

GBNC Newsletter

What's happening

Spring 2022

What's on weekly at GBNC

Mondays

- Kids Korner Childcare
- GBNC Client appointments
- Lego therapy for kids aged 5–8 years, 3:30–4:30 at Corundum Street

Tuesdays

- Playgroup for kids aged 0-5
- Hippy (Home Interaction Program for Parents and Youngsters) for kids aged 4-5 years
- GBNC Client appointments

Wednesdays

- Kids Korner childcare
- Catholic Care kids counselling
- Baby & Me 9:30–11:00 – during school terms
- GBNC Client appointments
- Lego therapy for kids aged 5–8 years, 3:30–4:40 at Corundum Street

Thursdays

- Food support at Hilton Street by referral through GBNC
- Sensory playgroup for babies aged 0–5 months
- TASC National legal appts
- GBNC Client appointments
- Emergency Relief available from 9am–12noon at Corundum Street

Fridays

- Kids Korner childcare
- GBNC Client appointments

Sundays

- Every 2nd Sunday Quart Pot Quilters

What's on monthly at GBNC

- Rotary Stanthorpe Ageing Well morning tea at Hilton Street every 3rd Friday of the month
- Free technology assistance for personal devices 9:00–11:30. Please check with reception for our next available date and to book a spot.

Staff movements

Welcome to:

GBNC have 5 new staff members who have recently joined our team. Deb Grubic joins us as our HR Co-ordinator. Maritta Hutley joins the team as our Driving Work Life Opportunities (DWLO). Nathan Day has joined the team as our IT support. Craig Niven has begun with us as our counsellor and Fiona Magnussen has commenced as our PHN program Co-Ordinator.

Suzanne Carey, has started as Braking The Cycle's Officer (BTC) operating from GBNC 2 days per week.

Farewell to:

Peta Sheahan finished up with us as our HR Co-Ordinator. Peta started with GBNC in 2020 & has made a wonderful impact within the office.

We are very sad to see Peta go but wish her all the very best in her next life adventure!



Partner Agencies



CatholicCare
Social Services



Donations

- ✓ Sam's Farm Fresh Fruit & Veg
- ✓ Local farmer's
- ✓ Givit
- ✓ Share the dignity
- ✓ Zonta club of Stanthorpe
- ✓ Spano's IGA Stanthorpe

Supporters



A vibrant organisation growing, building and nurturing our community

GBNC Newsletter

What's happening Spring 2022



- ✓ Our Youth worker Charlene is currently working with Headspace and other agencies to begin offering a range of regular activities in Stanthorpe eg trivia, creative pursuits.
- ✓ Lives Lived Well are presenting *Talking to Teenagers about Alcohol* on 13 September
- ✓ Our PHN (Primary Health Network) program has been working with Kate Haylock to present Tuning into Kids workshops over 6 weeks
- ✓ Shane Linton is working with Jaqui and holding *Technology Help* mornings at GBNC
- ✓ Netty, our Early Years program Co-ordinator is working with Penny Davies in delivering Music with Penny mornings at Hilton St
- ✓ Hippy (Home Interaction Program for Parents and Youngsters) has started for 2022 – a partnership between our Early Years program and Mercy Community
- ✓ Josephine & Netty held our monthly Community Outreach Emergency Relief at Dalveen in September. Follow our Facebook page for future outreach ER dates & locations

GBNC and Action Graphics designed the new privacy stickers on our two doors at Corundum Street



Some of our GBNC Team



GBNC Newsletter

In focus



September School Holiday programs

SCHOOL HOLIDAY FUN

\$10/FAMILY

This activity is for kids 4-8 and their grown ups. (Adult participation required)

LEGO STAY & PLAY

10am-12pm

@ GBNC 8 Corundum St

2 WORKSHOPS
WEDNESDAY SEPT 21ST
WEDNESDAY SEPT 28TH

BOOKING ESSENTIAL
(BOOKING AND PAYMENT DUE BY FRIDAY 17TH SEPT)
CALL GBNC TO REGISTER
4681 3777

Emergency Relief in the Granite Belt progress update

1st August marked the start of the new way Emergency Relief is delivered in the Granite Belt.

One month along, it is pleasing to see the level of confusion by community residents was not as much as expected.

So far so good with the new way of working. Stay tuned for updates.



Have you heard...

St Vincent de Paul Society, Salvation Army & Granite Belt Neighbourhood Centre are working together to ensure people in our community have their emergency needs met when they need it most.

Starting 1st August,

Emergency Relief will be available 4 days per week, every week from 9am - 12 noon

Tuesday's - visit Vinnies at 21 Creek St 9am - 12 noon or phone 1800 846 643 (anytime)

Wednesday's - Salvos can assist by calling 1300 371 288 (anytime) with assistance pickup at the salvos store 49 Maryland St between 9am - 12 noon

Thursday's - visit GBNC at 8 Corundum St between 9am - 12 noon

Friday's - Salvos can assist by calling 1300 371 288 with assistance pick up at GBNC between 9am - 12 noon

Outreach ER will be held monthly at one of the villages with distribution by GBNC



St Vincent de Paul Society
QUEENSLAND
good works

Early Years And Bushkids

Teddy Bears' picnic Holiday fun!

o-8years

When: Monday 19th September 2022
Where: Weroona Park
Time 9.30-11.00am

Pack your morning tea and join us with your favourite Teddy and in your favourite dress up for fun activities...

Please register by contacting GBNC on 46813777

BUSHKIDS

FREE

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8 Corundum St, Stanthorpe

4681 3777

admin@communitycds.org.au



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Community Development

Spring 2022



Driving Work Life Opportunities – GBNC's newest program

GBNC was successful in being funded by the Federal Department of Industry, Science and Resources for this project.

From 1st July until 30th April 2023, GBNC's Driving Work Life Opportunities (DWLO) program will assist Granite Belt youth aged 16 to 25 years to get their licence.

The DWLO program will assist these youth to overcome at least three of the major barriers to their getting a licence:

1. The costs of learners, driving tests, and p-plate licences
2. Navigating the system and any literacy or numeracy issues associated in access
3. Being able to get the required number of hours, any driving conditions, within the prescribed timeframes

To make this happen, DWLO has negotiated and contracted with the PCYC's Braking the Cycle to establish this program in Stanthorpe. This program is currently operating in Warwick with much success.

GBNC welcomes Maritta Hutley as the DWLO Program Co-ordinator and she will work with community stakeholders, youth and Braking the Cycle to ensure this program assists a minimum of 18 youths to get their licence.

Braking the Cycle (BTC) Stanthorpe's Co-ordinator is Ms Suzanne Carey will work on Mondays and Tuesdays out of the GBNC offices. Maritta, the DWLO Co-ordinator will work on Tuesdays and Wednesdays.

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Keep an eye out for the BTC car as it moves around the Granite Belt.



Suicide Prevention Network Granite Belt - Update

After initial meetings, there is community support and interest in forming a joint Southern Downs Region Suicide Prevention Network. It will operate as 2 working groups located in Stanthorpe and Warwick coming together at a regional level.

Future meetings of the network will focus on the terms of reference, goals for each group, and in collaboration with the community also create the right name and logo.

World Suicide Prevention Day is on Saturday 10th September. This is a chance to raise awareness of the impacts of suicide in our communities, share support for people with lived experience and provide a focus for commitment and action to prevent suicide

The next meeting of the Southern Downs Region Suicide Prevention network is planned for Tuesday 20th September, 4.30pm at GBNC.

If you are interested in attending contact Jaqui on communitysupport@communityds.org.au

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Stanthorpe Hospital's Consumer Consultative Committee (SCCC) update

This group has now formalised its membership and agreed on how and what its priorities are for the Granite Belt community.

Apart from any arising issues, the 4 priority areas the SCCC will focus on are:

1. Information sharing about its services and visiting clinics via the AccessMyHealth online platform
2. Transport to Warwick and Toowoomba for medical treatment/appointments
3. Reimbursement for Chairperson role
4. Mental Health

Different members of the SCCC have taken on to chair and participate in one or more of the above work priority areas.

The sub-committee Chairpersons will schedule meetings between the SCCC's 2-monthly meetings. At sub-committee meetings any person or agency can be invited to participate to progress the work of the subcommittee.

Each sub-committee tables its meeting minutes at the next SCCC meeting. Stay tuned.

The SCCC was also successful in being granted 1 of the 2 free registrations to the Oct 13 & 14th Health Consumers Qld conference on the Sunshine Coast. HCQ is assisting in funding accommodation, travel and meal allowance daily.

Mental Health & Wellbeing Focus Group- Granite Belt Update

This group has collectively worked to formulate a number of events throughout Mental Health Week from the 8th to 16th October.

The week is shaping up. Keep an eye out on facebook etc for each group's events being advertised

Day	AM events	PM & Whole period event/s
Sat 8th	Pottery session – Happy Chat & She Hive – non-public event	STARS Art exhibition launch with exhibition on display for entire period
Sun 9th		
Mon 10th	Rotary Mental Health Breakfast	
Tues 11th	Happy Chat open day (with Healthwise tbc)	
Wed 12th	10ish – Men's Shed activity 9:30–2:30 @ Wallangarra—Women's wellness 2 workshops (jewelry making : Art)	1–2 Intro to meditation — Mallow & GBNC at GBNC Hilton Street
Thurs 13th	11:30–1:30 @ Stanthorpe Hospital – kid's activities + BBQ + paint tree blue (any aged child)	5PM — Movie : "Orchestrating Change" @ Little Theatre
Fri 14th	Seniors Mental Health morning tea @ 15 Hilton Street. 10–2 Services Expo for Southern Downs at Warwick Town Hall	
Sat 15th	Garden event at Whistlestop café – Happy Chat & GBSS	3pm Headspace Youth talent show in Warwick venue tbc
Sun 16th		

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Community Development

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GBNC representing the Granite Belt

In the past 3 months GBNC staff have represented Granite Belt residents' needs and issues at:

- Homelessness Working Group—chaired by the Red Cross arising from recent floods in the Southern Downs
- Integrated Service Response to Domestic Family Violence in the Southern Downs – chaired by the Womens Action and Advocacy Team
- Southern Downs Interagency Network - facilitate by Southern Downs Regional Council.

GBNC volunteered at the last meeting to conduct a survey of the Southern Downs community sector to determine the level of support to petition the SDRC to take out membership of an online directory and community diary offered by Community Information Support Service. This would be a one-stop shop for information and community events/workshops that any resident can access.

- SWAN meeting – this is the South West Area Network meeting of funded neighbourhood centres – GBNC was host of the August meeting, offering the meeting virtually for the first time, in addition to in-person attendance
- Warwick has recently commenced working towards setting up its own Neighbourhood Centre. GBNC will assist as and where it can.

The service gaps GBNC is working on to bring onsite at the Granite Belt

GBNC team members are actively working on two known service-gap issues, especially onsite in the Granite Belt:

1. Face-to-face counselling for victims of a) sexual abuse or b) domestic family violence. This work is with the Toowoomba-based DVAC. Starting 1st September, GBNC & DVAC will promote the current virtual counselling services and record referrals to DVAC for these services. IF the demand for either or both these types of counselling is there, DVAC have indicated it has capacity to provide face-to-face service delivery at GBNC on some yet to be determined set, regular frequency.
2. Community transport both local and longer-haul to Warwick and Toowoomba, provided by STAR Community Services.

GBNC negotiated STAR into our area earlier this year but thought its services had ceased. In reality STAR has been providing transport services to eligible Granite Belt people both local and longer haul.

We are working together to progress its service delivery and in the coming months STAR will conduct a needs mapping to inform the further development of its transport services – local and longer-haul.

For ongoing updates  our GBNC facebook page so FB posts on the above work reach you directly.

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Thank you

Spring 2022



GBNC Winter food appeal

A HUGE thank you goes out to all who donated to our first ever Winter food appeal.

Community members, schools, and local businesses all donated which helped our food support program replenish stock to support local families over winter.

Our community is such a wonderful and helpful community.



Skye from GBNC and Ian from Australian Vinegar.

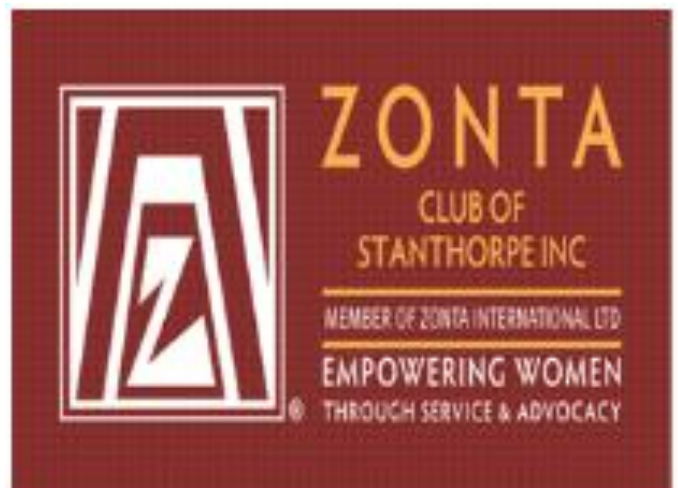
Ian donated a huge amount of stock to our winter food appeal.

IGA Community Chest

Thank you to Spano's IGA Stanthorpe for their community chest donation to GBNC.



Thank you to the Zonta Club of Stanthorpe for their donation to our Winter food appeal and their continuous support for local women experiencing domestic violence.



GBNC Newsletter

Our programs

Spring 2022



Early Years – Kate & Netty

Activities for parents and their children (prenatal to 8 years) e.g. weekly Lego therapy (Mondays & Wednesdays 3:30pm) and two Playgroups (Tuesdays and Thursdays).

Youth – Charlene & Craig

Activities aimed at working with youth aged 8 to 21yrs who are at risk of disengaging from school, family and/or the community.

Mental Wellbeing (PHN) - Fiona

Focuses on initiatives to assist families and children transitioning to high school in dealing with low intensity mental health issues.

Family Support Services - Caitlyn

Assists vulnerable families to develop family/household management skills, improve life skills and provide information, advice and referral. During school terms Baby & Me runs for 5 weeks and is aimed at new parents. A guest presenter hosts each weekly session.

Emergency Relief - Josephine

Available to assist on a time-limited basis with basic life needs and is available to any person resident in the area including backpackers.

Community Support Services - Jaqui

Assists vulnerable individuals in an integrated way by increasing life skills, connecting people to the community plus develop events, projects and resources to benefit the whole community.

Kids Korner – Bec & team

Limited hours childcare for children aged 2 to 5 years. Days of operation are Mondays, Wednesdays and Fridays. Casual use is also encouraged.

Driving Work Life Opportunities - Maritta

This time-limited program assists youth aged 16 to 25yrs in obtaining their drivers licence.

Foodsupport – Josephine & team of volunteers

Weekly program providing a box of food referred by GBNC's client intake officers

Room Rental

GBNC rents space at both its Corundum Street and Hilton Street premises on 1-off basis through to weekly for a year. Ask reception about what is available and for our price list.

If you would like to be **notified** of GBNC's upcoming events, please email Skye at marketing@communityds.org.au

AND

like us on facebook or Instagram

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Our upcoming workshops

Spring 2022



A look at some of our programs planned for Spring 2022

Free buses from Wallangarra, Greenlands & Dalveen from 8:30am and arriving back by 12:30pm.

"Jarjums" are Having a Kindy Party!

Free Activities and Entertainment
Free party pack for parents
Free party pack for children under 5

LEARN
GROW
PLAY

SMILE

An activity of the Granite Belt Early Years Network

Parents and children are invited to a party to experience the wonderful things that Kindys and Early Childhood Centres across the Granite Belt have to offer.

Stanthorpe Primary School Stadium
9.30am - 11.30am
Wednesday 26th October
Bring Morning Tea, hat & water bottle
"Jarjums" - Aboriginal word for 'children'.

HAVING TECHNOLOGY PROBLEMS?

FREE ASSISTANCE for Personal Devices

- ✓ Phones
- ✓ Tablets
- ✓ Laptops
- ✓ App Issues

For Next Available Date
Contact our office

Bookings Essential:
4681 3777

admin@communityds.org.au

Come in and have our IT expert help with your technology issues, updates, emails, apps, settings and features.
For personal assistance only - No Businesses

8 Corundum Street Stanthorpe

Call 4681 3777 to Register!

Time to Talk
Talking to Teenagers about Alcohol
A Guide for Parents

TUESDAY 13th September
3:30pm-4:30pm

8 Corundum Street, Stanthorpe
Tea & Coffee provided

Topics for Parents

- Making time to talk
- Feeling connected & supported
- Knowing the facts
- Knowing the law
- Being consistent & influential

Lives Lived Well

UPCOMING EVENTS September 2022

13 September	Talking to teenagers about alcohol
20 September	Technology help workshop
Tuesday's September	Playgroup 0-5 year old's Hippi program
Wednesday's September	Baby & Me program
Thursday's September	Sensory playgroup 0-15 months
Saturday's September	Tuning into kids workshop's
5 September	Father's Day arvo tea at Kids Korner child care

Visit our Facebook page for more upcoming events
@granitebeltneighbourhoodcentre

FOLLOW US!



Facebook Instagram

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