

Getting Out!

IN GUNDY

www.caregoondiwindi.org.au

What's on this month -

MARCH 2024

Get Ready For
IWD



International
Women's Day

#InspireInclusion
#IWD2024

- | | |
|------------------------------|-----------------------------|
| * Hell of the West Triathlon | * International Women's Day |
| * Super Saturday events | * Inglewood Show |
| * Emu's Home Games | * Rugby Golf Day |
| * Seniors lunch & movie | * Agribusiness Summit |
| * Sara Storer Concert | * Garden Club |

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 March 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)

Brought to you by:



Funded by:



In partnership with:



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

PLEASE JOIN US FOR A

Lunch

WEDNESDAY 20 MARCH 2024

Seniors Monthly Lunch
Oaktree Village
\$15pp 2 courses
Transport available

Rsvp!

BY 18th March to Care 46700700.
More info call Kirsty 0412459784

NEW

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 first edition of "Getting Out in Gundy" for 2024. It's been a busy month for Care to start the year, with lots happening in and about our local community. We have a great announcement to make, Care in partnership with TUBD has secured Libby Trickett as our guest speaker for International Women's Day this year. As part of the Mental Health Series #3 Care will be holding a luncheon –what an opportunity to come along, enjoy a meal and listen to the amazing story of one of Australia's most successful Olympic Swimmers. Libby will also visit the Schools and our local Swimming Club, which I am sure will excite the all kids. Mark down 7th March in your diaries and watch our FB page for more information on how to secure your ticket for amazing event.

Have a great month
Tracy MacDonald,
Chief Executive Officer
E: 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
www.caregoondiwindi.org.au



Funded by



Queensland Government
Department of **Communities**

**NEXT GOIG!!! Please submit your ads by
12th March 2022
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
- 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 help 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@goondiwindiss.eq.edu.au



Let's Yarn About What is the NDIS

ndis Carers QLD
Delivering the NDIS in your community.

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 yarn with your identified local NDIS representatives to learn more.

Thursday 14th March at Town Park

Light Refreshments will be 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 lizwilson@carersqld.com.au and/or Courtney Ruler cyruler@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



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

YOUR LOCAL COMMUNITY SUPPORTING CHILDHOOD LITERACY IN GOONDIWINDI



MOREE PLAINS SHIRE COUNCIL PRESENTS
RICOCHET COMMUNITY RECOVERY TOUR

SARA STORER
WITH SPECIAL GUEST GREG STORER

FREE OUTDOOR EVENT!



BOGGABILLA OVAL
SUN 17 MAR 2024 5PM
BYO CHAIRS + NIBBLES. ALCOHOL FREE EVENT.

Funded by the Foundation for Rural and Regional Renewal



GOONDIWINDI TRIATHLON CLUB PRESENTS

GOONDIWINDI HELL OF THE WEST WEEKEND 2024

SAT 23RD SUN 24TH MARCH

HELL YOU WAITING FOR?
ENTER NOW WWW.HELLOFTHWEST.COM

SUPER SATURDAY

HELL OF THE WEST

WORLD RANKINGS POINTS EVENT
PROFESSIONAL TRIATHLETE ORGANISATION

STATE SERIES
PRELIMINARY CHAMPIONSHIP RACE

IT'S LIVE! in Queensland
REGIONAL QUEENSLAND
GOONDIWINDI REGIONAL COUNCIL
SOUTHERN QUEENSLAND COUNTRY
TRIATHLON CLUB

SAT 23RD MARCH

SUPER SATURDAY

NH Foods

HELL YOU WAITING FOR?
ENTER NOW WWW.HELLOFTHWEST.COM

FIRE STARTER ENTICER

HELLKIDS

GUNDY INFERNO 5+

GUNDY INFERNO 10+

FRIDAY 15th March
Gate Charge from 12pm
Adult \$15, Child & Concession \$5
8am - Pavilion Open for Entries
9am - Show jumping
10am - Pavilion Closed for Judging
10am - Bush Dog Yard Trials
3pm - Pavilion Open to Public
4pm - Ute & Quad Pull
5pm - Show Welcome
6pm Rodeo
7.30pm - Stud Sheep Jnr Judging
DJ and Bar til Late

WHAT'S ON!!



SATURDAY 16th March
FREE ENTRY
7am Yard Dog Trials
8am - Horse Ring Commences
9am Poultry, Prime & Stud Sheep Judging
9.30am - Commercial Cattle
11am - Dog & Pet Show
11:30am - Dachshund Racing
12:30pm - Dog High Jump
2pm - Motorbike Events
4pm - Demolition Derby
5pm - Post Rip and Firewood Challenge
6pm - Inglewood Farmers Challenge
7.15pm - Fireworks
Bar til Late
| Market Stalls | Facepainting | Foods Vans | Side Show Alley |
Plus much more....See you at the 2024 Inglewood Show

COMEDY DUCK RACES!!!!
Several Races throughout the day



LAC in Community Goondiwindi



Drop in and Connect With Us!

Meet our dedicated Local Area Coordinators (LAC) and learn about options available to support your National Disability Insurance Scheme (NDIS) journey, connect with your community, and find other supports that are available.

These quick, one-to-one conversations can get you started or guide you in the right direction.

As a NDIS participant, you can ask us anything about your funding, getting the most out of your plan, finding and working with service providers, and utilising the myplace online portal.

If you're not on the Scheme but would like to be linked to services, supports and activities within your community, we can assist you.

Appointments bookings are required. Please contact the Toowoomba office on 07 4646 2806 or email pic.lac.toowoomba@ndis.gov.au to book your appointment.

Need an Interpreter? Let us know. Interpreters are available by phone and in person in a variety of languages upon request.

Date	Time	Where
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In Goondiwindi 13th March & 17th April.... Goondiwindi Medical Centre

We're in your community. Scan the QR code for full details to connect at your preferred location.



To start your NDIS journey, connect with us today. **1300 999 636**
cq.enquiries@ndis.gov.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 1-4:30pm
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

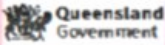
Breast & Prostate Cancer Clinical

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

Care Goondiwindi & Tie Up The Black Dog
Invite you to



INTERNATIONAL
WOMENS
Day

THURSDAY MARCH 7TH

KEYNOTE SPEAKER: LIBBY TRICKETT

Part 3 of our Mental Health Presentation Series

11:30am for 12md start

\$25 per ticket includes 2 course lunch & glass of champagne on arrival..at Queensland Hotel

RSVP: Care Goondiwindi 46700700 or

Kirsty 0412459784

kirsty.dowling@caregoondiwindi.org.au



International Women's Day



Getting out in Gundy goig@caregoondiwindi.org.au March 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
- Southern Downs
- Goondiwindi region
- 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.
This service has been made possible by funding from Spring Downs and West Burnett HAs.



GOONDIWINDI JUNIOR RUGBY UNION Charity Golf Day



- FRIDAY -
15
March
2024

REGISTRATION 12:00PM | TEE OFF 1:15PM

4 MAN AMBROSE . 9 HOLES
\$50 PER PERSON WHICH INCLUDES LUNCH
NOVELTY HOLES, AUCTION ITEMS & PRIZES WILL ALSO BE PART OF THE EVENT

TO REGISTER TEAMS

Contact

Cameron Derbidge 0407 299 056 or cameron@tagsgundy.com.au

FUNDS RAISED WILL BE DONATED TO
Ronald McDonald House . Angel Flight

GOONDIWINDI GARDEN CLUB

DROUGHT RESILIENCE AND RECOVERY WORKSHOP



Sunday 10th March 2024
9:30am-2:30pm

Ian and Louise MacCue's Garden
30 Oakhole Road, Goondiwindi



Kylie Rutledge,
"Mob Homestead", Quilpie



Gail MacCue,
"Harris Cottage", Moonee



Mira Wells, Wallaby
Horticulture, Toowoomba



Andrew Williams, ACRI
Irrigation, Goondiwindi

Guest presenters will be utilising a screen for their presentations.

COST
\$10 entry includes morning tea and lunch.

SUPPORTED BY:



RSVP

Please RSVP by the
5th March to assist with catering.
<https://forms.gle/YTKXFyo3Mtfoy6XQ9>



1st 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



Interagency Meetings

Every 2nd Thursday of the month.

Thursday 14th March

**at Oaktree Village
Albert St Goondiwindi .**

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



We offer free, confidential and independent **Financial Counselling** and **Financial Resilience** programs to assist with negotiating with creditors, provide options concerning debt and financial options including bankruptcy and assist clients to understand the debt collection process and how to prepare budgets.

We also offer **Gambling Help Community Education** programs and **Gambling Help Counselling** for individuals impacted by their own or someone else's excessive gambling.

For more information please phone Lifeline Darling Downs on **1300 991 443**.

Clients can self-refer or referrals for clients can be made for either program by filling in the online make-a-referral forms at <https://www.lifelinedarlingdowns.org.au/make-a-referral>

SUNCORP AGRIBUSINESS SUMMIT 2024

SIMON LEWIS Suncorp Bank Treasurer
TRACY SECOMBE Author & Business Coach
BEN LAW The Financial Bloke
CHANTAL CORISH The Rural Psychologist

Financial markets outlook: 2024 & beyond
Building family & business resilience
The Financial Bloke
Maintaining family prosperity across the generations
The Rural Psychologist Podcast
Mindfulness

CONFERENCE
14 MARCH 2024
Goondiwindi Cultural Centre 8:30am - 4pm QLD TIME

MICHAEL MCINTOSH Rethink Investing
Diversifying Rural Assets

HENRY HOLCOMBE Sprout Ag
Creating wealth outside the farm

Logos: FRRR, B&W RURAL, ANZ, Carbonlink, FOX THOMAS, Legacy Livestock, RURAL, etc.

THIS PROJECT IS SUPPORTED BY THE FOUNDATION FOR RURAL & REGIONAL REVENUAL.

SUNCORP AGRIBUSINESS SUMMIT 2024

IAN MCLEAN Bush Agribusiness
TRACY SECOMBE Author & Business Coach
BEN LAW Strategic Coach & Host of The Financial Bloke podcast
SIMON LEWIS Suncorp Bank Treasurer

FIELD DAY
13 MARCH 2024
Billa Billa Sports Club

CONFERENCE
14 MARCH 2024
Goondiwindi Cultural Centre

LUKE McDONALD Farm Tour Host
RICHARD ECKARD Carbon Farming Expert

REGISTER AT www.machineryalliance.com.au/events

Logos: FRRR, B&W RURAL, ANZ, Carbonlink, FOX THOMAS, Legacy Livestock, RURAL, etc.

THIS PROJECT RECEIVED FUNDING FROM THE QUEENSLAND GOVERNMENT'S NATURAL RESOURCES RECOVERY PROGRAM AND THE AUSTRALIAN GOVERNMENT'S BUIVER PROSPERITY PLAN.

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



Diocese of Toowoomba
Catholic Outside School Hours Care

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



FUN STARTS HERE

Before School Care
After School Care
Prep Age Children

ENROL NOW!

SCHOOL AGE CARE

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

first5 forever

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



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.

To all the Golden Agers, join us for.....
FORCE OF NATURE– The Dry 2

When: Wednesday 6th March 2024
 Time: 9.45am for morning tea, 10.30am
 movie start
 RSVP: Goondiwindi Cinema
 074671 0365, bookings essential
 Cost: \$10
*5 women head out on a remote hiking trip
 but only 4 return.... Detective Falk must
 find out what happened...*



**PRE-SEASON
 TRIAL MATCHES**

Vs SURFERS PARADISE DOLPHINS
 FRIDAY, March 15th 2024
 @ GOLD COAST
 DOWNS RUGBY SEASON LAUNCH
 SATURDAY, March 23rd 2024
 @ JOHN RITTER OVAL, DALBY
 DOWNS RUGBY RND 1
 SATURDAY, APRIL 20th 2024
 @ GALLAS FOX PARK, ROMA



**GATEWAY
 TO TRAINING**

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

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

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



Workshops



Community



Wellbeing



Self-care

WORKSHOP VENUES

Community	Venue
Goondiwindi	Gateway to Training, Russell St, Gdi
Inglewood	Inglewood Civic Centre
Texas	Texas Memorial Hall

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.

PCYC PCYC PCYC
 For more Info on all programs & activities
 PCYC QUEENSLAND 07 46 715 677 Find us on Facebook PCYC QUEENSLAND

**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



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

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