

Getting Out!

IN GUNDY

www.caregoondiwindi.org.au

What's on this month -



- | | |
|-------------------------|----------------------------|
| * Lilly's Dance Concert | * Melbourne Cup |
| * Bush to Port Races | * Remembrance Day |
| * Xmas Markets | * Kindon 60yr Celebration |
| * Seniors lunch | * Interagency Meeting |
| * Cocktails & Canapes | * Botanic Beats Family Day |

CARE GOONDIWINDI 111 CALLANDON STREET 07 4670 0700

Office Hours 8.30am-4.30pm

Monday - Friday

- | | |
|--|----------------------------------|
| - Community Development | - Youth Access Service |
| - Community Justice Group | - No Interest Loan Scheme (NILS) |
| - Commonwealth Home Support | - Rural Family Support |
| - Indigenous Family Support | - Seniors Support Service |
| - Medico Transport Service | - Emergency Relief |
| - Disability Services & Respite Services | - Financial Resilience Program |
| - Registered NDIS Provider | - Community Access |

FEBRUARY 2022

No Interest Loans



For school essentials you need now.

No fees. No interest. Ever.

Borrow up to \$2000. Pay back what you borrow.

Phone Care Goondiwindi on 46700 700 or drop into the office at: 111 Callandoon Street, Goondiwindi for any NILS enquiries.

Email: nils@caregoondiwindi.org.au

OPEN Monday to Friday 9:00-4:30pm (closed 12:30 to 1:30)

brought to you by:



Funded by:



in partnership with:



We warrant/confirm our services for people at low income levels and not available for cash. See eligibility criteria at: goodshep.org.au/nils



YOUR LOCAL COMMUNITY SUPPORTING CHILDHOOD LITERACY IN GOONDIWINDI

If your baby was born in Goondiwindi from **1 March 2022**, you may be eligible to receive a free monthly picture book through the Imagination Library.

Scan to find out more



SCAN ME



Financial Resilience Program



Our Financial Resilience Program can assist people who are experiencing financial vulnerability and hardship. This is a free, non-judgmental, confidential service for people to build their money management skills, knowledge and confidence.

Our program helps you with:

- making informed financial choices
- building your capability to manage money
- developing a budget
- addressing issues with debt and arrears
- establishing financial stability and future savings plans
- exploring financial options
- advocacy
- referrals to other services



At Care Goondiwindi we offer guidance to people to build their financial resilience and make better financial decisions.

Phone: 0746 700 700

Email: info@caregoondiwindi.org.au



Goondiwindi Community Justice Group

Supports and Activities include:

Support at Gundy Court

Social support

Women's Group

Help with forms

Help talking to SPER

Cultural activities

and much more!

(07) 4670 0700

Facebook @GoondiwindiCJG

Instagram @gundycjg



Hi everyone,

Welcome to the Nov edition of Getting Out in Gundy!
Only 2 months to go and 2023 will be over, with the last few weeks always being the busiest, 2024 will be here before you know it. I would like to thank everyone who took advantage of our Mental Health Series – Presentation # 2 with Samuel Johnson and Aaron Williams – Wow, how amazing are these two men, they shared their life story's with the aim of enlightening us and to identify ways to deal with our daily challenges. I feel confident that all that attended enjoyed the evening. The next day the duo visited the State School presenting Sam's important message about cancer awareness to the 300 odd kids in attendance. An important message to be spoken, lifted by the humour that only Samuel Johnson can bring. Ending his performance on his unicycle was the highlight for the students attending with a final roar and laughter that nearly lifted the roof off the school hall. I hope you have enjoyed this as much as we have. Presentation # 3 will be in March 2024 and I look forward to sharing another important mental health message that also entertains you as much. Enjoy the month ahead.

Tracy MacDonald
Acting Chief Executive Officer
E: ceo@caregoondiwindi.org.au
P: 46700700

Getting out in Gundy

Care Goondiwindi Ltd.
111 Callandoon St
PO Box 687
Goondiwindi Qld 4390

Funded by

Qld Government.
Department of Communities.

Editor:

Contact:
Kirsty Dowling
GOIG Editor
goig@caregoondiwindi.org.au
www.caregoondiwindi.org.au



Funded by



Queensland Government
Department of **Communities**

**NEXT GOIG!!! Please submit your ads by
13th November 2023
to goig@caregoondiwindi.org.au**

**Like us on Facebook for program
up-dates or email us
goig@caregoondiwindi.org.au
to go on our events email mailing list**

Care Goondiwindi Disability Support Services



A registered NDIS provider offering a range of services to people with a disability aged 0-65 years and their carers/families

- Core Supports
- School Holiday Programs
- Life Skills Programs
- Social Group for young adults
- Individualised support
- Supported Holidays
- Coordination of Plan Management
- Disability Respite Accommodation

Donate your recycling rewards at E&E Waste to
Care Goondiwindi
& help us support those in our local community -
Enter the code **C10039785**



You will not only be helping the environment by recycling but supporting your community at the same time!!!

Your support is greatly appreciated.



Getting out in Gundy goig@caregoondiwindi.org.au November 2023

Starts 9th May 2022



**GREAT MATES
PLAYGROUP**

Ages 0 to 5
All welcome



**GREAT MATES
PLAYGROUP**

Mondays
9am to 10.30am
Prep Area
Goondwindi State School McLean Street.
Look for the red flags

Brochures available at
Goondwindi State School- 34 George Street, Goondwindi
Ph: 46 777 933

You're invited to

PLAYGROUP



Day/Time: Every Monday from 10am-12pm

Location: Care Office Boggabilla (Butcher Shop)
Freya Duncan—Care Goondwindi
on 0746-700-700

For more information please contact
Freya Duncan—Care Goondwindi
on 0746-700-700



What your child will learn at Playgroup?
How to interact with peers their age.
Literacy and numeracy skills.
Socialising with a broader range of people.
Understanding how to share and play with other children.
Improving drawing skills and learning to write some numbers and letters.
School readiness and much more and Parenting Workshops.

We also encourage Parents/Caregivers to come along and support their Child's Learning
Please note transport is available and Morning Tea & Lunch provided



*Annual Christmas
Market Day*

Lady of the Lake

November 4th
9:30am-3:30pm
So many exquisite local
artisans & stall holders

Fine food & wine, amazing
shopping & friends!

Interested in having a stall?
Contact Lady of Lake FB
page...




1508 Tobacco Rd, Coolmunda, QLD 4357

CONTACT
US lotlavalon@gmail.com / Message Lady Of The Lake On Facebook or Insta

Interested In Having A Stall?

Gulibaa Walaay- Women's Group

Venue: Varies depending on activity
(please check the Care Facebook
page)

Time: 10:30am to 12:30pm alternate
Thursdays (excluding school holidays)

- *Morning tea with a speaker followed by coffee, chat and craft.
- *Speakers: Topics include nutrition, women's health and budgets
- *Activities: cooking, painting, weaving, scrapbooking and more ...
- *A chance to make friends, have fun and learn something.

**Call Julie at Care 46700700
for more information**

2023

BUSH TO PORT CHRISTMAS RACE DAY
Goondiwindi Race Club from 11:30am

2 DECEMBER 2023
Gates open 11.30am

Live Music - Jumping Castle

Online tickets: <https://www.trybooking.com/CMIIP>
Reserved seating and group bookings - bookingsgundyraces@gmail.com

Will Day from 5pm *Split Image - 2pm to 5pm*

Goondiwindi Golf Club will host its annual Family Xmas Party Friday 1st December 2023 @ 5pm - Proudly sponsored by Port of Brisbane

COCKTAILS AND CANAPES

November 30th... 6pm...
The Larder
Tickets via Ticketec

Last Aid

We all know about First Aid, but what about Last Aid?

What is Last Aid?
Last Aid is a 4-hour international standardised introductory level education program for the community.

Who can attend?
This course is for everyone. You need no training or experience in the space.
FREE for people living and working in the Darling Downs and West Moreton region.

Why attend?
The way we care for our dying is a significant indicator of the kind of society we are. Serious illness, dying, death and grief are a part of life.

This education program is for members of the community, community groups, businesses, retirees, who want to improve their confidence and skills in supporting carers, family members, colleagues or people experiencing a serious illness, dying, death or grief. Both members of the community and health sector are welcome to this introductory level education program.

What topics are covered?

- Dying as a normal part of life
- Planning ahead
- Relieving suffering
- Final goodbyes

Wednesday 8th November 2023 | 10:00am-2:30pm
O'Shea's Royal Hotel | 48 Marshall St | Goondiwindi | QLD 4390

Register online
events.humanitix.com/lastaid08nov23
Bookings close 10am, 7th November 2023

Places limited: FREE for people living or working in Darling Downs and West Moreton region. Please visit palliativecareqld.org.au/lastaid for more information.

Supported by:

LIVE AT THE HUT

Friday 17th November
Both youth & adults
7pm

Goondiwindi Christmas Markets

—HOSTED BY—
GUNDY MARKETS COMMITTEE

SATURDAY 2ND DECEMBER 2023

THE GOONDIWINDI CULTURAL CENTRE • 8:00AM—2:00PM

Browse the many stalls offering gorgeous gifts and yummy treats

HAND CRAFTED GIFTS • CLOTHING & ACCESSORIES • JEWELLERY
BEAUTY • HOME DECOR • GEMS & CRYSTALS • WOODEN CRAFTS
LURES • SPORTS MEMORABILIA • FOOD & ENTERTAINMENT
AND MUCH MORE

Find us on facebook
www.facebook.com/GoondiwindiMarkets/

11 NOVEMBER

REMEMBRANCE DAY SERVICE

Goondiwindi Town Park—Cenotaph
Assemble from 10:30am & Last Post will be at 11am...

Christmas Wreath Making Workshops
November 24th & 25th
@ Gather4390

PH: Prue 0475392693
prueforrest@gmail.com

REGULARS

◆ LAWN BOWLS - VETS/MIXED

7:30am every Tuesday,
2 for 2:30pm start Sundays.
Thursday-Free barefoot bowls
Phone: 07 4671 3777

◆ GOONDIWINDI MARKETS

4th Sunday of the month
8am-12pm Diane 0428 714 140

◆ LIVE @ THE HUT

Performers Platform - The Hut -
Cnr Callandoon & Frideswide Street
New dates-TBA 2023
7-9pm - \$5.00 per person
Contact -Jacinta - 0439105806.

◆ MOBILE WOMEN'S HEALTH SERVICE

Goondiwindi Hospital
Phone 07 4578 2400 for bookings

◆ SOCIAL CROQUET

Fridays - Goondiwindi Bowls Club
8.30am for 9am start. All equipment supplied
Pam Clayton 46 711830

◆ GOONDIWINDI TOASTMASTERS

Meet 1st & 3rd Thursday of the month. Anglican
Church Parish Centre. 7.30pm-9.30pm
Rosie 0427 713 727
Robert 07 4671 0987

◆ PODIATRIST

Rahela Waseeq - Goondiwindi Podiatrist
0413727042
Robert 07 4671 0987

◆ VITAL HEALTH SPEECH PATHOLOGY

Book Today 07 4662 6640 or
dalbyreception@vitalhealthqld.com.au

◆ LIFE CHIROPRACTIC

Life Chiropractic Goondiwindi
Phone Kim on: 0481 306 606
Online booking: www.chirogoondiwindi.com
Dr Cate, Dr Amy, Dr Josh, Dr Landon

◆ THE SHED GIRLS

Flower pavilion at Showgrounds
Thursdays 9am-12md
PH: Fay 0408 129 979 or Pam 0427 919 900

◆ MEN'S SHED

Showgrounds
Mon-Fri 9-11:30am & Saturdays 14:30pm
PH: Mack 46711204 or John 0400060283

◆ OLDER PERSONS NETWORK

3rd Wednesday of the month
Lunches, events, trips away . All welcome.
Facilitated by Care Goondiwindi
Kirsty 07 4670 0700

◆ OLD TIME/NEW VOUGE DANCES

War Memorial Hall at Yelarbon
2nd & 4th Saturday's 1pm-4.30pm.
Bring a plate
Kay 0428540069 or Trish 46 713045

Breast & Prostate Cancer Clinical

Nurse—Justine Gaynor
Goondiwindi, Inglewood & Texas
Goondiwindi Hospital Thursdays 8am—
4:30pm.
PH: 0400198937

Justice of the Peace & Commissioner for
Declarations Care Goondiwindi

Wednesday & Friday 10am—12noon
By Appointment **ONLY** Ph 07 4670 0700



Kindon SS celebrates 60 years of education in our community! Join us for our celebrations, student awards and a night of entertainment! Join us for an afternoon and evening of celebrations!

– Awards and presentations – Kids activities
– Live entertainment – Bar and Food (licensed event) – Multi-Draw Raffle (please purchase tickets online prior to the event) – Santa visit

Order of Events:

2:30pm: Gates open 3:00pm: 60 years celebrations – bar opens 4:30pm: Student awards and presentations 5:00pm: Raffle drawing begins – Barbeque and food service open 5:00pm – Late: Live entertainment
Tickets via Facebook Page.

To all the Golden Agers, join us for.....

MY BIG FAT GREEK WEDDING 3

WEDNESDAY 8TH NOVEMBER
9:45am for Morning Tea for
10:30am for start of movie....
Gdi Cinema 46710365
bookings essential
Cost \$10....



Lillys Dance Academy Presents...

Once upon a Twisted Tale

Goondiwindi Community Centre
Shows at 11:30am & 6pm
Saturday 11th November 2023

Jazz, Tap, Contemporary, Ballet, Acro & baby ballet....

Food & cold drinks available
Tickets via Eventbrite...

LAC in the Community 1:1 Appointments - Goondiwindi



We are here to support you on your NDIS journey

Carers Queensland is working with the National Disability Insurance Scheme (NDIS) to deliver the Local Area Coordination Partner in the Community Program.

We can help you understand the NDIS, how to access the Scheme and guide you through the planning process. If you are a NDIS participant, you can ask questions about using your funding, finding and working with service providers, and using the online portal. We can also help you find support available in your local community if you're not eligible for the Scheme.

How to book an appointment

Register online <https://carersqld.com.au/events> or scan the QR code and search for location. Call us on **1300 999 636** or email CQ.Enquiries@ndis.gov.au. Stay up to date and like us on Facebook at facebook.com/CarersQueensland/NDIS.



Date	Time	Where
Tuesday 10 th October	10 – 4 PM *45 min appt	Goondiwindi Medical Centre 49 Bowen Street, Goondiwindi Qld 4390
Thursday 8 th November	9 – 4 PM *45 min appt	Goondiwindi Medical Centre 49 Bowen Street, Goondiwindi Qld 4390
Thursday 13 th December	9 – 4 PM *45 min appt	Goondiwindi Medical Centre 49 Bowen Street, Goondiwindi Qld 4390

Let's keep everyone safe!

- Stay at home if you are unwell or have a cough, fever, sore throat, fatigue or shortness of breath.
- Stay at home if you have been in contact with a COVID-19 case or have returned from overseas or a hotspot in the last 14 days.
- Remember to practise 1.5 metres physical distancing, good hand hygiene and cough etiquette.
- If you become unwell during the event – let our staff know if you need any assistance but continue to observe the 1.5 metres distancing.

To start your NDIS journey,
connect with us today.

1300 999 636

✉ cq.enquiries@ndis.gov.au

Let's Yarn About What is the NDIS



Want to know more about the NDIS but not sure where to start?

Then come along to the Carers Queensland NDIS Partner in the Community Yarn, where you will have the opportunity to chat with your identified local NDIS representatives to learn more.

When: **Tuesday 7th of November @ 10am**

Where: **Goondiwindi Natural Heritage & Water Park, Johnson Road**

FREE Sausage Sizzle provided

We are here to support you on your NDIS journey

Carers Queensland is working with the National Disability Insurance Scheme (NDIS) to deliver the Local Area Coordination (LAC) Partner in the Community Program.

Questions?

Contact the Toowoomba office on **07 4646 2800** or email

Liz Wilson lwilson@carersqld.com.au and/or Courtney Ruler cruler@carersqld.com.au for more information.

Let's keep everyone safe!

- Follow current Queensland Health Public Health and social measures - coronavirus (COVID-19).
- Stay at home if you are unwell or have a cough, fever, sore throat, fatigue or shortness of breath.

To start your NDIS journey,
connect with us today.

1300 999 636

✉ cq.enquiries@ndis.gov.au

NDIS Local Area Coordination



Your Partner in the Community

Carers Queensland is working with the National Disability Insurance Scheme (NDIS) to deliver the Local Area Coordination Partner in the Community Program, supporting Australians with disability to live fulfilling and connected lives.

We help you:

- find out about the NDIS
- apply for the NDIS
- understand your NDIS plan and how to use it
- review your plan as your life changes
- find other support if you can't use the NDIS, or don't want to.

We support people with disability to connect to services, supports and activities in the community if they are not eligible for the NDIS.

Driving Inclusive Change

Through our community connections and networks, we are working toward sustainable change that ensures people with disability are leading conversations and are part of driving the inclusive changes they need and want to see to achieve their goals.

Our work with local councils and public sector agencies, business and industry, community groups and clubs is making sure inclusion is on the agenda and that people with disability have a seat at the table.

Talk with us

- Call us: 1300 999 636
- Email us: cq.enquiries@ndis.gov.au
- Visit www.carersqld.com.au/ndis/

To start your NDIS journey,
connect with us today.

1300 999 636

✉ cq.enquiries@ndis.gov.au



Bringing equal access of healthcare
services to QLD and NSW for
participants of the NDIS

**Speech Pathologists
Occupational Therapist
Dietitian**

**Every Wednesday
Goondiwindi Medical Centre**

Bookings:

- Scan the QR above, or
- Call 0477 799 785, or
- Email eastops@fly2health.com.au



Bay Audio Hearing Experts

1800 Bay Audio (1800 229 283)
www.bayaudio.com.au

Take a free 5 minute self hearing check

Bookings via Eventbrite

Get Back to Service Delivery Faster

Wednesday 22 November
9.30am - 2.30pm
Goondiwindi

Business Continuity Planning



Interagency Meetings

Every 2nd Thursday of the month.

Thursday 16th November

**at Oaktree Village
Albert St Goondiwindi .**

**P: Kirsty 46700700
E: kirsty.dowling@caregoondiwindi.org.au**

Mental Health Professionals Network Meetings

AT GMC HOUSE 47 Bowen Street

Thursday 30 November 1.00 pm

PH: Kath 0475391260 or Suzie 0427965462 for more information.

Free support for carers

If you provide care for a loved one, talk to Carer Gateway about free, local services for carers.

1800 422 737
carergateway.gov.au



CARE Seniors Lunch



15th November
@ Victoria Hotel

\$18pp
RSVP Essential 46700700
Transport Available \$2 per way

BOTANIC BEATS FAMILY FUN DAY
MUSIC BY SPLIT IMAGE
BBQ | BAR | RAFFLES | OPEN MIC
GAMES FOR THE KIDS & YOUNG AT HEART



26 NOV | **LIVE MUSIC**
FREE COMMUNITY EVENT

Goondiwindi Botanic Gardens
Brennans Road

Markets from 8am
Games from 9am
Yabby Races, Entertainment

LUCKY DOOR PRIZE
BYO chair / Picnic Rug



VENDORS WELCOME

WWW.GOONDIWINDIBOTANICGARDENS.ORG

ALSO JOIN US FOR OPEN MIC
OPEN TO SOLOS, DUOS, TRIOS AND BANDS. BRING YOUR INSTRUMENTS OR BACKING TRACKS



HAVE A BLAST



Get into Woolworths Cricket Blast

It's a fun and active program for kids of all abilities, whether it's your first time with a bat or you're a backyard Cricket star!

Cricket Blast commences Saturday
14th October at Barry McGregor Oval.
Visit Playhq.com to register!



JOIN YOUR NEAREST CLUB

Play Cricket

PROUDLY PRESENTED BY



PARENTS GROUPS

* DO RE MI MUSIC

Music for all ages from babies through to 8 years

For class times or further information contact *Benita Klowss 0403 982 402 or email: Benita.greg@bigpond.com*

* UNDER 5'S LIBRARY PROGRAM

Goondiwindi Library

Every 2nd Thursday - FREE (see dates below)
Contact Library 07 4671 7470

* GOONDIWINDI PLAYGROUP

Family Day Care Centre, 28 George Street
9am to 11am

\$3 per family per week plus
POA annual membership

Every 2nd WEDNESDAY during school term

playgroupqld.goondiwindi@gmailfkdsf.com

St Mary's After School Hours Care—all welcome
Before & after school care & school holidays care.

Specialized childcare with activities including craft, water play, trips to see things of interest, clay creations, sports, cinema trips & much more.....

To book call - 0448 292 227

GABA AGM

14 November 2023
7.00 pm

RAILWAY HOTEL
GOONDIWINDI



SAVE THE DATE:

SENIORS XMAS PARTY

WED 13th DEC

11:30am—1:30pm @ Oaktree Village

\$15pp

RSVP essential 46700700.

Transport available. \$10-15 Secret Santa

first5forever

First Five Forever is BACK!

2nd & 4th THURSDAY
of the month

Come along to the Goondiwindi Library at the times below. See you soon!

Story Time

2-5yrs

Every fortnight

10:00am

Baby Rhyme

0-1yrs

Every fortnight

11:30am

Goondiwindi
REGIONAL
COUNCIL

FUN STARTS HERE

Before School Care
After School Care
Pres Age Children

ENROL NOW!

SCHOOL AGE CARE

PCYC

PCYC After School & Holiday Care
0427 295 698 for more details.
pcyc.org.au/School-Age-Care



LEAD Childcare: Open from 6:30am - 6:30pm all year round (except public holidays). Call Lauren on 07 4671 22 33 or pop in for a tour and your family information pack.

Be Connected Sessions



Be Connected
Every Australian online

Be Connected at the Goondiwindi Library will be offering 20 minute one on one sessions with the below webinar dates. Bookings essential.



Tuesday 18 August - Can you Spot a Scam?
10.00am - Goondiwindi Library

Thursday 22 June - Helpful Apps
3.00pm - Oak Tree Retirement Village



Tuesday 25 July - Technology for Health
10.00am - Goondiwindi Library



Tuesday 15 August - Selling Safety Online
10.00am - Goondiwindi Library

Tuesday 19 September - Government Websites
10.00am - Goondiwindi Library

Thursday 17 October - Online Shopping & Banking
9.00am - Goondiwindi Library



Friday 10 November - Staying Safe on Facebook
9.00am - Goondiwindi Library



Tuesday 5 December - Connecting with others
9.00am - Goondiwindi Library

GATEWAY TO TRAINING

Flexible and responsive learning opportunities for the community



Need assistance with
your resume & job
searching?



GTT can assist
through its **FREE**
Ready for Work (RfW)
program

Available to eligible locals

For more information contact GTT on

07 4671 2258 or info@gttc.com.au

RfW is a Qld Government Initiative

Getting Out in Gundy

Our Getting out in Gundy booklet is being distributed via mailbox drop. If you don't receive our publication be sure to grab your **FREE** copy from the library or Care Office. If you have any events, projects or programs coming up & would like them advertised in our booklet for **FREE**, please email GOIG@caregoondiwindi.org.au or call Kirsty 4670 0700.

Lives Lived Well

Need help for a problem with drugs or alcohol?
Lives Lived Well is now in Goondiwindi and surrounds, including Inglewood and Texas

We can provide **FREE** counselling and case management for people aged 12+

To find out if this service is right for you,
call us on 1300 727 957 or visit
www.liveslivedwell.org.au

WE'RE HERE FOR YOU

O'SHEA'S
ROYAL HOTEL
GOONDIWINDI

Book your table now

Melbourne CUP

TUESDAY
7
November 2023

TAB OPEN FROM 8AM BAR OPEN FROM 10AM

To book a table or preorder food specials please contact us on 07 4671 1877.
Courtesy bus also available.

The Goondiwindi Churches and
the Pastoral Care Team
welcome you to

A Memorial Service & Tree Planting Ceremony

To honour the lives of
our loved ones who have died



Goondiwindi Cemetery
Monday 13th November 2023
At 5.30pm

**Ex Hospital Flock
Catch Up**
Every 3rd Friday of the Month
11:30am Royal Hotel Goondiwindi
Contact Faye Stewart 0497 260 027



Care Goondiwindi's MEDICO TRANSPORT SERVICE

For anyone needing transport to medical appointments! Available Monday-Friday
9am-2:45pm. **PH 07 4670 0700**
\$2 donation each way

LOCAL SERVICES

Blue Care 07 4670 0600
Care for the Aged 07 4675 4132
Care Goondiwindi 07 4670 0700
Drug Arm 07 4671 2197
Goondiwindi Community Health:
 Community Health Nurse 07 4578 2444
 Child & Family Health Nurse 07 4578 2423
Goondiwindi Hospital 07 4578 2400
Goondiwindi Medical Centre 07 4671 1444
Goondiwindi Oral Health 1300 082 662
Goondiwindi Mental Health:
 Adult - 07 4578 2411
 Indigenous 07 4578 2411
 Child and Youth 07 4578 2411
Goondiwindi Police 07 4671 7777
Goondiwindi PCYC 07 4671 5677
Kaloma Home for the Aged 07 4671 1422
Best Employment 07 4671 4826
Neato Employment Service 07 4677 8500
Psychologist Marié le Roux 07 4671 1360
Sparkling White Dental 07 4671 1097
**St Vincent de Paul Op Shop/
 St Vincent's Family Support** 07 4671 2628
Rural Sky (Counselling)
 Katherine Johnstone: 0475 391 260,
 Suzie Collins: 07 4671 1444
Rural Financial Counselling Service
 Kay Barby: 0447 760 743
Vital Health 07 4622 4322
iHear 1800 804 951
13 HEALTH (Health Concerns) 13 43 25 84
Beyondblue (national depression initiative)
 1300 224 636

STATE & NATIONAL SERVICES

Breastfeeding Helpline 07 3844 8977
Cancer Council Hotline 13 11 20
Centrelink 13 10 21
Child Abuse (After Hours Reporting) 1800 177 135
Child Support Agency 131 272
Crime Stoppers 1800 333 000
Dads In Distress 1300 853 437
**Dept Employment & Industrial
 Relations** 1300 369 945
Dept Housing (South West Qld) 1800 623 435
Drug Alcohol Info 1800 177 833
DV Connect 1800 811 811
Gambling Helpline 1800 222 050
Kids Helpline 1800 551 800
Legal Aid Qld 1300 651 188
Lifeline 13 11 14
Mensline 1300 789 978
Parent Line 1300 30 1300
Poisons Information 131 126
Pregnancy Problem Centre 1800 090 777
Relationships Australia 1300 364 277
Residential Tenancies Authority 1300 366 311
SES (State Emergency Service) 132 500
Sexual Assault Helpline 1800 010 120
Welfare Rights 1800 358 511
Women's Info Link 1800 177 577
Workplace Info line 1300 363 264
EMERGENCIES Triple Zero 000