

# GBNC Newsletter

## What's happening at GBNC

Summer 2023



### What's on weekly at GBNC

#### Mondays

- Kids Korner Childcare
- GBNC Client appointments
- Brick Club - Thulimbah school – term-time only
- Emergency Relief 9am–12noon
- Interact club at Hilton Street 2<sup>nd</sup> & 4<sup>th</sup> weeks of month
- Homeschoolers at Hilton St
- Youth Pride group 12-21yrs mthly

#### Tuesdays

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

#### Wednesdays

- Board games for youth - mthly
- Kids Korner childcare
- Catholic Care kids/family counselling fortnightly
- Baby & Me 9:30–11:00 – 5 sessions during school terms
- Music time- fortnightly - 0-3yrs 9.30-10.00am and 4-6years 10.15-10.45am

#### Thursdays

- Foodsupport 10 -11am
- Sensory playgroup for babies aged 0–5 months

#### Fridays

- Playgroup at Dalveen State School - term-time only
- Kids Korner childcare
- GBNC Counselling

#### Sundays

- 2<sup>nd</sup> Sunday Quart Pot Quilters

### What's on monthly at GBNC

- Rotary Stanthorpe Ageing Well morning tea at Hilton Street every 3<sup>rd</sup> Friday of the month
- Free technology assistance for personal devices 9:00–11:30 Tuesdays. Check with reception for next available date

### GBNC Updates

GBNC welcomes Debbie Teatoff as the Healthy Ageing Program Coordinator who will be working across the Southern Downs.

In November 2023, GBNC held its 36<sup>th</sup> AGM. All members of the exiting committee were re-elected unopposed. We welcome for another year their caring and careful stewardship of GBNC.

GBNC is currently in negotiations with the Dept of Communities about playing a role in the post-fire recovery of the Wallangarra and Dalveen communities. Stay tuned via facebook as negotiations are confirmed.



### Partner Agencies



**CatholicCare**  
Social Services



### Donations

- ✓ Australian Vinegar
- ✓ Diggers Club
- ✓ Rotary Stanthorpe Satellite Club
- ✓ Zonta club of Stanthorpe
- ✓ Sam's Farm Fresh Fruit & Veg
- ✓ Local farmers
- ✓ The Nappy Collective
- ✓ Spano's IGA Stanthorpe

### Supporters



# GBNC Newsletter

## Community Development

Summer 2023



### Update - Healthy Ageing Support Program

The Healthy Ageing Support program is for over 65-year-olds, living at home in the Southern Downs, aimed at assisting them to connect to support services and enhance their social connections.

It's anticipated that through improved social connectedness the person's (or couples) sense of isolation or loneliness is reduced and consequently experience improved physical health too.

Initial referrals will come from the Aged Care Nurse Navigators at the Warwick and Stanthorpe Hospital, before extending to the general community in due course.

Debbie will be out and about meeting services and commencing service delivery before the end of 2023.



***Merry Xmas to one and all  
from the GBNC team***

### How many individuals are helped through GBNC Foodsupport??

GBNC's Foodsupport program recently realised that simply counting the 1 box of food failed to give the full picture. Because, that 1 box is NOT the same as another, either in number of people it feeds or the food value in that box.

We are failing to get a fuller picture of the number of people who are benefiting from that box of food and the social cost of this donated food.

Fiona our Foodsupport Program Coordinator reviewed the numbers in a family data which is given to the volunteers when packing boxes.

For the 22/23 financial year the number of people helped through a food box and the cost of those boxes are:

FOOD SUPPORT BOX NUMBERS 2022/2023

	TOTAL	BOX VALUE \$	TOTAL VALUE \$
Boxes for 1	353	\$ 50.00	\$ 17,650.00
Boxes for 2	368	\$ 70.00	\$ 25,760.00
Boxes for 3	237	\$ 100.00	\$ 23,700.00
Boxes for 4	126	\$ 100.00	\$ 12,600.00
Boxes for 5	146	\$ 100.00	\$ 14,600.00
Boxes for 6	70	\$ 100.00	\$ 7,000.00
Boxes for 7	19	\$ 100.00	\$ 1,900.00
Boxes for 8	6	\$ 100.00	\$ 600.00
<b>TOTAL</b>	<b>1325</b>		<b>\$ 103,810.00</b>

For a fully volunteer reliant program that is significant support to GB residents via GBNC and the broader community via donations to FS.

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### Update –

#### Improving transport access within the Granite Belt

GBNC was funded by the Primary Health Network (PHN) for a 1 year project to improve access within the Granite Belt via community transport – that is local transport.

GBNC has been working with a community reference group and reporting on this project's progress to the Stanthorpe Hospital's Community Consultative Committee.

It's taken a while for this project to shape up. However, it's expected that in the new 2024 year there will be announcement of a Stanthorpe-based worker with the role to establish STAR Community Services' office focused on community transport for the Granite Belt.

While the PHN money is tied to local transport, the reference group is also interested in the longer trips to places like Warwick and Toowoomba.

It's the community transport reference group's goal to bring STAR to the Granite Belt and commence offering transport services its funded for by both the State and Federal governments. Their funding is available to persons 18yrs+ through to the aged (who are not resident in nursing homes). And, their transport is for both local and the longer-haul trips.

SO... keep an eye out on facebook for updates on what community transport in the Granite Belt will be available; early 2024.

### Update –

#### Online directory and community diary

This community-available-for-use tool is a partnership between Rotary Club of Stanthorpe and GBNC.

GBNC's Jaqui Unold is overseeing this project ably assisted by Shane Linton, GBNC's IT consultant and Helen McWater, a very supportive volunteer.

Through to the end of December GBNC's focus is getting the pages set up as we want them and for all GBNC staff to document and have added to the directory the huge number of contacts they know and use in the Granite Belt.

From the new year it is GBNC's intention to use the online diary as another key means to inform community members of what is happening when. It's anticipated the launch of the directory and diary will occur in the lead up to the Apple and Grape Festival.

If you would like to look at the directory as it currently is, use this URL:

[https://www.mycommunitydirectory.com.au/Queensland/Southern\\_Downs](https://www.mycommunitydirectory.com.au/Queensland/Southern_Downs)

And if you scroll down the page and look to the left side you will see a box saying *community diary*. Click on that box and the screen changes to show what is on for any given date.

***YOU CAN ENTER YOUR INFORMATION INTO THE DIRECTORY AND/OR DIARY – NOW!***

Just click on *List for Free* found on top of website page to the right side.

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***A vibrant organisation growing, building and nurturing our community***





# GBNC Newsletter

## Our services

Summer 2023



### Early Years

Activities for parents and their children (prenatal to 8 years) aimed at assisting effective parenting skills.

### Youth

Activities aimed at working with youth who are at risk of disengaging from school, family and/or the community 12 – 21yrs.

### Mental Wellbeing (PHN)

Focused on initiatives to improve families and children's mental health transitioning to high school.

### Family Support Services

Assists vulnerable families to develop family/household management skills, improve life skills and provide information, advice and referral.

### Healthy Ageing Support

Supports senior Southern Downs residents to live at home through enhanced social connections.

### Sustaining Tenancies

Available through GBNC for clients who need a helping hand. A realistic payment plan is set up to come out of your Centrelink payments

### Food Support

Available weekly on a Thursday morning via a referral from GBNC staff. Clients are to attend our Food Support 15 Hilton St 10—11am only.

### Emergency Relief

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

Works in a diverse range of ways including community development aimed at increasing sense of connectedness and build community capacity.

### Kids Korner

Limited hours childcare for children aged 15 months to 5 years. Days of operation are Mondays, Wednesdays and Fridays. Casual use is encouraged.

### Driving Work/Life Opportunities

Aims to expand life options & employment through addressing the barriers that prevent persons aged 16-25 years from obtaining a drivers licence. This program works with the PCYC's Braking the Cycle Stanthorpe program.

***If you would like to be notified of GBNC's upcoming events follow us on Facebook or Instagram***