

# SHOUT MATTERS

*Providing connection and developing community capacity*



## FEATURES

**MEMBER SPOTLIGHT**  
**Haemophilia Foundation ACT**  
World Haemophilia Day  
**17 April 2025**  
See Page 5 for details

**MANAGING &  
UNDERSTANDING EPILEPSY**  
Workshop  
**9 April 2025**  
See Page 7 for details

**ETERNITY DESIGN: ART  
THERAPY**  
Workshops  
See Page 12-13 for details

**Members News and  
Events**



## A WORD FROM SHOUT:

Dear Members,

Welcome to our Autumn Edition of SHOUT Matters.

As we slip into Autumn it's great to see so many workshops, support groups and events bringing the community together and supporting the wonderful work that you do, including:

- Rotary Club of Woden Daybreak's Autumn Market (page 6),
- My Home, My Way Online Workshop (page 8), and
- Parkinson's ACT Picnic in the Park (page 10).

On Wednesday, 14th May at 5pm SHOUT invites you to step away from your workday and join us for a screening of UnCharitable, in the SHOUT Meeting Room. UnCharitable is a powerful documentary that uncovers the realities of philanthropy and introduces a radical new way of giving, demanding that charities be freed from traditional constraints so they can truly change the world. See page 4 for information on how to register for this inspiring event. I hope to see you there!

Regards,  
Elsa Aitchison

# 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  
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  
Sakhi Inc.  
SATB2 Gene Foundation Australia  
Sleep Apnoea Association ACT  
Spinal ACT

## Tenants

Bosom Buddies  
Brain Tumour Alliance Australia  
Eternity Design: Art Therapy  
RSI & Overuse Injury Association of the ACT  
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



Join Us!

SHOUT Member  
Screening

**14 MAY 2025**  
**5:00 PM**  
**SHOUT**  
**Meeting Room**

Pearce Community Centre  
Building 1  
Collette Place  
PEARCE ACT 2607

Light refreshments provided

To book your  
**FREE Ticket**

Email: [admin@shout.org.au](mailto:admin@shout.org.au)  
Phone: (02) 6290 1984

Book Now!

Tickets are  
Limited

Everything you know about change...  
**is about to change.**



# UnCharitable

Now Playing  
In Select Theaters

[UncharitableMovie.com](http://UncharitableMovie.com)

upstream  pictures 

“UnCharitable” will change you. It will change everything you’ve ever thought or been taught about charity, giving, solving the great problems of human suffering that have plagued humanity since the beginning of time and building a world that works for everyone, with, as Buckminster Fuller said, “no one and nothing left out.” You will come away with hope you thought was no longer possible.



# MEMBER SPOTLIGHT



Haemophilia Foundation ACT  
Celebrating World Haemophilia Day on the 17<sup>th</sup> of April  
with this year's theme of  
**Access for all: Women and Girls Bleed too!**

The Haemophilia Foundation ACT, commonly referred to as HFACT, began in late 1983 when six families came together to share their experiences with Haemophilia and other bleeding disorders. The group would meet on a regular basis to support each other and after becoming a registered charity in 1986, the group would host regular social and educational events.

Following the discovery of viral contamination of blood products used for treatment of bleeding disorders, the group advocated and received funding from the Federal and ACT government to extend the support it offered its members during this difficult time. Since then, the group has expanded but remains a steadfast advocate for people living with haemophilia and bleeding disorders in the Canberra region. HFACT continues to host regular social gatherings and education evenings, while also working closely with the haemophilia treatment centre at Canberra Hospital. HFACT provide free counselling services to those affected by bleeding disorders.

HFACT's goal is to improve the well-being of the people living with all bleeding disorders through mutual support, networking, advocacy and striving for optimal health care.

This year's World Haemophilia Day theme is *Access for all: Women and Girls Bleed too!* Which speaks to the continued advocacy of HFACT and other haemophilia groups world-wide. Traditionally, the medical community has recognised that women and girls can be carriers of haemophilia and have von Willebrand disease or other rare bleeding disorders. However, it has only been in recent years that there has been broader acknowledgement that women can have haemophilia and experience symptoms that have significant impacts on their quality of life. This year's theme aims to raise awareness and increase support for women living with bleeding disorders and to amplify women's voices so their experiences can be shared and heard and access to haemophilia services for women can be increased.

HFACT encourages you to wear red on World Haemophilia Day, this visible show of support can spark conversations about bleeding disorders and the impact they have on women and girls. HFACT will also be hosting an event for its members to come together and celebrate World Haemophilia Day on April 17<sup>th</sup>, as well as a women's health education session in early May for young girls and their support network as they approach adolescence. Details of these events and other available resources can be found on our website.





# Autumn MARKET

Pearce Community Centre  
Collett Place PEARCE

SAT 5 APRIL  
10AM - 2:30PM

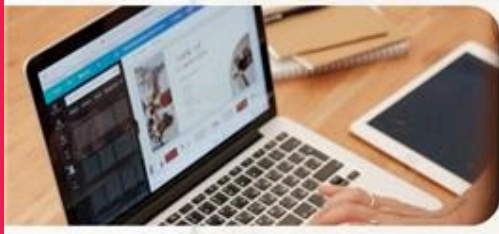
*STALLS MAY INCLUDE:  
CRAFTS, FOOD, SAUSAGE SIZZLE,  
COFFEE, PLANTS, CLOTHING, GIFTS  
AND QUALITY BRIC-A-BRAC.*

*HELD IN CONJUNCTION WITH THE 2 DAY  
PEARCE CRAFTERS MARKET*

**Rotary**  
Club of Woden Daybreak







epilepsy  
ACT

# Understanding & Managing Epilepsy

Face to Face training, also includes:  
Administration of Emergency Medication

**Book Today**



Wednesday 9 April 2025

10am - 12 noon

Email: [admin@epilepsyact.org.au](mailto:admin@epilepsyact.org.au) to book

Booking is essential



## Epilepsy Training Details:

- **Date:** Wednesday, 9 April 2025
- **Time:**
  - 10:00 am - 11:00 am: Understanding and Managing Epilepsy
  - 11:00 am - 12:00 pm: Administration of Emergency Medication
- **Costs:**
  - Free for: People living with epilepsy, family members, or unpaid carers. If you qualify, please let us know and we'll provide a unique promo code to access the training at no cost.
  - \$180 per person for both courses
  - \$100 per person for one course (Please note: the Understanding and Managing Epilepsy course is a prerequisite for the Administration of Emergency Medication course.)

Booking is essential.

For any questions, feel free to email us at [admin@epilepsyact.org.au](mailto:admin@epilepsyact.org.au) or call 02 6287 4555.



# My Home, My Way workshop 2025

ACT - NT - TAS



**A two-part online workshop exploring individualised and innovative ways that people with a disability have used to create their own homes while getting the support they need.**

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This workshop will be relevant to people with intellectual disabilities, their families and supporters as they think through how they might move into and thrive in a home they can call their own.

This will be an online workshop held over two sessions.

We will discuss

- What it really means to have your own home
- Creating and holding a personalised vision for home
- First steps to consider when creating a home of your own that's unique to you
- How to test ideas to live in your own home and how to implement the ones that work
- A range of home options and creative supports
- Working collaboratively to address common barriers, challenges and fears
- Setting up for long-term safety and success



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## Date

Tuesday, 1 April 2025  
Tuesday, 15 April 2025

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## Time

From 10:00 am to 1:00 pm  
AEDT for both sessions

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## Location

Online via zoom

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Visit our website to learn more and register



[imaginemore.org.au/events](https://imaginemore.org.au/events)





# ENHANCE Wellbeing.

A range of FREE wellbeing and healthy lifestyle programs aimed at improving overall health and wellbeing for those affected by cancer (from diagnosis, during treatment and after treatment), and their carers.



SCAN to LEARN MORE  
Registration is essential.



There is no cost to register thanks to the support of our generous donors and bequestors.

☎ 6257 9999   ✉ cancer.information@actcancer.org   🌐 [www.actcancer.org/support/enhance-wellbeing](http://www.actcancer.org/support/enhance-wellbeing)



# Host your way this Australia's Biggest Morning Tea.



Biggest Morning Tea 🔍

 **Cancer Council**  
Australia's Biggest  
Morning Tea



# PICNIC IN THE PARK PICNIC IN THE PARK PICNIC IN THE PARK

Sunday 4 May 2025

10:30 am - 1:00 pm

Canberra Yacht Club Lawns

Join us for our annual Picnic in the Park! This is an inclusive, family-friendly event and everyone is welcome. Enjoy entertainment from our support groups and learn more about Parkinson's ACT.

Bring a blanket and your own picnic, or purchase food from Snapper & Co.



Scan the QR code for more details or visit  
<https://fightingparkinsons.org.au/picnicinthepark/>



FREE  
EVENT



The Hospital Research  
Foundation Group  
Parkinson's



# RSI and Overuse Injury Association of the ACT

Become a member and receive our free newsletter just by providing your email

## Free Workshop:

**Introduction to core strength & stability:**

it can help with pain, RSI & OOS symptoms

**Thursday 14 May  
10.30am, Pearce  
Community Centre**

Contact Janine: 0459 906 204  
or email [admin@rsi.org.au](mailto:admin@rsi.org.au)

## Our General Services

- Telephone information service
- Referrals
- Guest speakers
- Events and exercise programs
- Treatment options
- Ergonomic devices
- Voice-operated computing
- Workers' compensation
- Research, tips and tools for daily life



The RSI & Overuse Injury Association of the ACT is a small charity that offers guidance and support to prevent and manage overuse injuries. This includes wrist, elbow hand, neck and shoulder issues. Overuse symptoms can be caused by work and/or related to (and effect) hobbies and daily life activities

Here's an example below of an exercise in our core workshop in May



The RSI & Overuse Injury Association of the ACT can be contacted at [admin@rsi.org.au](mailto:admin@rsi.org.au)

<https://www.facebook.com/RSIACT/>



# HealthCare Consumers' Association in 2025

## Chronic Conditions Network

The **Chronic Conditions Network** is for community organisations and support groups dedicated to members living with chronic health conditions. The Network is a place for organisations to come and meet like-minded people, get support and advocacy in the challenges they face, and celebrate their wins with people get it! We work together to identify key issues affecting consumers with chronic conditions across the ACT and surrounds so we can improve health systems and services.



### Email me to join us!

#### Online Key Topics 1pm to 2:30pm Via Teams

MARCH  
**26**

JUNE  
**25**

JULY  
**23**

SEPT  
**24**

#### In Person Networking

10am to 11:30am

Chifley Community Centre  
70 Maclaurin Cresnet, Chifley

FEB  
**26**

MAY  
**28**

AUG  
**27**

NOV  
**26**

## Health Literacy Events

The Health Care Consumers' Association of the ACT (HCCA) offer free talks and workshops that help people get what they need from the health system. We can adapt many of these to meet the needs of your community group. Contact us to find out more.

#### Topics include:

- Navigating the Health System
- Stretching Your Health Dollar
- Managing Your Medicines
- Getting the Most Out of Your Appointment
- Your Rights in Health Care
- Finding Good Health Information Online
- Staying Safe in Hospital

#### Upcoming events:

Exercising with Chronic Conditions and Pain

**Time:** 6:00pm-7:30pm, 3 Apr 2025

**Venue:** Online via Zoom

OR

**Time:** 10:30am-12pm, 1 May 2025

**Venue:** In-person at EQUIPD Allied Health

Register at [hcca.org.au/events](https://hcca.org.au/events)



[hcca.org.au](https://hcca.org.au)

02 6230 7800 | [chronicconditions@hcca.org.au](mailto:chronicconditions@hcca.org.au)



# Eternity Design Art Therapy

## Eternity Design Art Therapy

Are you ready to embark on a transformative journey of self-discovery, healing, and creative expression? Research shows that art therapy has the power to unlock emotions, build resilience, and create lasting change.

I am an ANZACATA accredited Art Therapist with training in mental health, nursing, psychotherapy counselling and art. I work with NDIS and private clients.



## Why Choose Art Therapy?

Unlike traditional therapy, art therapy uses a unique approach that blends psychology with artistic self-expression, allowing you to explore your emotions in a safe and nurturing environment.

The process facilitates the exploration of feelings, improves self-awareness and reduces anxiety for clients. Sessions are designed to empower you without words.

## Who is Art Therapy For?

**Tailored for All** – Whether you're dealing with stress, anxiety, trauma, or simply looking for deeper self-awareness, the personalised sessions meet you exactly where you are.

**No Artistic Skill Needed!** – This is about expression, not perfection. Let go of judgment and allow your inner world to come alive through colours, textures, and forms.

**A Proven Approach to Healing** – Science backs what we already know: art therapy reduces stress, improves emotional well-being, and enhances personal growth where no words are needed.







## Step Into Your Creative Power

Services at Eternity Design Art Therapy are:  
**One-on-One Art Therapy Sessions** – A safe space to explore your emotions and uncover new insights face-to-face or online, in your home or at the Art Therapy studio at Pearce.

**Group Workshops** – Connect, create, and heal alongside like-minded individuals in a safe, supportive environment.

**Corporate & Community Programs** – Boost well-being and creativity in workplaces, schools, and community groups.

## Transform Your Life Today!

Eternity Design Art Therapy is more than just a service—it's a movement towards deeper self-awareness, healing, and creative empowerment. Are you ready to explore your inner world through art?

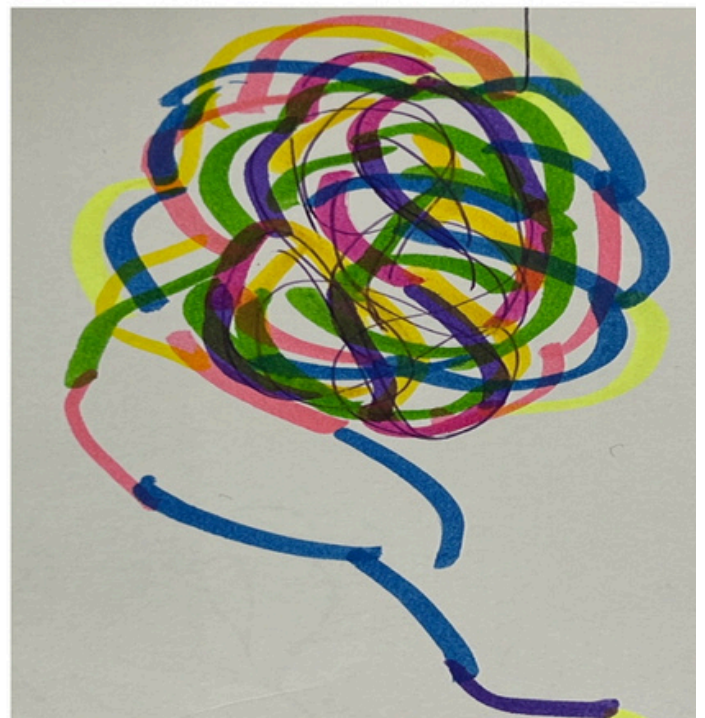
📍 Visit: [EternityDesignArtTherapy.com.au](https://EternityDesignArtTherapy.com.au)  
✉ Email: [hello@eternitydesignarttherapy.com.au](mailto:hello@eternitydesignarttherapy.com.au)  
☎ Call: 0407901677

Let's create, heal, and thrive together!

Contact me and then join me to experience the magic of Art Therapy. Your healing through art starts now!



To book your place in the workshops scan the QR code and complete the Contact form on the website.



## Workshops for April, May & June 2025

Saturday 6 April 2025 2:00-4:00pm

Sunday 13 April 2025 2:00-4:00pm

Friday 25 April 2025 1:00-3:00pm

Sunday 27 April 2025 2:00-4:00pm

Saturday 3 May 2025 3:00-5:00pm

Saturday 17 May 2025 3:00-5:00pm

Saturday 31 May 2025 3:00-5:00pm

Monday 2 June 2025 1:00-3:00pm

Monday 9 June 2025 1:00-3:00pm

Saturday 14 June 2025 3:00-5:00pm

Saturday 28 June 2025 3:00-5:00pm





## CALD Men's Non-Violence Behaviour Program



### ABOUT US

Multicultural Hub Canberra (mHub) is delivering the CALD Men's Non-Violence Behaviour Program, providing support to culturally and linguistically diverse men in the Canberra region.

This program works with CALD men who are at risk of or are using domestic, sexual and family violence - working within a strong cultural context to create change and address these types of behaviours. Participants in this program will be supported individually over 24 weeks.

Participation in this program is voluntary, and referrals can be made via the Multicultural Hub Canberra website. Anyone interested in obtaining more information on the program is encouraged to get in contact with the mHub office.

Multicultural Hub Canberra is governed by Queanbeyan Multilingual Centre Inc (QMLC), which also manages migrant and refugee services in Goulburn, Cooma and Queanbeyan.

Multicultural Hub Canberra (mHub) has been funded by ACT Government to deliver the CALD Men's Non-Violence Behaviour Program from February 2025, providing support to culturally and linguistically diverse men in the Canberra region.

This program works with CALD men who are at risk of or are using domestic, sexual and family violence - working within a strong cultural context to create change and address these types of behaviours.

Participants in this program will be supported individually over 24 weeks, with group sessions being introduced into the program at a future date. Culturally safe support and safety planning will be provided separately to former and current partners of all participants through mHub's Women's DFSV service.

Participation in this program is voluntary, and referrals can be made using the referral form on the mHub website.

### Services Offered

- Individual sessions
- Safety planning
- Information sharing
- Referrals
- Group sessions
- Drop-in opportunities
- Men's behaviour change programs
- Education and information sessions



### Contact Us

**Multicultural Hub Canberra:  
The headoffice is located in the Theo  
Notaras Multicultural Centre. This  
program is delivered from a different  
location, shared only with participants.**

**Ph: 02 6100 4611**

**Email: [info@mhub.org.au](mailto:info@mhub.org.au)**

**[www.mhub.org.au](http://www.mhub.org.au)**

Find us on Facebook

<https://www.facebook.com/mhubfacebook>





**PAALAM – The Bridge to Humanity (PBH)** is an Australian registered charity, formed recently by a few medical practitioners in Canberra, dedicated to enhancing palliative care awareness and services, particularly among culturally and linguistically diverse (CALD) communities in Australia, as well as improving palliative care infrastructure in Sri Lanka and regional India.

### **Mission and Objectives**

PBH's mission is to ensure that individuals with terminal illnesses have access to comprehensive, culturally sensitive, and compassionate care, regardless of their socioeconomic status, background, or beliefs. The organization's primary objectives are:

1. Enhancing palliative care awareness and support among CALD communities in Australia.
2. Improving palliative care, cancer treatment, and mental health services across South Asia, particularly in Sri Lanka and regional India.

### **Educational Initiatives in Canberra**

PBH has conducted educational workshops on the importance of palliative care among various multicultural communities in Canberra, including the Canberra Sri Lankan Tamil Senior Citizens, Indian multicultural community, and Greek association. These workshops aim to break down barriers to accessing palliative care and cancer screening services due to cultural differences, language challenges, and limited awareness.

### **Upcoming Workshop for General Practitioners**

This year, PBH plans to hold a workshop for general practitioners focusing on the challenges faced in delivering palliative care services to multicultural communities. The organization also plans to continue its educational sessions with other multicultural communities in Australia.

### **International and National Collaborations**

In partnership with Australian and international non-profit organizations such as Canberra Circle of Women, Vanni Hope and Palliative Care ACT, PBH is working to improve palliative care infrastructure and home-based palliative care in Sri Lanka and regional India. The organization facilitates training for healthcare personnel in Sri Lanka through web-based learning, workshops, and structured training programs in Australia.

### **Community Engagement and Support**

PBH donated \$2,500 to Palliative Care ACT in 2024 and plans to contribute regularly through participation in events like the "City2Surf" run every year.

### **Contact Information**

For further information, please contact:

- Email: [paalam2humanity@gmail.com](mailto:paalam2humanity@gmail.com)
- Website: [www.paalam2humanity.com](http://www.paalam2humanity.com)
- Phone: +61 412 346 052
- Instagram: [@paalam2humanity](https://www.instagram.com/paalam2humanity)

Through these initiatives, PAALAM – The Bridge to Humanity continues to make significant strides in promoting culturally sensitive palliative care and supporting communities both locally and internationally.





# 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
<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>





# 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)







The **Canberra Region Kidney Support Group** (CRKSG) is a patient self-help group made up of people with kidney failure and their families, carers, health supporters and friends living in Canberra and the surrounding regions.

Established in 1993 the objectives of the Group are to:

- Provide support to the renal patients and their families and friends.
- Generate community discussion and understanding of the issues related to organ donation and transplantation.
- Be actively involved in education about renal disease and renal failure within the wider Canberra Community.
- Raise funds to assist disadvantaged patients in need of medical equipment, to purchase and acquire equipment to enhance the quality of life for dialysis patients.

Members, their carers, families and friends of CRKSG meet for morning tea every month at the Hellenic Club in Woden, on alternate Wednesdays and Thursdays at 10.30 – 11.30am.

Our next morning teas will be held on the following dates:

- Wednesday 16 April
- Thursday 15 May
- Wednesday 18 June
- Thursday 17 July
- Wednesday 13 August
- Thursday 11 September
- Wednesday 15 October
- Thursday 13 November
- Wednesday 17 December

Come along to the morning teas and be part of a small group of people who understand how you feel and what you are experiencing.

Newly diagnosed people will particularly benefit from meeting people with the same or similar diagnosis. We also look forward to meeting long term renal patients who can share their journeys with others, and learn from each other's experiences.

See you there!



# 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

## SUPPORT & EDUCATION GROUPS

Support and Education groups are friendly and welcoming groups which provide a forum for social contact, support and learning. Friends, family members and carers are welcome to attend. Many people find that support groups help them cope with the day-to-day realities of living with Parkinson's. The opportunity to swap stories and share resources can be truly therapeutic.

<b>TUESDAY SUPPORT GROUP</b> THRFG: PACT Office, Suite 6, 32 Thesiger Court, Deakin	4 <sup>th</sup> Tuesday of month 6:00 – 7:30pm	Jeff Smart
<b>MEN WHO CARE</b> THRFG: PACT Office, Suite 6, 32 Thesiger Court, Deakin	3 <sup>rd</sup> Wednesday of month 2:30 - 4:00pm	Gregor Henderson
<b>CARERS COFFEE</b> Yarralumla Gallery & The Oaks Brasserie Cottage (Weston Park Rd)	1 <sup>st</sup> Thursday of the month 2:00 – 3:30pm	Jenny Scott
<b>BUNGENDORE SUPPORT MEETING</b> Tea Tree Gully Library, 571 Montague Rd, Modbury	3 <sup>rd</sup> Friday of month 2.00 - 3.30pm	Margaret Day
<b>WOMEN WITH PARKINSONS</b> THRFG: PACT Office, Suite 6, 32 Thesiger Court, Deakin	1 <sup>st</sup> Thursday of the month 12:30pm – 2:30pm	Jenny Miragaya
<b>YOUNG ONSET PARKINSON'S SUPPORT GROUP</b> Various locations	Bi-monthly, contact Jen for details	Jen Harkness

## EXERCISE GROUPS

Exercise benefits all people with Parkinson's, regardless of how long you have been living with the condition. The precise benefits of exercise are dependent on the type of exercise you undertake and how far Parkinson's has progressed. Dance, exercise and boxing groups designed specifically for people with Parkinson's are popular.

<b>DANCE FOR PEOPLE WITH PARKINSON'S - BELCONNEN</b> Belconnen Arts Centre (Emu Bank)	Every Tuesday 1:15 – 2:30pm \$100 for a ten-week term (ACT school terms), or \$12 per class	Philip @ ZEST
<b>DANCE FOR PEOPLE WITH PARKINSON'S - TUGGERANONG</b> Tuggeranong Arts Centre (137 Reed St, Greenway)	Every Tuesday 1:15 – 2:30pm \$100 for a ten-week term (ACT school terms), or \$12 per class	Philip @ ZEST

## RECREATIONAL GROUPS

Support built around your individual interests and goals. You will spend time with friends and like-minded people learning skills, doing activities you enjoy and exploring new experiences. Many people with Parkinson's turn to recreational pursuits with great success and enjoy the therapeutic effects and satisfaction such activities can bring.

<b>SINGING: THE BUSHLARKS CHOIR</b> St Simon's Anglican Church, Georgina Cr, Kaleen	Every Monday 10:00am – 12:00pm	Sarahlou Owens
<b>PAINTING WITH PARKINSON'S: SOUTHSIDE</b> LDK Greenway Views, 260 Soward Way	Every Thursday 10:00am – 12:00pm	Ian Bignall
<b>PAINTING WITH PARKINSON'S: BOTANIC GARDENS</b> Banksia Room, National Botanic Gardens	Every Friday 10:00am – 12:00pm	Ian Bignall
<b>GUYS AND GAMES GATHERING</b> Manuka Tennis Club, Flinders Way, Griffith	2 <sup>nd</sup> , 4 <sup>th</sup> Thursday of the month 10:00am – 12:00pm	Martin Pikler

**FOR ALL GROUP ENQUIRIES, PLEASE CONTACT OUR STAFF AT:**

[pactinfo@fightingparkinsons.org.au](mailto:pactinfo@fightingparkinsons.org.au) or 1800 644 189





**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)**

# 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







Australian  
Breastfeeding  
Association



Your new community is waiting for you!

What are you waiting for?

ABA ACT hosts casual child-friendly  
meet-ups

PIAyBA – Southside

Coffee & Chat – Northside



Join the ABA Canberra Group

### SAVE MONEY

Get 50% off hospital-grade  
breast pump hire, and  
resources

### BE EMPOWERED

Get evidence-based  
information direct to your  
inbox with our monthly  
eNewsletter

### YOUR VILLAGE

Connect with other families in  
Canberra and be supported  
by our team of qualified  
breastfeeding counsellors.



An abstract, colorful shape with a textured, marbled appearance in shades of purple, blue, yellow, and red, containing the text "Our services".

## 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





# 24CARE AUSTRALIA

Partner in Your Care

## DISABILITY SERVICES

### REGISTERED NDIS PROVIDER KEY SERVICES



#### Social and Community

- Support to attend:
  - Appointments
  - Shopping
  - Activity of Choice
- Wheelchair Accessible Van

#### Accommodation

- Short Term
- Medium Term
- Specialist Disability
- Supported Independent Living

#### Group Activities

- Get Moving Get Strong
- Crafty Creators Corner
- Cook Off
- Soical Scene
- Social Sizzle
- Bonanza Gamerz

#### Support Coordinaton

- Level 1- 3 Coordniation
- Psychosocial Recovery Coaching
- Peer Mentoring

#### Assistance with Daily Living

- Personal Care
- Domestic Assitance
- Meal Preperation
- Medication Support

## Contact us Today

**Chloe Lavender**

0493 976 588

[chloe@24careaustralia.com.au](mailto:chloe@24careaustralia.com.au)

Engagement and Development Manager



**24 CARE**  
Transport



Do you or someone you know have a

# NDIS PLAN

and are looking for



# TRANSPORT



0450 240 079

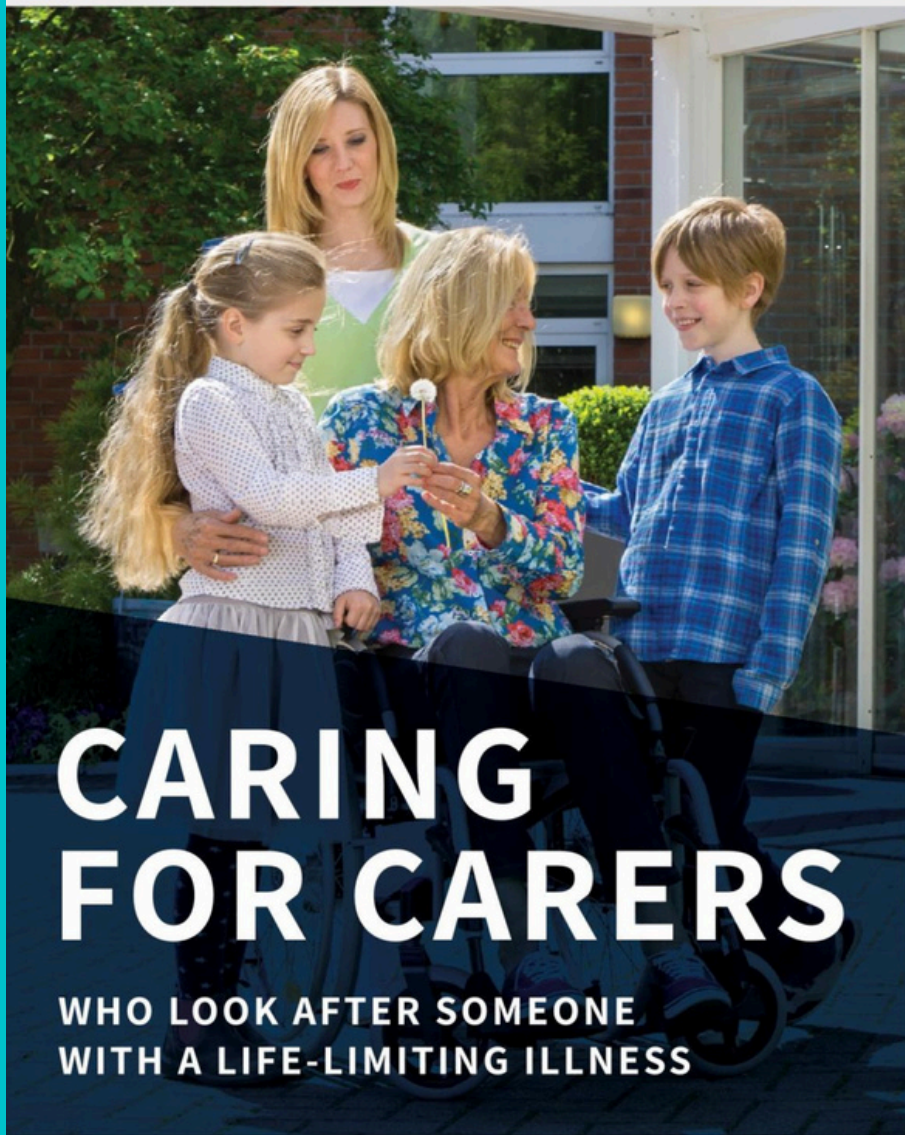


[www.24caretransport.com.au](http://www.24caretransport.com.au)



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





# CARING FOR CARERS

WHO LOOK AFTER SOMEONE WITH A LIFE-LIMITING ILLNESS

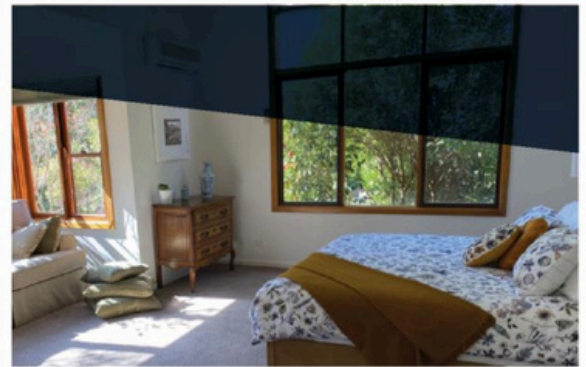
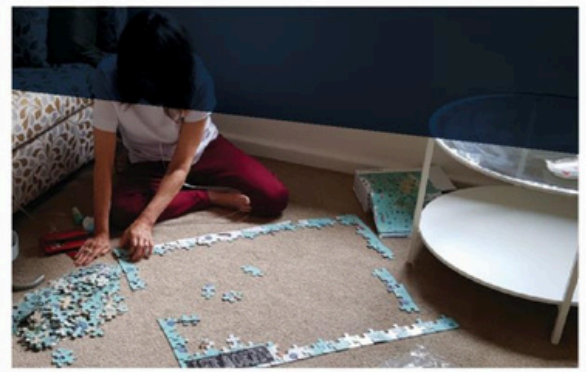
**Leo's Place is an 'essential service' and will remain open during any stay-at-home orders.**

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](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.



# 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)

