

Getting Out! IN GUNDY

www.caregoondiwindi.org.au

What's on this month -

APRIL 2024


GOONDIWINDI
Picnic Races



- | | |
|----------------------------|------------------------------|
| * Picnic Races | * Toobeah Steam Train |
| * Story Sharing Workshop | * Saddle Up QLD Music Trails |
| * Paddock Prelude | * Roads to Home Art |
| * Meet, Move, Munch & Make | * Football Home Games |
| * Goondiwindi Markets | * Moto X Club Days |

CARE GOONDIWINDI 111 CALLANDOON 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 |



Getting out in Gundy goig@caregoondiwindi.org.au APRIL 2024

MARCH 2024

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)

Thank you to:



Funded by:



In partnership with:



No Interest Loans are for people on low incomes and not available for cash. See eligibility criteria at: goodreg.org.au/nils



Cub Care

URGENT PAEDIATRIC CONSULTS

Speak to our specialist
emergency kids doctors at

ddkids.com.au

1800 519 552

- On-demand video telehealth consults
- Open 4-10pm, 7 days a week
- No booking or referral needed
- Free for the Darling Downs Region



A Darling Downs Health x Cub Care Initiative, providing the region with a safe, convenient alternative to the Emergency Department.

Facebook cub care

Instagram @cubcar



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



Care Goondiwindi Ph. 07 4670 0700 www.caregoondiwindi.org.au

Hi everyone,

Welcome to the April edition of Getting Out in Gundy. I hope you all had a Happy Easter!! I cannot believe that we are now in April, the last few months have just flown by.... With this comes the change of season and thankfully the weather is now much cooler, especially in the evenings, and a lovely time of the year. This also marks the time to consider your Flu Vaccination, this is now offered to FREE to ALL QUEENSLANDERS at your local Pharmacy, please consider having your vax to protect yourself. Contact your preferred pharmacy or doctor to make an appointment. The major event in Gundy this month is the Goondiwindi Picnics, one of the biggest events for our community and a nice time to catch up with friends in beautiful surroundings.

I would also like to welcome the two new Councillor's to the GRC team, Julia Spicer and Kym Skinner, we look forward to working with Councillors new and old around all things community over the next four years. Have a great month

Tracy MacDonald,
Chief Executive Officer

E: ceo@caregoondiwindi.org.au

Getting out in Gundy

Care Goondiwindi Ltd.
111 Callaoundon 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
12th APRIL 2024
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
- 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.





GREAT MATES PLAYGROUP

Ages 0 to 5
All welcome

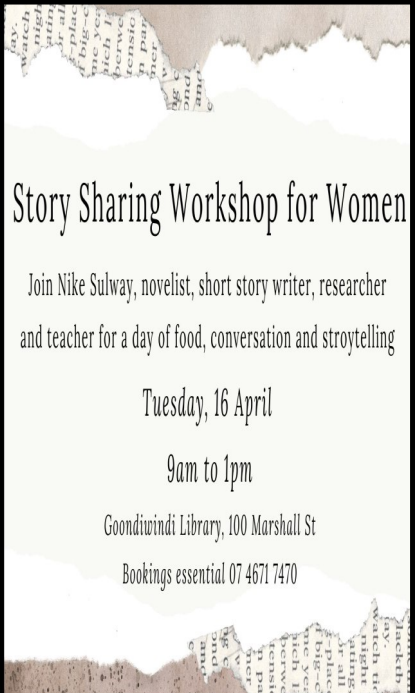


GREAT MATES PLAYGROUP

Wednesday
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 (07) 46 777 333 greatmates@goondiwindi.ss.eq.edu.au



Story Sharing Workshop for Women


Join Nike Sulway, novelist, short story writer, researcher and teacher for a day of food, conversation and storytelling

Tuesday, 16 April

9am to 1pm

Goondiwindi Library, 100 Marshall St

Bookings essential 07 4671 7470




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.

YOUR LOCAL COMMUNITY SUPPORTING CHILDHOOD LITERACY IN GOONDIWINDI

Scan to find out more



SCAN ME

Tech Sessions for Seniors

Hosted by Goondiwindi Library and FoodWorks Goondiwindi

Thursday 18th April at 10am
Goondiwindi Library, 100 Marshall Street

Get help from the Library Team and FoodWorks Goondiwindi Consultant to set up your personalised app for:

- Click and Collect Shopping
- How to view Weekly Specials
- Home Deliveries

What you will need to bring:

- Your device, phone or tablet and your app store login
- A positive attitude
- A mate, why not learn together

Bookings essential, contact the Library today to book your FREE spot:
07 4671 7470





Southern Downs Steam Railway
Home of the Downs Explorer



Goondiwindi to Toobeah by Steam Train
 and
 "End of the Rail Line" bus trip to Thallon

Sunday 30th April 2023

SDSR will be operating a three day rail adventure from Warwick to Goondiwindi 29th April to 1st May 2023
 If you will be visiting the area or live locally, you may like to join us on a nostalgic rail or bus journey on Sunday 30th April

Option 1: Return train ride Goondiwindi to Toobeah 8:00am returning 12:00 noon - \$50 Adult \$20 Child

Option 2: Return train ride Goondiwindi to Toobeah 1:00pm returning 5:00pm - \$50 Adult \$20 Child

Option 3: Train from Goondiwindi to Toobeah, then bus to Thallon to visit the end of the old rail line 8:00am returning 5:00pm \$50 Adult \$20 Child
 Lunch available in Thallon

Book now 247 on our website www.downsexplorer.org.au
 Phone (enquiries only 9am - 3pm) 07 4661 9788

DUE TO UNFORESEEN CIRCUMSTANCES, SUCH AS SEVERE FIRE CONDITIONS, WE MAY HAVE TO SUBSTITUTE THE STEAM LOCOMOTIVE FOR OUR DM45 HERITAGE DIESEL

SOUTHERN DOWNS STEAM RAILWAY Warwick Qld. info@sdsr.com.au



INGLEWOOD STATE SCHOOL TRAIL RIDE

SAVE THIS DATE

4 & 5
MAY 2024

Please share help spread the word.
 We're hoping for better weather this year with the new date.


 [inglewoodtrailride](https://www.facebook.com/inglewoodtrailride)
inglewoodstateschooltrailride.com.au



GOONDIWINDI
Picnic Races

Saturday 13th April
 Gates open at 12 midday
 18+ ONLY
www.picnicraces.com.au

SAVE THE DATE



Paddock Prelude

APRIL 12 7PM - LATE

Hawks Season Launch
 Riddles Oval
 Cocktail Dress
 12th April 7pm
 See FB page for more
 Details...

ticket prices & more information to come...

Umbrella Finance

BE BANK READY FORUM



16th April North Star
 17th April Gdi
admin@umbrellafinanceconsultants.com.au

REGULARS

◆ LAWN BOWLS - VETS/MIXED

7:30am every Tuesday,
2 for 2:30pm start Sundays.
Thursday-Free barefoot bowls
Goondiwindi Bowls Club
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

◆ VITAL HEALTH SPEECH PATHOLOGY

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

◆ 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

Meet, Move, Munch and Make!

Prioritise your mental health and come join us for a day of relaxation, creativity, and connection!

Proudly presented by Greenup Events Group and supported by Goondiwindi Regional Council.

9:30-16:00 13th or 14th April

40 Greenup Limevale Road, Coolmunda

\$ 65 per person, per day (*plus booking fee)

BOOK NOW!

Only 10 slots available each day!



Book through the QR code above or visit the Eventbrite website

Join us for a morning yoga session or nature walk, a hearty lunch, and creative workshops

The choice is yours between:

Paint on a Chopping Block

Kristy from "Kreate It"

Paint a Hummingbird on Saturday, or a cow on Sunday

OR

Create a Wire Sculpture

Jabella from "Wedgetail Winds Studio"

Create a wire bird sculpture on Saturday, or a dragonfly on Sunday

For more details, ring Michele: 04 07733533



This project is jointly funded by the Australian and Queensland governments under the Disaster Recovery Funding Arrangements.



PRE-SEASON TRIAL MATCHES

Vs SURFERS PARADISE DOLPHINS
FRIDAY, March 15th 2024
@ GOLD COAST

DOWNES RUGBY SEASON LAUNCH
SATURDAY, March 23rd 2024
@ JOHN RITTER OVAL, DALBY

DOWNES RUGBY RND 1
SATURDAY, APRIL 20th 2024
@ GALLAS FOX PARK, ROMA



SENIORS LUNCHEON

Wednesday 18th April

@ The VIC

12 midday. \$18 pp 2 Courses

Transport available for gold coin.

RSVP Essential—46700700

HOME GAMES

Goondiwindi Rugby @ GILBERT OVAL

League Rnd 3 v Valleys Sat 22/04

Rnd 5 v Oakey Sun 14/05

Rnd 7 v Brothers Sat 27/05

Rnd 9 v South's Sat 10/06

Rnd 11 v Pittsworth Sat 25/06

Rnd 12 v Gatton Sun 09/07

Rnd 13 v Newtown Sat 15/07

Rnd 15 v Highfields Sat 29/07

Rnd 17 v Wattles Sun 13/08



QLD MUSIC TRAILS PRESENTS



SADDLE UP

IT'S LIVE!
Live @ Goondiwindi



13 APRIL

GOONDIWINDI

JOIN THE OUTBACK TRAIL

QMF: QLD MUSIC TRAILS

The Outback Trail 2024 kicks off with Saddle Up. Bring a picnic lunch, mingle with fellow Trail-goers and enjoy live tunes from homegrown heroes Split Image and country pop rising star Chloe Styler.

GET TIX @ QLD.MUSICTRAILS.COM



Getting out in Gundy goig@caregoondiwindi.org.au APRIL 2024

**Got a lot going on?
No shame in talking it out.**

Strengthen your social and emotional wellbeing by finding the right support with Targeted Psychological Therapies (TPT)

Have a yarn with your GP about TPT. It's mental health support that is available to mob living in

- Western Downs
- Goondiwindi region
- Southern Downs
- South Burnett

Through the TPT program, Aboriginal and Torres Strait Islander Peoples can access **five free sessions** with caring mental health practitioners from Lives Lived Well and our valued partners.

*When arranged under a GP Mental Health Treatment Plan.
*Sessions are available under the Safety and Being Strong and Well Being Plan.

Lives Lived Well
www.liveslivedwell.org.au



ROADS TO HOME
ART EXHIBITION
JUDE McBEAN & LEIGH PRITCHARD

Civic Art Space 12th April—25th May. Opening event Friday 12th April from 5:30pm.

Goondiwindi Apex Eisteddfod Schedules

Schedules are available FREE at the Goondiwindi Regional Civic Centre 100 Marshall Street, GSPS, GSHS, BRCC and St Mary's Schools.

You may also contact Judy Dunlop Ph 0412510949 or go to the website - www.gae.org.au

Entries close Tuesday 9th May 2023
The eisteddfod will be held 7th to 12th August 2023



Goondiwindi REGIONAL COUNCIL
REGIONAL AUSTRALIA
at its best!

GOONDIWINDI MOTORCYCLE CLUB

CLUBDAY 1
APRIL 28TH



TROPHY SPONSOR: TOLLIS PANEL & PAINT
HOLESHOT AWARD SPONSOR: AGROC CONTRACT FARMING

3rd Sunday Feb - Nov

FREE Community Event

2024 Dates

- February 18th
- March 17th
- April 21st
- May 19th
- June 16th
- July 21st
- August 18th
- September 15th
- October 20th
- November 17th
- Christmas Market
- December Saturday 7th

Bookings: gundymarkets@gmail.com

More info contact 0428 714 140
www.facebook.com/GundyMarketsInc

Bay Audio Hearing Experts

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

Take a free 5 minute self hearing check

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



wellways

Interagency Meetings

Every 2nd Thursday of the
month.

Thursday 11th April

**at Oaktree Village
Albert St Goondiwindi .**

P: Kirsty 46700700

E: kirsty.dowling@caregoondiwindi.org.au



Goondiwindi Show
3rd & 4th May 2024

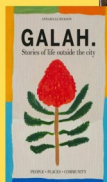


CLAW PRESENTS

HIGH TEA AT THE GOONDIWINDI SHOW

WITH SPECIAL GUEST
ANNABELLE HICKSON
GALAH FOUNDER

4th May
10-12midday
The Jackson Pavillion



Aspects ART SHOW

02/04/2024

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



Enrolling now!
For 2021 and 2022



Please contact our service coordinator for further information and enrol your child today!

visit www.tckc.qld.edu.au for more details
Brisbane Street, Goondiwindi Qld 4390 PHONE 0448 292 227 EMAIL GOOcare@tckc.qld.edu.au



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
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**Before School Care
After School Care
Prep Age Children**

ENROL NOW!

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.

GOONDIWINDI
CINEMA & THEATRE

Golden Hour Matinees

Morning Tea Movie Club

1st May
9:30am for 10am
start....
Cost \$10

P 07 4671 0365

THE GREAT ESCAPER
A TRUE LIFE STORY

01 May 2024 - 9:30am For morning tea, 10:00am movie start
Cost: \$10

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

first5forever

Texas Library

2024 DATES

15 FEBRUARY	18 JULY
21 MARCH	15 AUGUST
18 APRIL	19 SEPTEMBER
16 MAY	17 OCTOBER
20 JUNE	21 NOVEMBER
	19 DECEMBER

WWW.GRC.QLD.GOV.AU/LIBRARIES

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

PCYC PCYC PCYC

For more Info on all programs & activities

07 46 715 677

Find us on Facebook

Building Community Wellbeing

GOONDIWINDI REGION WORKSHOPS

- Discover the ingredients for strong community well-being.
- Apply self-care knowledge for effective leadership.
- Future-proof the vibrancy and liveability of your town.

If you don't make it to one of the workshops - don't worry! Come along to which ever workshops you can.

WORKSHOP #1 BUILDING COMMUNITY WELLBEING	
Goondiwindi	14/2/24 12-1.30pm
Texas	21/2/24 9-10.30am
Inglewood	28/2/24 9-10.30am
WORKSHOP #2 SUSTAINING PERSONAL VITALITY	
Goondiwindi	14/3/24 9-10.30am
Texas	21/3/24 12-1.30pm
Inglewood	28/3/24 12-1.30pm
WORKSHOP #3 LEADING FOR A HEALTHY COMMUNITY	
Goondiwindi	7/5/24 7-8.30pm
Texas	16/4/24 1-2.30pm
Inglewood	28/5/24 6.30-8pm

WORKSHOP VENUES

<p>Community</p> <p>Goondiwindi Inglewood Texas</p>	<p>Venue</p> <p>Gateway to Training, Russell St, Gdi Inglewood Civic Centre Texas Memorial Hall</p>
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RSVP Essential - email chantal@ruralpsychologist.com.au or For more information contact Chantal Corish mob 0427623916

This project is jointly funded by the Australian and Queensland governments under the Disaster Recovery Funding Arrangements.

Ex Hospital Flock Catch Up

Every 3rd Friday of the Month

11:30am—Venue TBA each month
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