

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

**Everything I learned about behaviour may have been wrong**

*Free online event*

**13 February 2025**

See Page 6 for details

**Good Omen Goodeze Fundraising Event**

**24 January - 20 March**

See Page 8 for details

**Members News and Events**



## A WORD FROM SHOUT:

Dear Members,

Welcome to our February and March 2025 edition of SHOUT Matters.

As we all make our way back after a well-deserved break, I hope you are feeling rested and ready for a great year ahead.

The start of the year is a busy time for community organisations as we finalise budgets, assess funding needs, review the effectiveness of current programs and services, write grant applications, develop funding campaigns, and set goals and priorities for the year ahead. But most importantly it is the time to ensure that staff and volunteers are well-supported and equipped for the year ahead, and to look to the community to strengthen relationships with stakeholders, including community members, donors, and volunteers. Without community connection and stakeholder engagement, many of us would not have the resources to continue delivering our important services to the community.

One of the major strengths of the community sector is that we are all connected, so please shout out if you are feeling alone or needing help as SHOUT is here to support you. Let's make 2025 a better year for ourselves and our community by strengthening our connection.

Regards,  
Elsa Aitchison

# 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 (Incl.GST)
- Affiliate Membership - \$55 pa (Incl. GST)

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  
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 Plumbers Association ACT  
Motherly Care Pty Ltd  
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

# Take Control – Live Well

Do you have a health condition that has lasted more than 3 months? Is it affecting your quality of life?

Take Control – Live Well is a FREE 3-week group program for adults in the ACT who have a chronic condition.

Scan the QR Code to find out more:



## **Programs run regularly in 2025. Next programs start at:**

- Belconnen Community Health Centre on Friday 7 February 2025 at 9:30am.
- Tuggeranong Community Health Centre on Tuesday 11 March 2025 at 9:30am.
- Online on Wednesday 9 April 2025 at 4:30pm.

**To book call 5124 9977 or go to 'book appointment' in the MyDHR app.**

**Free online event**

# **Everything I learned about behaviour may have been wrong**

**9:30 - 11:30 am Thursday, 13 February 2025**

What if the information you were given about supporting behaviour change was not really that effective or even just plain wrong? This happened to the presenter many years ago when he saw a speaker who had a more common-sense approach to helping change behaviour. The presenter changed his way of supporting people to a much gentler and more helpful long-term approach. He shares what he learned and what he had to unlearn.

**Find out more and register:**



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

**0491 645 816**



# 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:** Tuesday, 18 February 2025 at 10.30am.

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

**WHERE:** Online via Teams

**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

## Calling on our community colleagues

Support Good Omen Goodeze between 24 January – 20 March



Hand Across Canberra will generously donate up to \$2,500 in matching funds for local charities who are fundraising between 24 January and 20 March 2025.

- This is our major fundraising event for the year.
- Your donations will be matched during the giving period up to a value of \$2,500.
- All donations raised go directly to delivering our Crafting for Charity and Wellbeing groups.

**DONATE NOW AT**

<https://canberraday.org.au/o/good-omen-goodeze-inc>





# Johnny H

## LIFE SKILLS DAY PROGRAM

Johnny H Life Skills supports both school leavers and adults to build the capacity and skills needed for everyday living. We cater specifically to those with mild to moderate intellectual and developmental needs.

### BOOKINGS NOW OPEN

- Attend one or more days each week, 9am to 4pm
  - Register at any time
  - Hands-on and classroom learning
    - Small group sizes
  - Social and community activities
  - Shuttle bus transport available
  - Lunch offered daily for a small fee

[www.johnnyh.com.au/lifeskillsdayprogram](http://www.johnnyh.com.au/lifeskillsdayprogram)

JOHNNY'S PLACE 5/151 Newcastle St Fyshwick

(02) 6223 0011 | [canberra@johnnyh.com.au](mailto:canberra@johnnyh.com.au)



# CLIMB AGAINST CANCER



**Support us on the Climb  
Against Cancer and summit  
Australia's highest peak!**

**MARCH 2025**

NOW | SUPPORT NOW | SUPPORT NOW | SUPPORT NOW | SUPPORT NO





# Who will you get on track for?

5-6 April, AIS Track and Field Centre



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



Cancer  
Council  
ACT



**Celebrate**

Remember

**Fight Back**

Celebrate

**Remember**

Fight

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





## Our services

### Harm reduction

Harm reduction is a core service of Hepatitis ACT. An on-site NSP Program provides clean needles and syringes.

### Education

We are passionate about increasing community understanding through hepatitis B & C education sessions. Sessions are available for workforces, service users, and community organisations.

Please contact us if you would like to book an education session.

### Testing and medical care

A quick fingerstick test has your hepatitis C results back within an hour. Immediate support and treatment are available through our program.

We partner with Interchange Health Co-Op to have a pop-up GP clinic, offering comprehensive health care services.

### HepLink Infoline

HepLink Australia provides confidential and caring support for people affected by viral hepatitis.

For information, referral and support call 1800 437 222



[www.hepatitisact.org.au](http://www.hepatitisact.org.au)  
36 David St, Turner, ACT, 2612



Do you know how Rise Above supports cancer patients in the Canberra and Queanbeyan region?

# ASSISTANCE

## WE PROVIDE ONGOING ASSISTANCE BY PAYING FOR THE FOLLOWING:

### ***Cancer Medications:***

We setup an account at a pharmacy of the patients choice and cover medications directly related to their cancer diagnosis.

### ***Prescribed Dietary Supplements:***

When a hospital dietitian prescribes supplements for a patient, Rise Above promptly orders and covers payment for the supplements.

### ***Chemotherapy:***

Direct payment for chemotherapy medications made on behalf of the registered patient.

### ***Gas, Electricity or Water Bill:***

Rise Above provides a one-off payment of up to \$300 on to a gas, electricity, or water bill and provides the patient with confirmation of payment.

### ***Woolworth Voucher:***

\$200 food/fuel voucher which can be requested every 14 days if required.

### ***Fertility Preservation:***

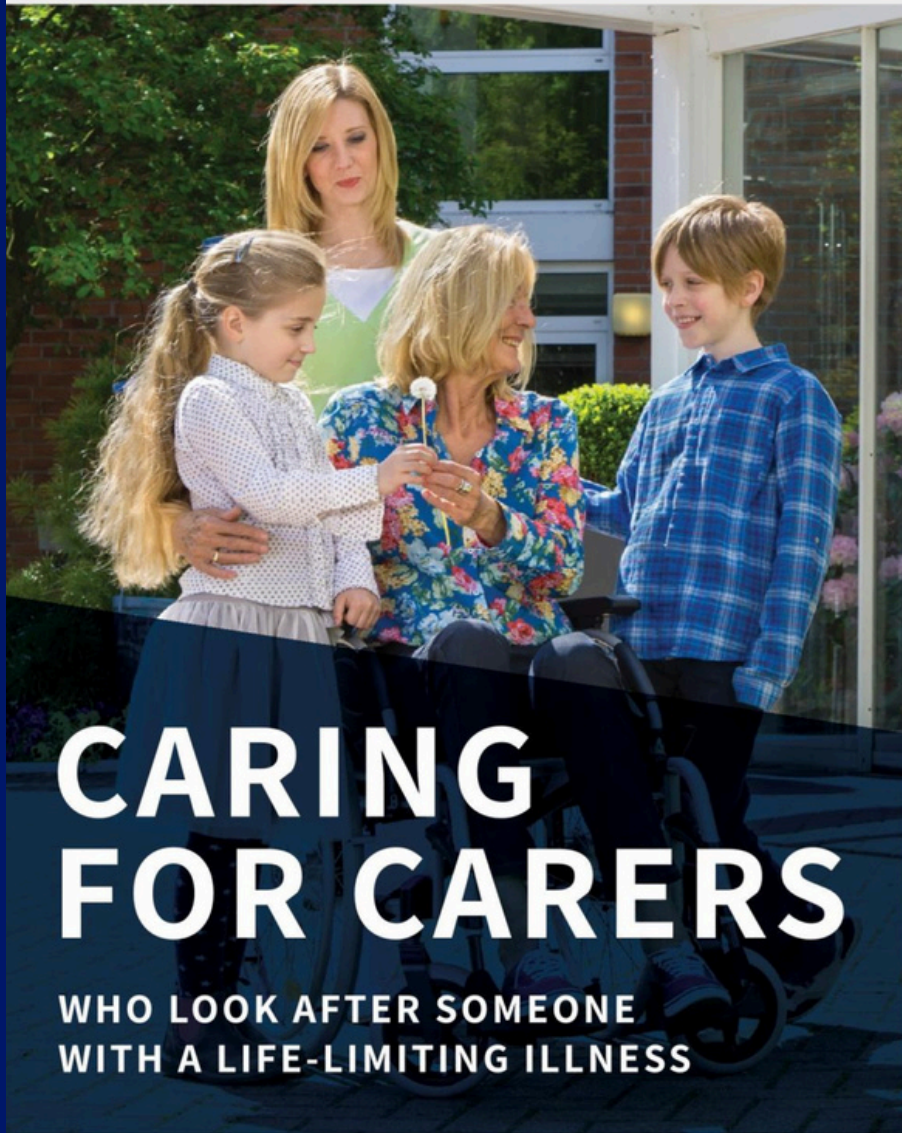
Assisting with the initial upfront cost associated with sperm or egg freezing.

[WWW.RISEABOVECBR.ORG.AU](http://WWW.RISEABOVECBR.ORG.AU)

[ADMIN@RISEABOVECBR.ORG.AU](mailto:ADMIN@RISEABOVECBR.ORG.AU)

6297 1261

\*CONDITIONS MAY APPLY - ASSISTANCE IS PROVIDED WHILE A PATIENT IS ACTIVELY RECEIVING TREATMENT FOR CANCER, UNABLE TO RESUME THEIR NORMAL WORKING DUTIES AND HAS NOT REACHED RISE ABOVE'S ASSISTANCE LIMIT. CONTACT OUR FRIENDLY RISE ABOVE STAFF FOR MORE INFORMATION



# CARING FOR CARERS

WHO LOOK AFTER SOMEONE WITH A LIFE-LIMITING ILLNESS

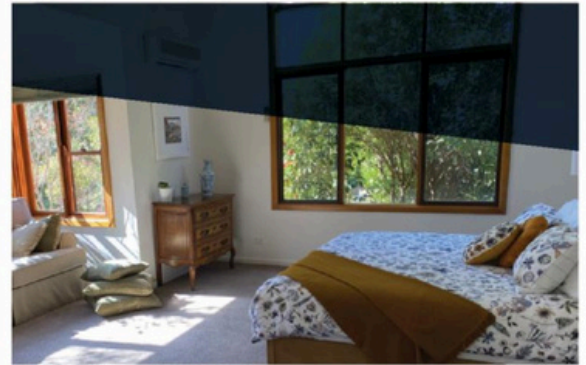
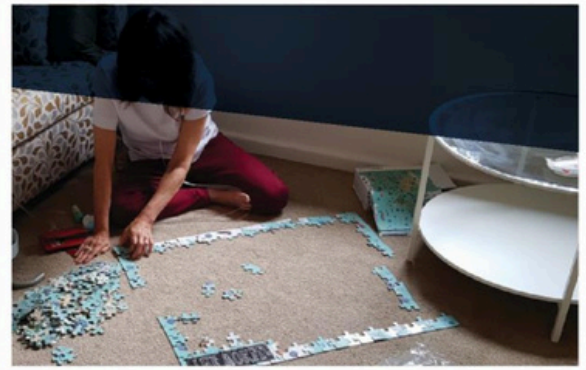
**Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.**

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.



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/>

# SHOUT SERVICES

*Over 40 years of service to the community!*

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## 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)

