

Getting Out!

IN GUNDY

www.caregoondiwindi.org.au

What's on this month -

March 2025



- | | |
|------------------------------|-----------------------------|
| * Hell of the West Triathlon | * IWD- Movie Night |
| * Super Saturday events | * Hosp Axillary Fund Raiser |
| * Interagency Meeting | * LAC In Goondiwindi |
| * The Promise- Mental Health | * Golf lessons |
| * Golden Agers Movie | * Floral Workshop |

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 |

MARCH 2025

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 is not available for cash. See eligibility criteria of 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 | 07 46700 700
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



Gulibaa Walaay

Women's Group

Venue: Boggabilla TAFE

Time: 10:30am to 12:30pm alternate Thursdays (see dates below)

Our format is coffee and a chat with craft and sometimes a speaker on issues relating to wellness.

Speakers: Topics include nutrition, women's health and budgets

Activities include Painting, Weaving, Cooking, Mosaics, Felting and Candle and Soapmaking

A chance to make friends, have fun and learn something.

Dates for 2025

13 February, 27 February, 13 March, 24 April, 8 May, 22 May, 5 June, 19 June, 17 July, 31 July, 14 August, 28 August, 11 September, 16 October, 30 October, 13 November and 27 November, 11 December 2025

One off events to be held in the April and July school holidays.

Morning tea is provided but you are welcome to bring something to share.

No childminding is available. Mothers will be responsible for their own children.

Please contact Care Goondiwindi if you need assistance with transportation to meetings. The more notice the better.



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

Hi everyone,

Another action packed month ahead for Goondiwindi with two major events happening. Firstly we have International Women's Day on the 8th March. Care will be celebrating this with a Movie Night at the Goondiwindi Cinema on Friday the 7th at 6pm. Come along and enjoy complimentary nibbles and movie for \$10, a bar is available to purchase a drink and enjoy a night of good company and friends (tickets available through the Gdi Cinema webpage and at the door). The theme for this year's event is "Accelerate Action" and we encourage women to show their solidarity by taking a photo with your fist in the air and uploading to Facebook with the #Accelerate Action #Care Goondiwindi. March is also the month for Hell of the West, Care will be manning the Merch tent again so we'd love to see you there.

Tracy MacDonald
Chief Executive Officer

E: 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
www.caregoondiwindi.org.au



Funded by



Queensland Government
Department of Communities

NEXT GOIG!!! Please submit your ads by
11th March 2025
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 help the environment by recycling but supporting your community at the same time!!!

Your support is greatly appreciated.



Care Goondiwindi presents

International WOMENS Day

7 March - 6.00pm
Tickets available online and @ kiosk

Join Care Goondiwindi for a fabulous movie night celebrating International Women's Day with Bridget Jones: Mad About the Boy!

Grab your friends, enjoy some laughs, and follow Bridget's latest adventures on the big screen. It's the perfect way to celebrate the incredible women in our lives—plus, who doesn't love a bit of Bridget?

Bar Available





Torvil & Dean



"OUR LAST DANCE"

Seniors Trip - Brisbane Entertainment Centre

Sunday 15th June 2025
1pm Matinee Show
Bus leaves Care 7:00am

\$200 per person - includes all meals, show ticket & bus. Payment plans can be arranged. Bus returning Sunday evening. Call 46700700 ASAP to secure a seat.



HELL OF THE WEST

2K SWIM • 80K CYCLE • 20K RUN

GOONDIWINDI

ENTER NOW
MARCH 2025
SAT 22ND / SUN 23RD
#HOTW



SAT 22ND MARCH SUPER SATURDAY

KENWAY & CLARK

HELL YOU WAITING FOR?

ENTER NOW WWW.HELLOFTHWEST.COM


5K Run
A distance for all ages, shapes and sizes.
Timed event with podium prizes.
Prisms are allowed.
Finisher's visor included.


10K Run
An achievable challenging distance for a beginner looking to move up from 5K and park runs.
Timed event with podium prizes.
Prisms are allowed.
Finisher's visor included.


Triathlon
Distances vary with age at 31/12/2024.
6-9yrs
50m Swim + 2.5" Bike + 500m Run
10-11yrs
100m Swim + 5" Bike + 1" Run
Participation race no timing.
Finisher's cap included.


Triathlon
200m Swim
7.5" Bike
2" Run
12yrs to Adults.
Great event for first timers to old timers.
Timed event with podium prizes.
Finisher's cap included.
Teams welcome.

Proudly sponsored by  With the combined efforts of   



PLEASE JOIN US

SENIORS LUNCH

OAKTREE AT 12 MIDDAY

\$15 PER PERSON FOR 2 COURSES

RSVP ESSENTIAL TO CARE

46700700 Transport Available

Wed 19th
March 2025

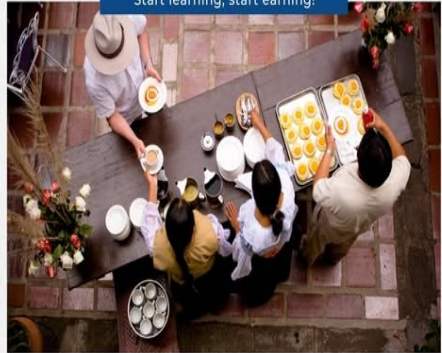
WARWICK | ST GEORGE | STANTHORPE | GOONDIWINDI



FREE CERTIFICATE II IN HOSPITALITY

Call us on
4671 2258
for more
information!

Unlock your career with a
Certificate II in Hospitality.
Start learning, start earning!



Turn knowledge into opportunity with this FREE Certificate II.

Launching in 2025

GRADES
PREP-6

KIDS Club

TUESDAYS 3-5PM
DURING TERM TIME

COST: FREE

Meet & Greet BBQ
Tuesday 4th February 2025
29 Herbert St, Goondiwindi

- Meet the leaders
- Ask questions
- Register your interest



For more information contact
Kathy McClintock 0437 330 131



FLORAL ARRANGEMENT WORKSHOP



A beginner's class in flower arranging with Sophie from Ruffle and Bloom. Create a one off arrangement of fresh flowers learning tips and tricks along the way to take home and enjoy. Learn how to get the most out of your flowers and have professional looking arrangements forever more! All flowers/foilage and materials supplied, so just come and fall in love with floristry!

PRICE

\$150 per person

DATE

March, 15

TIME

10.00am - 12.00pm

LOCATION

Gateway To Training Goondiwindi



"Flowers always make people better, happier and more helpful: they are sunshine, food and medicine to the mind."

CARE GOONDIWINDI SHORT TERM RESPITE ACCOMMODATION



Short Term Respite

Accommodation

**With flexible options to meet
individual needs**



3 Units available

in

Goondiwindi

South West Queensland

Facilitating care for

High—Low Needs

PWD

NDIS Participants

Short Term

Accommodation

**Available NOW call
or apply on-line !**

CARE GOONDIWINDI LTD

PO Box 687, Goondiwindi Q. 4390

07 4670 0700

<http://www.caregoondiwindi.org.au>

Email:

accommodation@caregoondiwindi.org.au



Your NDIS plan may enable you to do this. We have trained staff available to meet your needs.



EMAIL: accommodation@caregoondiwindi.org.au





Care Goondiwindi NDIS provider



Do you have a NDIS Package—Care Goondiwindi may be able to assist you in reaching your NDIS goals. CARE assists NDIS participants in the following:

- ⇒ Participate in the Community
- ⇒ Social Interaction
- ⇒ Daily Activities
- ⇒ Transport/Travel
- ⇒ Group/Centre Activities
- ⇒ Household Tasks
- ⇒ Assist Life Stage Transition
- ⇒ Development Life Skills
- ⇒ Short Term Accommodation
- ⇒ Supported Holidays Program
- ⇒ Excursions
- ⇒ Plan Management



To find out more please contact Kellie or Fiona on (07) 4670 0700 to find out how we can support you in achieving your NDIS Goals.





Care Goondiwindi Group Activities



Do you have a NDIS Package—you may be interested in participating in one of our Group Activities, fully supported by our staff.

Group activities run in 12 week blocks and include Cooking, Sewing, Art, MAPR Animal Shelter & Dungeon & Dragons. The programs build skills and social connections.

To find out more please contact Kellie or Fiona on (07) 4670 0700 to register your interest in one of our Group Activities.



Cooking Group



Sewing Group



MAPR Group



Art Group



Group

REGULARS

♦ LAWN BOWLS - VETS/MIXED

7:30am every Tuesday, to play at 8am
2pm for 2:30pm start Sundays.
Friday-Junior Coaching 4pm
Friday-Social Croquet 8am
Goondiwindi Bowls Club
Phone: 07 4671 3777

♦ GOONDIWINDI MARKETS

4th Sunday of the month
8am-12pm Diane 0428 714 140

♦ 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 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

* Coffee & Cake for Seniors

Ok Milk Bar \$10pp
Dine in or Takeaway

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 LAC in Community

ndis 
Delivering the NDIS in
your community.

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.

Appointment bookings are essential. Please contact the Toowoomba office on **07 4646 2880** 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 |
|---|----------------|---|
| Wednesday 12 th February 2025 | 10 – 3:30 PM | Goondiwindi Medical Centre, 49 Bowen Street, Goondiwindi Qld 4390 |
| Thursday 13 th February 2025 | 12 – 2 PM | Goondiwindi Medical Centre, 49 Bowen Street, Goondiwindi Qld 4390 |
| Tuesday 13 th May 2025 | 10 – 3:30 PM | Goondiwindi Medical Centre, 49 Bowen Street, Goondiwindi Qld 4390 |
| Wednesday 14 th May 2025 | 8:30 – 1:30 PM | Goondiwindi Medical Centre, 49 Bowen Street, Goondiwindi Qld 4390 |

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

GOONDIWINDI

MEN'S CIRCLE

NEW LOCATION !

Gather4390 - First Tuesday of every month

6.30pm. 126a Marshall st Goondiwindi.

EXPRESS IT. DON'T SUPPRESS IT.



THE
OUTBACK M I N D
FOUNDATION

MEN'S CIRCLES WORK!

proudly supported by



Getting out in Gundy goig@caregoondiwindi.org.au March 2025

nd Sunday
Feb - Nov



FREE
Community
Event

2025 February 16th
March 16th
April 20th
May 18th
June 15th
July 20th
August 17th
September 21st
October 19th
November 16th
Christmas Market

December Saturday 6th

Bookings: gundymarkets@gmail.com

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

BreastScreen
Queensland



BreastScreen is coming to

Goondiwindi Hospital

Bowen Street

17 February – 21 March 2025

- ☒ 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



JOIN IN THE FUN AT

NIGHT GOLF

FRIDAY
NIGHTS

\$10

6 HOLE
MODIFIED
COURSESTARTING
NOV
22ND

GLOW BALL AND TEE AVAILABLE FOR PURCHASE

LIMITED SPOTS AVAILABLE SO GET IN QUICK!

CALL TODAY TO SECURE YOUR SPOT! 4671 1171

2025 UPCOMING EVENTS

BAYER

Macintyre Valley Cotton Field Day

Wednesday 26th March 2025

"Springfield" RMI
Goondiwindi

B&W RURAL

Annual Charity Golf Day

Friday 11th July 2025

Goondiwindi Golf Club

Total Ag Services

Annual Cotton Awards Dinner

Friday 29th August 2025

Goondiwindi Race Club

Contact

Macintyre Valley Cotton Field Day

Committee

PO Box 1189, Goondiwindi Queensland 4390

President: Grace Griffiths

Phone: 0429 639 959

Email: grace@data-ag.org

LEARN TO DRIVE AGE 5.

THERE'S GOLF FOR THAT.

Free MyGolf Clinic

This MyGolf Clinic is Perfect for Beginners 5 – 12 Years of Age.
Come along and have some fun with our PGA professional coach, Janine Barney
and learn how to play golf!

Where: Goondiwindi Golf Club
Dates: Saturday 15th March 2025
Time: 9:00am – 3:00pm
Cost: FREE

1. Register for camp - Scan QR code or
find camp details at Golf Australia

Enquiries: Janine Barney 0419 714 064
janine.barney@golf.org.au



Scan to find
a program.



golf.org.au/mygolf



REAL CONNECTIONS. MINDFULNESS. LAUGHTER.

THERE'S GOLF FOR THAT.

Goondiwindi Golf Club

Come along and have some fun with PGA Teaching Professional and Golf Australia team member Janine Barney. Enjoy this introduction to the game of golf in a fun, friendly and welcoming environment. Brilliant for novice golfers or those looking to return to the game of golf after a break. Meet new friends and try your hand at golf for the first time. All equipment is provided.

Event: Free Come & Try Clinic

Time: Friday 4.00pm – 5.00pm
Dates: 14th March 2025
Cost: Free

Registration: Register through the QR code or at Golf Australia

Enquiries: Janine Barney
janine.barney@golf.org.au or phone
0419 714 064



Scan to find
a program.

GET INTO GOLF.

golf.org.au/getintogolf



9TH MARCH 2025

Goondiwindi Hospital Auxiliary Fund Raising Day

All welcome to come along and enjoy playing Five Hundred, Mahjong or Bridge. Many prizes to be won as well as Lucky Door Prizes. Morning tea, afternoon tea and lunch include in entrance fee

OAK TREE RETIREMENT VILLAGE
STARTING TIME : 9.30AM FOR 10AM
TICKETS: \$35
RSVP: HELEN DIMOND 0429700658
FOR CATERING PURPOSES



The hospital auxiliary is a small group of volunteers working hard to raise money for much-needed equipment at the Goondiwindi hospital.

A STORY OF HOPE

THE PROMISE

6:30pm March 13
Goondiwindi Cinema

FREE IMPACT SCREENING



"I am passionate about this story about mental illness and suicide prevention because I've survived it."

This film is more than just a story—it's a mission. It's about saving lives, breaking down stigma and ensuring that people feel seen, heard and supported. There is hope, there is help, and together we can make a difference."

- CRAIG HAMILTON "The Promise"

Craig and THE PROMISE Director Jye Currie will both speak at the event and there will be time for Q/A.

Don't miss this FREE event

brought to you with the support of TIE UP THE BLACK DOG

Interagency Meetings

Every 2nd Thursday of the month.
Starting again March 13th 2025

Care Goondiwindi
111 Callandoon Street
Goondiwindi 4390 .

Last meeting for 2024!

P: Kirsty 46700700

E: kirsty.dowling@caregoondiwindi.org.au



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



Golden Hour Matinees Morning Tea Movie Club

Maria

Maria Callas is one of the most iconic performers of the 20th century. The film follows the American Greek soprano as she retreats to Paris after a glamorous and tumultuous life in the public eye, reimagining the legendary diva in her final days as she reckons with her identity and life.

05 March 2025 - 9.45am for morning tea,

10.30am movie start. Cost: \$10

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

* CARE GOONDIWINDI PLAYGROUP IN PARK

Several times per year. Stay tuned for details of dates & venues.

*

2025

SEASON DRAW

SENIOR MEN

HOME GAMES

RND 1 - 3RD MAY
VS CONDOMINE/CHINCHILLA
OLD BOYS DAY

RND 2 - 10TH MAY
VS TWIMBA BEARS

RND 5 - 7TH JUNE
VS DALBY WHEATMEN

RND 7 - 21ST JUNE
VS TWIMBA RANGERS
LADIES DAY

RND 9 - 12TH JULY
VS ROMA/ST GEORGE

ROUND 11 - 26TH JULY
VS USQ SAINTS

ROUND 12 - 2ND AUGUST
VS GATTON/WARWICK
SPONSORS DAY

AWAY GAMES

RND 3 - 17TH MAY
VS ROMA (A&C)
(B GRADE VS ST GEORGE 31ST MAY)

RND 4 - 24TH MAY
VS GATTON/WARWICK

RND 6 - 14TH JUNE
VS CONDOMINE/CHINCHILLA

RND 8 - 5TH JULY
VS TWIMBA BEARS

RND 10 - 19TH JULY
VS TWIMBA RANGERS

ROUND 13 - 9TH AUGUST
VS DALBY WHEATMEN

ROUND 14 - 16TH AUGUST
VS USQ SAINTS



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



BETTER
MOVEMENT
CLINIC

*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

PCYC After School & Holiday Care
0427 295 698 for more details.



LEAD Childcare: Open from
6:30am - 6:30pm all year round
(except public
holidays). Call Taylah on
07 4671 22 33 or pop in for a
tour and your family



first5 forever

Sing, Story & Play Time
at your local library!

| | |
|-----------------------------|-------------------|
| INGLEWOOD | TEXAS |
| 1st Wednesday | 3rd Friday |
| of every month at | of every month at |
| 10:30am | 10:30am |
| GOONDIWINDI | |
| 3rd Thursday | |
| 2nd & 4th Friday | |

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




Miriam Jones

31st January - 15th March 2025

TALKERS AND EATERS SPEECH PATHOLOGY

Hurley House, 23 Francis Street
Phone: 0499 807 220

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




BECOME A MENTAL HEALTH FIRST AIDER

Gateway To Training

is pleased to provide Mental Health First Aid (MHFA) training for staff

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference at work and in your personal life.

| STANDARD MHFA TRAINING BENEFITS | | | |
|---|--|-----------------------------------|---|
| KNOWLEDGE | CONFIDENCE | DE-STIGMATISING | SUPPORT |
| Improves knowledge of mental illnesses, treatments and first aid actions. | Increases confidence in providing first aid. | Decreases stigmatising attitudes. | Increases the support provided to others. |

"Excellent - a course that as many people as possible should be doing. Should be mandatory in all workplaces to have mental health first aid officers." - Pia

LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.

HOW DO I SIGN UP?

Resources supplied. Fully catered.

Proudly funded by the Darling Downs Health TRACC Program and GTTT Goondiwindi.

DATES 18th and 19th March 2025

TIMES 8:30am - 4:00pm

COST FREE

VENUE Gateway to Training
15-21 Russell Street
Goondiwindi

FACILITATOR/S

Kristie Lambert CNC
Fiona Riley CNC

For more information, visit mhfa.com.au/courses

@MHFA_Australia

@mentalhealthfirstaid

STAYING SAFE ONLINE

The Commonwealth Bank are holding a
“**Staying Safe Online**” event on
March 11th 2025
Goondiwindi Branch 4- 5:00pm.

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