

# Getting Out!

## IN GUNDY

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

What's on this month -

**JUNE 2024**

### Goondiwindi Region Careers. Skills & Opportunities Expo



- |                                     |                         |
|-------------------------------------|-------------------------|
| * Careers Expo                      | * Show & Shine          |
| * Goondiwindi Markets               | * Inglewood Cup         |
| * Ladies Day Rugby Union            | * Tech for Seniors      |
| * Seniors Lunch                     | * Community Connect Day |
| * Library School Holiday Activities | * Under 8s Day          |

**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](mailto:goig@caregoondiwindi.org.au) JUNE 2024

JUNE 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](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:



No Interest Loans are for people on low incomes and is not available for cash. See eligibility criteria at: [caregoondiwindi.org.au](http://caregoondiwindi.org.au)



## No Interest Loans Scheme

**Borrow up to \$2000  
Pay back what you borrow!**

With NILS, there's **NO interest, NO fees and NO charges.**  
You only pay for what you get!

We provide No Interest Loans (NILS) for individuals and families on low incomes with access to safe, fair and affordable credit.

**Call: 4670 0700**  
for more information

**\*\*LOAN INTERVIEWS WILL BE COMPLETED ON WEDNESDAY'S\*\***

### PLEASE NOTE:

Your loan interview **CANNOT** go ahead until **ALL** documents are received  
and must be **before 3PM on TUESDAY's**.

Thank you,  
NILS Team

111 Callandoon Street GOONDIWINDI QLD 4390

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

07 46700 700

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

## 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 can help 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
- ✓ No Interest Loans
- ✓ 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,

It is now officially winter and the cooler months are upon us and as we know with this comes flu season so I hope you all stay healthy and well over the next few months.

A great annual event that Care always supports is being held this month "Under 8's Day" at St Mary's School – the theme this year "connecting to culture through play" this will be a great morning of activities for our little ones and I'm sure will be enjoyed by parents as well. Out and about in our community there is lots happening, winter sports including all codes of football have home games including Ladies Day for Rugby Union which is always a great day out. Show and Shine is being held at the Water Park again this year this event includes live music, hot food and coffee and entertainment for the kids. All the details of events being held in our district are included in this edition, so hope to see you out and about in Gundy this month.

Tracy MacDonald,  
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**  
**11th June 2024**  
**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
- 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 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](mailto:greatmates@goondiwindiss.eq.edu.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




# 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.

f cub care @cubcare



Please join our

# Ladies Brunch

FUNDRAISER FOR  
THARAWONGA PRESCHOOL

Pre-paid Tickets \$35  
incl Buffet, Barista Coffee & Tea  
Glass of Champagne & Raffle ticket

SUN | JUN 23 | 9.30 am

NORTH STAR SPORTING CLUB  
KIDS ARE WELCOME

Please RSVP by 14th June  
to Emma-Rose 0467 889 957

Tharawonga Fundraising Committee  
BSB 034184 ACC 288525





# KIDS POTTERY CLASS

Ages 6-18

**FREE 2 DAY EVENT!**

JUNE 26 & 28 OR JULY 3 & 5, 2024  
10:00AM - 12PM  
GOONDIWINDI LIBRARY

Day 1 - Make a plant pot, a cup or a bowl from clay  
Day 2 - Decorate and paint your pot however you like!

**Bookings ESSENTIAL**  
Call 07 4671 7470 to book today!



# UNDER 8's DAY in Gundy!

*Schools, centres and public are welcome!*

**Friday 14th June**  
**9:30am - 11:30am**  
**St Mary's School**

**Connecting To Culture Through Play**

Goondiwindi Regional Council



# T-shirt Design

Design and paint your own shirt with the Goondiwindi Library these school holidays!

**2-Day Event**  
June 24 & 25 @ 10am  
July 1 & 2 @ 2pm

**Bookings ESSENTIAL**  
Call 07 4671 7470 to book today!



# SCHOOL HOLIDAYS WOODWORK CLASS

**JUNE 24 & 25**  
**JULY 1 & 2**  
**12:30-2:00PM**

**No experience necessary!**  
Build a wooden toy with the help of The Gundy Men's Shed!

**BOOKINGS ESSENTIAL**  
07 4671 7470  
gundylib@grc.qld.gov.au

**GOONDIWINDI LIBRARY**  
100 Marshall Street

**Ages 6 to 18**

## 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

### ♦ TALKERS & EATERS SPEECH PATHOLOGY

Book Today-Hurley House 23 Francis Street  
0499807220  
Eleanor@tesp.au

### ♦ THE SHED GIRLS

Living Waters Community Church  
23 Old Cunningham Hwy  
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

# Goondiwindi Region Careers, Skills & Opportunities Expo



TRADE STALLS + EXHIBITORS  
REGISTRATION IS NOW OPEN  
Register online to secure your space now:  
<https://forms.office.com/GoondiwindiBookK33>

Chamber Members - \$220\*

Non-Member - \$250



GOLD  
SPONSOR

EDUCATION & TRAINING  
SESSION  
MONDAY 10 JUNE 2024  
GATEWAY TO TRAINING  
4.30 PM - 7PM

CAREERS, SKILLS &  
OPPORTUNITIES EXPO  
TUESDAY 11 JUNE 2024  
GOONDIWINDI CULTURAL CENTRE  
10.30 AM - 4PM

BRONZE SPONSORS

## Tech Sessions for Seniors

Hosted by Goondiwindi Library and Services  
Australia (Centrelink)

Thursday

20th June at 10am

Goondiwindi Library, 100 Marshall Street

Get help from the Library Team and Services Australia  
(Centrelink) Consultant to set up your personalised app  
for:

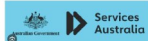
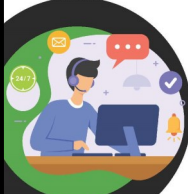
- myGov App
- Medicare App
- Linking Government Apps

What you will need to bring:

- Tax File Number and Medicare Number
- Your device, phone or tablet and your app store login
- A positive attitude

Bookings essential.  
Contact the library today  
to book your FREE spot:

07 4671 7470



## SENIORS LUNCH



You're Invited to our June  
luncheon

# CHINESE

New Dynasty Restaurant

19th June  
12MD

RSVP Essential 46700700

\$15 per person

Transport available

Made with PosterMyImage.com



## SAVE the DATES

1 JUNE 2024  
INGLEWOOD CUP

20 JULY 2024  
BOGGABILLA CUP

7 SEPTEMBER 2024  
GOONDIWINDI CUP

30 NOVEMBER 2024  
BUSH TO PORT RACE DAY

24 FEBRUARY 2025  
COMMUNITY RACE DAY

5 APRIL 2025  
GOONDIWINDI PICNICS RACE DAY

31 MAY 2025  
INGLEWOOD CUP

## HOME GAMES

Goondiwindi Rugby

@GILBERT OVAL

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



Getting out in Gundy [goig@caregoondiwindi.org.au](mailto:goig@caregoondiwindi.org.au) JUNE 2024





*Order forms have been sent home!*

# PIE DRIVE

*Orders Due*  
 Wednesday 19th June  
*Collection*  
 Friday 19th July



EFTPOS available!  
 Forms to be returned to school office.  
 Please see office for additional order forms.

*Famous Yatala Pies*  
MADE BY YATALA PIES

## 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](http://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.

## GOONDIWINDI TO CALOUNDRA CRICKET CARNIVAL



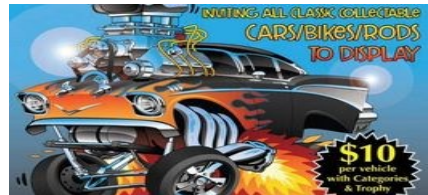
**SATURDAY, 22ND JUNE 2024**  
 CALOUNDRA CRICKET CLUB  
 2 LEWIS ST CALOUNDRA QLD 4551

A DAY FILLED WITH FUN, SKILL-BUILDING, NETWORKING AND CAMARADERIE - ALL WELCOME

FOR FURTHER DETAILS OR TO REGISTER YOUR INTEREST, PLEASE SEND US A MESSAGE OR EMAIL [ELIZAHAMILTON89@GMAIL.COM](mailto:ELIZAHAMILTON89@GMAIL.COM)

## 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

**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](mailto:gundymarkets@gmail.com)  
 More info  
 contact 0428 714 140  
[www.facebook.com/GundyMarketsInc](http://www.facebook.com/GundyMarketsInc)

FREE Community Event

**GUNDY markets**  
 1988-2024



### 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

## TADDs presents the TEXAS COMMUNITY CONNECT EXPO



TEXAS & DISTRICT DROUGHT SUPPORT INC

Texas Memorial Hall

**Friday 7th  
June 2024  
9.30am-3pm**

- Morning Tea
- Speakers
- Entertainment
- Lunch

Come and find out about some of the local  
community groups, clubs, activities,  
businesses and service providers in our  
community at our expo! Connect with local  
groups and meet new friends.  
There will be a wide range of groups and  
organisations on hand to tell you about their  
activities, clubs, membership and events.

**ALL WELCOME  
FREE EVENT!**



REGIONAL  
AUSTRALIA  
and its leaf

Previously sponsored by Commonwealth Regional Council

RSVP for catering purposes  
0437 713 488

Local businesses, clubs, organisations, & service  
providers, are encouraged to register for this  
event. Interested participants can contact the  
TADDs group at taddstexasqld4385@gmail.com  
or 0437 713 488

## Interagency Meetings

Every 2nd Thursday of the month.  
**Thursday 13th June**

**at Oaktree Village  
Albert St Goondiwindi .**

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



THE GOONDIWINDI RUGBY  
UNION FOOTBALL CLUB

# Ladies Day

Raising funds for **Leukaemia  
Foundation**

22nd June 2024

*Goondiwindi Emus vs Toowoomba Rangers*

\$10 Entry into Riddles Oval  
ALL ENTRY FUNDS collected will be donated directly to  
the Leukaemia Foundation.  
Entry includes one ticket into our Mega Raffle Draw.  
Extra Raffle tickets will be available to purchase for \$5.

### HEAL™ PROGRAM BENEFITS

The HEAL™ program is specifically  
designed for people who are at risk of  
developing:

- Cardiovascular disease
- Type 2 diabetes

HEAL™ is also suitable for clients  
seeking to manage their:

- Weight
- Type 2 diabetes
- Heart disease (including high blood  
pressure or high cholesterol)
- Metabolic condition

### HOW DO I REFER?

The clinic below runs regular HEAL™  
programs. Contact them directly and ask  
for a HEAL™ GP and Practice Nurse  
Information Guide.

Better Movement Clinic  
Email: info@bettermovementclinic.com.au  
Fax: 07 46658175

More programs may be coming to an area  
near you. Keep checking the following  
websites to access an updated directory of  
HEAL™ providers across Australia.

www.snsghn.com.au  
www.essa.org.au

This project is a joint association between South  
Western Sydney PHN and Exercise & Sports Science  
Australia.

**ESSA** **phn**  
SOUTH WESTERN  
SYDNEY

An Australian Government initiative

South Western Sydney PHN gratefully acknowledges the financial  
and other support from the Australian Government  
Department of Health.

### HEAL™ HEALTHY EATING ACTIVITY & LIFESTYLE™

Help your patients make  
positive lifestyle changes



## 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*

**ZUMBA**

**LIFE'S BETTER WITH A DANCE BREAK**

See you in Zumba® class  
Tuesdays 6.30pm in the River Room at the Community Cultural Centre

**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](http://WWW.GRC.QLD.GOV.AU/LIBRARIES)

**First Five Forever is BACK!**

**2nd & 4th THURSDAY of the month**

Come along to the Goondiwindi Library at the times below. See you soon!

<b>Story Time</b>	<b>Baby Rhyme</b>
<b>2-5yrs</b>	<b>0-1yrs</b>
<b>Every fortnight</b>	<b>Every fortnight</b>
<b>10:00am</b>	<b>11:30am</b>

Goondiwindi REGIONAL COUNCIL

**FUN STARTS HERE**

Before School Care  
After School Care  
Prep Age Children  
**ENROL NOW!**

**SCHOOL AGE CARE**

PCYC

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**

**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.

## 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

## 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

## TALKERS AND EATERS SPEECH PATHOLOGY

Hurley House, 23 Francis Street  
Phone: 0499 807 220  
Email: [eleonor@tesp.au](mailto:eleonor@tesp.au)

**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**



*Taking Bookings Now!*

Referrals accepted:

- NDIS - NDIA Managed, Plan Managed, Self-Managed.

**Speech Language Pathology now available!**

**Speech Language Pathology services available includes:**

### Therapy For Paediatrics

- Speech
  - articulation
  - speech error patterns
- Language
  - early language
  - school-aged
- Literacy
  - reading
  - writing
  - spelling

**Meet Monica!**



Goondiwindi: 074662 2900

Email: [info@bettermovementclinic.com.au](mailto:info@bettermovementclinic.com.au)



Scan to book an appointment!



SCAN ME

**TALK TO YOUR PROVIDER ABOUT THE PROGRAM**

**Benefits to accessing the program?**

Holistic support for chronic disease management.

Support with achieving personal health goals.

Obtaining extra daily living tools to improve your overall health.

Access to quality education around healthy lifestyle changes.

This activity is supported by funding from the Australian Government under the RfW Program



**Our program can provide you with access to:**

- 1-1 Exercise Physiology Advice
- 1-1 Dietitian Advice
- 8 Week Group Class program **HEAL™**
- Skilled Allied Health Assistance support



**Now Servicing Goondiwindi Regularly!**

Referrals can be sent to

Fax: (07) 4662 6178

Email: [info@bettermovementclinic.com.au](mailto:info@bettermovementclinic.com.au)

**HEAL** HEALTHY EATING, ACTIVITY & LIFESTYLE



Getting out in Gundy [goig@caregoondiwindi.org.au](mailto:goig@caregoondiwindi.org.au) JUNE 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  
**Talkers & Eaters Speech Pathology** 0499807220  
**Welfare Rights** 1800 358 511  
**Women's Info Link** 1800 177 577  
**Workplace Info line** 1300 363 264  
**EMERGENCIES Triple Zero** 000