Getting



www.caregoondiwindi.org.au

What's on this month -







- Nourish Her Wellness Day
- Seniors Hot Dish Day
- Botanical Beats
- * PCYC Open Day
- School holiday activities

- Rap, Rhythm & Roots
- Goondiwindi Polocrosse
- Inglewood Airshow
- NAIDOC Week
- Goondiwindi Markets

CARE GOONDIWINDI 111 CALLANDOON STREET 07 4670 0700

Office Hours 8.30am-4.30pm

Monday - Friday

- Community Development
- Community Justice Group
- Commonwealth Home Support
- Indigenous Family Support
- Medico Transport Service
- Disability Services & Respite Services
- -NDIS Provider

- Youth Access Service
- No Interest Loan Scheme (NILS)
- Rural Family Support
- Seniors Support Service
- Emergency Relief
- Financial Resilience Program
- Community Access



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)

Good Shepherd







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
 www.careg

info@caregoondiwindi.org.au

Q 07 46700 700

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:

☑ 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.

 $\mbox{\bf No}$ 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.



Hi everyone, with winter upon us the events and activities have slowed. Winter sports are in full swing which usually means a busy time for families. Care Goondiwindi in partnership with Loaves and Fishes are bringing subsidized grocery hampers to Goondiwindi once a month. This is a great opportunity for you to purchase a grocery hamper for \$65 with the value of items received far exceeding the amount paid. Your hamper will include pantry items, fresh fruit and veg and frozen goods. If you are interested please contact Care for more info or go on to the Loaves and Fishes website to register www.loavesandfishestoowoomba.org. I also wanted to mention NAIDOC week, this is celebrated from 6-13 July with events happening in Boggabilla and Toomelah communities during this week. Goondiwindi is celebrating NAIDOC week in August, more info on this event to come. As mentioned last month, donations of warm clothing and blankets will be gratefully accepted and I am sure the Op Shops in town will be looking to replenish supplies. Stay well, stay warm and I hope to see you out and about in Gundy during the month.

Tracy MacDonald Chief Executive Officer

E: ceo@caregoondiwindi.org.au

NEXT GOIG!!! Please submit your ads by 9th July **2025** to *goig@caregoondiwindi.org.au*

Getting out in Gundy

Care Goondiwindi Ltd. 111 Callandoon St PO Box 687 Goondiwindi Old 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

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.













Exciting breaking news. GOONDIWINDI, YELARBON AND SURROUNDING COMMUNITIES.

We will be bringing our \$65 Hampers to 8 Mill Street Goondiwindi on the 26th June 2025.

Order - email us landfcaretwba@gmail.com or give us a call on 46326941.

Hampers can be collected 8.30am to 2pm. Eftpos available or Cash see you there.



Care Seniors Hot Dish Day

Join us for a warming luncheon with an array of delicious hot dishes!!
\$15 pp
Wednesday 15th July
12 midday
Oaktree Village
RSVP 46700700
Transport Available.



Goondiwindi LAC in Community

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 quide 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 My Place 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

Appointments bookings are required. Please contact the Toowoomba office on 07 4646 2800 or email pitc.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
Tuesday 19th August 2025	10.00AM-3.30PM	Goondiwindi Medical Centre, 49 Bowen Street, Goondiwindi Old 4390
Wednesday 20 th August 2025	8.30AM-1.15PM	Goondiwindi Medical Centre, 49 Bowen Street, Goondiwindi Qld 4390
Tuesday 11th November	10.00AM-3.30PM	Goondiwindi Medical Centre, 49 Bowen Street, Goondiwindi Qld 4390
Wednesday 12th November 2025	8.30AM-1.15PM	Goondiwindi Medical Centre, 49 Bowen Street, Goondiwind 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.

J 1300 999 636

✓ ca.enauiries@ndis.aov.au



GOONDIWINDI EISTEDDFOD 4th - 9th August Cultural Centre.

Schedules for the 2025 eisteddfod are available at the Goondiwindi Regional Civic Centre.

100 Marshall St Goondiwindi.

Or if you would like to receive an email copy, please email gaec.4390@gmail.com.

Also, are looking for people who would like to volunteer during the week. They can contact Alison on 0427712090 or Lois on 0413255694 or email gaec.4390@gmail.com



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

accommodation@caregoondiwindi.org.a









COMMUNITY EVENT?

Do you want to participate in a Community Event fully supported by our staff whilst staying at our Disability Respite Units?

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



FREE Community Event

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

contact 0428 714 140

CALL CANDACE NOW: 46700700

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.



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: Fav 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

Coffee & Cake for Seniors

Ok Milk Bar \$10pp Dine in or Takeaway

Interagency Meetings

Every 2nd Thursday of the month.

10th July 2025
Care Goondiwindi
111 Callandoon Street
Goondiwindi 4390

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

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











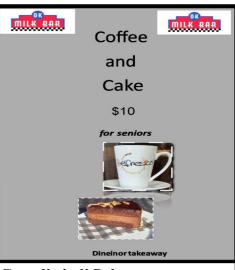
KEEP THE FIRE **BURNING!** BLAK, LOUD AND PROUD OC MARCH **Wednesday 28th August** Schedule for the Day: 9.30am - 10am - Assemble/March At the front of Qld Hotel, Goondiwindi

- 10.30am Welcome to Country, Official Opening, Flag Raising,
- Cutting of the cake and Traditional Dancer:
- 11am Morning Tea. Service Providers Stalls, Activities
- Closed by 1pm

LET'S CELEBRATE NAIDOC TOGETHER







Goondiwindi Polocrosse

19th & 20th July 2025 Goondiwindi Showgrounds

Contact Michelle Smith for more info: 0437 809 415





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.





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



FSTIVAL OF

AEROMODELLING

AN EVENT FOR EVERY MEMBER OF THE FAMILY

12[™] JULY 11 AM - 12:30 PM Inglewood Airport

AERODROME ROAD, INGLEWOOD, 4387

Register your interest via the Mayor's Model Airshow Facebook Event

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

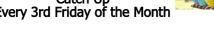


PATHOLOGY

Hurley House, 23 Francis Street

Phone: 0499 807 220 Email: eleanor@tesp.au

Ex Hospital Flock Catch Up Every 3rd Friday of the Month



11:30am—Venue TBA each month Contact Fave Stewart 0497 260 027

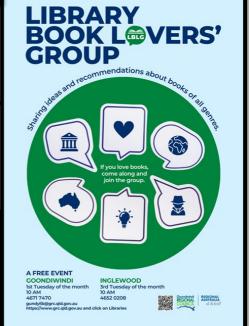
Care Goondiwindi's MEDICO TRANSPORT SERVICE

For anyone needing transport to medical appointments! Available Monday-Friday 9am-2:45pm. PH 07 4670 0700

\$2 donation each way









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

