

# Getting Out!

## IN GUNDY

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

What's on this month -



- |                               |                             |
|-------------------------------|-----------------------------|
| * Part 2 Mental Health Series | * Seniors Celebration Month |
| * Opera in the Gardens        | * Lanescape                 |
| * Town Markets                | * Cricket Blast             |
| * Homegrown Festival          | * Frocktober                |
| * Care AGM                    | * Interagency Meeting       |

**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   |
| - 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](mailto: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:



Nil Interest Loans are for people on low incomes and are not available for cash. See eligibility criteria at: [goodshp.org.au/nils](http://goodshp.org.au/nils)



FREE RAPID ANTIGEN TESTS  
AVAILABLE TO CONCESSION CARD HOLDERS  
@ CARE GOONDIWINDI



If you hold on of these cards you are Eligible for FREE BAT kits:

- Commonwealth Seniors Health Card
- Health Care Card
- Low Income Health Care Card
- Pensioner Concession Card
- Department of Veterans' Affairs—Gold, White or Orange Card

To protect others from COVID-19 when you visit Care Goondiwindi, if you have any symptoms you **MUST WEAR A FACE MASK**, stay 1.5m away from others and wash your hands or use hand sanitiser.

Enquiries

Phone: 07 46 700700



## 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](mailto: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



Care Goondiwindi Ph. 07 4670 0700 [www.caregoondiwindi.org.au](http://www.caregoondiwindi.org.au)

Hi everyone,

Wow October is here already and Care is preparing for some BIG events this month. Firstly Care's AGM will be held on Tues 17 Oct 2023 at 6pm at 111 Callandoon Street. Everyone is welcome to attend the meeting detailing a summary of the year that was and what's ahead for this great organisation.

Memberships are also due for renewal with new members welcome to register. \$10 per year, please contact the office with any enquiries.

Care's major event for the month is Part II of our Mental Health Series featuring Samuel Johnson & Aaron Williams presenting their "Life Stuff" talk. We live in a world where stresses are just a part of life, the presentation by will touch some the serious issues experienced on a daily basis & how we can best deal with them. This is a night you don't want to miss, call the Care office to book your seat today. Have a great month everyone and I hope to see you at one of our events.

Tracy MacDonald  
Acting Chief Executive Officer  
E: [ceo@caregoondiwindi.org.au](mailto: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](mailto:goig@caregoondiwindi.org.au)  
[www.caregoondiwindi.org.au](http://www.caregoondiwindi.org.au)



Funded by



**Queensland Government**  
Department of **Communities**

**NEXT GOIG!!! Please submit your ads by**  
**10th October 2023**  
**to [goig@caregoondiwindi.org.au](mailto:goig@caregoondiwindi.org.au)**

**Like us on Facebook for program**  
**up-dates or email us**  
**[goig@caregoondiwindi.org.au](mailto: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
- Planning/Coordinating Supports
- 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](mailto:goig@caregoondiwindi.org.au) October 2023

Starts 9th May 2022



**GREAT MATES PLAYGROUP**

Ages 0 to 5  
All welcome

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

Brochures available at:  
Goondiwindi State School - 34 George Street, Goondiwindi



**St Mary's playgroup**

St Mary's Playgroup invites all Families and Children 0-5 years to engage in our Playgroup. Our Educators aim to encourage building relationships, allowing children to develop skills and confidence through play which is supported in a welcoming environment.

Starting Term 2 2022  
Friday's 9:15am - 10:45am  
Parish Centre  
Callandoon Street

Enquiries:  
St Mary's School, 46711730  
tanya.peck2@twb.catholic.edu.au

You're invited to

# PLAYGROUP

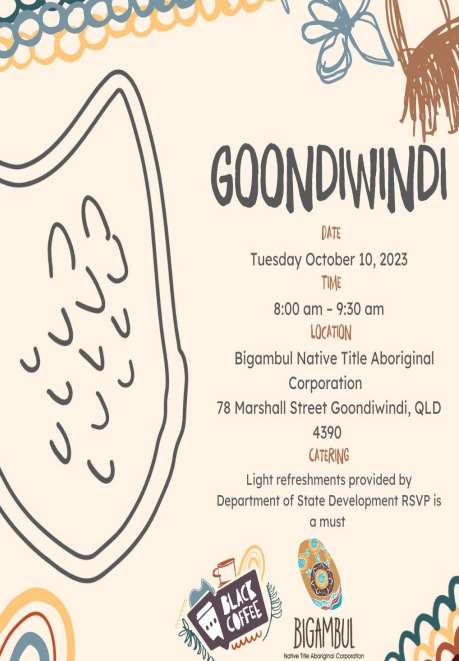


**Day/Time: Every Monday from 10am-12pm**

**Location: Care Office Boggabilla (Butcher Shop)**  
Freya Duncan—Care Goondiwindi  
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




## GOONDIWINDI

DATE  
Tuesday October 10, 2023

TIME  
8:00 am - 9:30 am

LOCATION  
Bigambul Native Title Aboriginal Corporation  
78 Marshall Street Goondiwindi, QLD  
4390

CATERING  
Light refreshments provided by  
Department of State Development RSVP is a must



## 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**



# LANESCAPE

# GOONDIWINDI

5 p m — 9 p m  
Bowen Lane  
1 3 . 1 0 . 2 0 2 3

\* LIVE STREET  
PERFORMERS  
\* FOOD  
\* BARS  
\* ARTISIAN  
MARKETS  
\* CHILDRENS  
ACTIVITIES  
\* ENTERTAINMENT



## ANNUAL GENERAL MEETING

Tuesday 17<sup>th</sup> October 2023

Care Goondiwindi  
111 Callandoon Street

You are invited to attend the Annual General Meeting of Care Goondiwindi. 5.30pm for refreshments followed by the meeting commencing at 6pm. Membership Renewals are now due, existing members will receive a meeting pack in the mail or by email. If you are interested in becoming a member or Director on the Board contact Tracy on the details listed below.

Please RSVP by Friday 13/10/2022

E: [info@caregoondiwindi.org.au](mailto:info@caregoondiwindi.org.au)  
P: 0746700700

## CALLING PERFORMERS....



## 2023 EVENT DATES

	Friday May 12, 2023
	Friday July 14, 2023
	Friday September 8, 2023
	Friday November 17, 2023

Register: <https://performingartsgoondiwindi.weebly.com/youthlivethehut.html>

## SAVE THE DATE....



## 2023 Event Dates

	Friday March 31, 2023
	Friday June 16, 2023
	Friday August 4, 2023
	Friday October 6, 2023
	Friday November 17, 2023

Register: <https://performingartsgoondiwindi.weebly.com/youthlivethehut.html>



Getting out in Gundy [goig@caregoondiwindi.org.au](mailto:goig@caregoondiwindi.org.au) October 2023

## 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](http://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

# AUSTRALIAN OUTBACK SPECTACULAR

Embark on a journey to the heartland of Australia through an extraordinary show featuring true Australian characters, a transformative arena, mesmerizing animals and immersive technology. Includes three course dinner with beverages, Heartland takes guests on a compelling & emotional ride into the heart of the Australian bush.

**Wed 8th – Thurs 9th**

Lunch in Toowoomba, Accommodation at Gold Coast (cabin style)  
**SHOW & 3 COURSE DINNER FROM 7:30PM**

Home via Warwick for lunch.

**\$150pp includes all meals/show/travel/accommodation/coach trip!!!!**

Payment plans can be arranged. If you are interested in attending **please contact us or talk to Kirsty 46700700.** A \$50 deposit will be required to confirm seat.



## Saturday 14th October Botanical Gardens

Join us in 2023 for an evening of professional opera, world class orchestral music, canapés and award-winning wine. A silver-fork supper will showcase local produce, and local singers and children will lend their voices to the evening.

The event and bar will open to the audience at 5.30pm, before the Opera commences at 6.30pm.

Tickets via Eventbrite  
All proceeds go to GI Cancer Institute.



## SENIORS CELEBRATION MONTH LUNCH

**WEDNESDAY 18TH OCTOBER 2023**

At Oaktree Village. 11:30am start

Featuring **JIM KELLY**

\$15 per person

**Dancing, Friendship, Raffles, Great Food, Art, Celebrations & more.....**

**PH: Kirsty 46700700 to book by 17th October**

**RSVP's Essential. Transport available for \$2 fee.**

**ALL SENIORS WELCOME!**



SENIORS CELEBRATION MONTH

Scones & Bingo Morning!



*Please join us at the Oaktree Village for Scones, Tea & Coffee & the option to play some games of bingo!!*

**Wednesday 25th October**

**10am—11:30am**

**Oaktree Village**

**Transport available**

**PH: Kirsty 46700700 RSVP essential by 23rd Oct.**



CARE GOONDIWINDI + TIE UP THE BLACK DOG  
BRING YOU PART 2 OF OUR MENTAL HEALTH PRESENTATION SERIES



# LIFE STUFF


SAMUEL JOHNSON  
+ AARON WILLIAMS

## 18 OCTOBER 2023

FREE COMMUNITY EVENT | DOORS OPEN 5.45PM  
DESIGNED TO CRUSH STIGMAS TALK STARTS 6.30PM  
AROUND MENTAL HEALTH COMMUNITY CENTRE GOONDIWINDI  
INCLUDES DINNER & BAR AVAILABLE

ALL WELCOME  
FOR MORE INFORMATION & BOOKINGS CONTACT KIRSTY AT CARE  
4670 0700 | KIRSTY.DOWNING@CAREGOONDIWINDI.ORG.AU

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




## HAVE A BLAST

Woolworths CRICKET 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](http://Playhq.com) to register!



JOIN YOUR NEAREST CLUB  
Play Cricket

PROUDLY PRESENTED BY  
Woolworths CRICKET



QUEENSLAND CRICKET


### COMMUNITY COACHING COURSE

WHERE:

WHEN:

COST:

SCAN THE QR CODE TO REGISTER


# GOONDIWINDI

DATE  
Tuesday October 10, 2023

TIME  
8:00 am - 9:30 am

LOCATION  
Bigambul Native Title Aboriginal Corporation  
78 Marshall Street Goondiwindi, QLD 4390

CATERING  
Light refreshments provided by Department of State Development RSVP is a must




Hosted by Umbrella Finance Consultants in support of Ovarian Cancer Research Fund.

# Frocktober

## MORNING TEA

Thursday 12th Oct  
9:30am-12:30pm. Vicarage Cafe  
Tickets via eventbrite





**Bay Audio Hearing Experts**

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

Take a free 5 minute self hearing check

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

**MY SAILOR, MY LOVE**

Wed 11th October  
9:45am for Morning  
Tea & 10:30am start.  
\$10pp  
RSVP essential  
46710365....



**Interagency Meetings**

Every 2nd Thursday of the month.

**Thursday 12TH OCTOBER**

**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 5 October 5.30 pm  
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



**Market Dates 2023**

- February 26
- April 23
- May 28
- June 25
- July 23
- August 27
- September 24
- October 22

Christmas Market  
December 2  
gundymarkets@gmail.com



**HOME GROWN  
FESTIVAL**

Spring into your Community Garden!

**15 OCTOBER 2023** See   
**8 AM - MIDDAY** 

at The Community Gardens  
39 McDougall St, Goondiwindi

Featuring: Bozo Bus, Face Painting,  
Chalk Drawing, Live Music, Sausage  
Sizzle, drinks, coffee van, pet baths,  
blacksmithing, a variety of stalls &  
more...

**EARRING  
making  
Workshop**



with Krysha Kelley of Frenchie & Mint  
Monday, 9 October 6pm - 8pm



## 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

## NRL GRANDFINAL @ THE GOONDIWINDI GOLF & COUNTRY CLUB

2 Person Ambrose 12pm Shotgun Start  
Supporters Theme - Team vs Team  
Player in their Team Colours (Jersey, etc.)

**SUNDAY 1ST OCTOBER, 2023**

NRL GRANDFINAL ON EVERY TELE IN THE CLUB

FOOD AVAILABLE - DETAILS CLOSER TO DATE

ENTERTAINMENT ON THE DECK BY SPILT IMAGE  
FROM 2PM



# 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



PCYC After School & Holiday Care  
0427 295 698 for more details.  
[pcyc.org.au/School-Age-Care](http://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 at the Goondiwindi Library will be offering 20 minute one on one sessions with the below webinar dates. Bookings essential.



Tuesday 18 April - 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

## Get Online Week

Get help to get online from us



## Get Online Week - Goondiwindi Library

17th-20th October 2023

### What's it about

Get Online Week is a campaign organised by **Good Things Foundation** aiming to close the digital divide.

We believe everyone deserves the opportunity to safely participate in our digital world and no one should be left behind. For one week in October, our network of community partners host hundreds of free digital skills events to help people to get online safely, confidently and affordably. Together we can close the digital divide for all, for good.

### Our Activities

- 16 October 10.00am ★  
Update emergency contacts in phone
  - 17 October 9.00am ★  
Be Connected Online Shopping & Banking
  - 19 October 10.00am ★  
Add appointments to digital calendars
  - 20 October 10.00am ★  
Check contact details on government apps
- Goondiwindi Library**  
100 Marshall St., Goondiwindi  
Ring 07 4671 7470 to book

## 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](mailto: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](mailto: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](http://www.liveslivedwell.org.au)

WE'RE HERE FOR YOU

**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