

CCDA

**Compassionate Communities
Service Directory**

Rockhampton Regional Council area and Livingstone Shire



DECEMBER 2022

Sandy Paton

CAPRICORN COMMUNITY DEVELOPMENT ASSOCIATION

LONELY DAYS extract.

**“While the headlines focus on global political events,
we shouldn’t lose sight of the fact that our real
strength as a community lies in the way we hold together
in the face of the pandemic, under threat of conflict or
even amid an outbreak of loneliness.**

**A community that actively seeks out, that draws in, that
cares for the vulnerable, the lonely and the marginalised,**

Is a community worth fighting for.

**And that, in my view is the way we can best prepare
ourselves for whatever lies ahead in the 2020s.”**

Bernard Salt: Lonely Days: The Weekend Australian Magazine. May 14-15 2022

CCDA Compassionate Communities Service Directory

The Capricorn Community Development Association (CCDA) CQ Compassionate Communities Service Directory was sparked by work undertaken by the Central Queensland, Wide Bay and Sunshine Coast PHN and Groundswell to ensure a place based approach to identifying resources, services, information and community support that may assist and connect, those in palliative care and their supporters, and others experiencing or forward planning their own end of life journey.

The term “Compassionate Communities” is used world wide to describe localities that encourage and develop a whole-of-community culture focused on caring networks and the social and emotional support of dying people and their families, reducing the load on individuals and the health system and contributing to a sense of wellbeing at the end of life.

CCDA Compassionate Communities Service Directory aims to provide links to strategic resources and highlight our local communities’ services and assets that can assist people connect with activities, places and people that will improve their quality of life. It will cover the Rockhampton Regional Council area and Livingstone Shire.

Compassionate Communities are built on what is known as the 95% rule, which acknowledges that a person dying spends about 5% of their time in the last year of life face to face with a medical professional, and that the remainder of the time, 95%, is spent with friends, family, community, online or alone.

The CCDA Compassionate Communities Service Directory provides information on, and connections to, resources that are available to support those preparing for their own death and also wanting to maximise their quality of life; and, the families and friends and the communities around them.

To help ensure the directory really does meet the local needs, over 700 people were invited to contribute their ideas and experiences of what works and doesn’t, in relation to wrap around community support and compassionate communities.

Many thanks to all those who contributed.

The CCDA Compassionate Communities Service Directory is divided into two sections:

1. *Strategic Resources* containing knowledge and information that applies across the whole of Queensland – available only online or by phone
2. *Compassionate Communities: Rockhampton and Livingstone* containing information that is place based, community focused and draws on formal and informal, funded and underfunded resources and opportunities available in our community to support people on their whole of life journey.

You can save the Directory onto your desktop to make it easy to find for future use.

To use the Directory, please go to the contents page, select your topic of choice, and press Control and Click on your computer or device. You can also use the “Find” function to do a word search for an organisation or topic.

Or just print off the directory and browse.

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STRATEGIC RESOURCES

Available only online or by phone

ADVANCED CARE PLANNING

It is recommended that everybody whatever their age have an Advanced Health Care Directive. An “advance directive” is a broad term used to describe any legal document that addresses your future medical care. Blank paper copies of Advance Health Directive and Enduring Power of Attorney forms are available from most newsagents

Advance Care Planning Australia 1300 208 582

[Advanced Care Planning Australia](#) is a federally funded site that provides lots of useful information and resources including:

- ❖ [Advanced Care Planning explained.](#)
- ❖ [Free Advanced care Planning Starter Pack.](#)
- ❖ [Questions that matter the most.](#)
- ❖ [Create your plan and find forms](#)
- ❖ [Training and education.](#)
- ❖ [Health Professionals roles and responsibilities](#)
- ❖ [Law and ethics](#)

Advance Health Directive (Queensland)

An **Advance Health Directive (Form 4)** can be used by people who have decision-making capacity. This legally binding document allows a person to give directions about their future health care and special health care. This form can also be used to appoint an attorney(s) for health matters.

The Queensland Government funded [My Care, My Choices](#) website provides links to:

- ❖ The Advance Health Directive (Queensland) form
- ❖ The Advance Health Directive explanatory guide (Form 10) to read before you begin filling in your Advance Health Directive (Form 4).
- ❖ An Additional page (Form 8) if you wish to attach any additional pages to this document.

You can download the appropriate forms from [My Care, My Choices](#) or you can order a paper copy by contacting:

Statewide Office of Advance Care Planning

PO Box 2274, Runcorn Qld 4113

Phone: 1300 007 227

Fax: 1300 008 227

Email: acp@health.qld.gov.au

Enduring Power of Attorney (Queensland)

An *Enduring Power of Attorney short form (Form 2)* can be used by people with decision-making capacity who wish to legally appoint the same attorney for health and/or financial matters.

The Queensland Government funded [My Care, My Choices](#) website provides links to:

- ❖ The Enduring Power of Attorney - short form. Form 2. Version 4

- ❖ The Enduring Power of Attorney explanatory guide (Form 9) to read before you begin filling in your Enduring Power of Attorney (Form 2 or Form 3).
- ❖ An Additional page (Form 8) if you wish to attach any additional pages to this document.
- ❖ The Enduring Power of Attorney long form (Form 3) can be used to legally appoint *different* attorneys for personal (including health) matters and for financial matters.
- ❖ The Enduring Power of Attorney explanatory guide (Form 9) should be read before you begin filling in your Enduring Power of Attorney (Form 2 or Form 3).
- ❖ An Additional page (Form 8) you can use if you wish to attach any additional pages to this document.

You can download the appropriate forms from [My Care, My Choices](#) or you can order a paper copy by contacting:

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PO Box 2274, Runcorn Qld 4113

Phone: 1300 007 227

Fax: 1300 008 227

Email: acp@health.qld.gov.au

Statement of Choices (Queensland)

The Statement of Choices can be used to record views, wishes and preferences for health care. Its purpose is to guide (inform) those who need to make health care decisions on a person's behalf if the person is unable to make those decisions for themselves at the time they are needed. It is not a legally binding document that is able to give consent to, or refusal of treatment.

The Queensland Government funded [My Care, My Choices](#) website provides links to:

- ❖ Statement of Choices Form A—for people who *can* make their own health care decisions.
It is a good idea to include your doctor, family, and substitute decision-maker/s in the process to ensure they understand your wishes.
- ❖ Tips for how to complete Form A
- ❖ Statement of Choices Form B—for people who *cannot* make health care decisions for themselves.
Form B should be completed by the person's legally appointed substitute decision-maker(s), or if not applicable, person(s) in a close and continuing relationship with the individual. When completing the form, it should reflect best understanding of the person's views about what's important to them, their wishes for care, and the outcomes they would find acceptable/unacceptable. This should consider what the person has said or done in their past, their personal, cultural, religious or spiritual beliefs and practices that they would want respected.
- ❖ Tips for how to complete Form B
- ❖ Statement of Choices Form A and B combined—for health care providers.
- ❖ Guide for health professionals - using the Statement of Choices
- ❖ Auditing of Statement of Choices documents

You can download the appropriate forms from [My Care, My Choices](#) or you can order a paper copy by contacting:
Statewide Office of Advance Care Planning
PO Box 2274, Runcorn Qld 4113
Phone: 1300 007 227
Fax: 1300 008 227
Email: acp@health.qld.gov.au

AGED CARE AND ELDER SUPPORT

Ageing, an inevitable process, is commonly measured by chronological age and, as a convention, *a person aged 65 years or more* is often referred to as 'elderly'.

ADA Australia Seniors Guide to Qld Help app

The app, [Seniors Guide to Qld Help](#), is designed specifically for older Queenslanders and those who support them. The free resource provides information about a broad range of topics, including aged care, transport, housing and neighbour disputes, family and finances, elder abuse, consumer issues, community access, future planning and decision-making. This app is a valuable tool for support workers and health professionals working with older people. The [Seniors Guide to Qld Help](#) can be downloaded for free on the [App Store](#) or [Google Play](#). To find out more, visit the [resources page on the ADA website](#).

Dementia Australia: The Dementia Guide

[The Dementia Guide](#) is the go-to resource for people living with dementia their carers and family. The information in this guide is divided into sections with each section relating to a particular stage of the dementia journey. The guide supports people living with dementia, their carers and family, to understand more about dementia, the treatments, support and services available. The guide also includes information about living well with dementia and making plans for the future.

In it, you can find information about:

- *the impact of dementia*
- *treatment, support and services available*
- *ways to adapt to change and live well.*

Elder Abuse Prevention Unit

1300 651 192 www.eapu.com.au eapu@uccommunity.org.au

Live Up

Welcome to the Upside of Ageing

Live Up is a free national healthy ageing platform designed to help you reimagine, reset, and reconnect with living your life to its fullest. You'll find personalised suggestions, including tailored activities, assistive products, social connections and more, all in your local area or online. Head to liveup.org.au and take control of your healthy ageing journey.

Social media links:

Facebook <https://www.facebook.com/LiveUpAus>

Instagram <https://www.instagram.com/liveupaus/>

Twitter <https://twitter.com/LiveUpAus>

Support line: 1800 951 971

National Seniors Australia

National Seniors undertakes advocacy on behalf of older people and also offers a range of resources and supports. Currently there is no onground presence in Rockhampton however CQ citizens can still join and access offered benefits. There is also a great free newsletter. To find out more please see <https://nationalseniors.com.au> or phone 1300 76 50 50

Seniors Enquiry Line 1300 135 500. This is a Senior's 'one stop' information line 9am – 5pm Monday to Friday and you get to talk to a real person. www.seniorenquiryline.com.au

Time for Grandparents 1300 135 500. Support for grandparents raising grandchildren. www.grandparentsqld.com.au

AMBULANCE CARE PLANS FOR QUEENSLAND

Queensland Ambulance Service (QAS) paramedics are requested to attend and treat patients with complex medical, psychological and social conditions. Managing a complex patient may require treatment by QAS paramedics outside the scope of practice as outlined in the organisation's [digital Clinical Practice Manual \(dCPM\)](#). Furthermore, specific information may need to be relayed to paramedics attending a patient that may pre-emptively guide their care and provide a safe work environment for the officers.

QAS Ambulance Management Plans authorise the paramedics to treat individual patients outside the scope of the standard QAS clinical protocols. They are implemented on an exception basis, and are only considered when the clinical care treatment is both outside the normal scope of the QAS clinical protocols, and is reasonable and appropriate for the pre-hospital environment.

A request for a plan must be made in writing by the patient's treating medical practitioner. It should include details of the patient's condition, and clearly outline any specific treatment strategies for the patient that fall outside the normal QAS clinical management.

For more information please see:

- ❖ <https://www.ambulance.qld.gov.au/management-plans.html>
- ❖ https://www.ambulance.qld.gov.au/docs/clinical/cpg/CPG_Palliative%20care.pdf

CRISIS SUPPORT AND HELPLINES

Crisis is a time when a difficult or important decision must be made – support is always available.

13 HEALTH (13 43 25 84)

13 HEALTH (13 43 25 84) is a confidential phone service that provides health advice to Queenslanders. You can phone and talk to a registered nurse 24 hours a day, 7 days a week for the cost of a local call.

13 YARN (13 92 76)

For the first time, First Nations people across Australia will have access to a culturally safe, dedicated, 24/7 crisis hotline.

[13YARN](#) is an Aboriginal & Torres Strait Islander crisis support line funded by the Australian Government with the support of Lifeline and developed in collaboration with Gayaa Dhuwi (Proud Spirit) Australia. It is run by Aboriginal and Torres Strait Islander people.

Beyond Blue 1300 22 46 36 24/7

Give us a call any time of the day or night – select from the voice menu or simply hold on the line to talk with a counsellor.

We'll be there to offer brief support, provide information and advice, and point you in the right direction so you can get the help you need for the cost of a local call (could be more from mobiles).

- *Help for people who are deaf or hard of hearing*
People who are deaf or have a hearing or speech impairment can contact us by phone using the [National Relay Service](#).
- *Help for people whose first language is not English*
People whose first language is not English can get free translation support from the [Translating and Interpreting Service \(TIS National\)](#).
 - [Immediate phone interpreting service](#)
 - [Pre-booked phone interpreting service](#)

*The Translating and Interpreting Service (TIS National) is an interpreting service [provided by the Department of Home Affairs](#).

[Beyond Blue Website](#) provides additional information and resources

Brain Tumour Support Service – a service providing resources, referrals, information sessions with health professionals, and opportunities to meet others living with a brain tumour (location dependant). Self-referral via 13 11 20.

Alzheimer's Association of Queensland Inc

Dementia Helpline 24 hr 1800 639 331

National Education Helpline 1800 180 023

Griefline 1300 845 745 6am to midnight

Are you ready to talk? We are ready to listen. Griefline supports anyone experiencing grief, facing any type of loss, providing access to free telephone and online support services and resources. Our national toll-free helpline operates from 6am to midnight (AEST). All our services are free and available 365 days a year. Please see [Griefline Website](#) for more information and access to an Online Forum

Kids Helpline 1800 55 1800 Anytime. Any Reason.

[Kids Helpline Website](#) has a range of resources tailored for a variety of ages and for parents and teachers.

Lifeline Crisis Support Services 24/7

- [Phone 13 11 14](#) available 24 hours / 7 days - Australia's largest crisis support line. Anyone in Australia can speak to a trained Crisis Supporter over the phone, any time of the day or night.
- [Lifeline Text 0477 13 11 14](#) available 24 hours / 7 days - Australia's first SMS-based Crisis Support service, any person in Australia can receive support from a Crisis Supporter by text message, any time of the day or night.
- [Online chat](#) available 24 hours / 7 days - The online chat service is available for people who prefer to type than talk. Any person in Australia can chat with a Crisis Supporter through the Lifeline Australia website, any time of the day or night.
- [Lifeline Website](#) provides additional information and resources

MensLine Australia 1300 78 99 78 24/7

MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime. We provide single session services to all callers and online counselling users; and multi-session services to eligible clients. In a *single session*, each interaction is treated as a stand-alone counselling session where we work with the caller on the issue that is of greatest concern to them. Our *multi-session* service is a tailored program for clients where they can have up to four sessions with the same counsellor. *Case Coordination* supports clients who present as having unmet needs and require ongoing support to connect with services in their area over a four to six-week period.

[MensLine Australia Website](#) provides additional information and resources

My Aged Care 1800 200 422

Arranging the aged care services you need can be a complex and daunting task - that's why My Aged Care is here to help. We can provide support to help you access Australian Government-funded aged care services.

We are open:

- Monday to Friday: 8am to 8pm
- Saturdays: 10am to 2pm
- Closed on Sundays and national public holidays.

If you are calling from overseas, dial +61 2 6289 1555 (Monday to Friday 8.30am to 5.30pm AEST) and ask for the My Aged Care contact centre.

** 1800 numbers are free from landlines and most mobile phones. Check with your mobile phone provider for more information.*

PalAssist - a Queensland-wide, no-cost 24-hour telephone and online service for palliative care patients, carers, family and friends seeking practical information and emotional support. Self-referral via 1800 772 273.

Suicide Call Back Service 1300 659 467 24/7

Suicide Call Back Service is a nationwide service providing 24/7 telephone and online counselling to people affected by suicide.

- *Learn about suicide warning signs*
A person who is thinking about suicide will usually give some clues or suicide signs to those around them that indicate they are distressed. These are often referred to as suicide warning signs. Suicide prevention starts with recognising these suicide warning signs and taking them seriously. [View article.](#)
- *How to talk to somebody about suicide*
Discussing suicidal thoughts may seem like a daunting prospect. Learn to shape these discussions with clear and practical advice. [View article.](#)
- *Looking after yourself when supporting someone suicidal*
When looking after someone who is experiencing significant emotional turmoil, it can be easy to overlook your own needs. Make your own health and wellbeing a priority, even if only to ensure that you can continue to provide the best of care for them. [View article.](#)

[Suicide Call Back Service Website](#) provides additional information and resources

Telehealth Bereavement Counselling

The Australian Centre for Grief and Bereavement (ACGB) has launched a new national online telehealth bereavement counselling service.

The Service is the first of its kind in Australia. It gives clients access to a specialist bereavement counsellor in a virtual setting, via a computer, iPhone or smart phone, or a tablet. Now, all Australians, regardless of location or circumstance, can access the Centre's services and can maintain control over the setting and context of their own counselling. The telehealth counselling service can be accessed through (03) 9265 2100 or info@grief.org.au.

DEATH DOULAS/ END-OF-LIFE DOULAS

What is an End of Life Doula? [COTA](#)

You may have heard of a Birth Doula, who ushers in new life by providing compassionate and specialised personalised care to women through pregnancy, birth and after birth support. An end of life or death Doula uses the same care principles, working to hold a peaceful space for those dying and their families – by providing emotional support, resources, education and companionship.

An end of life Doula is trained and experienced in accepting the dying process as a natural part of life not to be feared. While many won't talk about death, a Doula will offer emotional support, within your belief system, with the intention of mediating a sense of meaning, connection and purpose.

What does an end of life doula do?

In a time where death has become increasingly medicalised and more frequently occurs in hospitals and nursing homes rather than the family home, an end of life Doula fills the space that was, in the past, more traditionally filled by the community. An end of life Doula will work alongside other professionals and family and friends. They take on a holistic approach with a non-medical skill set. They offer an all-round

service. As dying and death is a unique experience, they will start by wanting to know what's important to you and how they can serve you best. Their goal is to provide thoughtful and proactive support to ensure the best quality of life in line with your wishes.

After planning and preparation, a Doula will hold space for you to focus on the intense work of withdrawing from the physical world. They will also provide comfort and care for your loved ones so that they can feel more confident and complete in all that can be done for you at this time.

A Doula's services can be provided in the home, aged care, hospice and palliative care facilities and hospitals.

What are the reasons / benefits of hiring one?

- They ensure all your wishes and needs are met.
- They provide comfort and care to family and friends.
- They work alongside your care professionals.
- They will offer you emotional support and guidance.
- They are well informed in the dying process and can be a great source of information and knowledge.
- They work within your belief systems.
- They offer companionship, in an increasingly socially isolated world.
- They have open and honest conversations about death.
- They can offer post death, bereavement care for your family and friends.
- They can support you with funeral arrangements.

How can I hire an end of life doula?

If you are interested in hiring an end of life Doula, first do your research and reading. [This blog](#) on what to ask when hiring an end of life doula may assist.

It's also important to remember that Doula's are not medical professionals – they are not nurses, doctors, counsellors or psychologists and while they are trained there isn't any regulation in this industry.

Also see [End of Life Doulas](#) in this directory

More information

There is more on end of life Doula's in the links below, including some listings of trained Doula's.

Sources and further reading and information:

- ❖ www.australiandoulacollege.com.au/end-of-life
- ❖ www.endoflifedouladirectory.com.au/
- ❖ bare.com.au/what-is-a-death-doula-end-of-life-carer-role-explained/
- ❖ www.abc.net.au/news/2019-03-01/baby-boomers-dying-on-their-terms-hiring-doulas/10853454
- ❖ www.endoflifedouladirectory.com.au/resources/7-questions-to-ask-when-hiring-an-end-of-life-death-doula/
- ❖ www.australianageingagenda.com.au/executive/death-doulas-seek-national-accreditation/
- ❖ www.mamamia.com.au/death-doulas/

DEATH LITERACY.

Death literacy is defined as a set of knowledge and skills that makes it possible to gain access to understand and act upon end-of-life and death care options.

The dying process:

If you have never seen anyone die you may be afraid of what will happen, but the moment of death is usually peaceful. Caring for a person during the last few weeks and days of life can be stressful and demanding. Many different feelings and emotions may surface at this time. This leaflet should help you to understand, anticipate and respond to some of the signs you may notice.

Carers are often concerned that death will be a painful experience for the person. However, the time before death is generally peaceful. There is a gentle winding down that may take several days. The body starts to 'let go' of life. If restlessness does occur, it can be treated.

Not all the signs discussed in this leaflet will occur with every person, nor will they occur in any particular sequence. Sometimes these signs appear a few hours before death, sometimes a few days. These physical signs are part of the normal, natural process of the person's body gradually slowing down. To access the comp and Slete leaflet please click on [The dying process 2020](#). The [Palliative Care Australia](#) website also has a wide range of other resources for patients, carers, health professionals and service providers. The needs of Aboriginal and Torres Strait Islander People and the CALD community are also tailored for.

Groundswell and The Big List of Death Literacy Planning and Conversation Tools, including Blogs and Podcasts, Books

The Groundswell Project works with individuals, organisations and communities to improve how people in Australia die, care and grieve. We run educational workshops, develop innovative programs and advocate for a better end of life experience for all. Develop your death literacy by learning more about different aspects of end of life. Explore this collection of useful resources from different groups and organisations around the world.

From talking and planning, to grief and bereavement, palliative care, funerals, and end of life doulas [Groundswell Website](#) has a [BIG LIST](#) of Death Literacy Planning and Conversation Tools, including Blogs and Podcasts, Books, Films and Talks, Resources and much more - that can be browsed by topic or searched for a key word or phrase.

DIGITAL LEGACY

Every day, many of us use the internet without thinking about what happens to the information we provide and create. This is our digital legacy, which may be valued by those we leave behind, but may also provide an opportunity for identity theft and fraud if we don't plan properly before passing on.

Below are some resources you can use to assist you in preparing for your digital legacy.

A guide to digital estate planning – Choice

How to manage your digital assets for when you're gone.

<https://www.choice.com.au/electronics-and-technology/internet/using-online-services/articles/digital-estate-planning>

Digital Death and Afterlife Online Services List – The digital beyond

The Digital Beyond maintains this list of online services that are designed to help you plan for your digital death and afterlife or memorialize loved ones. These services come in all flavours including digital estate services, posthumous email services and online memorials. <http://www.thedigitalbeyond.com/online-services-list/>

How to prepare your digital legacy plan – Be Connected

<https://beconnected.esafety.gov.au/quick-reads/how-to-prepare-your-digital-legacy-plan>

My Digital Legacy – Sunlife

Everything you need to organise your digital legacy and leave your online affairs in order, ready for when the time comes.

<https://www.sunlife.co.uk/siteassets/documents/digital-legacy-final.pdf/>

Preparing your digital legacy: Estate planning tips for the 21st century – ACCAN

<https://accan.org.au/ACCAN%20Digital%20Legacy%20Brochure%20-%20Web%20Compressed.pdf>

Additional useful resource

The ACSC has a new tool, '[Have you been hacked?](#)' The tool is designed to step potential victims through a series of scenarios such as ransomware attacks, that help them assess if they've been hacked and guide them on how to respond.

Also see the [Australian Cyber Security Centre](#) for more information and resources

END-OF-LIFE & PALLIATIVE CARE.

End-of-life care is the last weeks of life in which a patient with a life-limiting illness is rapidly approaching death. The needs of patients and their carers are higher at this time. This phase of palliative care is recognised as one in which increased services and support are essential to ensure that quality, coordinated care from the healthcare team is being delivered. This takes into account not only the terminal phase or when the patient is recognised as imminently dying, but also death and extends to bereavement care.

Palliative Care

Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Ambulance Wish Queensland

Ambulance Wish Queensland fulfils last wishes and creates forever memories. Our purpose is simple: to give Queenslanders living with a life-limiting condition access to the planning, coordination, specialist transport and clinical care they need to fulfil their last wish and create forever memories. <https://ambulancewishqld.org.au/>

First Nations Palliative Care Resources

- ❖ PCC4U Toolkit: Caring for Australian Indigenous peoples affected by life-limiting illness
 - <https://pcc4u.org.au/learning/topics/topic2/>
- ❖ Caring@home for Aboriginal and Torres Strait Islanders
 - <https://www.caringathomeproject.com.au/tabid/6079/Default.aspx>
- ❖ PalAssist cancer resource for Aboriginal and Torres Strait Islanders
 - www.palassist.org.au/resources
- ❖ Gwandalan Palliative Care Project
 - <https://gwandalanpalliativecare.com.au/>
- ❖ IPEPA
 - <https://pepaeducation.com/about-ipepa/>
- ❖ [Social and Emotional Well-Being | AMSANT-](#)

trauma informed education and support in relation to Social and emotional wellbeing

Multilingual Resources for Palliative Care.

Australia is a vibrant, culturally diverse society. As such, there are many languages spoken across Australia. Palliative care is person and family-centred care, provided for a person who has an incurable or terminal illness.

When in palliative care the primary goal is to optimise quality of life.

In some languages, palliative care is not easily translated to outline what services are available and how these services are delivered in Australia. Palliative Care Australia advocates for quality palliative care for those who need it, when and where they need it. This includes Australians who may require information in a language other than English.

In collaboration with Palliative Care Victoria, Palliative Care Australia has published [a series of fact sheets on palliative care in 21 different languages](#). The Fact Sheets outline how palliative care can help, such as, a nurse calling or visiting at home to see how you are going, help with medications, and more. This can be helpful to a person who is palliative as well as their family.

You might also ask for an interpreter if you wish to speak in your language. This is your right. For more information contact the [Australian Government's Translating and Interpreting Service](#) or telephone 1800 131 450.

Navigating Palliative Care in Queensland

[PalAssist](#) provides palliative care support and advice. Accessible 7 days a week, from 7am to 7pm through online and telephone support.
Phone: 1800 772 273 [Chat Online](#) [Email](#)

The [PalAssist](#) website also has a range of resources on navigating palliative care in Queensland, in digital and hard copy.

Also see:

- ❖ [Support Care Fact Sheets](#)

- ❖ [Guides and Fact Sheets](#)
- ❖ [Digital Downloads](#)
- ❖ [All Resources](#)

Paediatric Palliative Care website

Paediatric palliative care is about improving the quality of life of infants, children and young people diagnosed with a life-limiting condition and supporting those who care for them.

Palliative Care Australia (PCA) and Paediatric Palliative Care Australia and New Zealand (PaPCANZ) are proud to deliver the new [Paediatric Palliative Care website](#), co-designed with families/carers, health professionals and support organisations. This new website is your one-stop destination for quality paediatric palliative care information and resources for [families/carers](#), [young people](#) and [health professionals](#) experiencing paediatric palliative care.

This website is one of 10 key activities included in the [Paediatric Palliative Care National Action Plan](#) Project, which received grant funding from the Australian Government as part of the Supporting Children with Life Threatening Medical Conditions and their Families 2019 election commitment. This exciting three-year project commenced in July 2020.

Palliative care for infants, children and young people involves a diverse range of conditions, symptoms, and experiences. It acknowledges these differences by providing individualised, holistic care that is focused on the physical, emotional, social, financial, cultural, and spiritual needs of the child and family. This [new website](#) reflects the diversity of those experiencing paediatric palliative care or those caring for an infant, child or young person with a life-limiting condition.

This website will continue to evolve over time. If you know of a resource that would be helpful for families/carers, young people or health professionals, please get in touch with the PCA Paediatric Project Team at paediatrics@palliativecare.org.au.

Palliative Care Australia.

[Palliative Care Australia \(PCA\)](#) is the national peak body for palliative care. There are a lot of common misconceptions about palliative care. Answers to some of the more frequently asked questions can be found in our [FAQs here](#).

The site also has resources tailored for the [career](#), [health care professional](#), [patient](#) and [service provider](#). Also see:

- ❖ [What is Palliative Care](#)
- ❖ [Multilingual fact sheets and resources in languages other than English](#)

Palliative Care Queensland.

We advocate, raise awareness, build capacity and deliver support for all Queenslanders. For more information, the latest news and upcoming training and events please go to <https://palliativecareqld.org.au/>

PHN Central Queensland, Wide Bay and Sunshine Coast

Talking about dying is hard. And it is sad. However, death is inevitable and the better prepared we are for our death, the easier it will be for us and the ones we leave behind. It is also important to talk about death so you can prepare well. When we prepare in advance for our death we are able to relieve the decision making burden on those closest to us. This site has a wide range of referral links connected to palliative care support.

Email: info@ourphn.org.au

Phone: (07) 5456 8100

Web: <https://www.ourphn.org.au/palliative-care-community>

Manage grief in seven days

[7 days 7 ways: seven tips for coping with the loss of a loved one](#) by Cynthia Hickman
Grief affects different people in different ways. Here are some techniques to help you deal with loss.

What you need to navigate voluntary assisted dying.

Every Australian state now has a voluntary assisted dying (VAD) Act, but the biggest block to access for eligible patients remains the number of doctors willing and able to undertake the training needed to help a patient through the process. This article is a national resource but contains Queensland specific information. To find out more please click on [Insight+](#)

END-OF-LIFE LAW IN QUEENSLAND. QUT

This QUT website provides answers appropriate for Queensland, to frequently asked legal questions about end-of-life planning.

<https://end-of-life.qut.edu.au/advance-care-directives/state-and-territory-laws/queensland>

HEAD TO HEALTH

Head to Health – great holistic resource site

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

Whether you are trying to improve your own sense of wellbeing, looking for help with something that is bothering you, or helping someone you care about—Head to Health is a good place to start.

Some key strategic areas covered include:

Meaningful Life

- Physical Health; Being Active; Sleep
- Connectedness; Community; Culture; Environment; Pets; Spirituality;
- Purposeful Activity; Getting Involved; Hobbies; Learning & Education; Volunteering; Work

- Feeling Safe, stable and secure; Finances; Home and Housing; Neighbourhood

Mental Health Difficulties

- What should you know about Mental Health conditions and disorders
- Challenging situations

Supporting Yourself

- Seeking Support
- Professional Support

Supporting Someone Else

- How to support someone
- Being a carer
- Supporting others – a range of categories

There is also a Services Directory and information for service Providers and Health Professionals.

To access the site and its wide range of resources please click on

<https://www.headtohealth.gov.au/>

SOCIAL ISOLATION AND LONELINESS

Beyond Blue: Connections matter.

Beyond Blue's [Connections matter](#) booklet provides practical and evidence-based suggestions for older people and their families and friends to help them strengthen and maintain their social networks.

COTA Qld: Social Isolation and Loneliness Hub

Social isolation and loneliness can be experienced at any stage in life. These are separate yet interconnected experiences, which may be interrelated with physical, social, emotional, lifestyle or personal factors. These experiences can be difficult to capture due to the individuality of experiences, the varying measurements, or under-reporting of those experiencing social isolation and/or loneliness; particularly loneliness as it is subjective (whereas social isolation is considered objective). This site provides links to range of resources, and also encourages input from the community.

<https://cotaqld.engagementhub.com.au/social-isolation-and-loneliness>

connectedau

connectedau has many projects to help tackle loneliness. You can connect with others through a penpal service called The Letterbox Project, which pairs up aged care residents and other vulnerable people, with Aussies who would like to write to them. Over the past two years, 40,000 people have signed up. People in disability homes, homelessness services and domestic violence services can also join. However more Aussies are needed to write them. It's a great way to teach kids about letter writing, with families getting involved, as well as big corporate firms. Crucially, connectedau staff in Dubbo act as post masters, with no personal addresses shared

between those who join the pen pal scheme. It's not just nice to receive a letter or card, but it has health benefits too. Loneliness costs Australia \$2.7 billion annually, according to Curtin University. To connect yourself or a client and/or to find out more about pen pal projects and online clubs, please click on [connectedau](#)

FriendLine

FriendLine offers older Australians an opportunity to call and have a free, anonymous, friendly chat with a volunteer over the phone.

FriendLine is a national service and is open from 10am to 8pm seven days a week. The number for Friendline is **1800 424 287**. More information on FriendLine can be found on the [FriendLine website](#)

The Department of Health's Older Persons COVID-19 Support Line offers advice and counselling for older Australians seeking assistance because of COVID-19. The number for this service is **1800 171 866**. More information on the Older Persons COVID-19 Support Line can be found on the [Department of Health's website](#).

Seniors Connected Program

The Seniors Connected Program (the program) seeks to address loneliness and social isolation experienced by older Australians aged over 55 living in the community (or Indigenous Australians aged 50 or over).

With a third of all senior Australians living alone, there is a real need for assistance to alleviate loneliness and social isolation. Some older Australians face challenges and stresses associated with retirement and ageing, such as loneliness and increased social isolation, which can impact their mental health and wellbeing. seniorsconnected@dss.gov.au

WHAT TO SAY

Talking to your loved ones about end-of-life choices –

To ensure that your future care wishes are understood and respected by all those who are important to you, it's imperative that you sit down and talk to your family and loved ones about your end-of-life choices.

For many of us, the prospect of such a conversation can seem like a daunting task. You or your loved ones may be uncomfortable talking about serious illness or death, or it may seem "too soon" to have a conversation about end-of-life preparations. However, it's better to have the conversation when you and your loved ones are in a calm and relaxed state, rather than in the midst of a medical emergency when everyone's stressed and it's difficult to think clearly.

While you may think that your loved ones already know what you want, the truth is there is often a startling difference between what people say they want and what their family members *think* they want. The only way to be certain that your loved ones understand your wishes is to sit down and have the conversation.

Choose a time and place where you and your loved ones feel comfortable and at ease, such as after a family dinner, on a walk, or sitting outside in the sun.

Not everything has to be discussed at once. The conversation can be spread out over different times.

Be patient with your loved ones. Fear and denial are common. Some people need longer to become comfortable talking about dying, others may have different feelings about what end-of-life plans should involve.

Don't feel like you can never change your mind. Your opinions and wishes can change over time and Advance Health Care Directives can be revised.

How to get started

You can get started by sending your loved ones a copy of this article with a note saying, "I'd like to talk about this."

Other ways you could break the ice:

- Remember how someone in the family died—was it a "good" death or a "hard" death? How do you want yours to be different? "I was thinking about what happened to (Uncle Joe), and it made me realize..."
- "Even though I'm okay right now, I'm worried that (I'll get sick), and I want to be prepared."
- "I need to think about the future. Will you help me?"
- "I just answered some questions about how I want the end of my life to be. I want you to see my answers. And I'm wondering what your answers would be."

Discussion Starters from Palliative Care Australia

The [Palliative Care Australia](#) website has information and a range of resources tailored to meet the needs of patients, carers, medical professionals and service providers. There are also resources to meet the needs of Aboriginal and Torres Strait Islander peoples and the CALD community. Downloadable resources are generally free: hard copy versions

The free to download [What matters most for older Australians Discussion Starter and card pack](#) has been developed for older people using aged care services and those living with dementia. They are designed to be used with health or aged care staff. They can help older people work out what would be right for them, if they were really sick or at the end of their life rather than waiting for a crisis to occur. The resources can be used to help health and aged care workers and the older person to have these important discussions with the person's family and friends. For the older person, it covers three areas: about you; about your health; and what you might want at the end of your life. It also contains a list of useful contacts.

The What Matters Most Discussion Starter and cards are available in the following languages: Arabic , Croatian, Greek, Hindi, Italian, Maltese, Polish, Simplified Chinese, Spanish, Ukrainian, and Vietnamese.

[Aboriginal and Torres Strait Islander Discussion Starter - Working out what is right for you](#)

This free to download Discussion Starter and card pack has been developed for Aboriginal and/or Torres Strait Islander peoples and their community, and those working with them. It was made in partnership by Palliative Care Australia (PCA) and the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives, Australian Indigenous Doctor's Association and Indigenous Allied Health Australia and others.

If you become so sick that you couldn't talk, your family and health worker may need to make decisions for you. Talking about how this would make you feel and what you want in advance will make their decisions easier and less stressful. The workbook and card pack helps you think about what is right for you and what is not right for you, as your journey moves on. It includes items for thinking about you and your family and community; your health care; preparing for discussion; and reviewing your discussion. There is also information about identifying your decision makers, making a legal will, Advance Care Plan, funeral preparation and more.

Start the conversation

Talking about dying is hard. The better prepared you are for your death, the easier it will be on your loved ones. It's important to talk about death and about the care you want so you can prepare well. Talking about these things helps relieve the decision-making burden on those closest to you. The Federal Government Department of Health website <https://www.health.gov.au/health-topics/palliative-care/planning-your-palliative-care/start-the-conversation> provides some guidance around difficult conversations and a range of useful resources around end of life planning.

WILLS

Leaving a Will helps you to communicate your final wishes to your friends and family about how to distribute your property, pay off any debts, handle business or family needs, and more.

If you die without a valid Last Will, your estate is divided based on intestacy laws and your property may not be given to the beneficiaries you would have chosen.

It is recommended that people seek legal advice when drawing up a will however it is recognised that not everyone can afford a solicitor, so there are other options available

Hard Copy DIY Wills

You can buy a DIY Will kit from a wide range of businesses and organisations including: newsagencies. Australia Post and other post offices.

Legal Zebra!

You can draft your [Will online](#) completely FREE with Legal Zebra! Just answers a few simple questions and you'll instantly receive a draft Will in your inbox. Check it over and make sure it expresses all your final wishes. Then once you are happy with the Will document, you can purchase a final version ready to sign. The whole process, from whoa-to-go, usually takes *less than 20 minutes*.

Gatheredhere: write your will online for free

This online will platform is designed to make charitable giving as easy as possible. To do that, it has decided to make it completely free. They are able to cover the cost thanks to the support of charity partners. [gatheredhere](#)

The Online Australian Will Kit

With [The Online Australian Will Kit](#), you can write your own legal Will easily and quickly. This is probably one of the cheapest ways to write your own will but does not provide additional legal oversight of the completed will. Should you decide to purchase

an Online Australian Will Kit your confirmation email will contain links to The Online Australian Will Kit and the Online Will Form. Your access is valid for 30 days or 10 access/downloads (whichever occurs first). Access is available immediately after your payment is received and you then receive the access link. Access is available for 30 days so you have ample time to read The Online Australian Will Kit including the Step by Step Guide, view the Online Will Form and have the time to consider your options, get your details together, discuss with your family and confidently put your wishes onto the Online Will Form. When you have completed your Online Will Form, print it and follow the instructions on how to sign and witness the form correctly to make your Will legal and valid.

Willed

Affordable, fee for service website that guides you through writing a will in 15 minutes and then has legal experts check it out thoroughly before passing it back to you for checking and signing, Upfront prices for singles and couples.

This site also has an extensive range of free resources available including:

*End of Life Wills Australian Law Probate Death Bereavement Estate Planning
Funerals Power of Attorney Guardianship Cremation Superannuation Retirement
Letters of Administration Trusts Life Insurance Grief Executor Services*

To access will services and information guides please click on [Willed](#)

COMPASSIONATE COMMUNITIES ROCKHAMPTON AND LIVINGSTONE

Services and organisations listed in this section have a presence in our local community

AGED CARE & DISABILITY SUPPORT

Aged and Disability Advocacy Australia (ADA Australia)

Aged and Disability Advocacy Australia (ADA Australia), formerly known as Queensland Aged and Disability Advocacy Inc (QADA), is a not-for-profit, independent, community-based advocacy and education service, jointly funded by the Commonwealth and State governments.

ADA Australia assists older people and people with disabilities to understand and exercise their rights and responsibilities, as well as resolve their aged care and community care issues (in both home and residential aged care settings), through free and confidential information, education and client directed advocacy support, which is available throughout Queensland.

ADA Australia also provides a guardianship advocacy service to support adults whose capacity is in question with guardianship and administration matters, including support before the Queensland Civil and Administrative Tribunal (QCAT).

ADA has an office in Rockhampton. Contact is available through a number of options.

Phone: 1800 818 338 Email: info@adaaustralia.com.au

Web: www.adaaustralia.com.au

AICRA (Aboriginal and Islander Community Resource Agency)

Our Community Care program provides social support and home help for people of 55 within the Rockhampton Indigenous community.

Contact Information : 178 Lakes Creek Road. PH: 4926 6379 PH: 4928 8698

Alzheimer's Association of Queensland Inc

Dementia Helpline 24 hr 1800 639 331

National Education Helpline 1800 180 023

- ❖ Rockhampton Carer's Support Group, Rockhampton Dementia Support Centre, 238 Richardson Rd: first Wednesday of each month 10am – 12pm
- ❖ Capricorn Coast Carer's Support Group, Capricorn Coast Hospital and Health Service, 8 Hoskyn Drive, Hidden Valley, Yeppoon: first Tuesday of each month 1.00pm – 3pm

Contact information: Phone 4928 1926 Email gld.rockhampton@alzheimers.org.au

Australian Red Cross

Medical Equipment Hire Service

Rockhampton Branch assists people in times of need by providing a low cost mobility equipment and personal care aids for short term hire, to assist people in their home environment. All items are hired on a weekly basis and identification is required at the time of hire.

Clients should seek advice from their health professional as to the aid and the duration of use.

Phone: 07 3367 4736

Monday to Friday 9.30am – 4.30pm

qldrockhamptonbranch@redcross.org.au

Blue Care Capricorn Coast Community and Respite Service

Providing HACC and QCC services nursing, personal care, domestic assistance social support, in home respite, day respite, DVA VHC, transition care Palliative Care. Referrals accepted from Hospital, General practitioners, family members and other agencies. Office Hours 08.00HRS – 1600HRS. Ph. 4739 1371

Capricorn Adventist Retirement Village

Capricorn Adventist Retirement Village is the largest Village on the Capricorn Coast. The Village consists of Independent Living Units and a residential aged care facility also located on site, providing all levels of care including dementia specific accommodation.

Contact: 07 49392801 150 Rockhampton Road Yeppoon 4703 Angela Colless, Operations Manager Debbie Brown, Clinical Care Manager

Carer Gateway

You may be a carer if you are looking after someone with disability, a medical condition, mental illness or who is frail due to age. Carers are just children, parents, partners or friends who care for someone close to them. If you are a carer, you can get help and support from the government and other organisations. To find out more please click on [Carer Gateway](#) or phone Carer Gateway number 1800 422 737

Carers Qld

Carers Queensland

With 1 in every 11 Australians caring for a family member or friend, Carers Queensland is committed to providing specialised carer, and disability support services.

Carer Queensland Programs:

- NDIS Local Area Coordination Partner in the Community Program
- Health and Wellbeing activities – Face-to-face and online, see monthly calendar of events
- No Interest Loan Scheme – Up to \$1500 for a range of goods and services
- Guardianship and Advocacy Program
- It's All About Me – Young Carer and Adult Resilience Programs
- Community Engagement and Information sessions
- Your Caring Way – Coaching for training, education, volunteering, or employment
- RTO Accredited Training – Skills for Success, Certificate III & IV courses

For more information:

- 07 3900 8100, info@carersqld.com.au www.carersqld.com.au

CatholicCare Central Queensland

Community Care

CatholicCare supports wellness, reablement and restorative care approaches in its delivery of home care services. CatholicCare's Community Care Program:

* Provides comprehensive & coordinated in-home support services, with a focus on wellness, reablement and restorative care for the frail, aged, and people living with a disability.

* Supports our consumers to be more independent at home and in the community, enhancing quality of life to prevent inappropriate admission to long term residential care.

All Services are provided under the Commonwealth Home Support Program, Home Care Packages Level 1-4, and under the National Disability Insurance Scheme. CatholicCare also provide home maintenance including yard maintenance services and ability to provide community transport services including wheelchair accessible buses. For all enquiries contact: 1300 523 985

Claro Aged Care and Disability Services

The name Claro Aged Care and Disability Services may be new, but as a provider of support in the community, we've been around for more than 30 years. We strongly believe in giving people the choice of living independently at home for longer by providing quality in home services that allow them to do so. Claro delivers support under the NDIS, HCP, CHSP, TAC, iCARE and other government funding bodies, along with supporting private clients. We offer high quality in-home and community support and accommodation services all across Australia.

Phone: 1300 303 770

More details can be found at our website <https://www.claro.com.au>

CQ Home Assist

CQ Home Assist Secure is a program jointly funded by State and Federal Governments. It provides services, such as minor maintenance, for older people and people with disabilities who wish to remain living in their own home.

In Central Queensland the program is delivered by Rockhampton Regional Council into the local government areas of Central Queensland including: Rockhampton, Gladstone, Central Highlands, Livingstone and Banana Shires. A central office is located in Rockhampton.

Services offered include:

- free information and referrals
- subsidised assistance to eligible clients
- maintenance, repairs and minor modifications
- assistance with the engagement of tradespeople, planning of future work and engagement of contractors

Home Assist Secure services are available for residents aged 60 years and over, people of any age with a disability, or indigenous people over 50 years of age.

To receive subsidised assistance for work in your home you must:

- hold a current Commonwealth Government pensioner concession card and receive a regular eligible pension payment or be deemed eligible through a My Aged Care assessment
- be unable to make use of alternative forms of assistance such as Veterans Affairs, family or friends.

CQ Home Assist Secure does not undertake maintenance or repairs that are considered to be the responsibility of the landlord (lessor) under the Residential Tenancies Act.

Location: Schotia Place
201 Bolsover Street, Rockhampton

Opening hours: Monday to Friday 8.00am - 4.30pm, Closed Saturday and Sunday

Phone: 07 4936 8522 or freecall 1800 22 33 01

Email: homeassist@rrc.qld.gov.au

CQ Creative Connections

Culinary Art and Creative Craft Classes

CQ Creative Connections offers Culinary art and craft classes that cater to a person's needs and ability, servicing Yeppoon and the surrounding areas of CQ. CQ Creative Connections has a multitude of different projects for ages 5 years and over and has a creative class to suit private clients and service organisations alike. In the short span of time we have been operating, we have helped people of all different ages, disabilities and backgrounds gain back a positive outlook on life through being productive, learning new skills and enjoying social interaction with others in a safe and fun environment.

CQ Creative Connections is a Private NDIS Service Provider. Class charges will change according to the client's plan, funding or other contributing factors. Please contact us with any questions you may have.

Contact: 0437 92 0410 cqcreativeconnections@gmail.com
<https://www.facebook.com/cqcreativeconnections/>

Dementia Support Australia 24 hour help 1800 699 799

Living in a regional or remote location should never lead to feeling disconnected from support, particularly when caring for someone living with dementia. DSA provides regular opportunities in regional and remote areas for care providers and carers to connect with our consultants. Carers can also request a visit from our team.

Envigor

Home Care, DVA Nursing, NDIS specialising in older clients

Envigor has been a trusted care provider for older Queenslanders since 2012, in private residences and also within retirement villages and aged care communities.

We offer:

- Everyday services – from domestic assistance and transport to personal care and social support
- Specialist services – from nursing and dementia care to post-hospital and palliative care
- Health management – using technology for chronic disease monitoring and management

What sets us apart?

- Competitive fees – ultimately meaning more money and time for your care
- Care appointments available 24/7
- Small enough to genuinely care – call Michelle direct on her mobile
- We don't limit you to a list of services – many of our clients are surprised we organise services that other care providers refused to

For all enquiries contact Michelle Boon on 0472 863 194, phone 1300 368 446, visit envigor.com.au/central – or email m.boon@envigor.com.au

Home Caring Rockhampton - National Approved NDIS Provider Specialists

Why our clients choose our specialist services:

We understand that every person has different needs and we will work with you to find the service that is best for you.

We believe in a person centered approach which puts you in control of your support.

We focus on:

- ❖ *Inclusion* – we care for a wide range of people from different backgrounds, including seniors, people living with disability and the First Nations Australians.
- ❖ *Individualised services* – we take the time to get to know you, and listen to what you want. We work with you to create a care plan that suits you, and helps you achieve your goals.
- ❖ *Integrity* – we respect your privacy and treat all of our clients with respect and dignity. It's not just what we do, but the way we do it that sets us apart as care providers.
- ❖ *Choice* – care should be empowering. We collaborate with you and your family, help you make informed decisions, and always put you in the driver's seat of your care.
- ❖ *Service quality* – our team upholds the highest standards of care. We treat our clients the way we would like our own loved ones to be treated, so you can be confident you're receiving the best service.

We offer a range of services to meet the needs of each individual, please visit our website www.homecaring.com.au/rockhampton or alternatively, please contact us for further information.

P: 1300 875 377

E: info@homecaring.com.au

H.O.P.E Services
Home of Peoples Empowerment
ABN 93 247 598 585

Qualified Disability/Aged Care
Support Workers
Bo and Fiona Hawe

Services include

Community access
Health and Wellbeing
Assistance with Daily Living
Transition

Basic Woodwork skills
Gardening
Arts and Craft

Contact Details below

Bo 0412 512 982

Fiona 0427 512 566

Just Better Care Central Queensland - We're just for you

Just Better Care provides in-home aged care and disability support services, supporting people to live independently.

Since our inception, we've been empowering our customers by putting individual preferences and support needs at the centre of our approach. Every Just Better Care office is owned and operated locally, providing affordable and accessible services that meet local and individual requirements. Our staff take the time to get to know you, identifying the best ways to support you. We never compromise on quality. We deliver the services you want, when and how you want them.

Contact: 66B Elphinstone St Berserker QLD 4701
07 4845 6921

justbettercare.com/central-queensland

Or call 1300 587 823: you can request a call back at a time that suits you.
We're available from 9:00am - 5:00pm, AEST Monday to Friday

LiveBetter

LiveBetter is a dynamic human services agency which focuses its efforts on supporting people with disabilities, aged people, people with mental illness and children in the child protection system. We also provide a range of clinical services across regional Queensland as part of a number of funded health programs which focus on increasing access to primary health care and wellbeing activities for rural and remote communities. We work with communities to develop strategies that are relevant within those communities. We provide practical support and value for money. This support can be provided in your home or in the community. We also have some group activities and centre based activities. Our aim is to provide individuals, families and communities in Australia with the resources and support they need to build on their existing capabilities and realise their potential.

Services we provide are:

Home Care Services LiveBetter is a dynamic human services agency which focuses its efforts on supporting people with disabilities, aged people, people with mental illness and children in the child protection system. We also provide a range of clinical services across regional Queensland as part of a number of funded health programs which focus on increasing access to primary health care and wellbeing activities for rural and remote communities. We work with communities to develop strategies that are relevant within those communities. We provide practical support and value for money. This support can be provided in your home or in the community. We also have some group activities and centre based activities. Our aim is to provide individuals, families and communities in Australia with the resources and support they need to build on their existing capabilities and realise their potential.

Meal Delivery LiveBetter provides a Meal Delivery Service to a number of regions across Central Queensland and Wide Bay including Mackay, Rockhampton, Capricorn Coast and Bundaberg. We use meal providers to give our customers more choices on healthy foods. Our menu has a large range of fresh and exciting meals, soups and yummy deserts. We can also cater to dietary requirements including gluten free and lactose free. There are also puree options available if required. We deliver our meals directly to our customer's doors on a weekly basis where they can be kept frozen and re-heated in the microwave when ready for consumption. Orders can be placed by calling 1300 952 273.

Yard Maintenance We offer a yard maintenance service to those living in our community who are unable to complete these tasks on their own. Our yard maintenance service is performed by a professional mowing man and/or gardener. To access our yard maintenance service, please contact LiveBetter on 1300 952 273

Maintenance LiveBetter can help you with any small maintenance jobs you need done around the house. We will employ a qualified handy man to complete these jobs for you

Domestic Assistance, at LiveBetter, we can help our clients to keep their homes clean and tidy with frequent visits from a cleaner. Our cleaners can assist with tasks such as vacuuming, mopping, dusting, washing and more. To enquire about our cleaning service, contact us on 1300 952 273

Social Support At LiveBetter, we have a team of shoppers who spend their days helping community members with their shopping. Our shoppers can head to the shops for you and pick up any items you require. Let us make shopping easy for you and have someone to do it for you. Get yourself a personal shopper today by calling 1300 952 273.

Transport At LiveBetter, we understand that as the years go by it becomes harder for our aged community members to get around. We can provide a personalised, door-to-door service to give you the support you need. If you are frail, have a disability or are a carer, then LiveBetter's transport service can make it easier for you to get around. Call us today on 1300 952 273 to start accessing our personalised transport service.

integratedliving

integratedliving offers an extensive range of aged, disability and mental health services by facilitating Home and Support Services, Home Care Packages 1 to 4 and a Care Advisor Program. PH:1300 782 896. 25 Albert Street Rockhampton

Life Without Barriers Rockhampton

194 Alma Street, Rockhampton

07 4921 1475

<https://www.lwb.org.au/disability/>

Christie Green-Williams

Disability Support Coordinator

0448001682

Christie.greenwilli2@lwb.org.au

If you wish to make an enquiry you can call, phone or email for an enquiry form

Why choose Life Without Barriers?

We're a trusted NDIS provider that personalises services based on your needs.

We started as a group of families creating disability services for our local community. And, over the past 25 years, we've focused on tailoring our services to address the individual needs of each person.

Your rights as a person living with a disability are at the core of what we do. You can trust that no matter where we support you, across Australia, your needs come first.

Our reason for being

Life Without Barriers has a strong history which defines us and gives us focus and determination for the future. Our purpose is to partner with people to change lives for the better. It is reflected in our values, portrayed in our vision, intertwined within our culture and is at the forefront of everything we do.

We are driven and determined, creating an environment where anything is possible. Together we are formidable, we gain strength from one another, obtain wisdom from our diversity and are united in our pursuit of creating something unique with the people we support. We are passionate and promote an innovative mindset, we think outside the box and strive to make a difference – we get fired up by our purpose, and we promote a single focus: people we support are first - always.

Our range of *lifestyle supports* help you build on your daily living skills, at home and out-and-about in the community. We'll help you with whatever you need or want to do, including trying new things.

Tasks, activities and skills we could partner on include:

- *Joining community clubs, activities and programs*
- *Learning employable skills*
- *Buying groceries*
- *Paying bills and budgeting*
- *Personal care*
- *Looking after your health and fitness*
- *Household chores*

All our supports will be tailored to you. Together, we'll help you feel more independent, while achieving your goals, being creative and having a good time.

What is Supported Independent Living?

Supported Independent Living (SIL) is when you live in shared housing with other people or on your own with support from us.

That support is different depending on your specific needs, but it can include help with:

- *Moving out for the first time*
- *Learning to live well with others in a group setting*
- *Dealing with the responsibilities of living in your own home*
- *Getting ready for the day, eating healthily, and keeping well*
- *Completing household tasks*

Life Without Barriers Rockhampton covers Yeppoon and Cap Coast, Rocky and Mount Morgan.

Lutheran Services

Our not for profit organisation is called Lutheran Services and we deliver the "Wellbeing and Positive Ageing" Program in Residential Aged Case Facilities across the CQ region .

This is a mental health service that is eligible to all residents living in aged care facilities and who identify as having low to moderate mental health concerns (e.g. difficulties adjusting, grief and loss, anxiety, depression).

We provide one-on-one and group counselling (e.g. Mindfulness, Reminiscence therapy, CBT)

Referrals can be completed by GPs, RACF staff, psychologists and other health professionals.

Please contact our Intake team for more details on 1800 133 227.

Our Rockhampton office is located in Suite 1/ 71-84 Denham Street, Rockhampton.

Mable

Redefining support for disability and aged care in Australia.
One connection at a time.

- An easy and safe online platform for people to connect with aged care and disability care and support in their local community. Click on <https://mable.com.au>
- Join for free, then simply search for independent care and support workers in your local area.
- Contact support workers directly to get to know each other better, then you can

agree to rates, hours, and services that work for you both.

- As an online platform, Mable handles all of the admin and payments, so you can get on with life and enjoy the right support for you and your family.

Government funded? We've got you covered.

Use Mable to start building your support network, even if you are NDIS funded or have a Home Care Package.

Mercy Community Services

Contact : Regional Manager Sarah Watson

Address : Richardson Road Kawana Rockhampton

Contact number is 0455 965 293-

Areas – all of CQ with offices in Rockhampton , Gladstone, Mackay , Fraser Coast and services out to Longreach and surrounds

Services- NDIS support coordination and specialist support coordination – including palliative care support for eligible clients

Oak Tree Retirement Village Norman Gardens

Oak Tree Retirement Village Norman Gardens is centrally located with easy access to Rockhampton City. Surrounded by prestigious homes in the newly established Crestwood Estate with the beautiful Mt Archer as the backdrop, the Village is an easy commute to near by shopping, social, medical and hospital facilities, Part of Rockhampton's most highly sought after new land release, Oak Tree offers easy access to all of the services you need and the places you love to visit. Where everything has been thought of, Oak Tree Norman Gardens beckons the calm, convenient way of life in retirement.

Contacts: Village Manager: m 0400 824 936 :

email ymnormangardens@oaktreegroup.com.au : 40 Foulkes St., Norman Gardens.
www.oaktreegroup.com.au

Pivot Health & Fitness

Private Gym • Personal Training • Group Fitness • Corporate Wellness • NDIS

Registered Provider • AUSactive Registered Business

132 William Street

Rockhampton City QLD 4700

Ph: 0407 332 567

Email: pivothealth@bigpond.com www.facebook.com/PivotHealthFitness

Right at Home

Right at Home is dedicated to improving the life for those we serve. We focus on the individual, on their specific needs and to improve the quality of their life.

Services available to customers:

- In Home Care
- Personal Care
- Social Assistance
- Transport
- Skilled Nursing
- Overnight Respite

- Gardening & Maintenance

Contact: 07 4807 6454: 48 Archer Street, Rockhampton :
care.cql@rightathome.com.au

Relationships Australia Qld

Senior Relationship Services: No matter our age, we should always be able to trust our family and close friends to have our best interests at heart. Our Elder Abuse Prevention and Support Service provides community education and free individual case management services that provide support and assistance to those at risk of, or currently experiencing, coercion or abuse.

Our venue is located at 119 High Street.

Please contact us to organise an appointment or to find out more.

Contact centre: 1300 364 277

Rockhampton direct: 07 926 9726

Rockhampton email: rockhamptonadmin@raq.org.au

Rockhampton 60 & Better Program Inc.

60 & Better is a healthy ageing program for people over the age of 50. Offering a wide variety of exercise and social activities. Where appropriate and necessary people under the age of 50 are also welcome to join the program. 60 & better endeavors to involve older people to become involved in the process of decision making to ensure activities are in direct relation to the needs and desires of older people in their community. PH: 4927 8256 Rockhampton Better60@bigpond.com

Services Australia – My Aged Care

Services Australia now provides a new [face-to-face service](#) to support older Australians and their representatives or nominees to access and navigate My Aged Care.

Staff in all our service centres can help with general information about My Aged Care. For more specialised assistance we also have Aged Care Specialist Officers (ACSO) available for face-to-face appointments in some service centres. By December 2022, there will be 70 ACSOs and 10 outreach ACSOs around the country.

Jill Griffiths is the new Aged Care Specialist Officer for Rockhampton service centre and is available for face-to-face appointments. Appointments can be made by calling our Aged Care Line **1800 227 475** or by visiting any service centre.

Spirit Support Services

I am a fully Qualified Independent Service provider, to Self-Managed and Plan Managed NDIS participants, having experience in Aged Care & Disability Support before becoming independent. I provide Quality, Personalised care that delivers support specific to your needs.

Offering:

- In Home support
- Personal Care
- Social and Community Access
- Transport
- Supported Independent Living
- Skill / Capacity Building
- Small home repairs

If you are looking for a Male Support Worker with a difference, give me a call, lets discuss your individual needs.

Check Out the Website www.spiritsupport.com.au

COLIN 0477 803 201

Spirit Support Services

Building on the blocks of life

Suncare Community Services Limited (Auspicing the Commonwealth Respite Centre for Carers (CRC))

Suncare Community Services is a not for profit organisation that provides frontline services to people in the Rockhampton, Yeppoon, Mt Morgan, Gracemere and Gladstone area including:

- Respite Care (including in-home, out-of-home and cottage options)
- Personal Care
- Aged Care Support
- Mental Health Support
- Disability Support (including package case management)
- Carer Support
- Domestic Assistance
- Home and Garden Maintenance
- Community Access
- Social Support
- Your Life Your Choice
- CHSP - Flexible Respite

Contact Information:

102 Denham Street (Cnr Denham & George Street)

Phone: 1800 786 227 Email: rockinfo@suncare.org.au

Website: www.suncare.org.au

Commonwealth Respite Centre - CRC

The Commonwealth Respite Centre is a federally funded Carer Respite and Support Program that provides emergency assistance and support to carers who need a break from their caring role for a short period of time.

The CRC service area encompasses Rockhampton, Yeppoon, Mt Morgan, Gracemere, Gladstone, Biloela, Emerald and surrounding areas.

The CRC Team provide the following:

- Respite care in emergency and short term care situations. (eg. If a carer becomes ill, or is unable to maintain their caring role due to stress and burnout, the centre can provide extra help to support the carer for a short period of time).
- Information and options about respite care and other support services for carers.
- Referral to appropriate local and regional service providers.
- Assistance in booking residential respite.
- Access to a 24 hour per day emergency respite service.
- Tutor / educational support to Young Carers.

Don't wait until an emergency arises to register with CRC.

Call the CRC team and they will provide advice and assistance to register the carer for the most appropriate program that fits their care needs and support in case they require this assistance in the future at a time of emergency or severe stress.

Contact Information: Phone: 24 hour carer support 1800 059 059

Supportability Care Services Supportability Care Services

COMMUNITY ACCESS

Attending appointments and community events. Shopping and running errands. Decrease isolation and assisting participants in achieving their personal goals.

SUPPORT WITH DAILY LIVING

Everyday tasks – cooking, cleaning, home and yard maintenance. Assisting participants to gain employment and live as independently as possible, whilst increasing life skills.

RECREATIONAL ACTIVITIES

Participation in Indoor/Outdoor activities –eg. Fishing, Archery, Bowling, Movies. Enhancing quality of life with the main focus on fun, enjoyment and meeting new people.

STA/HOLIDAY SUPPORT

Supporting participants away from their usual place of residence, including holiday getaways to various destinations of choice.

WHATEVER THE SUPPORT - ***“YOUR CARE , YOUR WAY”***

Mick Farrell Mobile: 0400 946 369

Email: mick@supportabilitycare.com.au ABN: 84925367525

Trevor Boswood - NDIS Registered Builder

Trevor has been in the trade for 42 years and has a wealth of experience in modification and maintenance in domestic and commercial properties including renovation to ensure accessibility for aged or those with a disability.

T.G. & J. Boswood Pty Ltd P: 07 4926 2787 M: 0418 792 657 F: 07 49265730 E: tgboswood@bigpond.com Bld Lic No 72882

BEING ALONE

Being alone can be difficult at any time in a person's life. If you feel the need to be connected with others, check out some of the sections in this Rockhampton and Livingstone part of the directory for activities or groups you may be interested in joining.

If you find this difficult, have a look at options that don't require face to face contact such as those listed in the [Social Isolation and Loneliness](#) and [Head to Health](#) sections of this Directory.

Further, if you are living alone, or needing to leave some-one else alone, you may want to consider a Safety Alarm. Choice offer a great guide on [How to buy the best personal alarm](#) that also includes eligibility criteria for accessing a free alarm.

Some mobile phones also offer a safety alarm service. Check with your provider.

CANCER SUPPORT

Cancer Council Queensland

Information:

- *Community Support Coordinator* - provide patients, friends and family cancer related information as well as information about services (or connects individuals to persons who can help). This free and confidential service is available Monday to Friday 9am-5pm (excl. public holidays). Service available by contacting our 13 11 20, by visiting our website: <https://cancerqld.org.au/> or contacting the regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.

Emotional Support:

- *Cancer Connect* - a free and confidential peer support service that connects you, your carer or your loved ones over the phone with a trained volunteer who has had a similar cancer experience. This support is available at diagnosis, during treatment and after treatment. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.
- *Cancer Counselling Service* - a free and confidential service for all Queenslanders distressed by cancer at any stage including people diagnosed with cancer, their family and friends. Counselling is available state-wide via telephone or skype. Counselling is short-term (generally one to six sessions) depending on the need of the client. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.
- *Cancer Support Groups* - Cancer Council Queensland supports a number of cancer specific community groups throughout regions. Groups differ based on cancer, gender or activity (e.g. Women's Breast Cancer Support Group). To join or find out information self-refer via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.

Practical Support:

- *Wigs & Turbans / Temporary Breast Protheses* - provides wig loans turbans and temporary breast protheses, at no cost. Wig libraries are located in our regional offices and accommodation lodges across the state. Days and hours of operation are specific to each location. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.
- *Accommodation* – lodge accommodations are available for those patients receiving cancer related treatments. Patients and carer can stay in our lodges at no cost if they qualify for the Queensland Government’s Patient Travel Subsidy Scheme (PTSS). Alternatively, lodge fees are calculated per person, per night basis and are within the daily allowance of the PTSS. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.
- *Pro Bono* (Legal, Financial or Work related issues) – a program that provides assistance with legal issues or financial planning, for eligible Queenslanders. These programs are delivered by professionals in the community who volunteer their time to assist clients who cannot afford to pay for advice. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.

CARER SUPPORT

Anyone can be a carer. Many people don’t see themselves as carers. They are just children, parents, partners, relatives or friends who care for someone close to them. You may be a carer if you are looking after someone with disability, a medical condition, mental illness or who is frail due to age. If you are a carer, you can get help and support from the government and other organisations.

Carer Gateway

You may be a carer if you are looking after someone with disability, a medical condition, mental illness or who is frail due to age. Carers are just children, parents, partners or friends who care for someone close to them. If you are a carer, you can get help and support from the government and other organisations. To find out more please click on [Carer Gateway](#) or phone Carer Gateway number 1800 422 737 (Office in Rockhampton)

Carers Qld

Carers Queensland

With 1 in every 11 Australians caring for a family member or friend, Carers Queensland is committed to providing specialised carer, and disability support services.

Carer Queensland Programs:

- NDIS Local Area Coordination Partner in the Community Program
- Health and Wellbeing activities – Face-to-face and online, see monthly calendar of events

- No Interest Loan Scheme – Up to \$1500 for a range of goods and services
- Guardianship and Advocacy Program
- It's All About Me – Young Carer and Adult Resilience Programs
- Community Engagement and Information sessions
- Your Caring Way – Coaching for training, education, volunteering, or employment
- RTO Accredited Training – Skills for Success, Certificate III & IV courses

For more information:

- 07 3900 8100, info@carersqld.com.au www.carersqld.com.au (Office in Rockhampton)

COMPASSIONATE COMMUNITIES COMMUNITY CONNECTORS

Compassionate Communities are a way of connecting people with accessible ways to improve their social, emotional and even physical wellbeing.

The Community Connector program activates everyday citizens to draw upon their knowledge of local services and groups to play a stronger, more confident role, in the care and support of people with life-limiting illnesses, at the end of life, or those who are bereaved and grieving. This approach is new to the Central Queensland region.

Currently local CQ Community Connectors can assist in identifying and signposting enquirers to groups, services and additional supports that either formally or informally address quality of life, end of life care, grief and bereavement, carer support through connection to support groups, social clubs and community services.

Community Connectors can assist with queries on what is currently available in this community; take tips on support that has worked for you or your family and note service gaps that you have identified. Contact:

- ❖ Livingston Community Centre
Location: 80 John Street Yeppoon
Hours: Monday to Friday 9am-4pm
Phone: 4913 3840
Email: communitycentre@livingstone.qld.gov.au
Facebook: [@YeppoonCommunityCentre](https://www.facebook.com/YeppoonCommunityCentre)
- ❖ Sandy Paton
Capricorn Community Development Association
Phone: 4939 4504
Email: sandypaton@bigpond.com
- ❖ Desley Cowley
Leave a Legacy for Loved Ones – In Your Lifetime
Phone: 0419 817 973
Connect with me on [LinkedIn](#)

COMMUNITY LEGAL ADVICE

Community Legal Centres Rockhampton & Yeppoon

The Central Queensland Community Legal Centre is a not for profit organisation funded by the State and Commonwealth governments to provide free legal service. The main services provided include legal advice, information, referral and community legal education. Our services target those whose financial circumstances would have otherwise excluded them from accessing legal support and for those from cultural and linguistically diverse backgrounds, translation services ensure that these communities are supported with their legal needs.

Clients sessions are appointment based are available via a number of avenues, including face to face, telephone, email and video conferencing. Appointments are available:

Rockhampton:	Monday to Wednesday	9.30 am to 2.30 pm	<i>Office: 24 OQuay Street, Rockhampton</i>
	Thursday	9.30 am to 2.30 pm	5.30 pm to 7.00pm
Yeppoon (monthly)	First Monday	9.30 am to 12.00 pm	<i>Yeppoon Court House</i>

Appointments can be made either on 1800 155 121 or 4922 1200 or at the Rockhampton office.

COMMUNITY SUPPORT

Community is a term that can be used and defined in different ways. For the purpose of this guide, we refer to community as a group of people living in the same area or having a particular characteristic in common. This section includes a selection of formal and informal, funded and unfunded supports available locally.

Association of Independent Retirees.

Capricorn Branch 149

Glass Room Frenchville Sports Club Clifton St Rockhampton

One meeting a year at Emu Park of Yeppoon

First Friday of the month excepting January. 9.30am cuppa. 10am meeting start

Call Arch 49 286 653; Darrel 0438 582 296 dhalliday@bigpond.com

Community Centre Livingstone Shire

The Community Centre is a place for the community to access supportive information and to meet, learn and share each others skills and knowledge.

The Community Centre is partly funded through the Department of Communities, Housing and Digital Economy. The centre provides residents with a public community hub space that is safe, welcoming, vibrant, accessible, available to all and offers:

- Supportive information and referral pathways for assistance;
- Opportunities for residents to attend Rockhampton Outreach services in Yeppoon;
- Participation in programmes and activities that build skills and offer life-long learning opportunities;
- Affordable meeting spaces for local computer groups that are safe, welcoming, vibrant and accessible.

- Workshops, discussions, displays and social events in areas such as arts and crafts, health and fitness, and personal development activities. To see the variety of these groups please click [here](#).
- A dignity first washroom which provides free and accessible use of a private washing machine, dryer, toilet, shower and sanitary products for any community member experiencing hardship. Available Monday to Sunday 6.30am to 4:00pm

Find our latest newsletter at [Community Connections](#)

Where can you find us?

Location: 80 John Street Yeppoon

Hours: Monday to Friday 9am-4pm

Phone: 4913 3840

Email: communitycentre@livingstone.qld.gov.au

Facebook: [@YeppoonCommunityCentre](#)

CQ Home Assist

CQ Home Assist Secure is a program jointly funded by State and Federal Governments. It provides services, such as minor maintenance, for older people and people with disabilities who wish to remain living in their own home.

In Central Queensland the program is delivered by Rockhampton Regional Council into the local government areas of Central Queensland including: Rockhampton, Gladstone, Central Highlands, Livingstone and Banana Shires. A central office is located in Rockhampton.

Services offered include:

- free information and referrals
- subsidised assistance to eligible clients
- maintenance, repairs and minor modifications
- assistance with the engagement of tradespeople, planning of future work and engagement of contractors

Home Assist Secure services are available for residents aged 60 years and over, people of any age with a disability, or indigenous people over 50 years of age.

To receive subsidised assistance for work in your home you must:

- hold a current Commonwealth Government pensioner concession card and receive a regular eligible pension payment or be deemed eligible through a My Aged Care assessment
- be unable to make use of alternative forms of assistance such as Veterans Affairs, family or friends.

CQ Home Assist Secure does not undertake maintenance or repairs that are considered to be the responsibility of the landlord (lessor) under the Residential Tenancies Act.

Location: Schotia Place
201 Bolsover Street, Rockhampton

Opening hours: Monday to Friday 8.00am - 4.30pm, Closed Saturday and Sunday

Phone: 07 4936 8522 or freecall 1800 22 33 01

Email: homeassist@rrc.qld.gov.au

CQ Prostate Support and Awareness Group

Phone 4939 6656; Lloyd 0437727 657

Diabetes Support

Type 1 Diabetes Capricorn Connection (T1DCC)

Katie Mitchell 0429 015 454 t1dcc@yahoo.com.au

[T1DCC Facebook](#)

Type 2 Diabetes Support Group

Helen Sutcliffe 0408 190 387 hesutcliffe@gmail.com

Dying to Know Day – 8 August

We used to talk about death. To prepare and plan for a future without us. It provided comfort and security for everyone involved, and drew us close together when we needed it most. The conversation was an act of love, bearing witness to a life well lived, and simply having it, could open doors to the soul. So we're bringing back and you can too.

Dying to Know Day is an annual campaign where we encourage people to start conversations about death. During August, people hold events, gatherings at home, take individual action, and much more, all to improve their knowledge around choice at end of life. Below you'll find some guides and toolkits to support having conversations with the people in your life.

- ❖ *Feeling ready for a conversation?* Checkout some tips and free resources shared [here](#) to help you get started.
- ❖ *Let's take some action.* [Here](#) you will find some resources and guides to start to put steps in place
- ❖ *Join or host a gathering or event.* You'll find events happening nationally as well as our free video resource to host your own gathering [here](#).
- ❖ For information on local Dying to Know Day events please contact:
Livingston Community Centre
Location: 80 John Street Yeppoon
Hours: Monday to Friday 9am-4pm
Phone: 4913 3840
Email: communitycentre@livingstone.qld.gov.au
Facebook: [@YeppoonCommunityCentre](#)
Or
Sandy Paton
Capricorn Community Development Association
Phone: 4939 4504 Email: sandypaton@bigpond.com

Probus South Pacific

Probus provides an exciting opportunity to meet retirees in your local community. If you are retired or semi – retired, you can join a Probus Club and hear interesting speakers, attend monthly meetings and enjoy a wide range of activities such as walking, theatre, coffee groups, lunches and day outings. As a Probus member you will also have access to a range of exclusive member benefits.

- EMU PARK PROBUS INC (C)
Looking for new members Yes
Meetings 2ND THU 10:00 AM
Location SUNSET RIDGE R.V. COMMUNITY HALL
[Contact Club](#)

- YEPPOON LADIES PROBUS INC
Looking for new members Yes - Ladies club
Meetings LAST THURSDAY 10:00AM-12MIDDAY
Location COMMUNITY CENTRE
[Contact Club](#)

- YEPPOON PROBUS INC (C)
Looking for new members Yes
Meetings 1ST THU 10:00AM
Location THE CAPRICORN TAVERN
[Contact Club](#)

Probus South Pacific 1300 630 488

<https://www.probusouthpacific.org/>

Rockhampton 60 & Better Program Inc.

60 & Better is a healthy ageing program for people over the age of 50. Offering a wide variety of exercise and social activities. Where appropriate and necessary people under the age of 50 are also welcome to join the program. 60 & better endeavors to involve older people to become involved in the process of decision making to ensure activities are in direct relation to the needs and desires of older people in their community. PH: 4927 8256 Rockhampton Better60@bigpond.com

Stroke Support Group

Allen or Evelyn 4938 7788

U3A Rockhampton

U3A brings together people who have retired from full-time work but not from living an active and fulfilling lifestyle. We provide courses and activities covering a wide variety of interests including physical exercise, health, lunch groups, discussion groups, music, craft, writing, poetry, history, drama and much more. Click the main button **Activities** above. U3A requires no prior learning or qualifications and there are no exams. We provide learning without stress in an environment of fun and friendship.

We encourage our members to keep youthful and enthusiastic.

U3A Rockhampton has a close relationship with [CQUniversity](#) whereby both parties engage in a number of ways for their mutual benefit.

If you wish to meet our members personally, you are welcome to attend any of our general meetings as a visitor. There is no entry fee. You can find our [meeting dates here](#). If you want to keep your body and brain active and make new friends, [join U3A Rockhampton now](#). To find out more see <https://www.u3arockhampton.org.au/> or [Contact us here](#)

U3A Capricorn Coast - Yeppoon

Cap Coast U3A is a community organisation which promotes healthy ageing by sharing social, physical and mental activities. We follow the motto "You retire from work not life!" New members are always welcome!

Facebook: <https://sites.google.com/site/capcoastu3a/home?authuser=0>

Phone: (07) 4913 3840

Email: u3acapcoast@gmail.com

COUNSELLING

Brookside Support Services

Paula Ryan: Counsellor/ Registered Nurse. Fee for service for adults over 18.

Counselling

Counselling across a broad range of areas e.g. grief and loss ; lifestyle changes; adjustment to changes in health and managing chronic diseases (individual or family counselling); improve self esteem ; manage and / or strengthen relationships; manage and cope with challenging behaviours; carer stress and managing the home situation ; family and individual responses to managing when in the palliative phase of a disease.

Cancer Counselling

This is an area of speciality for Brookside Support Services . As I have worked in cancer care for the last 30 years I have extensive knowledge and experience working with people receiving chemotherapy / radiotherapy and other treatments for c cancer e.g. surgery . Receiving a diagnosis of cancer and then dealing with the treatments and all this involves can be a very stressful time for both the individual and their families or their support network.

Dignity Therapy

I have worked in cancer and palliative care nursing for over 30 years. I attended training with Dr Harvey Max Chochinov in Dignity Therapy in Brisbane.

For people approaching death maintaining dignity is a central principle but managing this care to incorporate maintaining the individual's dignity can be a difficult , stressful time for carers , the patient and the health care professionals.

Dignity Therapy is an intervention that addresses the individual need to know that 'my life mattered' and gives family and the person dying hope. Dignity Therapy addresses spiritual challenges , psychological challenges and existential challenges for both the person dying and their families.

Health Care Professionals can contact me to discuss the concept of dignity therapy and how this may help them in working with their patients / families or assist their staff.

Contact: Ph 0439809057 : 4935 4645 Email: worlass@irock.com.au 192 Palm Valley Road, Coowonga

CQ Centre for Change

Family Therapist: Psychotherapist/Counsellor

Are you struggling with any of these issues?

- Relationship Problems
- Family Conflict
- Depression/Anxiety
- Trauma
- Eating Disorders
- Suicidal Thoughts
- Parenting Problems
- Grief and Loss Issues

CQ Centre for Change supports people to develop a better understanding of themselves and others by addressing difficulties and to make changes in their lives. Nola specializes in working with families to resolve conflicts and working with adolescents with mental health issues.

With no wait time you can be certain your needs will be addressed promptly.

Services are provided to Rockhampton and Yeppoon, and surrounding areas.

Where necessary home visits are available.

CQ Centre for Change will provide a safe, non-judgmental, confidential, respectful environment.

Medicare rebates are available with your Mental Health Caré Plan through your GP. Other referral options are Self-Referral, Paediatrician, School, or Allied Health Provider.

Contact: Nola Radel: Phone 0408 736 078 : Email nolaradel@bigpond.com
BSOCWK, Master of Mental Health (Psychotherapy). Accredited Mental health social Worker. Accredited Member of AASW. Accredited Member of Qld Association of Family Therapy ((QAFT). ABN: 7885 1012 074
NDIS Provider No: 4220883T & 4220882F & 4220884B

Journey With Life Pty Ltd

Counsellor in Rockhampton, Queensland

Address: EDWARDS CHAMBERS, 4/174 Quay St, Rockhampton QLD 4700

Phone: 0412 951 153

Seasons Family Counselling

At Seasons Family Counselling we offer flexible ways of doing counselling for individuals, couples and families. Session can be in person in Yeppoon, on the phone, or online via Skype. If needed morning, evening and even Saturday appointments are available. No referral is needed and the convenience of online booking and payment for appointments is available. For more information please visit our website at seasonsfamilycounselling.com.au or phone 0409 643 178.

Yeppoon Counselling Services

Psychotherapist in Queensland

Address: Todd Ave, Yeppoon QLD 4703

Health and safety: Appointment required · Staff required to disinfect surfaces between visits ·

Phone: 0412 622 321

[Yeppoon Counselling services Website](#) has more information.

DISASTER AND EMERGENCY PLANNING

When you are older, in ill health or have a disability, and live in an area prone to extreme weather events, it is very important that you stay aware of what is happening in your local area and have a clear plan to deal with emergencies. Whatever they are.

Livingstone Shire Council Disaster Dashboard

The [Livingstone Dashboard](#) provides the information and connections you need to be prepared and safe whatever the circumstances. Resources include:

- ❖ Recovery Information
- ❖ Community Connect
- ❖ Disaster Prepared Community Portal – tools, resources to help you plan
- ❖ Opt-In for Notifications
- ❖ Business Portal
- ❖ Emergency News
- ❖ Active Centres information
- ❖ Road Conditions
- ❖ Power Outages

There is also a wide range of other information on the current impact of local weather conditions.

CONTACT

[Livingstone Shire Council](#)

Phone: (07) 4913 5000 or 1300 790 919

Email: enquiries@livingstone.qld.gov.au

Website: <https://www.livingstone.qld.gov.au>

[Local Disaster Coordination Centre](#)

(Phone numbers activated during a disaster)

4913 5100 or 1300 797 709

Rockhampton Region Emergency Dashboard

The [Rockhampton Region Emergency Dashboard](#) provides information on

- ❖ Emergency News
- ❖ Weather warnings
- ❖ Road Conditions
- ❖ Power Outages

Also see:

[Your Emergency Guide](#) Our Emergency Guide contains a number of easy-to-follow steps that aim to help you be prepared for any disaster. As well as this [digital version](#), which can be downloaded and utilised in both individual and group planning sessions, the Disaster Management Unit is able to provide hard copies (which double as handy fridge-magnets) for those who wish to undertake disaster preparedness education sessions in their communities. Also available are fridge magnets with Emergency Dashboard and Key Emergency Contacts information. Simply contact DisasterManagement@rrc.qld.gov.au to enquire today!

[Person Centred Emergency Preparedness](#) The P-CEP toolkit helps to match emergency planning to the supports people need for their health and safety in emergencies. It is a conversation guide used by those with a disability or chronic illness to tailor emergency preparedness to their individual support needs. Start your emergency preparedness conversation today with the [Capability Wheel](#) and [P-CEP Workbook](#)

CONTACT

Phone: 07 4932 9000 or 1300 22 55 77

Email: enquiries@rrc.qld.gov.au

Fax: 07 4936 8862 or 1300 22 55 79

- [Like us on Facebook](#)
- [Follow us on Twitter](#)
- [Watch our YouTube Channel](#)

END OF LIFE DOULAS

End of Life Doula Services Central Queensland

Lorraine Donovan Fox and Desley Cowley are jointly offering end of life doula services to Central Queensland including end of life planning, legacy and life review and vigil and post death support.

New to Central Queensland, they are offering the following services:

Workshops/Speaking Engagements

Looking for a guest speaker for your next meeting? Let us talk about death and dying.

Guest speaker 20 minute talk (free)

Topic: What is an End of Life Doula and how might one help you and/or a family member.

Other workshops (fee for service)

- Creating a Legacy Project
- Living Funerals – What is a Living Funeral and is it right for you?
- Vigil and Post Death Support – how to support the mind, body and soul during those last days and hours.

One on One Engagements

One Hour Initial Consultation

1 hour consultation to determine your needs and if we are the right fit – FREE.

Service Packages

A one fee package for up to 10 hours to meet agreed support requirements which could include any or all of the following depending on the client's needs (\$600)

- End of Life Planning
- Legacy & Life Review
- Vigil and Post Death Support
- Bespoke service – to fit with your needs

Too many people leave end of life planning until it is too late, leaving loved ones to make decisions at a time when they are already under extreme duress.

A little bit of advance planning would make the passing of loved ones a little easier on all involved.

For more information contact Desley on 0419 817 973 or Loraine on 0435 441 062 or email desley.cowley@gmail.com or lorainefox7@outlook.com .

FUNERAL, CREMATION AND MEMORIAL PROVIDERS

Planning for a funeral, cremation or other after death arrangements is best done well in advance. Nowadays there are a variety of different types of funeral, cremation and memorial ceremonies available. Some people are choosing a cremation and a scattering of the ashes without any formal ceremony. Some people take the ashes home to be scattered or kept depending on their personal situation.

Where there is a will there will be an Executor nominated, and they can manage the affairs of a person following their death, including arranging the funeral or memorial service. A friend or relative is also able to make these types of arrangements. If there is no will or close relatives or friends then a court can appoint someone to make the arrangements.

A memorial service is a ceremony that memorialises and honours the deceased after the body has been cremated or buried. A memorial service has the same meaning of any other type of funeral service; honour and pay tribute to the deceased. The memorial service can take place weeks or even months after the death has occurred. A memorial service is frequently a peaceful blend of a traditional funeral and celebration of life. A memorial service provides the flexibility to make the ceremony unique and personalised to fit the individual being honoured.

A person may have both a funeral or cremation, and a memorial service.

Cornes T.T. & C - Servicing Mt Morgan

Funeral director in Rockhampton, Queensland
Address: 166 Alma Ln, Rockhampton QLD 4700
Open 24 hours
Phone: (07) 4938 1048

Dean Family Funerals

Phone: (07) 4922 5422
Address: 187 Musgrave St

Finlayson & McKenzie

Finlayson & McKenzie Funeral Directors has been helping Central Queensland families in their time of need for over 130 years. Finlayson and McKenzie has been and is known to be members of the [Australian Funeral Directors Association](#) for the last 39 years. We are a [family run funeral services](#) business, located in Rockhampton with the facilities and expertise to offer you a wide range of options. We will accommodate your individual preferences, to ensure that we meet your desired funeral needs and wishes.

Phone: (07) 4922 1269
Address: 56 William St, Rockhampton
<https://www.finlaysonandmckenzie.com.au/>

Fitzroy Funerals

With over 50 years' of experience in the funeral industry, Colin and Michelle Dean, along with their family of Funeral Directors, have served the grieving community of Queenslanders with the upmost respect, care empathy and understanding. The only Coast owned and operated funeral business

Yeppoon 4939 8422
Rockhampton 4922 5422 – *Contact Us 24/7*
187 Musgrave St
Email info@fitzroyfunerals.com.au
<http://fitzroyfunerals.com.au>

Harts Family Funerals

You can trust Harts Family Funerals, in Rockhampton, to arrange a dignified service for your loved one. We organise funeral services with sensitivity and compassion. Let our sympathetic staff help you make your loved ones' funeral arrangements in a way that celebrates their life.

We are sensitive to the requirements of all religions and cultures and offer services that can be personalised to your faith, beliefs and traditions. [Contact](#) our Rockhampton funeral home if you are recently bereaved and are unsure of what to do next. We are available to assist 24/7.

Phone: (07) 4926 9985 ALL HOURS
Email: admin@hartsfamilyfunerals.com.au
Address: 247 Ford St, North Rockhampton
<http://hartsfamilyfunerals.com.au>

Quality Cremation Services

Phone: (07) 4921 2673
1/154 Alma Street,

Rockhampton Memorial Gardens

Phone: (07) 4936 8374

Address: 21 Hartington St, Lakes Creek

Tucker & Nankivell

Funeral home in Rockhampton

Address: 166 Alma St, Rockhampton QLD 4700

Phone: (07) 4927 2500

Yeppoon Emu Park Funeral Services

Division of Finlayson & Mc Kenzie AFDA

Capricorn Coast Consultants – Harry & Lesley Holland

Specialists in pre-paid Funerals and Cremations

4939 4055 all hours

<https://www.finlaysonandmckenzie.com.au/>

HOLISTIC CARE OPTIONS

Gnostic Association of Yeppoon

Art, Science, Philosophy, Mysticism, Mindfulness and Meditation

- ❖ Mental calm and clarity
 - ❖ Inner faculties and spiritual senses
 - ❖ Sacred Sound and Geometry
 - ❖ Inner Fire: Prana, Energy and Breath-work
 - ❖ The science of Meditation
 - ❖ Gnanu Yoga, Raja Yoga, Rune Yoga
- And much more.

Thursday evenings: 7.30pm – 9.30pm Friday afternoons: 1pm – 3pm

Phone: 0455 337 437 or email gnosticyeppoon@gmail.com

Joyful Kookaburra - Holistic Wellbeing Service

Holistic Services: Sound Healing (Individual & Groups), Tailored Healing Ceremonies, Women/Girls Rites of Passage, Workshops, Circles, Mental Health Social Worker Services: Person-Centred Counselling, Focused Psychological Strategies, EFT, DBT.

Joyful Kookaburra – Holistic Wellbeing Service is run by Rhonda Noyes. Rhonda is a qualified Integral Sound Healing Practitioner and a member of the International Institute for Complementary Therapists. Rhonda is also a qualified and accredited Mental Health Social Worker with the Australian Association of Social Workers.

Rhonda works from a holistic, person centred framework, supporting people to work towards their own healing, growth and transformation.

To book go to:

<https://outlook.office365.com/owa/calendar/JoyfulKookaburraHolisticWellbeingService1@Joyfulkookaburra.onmicrosoft.com/bookings/>

Facebook: <https://www.facebook.com/Joyfulkookaburra/>

Holistic Health on Denham

Alternative & Natural Therapies - Allenstown

186 Denham St, Allenstown QLD 4700

Phone: 0411 953 824

[Send Email: Holistic-Health@optusnet.com.au](mailto:Holistic-Health@optusnet.com.au)

Inside Out Nutrition and Health

Alternative & Natural Therapies, Allenstown, QLD 4700

19 Thurston St, Allenstown, QLD, 4700

ph: 0400 470 571

Naturopathic Health

Naturopaths - Rockhampton

Take a Step Towards Better Health

Bachelor of Health Science (current) - Sharon Matthews

40 Denham St, Rockhampton QLD 4700

Phone (07) 4922 7838

[Send Email: naturopathichealth@bigpond.com](mailto:naturopathichealth@bigpond.com)

[Website](#)

Rainbow Firebird Alternative and Holistic Health Service

77 Todd Avenue

Reiki and other sound healings which are chakra chimes and drumming and crystal bowls.

0410 032 664

dianesully@bigpond.com

Vibe Complete Health

Holistic Therapies and Programs to support ultimate wellness to heal the mind and body.

Working with practitioners who have lived experience and training with:

- Stress Management
- Emotional Regulation
- Hypnotherapy
- Resilience Coaching
- Detox Program
- Restore Gut Health
- and Nutrition
- Coaching
- Movement and Mobility
- Training
- Personal Training
- Overcoming Depression and
- Anxiety
- Trauma Coaching

A supportive nonjudgmental environment with space to heal and grow!

All Inquiries to:
TASH: 0408457599
SIMON: 0419530368

Yeppoon Naturopathic Womens Health Centre

[Home \(yeppoonnaturopathic.com\)](http://yeppoonnaturopathic.com)

Assisting *Women* in *Health* and *Wellness* From Menarch to Menopause and everything beyond Office 4 22 James Street *Yeppoon*.
Phone: 0418 746 620

HOSPICE

Fitzroy Community Hospice (In Development)

Fitzroy Community Hospice has come a long way in its dedicated efforts to redevelop 38 Agnes Street, Rockhampton into a Hospice facility.

Australian Government capital funding of \$8M remains locked-in and construction is expected to commence by the end of this year. In addition, the Hospice Board and Queensland Health are currently working towards an operational funding agreement for the onsite service.

The latest Hospice updates as of December 2022 are:

- Looking at tenders currently for the build – hoping to have some progress there early in 2023
- Negotiations are continuing with the Qld health department around ongoing funding – hoping to have a funding proposal for DoH early 2023
- There are no events planned currently however FCH has a Community Engagement Lead, Kerry Kerr appointed.
- FCH has a Consumer Advisory group now and this dynamic group is providing valuable feedback on various aspects of the FCH project

Until Fitzroy Community Hospice is operational if you need palliative care information or support please contact:

☐ 1800 772 237 (7am-7pm, 7 days)

☐ info@palassist.org.au

☐ www.palassist.org.au

Take a virtual walk through the Hospice facility concept.

<https://youtu.be/7pzStRJyV4>

You can register your support and sign up for project updates [here](#).

Contact Fitzroy Community Hospice: admin@fitzroyhospice.org.au

Website: <https://fitzroyhospice.org.au>

JUSTICES OF THE PEACE

Central Queensland Dispute Resolution Centre

State government office
46 East St
(07) 4938 4249

City Centre Plaza

Shopping mall
Bolsover St
(07) 4922 4453
[Directions](#)

Federal Circuit and Family Court of Australia

Government office
48 East Street (cnr, Fitzroy St
1300 352 000
[Website](#)
[Directions](#)

Rockhampton Supreme and District Courts

City courthouse
East St
Closed · Opens 8:30AM Mon · (07) 4887 1740
[Website](#)
[Directions](#)

Family Court of Australia - Rockhampton Registry

City courthouse
Virgil Power Building Ground level, 46, East St
Closed · Opens 8:45AM Mon
[Website](#)
[Directions](#)

Rockhampton Youth Justice Centre

District Justice
155 Alma St
(07) 4848 4600
[Website](#)
[Directions](#)

Stockland Rockhampton Shopping Centre

Shopping mall
Park Avenue QLD
(07) 4928 9166
[Website](#)
[Directions](#)

Qld Justices Association: Commissioner of Declarations & Justice of the Peace.

Local help, call Rockhampton branch Deputy Secretary, Jane Comollatti, 0422 596 387. Information 1800 061 423

JPs in the community service:

- Emu Park: Friday, noon -3pm, Art Gallery
- Yeppoon: Mon; Tue; Wed; Fri; 10am-2pm Yeppoon Court House

MEDITATION

Gnostic Association of Yeppoon

Art, Science, Philosophy, Mysticism, Mindfulness and Meditation

- ❖ Mental calm and clarity
 - ❖ Inner faculties and spiritual senses
 - ❖ Sacred Sound and Geometry
 - ❖ Inner Fire: Prana, Energy and Breath-work
 - ❖ The science of Meditation
 - ❖ Gnanu Yoga, Raja Yoga, Rune Yoga
- And much more.

Thursday evenings: 7.30pm – 9.30pm Friday afternoons: 1pm – 3pm

Phone: 0455 337 437 or email gnosticyeppoon@gmail.com

Insight Meditation

the insight meditation has many programmes through the year.

- ❖ weekly saturday sessions at women's health centre rockhampton
- ❖ monthly 1 day mindfulness day at women's health centre
- ❖ several weekend workshops/retreats throughout the year by visiting qualified and experienced teachers from Brisbane, Sydney
- ❖ two residential weekend retreats a year

The website is www.dharma.org.au/rim (rim for rockhampton insight meditation)

Face book: rockhampton insight meditation

Contact is rockhamptoninsightmeditation@gmail.com

Meditation Society of Central Queensland Inc - Ananda Buddhist Centre

Buddhist Meditation in Central Queensland - Rockhampton, Yeppoon, Emu Park
Tradition : Tibetan, Sakya & Theravada, Thai, Sri Lankan

This is the new name for the Meditation Society of Central Queensland (see next entry)

Address: Corner of Hinchliff and, Munro St, Kawana QLD 4701

Phone: 0417 259 669

MENTAL HEALTH

Community Mental Health

Our community care teams provide mental health assessment and treatment services to people who are affected by mental illness. We also provide support to their family or significant others and carers.

We have teams that specialise in [child and youth mental health](#) (people under 18 years of age) and older person's mental health (generally over 65 years of age). You can access this service by contacting us. You can also be referred by:

- family members or friends
- GPs and health professionals
- other government or non-government services

Contact your local mental health team during business hours (Monday - Friday 8.30am - 4.30pm) to make a referral.

- ❖ Rockhampton Community Mental Health Team
156 Bolsover Street, Rockhampton
Phone: (07) 4920 6900
- ❖ Rockhampton Child and Youth Mental Health Team
Rockhampton Hospital Campus, Quarry Street, Rockhampton
Phone: (07) 4920 5700
- ❖ Capricorn Coast Mental Health Team
Capricorn Coast Hospital Campus, 8 Hoskyn Drive, Yeppoon
Phone: (07) 4913 3000

Community Mental Health <https://www.health.qld.gov.au/cq/services/mental-health/services/community-mental-health>

Need help outside hours?
1300 MHCALL (1300 64 2255)
[About 1300 MHCALL](#)
In an emergency call 000.

Central Sun Therapies: Larissa Fewquandie

Accredited Social Worker: Registered NDIS Provider: Therapeutic Services

Methods and frameworks I utilise include strengths based therapy, narrative therapy, client centered therapy, hypnotherapy, timeline therapy, art therapy, play therapy, mindfulness strategies and Trauma-informed care. Trauma-informed care is a framework for human service delivery based on knowledge and understanding of how trauma affects people's lives, their service needs and service usage.

My main focus is to empower the individual so they can live a meaningful and purposeful life for themselves within society and feel confident and comfortable in their identity and purpose in life. I am also a strong advocate for equality and social justice and human rights.

Email: centralsuntherapies@gmail.com

Phone: 0401806040 Web: www.centralsuntherapies.com.au

Grow Support Groups meet Weekly in Rocky and Yeppoon; Mental and emotional health support.

Grow meetings are based on the learned experience of people who have come through significant mental and emotional challenges to a healthier and happier life. They provide personal development, acceptance, encouragement, friendship, inspiration, and mutual support for participants.

Some of the problems Grow has helped people to manage are depression, anxiety, relationship breakdown, isolation, grief, addictions, stress, compulsions and diagnosed mental illnesses. People using the program over time describe a more connected, resilient, meaningful and happier life

Rockhampton Day Group: meets every Tuesday at 1pm to 3pm at Community Health, 82 Bolsover Street. (front entrance) Rockhampton.

Rockhampton Night Group (starting 2 nd May): meets every Tuesday at 6.30pm to 8.30pm at Community Health, (Rm 2) on the corner of Bolsover and Cambridge st (side entrance). Rockhampton.

Yeppoon Group: meets every Wednesday at 6.30pm to 8.30pm at Community Development Centre, John St in Yeppoon

Please Ring 0408 577 403 or 0413 449 008 for further information
Website: www.grow.org.au Also Grow Qld is on Facebook.
1800 558 268

The Kindness Couch

Candice Fraser: Clinical Hypnotherapist. Online Appointments Available

Candice is a Clinical Hypnotherapist (Dip. Clinical Hyp. Sci), DeTrauma Technique™ (DTT) Therapist, Meditation Teacher, Timeline Therapist, Emotional Freedom Technique Practitioner, Neural Linguistic Programming Practitioner, Health and Nutrition Coach, Certified Coach Practitioner and Breathwork facilitator.

Hypnotherapy to:

Reduce Anxiety

Remove the Emotional Charge of Trauma

Weight Loss

Stop Smoking

Confidence and Self-Compassion

Insomnia

Mental and Emotional Health

[Book Now](#) or see [The Kindness Couch](#) or email the kindnesscouch@gmail.com

Leave a Legacy for Loved Ones – In Your Lifetime

I help individuals and families write their stories, express their wishes and capture their important memories and events, to leave a lasting legacy for future generations.

A 50+ page workbook will provide the 'nudge' points to help them capture their important memories. From there they can choose what to do with the information.

The workshop can include, writing letters to loved ones, creating a digital story book album that can be continually edited and updated, printed if desired and can include their wishes for their own funeral service and much more!

Get a group of 10 or more together for a low cost fun filled activity.

Group Corporate enquiries and sponsorship opportunities welcome.

If you aren't sure where to start, contact me for help.

Desley Cowley

Workshop Facilitator and Mentor

Leave a Legacy for Loved Ones – In Your Lifetime

Phone: 0419 817 973

Connect with me on [LinkedIn](#)

My-Art therapy

I have facilitated people's personal development and helped raise their self-awareness in different ways and for different organizations for over 20 years. I am now offering my services as a qualified and ANZACATA registered art therapist.

I have a PhD in cross-cultural education/communication, a Master in Education Studies, and an Advanced Diploma in Transpersonal Art Therapy. My 7 years of undergraduate studies in the Netherlands (where I was born and raised) comprise of social work, primary school teacher training, and teaching expression and communication. I have also worked with a Maori Tohunga for 14 years; his StrataQuest work has deeply impacted my work.

For people experiencing challenging situations, being resilient, self-aware and responsible for themselves and their environment, are central to managing those situations successfully. But recognizing those important qualities can be a challenge in itself.

Transpersonal Art therapy is a gentle intervention that helps address spiritual, psychological and existential challenges in a non-verbal manner. It allows people to travel within themselves in search of healing and strength.

Frontline workers and other Care Professionals, as well as self- or plan-managed NDIS clients can contact me to discuss the concept of transpersonal art therapy and how this may help them. A capacity and willingness to self-reflect is essential.

Contact: Ph 0429 547515 Email: myarttherapy2015@gmail.com

Rockhampton Hypnotherapy Centre

Provides general hypnotherapy services. Hypnotherapy is a form of complementary therapy that utilizes the power of positive suggestion to bring about subconscious change to our thoughts, feelings and behavior.

Hypnotherapy is a useful tool for the treatment of:
Depression, Anxiety, Weight Loss, Smoking Cessation, Irritable Bowel Syndrome, Stress, Relaxation, Pain Management and more.

Referral: Self-refer via the phone or their GP

Private Health Fund rebates available for eligible Medibank Private clients

Contacts: 0490 033 945 Email: info@rockhamptoncounselling.com.au

Website: www.rockhamptoncounselling.com.au

PETS AND ASSISTANCE AND SUPPORT DOGS

Pets and Assistance Dogs can help improve our quality of life; be sure to remember to have clear plans in place to deal with your animals during an emergency, unexpected hospital trip and at the end of your life. Document your wishes so everyone has a clear understanding about what you believe is the best care plan for your animal. Also see page 17 in the P-CEP Workbook on the Rockhampton Regional Council website for a check list on preparing for your pets and assistance animals' care during an emergency or natural disaster.

If you cannot afford to have a pet full time, or your lifestyle doesn't support it, you may still be able to be a foster-carer for a local service.

Canine Helpers for the Disabled

Canine Helpers for the Disabled Inc is a non-profit organization dedicated to improving people's lives. We do this through training assistance dogs for people with a disability. Assistance dogs provide a variety of benefits to our clients, as well as confidence and physical assistance needed to interact with their peers and become involved with the community in which they lived.

Canine Helpers has Queensland Certification and meets international standards. We can provide Assistance dogs, Service Dogs and Therapy Dogs,

Additionally, private certification can be offered to owners who have trained their own dogs to assist them. Owners may engage a Canine Helpers trainer on a fee for service hourly basis to prepare the dog for evaluation to Certification Standard. A Canine Helpers trainer visits Rockhampton regularly. For more information see <https://www.caninehelpers.org.au/>

Contacts: PH. 07 5495 7476. Mobile. 0437 916 996.

Email: info@caninehelpers.org.au Facebook: Canine Helpers (Australia)

Capricorn Animal Aid

CAA provides care and attention (including veterinary care, shelter and food) to unwanted, stray, neglected and abused animals. CAA does not have a shelter. All animals are 'fostered' by generous and caring volunteers who provide a home and

lots of love to the animals in their care until they find new human companions to share their lives with.

CAA is not subsidised in any way. We are run by volunteers. Funding comes from the generosity of the people of Central Queensland and beyond through donations, membership and support of our various fundraising activities. CAA is a registered charity and incorporated association.

You can contact us via...

- 1) Urgent matters can come through our Facebook messages which are monitored and actioned by several of our volunteers
- 2) Enquiries such as membership, surrender or adoption enquiries should be submitted using the appropriate forms on our website. These are passed on to the appropriate volunteer coordinator.
- 3) For anyone without internet access, copies of forms are available at all Rockhampton Regional Council Service Centres
Mail: PO Box 1560 Rockhampton Qld 4700

Online: Via our contact forms on the links below:

- ❖ [General Enquiries ONLY](#) : Please DO NOT use this form for adoption and surrender enquiries.
- ❖ [All Dog Adoption Enquiries](#)
- ❖ [All Cat Adoption Enquiries](#)

<https://www.capricornanimalaid.org.au>

<https://www.facebook.com/capricornanimalaid/>

Central Queensland Animal Society Inc

Rehomes displaced animals and educates the community on responsible pet ownership.

All animals available for rehoming have received all necessary veterinary care including: desexing; vaccination; flea and worm treatments and dental care.

0407 670 373

CQanimalsociety@outlook.com

www.cqanimalsociety.org.au

www.facebook.com/CQAnimalSocietyInc

Four Paws

Four Paws Adoption and Education Inc is a Not For Profit Charity based on the beautiful Capricorn Coast, Queensland, servicing Yeppoon, Emu Park, Livingstone Shire Council area and broader Central Queensland.

We work tirelessly to help reduce the number of unwanted, stray and abandoned cats and dogs within the Livingstone Shire and Rockhampton Region by taking them into foster care until we can find them suitable, loving and forever homes. Four Paws provides medical support, rehabilitation to injured and mistreated animals, and community education initiatives to residents on the Coast. If interested in helping our cause, please get in touch. We are always on the lookout for new members, volunteers, foster carers and adopters.

Phone: 0478 032 910

Contact: <https://fourpaws.org.au/contact-us/> Website: <https://fourpaws.org.au/>

RSPCA Op Shop & Animal Adoptions - Rockhampton

Thrift store in Park Avenue, Queensland Service options: In-store shopping - Delivery

Address: 391 Yaamba Rd, North Rockhampton QLD 4701

Areas served: Rockhampton and nearby areas Phone: (07) 4926 6633

QUALITY OF LIFE

CQ Creative Connections

Culinary Art and Creative Craft Classes

CQ Creative Connections offers Culinary art and craft classes that cater to a person's needs and ability, servicing Yeppoon and the surrounding areas of CQ. CQ Creative Connections has a multitude of different projects for ages 5 years and over and has a creative class to suit private clients and service organisations alike. In the short span of time we have been operating, we have helped people of all different ages, disabilities and backgrounds gain back a positive outlook on life through being productive, learning new skills and enjoying social interaction with others in a safe and fun environment.

CQ Creative Connections is a Private NDIS Service Provider. Class charges will change according to the client's plan, funding or other contributing factors. Please contact us with any questions you may have.

Contact: 0437 92 0410 cqcreativeconnections@gmail.com

<https://www.facebook.com/cqcreativeconnections/>

Croquet: Come and play

Friday night Social 5.15 pm - 7.30 pm

Sunday Association from 1.15pm

Gracemere Sports Precinct Ian Besch Drive

The Gracemere Croquet club plays socially every Friday night at 5.15 pm - 7.30 pm. Come and try the fun format Aussie Croquet, it is easy to learn and a great introduction to Mallet Sports. All ages and abilities are welcome from pre-teens to nonagenarians and beyond! Gentle exercise for the body and strategic thinking to stretch the mind. Playing under lights to enjoy our beautiful evening weather. Association Croquet is played every Sunday from 1.15 pm. Other Mallet Sports such as Ricochet, Golf Croquet and Gateball are also played when requested. [Show all dates](#)

First 4 weeks are FREE and all equipment is provided, just wear flat soled shoes or play barefoot. Green fees are \$10/game or Annual Membership can be paid in quarterly instalments.

Visiting players travelling through the region are welcome to contact Don on 0418 791 486 to arrange a game at other times.

Work social clubs and family parties are welcome to book events and self-cater activities. Contact Kylie Dwyer [0413023760](tel:0413023760) or gracemere@croquetqld.org to enquire.

Health professionals both medical and mental are continually encouraging people to become physically and socially active for their own wellbeing. Everyone should be joining sporting and community groups to support a healthy lifestyle. A quality lifestyle in later years and good mental health are the product of physical and mental activity.

Emu Park Art Gallery

The Emu Park Art Gallery offers workshops that are open to people of all abilities, although some may be a little challenging and requiring them to have a support person with them.

Organisational support workers are welcome to come, or maybe some of the Gallery volunteers may want to take on a supporting role.

Further details and bookings for these workshops can be found at the beginning of 2022 on: <https://emuparkartgallery.com.au/>

<https://www.facebook.com/EmuParkArtGallery/>

Exercise Classes Free – Live Life Get Active Rockhampton

Welcome to the Rockhampton - Queens Park camp, which is located in the suburb of Rockhampton, part of the Rockhampton (Regional Council) Local Government Area. The camp is funded by GenesisCare and has been running since October 2016.

The Rockhampton - Queens Park class is a free fitness camp open to all members of the public. There are the following activities on offer, Active X Training, Active Boxing, Active Yoga, and you can learn more about them below.

Sessions are available at 6:00 am and run Monday, Tuesday, Wednesday, Thursday, Friday during school terms. For more details see the timetable below.

How to get started

To join this camp all you have to do is complete our registration form and book into as many classes as you like. All our classes are FREE and Registration takes about 10 mins.

There are no joining fees, no class fees, everything we offer is free.

[JOIN + BOOK NOW](#)

ONLINE CLASSES

Our video hub contains quick bursts of inspiration, guidance and motivation to help boost your fitness levels. We also have lots of ideas to improve your eating habits and calm your mind. New content is released every week.

To find out more please click on [Live Life Get Active](#)

Keppel Bay Community Choir

We are a group of enthusiastic singers who meet weekly and share our music with local retirement and nursing homes, senior citizens' groups and special community events. New members and visitors welcome. Rehearsals: Mondays 7pm-9pm at the Lions' Shack, Emu Park. Contact Cate 0419512268 or Carol 0437252692

Keppel Bay Friendship Group

Keppel Bay Friendship Group meets 10am Wed. various venues. Mature aged women wishing to meet other women for coffee and a chat. 0408 258 582

Keppel Community Band.

Michael, 0412 051 187 musicallife@optusnet.com.au

Leave a Legacy for Loved Ones – In Your Lifetime

I help individuals and families write their stories, express their wishes and capture their important memories and events, to leave a lasting legacy for future generations.

A 50+ page workbook will provide the 'nudge' points to help them capture their important memories. From there they can choose what to do with the information.

The workshop can include, writing letters to loved ones, creating a digital story book album that can be continually edited and updated, printed if desired and can include their wishes for their own funeral service and much more!

Get a group of 10 or more together for a low cost fun filled activity.

Group Corporate enquiries and sponsorship opportunities welcome.

If you aren't sure where to start, contact me for help.

Desley Cowley

Workshop Facilitator and Mentor

Leave a Legacy for Loved Ones – In Your Lifetime

Phone: 0419 817 973

Connect with me on [LinkedIn](#)

Libraries

Rockhampton Regional Library membership is free for everyone! This includes people from neighbouring shires, interstate and overseas visitors. Online services, hard copy books, papers and magazines, and videos are available, along with access to activities. There are resources already collated around grief and loss, just scroll down to find out more.

The library staff are more than happy to curate extra content for specific needs as well.

Contact: Ann-Maree Dyer: Client Services Supervisor | Libraries: Rockhampton
Regional Council

Ph: 07 4936 8297 | Fax: 07 4936 8832 | E-mail: Ann-Maree.Dyer@rrc.qld.gov.au

Rockhampton Regional Libraries

- Southside Library | 230 Bolsover Street, South Rockhampton.
- History Centre | 230 Bolsover Street, South Rockhampton. ...
- Gracemere Library | 1 Ranger Street, Gracemere. ...
- Mount Morgan Library | 31 Morgan Street, Mount Morgan. ...
- Northside Library | 154 Berserker Street, North Rockhampton.

All Rockhampton Regional Libraries are now open on Saturday.

Membership for Rockhampton Regional Libraries is free for everyone! [Click here to complete the Library Membership form](#). Please note that membership is not an automated process. Library staff will process your membership application during business hours Monday - Friday. *Library cards will be mailed to your postal address and cannot be collected from Libraries.* Once staff have processed your membership you will be sent an email with your membership number and PIN which will allow you to access our online services straight away via the [Library Catalogue](#). If you have any questions regarding your membership please call 4936 8265.

Online Library Services – with your Library card and a PIN you can access a number of online services. The top three resources have information on Grief and Loss.

- [Borrowbox](#) | Borrow latest release eBooks and eAudiobooks. This [link](#) shows digital resources on the topic of Grief from our BorrowBox resource
- ❖ [LibbyApp](#) | View magazines and e-audiobooks – we have just a few extra [resources](#) available from Libby
- [Story Box Library | Search Results](#)
We also have some lovely resources for young children in our StoryBox Library, which are top quality videos of Australian storytellers reading picture books on various themes. This is a curated selection on Grief and Loss from this collection:
 - [Beamafilm](#) | Access hundreds of the best award-winning documentaries, independent features and festival favourites.
 - [Haynes Manuals](#) | Access world famous online repair manuals at your fingertips.
 - [LinkedIn Learning](#) | The leading online learning platform that helps anyone learn business, software, technology and creative skills to achieve personal and professional goals.

Contact the Library during business hours by calling 4936 8265 if you do not know your PIN.

Takeaway Library

Southside Library is offering a click and collect service called 'Takeaway Library'. Like picking up your takeaway food, this service allows you to 'order' what you want to read or listen to, and library staff will select up to 20 items for you, tailored to your interests. When your items are ready, library staff will phone you to arrange a collection time. You can register and place your holds online using the below form or library staff are available on 4936 8043 if you would like assistance.

- This service is available to current Rockhampton Regional Council Library members.
- Up to 20 items (limit of 5 DVDs) can be borrowed per membership card. Items will be loaned for a 6 week period.
- Library staff will select items for you based on your interests selected on this form. You may receive some titles you have had previously. If we can't provide a requested author or title, staff will make a substitution. Due to stock availability, we may not be able to provide as many items in a specific category as requested.

- Items can be collected from **Southside Library only**. When your items are ready, library staff will contact you to allocate a collection time.
- Rockhampton Regional Council reserves the right to refuse, amend or discontinue the service at any time.
- Staff are unable to accept any return items as part of the Takeaway Library service. Returns should continue to be made via the external return chutes at branch libraries in Rockhampton and Gracemere.
[Takeaway Library Registration Form](#)

Also see <https://www.rockhamptonregion.qld.gov.au/FacilitiesRecreation/Library> for more information.

Livingstone Shire Libraries

- **Yeppoon Library** 84 John Street, Yeppoon
Opening Hours: 9: 00 AM - 5: 00 PM Monday-Friday
9: 00 AM - 12: 00 PM Saturday Contact: (07) 4913 3850
- **Emu Park Library and Council Customer Service:** 9 Hill Street, Emu Park
Opening Hours: 9:00 AM - 1:00 PM Monday-Friday (Customer Service Counter) 9:00 AM - 5:00 PM Monday-Friday (Library Service)
9:00 AM - 12:00PM Saturday (Library Service)
Contact: (07) 4913 3874
- *Byfield Library Historic Raspberry Creek Homestead*
2312 Byfield Road, Byfield
Opening Hours: 3:00 PM - 5:30 PM Tuesday
9:30 AM - 1:00 PM Friday
Contact Yeppoon Library: (07) 4913 3850
- *Marlborough Library Marlborough Historical Museum* 15 Milman Street, Marlborough
Opening Hours 12.30 PM - 4:00 PM Tuesday
Contact Yeppoon Library: (07) 4913 3850
- *Mt Chalmers Library* School Street, Mt Chalmers 4702
Opening Hours: 3:00 PM - 6:00 PM Tuesday
Contact Yeppoon Library: (07) 4913 3850

Livingstone Shire Council's Libraries offer access to a wide range of information and resources both onsite and online. There is also a wide selection of programs for children, youths and adults. Membership is free and available to all ages. [Click here to join library!](#)

Access our [Online Catalogue](#) if you need to:

- Check your current loans and membership details;
- Reserve an item;
- Extend your due date;
- Search our collection; or
- Request a purchase.

Library Services:

- Wi-Fi - all sites;
- Internet access - all sites;
- Access to public computers (limited timeframes all sites);
- Photocopying Services - Yeppoon and Emu Park Libraries;
- Under Fives Programing (school term time only) - Bookings are essential; and
- Home Library Service for housebound borrowers (limited numbers) please contact us at the Library on 49 133 850.

Men's Sheds

Emu Park Men's Shed. Our shed was officially opened in 2016 and we are open for project work every Monday, Wed, and Friday from 9.00 am - 12 noon. Visitors and New members are welcome. Morning tea is from 10.00 am every day the shed is open and visitors are most welcome. Drop in for a chat. Members have been regularly fundraising every Saturday morning in the CBD We also regularly run a Sausage sizzle at our local Supa IGA entrance, every couple of months. Member activities have included repairing equipment for RSL Care Sunset Ridge Retirement Community, constructing a swinging bridge for the local kindy, & manufacturing Flappy duck toys for sale at Christmas, to name a few. Some of these construction and repair projects have been in members' own backyard workshops.

CONTACT:Ross on 4938 7001 or 0448 695 354

Geoff on 0428 450 470.... Don on 0407 131 162

LOCATION:48 Hartley Street, Emu Park

POSTAL: PO Box 276, Emu Park Qld 4710

PHONE:07 4348 3564 (Shed & only AM Mondays, Wednesdays, & Fridays)

MOBILE:0448 695 354

[Website](#)

Gracemere Men's Shed: Open to men 18 years and over

Criteria for joining a Men's Shed

1. The person must be male
2. Be 18 years plus
3. Trade backgrounds welcome but not essential
4. Be willing to train others in woodworking, metal and welding work or learn new skills from others to complete smaller handyman projects and, as required, community based projects from time to time
5. Socialize with other men or to talk about items that may not be able to be discussed in the home environment
6. Costs are \$60.00 for a full year and \$30.00 half yearly
7. General meetings are held on the second Saturday of each month starting sharp at 9:00 am at the shed. Members welcome along with potential new members.

To have a social outlook and learn handyman skills in your own time with people who have the knowledge

Site address Lot 101 Ian Besch Drive Gracemere

Operational Days are mostly Tuesday Wednesday Thursday and Saturday mornings Times 8:00 am to 11:30am and other days as required

Contact: Secretary Allan Long Mob 0467530389
President Kevin Dore Mob 0455726056

Rockhampton Men's Shed Inc. (RMS) is a community organization to assist men who have certain particular skills in Wood (Carpentry), Metal, and Arts and Craft work, and to provide those skills to the community – while the group focuses on retired Men, the organisation, however, accepts all ages of people. Membership is open to anyone who wishes to join – there is a minimal joining fee so that everyone can become fully participating members regardless of their age or background.

Building 72 CQ University North Rockhampton, QLD 4701

Phone Number 0497 221 121 Open Hours 8.00am — 12.30pm.

Email- admin@rockhamptonmensshed.org.au

<https://rockhamptonmensshed.org.au>

<https://www.facebook.com/Rockhampton-Mens-Shed-Inc-528367284566960/>

Pentanque (French Boules)

PCYC Cooe Bay. 3pm Wednesdays. No cost; no experience necessary. 0488 193 503

Public Pools

Livingstone

Don Ireland Swimming Complex (Heated)

Don Ireland Swimming Pool is 25 metres, heated and hosts a wading pool. There are several programs available and is enjoyed by locals and tourists. For information on classes be sure to contact the complex on the number below.

Address: 67 Pattison Street, Emu Park QLD 4710 [Opening Hours](#)

Email: emuparkaquaticcentre@gmail.com

Phone: (07) 4938 8464

Yeppoon Aquatic Centre (Heated)

Yeppoon Aquatic Centre is home to a 50 metre outdoor pool and 17 metre indoor, cover, heated pool plus a wading pool for the little ones. Yeppoon Aquatic Centre caters for disabled people by providing a disabled toilet, bench seats in the shower, hand rails, chair lift into both the indoor and outdoor pools, as well as lovely hot showers for all. This facility caters for the entire family fun day by providing a patio area in front of the canteen, deck chairs and shaded area for those who have had enough of sunbathing, and the canteen. The canteen stocks drinks, ice creams, lollies, and especially great in winter: a coffee machine!

Address: 160 Matthew Flinders Drive, Cooe Bay QLD 4703 [Opening Hours](#)

Phone: (07) 4938 3663

Email: info@yeppoonaquaticcentre.com.au

Marlborough Swimming Pool

Open Hours: (1 September - 30 April)

02:00 PM - 05:00 PM - Tuesday, Friday and Sunday
Address: 21 Railway Street, Marlborough QLD 4705
Phone: (07) 4935 6306

Rockhampton

2nd World War Memorial Aquatic Centre

Sir Raymond Huish Drive at the Victoria Park precinct, South Rockhampton.

Facilities:

- heated 50m FINA compliant 2 metre constant depth covered pool (ramp access)
- heated 25m pool (ramp access)
- hot shower facilities
- 650 seat covered grandstand
- wet play area
- diving pool
- heated Learn to Swim Pool.

Fees: \$2.50 entry [Opening Hours](#)

Contact: Lessee: <https://rockhamptonaquatic.com.au/>

Phone: 0749221981

Email: rockhampton@bluefit.com.au

42nd Battalion Memorial Pool

Berserker Street, North Rockhampton.

Facilities:

- 50m variable depth pool
- shade shelter over shallow end of 50m pool
- wading pool
- waterslides
- mini golf

[Opening Hours and Fees](#) Pool closed from 13 May to 14 September each year.

Contact:

Phone: [0423 938 580](tel:0423938580)

Email: admin@aqualification.com.au

Website: www.aqualification.com.au

Gracemere Swimming Pool

Fisher Street, Gracemere.

Facilities:

- 25m variable depth pool
- wading pool
- Learn to Swim heated pool
- picnic tables.

Fees: \$2.50 entry [Opening Hours](#) Closed in winter

Contact:

Lessee: <https://rockhamptonaquatic.com.au/>

Phone: 0749332662

Email: gracemere@bluefit.com.au

Mt Morgan Swimming Pool

Thompson Avenue, Mount Morgan.

Facilities:

- 30m pool with shade at the shallow end
- beach entry style wading pool
- large grandstand.

Fees: \$2.50 entry [Opening Hours](#) Closed for Winter

Contact:

Lessee: <https://rockhamptonaquatic.com.au/>

Phone: 0749381500

Email: mountmorgan@bluefit.com.au

Water Play areas

Kershaw Gardens

Moors Creek Road, Park Avenue.

Opening Hours: Monday to Sunday - 7.30am to 7.30pm

Riverside Park

Quay Street, Rockhampton

Opening Hours: Monday to Sunday - 7.30am to midnight

Cedric Archer Park

Ian Besch Drive, Gracemere

Opening Hours: Monday to Sunday - 9am to 8pm

For more information please see [Water Play Areas](#)

Contact:

Phone: 1300 22 55 77

Email: enquiries@rrc.qld.gov.au

QCWA Emu Park

Patchwork Tuesdays

Craft Thursdays 9am to noon at Hall, 11 Hill St. Emu Park. Fun and friendship – all welcome.

Rockhampton Musical Union Choir

The Rockhampton Musical Union Adult Choir has been entertaining and enriching the Rockhampton community since 1888. We welcome members of all ages and from all walks of life who share a common love of music. RMU Adult Choir regularly present musical productions and concerts at the Pilbeam Theatre and in our own hall in Denison Street. Membership Fees.

Please visit the [Adult Choir website](#) and [Facebook page](#) for more information and updates!

0499 251 389 rmuchoir@gmail.com <http://www.rmuchoir.org.au/>

Sailability Capricornia

Sailing sessions in the Causeway Lake a minimum of twice a month. PH: 0400 742 053 [Error! Hyperlink reference not valid.info@sailabilitycapricornia.org](mailto:info@sailabilitycapricornia.org)

Sing for Health and Happiness

Sing 4 Health and Happiness is an activity of the Uniting Church Capricorn Coast. Our mission is to be a vibrant caring community providing a safe and caring place that health and well-being. Meeting weekly on Wednesdays 9:30-11.00 am including morning tea.

What is this activity? It is a memory cafe and a singing group for people who love to sing, people with Parkinson's and their carers. This is extended to include people with Dementia and their carers and others who feel that this will help their general well-being. We all love a good sing, but did you know singing is actually good for you? We gather, sing and have morning tea.

The benefits of Singing: Singing engages your breathing, your vocal cords, your facial muscles and memory – so many areas of the brain are being stimulated and reconnected. It helps improve communication skills and mental outlook.

Our home-grown version is already providing quality of life, respite for carers and a place of belonging. God is doing something new, why not join us. Uniting Church Capricorn Coast , 17-19 Lorikeet Ave, Yeppoon. PH 0427 391 332

Senior Citizens

Rockhampton Senior Citizens Club Inc. Morning Tea and Lunch

Come and join us at Schotia Place for morning tea, lunch and entertainment on the second and fourth Thursday of every month. Seniors and those with a disability and their carers are welcome to attend. [Show all dates](#) 09:30 AM to 12:30 PM Cost \$8

Low Impact 50+ Fitness

Next date: Wednesday, 15 June 2022 | 09:30 AM to 10:00 AM

Come along and try out our exercise class for Seniors. Bring a towel and water bottle. Cost \$5. [Show all dates](#) Schotia Place, 201 Bolsover Street. Contact: Rockhampton Senior Citizens Club Inc. [0478 320 347](tel:0478320347).

seniors.schotiaplace@gmail.com <https://www.seniorsschotiaplace.com.au>

Senior Citizens - Rockhampton North

The Rockhampton North Senior Citizens Centre activities include hoiy, cards, indoor bowls, cent sales, concerts, old time dances and bus trips. The centre also organises special luncheons for members. Additional services include a Will Making service, Ladies Hairdresser and Mens Barber (for aged pensioners only), Tax Help (July to October), Library and a counselling and Information Service.

Bauhinia House, 239 Berserker Street, Berserker QLD 4701
(07) 4928 2320

Yeppoon Senior Citizens

Activities (cards, craft, board games) every Monday from 9am.

Meetings 10am 1st Thursday.

Ex CQU/Tafe Music Morning 3rd Thursday 10am.

Tabone St.

All Welcome. Joan 4939 3273; Shirley 0418 184 892

Toastmasters

Toastmasters clubs are a great way to work on our nerves and our message. In Central Queensland there are clubs in Rockhampton and Yeppoon. And a couple of these have people join on Zoom from far and wide.

Entrepreneurs Capricorn Toastmasters Club (Rockhampton) - fortnightly 6:30-8am
Fridays online using Zoom and in-person at CocoBrew, Rockhampton.

<https://www.facebook.com/entrepreneurscapricorntm/>

Rockhampton Boomerang Toastmasters Club - 2nd & 4th Tuesday each month 6-8pm at the Heritage Hotel, Rockhampton.

<https://rockhamptonboomerang.toastmastersclubs.org/>

Yeppoon Toastmasters Club - fortnightly 6:30-8:30pm Mondays online using Zoom and at The Hub Capricorn Coast, Yeppoon. Yeppoon Toastmasters Club can help you develop communication and leadership skills in a supportive and enjoyable environment. <https://www.facebook.com/YeppoonTM/>

Any of these clubs would love to welcome you to join them for a meeting 'to kick the tyres' and see if it is for you. Like me, lots of people who visit decide to keep coming back.

If you are interested, you can find club contact details at

<https://www.toastmasters.org/> or email geoffhiggins.tm@gmail.com

Women's Sheds

Country to Coast CQ Women's Shed – Facebook

Women from Central Queensland, Country to Coast, welcoming diversity, supporting each other, creating new opportunities for personal growth and development of new skills.

https://m.facebook.com/Country-to-Coast-CQ-Womens-Shed-103963185576328/?ref=page_internal&mt_nav=0

Rockhampton Women's Shed – Facebook

We are a group of like-minded women whose goals are to empower ourselves and others to teach and learn hands-on skills.

<https://m.facebook.com/Rockhampton-Womens-Shed-101707112513707/>

ROCKHAMPTON HOSPITAL PALLIATIVE CARE SERVICE

Our palliative care services focus on assisting a person with a progressive, advanced disease to live well when the primary goal is to optimise quality of life.

Rockhampton Hospital Palliative Care service

This service supports patients with advanced, progressive and incurable conditions and expected to live less than 12 months.

Community Palliative Care service

This service offers specialised palliative care consultation and support to prevent unnecessary hospitalisation and suffering with a focus on preparation for care at end of life in a place of residence.

When pain or symptoms become difficult to manage you can be supported by a palliative care nurse practitioner. To find out more please see:

<https://www.health.qld.gov.au/cq/services/palliative-care>

Contact

Rockhampton Hospital Palliative Care service

Phone: (07) 4920 6541

Community Palliative Care service

Community Health Rockhampton

82-86 Bolsover Street

Rockhampton QLD 4700

Phone: (07) 4920 7500

Fax: (07) 4920 7029

Email: CQHHS_CANAS@health.qld.gov.au

SPIRITUAL SUPPORT / FAITH COMMUNITIES

Livingstone

Anglican. St James the Fisherman, Taranganba;
Christ Church, Emu Park;
Parish office 4989 2108

Facebook Group: (Meditation Society of Central Queensland Inc.)

<https://www.facebook.com/groups/146132412439292>

Calvary Christian Church 0434 645 492 Norton St Yeppoon

yeppoon@calvarycc.global <https://calvarycc.global/>

Catholic. Sacred Heart, Lammermoor Beach

Mary Immaculate, Emu Park
Parish Priest Fr Mathew Maloney
Capricorn Coast Catholic Parish 4933 6171

Church of Christ. Zilzie: 0423 438 661; 0438 819 370

Keppel Coast Christian Fellowship. Pastor Phil Walters
4939 4117

Lutheran. Pastor Peter Noble, 0417 008 577

Paperworx Community Church.
Pastors Steve & Cherril Sell, 4938 7124; 0408 703 382

Presbyterian Church.
Pastor Eddy Schravemade, 4922 2452, eschrave@bigpond.net.au

Revival Fellowship. Phone Ian, 4933 6058

Salvation Army. 07 4923 5600

Uniting Church. Office 4939 5681

Wesleyan Methodist Church. Pastor Ron McClintock, 4930 2822 Region

Rockhampton Region

Anglican. St. Paul's Cathedral, Rockhampton City
St. David's, North Rockhampton
St. Andrew's, Gracemere
St Luke's, Wandall
Phone: (07) 4927 3188 :
Diocesan email: diocese@anglicanchurchcq.org.au;
www.anglicanchurchcq.org.au

Ananda Buddhist Centre.

Buddhist Meditation in Central Queensland - Rockhampton, Yeppoon,
Emu Park
Tradition : Tibetan, Sakya & Theravada, Thai, Sri Lankan
This is the new name for the Meditation Society of Central Queensland
(see next entry)
Address: Corner of Hinchliff and, Munro St, Kawana QLD 4701
Contacts Irena — Calm Abiding, Coordinator & President 0417 259
669; Allan — Secretary 0417 091 727; Alex — Treasurer 0419 685
366. Facebook Group: (Meditation Society of Central Queensland Inc.)
<https://www.facebook.com/groups/146132412439292/A>

Apostolic Church Of Queensland. (07) 4926 5800
22 Denning Street, Park Avenue QLD 4701

Assemblies of God. (07) 4926 3532
80 Thorn St, Berserker

(07) 4927 1477: 148 George St, South Rockhampton

(07) 4926 2746 140 Hyde Street, North Rockhampton

Baptist Tabernacle. (07) 4911 3113
650 Norman Road, Norman Gardens QLD 4701

Calvary Christian Church. (07) 4722 9260 189 East St.
rockhampton@calvarycc.global <https://calvarycc.global/>

Calvary Lutheran Church. 0417 008 577 59 Burnett St, Berserker

Catholic. St Joseph's Cathedral, Rockhampton City, 07 4927 6744
CPOSJ.Admin@rok.catholic.net.au

Our Lady Help of Christians Church, Park Avenue,
Holy Family Church, Norman Gardens
St. Mary's Church, Berserker
07 4928 2800 nrcpadmin@rok.catholic.net.au

Sacred Heart Church, Mt. Morgan
www.rok.catholic.net.au

Saint Peter's Catholic Church, Traditional-Sacral-English Mass
Ward St. & Upper Dawson Road, Rockhampton. 4928 4193

Christian Science Church. (07) 4927 1689 8 Main St, Park Avenue

Church of Christ. (07) 4927 5289 Cnr William & George St

Greek Orthodox Archdiocese. Kent St, (03) 9245 9000

Islamic Society of Central Queensland Rockhampton Mosque. 0451 974 937
132 Kent St cnr Fitzroy St

John Knox Presbyterian Church. Phone: 0402 328 028
35 Rundle St. Wandal

Life Church COC. (07) 4933 6360
97 Glenmore Rd, North Rockhampton

New Apostolic Church Rockhampton. (07) 3480 0400
7 Parnell St, Allenstown

Oasis Church. (07) 4927 1477 Cnr Fraser and, Glenmore Rd

Peace Christian Church. (07) 4926 9911 8 Thozet Rd.

Presbyterian Church. (07) 4922 8240 51 Denham st.

Rockhampton LDS Chapel. 0414 528 970
Church of Jesus Christ of Latter-Day Saints
153 Talbot St, Berserker QLD 4701

Salvation Army. 07 4923 5600 131-137 Park St

Uniting Church in Australia. South Rockhampton Uniting Church
Phone: 0448 617 136: 4922 6414 Campbell St

southrockyuc.org.au

North Rockhampton Uniting Church. (07) 4926 1315
321 Berserker St

TAI CHI

60 and Better – Tai Chi with Lyn

60 & Better hold Tai Chi for seniors. The class will run every Monday morning from 9am-10am at the Botanical Gardens (the grassy area behind kiosk) cost is \$5 a session plus 60 and Better membership. Please call 07 4914 0065 for further details.

Be sure to wear comfortable shoes and clothing. Don't forget your water bottle

Address: 100 Spencer St, West Rockhampton

Also see [Tai Chi classes Rockhampton](#)

Tai Chi Classes Capricorn Coast

Beginners and advanced.

Popular Beijing 10 & 24 Forms for Health and relaxation, together with Qigong Exercises. Suitable for all adults. Also Chen style Taijiquan, Beijing 42 Form and weapons forms (Short & Long Staff, Chen Sabre & Tai Chi Walking Stick) are available for advanced students having completed Beginners 10 & 24 forms.

[Application - Information & Conditions](#)

KEMP BEACH

Tuesday morning: Kemp Beach Picnic Area of Capricorn Coast National Park (Bluff Point) 7.00 am to 9.00 am (Beginners 8 am).

EMU PARK

Friday morning: Bell Park, Emu Park 7.00 am to 9.00 am (Beginners 8 am).

YEPPOON

Sunday Morning: Livingstone Community Centre, John St, Yeppoon (1st floor, next to the Library) 7.00 am to 9.00 am (Beginners 8 am)

CONTACT

Telephone: 0749396094 Mobile: 0407821973 Email: robstaichi@dcsi.net.au

Tai Chi Level-based Instruction

Saturday morning: 9:00-10:00am, Rockhampton Botanical Gardens (The Tamarind Tree Line -- between the Japanese Gardens and the War Memorial), with occasional classes on the Capricorn Coast (details by e-mail). [Site Map](#).

All Rockhampton tai chi participants are welcome to attend, regardless of your fitness or skill level. Multiple instructors provide small group instruction based on level of Khor-style tai chi attainment. AATC class fees (\$5/session) apply. Classes continue through school breaks, including throughout the summer. Summer classes may be less formal but will continue every Saturday as normal -- Fees apply. Contact: russell.north@bigpond.com.au or phone Russell 0417 721 146. Also see [Tai Chi classes Rockhampton](#)

VETERANS' SUPPORT

Legacy Rockhampton & Central Queensland

Suite 3 Tobruk House, 8 Archer St
Phone: (07) 4922 4010
Cards, craft, board games

RSL Advocacy Office

Suite 4, Tobruk House,
8 Archer Street,
Mon-Fri 0830-16.30 Hrs 07 4838 9801 or 07 4389803
Open to veterans needing a wide range of assistance and/or wellbeing support- best to ring make an appointment but can walk in. There is face to face and online help. Qld Website: <https://rslqld.org/find-help>

Cockscomb Veterans Bush Retreat

Cockscomb Veterans Bush Retreat, is a safe space for veterans experiencing MH issues.

Cockscomb is run by veterans. – <http://veteranretreat.tripod.com>
Situated between Rockhampton and Yeppoon

YOGA

Livingstone

Kylie Yoga Yeppoon

qualified yoga and pilates instructor: weekly classes
0417 791 073

<https://www.facebook.com/Kylie-Yoga-yeppoon-100382688175853/>

Roslyn Bay Wellness

Roslyn Bay Wellness Beaches Restaurant Vin E. Jones Drive, Roslyn Bay
You can find the timetable and more information at
<https://www.rosslynbaywellness.com.au/yoga>

STILL Yoga

Weekly classes in Rockhampton and Yeppoon

Everybody Welcome. All classes are suitable for all levels of fitness and Yoga experience. Classes for members and Non-members. For information on classes and to book online please see <https://www.stillyoga.com.au> . Also see <https://www.facebook.com/STILL-Yoga-Rockhampton-Yeppoon-Capricorn-Coast-431755947185537/>
Phone: 0490 406 037

Rockhampton

Body N Soul Yoga

13 Murray St

Wandal Q 4701

Contact: Tracey Bienek - 0427 038 057

bodynsoulyoga@bigpond.com

<http://www.bodynsoulyoga.com.au/>

Supre Yoga Studio

155A Musgrave Street, Berserker, North Rockhampton.

I help learners discover that the body's flexibility is a result of their mind's flexibility to take them there. This is what we do at Supre Yoga Studio; to guide you on this journey. Whatever your journey might be.

At Supre Yoga Studio, we practice and teach different yoga styles. We believe we have something for everyone. Find out which yoga style is best for you.

To connect or book a class please go to the website:

<https://www.supreyogastudio.com>

Well Beyond Yoga

Wellness Center in Rockhampton, Queensland

104 William St, Rockhampton QLD 4700

Phone: 0417 704 281

<https://www.facebook.com/wellbeyondyoga/>

Xanadu Yoga

Providing classes, workshops, 1:1 and private group appointments for all ages and abilities in an inclusive and supportive environment. Join the Xanadu Community and find your inner magic! To find out more, join classes or make an appointment go to

<https://www.xanaduyoga.studio>