



August 2022

What's On

[AUGUST:](#) More details on following pages

Wednesdays: Sing 4 Health and Happiness

Fridays: Food Relief Capricorn Coast

1 August-17 September: BreastScreen Mobile Service at Emu Park

4 & 18 August: Baby Beatz

5-14 August: Village Festival

5-28 August: True Colours Art Exhibition

8 August: Dying to know Day

13-14 August: Capricorn Coast Junior Netball Carnival

15 August: Well Women's Cervical Screening Clinic

15 August: Sexual Health Screening

20 August: Resident Reach-The Caves

26 August: Closing date for Beach Day Out stall holder registration

[DATE CLAIMERS:](#)

11 September: Billy Cart Dash Capricornia

16 September: Beach Day Out

28-29 September: Livingstone Community Forum Building Inclusive Disaster Resilient Communities

22 October: Oktoberfest

Community Centre | 80 John Street Yeppoon | Phone 49133840

Wednesdays: Sing 4 Health and Happiness [See attached flyer](#)

Music, Song, Movement for everyone including people living with Parkinson's. Dementia and Other life-limiting conditions. Uniting Church, 17 Lorikeet Avenue Contact 0427 391 332

Fridays: Food Relief Capricorn Coast 9am - 1pm
33 William Street Yeppoon & Cnr Hunter & Archer St Emu Park
\$120 worth of Groceries, Meat, Bread, Fruit & Vegetables and
Toiletries for only \$50. 0468 799 843



1 August-17 September: BreastScreen Mobile Service at Pattison St, Emu Park

Free BreastScreen available for everyone aged 40 and over.

[See attached flyer](#)



4 & 18 August: Baby Beatz Free event. [See attached flyer](#)

Bring your children along to experience the wonders of musical play.

BYO Morning Tea. Lift access available for prams.



5-14 August: Village Festival

Art Exhibitions, Family Day, Park Sessions, Workshops, Kids Workshops,
Circus Shows, Comedy Shows, Local musicians on the Foreshore,
Crafternoon from 5pm to late, Music, Music, Music and lots more.

For full detail visit <https://thevillagefestival.org.au/events/>



5-28 August: The annual exhibition of Latitude 23 Arts - True Colours Art Exhibition

Fig Tree Galleries 10am-2pm Wednesday to Sunday.

Extra hours on weekends during the Village Festival.

There is an element of truthfulness, intrigue and revelation about showing your "True Colours".

Each of the eleven artists is expressing their uniqueness: Their "True Colours" as framed by their life experiences, by their landscape, their values and passions and expressed creatively through their chosen art form.

8 August: Dying to know Day

Dying to Know Day is an annual campaign that empowers Australians at all stages of life to live well and die well.

It's time to get dead set.

to feel more comfortable about the uncertainty and finality of death.

to have the most important conversation you've never had.

to find your positive state of preparedness around end-of-life.

to normalise and reshape how we all approach end-of-life.

Visit www.dyingtoknowday.com to learn how to make a plan for your end-of-life that's right for you.

[See attached flyer](#)

Free event 10.30am-12.30pm

Room A, Community Centre, 80 John Street Yeppoon.

Contact The Community Centre on 4913 3840 for information and bookings.



13-14 August: Capricorn Coast Junior Netball Carnival Barmaryee Multi Sports Complex
Rides, food, fun and HEAPS of Netball!
Keep up to date and visit the Capricorn Coast Netball Associations Facebook
page www.facebook.com/CapCoastNetball

15 August: Well Women's Cervical Screening Clinic and Sexual Health Screening.
Free and Confidential Service.
Monthly clinics are held the Yeppoon Hospital Scan (see flyers) to book your appointment
or phone 4932 5440 [See attached flyers](#)

20 August: Resident Reach Catch Up – The Caves
The Caves Community Hall 4 Buch Square
Pop in anytime between 10am and 12pm to have a chat with your
Mayor and Councillors. Tell them your ideas, what works well in the community and how
the Council can help in your area.



Important up-coming events

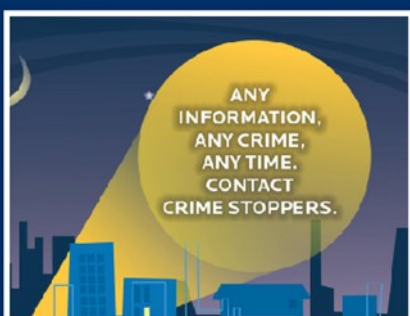
26 August: Closing date for **Beach Day Out** stall holder registration. If your organisation would like to attend or have any enquiries please email beachdayoutcapricorn@gmail.com
Event Date: Friday 16 September 2022

5 August: is the closing date for Team entry registrations.
Rotary's 2022 Capricorn **Billy Cart Dash** will be held on Sunday 11 September, 2022. This is an event open to everybody – kids, adults who are still kids at heart, families, schools, corporate, and sporting club teams.
Danny Moyle ph: 0499 755 522 or email yeppoonrotary@gmail.com
Trevor McGair ph: 0437 465 295 or email trevor.mcgair@gmail.com

Other news

eSafety Commissioner: Check out the website below to discover how to have a safer and more positive experience online. Topics include online abuse, parents; young people; kids; women; seniors; diverse groups; industry and educators; cyberbully; sharing of photos and how to get them taken down.

Website: www.esafety.gov.au



HELP MAKE OUR COMMUNITY A SAFE ONE

CRIME STOPPERS

1800 333 000 | www.crimestoppersqld.com.au

POLICE LINK

131 444 | www.police.qld.gov.au/police-link-reporting

We can all make a difference.

Take care of yourselves and watch out for your neighbours

New to the Community Centre

Headspace

headspace Rockhampton provide early intervention mental health services to 12-25 year olds.

We can help young people mental health, physical health, work and study support, alcohol and other drug services.

Referrals can be made by a GP, a family member or a young person themselves.

Simply give us a call or complete our referral form online. Phone: 4911 6040

Catholic Care Domestic and Family Support Service

Catholic Care previously known as Centacare are now providing permanent support for individuals and families impacted by Domestic and Family Violence in Yeppoon. The service provides immediate response to Domestic Violence, Counselling and Child Witness Counselling, assistance to complete applications for private Domestic Violence Orders or Variations to existing Orders, Court Support, Case Management and Men's Behavior Change Programs. The service is free and confidential. Self-referral and organizations can contact Catholic Care Domestic Violence Response Program on 4977 4107.



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

**THURSDAYS
21 July, 4 & 18 August,
1 September**

**FREE
SESSIONS!**

**9.30am to 10.30am
Yeppoon Town Hall (Upstairs Foyer)
Lift access available for prams**

Phone 4913 3840 for more details - no booking required!

Sing 4 Health and Happiness



Music, Song, Movement for everyone including people living with Parkinson's, Dementia, and other life-limiting conditions.

Vocal Exercises,
Toe Tappin' Melodies,
Morning Tea
Singing is Good for You!
Improves Quality of Life!

Respite for Carers,
a place of Belonging and Well-being.
Uniting Church, 17 Lorikeet Ave, Yeppoon
Wednesday 9:30am Ph. 0427391332
The Spirit of Song brings Joy ...



Aged 40 and over? Book a free BreastScreen, it could save your life.

The BreastScreen Queensland Mobile Service will be
at
Emu Park
Pattison Street

1 August - 17 September 2022



Call **13 20 50** or visit
breastscreen.qld.gov.au



**Queensland
Government**

GET DEAD SET.

DEAD END AHEAD

FREE EVENT
 Dying to Know Day is an annual campaign that empowers Australians at all stages of life to live and die well.
 Join us and improve your knowledge of your choices when it comes to end of life.
 - Guest Speaker
 - Morning Tea Provided
BOOKINGS
 Phone 4913 3840
 RSVP 4 August 2022

It's time to get dead set.
 to feel more comfortable about the uncertainty and finality of death.
 to have the most important conversation you've never had.
 to find your positive state of preparedness around end-of-life.
 to normalise and reshape how we all approach end-of-life.
 Visit www.dyingtoknowday.com to learn how to make a plan for your end-of-life that's right for you.

Monday 8 August 2022
10.30am - 12.00pm
Room A, The Community Centre

Dying to Know Day 8 August
www.dyingtoknowday.com

Join us for morning tea and hear from:

- Guest speaker Ann Bartuschat from the Primary Health Network (PHN) will speak about the Compassionate Community movement and the importance of Advance Care Planning.
- Sandy Paton from Capricorn Community Development Association Compassionate Communities, launching a service directory for Livingstone & Rockhampton regions, providing choices for an improved quality of life and preparing for a good death.
- Desley Cowley, Leave a Legacy for Loved Ones – in Your Lifetime, Desley helps individuals and families write their stories, express their wishes and capture their important memories and events, leaving a lasting legacy for future generations
- Mona Elkhishin representative of Wellways Carer Gateway will be talking about how she can support carers within our community. All carers need support, and she will be there to show just how easy it is.
- Gill Casey from Livingstone Shire Council Cemeteries speaking about available burial vs ashes options and the processes involved when people die including information about what the new cemetery will look like.

www.dyingtoknowday.com/



Are you up to date with
your cervical screening?

Mobile Women's Health Service

Well Women's Clinics 2022

at

Yeppoon Hospital

Upcoming Clinic Dates

18 July	15 August	12 September
10 October	7 November	5 December

Cervical Screening Test and information on any women's health issue

available with Women's Health Nurse.

Sexual Health Screening also available.

Free and Confidential Service

Scan to book your appointment today

or phone 4932 5440



Get some?

GET TESTED

#cqgettested

Sexual Health Clinics 2022

at

Yeppoon Hospital

Upcoming Clinic Dates

18 July	15 August	12 September
10 October	7 November	5 December

Sexual Health Screening and information on any sexual health issue

available. *Cervical Screening* also available.

Free and Confidential Service

Scan to book your appointment today

or phone 4932 5440

