



June July 2022

Your Old Phone Could Save a Life



Not for profit, DV Safe Phones and Rotary Club of Capricorn Coast are working together to spread awareness of Domestic Violence across Australia.

DV Safe phones collects, repurposes and gifts mobile phones to victims of domestic violence (DV) through registered charities, safe houses and authorities serving this vulnerable community. These phones are provided as part of an individual's 'safe; or 'escape plan' offering a lifeline to call help when it is needed most.

The Community Centre is proud to serve as a collection point for these 'old' phones.

For more information and full instructions on how to ensure your information has been erased from your old phone, please scan the QR code on the box above.

'What's on' in the Community

- Check out the 'Activities at the Community Centre' page in this newsletter. Phone 4913 3840 for more details

- ILearn Community Sessions:



Baby Beatz. Bring your children along to experience the wonders of musical play! (BYO Morning Tea)

9.30am to 10.30am Wednesday 15 & 22 June; Wednesday 6 July

Yeppoon Town Hall (Upstairs Foyer) Lift access available for prams.

- Resident Reach Cath ups:

Glendale Saturday 11 June Sondra Lena Park 9am - 11am

Keppel Sands Saturday 16 July Schofield Park 9am - 11am



JUNE EXHIBITION

Capricorn Delights Mark Asher

Running from Saturday 4 June until Sunday 26 June

Opening Times: 10am - 3pm Tuesdays to Sundays (or by appointment) FREE ENTRY

For more information visit www.livingstone.qld.gov.au

www.livingstone.qld.gov.au

Movies at Yeppoon Town Hall, Doors open 6.30pm movie starts 7pm

Online bookings Essential www.keppelcoastarts.org.au. No Cash Sales

16 June "How to Please a Woman" Australian Drama/Comedy M
A 50 something woman has a business idea to launch an all male house cleaning service... However her business grows out of control

21 July Keep an eye on their website for details of this movie

www.keppelcoastarts.org.au



Monday

Every Monday

Exercises 9 - 10am
Playgroup 9.15 - 11.15am
Mah-jong 1- 4pm
U3A Scrabble 1 - 4pm
NA Support Group 7.30 - 9.30pm

3rd Monday

U3A Book Club 10.15 – 12.15pm
ALP Meeting 6.30 – 8.30pm (odd months)

4th Monday – Even months

U3A Cultural Evening 5.30 – 8pm

Fortnightly

Toastmasters 6pm - 8.30pm

Thursday

Every Thursday

Tai Chi 9 – 10.30am
U3A Art Group 9.30am – 12.30pm
Art 1 – 3.30pm
Parchment Craft 1 – 3.30pm
Tai Chi – Beijing 24 Practice Group 5pm – 7pm
Meditation & Spiritual / Theosophical Study Group 7.30pm – 9.30pm

2nd Thursday

Family History 10 – 12pm

3rd Thursday – Odd months from March

Parkinson's Support Group 9am – 11am

4th Thursday

U3A Writing Group 9.30 – 12.30pm

Tuesday

Every Tuesday

Computers 9.30 - 11.30am
Cards 1 - 4pm

Every Tuesdays except 2nd Tuesday

Writing Workshop 12.30pm – 4pm

2nd Tuesday

U3A Astronomy & Space Science 10am - 12pm
Photography 7 - 9pm

3rd Tuesday

U3A Railway Technology 10am – 12pm

4th Tuesday

U3A Discussion/Aviation Group 10am – 12pm
Photography 7 - 9 pm

Friday

Every Friday

Age of Excellence – ManFit 6.30 – 7.15am
WomanFit 7.15am – 8.00am
Craft Group 9am – 12pm
Al-Anon Support Group 12 - 2pm
Meditation & Spiritual / Theosophical Study Group 1pm – 3pm
AA Support 7.30 - 9pm

1st Friday

Exercises 8.45 – 9.45am
U3A Music Appreciation 10.15am – 12.15pm

2nd Friday

Exercises 8.45 - 9.45am
U3A Anything Goes 10.15am – 12.15pm

3rd Friday

U3A General Meeting 9.30am - 12pm

4th Friday

Exercises 8.45 – 9.45am

Wednesday

Every Wednesday

Age of Excellence – ManFit 6.30am – 7.15am
WomanFit 7.15am – 8.00am
U3A Mah-jong 9am - 12pm
Basic Computer / Phone Skills 10 – 11.30am
Yeppoon Yarners 1 – 3 pm
Line Dancing 1- 2.30pm
GROW Support 6.30 - 8.30pm

1st Wednesday

LNP Meeting 7 – 8.30pm

Fortnightly

QCWA Seasideers 5.30 – 8.30pm

Saturday

Every Saturday

Fellowship Group 4.30pm – 9pm

1st Saturday

Readers Book Club 10.30 – 12pm

Sunday

Every Sunday

Tai Chi – Beijing 24 Practice Group 7am – 9am
Fellowship Group 10am – 12.30pm
Living Waters Lutheran 11am – 1pm

2nd Sunday

Ukulele Group 3 - 5pm

3rd Sunday

ALP Meeting 10am – 12pm (even months)

Gnostic Association of Yeppoon

Art, Science, Philosophy, Mysticism, Mindfulness and Meditation

Mental calm & clarity
Inner faculties and spiritual senses
Sacred Sound and Geometry
Inner Fire: Prana, Energy & 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 for further information

Livingstone Living Well

The aims of Livingstone Living Well are:

- Reducing the risk of suicide in our community
- Sharing information and resources
- Promoting and providing training
- Participating in community events

Our activities are guided by the Central Qld Suicide Prevention Plan; the BlackDog Institutes' LifeSPAN community safety net model; and Wesley Lifeforce's Effective Governance Framework.

Please contact Helen for further information 4992 1040

We do not provide crisis support: if you, or someone you know is in distress, ring Lifeline 13 11 14 or Standby Support After Suicide 1300 727 247

13 YARN (13 92 76)

13YARN is run by Aboriginal and Torres Strait Islander people

Free and confidential service available 24/7 from any mobile or pay phone
Aboriginal & Torres Strait Islander Crisis Supporters available to yarn to

We are here to provide crisis support 24/7 to yarn with you without judgement and provide a confidential, culturally safe space to yarn about your needs, worries or concerns. We will work with you to explore options for on-going support. You know you will be connected to another Aboriginal and Torres Strait Islander person who will understand where you are coming from and value knowing HOW to listen, without judgement or shame.

Emu Park Art Gallery's Turning Point Workshop Series 2022



11 -12 June Lady in Rags - Sculpture with Madeline Begg

9 July Oil Painting with Elena Churilova



For further details & bookings visit emuparkartgallery.com or emuparkartgallery Facebook page

Capricorn Carers

Multicultural Australia in partnership with Blue Stone Medical is offering training in CHC33015 Certificate III in individual support for, Age, Home & Community Care

Course Duration: 15 - 16 weeks including 3 weeks full time unpaid clinical Placement

Course Cost: Funding available for those eligible

Course Info: 2 days per week at the Community Centre

Contact Rebecca for further details 0499 636 019 or RebeccaA@multiculturalaustralia.org.au



In partnership with



Keppel Bay Shell Club's 2022 Shell Show

Yeppoon Show Grounds

Saturday 9 July 8am - 4.30pm

Sunday 10 July 9am - 3pm

* Rare and Beautiful Shells * Educational & Scientific Displays

* Craft and Shell Stalls * Light Refreshments

Admission: Adults \$2.00 Children .50c Family \$5.00



CQ Dads For Kids

Free Parenting Program for Dads facilitated by The Smith Family

10 Week Program

Provides support and guidance on how to create strong & healthy connections with your child/children

Starts 21 July 5.30pm - 7.30pm Rockhampton

Register online strongcommunities.org.au



everyone's family

Well Days for Carers

by [Wellways Carer Gateway - Central Queensland](#)

You will also hear from us about the services available to carers via Carer Gateway.

To find out more about these events or about Carer Gateway email melkhishin@wellways.org

LGBTIQ+ Carers Connect Coffee Catch up Pride Month celebrations for LGBTIQ+ carers



To celebrate Pride Month, Wellways Carer

Gateway is inviting LGBTIQ+ carers and carers who support loved ones from the LGBTIQ+ community to come together over a cuppa.

Wednesday 22 June 11am - 1pm AT Two Sisters Coffee Bar Cooe Bay

Paint and Unwind Session For Carers

Inviting all carers to take some time out for yourself and have some fun while learning the art of painting

We understand how challenging caring for a loved one can be, so join us for a morning of art therapy.

Art therapy is a great way to reduce stress, improve emotional expression, and increase self-esteem all whilst learning something new and having fun.

Morning tea will be provided, so bring your favourite cuppa and get ready to create!

Wednesday 15 June 10am - 1pm AT Hartley Street Emu Park

New Rehabilitation Facility Opens in Central Queensland

This is a place where healing begins and you can start to imagine the possibilities

On a peaceful site in Rockhampton, 9km north of the city centre, is a new live-in rehabilitation service offering people a place to come and stay to get their lives back on track. Withdrawal and Family Support are offered.

The service, called “Binbi Yadubay – Healthy Beginnings” is unique in that it offers a combination of withdrawal, rehabilitation and family support all on the one site, each with its own dedicated area. This allows you to move from one program to the other without having to go far.

The 42 bed facility is made up of:

- rehabilitation – 32 beds (single rooms)
- withdrawal treatment (8 beds)
- family support (2 three-bedroom units)

The program offers adults a comprehensive alcohol and other drug residential treatment program, which is part of a continuous package of care. Before and after your stay, you can access free counselling and support in the community, which helps you to stay on track with your recovery goals.

While staying with us in a safe and alcohol-free, drug-free and smoke-free environment, you undertake an evidence-based rehabilitation program, which provides strategies to help you:

Referrals and admission

Self referrals are accepted as well as from other health professionals, services and community and government organisations. Once accepted you will be offered community support as you prepare to come and stay.

For inquiries about the program, contact Lives Lived Well on 1300 727 957 or send an email to info@liveslivedwell.org.au.



Early Key Collection for the weekend of 11 & 12 June & Public Holiday

The Community Centre will be closed on 10 June for the Rockhampton Show Holiday. If your group wishes to meet on this Friday or require keys for the weekend of 11 & 12 June, please arrange to collect a key prior to Friday 10 June.

LEAVE LIVINGSTONE ALONE!

**VOTE NO
TO BOUNDARY CHANGE**



**INCREASED RATES
OF \$161 - \$250
EACH YEAR**

**REDUCTION IN
COUNCIL SERVICES
ACROSS THE SHIRE**



getinvolved.livingstone.qld.gov.au



School Holiday Program

Looking for ways to keep the children and teens entertained during the June/ July 2022 School Holidays?



Visit the 'Youth in Livingstone' Facebook page to view the holiday program!



LIVINGSTONE SHIRE COUNCIL
SPORTING & YOUTH SERVICES

GAME! ON!

FREE PLAY SESSIONS

EVERY FRIDAY DURING SCHOOL TERMS
BASKETBALL STADIUM
CORDINGLEY STREET YEPPOON
3:30PM - 5:30PM

Suitable for ages 12 - 17 years

Free play basketball & board games

Youth support service available



Livingstone
SHIRE COUNCIL

Health Habits

For further information phone 49135000

 Stay up to date with all things youth visit the 'Youth in Livingstone' Facebook Page



GET UP! STAND UP! SHOW UP!

3-10 JULY 2022



YEPPOON

NAIDOC WALK & FLAG RAISING

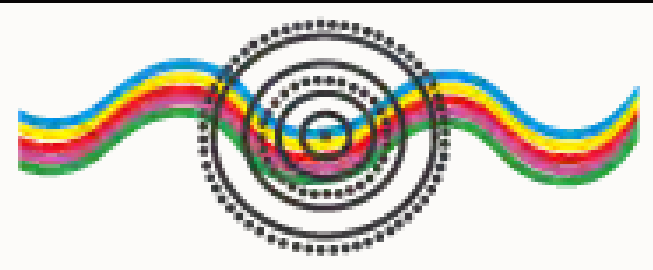
4TH JULY 2022

10AM - MEET AT OLD RAILWAY STATION, JAMES STREET
(OPPOSITE THE RAILWAY HOTEL)
10.30AM - WALK TO FORESHORE

11.15AM - FLAG RAISING CEREMONY

12NOON - SAUSAGE SIZZLE, MUSIC AND MARKET STALLS

EVERYBODY WELCOME, PLEASE WALK WITH US
TO CELEBRATE NAIDOC WEEK!



Darumbal People
Aboriginal Corporation RNTBC

Livingstone
SHIRE COUNCIL



Gawula Aboriginal Land Trust

