancy
- Regulatory compliance

Tim has established a new streamlined practice that offers progressive and affordable pricing structures. His goal is to enable NFP organisations of all sizes to access high-quality legal services without financial strain. He works directly with Boards and executives, delivering first-rate client service as and when required – like having your own in-house counsel just a phone call away.

Contact: tim.dingwall@timsharman.com.au

Civic Insurance

Civic Insurance are Canberra based Brokers serving the Not-for-Profit sector for over 25 years. By concentrating on a narrow client range we can deliver quality products underwritten by publicly listed insurers at extremely competitive prices. We have developed online questionnaires and systems to ensure the renewal process is as painless as possible while still delivering a range of quotes. Most clients also receive a comprehensive Renewal Report incorporating price comparisons and summaries, alternative quotes and Certificates of Currency.

We provide Personalized service and cost-effective policies on Professional Indemnity, Directors & Officers, Public Liability and Workers Compensation Insurance.

Contact: davidm@civicinsurance.com.au

SEDCOM

For over three decades, we have proudly serviced the Canberra community by providing exceptional telecommunications solutions and services. As a family-owned establishment, our commitment to quality and customer satisfaction has remained unwavering throughout the years. Our knowledgeable and friendly staff are always eager to assist, offering personalised recommendations and expert advice. Over the years, we have adapted to the changing times, embracing innovation while preserving the values that have made us a trusted name in the industry. We owe our success to the unwavering support of our loyal customers who have made us their go-to destination for all of their telecommunications needs. As a business deeply rooted in the local fabric, we take great pride in supporting the community that has embraced us since day one. As we continue to service local businesses with the same passion and dedication that has defined us for over 30 years, we look forward to many more decades of being Canberra's trusted, local telecommunications solution specialist.

Contact: rene@sedcom.com.au

Capital Strategic Bookkeeping (CSB)

Do you stay up at night or work weekends trying to get the bookkeeping done? Did you have a bookkeeper who promised they were doing your work only for you to find out that your books either haven't been done, or have been done so poorly that you cannot even track your profit and loss anymore? Or maybe you don't trust anyone else? (we can work for you with as many or as few privileges you feel comfortable with) Are you unaware of the state of your business finances?

At CSB we can solve all these problems and provide the quality of service that you deserve. We have a team of highly skilled and dedicated professionals that will customize the services to meet your needs as we know how the Not-for-Profit sector works.

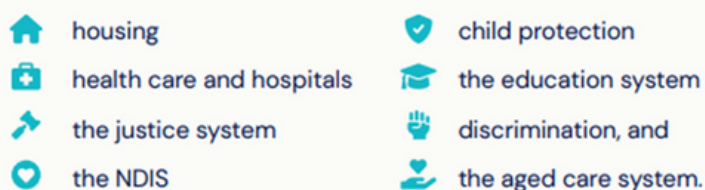
Contact: angela@csbk.com.au

MEMBER SPOTLIGHT



ADACAS
Advocacy

The ADACAS team can help you navigate complex systems and ensure your voice is heard on issues like



ADACAS is a not-for-profit organisation that provides individual advocacy for people with **disability and people with mental ill-health** in Canberra, South Eastern NSW covering the Murrumbidgee, South Coast, Illawarra and Shoalhaven regions. ADACAS also provides individual advocacy for Older People living in Canberra who have issues relating to Aged Care Services, Elder Abuse and supports people to access My Aged Care through our **Care Finder Program**. The team can also support you to better understand the invoices that you receive from an aged care service provider. The team can conduct a workshop on the Aged Care Charter of Rights and Elder Abuse in Residential Aged Care Facilities, and can include staff or older Canberrans, living in the community.

Support that suits you

The team can meet you in a way that suits your needs, and in some cases can meet face to face if preferred. We also provide culturally safe and trauma informed support and encourage Aboriginal and / or Torres Strait Islander peoples, culturally and linguistically diverse communities and the LGBTIQ+ community to contact us. The team at ADACAS can support you with information and advice and let you know if your issue can be supported by an advocate

How can we help?

ADACAS takes a human rights focus and works with people with disability, people with mental ill-health and older people to ensure their voice is being heard. We also support them to understand their choices in complex situations and assist them to feel empowered when dealing with issues that are impacting on them living a good life.

ADACAS supports people to submit an application to the **National Redress Scheme**. This Scheme is a response to the abuse experienced by children in an organisation who were born before 30 June 2010 and where the abuse occurred prior to 30 June 2018. The ADACAS team use a trauma-informed practice to assist you in telling your story and applying to the Scheme.

ADACAS assists employers to be more confident to employ people with disability by providing information and training to staff across your organisation. We will work with you to meet the needs of your business and increase staff's knowledge of disability whilst also addressing the myths and uncertainties that the business may have.



VISIT OUR STORE

Office 24, Building 1,
Pearce Community Centre

MORE INFO

thelittlecapsuleco.com.au
[@tlccostore](https://www.instagram.com/tlccostore)

EVERY PURCHASE PLAYS ITS PART

SIZES TINY
BABY TO
5 YEARS +



COME SAY HI!



OPEN TUES - FRI
10 AM - 1PM
SATURDAY
9:30 AM - 1PM

A CIRCULAR ECONOMY

OF NEW AND EXCEPTIONAL SECOND HAND
CHILDREN'S CLOTHING FROM BOUTIQUE, NICHE
AND LOVED AUSSIE BRANDS

LAUNCH
CAPSULE



CURRENT CAPSULE

WINTER

Must Haves



Cancer Council
Daffodil Day

August 22

For all that cancer takes, give hope this Daffodil Day.

Find out more



daffodilday.com.au

Give everything you can to support
life-saving cancer research.
Fundraise or donate today.



Dom, Lou, Noah and Evie



AN EVENING WITH A SRI LANKAN FLAIR

Saturday, 24th August 2024

6:30 PM - Drinks | 7:00 PM - Dinner

Hellenic Club of Canberra

1 Matilda Street, Phillip, ACT, 2606

Event Highlights

Join us for an exquisite evening featuring welcome drinks, Sri Lankan-inspired cocktails, and a gourmet dinner showcasing a Sri Lankan-Australian fusion menu.

Enjoy live music and entertainment throughout the night.

Dress Code

Traditional Sri Lankan attire or formal wear

Ticket Information

\$150 per person

All proceeds will contribute to the establishment of new palliative care ward in Sri Lanka.

Secure Your Tickets:

<https://www.trybooking.com/CTNMH>

SCAN ME TO SEE MORE

ABOUT PAALAM



****For further information or sponsorship opportunities, please contact:***

Senthan Ponniah (0413 933 492), Ganes Pranavan (0412346052) OR Raj Rajadorai (0431467888)

PAALAM THE BRIDGE TO HUMANITY



PAALM THE BRIDGE TO HUMANITY is a recently established non-profit Australian organisation.

Main Objectives:

1. Improve palliative care, cancer, and psychological services in Sri Lanka and India.
2. Enhance palliative care awareness and support among immigrants and multicultural communities in Australia.

Our Committee:

Comprises medical professionals with expertise in palliative care, cancer management and psychological needs along with other dedicated members.

Our Mission:

- Provide financial assistance and training to improve palliative care infrastructure in Sri Lanka.
- Build new hospital wards and refurbish existing ones.
- Enhance home-based palliative care in Sri Lanka and regional India.
- Facilitate training for healthcare personnel in Sri Lanka through web-based learning, workshops, and structured training programs in Australia.
- Raise public awareness on the importance of palliative care and cancer screening/management through education workshops, medical camps, psychological support, and collaboration with local health education schemes in these regions.
- Provide psychological support and education to vulnerable populations.
- Partner with Australian and international non-profit organisations, healthcare professionals, and patient support groups.
- Extend health education, cancer screening, and palliative care services to immigrants and refugees in Australia.
- Expand our services to other developing nations in the Asia Pacific region with similar needs, contingent on success in Sri Lanka.

For further information, please contact:

paalam2humanity@gmail.com

Dr Ganes Pranavan 041236052
Dr Raj Rajadorai 0431467888
Dr Senthan Ponniah 0413933492

HEALING WITH COMPASSION

FLOWER POWER Market



Your local bespoke craft market

7th September 10am to 3pm

8th September 10am to 1pm

Building 1 (inside)

Pearce Community Centre

Collett Place Pearce

by Pearce Crafter's Market





Peer Support Program

Support, Connection and Understanding
for people living with epilepsy and their loved ones.

- Virtual, chat & face to face MeetUps
- Facilitated by a Volunteer with lived experience of epilepsy
- Participants share decisions about how, when & where groups meet and topics of discussion
- Access to practical information & resources about living well with epilepsy

Interested?

Please contact the National Epilepsy Support Service (NESS)
on 1300 761 487 or email support@epilepsysmart.org.au
Available Mon-Sat 9am–7pm (AEST).





24CARE Transport

24Care Transport is a transformative companion on your journey. Our person-centred approach ensures unwavering support for the community, making us the top choice for those seeking genuine care in every mile. Join us on the revolutionary ride, where your well-being is not just a priority- it's our commitment. Redefining travel with compassion, one journey at a time.

Our Service:

- ✓ Medical Appointments
- ✓ Wheel-chair Vehicles
- ✓ Student Shuttle
- ✓ Pet Friendly Assistance
- ✓ Everyday Transport
- ✓ Hire Car Vehicles



CONTACT US

- ✉ contact@24caretransport.com.au
- ☎ 0450 240 079
- 🌐 www.24caretransport.com.au

Community Care Program Updates

Foot Sure: a new free foot health program

The Community Care Podiatry Team is starting a new and free foot health program for adults living in the ACT. Foot Sure is an interactive group education program running for 1.5 hours.

It will help people to:

- Learn about common foot problems
- Check your feet for foot problems
- Care for your skin and nails
- Start a foot self-care routine
- Choose a good shoe.



Next Foot Sure programs run:

- Wednesday 7 August from 9am at Village Creek Community Centre, Kambah.
- Wednesday 2 October from 9am at Gungahlin Community Health Centre.

Take Control – Live Well: for people with chronic conditions

The research project on the Take Control – Live Well program is well under way. But we need more participants! Please let your networks know that this FREE program is available for any adult in the ACT with a chronic condition.

Take Control – Live Well is a free 3-week group program that aims to build your confidence in managing your chronic health condition to improve your quality of life.

Take Control – Live Well runs monthly. Scan the QR code to learn more.



All Community Care Program services (including the above programs) can be booked by calling 5124 9977 or email SelfManagement@act.gov.au for more information.



Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.

© Australian Capital Territory, Canberra 2024



Accessibility 📞 call (02) 5124 0000



Interpreter 📞 call 131 450

canberrahealthservices.act.gov.au/accessibility



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?

There is no cost to hosting a Koomarri work experience placement.

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



reception@koomarri.asn.au



25 Launceston Street
Phillip ACT



ROTARY CLUB OF WODEN DAYBREAK AND AFTER DARK

They say a change is as good as a holiday and at RC Woden Daybreak, it's time for a change.

Starting in August, we will continue to meet each week at the SHOUT Meeting Room (Pearce Community Centre, Collett Place Pearce), but mix it up a bit.

On the 1st and 3rd Friday mornings we will continue our breakfast club tradition, with meetings from 7.30 am to 8.30am.

On the 2nd and 4th Thursdays of the month, we will start meeting in the evenings from 6pm to 7pm and after the meeting head off to a local restaurant for a meal, for those who wish to do so.

We hope this added meeting time flexibility will work well for current club members and help us to also attract new members who can't necessarily always join us in the breakfast timeslot.

If you are in Canberra on Thursday 8 August, we would like to invite you to join us at our first evening meeting, to help us celebrate a new era for RC Woden Daybreak (and After Dark). If you can attend, please RSVP to wodendaybreak@outlook.com by 6 August.

Our speaker that night will be Gary Davis, talking about Rotarians Against Malaria and his recent attendance at the Asia Pacific Leaders' Summit on Malaria Elimination in Port Moresby, Papua New Guinea.

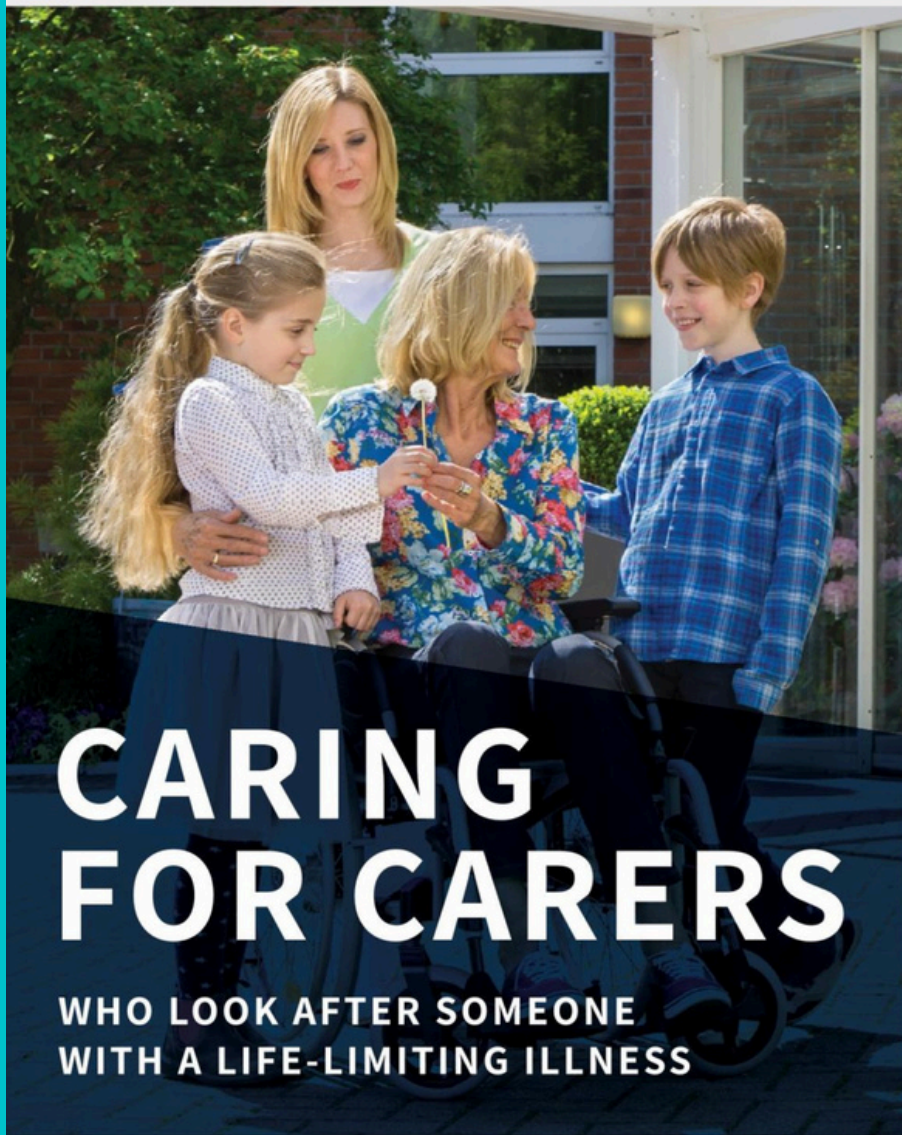


Diabetes information in your language



NDSS Helpline

1800 637 700



CARING FOR CARERS

WHO LOOK AFTER SOMEONE WITH A LIFE-LIMITING ILLNESS

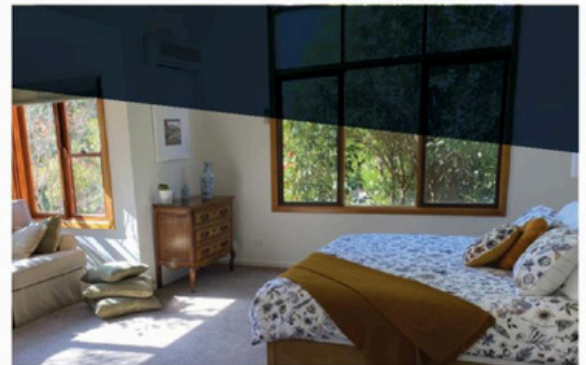
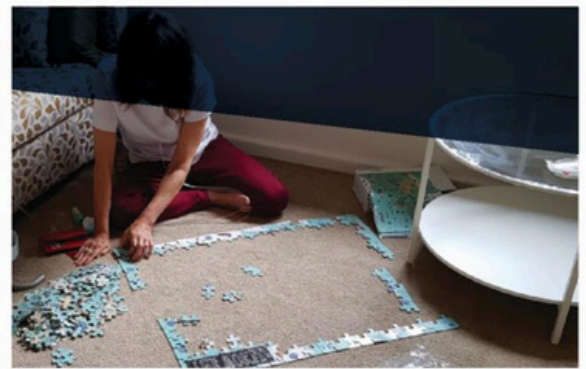
Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.

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

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.

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.

WHEN:	4th SUNDAY OF THE MONTH
TIME:	11:30 am
LOCATION:	Canberra Southern Cross Club, Woden - Community Room 1
CONTACT:	Bernadette Power
PHONE:	1800 857 221 or
EMAIL:	catherine@hindson.org



Sleep Apnoea Association Inc.

ACT Reg: 2042 ABN: 62 545 256 140

ACNC Registered Charity

Affiliate member of SHOUT Inc and the
Health Care Consumers' Association Inc

PO BOX 1461

Tuggeranong ACT 2901

Phone (02) 6230 7800 (HCCA Inc)

Phone (02) 6290 0198 (SHOUT Inc)

www.sleepapnea-act.org.au

Email: sleepact@yahoo.com.au

Sleep Apnoea Association Inc.

NOTICE OF NEXT GENERAL MEETING - Saturday 17 August 2024

Canberra Southern Cross Club Woden 2.00pm.

Our Guest Speaker:

Ms. Taylaar Hart, Office and Clinic Manager, **CPAP Direct**, Phillip ACT.

Taylaar has been involved with sleep apnoea and cpap therapy for many years and has practical knowledge and experience with all brands of cpap devices, breathing masks cpap accessories and spare parts. Come along to our next SAA meeting and learn more about cpap therapy and ask any questions to help you along your journey with ~~cpap~~.

CPAP Direct have stores across Australia. The CPAP Direct store is located at Shop 3, 42 Townshend Street, Phillip ACT. Ph: 02-61891256 OR online - www.cpap.com.au

Did you know that the first effective CPAP device was invented in 1980 in Australia by Prof. Colin Sullivan based at the Royal Prince Alfred Hospital Sydney. The ResMed (Respiratory Medicine) company was founded in the USA in 1989 encompassing Prof. Sullivan's CPAP sleep apnoea technology and starting the well-known sequence of 'S' model cpap devices for public sale. ResMed is based in San Diego California USA. ResMed has over 10,000 employees in over 140 countries with a long-standing place in the Australian market and manufacturing its own Australian TGA approved cpap devices in Sydney NSW.] **All SAA members and visitors are welcome to attend.**

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>



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.



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

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



The Hospital Research
Foundation Group
Parkinson's

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



2024
HARTLEY



23-24 NOVEMBER 2024

CYCLE CHALLENGE



Achieve Greatness

This event is a great challenge for Cyclists of all levels

Make a Difference

Money raised helps people with disability to live their best lives

We are Community

Become part of a close-knit community, vital to our ongoing mission

Lifelong Memories

This challenge will have a positive effect on you for the rest of your life

Are you up for the Challenge?

Hartley Lifecare's flagship charity event, the Hartley Cycle Challenge, is now in its' 23rd year. Starting at Jindabyne, this year's Cycle Challenge will cover over 220 kms in the Snowy Mountains area.

The Hartley Cycle Challenge brings awareness of the many issues that confront people with disabilities and raises much needed funds to provide Supported Independent Living, Short Term Accommodation (respite), and a Hydrotherapy Pool.

- Join as a team or an individual
- The all-inclusive entry fee covers meals, accommodation, transport for the entire team and support crew for the weekend

For more information:

Georgiahenry@hartley.org.au

www.hartley.org.au

or scan the QR code



People with disability have opportunities to live their best life



Michelle Bridges
Health & Wellness



Cayla Pothan
Women's Empowerment



Gemma Acton
Financial Skills



Catch the Vision
☀️ 🙏



Dave Barrie
Spiritual Teacher
& Peace Activist



EVERYBODY WINS

**Community & Country
Event for PERSONAL-GROWTH!**



Dr Justin Coulson
The Parenting Revolution

WHAT IS YOUR TRUE NATURE?

WHY? Learn to overcome anything!

For our health, happiness and harmony.

Bondi Pavillion Theatre, Sydney

Monday December 2nd, 2024

9.00am – 3:00pm

Your “Self-investment” is: **\$197**

100% of funds help the most profound school program in Australia.


Tickets: www.davebarrie.com.au/event

Connect:   



RISE ABOVE
CAPITAL REGION CANCER RELIEF

We have an exciting Australian adventure waiting for you in March 2025...



CLIMB AGAINST CANCER

Join us on the Climb Against Cancer
and summit Australia's highest peak

**TOGETHER, WE CAN LIGHTEN THE BURDEN
FOR PATIENTS AND THEIR FAMILIES,
OFFERING HOPE, SUPPORT, AND A
PATHWAY TO A BRIGHTER TOMORROW.**

Picture yourself trekking
through the awe-inspiring
landscapes of the Kosciuszko
region....



SCAN



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 - \$175 pa
- Affiliate Membership - \$50 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**

