



# Childers Neighbourhood Centre Community Care News

October—November 2024

# Childers Neighbourhood Centre

Welcome October, with only less than 3 months to Christmas we hope you are all getting ahead of the shopping and planning for those special Christmas get togethers. The Neighbourhood Centre has already booked the Isis Club for Wednesday 18 December for our community Christmas lunch, so make sure you pencil that into your diary. And as always we continue to be busy planning activities, events and ways to keep connected. In August we did the Yarn bombing for Daffodil day. Thank you to all the amazing people who took the time to crochet or knit and donate to this project. We have just unwrapped the trees from their warm hugs and making blankets from all the spare donations. We even have some chickens created out of them, check them out next time you are in the centre. We hope we see you soon at any of the activities around town, or you can even pop into the centre and enjoy a cuppa and chat with the staff.

Deb and the team

## Thank you for being part of our community.



Branch Manager Community Services: Kirstin Harrison

Childers Neighbourhood Centre

Community Development Officer :

Isis Community Care Coordinator :

Administration Support Officer:

Trainee Community Services:

Child and Family Support Officers:

Debra Murphy

Anna Brumpton

Kaitlyn Michie

Zoe Grealy-Swanson

Kim McDonald &

Jodie Goodwin

Jointly funded by  
Bundaberg  
Regional Council  
and the  
Queensland  
Government



# Upcoming Events



## Creating Wellness - Painting Masks in the Park

Let's get creative!

Come join in the fun of painting masks in the park. Whether you just love being creative or want to get your spook on. What better time to start getting prepared for the masked parties and Halloween fun.

All materials and morning tea provided.

All you need to bring is sunsmart and cool weather clothing.

When: Tuesday 8 October 2024

Where: Millennium Park, Churchill St,  
Childers 4660

Time: 9.30 am–12.00 pm

RSVP: 4130 4690

[cnc@bundaberg.qld.gov.au](mailto:cnc@bundaberg.qld.gov.au)



## 5–13 October 2024

### Connect for mental health



SELF



COMMUNITY



OTHERS



NATURE

## Childers Connect4Wellbeing

The Childers Neighbourhood Centre Staff welcomes everyone to participate in some fun art activities, games or simply relax and enjoy the local Apple Tree Creek Markets.

When: Saturday 12 October 2024

Where: Apple Tree Creek Showgrounds

Time: 7 am - 12 pm

# Upcoming Events



## Seniors Month - Morning Tea

Come join us to celebrate YOU!

With a delicious morning tea and great company.

Seniors Month is about celebrating all your contributions to community, sacrifices for others, wisdom shared, time given, hard work and the love and care you have shared.

Join us and many others for this celebration for Seniors Month.

**Date:** 16 October 2024  
**Time:** 9:30 am  
**Where:** Isis Club, Childers, 4660  
**Cost:** \$10pp  
**RSVP:** 11 October 2024  
**Phone:** 07 4130 4690  
**Email:** [cnc@bundaberg.qld.gov.au](mailto:cnc@bundaberg.qld.gov.au)



## Seniors Month - Barefoot Bowls

Let's get the ball rolling and have some fun with barefoot bowls.

Join in on some outdoor fun, show off your skills, learn new skills or just come and enjoy the day.

This event is open to everyone to celebrate older Queenslanders and their ongoing contribution to the state. We have special supporters from Isis District High School showing us the ropes.

Let's bowl like there's no tomorrow!

**Date:** 25 October 2024  
**Time:** 9.30 am  
**Where:** Isis Club, Childers, 4660  
**Cost:** \$5 bowling \$10 morning tea  
**RSVP:** 21 October 2024  
**Phone:** 07 4130 4690  
**Email:** [cnc@bundaberg.qld.gov.au](mailto:cnc@bundaberg.qld.gov.au)

# Isis Child and Family Support

Hello families, Where do we start? The last few weeks have been very busy! The program has recently supported the Read To Me Day Event which saw record numbers of children attend. With the theme being “Memorable Movie Moments”, there were a lot of great costumes to be seen and many great books to be read. Kim and Jodie, our Early Years and Family workers also ran a 3-day Babysitting course. The highlight though, was definitely the school holiday event – “Teddy Bears Picnic at Forestview”. Have a look at the fun being had below.

If you would like to keep up to date with our events that are taking place, don't forget to follow “Childers Neighbourhood” Facebook page or by reaching out to Kim at the Neighbourhood Centre on 4130 4690. Kim will be able to add you to the email or text message list, keeping you in the loop.

## Teddy Bear's Picnic at Forestview

Isis Child and Family partnered up with Forestview to run our monthly intergenerational playgroup. These Playgroups are held on the fourth Monday of each month between 10 am and 11.30 am. As this playgroup fell in the school holidays, it was decided to add a Teddy Bear's Picnic to the event. The children and their families were invited to bring their teddy bears along for a morning of fun activities and games, as well as a delicious picnic food. There was a large attendance, and the residents had an amazing time interacting through craft activities, food activities, and dance games. Our next Forestview playgroup will be Monday 28 October – we hope to see you there.



# Babysitting Course

Childers Neighbourhood Centre in partnership with the Isis Child and Family program held a 3-day Babysitting workshop for local teenagers. This course covered a range of topics from basic first aid, Healthy meal options, age-appropriate games for both indoors and outdoors, how to keep children engaged in books and songs, Child Development, communicating with children, how to manage stressful situations and safety around the home. There was also plenty of hands-on learning through activities such as science experiments, craft creations, playdough and cloud dough making and cooking experiences. Participants even got to visit the local daycare centre – Bright Horizon’s which was very informative.



# Upcoming Events

**BUNDABERG REGIONAL COUNCIL**  
Building Australia's best regional community

**SCIENCE**

**Science and Sensory Show**  
"Pop, Crash, Boom, Blast"

Scientist Dr Joe will be joining us on Tuesday 15 October for 2 science shows. The 9.30 am show will be a sensory experience. This show is recommended for children up to 3 years. The second show will take place right after at 10.30 am. This show will involve the audience, have different experiments, be highly entertaining and educational too. As this show is hands on, it is recommended for children 3 years and over. Feel free to attend just one or even both science shows.

RSVP are essential and can be done by phone – 4130 4690 or by dropping in to the Neighbourhood Centre by 11 October 2024.

# Isis Community Care

Spring Newsletter already, how fast this year is going!

There are many changes happening in the world of Aged Care and it is predicted that these changes will be continue for the next few years into 2027. There is an overwhelming amount of information on many different platforms and it can be very confusing to figure out what help you are eligible for and how the changes affect you.

At 10 am on Wednesday the 9 October Sherryn Davies from COTA QLD will be at The Bundaberg Library to speak about accessing services and the range of changes happening in aged care. Sherryn will also be introducing an activity that assists you in identifying your support needs for now and in the future. An Aged Care - Care Finder from Footprints will also be present to speak about the service and give you options to assist you in finding the right type of care that suits your needs.

If you are not able to attend and are looking for assistance or feel that it would be helpful to speak with someone about accessing the right services reach out to The Neighbourhood Centre, there is always someone there committed to helping you find the right service and able to assist you with referrals.

If you would like some assistance accessing services or making a decision and you don't have a support person who can help with these things, please call Care finders, see the next page to know more about the local care finders team. So far they have been a huge asset to the community and wielded many great results for people in our aged community, especially with the transition from CHSP to Home Care Packages.



## Safety is really important to us

Our staff and client safety is really important to us. Every day, home care workers encounter several health and safety dangers. In order to fulfill their obligation to give care and support, they must manage risks such as everyday dangers (falls and slips), infections, and stress. Through the Home and Community Care services Council is responsible for ensuring clients have the best care and support possible and that staff can do this in the safest way possible.

## This is where we need your help.

If someone in your household has not been feeling well and has a cold or flu and you think it is not the best time for staff to come for your service just give us a call and we can arrange a better time.

Often families are undergoing treatments such as chemotherapy, addressing infections or other medical episodes . It is important we are aware of these situations so we can make sure we put precautions in place to look after client and their families as well as care workers. There are measures that need to take place when managing a household that is undergoing various treatments, by sharing this information with us we can ensure the care workers can take proactive measures to address these issues. Staff have personal protective gear available for example if someone in your household is undergoing chemotherapy it is essential they wear PPE. If we know before hand, we can ensure everyone is always safe and well.

### Who Else Can You Call for Assistance

Seniors Care **137 468**

Centrelink: Retirement **132 300**

Aged Care Complaints **1800 951 822**

Elder Abuse Helpline **1800 353 374**

My Aged Care **1800 200 422**

National Carer Gateway **1800 422 737**

# Care Finder - Footprints Community

## About Footprints

Footprints Community is a well-regarded not-for-profit provider of community-based services, working in the community for over 30 years. We specialise in working with older people, those that experience disability, mental illness, as well as those who are at risk of homelessness. Footprints adopts a non-discriminatory practice and works alongside people with respect and dignity, to enhance their capacity to live independently in the community. Our professionally qualified and highly skilled workforce operate within a client-centred practice framework ensuring principles of strengths-based and trauma-informed practice are implemented into service delivery. We believe in independence, strength and choice. We work with people and their representatives, at their own pace, to empower and support people to reach their goals.

### HOW DOES THIS PROGRAM HELP?

Care finders support vulnerable people who:

- are unable to access services without intensive support
- do not have a family member or friends who can help.

Care finders can help people:

- understand what aged care services are available
- set up an assessment and
- find and choose services.

They also help with access to other community supports, to connect for the first time, or to change or find new services.

Care finder services are provided at no cost as they are fully funded through PHN Country to Coast.



Isis Community Care Coordinator:

Anna-Louise Brumpton

Phone:

4130 4690

Jointly funded by Bundaberg Regional Council and the Commonwealth Government

### CARE FINDER CAN HELP

#### SOMEONE WITH:

- talking to My Aged Care (on their behalf if needed) and arranging an assessment, attending and providing support at the assessment
- finding and short-listing aged care providers in their area, completing forms and understanding aged care service agreements
- checking-in once services are up and running to make sure everything is acceptable
- problem-solving other challenges and connecting to supports in the community, such as health, mental health and community groups.

**For more information contact footprints**

**Phone:** 07 4153 3692

or

**Email:**

[admin@footprintscommunity.org.au](mailto:admin@footprintscommunity.org.au)



Australian Government



# Isis Community Care

The Coordinator at Gracie Dixon Respite Centre in Bundaberg, Lyn Frost says - **Positive Ageing** - The benefits of living well is all about you being prepared to maintain a positive attitude, feeling good about yourself, keeping yourself reasonably fit and healthy. Stay active, maintain connections to your family and friends and the wider community if you can and engage fully in life as you age. The power of positivity and taking an innovative approach to your personal care will enhance your wellbeing and allow you to live the best life you can on your terms as you get older. Many studies have shown how pets can offer a myriad of physical and mental health benefits for aged people. Pets help to reduce stress, provide companionship and encourages social interactions. For older adults who often face loneliness and isolation and rely on their companion animals to thrive. By taking your pet for a short walk and meeting and greeting with others on your journey can be a very social and positive daily event which helps you to live well.



## Getting Support as We Age

### Bundaberg Library

Join Sherryn Davies from COTA Queensland for an overview of care and support services for seniors. Learn about accessing services, recent changes in aged care, and take part in an activity to identify your support needs for now and the future. This session is perfect for those considering aged care options for themselves or loved ones.

<b>Date:</b>	Wednesday 9 October 2024
<b>Time:</b>	10:00 am
<b>Venue:</b>	Bundaberg Library
<b>Cost:</b>	Free
<b>Bookings:</b>	At the Library, online or Ph: 4130 4140



Australian Government  
Department of Health  
and Aged Care

# Community Notices

## Volunteers Wanted

### The Isis District Historical Society Inc.

Is seeking volunteers to help at either at the Old Pharmacy Museum or the Childers Historical Complex.

The Old Pharmacy Museum opens: Monday to Friday 9 am–3 pm and Saturday 9 am–1 pm.

The Childers Historical Complex opens: Monday, Wednesday and Friday 9 am-12 pm.

All inquiries to President Scott Stedman 04 9081 8295

### Forestview Childers

Is seeking volunteers to come along and help look after the residents whether it be for lifestyle or maintenance.

A police check is a must.

Volunteer days Monday - Friday.

Hours: Monday - Friday 8:30 am - 4:30 pm

For more information please see or contact Forestview Childers.

07 4126 2445

### Salvation Army Childers

Is seeking volunteers to help out around their shop with some general jobs.

Volunteer days are week days.

Hours: Monday- Friday 8:15 am–4 pm

For more information please see or call Carol Thursday's and Friday's

07 4126 1451

### Red Collar Rescue

Is seeking volunteers with opportunities for people for Landcare, e.g., mowing, gardening etc. A role for someone for vehicle and machinery maintenance, general repairs and maintenance. Also kennel work. That requires someone who is able to work under direction, although without constant supervision.

Cleaning pens, washing bowls, pressure washing, playing with the dogs, picking up poop. All the good stuff.

"Our biggest thing is that people need to be reliable. The dogs rely on people turning up to take care of their needs, so they need to be here when they say they will."

Volunteer days are any days of the week.

04 3886 9085

### St Vinnies Childers

Is seeking volunteers to come along and help with general duties around the shop.

Volunteer days are week days

For more information please see or contact St Vinnies. (07) 5459 5230

Hours:

Monday - Friday 8:30am–3:30pm

Saturday 8:30am–12pm

Sunday Closed

Donations - Small household items appreciated e.g. Kitchen and clothing.

# Childers Library



## Storytime

### Childers Library

#### Join us for stories, rhymes, songs and FUN!

Each Storytime is designed for children ages 0 to 5 years and their guardians.

Storytime sessions are run every Wednesday except during public and school holidays.

No bookings required.

Dates:	Wednesdays during school terms
Time:	9.30 am
Venue:	Childers Library
Cost:	Free

First 5 Forever is an initiative of the Queensland Government, coordinated by State Library of Queensland and delivered in partnership with local government.

#### SAVE THE DATE!

##### One-on-One Mobile Phone Tech Session.

- Tuesday, 12 November 2024
- First Session – 10.00 am to 11.00 am & Second Session 11.00am to 12.00pm



##### Halloween Storytime

- Wednesday, 30 October 2024
- Starting at 9.30 am
- Come dressed in your SPOOKYEST Costume for a morning filled with lots of fun..



##### Last Storytime for 2024 (Resume again in 2025 date TBC).

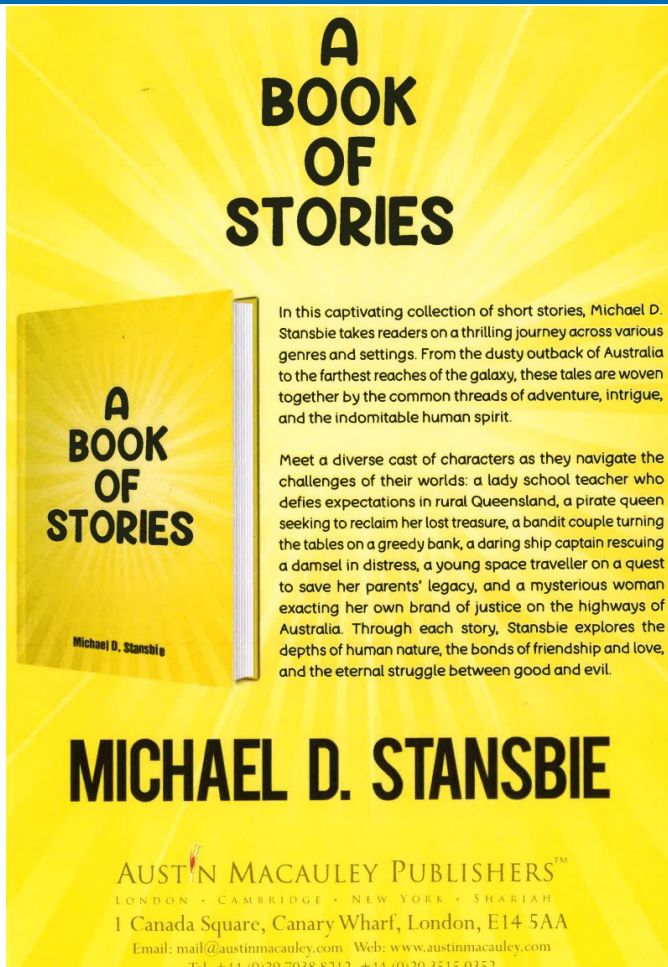
- Wednesday, 20 November 2024
- Starting at 9.30 am



All events will be hosted at the Childers Library.

Contact Childers Library on (07) 4130 4650 for more information.

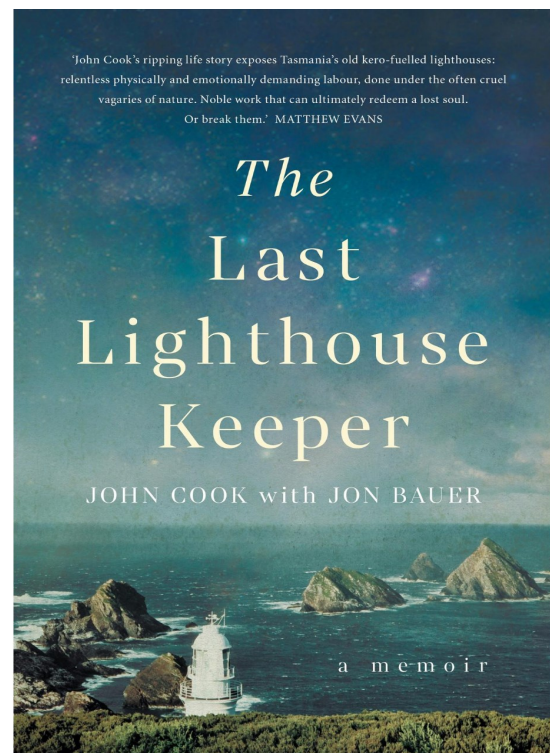
# Childers Library



## SAVE THE DATE – Author Talk with Michael D. Stansbie (Yellow & Black Poster).

- Monday, 21 October 2024
- Childers Library
- Starting at 10 am
- Bookings Essential

Contact Childers Library on (07) 4130 4650 for more information.



**“The Last Lighthouse” written by John Cook with Jon Bauer.**

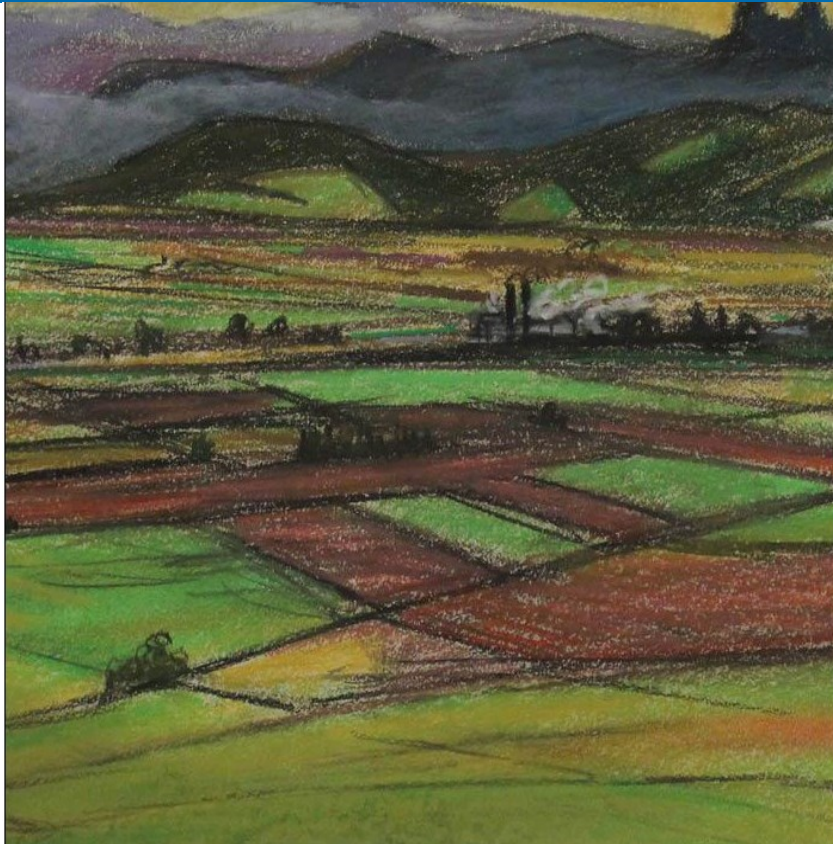
A beautiful memoir from John Cook, one of Tasmania's last kerosene lighthouse keepers. A story about madness and wilderness, shining a light onto the vicissitudes of love and nature. ‘John Cook's ripping life story exposes Tasmania's old kero-fuelled lighthouses: relentless physically and emotionally demanding labour, done under the often-cruel vagaries of nature. Noble work that can ultimately redeem a lost soul. Or break them.

From sleepless nights keeping the lights alive, battling the wind and sea as they ripped at gutters and flooded stores, raising a joey, tending sheep, and keeping ducks and chickens, the life of a keeper was one of unexpected joy and heartbreak. But for John, nothing was more heartbreaking than the introduction of electric lights, and the lighthouses that were left empty forever.

Evocatively told, *The Last Lighthouse Keeper* is a love story between a man and a dying way of life, as well as a celebration of wilderness and solitude.

This book is available for loan through Bundaberg Regional Libraries, please contact Childers Library on 07 4130 4650 for more information.

# Childers Art Gallery



## Red Dirt | Bundaberg Regional Galleries Collection

1 NOV 2024 – 16 FEB 2025

Reflective of the red volcanic soil that colours our region, **Red Dirt** features works from the Bundaberg Regional Galleries Collection that celebrate our rich agricultural history and dynamic landscape. From the richly hued painting of cane fires by Charles Hazzard, to the reflective patchwork of fields depicted in the work by Cyril Gibbs, this exhibition is testament to the vista that the region is known for, and pays heed to its rich and fertile lands.

### Art Walk

Thursday 7 NOV

10:00 am – 11:00 am

Join Gallery Director, Rebecca McDuff, as she leads our **Red Dirt** art walk.

This is a lively and informative way to enjoy the Gallery for art lovers with all levels of knowledge, and concludes with morning tea utilising the Galleries' vintage teacup collection.

**Free entry. All welcome**



### Gallery Opening Times

Weekdays: 9:00 am to 4:00 pm  
Weekends: 9:00 am to 3:00 pm

**Contact Name:** Childers Arts Space  
**Contact Number:** (07) 4130 4876  
**Email:** [brgadmin@bundaberg.qld.gov.au](mailto:brgadmin@bundaberg.qld.gov.au)  
**Website:** [artsbundaberg.com.au](http://artsbundaberg.com.au)

**Address:** 72 Churchill Street, Childers



# Things you should know

## Enduring power of attorney

What are they? What do they do?

An enduring power of attorney allows you to appoint someone you trust (an *attorney*) to make decisions about personal (including health) matters and/or financial matters for you. An attorney for personal matters (including health matters) can only make decisions for you when you do not have capacity to make those decisions. You can decide when your attorney's power to make decisions for financial matters begins, including:

- when you no longer have capacity to make those decisions
- immediately
- from a specific date in particular circumstances or occasions.



## Will

What is it for? What does it do?

Your Will is a legal document setting out how your assets will be distributed when you pass away. Everyone over the age of 18 can and should have one in place. It can also cover things like:

- naming who will benefit from your estate (called the beneficiaries) and what you'd like them to have
  - choosing who gets personal or family items or other property you might have
  - what happens to things like life insurances or other investments
  - sharing any wishes for your funeral
  - naming a legal guardian for your children if they're under 18
  - picking someone to administer your Will (called the executor) after you pass away
- naming who will look after your pets.



## Health directive

What is it? What does it mean?

At some point in the future, you may be unable to make decisions about your health care, even temporarily. This might be due to an accident, dementia, a stroke or a mental illness. An advance health directive allows you to:

- give directions about your future health care
  - make your wishes known and give health professionals direction about the treatment you want
- appoint someone you trust (an attorney) to make decisions about health care on your behalf.



For more information please see or contact the Childers Neighbourhood Centre at 69 Churchill Street Childers, 4660. Phone: 4130 4690

Email: [CNC@bundaberg.qld.gov.au](mailto:CNC@bundaberg.qld.gov.au)

# October Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 C&F Playgroup NC—Decoupage Workshop	2 NC Card Group CC Social Support	3 C&F Let's Play together	4 C&F Playgroup CC Social Support
7 <b>PUBLIC HOLIDAY - KINGS BIRTHDAY</b>	8 C&F Playgroup NC - Masks in the Park	9 NC Card Group CC Social Support	10	11 C&F Playgroup CC Social Support
14 NC Craft Group	15 C&F Playgroup C&F - Science and Sensory Show NC—Decoupage Workshop	16 NC Card Group CC Social Support NC - Seniors Morning Tea	17 C&F Let's Play together	18 C&F Playgroup CC Social Support
21 NC Craft Group	22	23 NC Card Group CC Social Support	24	25 C&F Playgroup CC Social Support NC - Seniors Barefoot Bowls
28 C&F Forestview Playgroup	29 C&F Playgroup NC—Decoupage Workshop	30 NC Card Group CC Social Support	31 C&F Let's Play together	

# November Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 C&F Playgroup CC Social Support
4 NC Craft Group	5 C&F Playgroup	6 NC Card Group CC Social Support	7 C&F Let's Play together	8 C&F Playgroup CC Social Support
11 NC Craft Group	12 C&F Playgroup NC—Decoupage Workshop	13 NC Card Group CC Social Support	14	15 C&F Playgroup CC Social Support
18 NC Craft Group	19 C&F Playgroup	20 NC Card Group CC Social Support	21 C&F Let's Play together NC - Craft for Christmas	22 C&F Playgroup CC Social Support
25 NC Craft Group C&F Forestview Playgroup	26 C&F Playgroup NC—Decoupage Workshop	27 NC Card Group CC Social Support	28	30 C&F Playgroup