

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



SHOUT
UNITED TOGETHER

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 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)
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**



Web of Support

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



SHOUT
UNITED TOGETHER

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

JOIN
US

With GOG
for Mental Health Month



Good  Men Goodeze

**SATURDAY
5TH OCTOBER
10AM TO 2PM
@ BELCONNEN WESTFIELD**

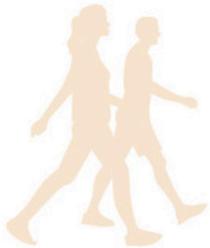
GOG Upcoming Events - Claiming the Dates

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

0491 645 816

www.imaginemore.org.au

info@imaginemore.org.au

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



Hartley
LIFECARE

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 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 | w: www.rsi.org.au

f: 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.

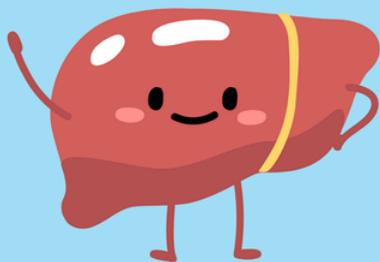
02



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.



03

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



24 CARE
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



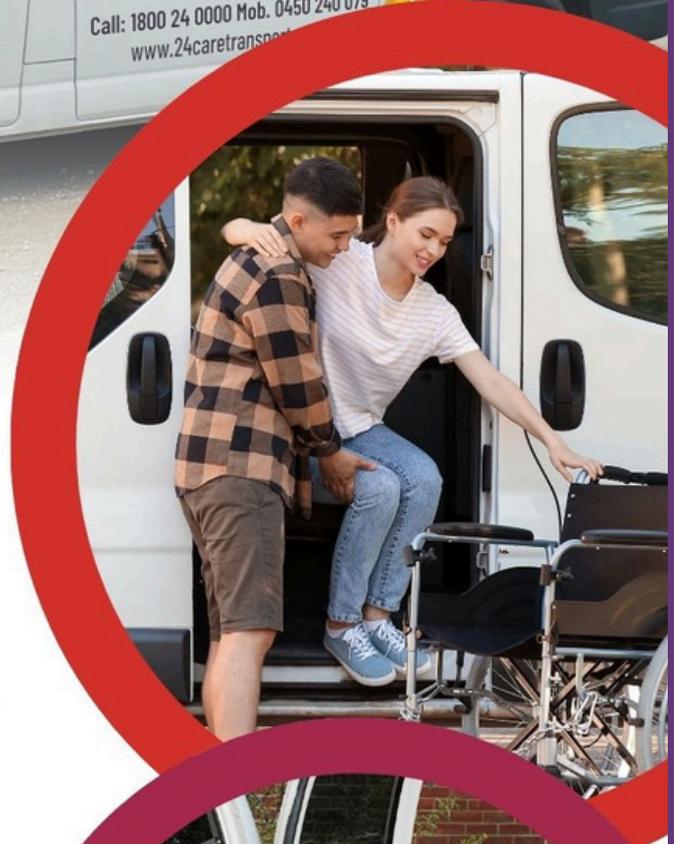
0450 240 079



www.24caretransport.com.au



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.



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.

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.



SATB2 Connect

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/>



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

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.

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 |



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</p> <p>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</p> <p>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>





Canberra & Queanbeyan ADD Support Group Inc

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

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

www.actcancer.org
(02) 6257 9999
Unit 1, 173 Strickland Crescent, Deakin ACT 2600



SCAN
TO LEARN MORE



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

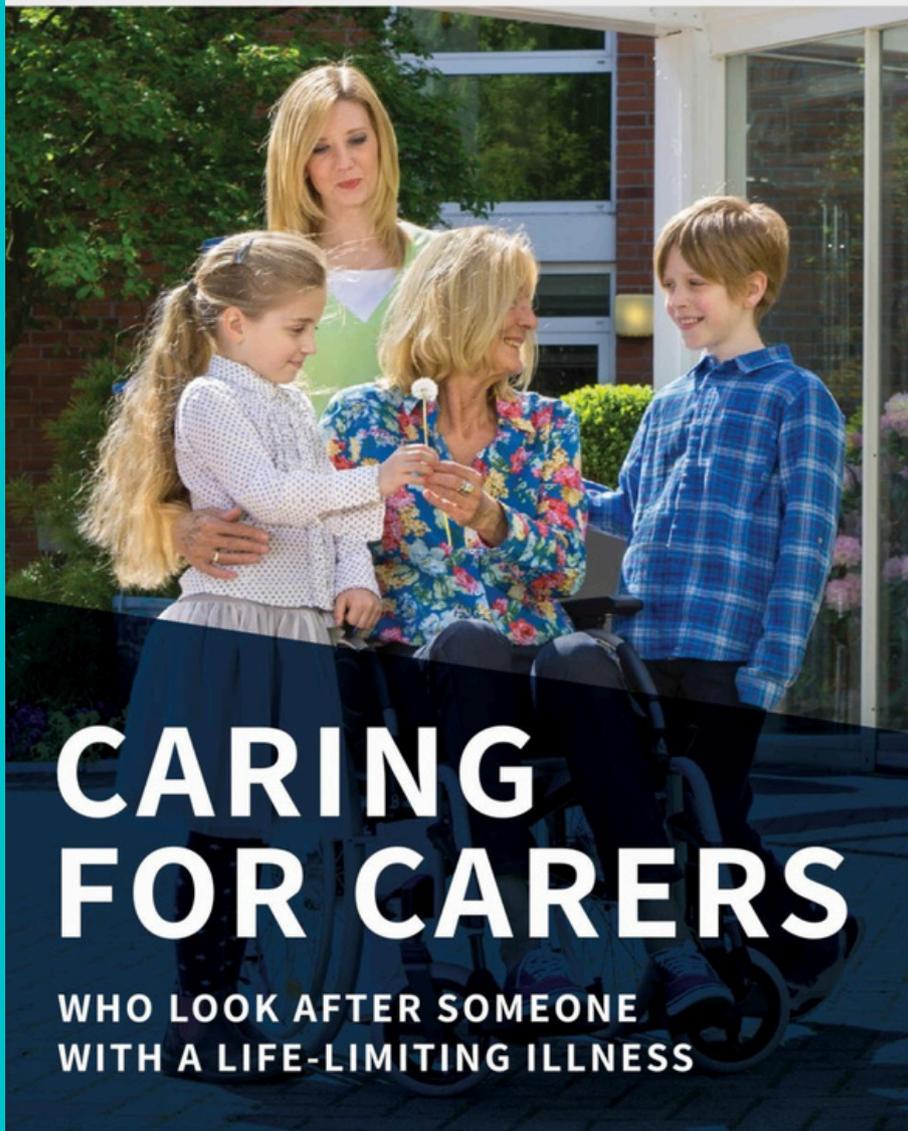
SATURDAY

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

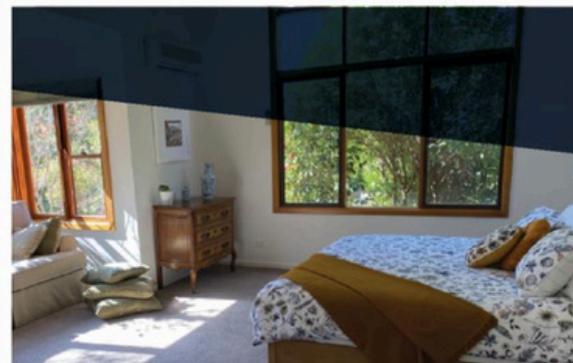
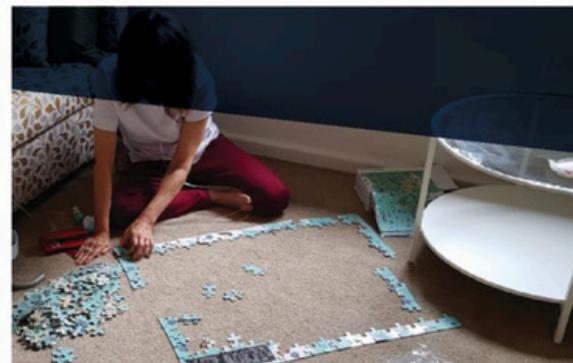
Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.

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/carer 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
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*There is no cost to clients during the proof-of-concept of this new respite facility.



Michelle Bridges
Health & Wellness



Cayla Pothan
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