

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

### KNIT 'N' STITCH

5 October 2024

See Page 7 for details

### WALK FOR EPILEPSY

October 2024

See Page 8 for details

### 2024 HARTLEY CYCLE CHALLENGE

23 & 24 November 2024

See Page 10 for details

### Members News and Events



## A WORD FROM THE CEO:

As the end of financial year has come and gone, audit time is upon us.

I have noticed that the efforts in supplying information to auditors has increased which places additional burdens on the smaller organisations that do not have a full time CFO. When we start to stack up all the legal compliance requirements without an increase of revenue or funding, the pressure mounts to unsustainable levels. What is the answer?

Hopefully when you go through the reporting, data collection and documentation process, we are establishing efficient tools or systems that support the replication of reporting requirements. Whether it is a WAGA report, an audit file, reportable conduct, or funding acquittals, it is important to create efficient systems that rely less on a particular person and more on a process that anyone can pick up and run with. Even though we might do this, there seems to be a new administrative requirement that continues to be added to the huge suite of cumbersome reports....its a unfortunate reality.

My recommendation is to ensure that there is more than one person that can do any of the functions, create systems that can be duplicated or form the basis of your reporting, and invest in systems that can create some efficiencies. Impossible I hear you say, how do we invest in people and systems when there is little or no funds available to build capacity!

The problem is that if we don't do this then we are condemning our organisation to a slow painful death. We have no choice but to invest in people and systems, we have no choice but to take a financial hit up front to ensure we can survive in the long term, it is the harsh reality. Budget for it, plan for it, be intentional about it, don't put it on the back burner because it will just compound the problem in the long term. These are some of the difficult but necessary decisions that we have to make as leaders in the sector, so if you are struggling in this space, please do not hesitate to reach out and lets see how SHOUT might be able to support you, even if it is to provide some space for you to consciously complain and move on without it continuing to be one of those things that weight you down without creating a solution.

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
- Advocacy and representation
- Strategic Planning
- Business and Capacity Building
- Training and Development
- Newsletter
- Executive coaching
- Administration Services
- Tenancy
- Meeting Room Hire
- Contact Listing
- Promotion and Marketing
- Referral to preferred providers

## 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](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)  
Advocacy for Inclusion Inc  
Anglicare NSW South, NSW West & ACT  
Annecto  
Arthritis ACT  
Asthma Australia  
Australasian College of Road Safety  
Australian Medical Association (ACT) Ltd.  
Caring Approach Pty Ltd  
Diabetes Australia NSW & ACT  
Directions Health Service  
Employ for Ability  
Epilepsy ACT  
Everybody Wins  
Eyes for Life Canberra  
Flourish Australia  
Golden Oldies Home Technology  
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 Puffers Association ACT  
Motor Neurone Disease NSW  
Multicultural Hub Canberra & Regional NSW  
PAALAM - The Bridge to Humanity Inc  
Perinatal Wellbeing Centre  
Rise Above  
Rotary Club of Woden Daybreak  
Sahaja Yoga Meditation (Life Eternal Trust Australia)  
Sharing Places  
The Hospital Research Foundation Group Parkinson's  
The Personnel Group  
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  
Australian Breastfeeding Association ACT NSW  
Borderline Personality Disorder Awareness ACT/NSW  
Canberra and Queanbeyan ADD Support Group  
Canberra Circle of Women  
Canberra Lung Life Support Group  
Canberra Refugee Support Inc  
Canberra Region Kidney Support Group  
Canberra Region People With MS  
Cancer Council ACT  
Good Omen Goodeze Inc.  
Haemophilia Foundation ACT  
Healthcare Consumers' Association  
Hepatitis ACT  
Mindful Self Compassion  
Prostate Cancer Support Group  
Rotary Club of Woden Daybreak  
Roundabout Canberra  
RSI & Overuse Injury Association of the ACT  
SATB2 Gene Foundation Australia  
Sleep Apnoea Association ACT21  
Spinal ACT  
RSI & Overuse Injury Association of the ACT

## Tenants

Bosom Buddies  
Brain Tumour Alliance Australia  
Eternity Designs  
The Little Capsule Co.  
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)

Canberra Support Services Directory  
Information at your Fingertips



**SHOUT**  
UNITED TOGETHER

Providing over 40 years of support  
to the Canberra Community





# Governance Training for Not for Profit Boards

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

**Date:** Wednesday, 6 November 2024  
**Time:** 9:30am to 11:30am  
**Location:** SHOUT Meeting Room  
Building 1, Pearce Community Centre  
Collett Place, Pearce  
**Facilitator:** Torrien Lau - CEO of SHOUT  
**Cost:** \$50 (Incl. GST)  
**Bookings:** Please contact SHOUT on **02 6290 1984** or  
Email: **admin@shout.org.au**

The Governance Training for Not for Profit Boards is a short 2 hours workshop delivered by Torrien Lau - CEO of SHOUT.

Torrien has 12 years of CEO and public officer experience. He is also a Board member of a local charity and Chair of the Governance committee. Torrien has experience in amending constitutions, writing governance manuals and governance policy.

## **Guest speaker -Time Dingwall**

Tim is an experienced lawyer with expertise in governance, NFP, contracts and compliance. Tim will be available for a Q&A during the training session.

The training will cover all areas of Board Governance and includes:

- Governance Compliance and Risk
- Contemporary Board Agendas
- Board culture, Director expectations and decision making.

CEOs, Directors, and organisations all benefit from attending this training.

# MEMBER SPOTLIGHT



## GOOD OMEN GOODEZE

*Helping those in need one stitch at a time...*

Good Omen Goodeze (affectionately known as GOG) began as an idea among two friends in a lounge room. In six years it has grown to become a registered charity with 120 members and over 200 volunteers. GOG currently offers knitting and crochet groups in five separate North Canberra locations either weekly or fortnightly which are designed to deliver social outcomes as well as creating and donating items back to the Canberra Community. Our services are open to all and are free of charge. People of all genders, ages, cultural backgrounds and differing abilities are welcome. Support workers sometimes attend with their clients who have limited abilities. Some attendees do not speak English, but do improve these skills with regular attendance. Crafting skill is not required to join, we are happy to teach and offer alternative craft activities to those who do not want to knit or crochet.

The purpose of GOG groups are to:

- 1.Reduce social isolation and marginalization of individuals and groups by offering a safe and welcoming place to connect with others over a common interest. Group members can attend as many groups as they wish each week, re-establishing a regular reconnection with others and the community.
- 2.Produce handcrafted therapeutic items created in the weekly knitting and crochet groups and donate them to ACT Health and hospice facilities and the ACT Ambulance Service. Research by one of the Walk in Centres has confirmed that comfort and anxiety-reducing
- 3.Improve mental health and wellbeing by promoting a sense of belonging and purpose as part of the group. This often generates a sense of pride and 'family' connection within the groups through shared purpose. Exploring creativity and having fun at the groups is a big reason why people keep coming to the groups.

GOG founder and Executive Officer, Mary Liondi-Barlow is our only paid staff member (part-time) and with the support and guidance of our wonderful Committee and a core group of amazing volunteers. We are small but mighty, and like many other SHOUT member organisations. A special thanks to our ACT Government and other funding bodies and our community partner Northside Community Service who has been a great support since the beginning

Our members, staff and volunteers are very proud of GOG and what it has achieved and we are currently facing many challenges in negotiating the growth of our organisation from a growing group of friends to a small professional organisation. Our values lie in kindness and support for ACT residents, cooperative community connection with other organisations, innovation in service design as the environment around us changes (e.g. funding), best organisational practice and gratitude and valuing for our many supporters and volunteers. We need to be flexible enough to respond to the changing needs of the community and making our organisation and services sustainable. We hope to see you many of you in person at community events. Please come and say hello.







# Knit 'n' Stitch



With GOG  
for Mental Health Month



Good ●men Goodeze

SATURDAY  
5TH OCTOBER  
10AM TO 2PM

@ BELCONNEN WESTFIELD

## GOG Upcoming Events - Claiming the Dates

Mark these dates in your calendar to join or support GOG in the remaining 2024 activities. Fun and excitement for all.

- **Saturday 5 October 2024** - Knit 'n' Stitch for mental health month at Westfield Belconnen (outside T2 top level) 10am-2pm. Bring your projects and join us for fun and wellbeing.
- **Tuesday 15 October 2024** - Announcement of Westfield Belconnen Local Hero 2024. GOG Executive Officer, Mary-Liondi Barlow, is one of three finalists and our fingers are crossed for a win. We are very excited. Mezzanine Level Westfield Belconnen.
- **Saturday 19 October 2024** - October is Breast Cancer Awareness month and GOG is holding its free fortnightly knitting and crochet group and asking for donations to support breast cancer research. All welcome to bring a craft project and join us. There will also be a plant sale and a 'de-stash' out the front of as a GOG fundraiser. Corroboree Park Community Hall, Ainslie.
- **From now until 8 November 2024** - We need your vote to win a place in this year's Canberra Racing Club's Community Chest race. This may provide much needed funds for our work and free groups. Vote for us at at : <https://thoroughbredpark.com.au/canberra-community-chest>.

# Walk for Epilepsy

## 2024



**1 IN 25 PEOPLE**

**ARE DIAGNOSED WITH EPILEPSY.**

**WALK, RUN OR RIDE THIS OCTOBER**

**TO SHOW YOUR SUPPORT.**

**REGISTER AT [WALKFOREPILEPSY.ORG.AU](https://walkforepilepsy.org.au)**



**SPONSOR**

**NEYON™**



# Dare to dream big in the Early Years



Imagine a life where your young child with disability will play, learn, and live a fulfilling life, connected and given opportunities, just like all the other kids.

Join us for a short presentation & learn how to secure the 'Good Life' for your child with disability



## During the presentation, you will

- hear stories of what is possible when children with disability have access to an Inclusive Education
- learn the importance of having high expectations for your child's future
- discover the importance of having a vision
- understand the benefits of striving for an inclusive and typical life

## Event details

- **Date: Monday, 21st October 2024**
- **Time: 9.30 AM to 11.00 AM**
- **Where: Lyons Early Childhood School  
Library, Lyons ACT**

Pop it in your calendar  
using the QR code



This is workshop funded by the Department of Social Services and hosted by the Lyons Early Childhood School



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](mailto:Georgiahenry@hartley.org.au)

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

or scan the QR code



*People with disability have opportunities to live their best life*





# RSI Prevention Workshop

## Clickless software and keyboard shortcuts

Does your neck or shoulder get sore after using your mouse, or do you get tired arms, feel pain in your fingers, wrists or hands? This free workshop will help.

**WHEN:** **Thursday 28 November 2024 at 10.30am.**

This is a new workshop of approx 45 minutes in length.

**WHERE:** Online via Zoom

**WHAT:** We will provide you with a one year subscription to ClickAway and the workshop will provide you with the skills to try it. The workshop will also include other useful information on keyboard shortcuts and microsoft accessibility options that help if you do not use ClickAway.

**HOW:** **Register** via expression of interest to: [admin@rsi.org.au](mailto:admin@rsi.org.au) or call Janine on **0459 906 204** for more details!

For any questions about RSI, overuse injury and related upper body pain, please contact us or check our website:

**The RSI & Overuse Injury Association of the ACT**

e: [admin@rsi.org.au](mailto:admin@rsi.org.au) | w: [www.rsi.org.au](http://www.rsi.org.au)

f: [www.facebook.com/RSIACT/](https://www.facebook.com/RSIACT/) | **0459 906 204**

h: Tues & Fri: 11.00am– 2.00pm or anytime via email

# @hepatitisACT

## Our Services



# 01



### Hepatitis C Testing & Pop-up GP Clinic

Rapid hepatitis C testing with results in 1 hour.

Immediate support and treatment through our Program. Hepatitis ACT also partners with Interchange Health Co-Op to host a GP clinic at our NSP.

Offering comprehensive healthcare services to support your well-being.

### Harm Reduction

Confidential and supportive NSP providing clean needles and syringes.

Promoting harm reduction and reducing the spread of blood-borne viruses.

# 02



# 03

### Education

Hepatitis ACT delivers workforce education on hepatitis B & C, enhancing knowledge and confidence. Empowering staff and service users with a deeper understanding of these viral infections.

You're welcome to request education sessions for both staff and service users to boost awareness and understanding.

### Heplink Australia - Infoline

Confidential and empathetic support for individuals affected by viral hepatitis.

Contact the National Hepatitis Infoline at 1800 437 222 for information, referral, and support.



# 04

## 1800 437 222



# MEDICAL TRANSPORTATION SERVICES



**24CARE**  
Transport

Whether you require transportation to medical appointments, treatments, or hospital dischargers, our compassionate team is here to provide comfortable and professional assistance every step of the way.

## Wheelchair Transportation



0450 240 079



[www.24caretransport.com.au](http://www.24caretransport.com.au)



[contact@24caretransport.com.au](mailto:contact@24caretransport.com.au)



**Queanbeyan, Goulburn & Canberra Surroundings**



# WHAT IS SATB2?

This project was completed by Aaron D'Hary, Fiorina Rayen, Han Xu & Pui Ying Yung (Nicole) as part of the requirements of the OCCP5239 Community Fieldwork Project Placement. It was supervised by Dalal D Baumgartner (SATB2 Connect) and supported by academic instructors at The University of Sydney.

19 May 2022



## SATB2 Associated Syndrome (Glass Syndrome, 2Q33.13) is a rare genetic developmental disorder.

### What are the causes?

SATB2 Associated Syndrome occurs when there are changes to the SATB2 gene, such as:

- Mutations (code misspellings)
- Deletions (code pieces missing)
- Duplications (extra code pieces).

This gene is key in development and brain, mouth and teeth.

It is very unlikely another child will also have SATB2-Associated Syndrome.



### SATB2 stands for

- S**evere speech anomalies
- A**bnormalities of the palate
- T**ooth anomalies
- B**ehavioural issues with or without bone or brain anomalies
- 2** Age of onset before 2 years of age

### Who do I turn to for help?

#### Medical Practitioners

General Practitioners  
Paediatricians  
Cardiologists  
Geneticists  
Dentists



#### Allied Health Professionals

Speech Therapists  
Psychologists  
Occupational Therapists  
Physiotherapists  
Genetic Counsellors  
Social Workers



#### Others

Case Manager  
Support Coordinator  
Behavioural Therapists  
Special Educators



### What are the associated disorders of SATB2 Associated Syndrome?

- Autism Spectrum Disorder (ASD) (Behaviour)
- Obsessive Compulsive Disorder (OCD) (Behaviour)
- Hyperactive behaviours similarly found in Attention Deficit Hyperactivity Disorder (ADHD)
- Cerebral Palsy (CP)

### What can I do to help my child?

If you have not received a formal diagnosis of SAS, please seek genetic testing and genetic counselling.

Seek out GPs to begin your child's journey with SAS.

Seek paediatricians as well.



### Where can I find support?

SATB2 Connect is a not-for-profit organisation that aims to support families with loved ones diagnosed with SATB2 Associated Syndrome.

The charity provides information and guidance for families at each stage of their journey, navigating through SATB2 Associated Syndrome. They also organise events to connect families.



#### References:

NDIS. (n.d.). Understanding the NDIS. National Disability Insurance Scheme. <https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>  
SATB2 Gene Foundation. (2018). SATB2-Associated Syndrome. <https://satb2gene.org/resources/satb2-information-sheet/>  
Zarate YA, Kaylor J, Fish J. SATB2-Associated Syndrome. 2017 Oct 12. In: Adam MP, Ardinger HH, Pagon RA, et al., editors. GeneReviews® [Internet]. Seattle (WA): University of Washington, Seattle; 1993-2022. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK458647/>

### Will NDIS support my child?

If your child is younger than 7

Seek an Early Childhood Intervention (ECI) partner

If your child is older than 7

Seek a Local Area Coordinator (LAC)

Contacting a general practitioner can help kickstart your National Disability Insurance Scheme (NDIS) journey.

Health professionals such as general practitioners, paediatricians, psychologists, physiotherapists and occupational therapists can provide the clinical evidence needed to access funding from the NDIS.

### What will my child's future look like?

#### Education

Depending on your state of residence, the processes required to pursue mainstream and special education differ. Nationally, the NDIS supports families by funding mainstream schools with training staff, coordinating services and therapy at school.

#### Employment

Transition to Work Employment Service provides assistance in encouraging and providing practical skills for employment.



NOTE: Additional information can be found on the SATB2 Gene Foundation Australia website



# 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>WHEN:</b>	<b>4th SUNDAY OF THE MONTH</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>



**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>







# Canberra & Queanbeyan ADD Support Group Inc

## 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>

## 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)

## ENHANCE Wellbeing.

### Support programs for Canberrans affected by cancer.



Cancer Council ACT's ENHANCE Wellbeing programs provide a range of FREE support sessions for individuals affected by cancer and their carers, aimed at improving overall health and wellbeing.

Program sessions include Yin Yoga, Guided Drawing & Mindfulness, Harp Yoga, Introduction to Tai Chi, Coffee Catch ups, Walks n Talks and Nordic Walking.

**Register today or email our cancer support coordinators at [cancer.information@actcancer.org](mailto:cancer.information@actcancer.org)**

[www.actcancer.org](http://www.actcancer.org)

(02) 6257 9999

Unit 1, 173 Strickland Crescent, Deakin ACT 2600



**SCAN**  
TO LEARN MORE



**Cancer  
Council  
ACT**

All of us  
against cancer



# 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

## SATURDAY

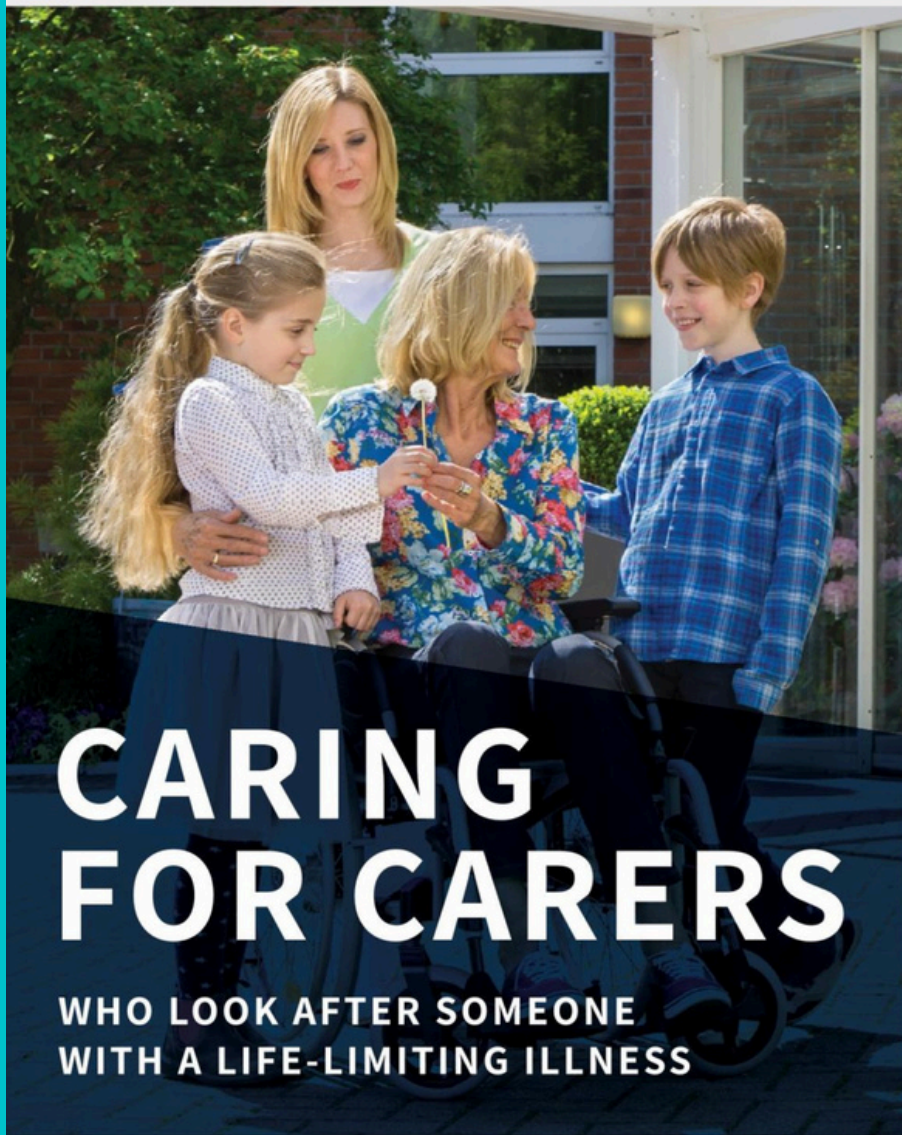
### FORTNIGHTLY GOG MEET-UPS

1-4pm @ Corroboree Park Hall, Ainslie

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







# CARING FOR CARERS

WHO LOOK AFTER SOMEONE WITH A LIFE-LIMITING ILLNESS

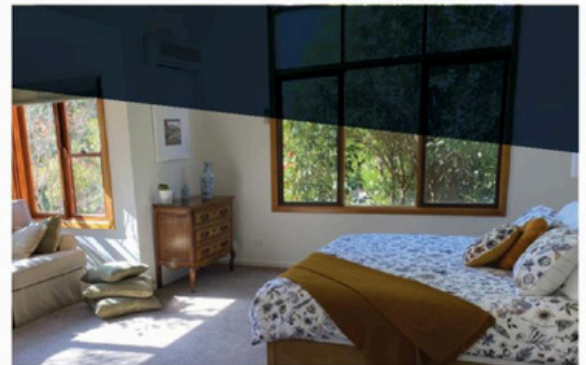
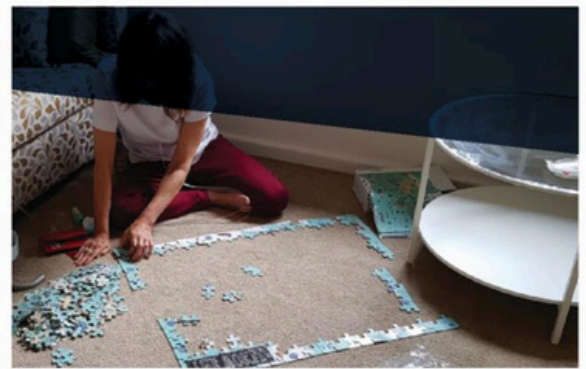
**Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.**

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.*



**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](http://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







*People with disability have  
opportunities to live their best life*

Challenge yourself and raise  
much needed funds for  
Hartley Lifecare

MAY 2025

CONQUER

KOKODA

DISCOVER

YOURSELF

<https://www.hartley.org.au/event/kokoda-2025/>