

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

### TAC PARKINSON'S DAY 4 December 2024

See Page 5 for details

### CHRISTMAS SPARKLE MARKET

7 & 8 December 2024

See Page 6 for details

### CLEAR PATHWAY COUNSELLING SERVICE

See Page 7 for details

### Members News and Events



**SHOUT**  
UNITED TOGETHER

## A WORD FROM THE CEO:

### Reflect and Review

As the year draws to an end, it feels like ground hog day again. Executives, leaders and managers are using all their petrol to get to the end and set themselves up to do it all again in the new year. It is at this time I undertake a reflection of my own performance and the strategy of the organisation. I ask the questions of what worked, what didn't, what needs to change. I also address my own needs, being what are my energy levels and how do I maintain my health and wellbeing.

Addressing our needs as leaders is essential, as without effective, energetic and committed leaders, our organisations and thus clients are the ones to suffer. Commonly in the community sector we put ourselves last, sometimes this is necessary but in the mid and long term, all it leads to is a drop in effectiveness and burnout. I hear frequently, I don't have the time, I am too busy or I am too tired to do reflective practice. The irony is, that if you do the reflective practice and self care, you usually end up with more energy and time.....you just have to muster up the discipline and do it!

I honour your work, appreciate your commitment to people that need your services, know that you make sacrifices and value all that you do, so take sometime for yourselves and see the benefits. I wish you all a happy and joyful Christmas period and an energised return at the new year.

Best wishes

Torrien

# SHOUT SERVICES

*Over 40 years of service to the community!*

SHOUT is, and will continue to be, a grassroots community organisation, providing connection and developing community capacity.



## Our services to our members include:

- Web of Support Directory
- 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 - \$192.50 pa
- Affiliate Membership - \$55 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 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)  
Caring Approach Pty Ltd  
Diabetes Australia NSW & ACT  
Directions Health Service  
Employ for Ability  
Epilepsy ACT  
Everybody Wins  
Eyes for Life Canberra  
Flourish Australia  
Focus ACT  
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  
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  
Sakhi Inc.  
SATB2 Gene Foundation Australia  
Sleep Apnoea Association ACT21  
Spinal ACT

## Tenants

Bosom Buddies  
Brain Tumour Alliance Australia  
Eternity Design  
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



# TAC Parkinson's Day

**Wednesday 4 December 2024  
10am - 12:30pm**

Join us for free creative activities including arts workshops, a guided exhibition tour, live performance and morning tea. No experience required.

TAC Parkinson's Day is part of the International Day of People with Disability (IDPwD) celebrations taking place across Australia.

This event is designed for people living with Parkinson's, their friends and family and the broader community to participate in arts activities.

## SCHEDULE

**10:00 - 11:30am**

Concurrent 25 minute sessions\*

- *Painting with Parkinsons* with John Pratt
- *Zest Dancing with Parkinson's* with Jane Ingall and Philip Pigginn
- Sing-along with Sarahlouise Owens
- TAC Gallery Tour with Ann McMahon, TAC Visual Arts Manager

**12:00 - 12:30pm**

Live Performance (TAC Theatre)

- *Bushlarks* Canberra's Parkinson's Choir, led by Sarahlouise Owens.
- *Canberra Symphony Orchestra* musicians Pip Thompson (violin) and Rowan Phemister (harp)
- *Zest + CSO* - short choreographed works.

\*Bookings required



For further information  
and bookings head to  
[www.tuggeranongarts.com](http://www.tuggeranongarts.com)  
or call 6293 1443



Supported by





# *CHRISTMAS SPARKLE MARKET*

7 & 8 December  
Saturday 10am to 3pm  
Sunday 10am to 1pm

Inside Building 1  
Pearce Community Centre  
Collett Place, Pearce  
Pearce Crafter's Market



Santa  
10 to 2  
Saturday  
Only



**mental health  
foundation**  
ACT

*People first, creating hope,  
better mental health.*

**ABN:** 92 890 393 025

**PO Box:** 78, Woden, ACT 2606

11/70 Maclaurin Crescent,  
Chifley, ACT 2606

## **Launch of Clear Path Counselling Services**

Media Release

For Immediate Release

### **New Counselling Service, Clear Path Counselling Service, Opens to Support Canberra Region**

Chifley, ACT – The Mental Health Foundation ACT (MHF), an organisation with 40 years of experience supporting the mental health of the Canberra community, is proud to announce the launch of Clear Path Counselling Service, based at the Community HUB in Chifley. This new counselling centre is dedicated to providing accessible and high-quality mental health support for the Canberra region, offering both face-to-face and tele-health counselling services.

Clear Path Counselling Service was established in response to the growing demand for professional and compassionate mental health care options in the region. The centre offers services for a range of mental health concerns, including anxiety, depression, relationship issues, stress management, loss and grief. By offering both in-person and tele-health appointments, Clear Path Counselling Service aims to make mental health support more accessible to all.

"We understand the importance of having accessible and responsive mental health services within our communities," said Chris Ward, CEO of MHF. "Clear Path Counselling Service is committed to helping individuals find pathways to better mental health."

Clear Path Counselling Service is now open and welcoming new clients. For more information or to book an appointment, please visit [www.mhf.org.au](http://www.mhf.org.au).

### **About the Mental Health Foundation ACT**

The Mental Health Foundation ACT has served the Canberra region for 40 years, providing accommodation services, community connection services and other support programs aimed at improving the lives of individuals and families working through mental health challenges. Clear Path Counselling Service is MHF's latest initiative in continuing this legacy of care and support.

Media Contact:

Chris Ward

CEO - Mental Health Foundation ACT

[chris.ward@mhf.org.au](mailto:chris.ward@mhf.org.au)

0434 083130

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



## **TLCCO STORE ONLINE POP-UP!**

THE TLCCO STORE ONLINE POP-UP IS ON FROM NOVEMBER 29  
UNTIL DECEMBER 20

IT'S A TREASURE TROVE OF THE MOST COVETED PIECES FROM  
YOUR FAVOURITE BOUTIQUE, INSTAGRAM, AND AUSTRALIAN  
CHILDREN'S BRANDS, ALL IN ONE PLACE.

AT TLCCO STORE, EVERY PURCHASE PLAYS ITS PART, AND THE  
BEST PART? YOU'RE SHOPPING A CIRCULAR ECONOMY,  
MEANING YOUR DOLLARS ARE STRETCHING FURTHER FOR YOUR  
FAMILY AND HELPING OTHER FAMILIES TOO. WIN-WIN, RIGHT?

OH, AND DID WE MENTION THAT A PORTION OF OUR PROFITS  
GOES TO SUPPORTING NEONATAL RESEARCH AND OUR  
HEARTWARMING MAMMA MINGLE GROUPS? EVERY CLICK, EVERY  
PURCHASE, IS HELPING TO MAKE A DIFFERENCE. 💡❤️

VISIT [THELITTLECAPSULECO.COM.AU](https://thelittlecapsuleco.com.au) AND DIVE INTO THE  
COLLECTION.

JOIN THE MOVEMENT  
THIS POP-UP IS MORE THAN JUST A SALE—IT'S A WAY TO MAKE  
SUSTAINABLE, SMART CHOICES THAT FEEL GREAT. LET'S KEEP  
BEAUTIFUL CLOTHES IN CIRCULATION, HELP THE PLANET, AND  
SUPPORT FAMILIES TOGETHER.

STAY TUNED FOR SNEAK PEEKS ON OUR INSTAGRAM  
[@TLCCSTORE](https://www.instagram.com/TLCCSTORE).





# 24CARE AUSTRALIA

Partner in Your Care



## DISABILITY SERVICES



📞 1800 24 0000 / 0452 24 0000

✉️ info@24careaustralia.com.au

📍 7/53 Dundas Court, Phillip, ACT, 2606



### YOUR TRUSTED ORGANIZATION

NDIS SUPPORTED/ PRIVATE FUNDED

HOME CARE, PHYSICAL DISABILITY CARE, MENTAL HEALTH SUPPORT, PSYCHOSOCIAL DISABILITY CARE

### 24/7 SUPPORTED ACCOMMODATION

- ✓ COMMUNITY ACCESS & TRANSPORT
- ✓ INDEPENDENT LIVING OPTIONS (ILO)
- ✓ RESPITE CARE & SHORT TERM ACCOMMODATION (STA)
- ✓ SUPPORTED INDEPENDENT LIVING (SIL)
- ✓ LOW CARE DAY SUPPORTS/ EVENING SUPPORTS
- ✓ HIGH CARE/ COMPLEX NEEDS
- ✓ MEDICAL APPOINTMENTS

- ✓ PERSONAL CARE- SHOWERING, GROOMING
- ✓ MEAL PREPARATION AND COOKING
- ✓ LAUNDRY, WASHING AND DRYING CLOTHES
- ✓ GROCERY SHOPPING
- ✓ VISIT TO PLACES OF INTEREST
- ✓ WHEELCHAIR ACCESSIBLE TRANSPORT

### COMMUNITY NURSING

- ✓ WOUND & PRESSURE AREA CARE
- ✓ ASSESSING CLIENT NEEDS & DEVELOPING MANAGEMENT PLANS
- ✓ PROVIDING CARE TO MEET ASSESSED CLINICAL NEEDS
- ✓ DIABETES MANAGEMENT
- ✓ TRACHEOSTOMY CARE
- ✓ OVERNIGHT AND SLEEPOVER CARE
- ✓ POST HOSPITAL CARE

- ✓ MEDICATION SUPERVISION
- ✓ SUBCUTANEOUS INJECTIONS
- ✓ VITAL SIGNS MONITORING
- ✓ CATHETER CARE AND INCONTINENT MANAGEMENT
- ✓ COLOSTOMY CARE
- ✓ COMPLEX BOWL CARE
- ✓ FEEDING TUBE CARE
- ✓ COMPANIONSHIP AND SOCIAL SUPPORTS
- ✓ SPECIALISED NURSING CARE

### SUPPORT COORDINATION

- ✓ EDUCATION OF NDIS
- ✓ LEVEL 1 & 2 SUPPORT COORDINATION
- ✓ LEVEL 3 SUPPORT COORDINATION

### OCCUPATION THERAPY

- ✓ OT ASSESSMENT
- ✓ OT THERAPY
- ✓ OT INTERVENTION

FOR OVER FOUR YEARS, WE'VE BEEN WORKING HARD TO PROVIDE PERSONALIZED CARE AND SUPPORT TO PEOPLE WHO NEED IT MOST. WHETHER YOU NEED ASSISTANCE AT HOME, SUPPORT WITH COMMUNITY PARTICIPATION, NURSING CARE, SUPPORT COORDINATION, OR HELP NAVIGATING THE NDIS, WE'RE HERE TO MAKE YOUR LIFE EASIER AND MORE FULFILLING.

🌐 [WWW.24CAREAUSTRALIA.COM.AU](http://WWW.24CAREAUSTRALIA.COM.AU)



24CARE AUSTRALIA



24CARE AUSTRALIA



# Get **on track** to end cancer.

With 1 in 2 lives affected by cancer, everyone has a reason to get on track and take part in Relay For life.

**Registration is essential.**



AIS Track and Field Centre  
Masterman St, Bruce, ACT 2617



[relayforlife.org.au](http://relayforlife.org.au)



# 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 - from February 2025  
**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](mailto: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](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</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><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</p> <p>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



All of us  
against cancer

# GOG COMMUNITY STITCHING GROUPS

## MONDAY

### EVATT STITCHING GROUP

9:30-11:30am @ Evatt Primary School

## 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!  
Shutdown period from 17 Dec 24 to 3 Feb 25.





# 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

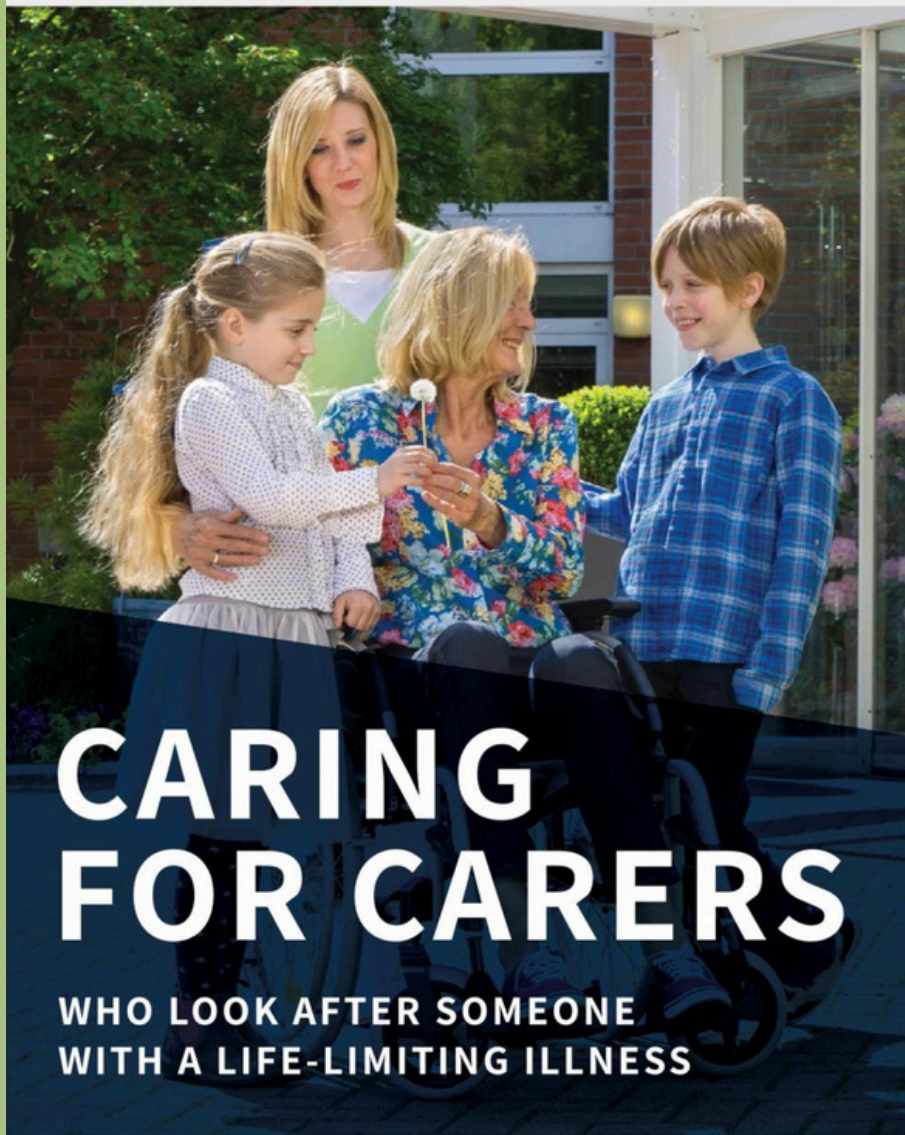
### What will my child's future look like?

#### 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.



# CARING FOR CARERS

WHO LOOK AFTER SOMEONE WITH A LIFE-LIMITING ILLNESS

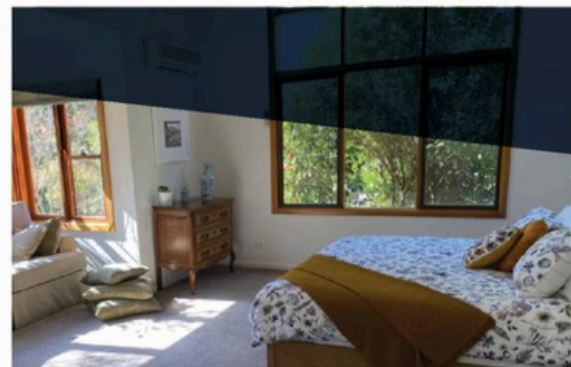
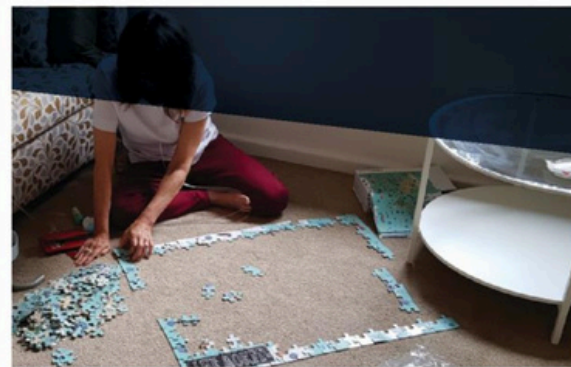
**Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.**

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)

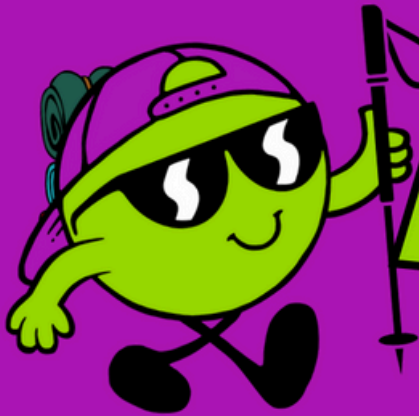
If you are, or know, someone who might benefit from respite and want more information call

**02 6171 2290**  
**stay@pallcareact.org.au**



**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....



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Challenge yourself and raise  
much needed funds for  
Hartley Lifecare

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

**MAY 2025**

**CONQUER**

**KOKODA**

**DISCOVER**

**YOURSELF**

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