

# GBNC Newsletter

## What's happening at GBNC

Autumn 2025

### Stanthorpe Hospital's Consumer Consultative Committee (SCCC)



L-R Sarah Hasse Star Transport, Jen Leigh Manager GBNC, Cr Melissa Hamilton Southern Downs Mayor, Fran Hodgson President GBNC, Janelle Tidy James Lister State Member for Southern Downs

The Stanthorpe hospital's Community Consultative Committee members on 25<sup>th</sup> February welcomed the Darling Downs Health District Board members to the Granite Belt. It was a great opportunity to catch up with Board members and other key agencies' personnel. including Mayor Hamilton and State member James Lister. Everyone enjoyed the BBQ lunch and special thanks go to the catering staff at the hospital for their yummy food.

Community members with interest/ passion on a health-related issue or chronic medical conditions are still wanted to be part of the SCCC. The SCCC meets for two hours every 2 months.

The role is to:

1. Be a conduit from the community to the Stanthorpe Hospital's Health and Medical services; and
2. Work on agreed issues to the benefit of the Granite Belt community

*If you are interested in being on the SCCC please contact the SCCC Chairperson, Jenny Leigh on 0437199830.*

### Changes to GBNC's Friday office hours

GBNC's main reception now closes its doors to the public on Fridays at 12.30pm.

Programs will still see clients by appointment after this time. **This does NOT impact on KK services or times.**

### New face at GBNC reception

GBNC's friendly face at front desk has changed.

Through to mid July you will see the friendly face of Shauna. Welcome to the team Shauna.



### Supporters

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

### Partner agencies



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

# GBNC Newsletter

## Program Workshops

Autumn 2025



### Multicultural Safe Driving Workshops



As part of the Driving Work/Life Opportunities - Multicultural drivers program a workshop was held on Tuesday 4<sup>th</sup> March.

This workshop was a great success, with around 35 participants from four different countries, the majority of whom were from the Solomon Islands and Vanuatu.

Sergeant Dan O'Dea led an insightful session on the "Fatal Five" driving risks, while Detective Matt gave a valuable talk on safety and consent. Leah from My Driving School, Suze from PCYC's Breaking the Cycle, and Sue from RAM all assisted with the interactive activities.

Participants had the chance to try on impairment goggles, which resulted in plenty of laughter, and also got to experience our full driving simulator.

The evening was not only an excellent learning experience but also a great opportunity for community building, ending with pizza and soft drinks to wrap up the event.

For info on renting the simulator contact GBNC.

By Maritta Hutley

### Practical Financial Future Workshops

Managing finances can feel overwhelming, but two recent workshops have equipped participants with the tools to take control. In February, we hosted two valuable sessions:

- **Living on a Fixed Income:** Learn to create realistic budgets, start savings habits, and manage financial stress.
- **Safe Spending:** Tips on accessing credit wisely, understanding payday loans, and protecting yourself from scams, especially when shopping online.

Led by Donna Neale-Arnold from Good Shepherd, these workshops were packed with practical advice and helpful activities. Attendees also enjoyed morning tea while learning essential skills to better manage bills and protect against fraud.

#### More Workshops Coming!

Due to popularity, we'll be offering these workshops again later this year. Stay tuned on our social media for updates, or call GBNC to register your interest. The program coordinator will notify you when registration opens.

By Caitlyn Henderson



# GBNC Newsletter

## What's new

Autumn 2025



### Listing on, and accessing the directory and diary

We need your help ongoing to make the Granite Belt Community Directory and Diary an indispensable resource for fostering community connections and ensuring easy access to local services and events.

#### Accessing the Directory and Diary

To explore and utilize the directory or diary, visit: [Stanthorpe Community Directory](#).

Organizations and agencies can add their details to the directory now by clicking the "LIST FREE" button at the top right-hand side of the page.

*Community members are encouraged to download the PDF version of the directory to check if their organization is already listed and to share it widely within their networks.*

The PDF can be accessed here: [Download Directory PDF](#).

#### How to Get Listed

For those who do not yet have a listing, the process to create one is straightforward and free:

#### Create an Account

Start by visiting the website or clicking [Register](#) to create an account.

#### List for Free

Follow the simple steps to create your listing and showcase your services.

### Listing on, and accessing the directory and diary

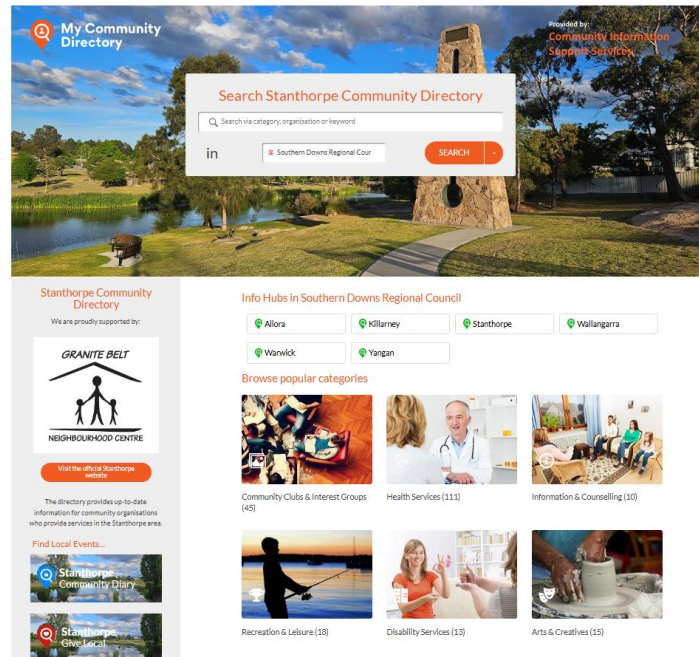
#### Dedicated Support

My Community Directory's dedicated support team is available from 8 am to 7 pm to assist with any inquiries.

They can be reached via email at [support@mycommunitydirectory.com.au](mailto:support@mycommunitydirectory.com.au) or by calling 1300 762 515.

The Granite Belt Community Directory and Diary is set to become an indispensable resource for fostering community connections and ensuring easy access to local services and events.

Author: Jaqui Unold



# GBNC Newsletter

## Our services

Autumn 2025



### 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 the mental health of Granite Belt residents.

### 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 and aged care 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

### Foodsupport

Available weekly, Thursday mornings via a referral from GBNC staff on a Monday 9 till 12noon. Clients attend our Foodsupport at 15 Hilton St 10—11am.

### Emergency Relief

Available to assist on time-limited basis with basic life needs & is available to any person resident in the Granite Belt and backpackers e.g. food, chemist & other forms of material relief. Operates Mondays 9 till 12noon, no appointment required.

### Community Support Services

Assists people to connect to others and services.

### Kids Korner

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

### Driving Work/Life Opportunities - Multicultural drivers

Assists any resident (temporary or permanent) from overseas to become a confident safe driver in the Granite Belt region. Operates 1 day per week until end of May 2025.

### Driving simulator

The driving simulator is available for hire at affordable rates. It's based at Hilton Street and can only be accessed with prior booking and rental.

### Counselling

GBNC offers free counselling one day per week. Appointments must be booked.

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

# GBNC Newsletter

## What's on at GBNC

Autumn 2025



### **Mondays**

- Kids Korner Childcare
- Emergency Relief 9am –12noon
- Youth Get-together for 12 -18 years - 1:30pm-3:00pm every Monday

### **Tuesdays**

- Playgroup 9.30-11.30am for kids 0-5yrs
- Hippy (Home Interaction Program for Parents and Youngsters) for kids aged 4-5 years

### **Wednesdays**

- Kids Korner childcare
- Baby & Me 9:30–11:00 – 5 sessions during school terms Check for Dates
- Music Time – F/N 9.45-10.15am 0-3yrs
- Parent Café following Music Time 10.15-11.30am

### **Thursdays**

- Food Support 10 -11am (at Hilton St)
- Sensory playgroup 9.30-11.30am for 0-2yrs
- Retro Arcade for youth 12 to 18

### **Fridays**

- Kids Korner childcare

### **Monthly**

- Rotary Stanthorpe Ageing Well morning tea at Hilton Street 3<sup>rd</sup> Friday each month
- Free technology assistance for personal devices 9:00–11:30 Tuesdays. Check with reception for next available date
- Music with Penny @ The Hub 1<sup>st</sup> Tue of the Month 10.00 - 10.30am (Excluding April)
- First 5 Forever Storytime @Tuesday Playgroup. Once per month.

### **By Appointment**

- GBNC Counselling
- Client intake
- Circle of Security Parenting Program
- Catholic Care – client phone appointment support
- Simulator use

