

# Getting Out!

## IN GUNDY

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

What's on this month -



- \* Apex Eisteddfod
- \* ARB Gundy 500
- \* Town Markets
- \* Talwood Races
- \* Goondiwindi Polo

- \* Annual Kindy Dinner
- \* Pink Ladies Day
- \* North Star Polo
- \* Boomi Bats
- \* Cocktails for Kindy

**CARE GOONDIWINDI 111 CALLANDOON STREET 07 4670 0700**

Office Hours 8.30am-4.30pm

Monday - Friday

- Community Development
- Community Justice Group
- Commonwealth Home Support
- Indigenous Family Support
- Medico Transport Service
- Disability Services & Respite Services
- NDIS Provider
- Youth Access Service
- No Interest Loan Scheme (NILS)
- Rural Family Support
- Seniors Support Service
- Emergency Relief
- Financial Resilience Program
- 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: [goodshep.org.au/nils](http://goodshep.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



Hi everyone,

Firstly, I wanted to thank this amazing community, for supporting the events that we bring to Goondiwindi. Care in partnership with "Tie Up the Black Dog" held the first of 3 Mental Health presentations, starting with NRL Superstar Darius Boyd who shared his life's journey talking about the high and lows and the strategies to achieve positive wellbeing in your life. The 2nd speakers to grace our community will be Samuel Johnson and Aaron Williams with their new presentation "Life Stuff" which is designed to crush the stigma around mental health. The 3rd presentation will be at International Women's Day in March 2024 – a guest speaker for this event is yet to be confirmed. Care and TUBD with an injection of funding from TRACC are able to bring these amazing speakers, who come with a positive message for people living in regional and rural areas. More information to come over the next few months and I hope to see you there.

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

### 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  
14th August 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.



**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.peak2@twb.catholic.edu.au



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



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

## 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**



## Eisteddfod 2023

The Goondiwindi Apex Eisteddfod will be held from 7<sup>th</sup> Aug—Sat 12<sup>th</sup> Aug. Six days of vocal & choral, speech & drama, instrumental & piano and dance.

\*Program available from GRC.

\*Volunteers still NEEDED. If you can help, please contact Lois Phillips 0413255694 or Alison 0427712090.

### Wine & Cheese & Trophy Presentation Evening

Major trophies presented at a Wine and Cheese Evening – mRiver Room from 5.30pm Saturday 12<sup>th</sup> August.

### CALLING PERFORMERS....

**16+**

**LIVE**

**@**

*the hut*

**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....

**YOUTH**

**LIVE**

**@**

*the hut*

**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>

## 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

# MURDER AT THE MOONSHINE MINGLE

Presented by the Boomi Amateur Thespian Society

It's 1920 and there's a new juke joint in town. So, put on your glad rags, fire up those hay burners and head to Boomi for the grand opening of the Moonshine Mingle.

## SHOW DATES

AUGUST 25 & 26, SEPTEMBER 1 & 2

Tickets \$110  
on sale July 31, 2023  
1920's Dress Attire

Follow our socials for details

Boomi Amateur Thespian Society  
 @boomi\_amateur\_thespian\_society

*\* Sit-down catered meal  
Doors and Bar open 6 pm  
Must be 18 for Entry*

**B.A.T.S**  
Boomi Amateur Thespian Society

# TEXAS

## COUNTRY MUSIC FESTIVAL

**BROOKE MCCLYMONT & ADAM ECKERSLEY**  
**HAYLEY JENSEN \* VIPER CREEK BAND \* WILL DAY \* MAX JACKSON**  
 BROOKE SCHUBERT \* JEREMY TURNER \* BILLY DUGGON \* PETER 'SMOKIE' DAWSON  
 PETER CHAPMAN \* AMY RYAN \* CUSH RYDER  
 ANDREW RYAN \* RUBY JANE \* SCOTTY MACK \* TOMMY B SINCLAIR - MC - RONNIE YEE - TODAYSCOUNTRY94ONE

**21-23 SEPTEMBER 2023**  
**TEXAS SHOWGROUNDS, QLD 4385**

**BOOK NOW!** SCAN THE QR CODE TO BOOK YOUR TICKETS  
 OR VISIT <https://tickets.oztix.com.au/OUTLET/EVENT/2317384-1884-4888-8978-8A0B8C3D028>  
 0447 151 939 [texas@musicfestival.com.au](mailto:texas@musicfestival.com.au) [facebook.com/texas@countrymusicfestival](https://facebook.com/texas@countrymusicfestival)

# BORDER CUP

## TRIPLE CROWN BONUS

**BORDER CUPS RACES WILL BE CONDUCTED AT THE FOLLOWING RACE MEETINGS:**

<b>15 JULY</b>	Goondiwindi Bergamotta Cup & 1600m Open Handicap
<b>29 JULY</b>	St George St George Cup & 1600m Open Handicap
<b>12 AUGUST</b>	Talwood Talwood Cup & 1600m Open Handicap

**TRIPLE CROWN WINNER TAKES ALL \$10,000 Cash Bonus paid by the Clubs**  
*\*Any horse that wins all 3 Border Cups listed above will earn the owner a \$10,000 Bonus. \*Conditions apply*

**CONTACTS US:**

- GOONDIWINDI RACE CLUB**  
  
 Cullter Hayes  
 0428 987222  
[cullter@hayesracing.com.au](mailto:cullter@hayesracing.com.au)
- ST GEORGE RACE CLUB**  
  
 Josh Vickers  
 0432 205616  
[stickenconstructions@outlook.com](mailto:stickenconstructions@outlook.com)
- TALWOOD RACE CLUB**  
  
 Gail MacNeil  
 0427 280776  
[gradna@bigpond.com](mailto:gradna@bigpond.com)

## DATE CLAIMERS:

Saturday 2nd Sept...

Fri 8th— Sunday 10th September

ROTARY  
**Gourmet**  
IN GUNDY

Grazing AT THE POLO



## OUR SIGNATURE LUNCH EVENT

12pm to 4:30pm.

TICKETS \$150

(General Admin included)

If you would like to reserve seats as a group please email us at [goondiwindipolo@gmail.com](mailto:goondiwindipolo@gmail.com)

Tickets are limited so please get in early to avoid disappointment.

## THE SHED BAR AND BEER GARDEN

General Admin Tickets \$15 (Kids Free). Purchase online or available at the gate on the day.

**SATURDAY 12th AUGUST**

**GUNDY ARB**  
**500**  
RUG 11-13 2023

## 11th & 12th August 2023....

500km of off road racing across two days of competition. Headlined by a Friday evening meet and greet, the 500km event will consist of a prologue and six 80km laps of the Goondiwindi track.

THE 92<sup>ND</sup> ANNUAL



Talwood  
Races

SATURDAY 12<sup>TH</sup> AUGUST 2023

FROM 11.30AM TALWOOD RACE TRACK  
5 RACE PROGRAM | FASHIONS ON THE FIELD  
CALCUTTA | LOCAL & INTERSTATE BOOKIES  
CHILDRENS ENTERTAINMENT | BBQ LUNCH & DINNER  
HAPPY HOUR (UNTIL 5PM) | FULL BAR (STRICTLY 18+)  
LIVE BAND  
RETURN BUS (BOOKINGS ESSENTIAL) (GOONDIWINDI TO TALWOOD & BACK TO GOONDIWINDI) (LIVE ABBUCKLE ROAD 567 977)



## SATURDAY 19th August

6pm-11pm at Royal Hotel

Theme: Glitz & Glam

Tickets are \$75 each which includes drink on arrival, canapes and baked ham.

Raffle tickets are also available for purchase. Lots of generously donated items. Raffle will be conducted on the night, after the charity auction.

TICKETS VIA EVENTBRITE

SUNCORP  
Talwood  
PINK LADIES DAY  
..... 2023 .....

## WED 23RD AUGUST

### Talwood Recreation Grounds

Includes—luncheon, guest speakers, Entertainment & market stalls.

Tickets are via HUMANITIX

Ph: 46 616166 for more information



**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



*Cocktails for Kindy*

Toobeah Kindy celebrates 50 years!  
 COCKTAILS | CANAPES | LIVE MUSIC  
 Tickets: \$60

AUG 26 Toobeah Kindergarten  
 Cnr Darwin Hwy & Minnel Rd  
 Toobeah  
 \*bus service available

5:00 PM

**GUNDY Markets**  
**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



**Interagency Meetings**

Every 2nd Thursday of the month.

**Thursday 10th AUGUST**

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 10 August 1.00 pm  
 Thursday 5 October 5.30 pm  
 Thursday 30 November 1.00 pm  
 PH: Kath 0475391260 or Suzie 0427965462 for more information.



GOONDIWINDI SENIOR RUGBY LEAGUE

**UPCOMING HOME GAMES 2023**

SAT 27TH MAY

SAT 10TH JUNE - SPONSORS & JUNIORS DAY

SUN 25TH JUNE

SUN 9TH JULY

SAT 15TH JULY - OLD BOYS DAY

SAT 29TH JULY - LADIES DAY

SUN 13TH AUG



**SAVE THE DATE**

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

**THE UNLIKELY PILGRIMAGE OF HAROLD FRY**

Wed 2nd Aug  
 9:45am for 10:30am start  
 RSVP to cinema  
 46710365 for catering  
 Cost \$10 pp



**Care Goondiwindi Seniors  
 Older Person's Network**

August Luncheon  
 Victoria Hotel  
 Wed 16th August

12 midday  
 \$18 per person  
 RSVP Essential by 14th Aug  
 Call Kirsty at Care 46700700 for more info

## 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@gmailkdsf.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

DATE CLAIMER:

**CelticFest**— 9th Sept—1 Oct  
Warwick QLD

[www.celticfestqld.com.au](http://www.celticfestqld.com.au)

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**  
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 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



**PCYC PCYC PCYC**  
For more Info on all programs & activities

07 46 715 677

Find us on  
**Facebook**



**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**



## 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

GOONDIWINDI Region

BURRUMBA - GOONDIWINDI - INGLEWOOD  
TALWOOD - TEXAS - TOORAH - YELABON

SAVE THE DATE

## GOONDIWINDI RACES

16 July 2022 Boggabilla Cup  
10 September 2022 Goondiwindi Cup  
3 December 2022 Goondiwindi Bush to Port Races  
25 February 2023 Community Race Day  
15 April 2023 Goondiwindi Picnic Races  
3 June 2023 Inglewood Cup and Goondiwindi Retailers Race Day



Getting out in Gundy [goig@caregoondiwindi.org.au](http://goig@caregoondiwindi.org.au) August 2023

**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