

Getting Out!

IN GUNDY

www.caregoondiwindi.org.au

What's on this month -

MAY 2024



*Goondiwindi Show
3rd & 4th May 2024*

- * Goondiwindi Show 2024
- * Goondiwindi Markets
- * Toobeah Steam Train
- * Inglewood Trail Ride
- * Roads to Home Art
- * Twits Show
- * Biggest Morning Tea
- * Tech for Seniors
- * Aspects Art Show
- * High School Musical

CARE GOONDIWINDI 111 CALLANDON 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

MAY 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 goodnoprogram.org



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,

I hope you have all been keeping well. The Goondiwindi Show is one of the highlights of the year for our community and the district. There is something for everyone whatever your interests are. Care Goondiwindi will again have an entry in the "Creative Window" display in the Molly Makim Pavilion. Our NDIS participants are working hard on their projects to have them completed for the show, the theme this year "Bright Ideas", which offers a lot for the imagination and their creativity.

Also this month Care will again host "Biggest Morning Tea" on the deck at our office. Please consider coming along and making a donation to this worthy cause. We will have some amazing home cooked treats for everyone to enjoy. Have a great month and I hope to see you out and about.

Tracy MacDonald,
Chief Executive Officer

E: ceo@caregoondiwindi.org.au

P: 46700700

Getting out in Gundy

Care Goondiwindi Ltd.
111 Callaound 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
16th May 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**

**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



No Interest Loans for things you need now



Borrow up to \$1500 Pay back \$1500
No Fees. No Charges. Ever.

Talk to the people you know and trust

111 Callandoon Street, Goondiwindi
07 4670 0700
info@caregoondiwindi.org.au



NLS is for people on low incomes and is not available for cash.
See eligibility criteria at nls.com.au

In partnership:



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



You're invited to our **Australia's Biggest Morning Tea**.
Let's get together and enjoy some tasty treats so we can
support those impacted by cancer.

Where: "The Deck" Care Goondiwindi 111 Callandoon St.

Date: Thursday 30th May 2024

Time: 10:30am—12md

Details: \$5 per person—All money goes straight to Cancer
Council & you'll enjoy a delicious morning tea!

RSVP: 07 46 700 700 Kirsty.dowling@caregoondiwindi.org.au

*Raffles, games & lucky door prizes!!



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



BreastScreen
Queensland

BreastScreen is coming to
Inglewood Hospital
 7 – 11 May 2024
Texas Hospital
 13 – 16 May 2024

- Free breast screening for women over 40
- No doctor's referral needed

Women aged 50-74 are especially encouraged to attend



Call **13 20 50** or see your Health Worker
breastscreen.qld.gov.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 State High School's
 Production of




Disney
FROZEN JR.

Thursday 16th & Friday 17th May 2024
 Cultural Centre
 Doors open at 6pm - 7pm start

| Adult \$20 | High school student \$15 | Primary school student \$10 |
 | Family (2 adults and 2 primary school students) \$50 |
 Pre-school free

All tickets purchased online at
<https://www.trybooking.com/CFDYM>
 or by scanning the QR code provided



Music and lyrics by
 Kristen Anderson-Lopez & Robert Lopez
 Book by
 Jennifer Lee
 Based on the Disney film
 written by Jennifer Lee and directed Chris Buck & Jennifer Lee

Licensed exclusively by Music Theatre International (Australia)
 All performance materials supplied by Hal Leonard Australia.



Goondiwindi
REGIONAL
 COUNCIL



DOWNS EXPLORER
 GOONDIWINDI 3 DAY
 WEEKEND SPECIAL




Downs Explorer Train Rides
 3rd—5th May
 Gdi to Toobeah
 More info call 0400594711 or go to
www.downsexplorer.org.au

Full details & bookings 24/7 on our website
www.downsexplorer.org.au
 Phone (inquiries only 9am—3pm weekdays) 0400 594 711

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



Darling Downs Health
Aboriginal and
Torres Strait Islander
Health

TACKLE FLU BEFORE IT TACKLES YOU!

Aboriginal and Torres Strait Islander people are more likely to get really crook from the flu, which is why they should get their FREE flu shot.

**Don't miss out on
your FREE deadly shirt!**

If you're Aboriginal and Torres Strait Islander aged 12 years and over, visit the "Tackle Flu" clinic when it is in your town to get your free flu shot and deadly shirt.

Make sure you're up-to-date with your flu shot by getting your influenza vaccination



13th May 8:30am—3pm.

Maternity & Child Health

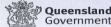
FREE—flu

PH: Karen for more info 0408777965

Free deadly shirt. No bookings required!

6086 x3 10/2024

NO BOOKINGS REQUIRED!



Queensland
Government

SENIORS LUNCHEON May Mothers Day Lunch

Wednesday 15th May

@ The Oaktree

12 midday. \$15 pp 2 Courses

Transport available for gold coin.

RSVP Essential—46700700



Sun 12th May

Community Gardens—39 McDougall St

8am start

BBQ, Stalls, Dog Wash, Coffee & more...

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 Wattle	Sun	13/08

Tech Sessions for Seniors

Hosted by Goondiwindi Library and
Allen's Pharmacy Goondiwindi

Thursday

16 May at 10am

Goondiwindi Library, 100 Marshall Street

Get help from the Library Team and Pharmacy Specialists to set up your personalised app to:

- Manage scripts
- Set medication reminders
- Arrange script refills
- Order pharmacy essentials for pick up or drop off

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



Goondiwindi Cinema and Theatre presents Shake & Stir's

ROALD DAHL'S

SHAKE

THE TWITS



6th May at 11am
Bookings at Cinema
46710365

www.goondiwindicinema.com.au

&
STIR



Bookings Essential

www.goondiwindicinema.com.au

07 4671 0365



**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 is not available by funding from Goondi Downs and West Burnett area.

Lives Lived Well
www.liveslivedwell.org.au

Goondiwindi Apex Eisteddfod Schedules

The eisteddfod will be held 5th to 10th August 2024. Entries close Tuesday 7th May 2024.

Contact Lois Phillips ph 0413255694.
website -www.gae.org.au

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

DJB AGRI SOLUTIONS

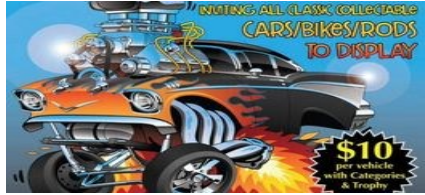
FREE REMOTE FIRST AID TRAINING

- 📍 Yelarbon Soldiers Memorial Hall
- 📅 22nd-23rd May
- 🕒 8:30-3:30pm



Goondiwindi Show and Shine

Goondiwindi Natural Heritage and Water Park 76 Johnston Rd, Goondiwindi



SAT 15th JUNE 9am– 2pm

Get your pride and joy out – Dust it off and bring it along! Inviting all classic collectible Cars/ Bikes/ Rods to display

Entry: \$10 per vehicle with categories and Trophy FREE for spectators

Time: 9am-2pm Live Music, Coffee van, cold drinks and hot food available along with kids entertainment.....

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



Interagency Meetings

Every 2nd Thursday of the month.
Thursday 9th May

at **Oaktree Village**
Albert St Goondiwindi .

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



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

02/05/2024



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



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



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



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
MICHAEL CAINE
GLENDA JACKSON

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

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WE'RE HERE FOR YOU

Gateway To Training....

Celebrating 20 Years
Wednesday, 22 May
at 4pm

Join us for drinks and canapes
Ph: 46 712258 for more info.

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—Venue TBA each month
Contact Faye Stewart 0497 260 027

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

Wellbeing

WORKSHOP VENUES

<p>Community Goondiwindi Inglewood Texas</p>	<p>Venue 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.

Saffron

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