



Community Connections

Newsletter

COME ON IN AND LAUGH, SHARE, LEARN, DO,
GROW, CRY, CONTRIBUTE, HEAL, SING, TALK,
THRIVE, LEAD, PLAN, CREATE, MEET, DISCOVER,
EXERCISE AND PLAY



September 2022



IMPACT SNAPSHOT

2021

Livingstone Community Centre

Provided \$1,667,563 in community value in 2021

Emergency relief value includes

Facilities use by groups and services **\$555,984**

Food and groceries **\$44,490**

Tax Help **\$1,000**

This includes the value of

\$898,238 Improved quality of life through social connection

\$167,851 Volunteer contributions

\$556,984 Services provided

This community value equates to:

\$13.68 for every **\$1** of Queensland Government Neighbourhood Centre funding

or **\$427.58** for every **1 hour** the neighbourhood centre was in use.

Community Centre | 80 John Street Yeppoon | Phone 49133840

[SEPTEMBER](#) more details on following pages

1 September: Project Inspire Q&A Evening, St Ursulas Yeppoon

1 September: Baby Beatz, Yeppoon Town Hall

3 & 4 September: Coria Bay Clean Up and Fishing Events, Corbett's Landing Boat Ramp

9 September: Coffee with a cop, Yeppoon Central Shopping Centre

9 September: CALM conversations, The Hub Yeppoon

10 September: Resident Reach Byfield

11 September: Billy Cart Dash Capricornia

11 September: Livingstone Edible Garden Trail Seed Swap, Jacks Paddock Yeppoon

12 September: Mobile Women's Health Service, Yeppoon Hospital

16 September: Beach Day Out

1-17 September: Breast Screen Mobile Service at Emu Park

28-29 Livingstone Community Forum Building Inclusive Disaster Resilient Communities

16-30 September: Livingstone Spring Holiday program of events



School Holiday Program

Looking for ways to keep the children and teens entertained during the September 2022 School Holidays?



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



it's going to be a
CONNECT FEST OCT 2022 QUEENSLAND SENIORS MONTH

It's going to be a



BACK TO THE '70s

Tropical pinefest

OCTOBER DATE CLAIMERS

Seniors Month program of events 1-31 October

Yeppoon Lions Tropical Pinefest 1-8 October

Resident Reach Glenlee 8 October

Advance Care Planning and World Hospice Day 8 October

Walk for Wellbeing, Rotary Park, Farnborough 16 October

Emu Park Oktoberfest, Bell Park, Emu Park 22 October

Don't forget to like us and click to follow our page.

'Yeppoon Community Centre' www.facebook.com/YeppoonCommunityCentre



1 September: Baby Beatz

9.30 - 10.30am Yeppoon Town Hall (upstairs foyer) Free event
Bring your children along to experience the wonders of musical play
BYO Morning Tea. Lift access available for prams



11 September: Livingstone Edible Garden Trail Seed Swap

3pm to 5pm Jack's Paddock, Yeppoon

Share excess bought seeds. Unless stored in a cool, dry place, seeds become unviable or patchy in germination at best. Why not keep what you need, and share the rest. Sharing seeds is a great way to collaborate with other gardeners. Followed by Produce Swap.



10 September: Resident Reach Catch Up - Byfield

9am - 11am Byfield Store, Byfield

Pop in anytime to have a chat with your Mayor and Councillors. Tell us your ideas, what works well in the community and how the Council can help in your area.



10-11 September: Traditional Mosaics

Emu Park Art Gallery

3,17,24 September: Art Starters Children's workshops

10am - 12pm Emu Park Art Gallery



9 September: Coffee with a Cop

9am - 1pm Yeppoon Central Shopping Centre, Yeppoon

Coffee with a cop brings police officers and community members they serve together over coffee to discuss issues and learn more about each other. Community residents can sit down with officers and ask questions or share what's on their mind.



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/policelink-reporting

Don't forget to like us and click to follow our page. 'Yeppoon Community Centre' www.facebook.com/YeppoonCommunityCentre



INSPIRE *project*

Question & Answer Evening

An evening to embrace gender diversity
in the workplace.

Thursday 1st September 2022
St Ursula's College Library
4pm - 5:30pm

Meet the local women behind 'Project INSPIRE', hear the story's of their career journeys and take advantage of the opportunity to ask them questions.

Amy Smith - Truck Driver
Emily Bailey - Carpenter
Louise Hayes - Domestic Violence Prevention Worker
Lucie Page - Police Officer
Lyndie Scott - Firefighter

Suitable for secondary aged students and their families.
Afternoon tea provided.

*Empower a woman.
Empower a community*

A Livingstone Youth Action Group Project



Get involved in organising
Youth led events and projects

Wednesdays 3.30 to 5pm

@ Basketball Stadium
Cordingly Street, Yeppoon



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
Healthy Habits

For further information phone 49135000

[Youth In Livingstone | Facebook](#)

[youth-action-group-application](#)
[\(livingstone.qld.gov.au\)](#)



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

The Queensland Country Women's Association (QCWA) Yeppoon Seaside Branch is a two year old branch operating in Yeppoon for local women who would like to make connections, build friendships and participate in community support activities.



QCWA Yeppoon Seaside Branch meet:

- 4th Monday of each month 6pm at The Hub Yeppoon
- 2nd & 4th Wednesday evenings at Community Centre
- one Saturday each month for a friendly coffee catch up

For information about upcoming calendar events follow QCWA Yeppoon Seaside Branch
[\(20+\) QCWA Yeppoon Seaside Branch | Facebook](#)

Start by Giving Back... ICare Community Project



The ICare Community Project is fully funded by the generosity of the Livingstone Community and helps to support local men, women and children currently experiencing significant financial stress. Our mission is to encourage residents in the Shire to not give up and to maintain a sense of hope and community support when experiencing personal hardship.

Donated funds are used for the ICare Community Project to purchase grocery and fuel vouchers. Funds are administered by Livingstone Shire Council on behalf of the committee.



The Community Centre
80 John Street, Yeppoon
4913 3840
Monday to Friday | 9.00am - 4.00pm

Thank you

Thank you to Yeppoon Rotary for their recent donation to the ICare program of 33 toiletry bags filled with products.



Many thanks to them!

Sing 4 Health and Happiness
Wednesdays Uniting Church
17 Lorikeet Avenue Yeppoon
Contact 0427 391 332
Music, Song, Movement
for everyone including people
living with Parkinsons,
Dementia and other life-limiting
conditions.

For more information contact
the Community Centre

80 John Street, Yeppoon | 4913 3840

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
10.15am - 12.15pm
ALP Meeting 6.30 - 8.30pm
(odd months)

4th Monday

U3A Cultural Connections
5.30 - 8pm

Fortnightly

Toastmasters 6pm - 8.30pm

Thursday

Every Thursday

Tai Chi 9 - 10.30am
Art 1 - 3.30pm
Parchment Craft 1 - 3.30pm
Tai Chi Beijing 24
Practise Group 5 - 7pm
Meditation & Qigong Group
7.30 - 9.30pm

2nd Thursday

Family History 10am - 12pm
U3A Art Group
9.30am - 12.30pm

3rd Thursday – Odd months from March

Parkinson's Support Group
9 - 11am

4th Thursday

U3A Writing Group
9.30am - 12.30pm
U3A Art Group
9.30am - 12.30pm

Tuesday

Every Tuesday

Computers 9.30 - 11.30am
Cards 1 - 4pm

Every Tuesday

(except 2nd Tuesday)

Writing Workshop 12.30 - 4pm

2nd Tuesday

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

3rd Tuesday

U3A Railway Technology
10am - 12pm

4th Tuesday

U3A Discussion 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 & Qigong 1 - 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 6.30 - 7.15am
WomanFit 7.15 - 8.00am
U3A Mah-jong 9am - 12pm
Yeppoon Yarners 1 - 3 pm
Line Dancing 1 - 2.30pm
Gospel Choir 7 - 8pm

1st Wednesday

LNP Meeting 7 - 8.30pm

Fortnightly

QCWA Seasideers
5.30 - 8.30pm

Saturday

Every Saturday

Fellowship Group
4.30 - 9pm

1st Saturday

Readers Book Club
10.30am - 12pm

Sunday

Every Sunday

Tai Chi Beijing 24
Practice Group 7 - 9am
Living Waters Lutheran
11am - 1pm
Fellowship Group
5 - 7.30pm

2nd Sunday

Ukulele Group 3 - 5pm

3rd Sunday

ALP Meeting 10am - 12pm
(even months)

Recovery Wrap

Livingstone

Edition 1. September 2022

Welcome to the first edition of Recovery Wrap Livingstone.

What's coming up?

Our very own Resilient Ricky has been selected as a finalist for the 2022 Get Ready Queensland Resilient Australia Awards. The result will be announced 8 September 2022. You don't know who Resilient Ricky is? Ricky is our very own Disaster Crusader. Ricky has been busy with school visits, play group dates and community days. Goodluck Ricky and the Team.

Electronic signs at Adelaide Park, Byfield and Coowonga. You might have noticed some new additions to your neighbourhood. Electronic signs have been installed in three trial locations which include Adelaide Park, Byfield and Coowonga. Livingstone is proud to continue working with the local community and rural fire brigades to improve communications. These signs will be fully functional soon. Watch this space....

What's been on?

Byfield Community Day
Byfield library 25 June 2022.

Information about preparedness, vegetation and community events was presented by Council and industry experts. This was a great opportunity to catchup with both long term and newer residents.



Recovering Our Back yard (ROB)- Woodbury.
Woodbury Tennis Courts
26 June 2022. Thank you to



all involved. The winners of the slip-on unit were locals and proud rural fire brigade members. Resilient Ricky was there to show them around their new piece of equipment.



How can you keep up to date?

Livingstone's Disaster Dashboard The dashboard is a one stop shop for all the information you need to know. Follow this link to access emergency news, road conditions, power outages and much more

disaster.livingstone.qld.gov.au
Sign up for Opt in Notifications. You will be subscribing to receive area specific weather warnings direct from BoM and/or emergency news alerts.



How can you be better Prepared?

Disaster Prepared



Communities Portal Visit the [Disaster Prepared Communities Portal](#) to

undertake your own preparedness check and assist your decision-making process. It may also assist to know your responsibilities and resources that you are reliant upon.

Recovery Wrap

Livingstone

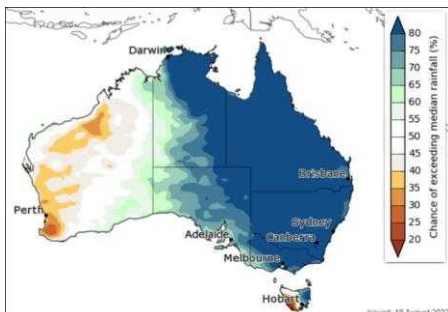
Edition 1. September 2022

What's the season look like?

La Niña ALERT—chance of La Niña increases

The Bureau of Meteorology (BoM) has issued a La Niña ALERT. This means there is a 70% chance La Niña will develop later this year; approximately triple the normal likelihood. La Niña events increase the chances of above-average rainfall for northern and eastern Australia during spring and summer. If the La Niña eventuates it will be the third consecutive year.


Chance of exceeding median rainfall%



Seasonal Bushfire Outlook: Spring 2022

AFAC has released the [Seasonal Bushfire Outlook for Spring 2022](#), with varied fire potential for locations across Australia. While Livingstone Shire shows normal fire potential during the spring outlook period, anyone living and working in these areas needs to be vigilant. Destructive and deadly fires can still occur during normal bushfire seasons across Australia. For the first time, the Seasonal Bushfire Outlook is utilising model guidance

using the new Australian Fire Danger Rating System (AFDRS). Launching on 1 September 2022, The AFDRS improves the science that sits behind fire danger rating modelling. A better understanding of how different fuel types burn and improvements in technology means more accurate predictions of bushfire risk.

SEASONAL BUSHFIRE OUTLOOK 

Spring 2022



Keep a careful watch.....

Biosecurity Have you been keeping your eye out for anything unusual? 🐞🐛🐜

Biosecurity is everyone's responsibility, and we must all play a role to ensure we minimise biosecurity risks to protect Queensland's lifestyle, industries and environment from pests and diseases.

All Queenslanders have a General Biosecurity Obligation (GBO) under Queensland's *Biosecurity Act 2014* to ensure you do not spread a pest, disease, or a contaminant. You can learn more about the part you play in Biosecurity here 🐞

<https://www.daf.qld.gov.au/business-priorities/biosecurity>



Mitigation Works

Fire Trails Residents may notice that maintenance works are currently being conducted on many of the Council fire trails across the Shire. Whilst every effort is being made to ensure these works are conducted as soon as possible, some areas are still holding significant amounts of soil moisture due to the winter rain. These works will be conducted as soon as conditions allow.

What's New??

Introducing the new Australian Fire Danger Rating System

From 1 September 2022, the reporting of fire danger ratings throughout Australia will change with the introduction of the Australian Fire Danger Rating System (AFDRS), an improved and simplified system to make it easier for you to stay safe. You can learn more about AFDRS click here [Australian Fire danger Rating System](#).



THE SANDY KRAK

REEF FESTIVAL

LIVE AT BELL PARK, EMU PARK
FROM 9:30AM SAT 3RD SEPT 2022

* LIVE MUSIC BY *

- SHAMAN'S DAUGHTER
- VIPERSNATCH
- KATE MAHOOD
- MASTERS OF MAYHEM
- CANE TOAD
- RAINING ROSES
- SCREAM AZOV
- NOTEVENSTEVEN
- FORTY-FIVE K
- WHIZWEALTHY
- NARELLE SHIRMER
- NEW NECTAR
- LIGHT VIOLET
- WHAT BULLOCKS
- GHOST OG
- LUNAR

WELCOME TO COUNTRY BY DARUMBAL

* WORKSHOPS & ACTIVITIES WITH *

- ETHICAL ART
- TANGAROA BLUE
- UPCYCLE CQ
- ROCKY INSTINCTS
- FLOW FITNESS
- CAP COAST ECO WARRIORS
- NOB CREEK POTTERY
- TAU ASHARD ART

ECO-FRIENDLY SUSTAINABILITY MARKETS

HOSTED BY THEO GEORGE & THOMAS SAYERS



The Regional Arts Development Fund is a partnership between Queensland Government through Arts Queensland and Livingstone Shire Council to support local arts and culture.



ADULTS \$30 | CHILDREN \$5

SANDYKRAKFESTIVAL.COM.AU



Corio Bay Clean Up & Fishing Events

Help our local fish thrive!

FIRST EVENT
Saturday 3 Sept 2022
8:00am – 4:00pm

SECOND EVENT
Sunday 4 Sept 2022
8:00am – 4:00pm

Meeting point:
Corbett's Landing Boat Ramp
Byfield, QLD 4703

Limited spaces available!
12+ and older event
RSVP by 30 August

Mac Hansler
Science Officer

📞 07 4999 2840

@ mac.hansler@fba.org.au

Recreational fishers clean up events

Bring your boat and get ready for a day of fishing and cleaning up Corio Bay, starting from Corbett's Landing Boat Ramp.

Rubbish in rivers threatens the health and number of local fish. To help local marine life (and the Great Barrier Reef) we are asking local recreational fishers and their families to join our clean up events.

Fuel vouchers will be given to participating boat owners. BCF vouchers will be given to those collecting rubbish. The boat that collects the most rubbish will win a prize.

This is your chance to make a big difference to your local environment.

Please bring your boat, hat and water bottle. Gloves, refreshments, refuse bags, nets, pickup devices and a skip will be provided.



Australian Government



This project is funded by the Australian Government with support from Fitzroy Basin Association and CQUniversity.



ST BRENDAN'S COLLEGE 2022

1/2 mile INVESTMENTS RODEO SAT 3 SEPTEMBER



SBC SCHOOL BOYS RODEO 10.30AM
SLACK RODEO STARTS AT 12.30PM
MAIN RODEO AT 4PM
\$10 PER PERSON | UNDER 16 FREE

BAR OPENS AT 12PM

FOOD VENDORS | AMUSEMENT RIDES AND NOVELTY ENTERTAINMENT FOR THE WHOLE FAMILY COURTESY BUS AFTERWARDS SORRY - NO ESKIES OR CAMPING ALLOWED

OPEN BULL RIDE | JNR BULL RIDE | TEAM ROPING SADDLE BRONC | ROPE & TIE | OPEN BAREBACK | OPEN SADDLE BRONC | LADIES BARREL RACE | JNR & SNR STEER RIDE STEER WRESTLING | JNR BARREL RACING JNR BREAKAWAY ROPING | 2ND DIVISION BULL RIDE | JNR TEAM ROPING | JNR BRONC

JNR WHIP CRACKING WORKSHOP WITH NATHAN 'WHIPPY' GRIGGS
BOOK NOW! →



MORE INFO: stbrendans.qld.edu.au ☎ 07 4939 9424 ✉ rodeo@sbc.qld.edu.au



A fun day for
the whole
family

SUNDAY 11 SEP

ST. BRENDAN'S COLLEGE, YEPPOON

Trevor McGair
0437465295

Danny Moyle
0499755522

INAUGURAL



Billy Cart Dash
Capricornia

Categories to suit all ages from 5 to 105
Families, Schools, Corporations, Fast Foods
NOMINATIONS CLOSE 5 AUGUST (EARLY BIRD 22 JULY)



Rotary
CLUB OF
CAPRICORN COAST
CLUB OF YEPPOON

Find us on f

**WOMEN'S
HEALTH
WEEK**

• 5–11 September 2022

womenshealthweek.com.au



Women's
Health Week

Jean Hailes
FOR AMERICA'S HEALTH

Health and Wellness Information Session

Free for all to attend

Women's Health Information and Referral Service CQ Inc. is proud to be taking part in this year's Jean Hailes Women's Health Week to remind women that it's okay to put yourself first.

Tuesday, 6th September

9.30am – 1.00pm

225 Bolsover Street, Rockhampton

Guest speakers from local organisations and groups will provide information on a variety of topics encompassing health and wellbeing.

Refreshments provided

RSVP necessary for catering purposes by Tuesday 30th August

Women's Health Information & Referral Service CQ Inc.

225 Bolsover Street, Rockhampton

PH: 07 4922 6585 or 1800 017 382

www.womenshealthrockhampton.com

reception@whccq.org.au

Women's Health
Information



& Referral Service
CQ Inc.



**FREE PROGRAM FOR DADS
STARTS THURS TERM 4**

**FREE PROGRAM
SUPPORTED BY**

Capricorn Communities for Children Facilitating Partner is funded by the Australian Government and facilitated by The Smith Family



CQ DADS FOR KIDS

FREE Parenting Program for Dads in Yeppoon

ABOUT THE PROGRAM


- ✓ Program for Dads with children of all ages
- ✓ Provides support and guidance on how to create strong & healthy connections with your child/children
- ✓ Program held in Yeppoon, QLD
- ✓ Session held once a week over 10 weeks (must attend all sessions)

MORE INFO.

- ✓ **Date:** Starts Term 4 and runs weekly for 10 weeks
- ✓ **Time:** 6:00pm – 8:00pm
- ✓ Register online at www.strongcommunities.org.au
- ✓ Limited spaces available & bookings are essential

REGISTER ONLINE NOW

strongcommunities.org.au

 M. 0497 704 113

@strongcommunities



Dads of Yeppoon

facebook.com/groups/dadsofyepoon

93% of new dads surveyed expressed that attending a Dads Group improved their social connections.



everyone's family

Fathers | Families | Communities



Calm conversations can save lives

Be suicide aware with CALM care

1/2 Day Workshop for everyone

Learn the simple steps of checking in
with someone who might not be doing
so well and need your help.
A conversation can save a life.



Suicide is preventable...

Our CALM C-A-R-E half day program teaches you:-

- ◆ How to recognise when someone may be in distress and know what to do about it
- ◆ How to approach them and make a connection
- ◆ How to know if suicide is on their mind
- ◆ How to ensure they are safe from suicide and who to refer to
- ◆ How to use the 'Calm Care' app for ongoing support

When: Friday 9th September, 2022
Where: Meeting Room, The Hub, 7-9 James Street, Yeppoon
Time: 9.00am – 12.30pm-ish
Cost: Free, including light refreshments
Registration: Via email: scharryn@gmail.com or Eventbrite:
<https://www.eventbrite.com.au/e/calm-c-a-r-e-12-day-suicide-awareness-training-tickets-387389110257>

Limited numbers, RSVP 2nd September 2022

This activity is supported with funding received from the Australian Government through the PHN Program and from Wesley Mission. In-kind support provided by Livingstone Shire Council in the use of their facilities.

An initiative of the Livingstone Living Well – Suicide Prevention Group



Yeppoon Sub-Branch Inc

Yeppoon RSL Sub-Branch Invites you to **HAVE-A-CHAT**

Yeppoon RSL Sub-Branch is trialling fortnightly *Have-a-Chat* sessions where you can come in for a cuppa, piece of cake and catch up with your friends or our volunteers.

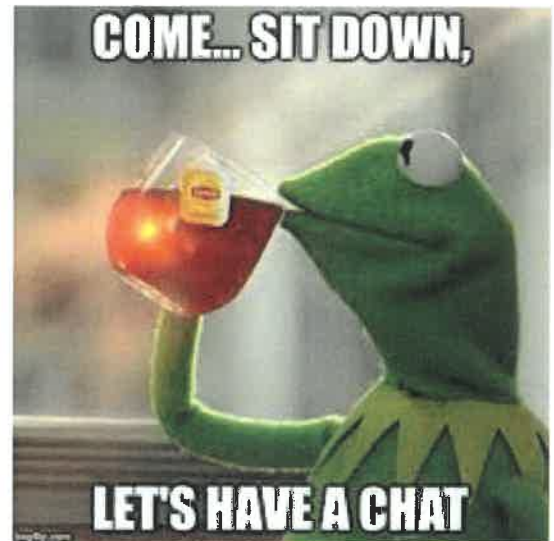
Our inaugural *Have-a-Chat* will be **Wednesday 17th August 9.30am – 12pm**. It was suggested we do future *Have-a-Chat*'s on Thursdays to coincide with the museum being open, but we are open to suggestions for other suitable days.

All we ask is a gold coin donation.

Come in to *Have-A-Chat* to meet some likeminded people or participate in board games, cards, or just read the paper.

To ensure we have sufficient cake, please let us know if you're able to attend. Call the RSL on 4939 4933 and leave a message or 0439 347 108 and talk to Shaz.

Have-a-Chat will be held fortnightly at the Yeppoon RSL, Corner Normanby and Hill St, Yeppoon 4703 and you don't have to be an RSL member to come in and *Have-a-Chat*.





**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**





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

The BreastScreen Queensland Mobile Service will be
at

Emu Park
Paterson Street

1 August - 17 September 2022



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



**Queensland
Government**

2022 Beach Day Out

Kerr Park, Emu Park Beach

Friday 16 September 2022

9.30am to 1.30pm



Beach Day Out is an annual all-ages, all-abilities event on the Capricorn Coast. This year the event will be held at **Kerr Park, Emu Park Beach on Friday 16 September 2022** from 9.30am to 1.30pm. The event aims to provide a fun day at the beach for the whole community, and in particular for people with disability who may have difficulty in accessing local mainstream events and activities.

Last year Beach Day Out attracted more than 2000 participants!

This the inclusive event also aims to:

- promote positive attitudes towards those with disability
- break down stereotypes
- highlight access issues in the community that affect people with disability from easily accessing services and facilities
- improve community support for those with disability by providing information, linking to services, and establishing links and partnerships between agencies
- provide a wide range of free, inclusive activities that are engaging and fun for people of all abilities.

A huge event needs lots of willing hands to help out, and we are looking for volunteers to be a part of this year's Beach Day Out. Volunteer duties may include:

- helping Beach Day Out organisers set up for the event, and pack down afterwards
- helping stallholders set up and pack down gazebos and displays
- setting out and packing up table and chairs
- welcoming attendees, providing information and directions, and doing surveys
- emu parades to clear rubbish and keep the space tidy
- setting up and helping with beach activities like fishing, sand play and beach cricket

Volunteers will have time to have fun and enjoy the event and network with other attendees while supporting a great event.

To find out more, please visit our Facebook page: <https://www.facebook.com/BeachDayOutCapCoast/>

If you would like further information please email beachdayoutcapricorn@gmail.com or contact Chery Casserly on 0427 527 799.

Please register your interest in volunteering for Beach Day Out 2022 through our online registration form:

<https://app.smartsheet.com/b/form/a35930cf2b9741cfaad40c00ab3baf87>

This link will also be distributed through local networks, and shared on the Beach Day Out Facebook page.



BEACH DAY OUT

no-one misses out

free ★ inclusive ★ accessible
activities ★ entertainment ★ information



Friday 16 September 2022
Kerr Park, Emu Park
9:30am - 1:30pm



Find us on Facebook

For further information contact the Beach Day Out Organising Committee
beachdayoutcapricorn@gmail.com



BIDRC

LIVINGSTONE COMMUNITY FORUM

Building Inclusive
Disaster Resilient
Communities

Being prepared and having a plan for disasters and emergencies is important for each of us individually, and as a community. We know this is especially important for people with disability and people with additional needs to minimise risks and save lives.

To do this we all have a role and a part to play - people with disability, community members, Government, Council, disability and community organisations and emergency services.

Come along to this two day community event to work together to build a more inclusive disaster resilient Livingstone region. This is the first in a series of three forums over two years. Together we will develop the inclusive strategies, actions and plans that will help us to act before, during and after a disaster to include people with disability and others in our community.

Who should come?

People with disability and supporters, disability and community services, emergency services, local government and interested community members.



DATE: 28 and 29 September 2022 **TIME:** 10am - 3pm

WHERE: Yeppoon Town Hall,
25 Normanby St, Yeppoon

REGISTER HERE: www.bit.ly/livingstoneregionevent



FOR MORE INFORMATION CONTACT QDN ON 1300 363 783 OR EMAIL DIDRR@QDN.ORG.AU

Finding it hard to feed your family?



We are Open Friday

You can order online via our Face Book Page
or come to our two locations

**14 Plover Drive, Yeppoon 9am-1pm &
Cnr Archer & Hunter Sts Emu Park 9am-1pm**



WHAT YOU WILL RECEIVE

You can choose the groceries you like,
with a choice of one grocery item
from each of the 24 shelves.

A choice of meats &
frozen meals plus you choose
Fruit & Vegetables, Breads,
Cheese, Dairy & Eggs.



For more information call in, find us on Face Book or contact us 0468 799 843

No eligibility criteria, just your bring Id

Please bring your bags You are welcome to come every week*

We are a self-sufficient, non-government funded Capricorn Coast community organisation

POWERED BY VOLUNTEERS

AVOID THE TOSS TAP THE APP!

RATEPAYERS WILL BE REQUIRED
TO DOWNLOAD OUR LIVINGSTONE
WASTE WISE APP TO RECEIVE THEIR
ANNUAL WASTE VOUCHERS FROM
1 SEPTEMBER 2022.



GET IN EARLY!

DOWNLOAD THE APP &
REDEEM A VOUCHER AT A
WASTE FACILITY BETWEEN
1 SEPTEMBER & 1 DECEMBER
TO GO IN THE DRAW TO WIN
A WASTE COMPOST BIN!

**TUMBLEWEED
400L GEDYE
COMPOST BIN**



www.livingstone.qld.gov.au

 Livingstone
SHIRE COUNCIL



Frequently asked questions

What is Advocacy?

Advocacy is the process of supporting an individual to speak up for their rights and needs. An ADA Australia advocate is someone who is by your side, working with you, to give you a voice and help you to resolve issues.

Who is eligible to receive support from ADA Australia?

- You currently receive, or are seeking to access a government funded aged care service
- You are a person with disability experiencing issues with support services or are experiencing abuse, neglect or discrimination
- You are the carer or representative of the person above.

Do I have to pay for ADA Australia's services?

No, our services are free.

I do not currently receive any care or support services. How can ADA Australia assist me to access the services that I need?

We can provide you with free and independent information about available care or support options.

This may include:

- Supporting you to access aged care services
- Information about fees and charges
- Supporting you with the NDIS access and planning processes
- Supporting you with accessing other disability support services.

I am receiving care and support services. How can ADA Australia assist me?

If you are currently receiving care and support in your home or your aged care home, we can assist you with:

- Understanding your rights and responsibilities
- Raising and addressing care or support related concerns with service providers
- Communicating your preferences
- Providing information about service agreements, fees, statements and budgets
- Issues related to your care or support plan
- Researching care and equipment options
- Referrals for assessments and additional services

If you are a person with disability, ADA Australia can also provide assistance with issues related to abuse, neglect and discrimination.

What is ADA Australia unable to assist with?

ADA Australia provides independent information and advocacy support. As such we are unable to:

- Recommend which provider or services you should choose
- Provide financial advice or legal advice.

Where we are unable to assist, we will always try to refer you to the appropriate service.

Can ADA Australia make my service provider resolve my issue?

No. We cannot force a service provider to take any action. However, we can support you to discuss your concerns at a meeting with the service, and assist you to negotiate a resolution where possible. If your issue is not resolved to your satisfaction, we can refer you to the relevant complaint and regulatory bodies.

Are ADA Australia's services confidential?

Yes, our services are confidential. Our advocates will always seek your permission before discussing your situation or concerns with anyone else. We will always try to ensure your confidentiality is maintained by being discreet when calling you on the phone or visiting you in person.





ADA Australia

Your aged and disability advocates



Can ADA Australia support clients with impaired capacity?

It is not our role to assess a person's capacity. We follow a process that ensures people do not have their rights compromised by their lack, or perceived lack of ability to give clear direction.

We will look at whether the person is able to make a decision regarding the particular issue. For example, a person's capacity to make financial decisions may be limited, but they may still be able to give clear direction about lifestyle decisions such as the types of activities they enjoy, or the meals they prefer.

Can ADA Australia work with carers, family members and friends?

With your permission, family members, carers and friends can contact us on your behalf to raise and address concerns.

However, we will also need to discuss the issue with you. Your directions and wishes will guide the work that we do. Family members, carers and friends can be included in discussions and the process to support you.

We can also work with formal decision makers such as your Enduring Power of Attorney. However, again we will always ensure that your views and wishes direct anything we do.

How does ADA Australia support people with diverse needs?

ADA Australia aims to provide inclusive advocacy services to a range of diverse groups listed under the Aged Care Act 1997 including:

- people from Aboriginal and/or Torres Strait Islander communities
- people from culturally and linguistically diverse (CALD) backgrounds
- people who live in rural or remote areas
- people who are financially or socially disadvantaged

- people who are veterans of the Australian Defence Force or an allied defence force including the spouse, widow or widower of a veteran
- people who are homeless, or at risk of becoming homeless
- people who are care leavers (which includes Forgotten Australians, Former Child Migrants and Stolen Generations)
- people separated from their children by forced adoption or removal
- people from lesbian, gay, bisexual, trans/transgender and intersex (LGBTI) communities.

To ensure that our services remain accessible and responsive we provide free access to interpreting services and employ a Culturally and Linguistically Diverse (CALD) advocate, Aboriginal and Torres Strait Islander (A&TSI) advocates and advocates who are members of the Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) communities. We also provide rural and remote outreach services from our seven regionally based offices.

When can I contact ADA Australia?

ADA Australia's office hours are from 9.00am to 5.00pm Monday to Friday.

To access advocacy support you can call our FREECALL number 1800 700 600 at any time between these hours.

You can also contact us via our website by filling in an online form at www.adaaustralia.com.au If you would like to speak to an identified advocate, please let us know when you call.

Outside of these hours, you can leave a phone message and we will return your call when our office re-opens.

For more information regarding how ADA Australia may be able to help, you can also visit our website www.adaaustralia.com.au

ADA Australia is supported by



ADA Australia acknowledges the Traditional Custodians of this land and pays respect to Elders, past, present and emerging.



Recovery groups at Yeppoon

THURSDAY

Steps program at 9.30am

DUI at 5.30pm

One on one at other times on Thursday

If you are interested in joining us or want to find out more,
please call 07 4923 5600
or email jenny.wayman@salvationarmy.org.au



First Steps Recovery

Yeppoon



The Salvation Army
46 Braithwaite Street, Yeppoon
Phone 07 4923 5600 (Rocky number)

Feel safe
and accepted

The photographs in this brochure are for illustrative purposes only.
The models are not associated with this program of The Salvation Army Australia
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Has addiction taken over you, your family, your job, your life?

The Salvation Army's First Step Recovery program provides intervention, education, support and care for people experiencing addiction, as well as their near and dear ones.

We also work towards increasing awareness about the issues impacting not just those undergoing addiction, but also their families, so they can work together towards recovery and empowerment.



Education, intervention and community will help your recovery

Our goal

Our goal is to help and support you as you work towards freeing yourself from your addiction.

For us to be able to do our part, we will need you to be willing and open to admit you have a problem, and make a commitment to achieve an addiction-free life.

Our focus

The First Step Recovery program focuses on:

- Helping you understand addiction better
- The effects of addiction on your behaviour and your ability to make decisions
- Teaching you coping skills so you can move towards a better life
- When you are ready, providing ways for you to volunteer and support others on their road to recovery.

Our process

Our recovery sessions are based on The Salvation Army's Bridge program, which has been used in our rehabilitation centres for over 50 years.

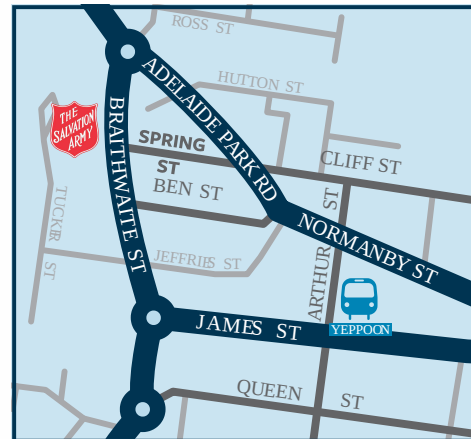
We will support and encourage you as you make your way forward, at your own pace, towards an addiction-free life.

Ways to become a part of the First Step Recovery Group

- Contact us on 07 4923 5600
- Ask to be referred
- Refer yourself
- Bring a friend
- Request a private appointment/consultation

Where do we meet

First Step Recovery is held at
The Salvation Army,
46 Braithwaite Street, Yeppoon.



Our mission

The Salvation Army Recovery Services provide a range of safe, high quality, evidence-based support services for those directly or indirectly affected by an alcohol, drug or gambling addiction.