



ZENDA



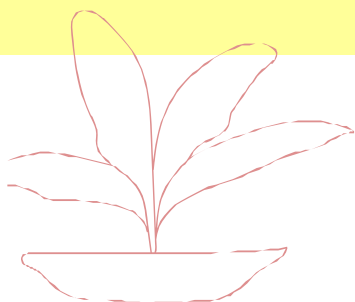
FOR THE 21ST CENTURY WOMAN
AUGUST 2025



FOR WOMEN BY WOMEN

INSIDE THIS ISSUE

BILL OF RIGHTS FOR WOMEN	2
FROM THE MANAGER	3
INDIGENOUS NEWS (includes upcoming events)	4-7
UPCOMING EVENTS	8-9
CALENDAR	10
RECIPE	12
FOCUS ON – ABORIGINAL & TORRES STRAIT ISLANDER CHILDRENS DAY	13
MINDFULNESS	14-16
OTHER SERVICES	17-19
NOTICE BOARD	20



AT THE TIME OF PUBLICATION

The Centre is partially in operation, with reception open to take your calls and enquiries.

Counselling services are for current clients only via telephone consultations.

The Centre is **not taking new clients at this time** however we expect to be in full operation by Mid-August and will be accepting **new referrals from Monday August 11th, 2025**.

Please keep watch on our Website and Facebook sites for updates.

We Thank You for your consideration to our volunteers who help us here at the centre we would like to give a heartfelt thank you from all the team at the women's health centre. Volunteers play a big part in any establishment and without you, the centre would not be the same. A special thanks to all the women who have **donated books, clothes and toiletries** recently. They have been well received amongst our community. As usual, our most requested items are toiletries - standard sizes of shampoo, conditioner, deodorant, toothbrushes and toothpaste, facial cleansers, sanitary products etc. We welcome all contributions for the days ahead. *Thank you, most appreciated.*

Counsellor and Workshop Appointment Bookings

We realise that at times not being able to attend an appointment is unavoidable, but if you have booked a spot for a counselling session, and no longer able to attend, *please* ring to cancel as soon as possible, as it then may be possible to put someone into that place.



BILL OF RIGHTS FOR WOMEN

Physical

I have a right to be free of physical violence
I have a right to decide who can touch me
I have a right to personal space
I have a right to pay attention to messages given to me by my body
I have a right to make my own decisions about my physical appearance
I have a right to access health care of my choice

Sexual

I have a right to be free of sexual violence
I have a right to say no to sex
I have a right to say no to a sexual activity that makes me uncomfortable
I have a right to insist on safe sex
I have a right to get to know someone before having sex
I have a right to change my mind about having sex with someone

Emotional

I have a right to say no to things asked of me I have a right to be treated with respect
I have a right to be free of verbal abuse
I have a right to express my own opinions
I have a right to my own beliefs and spirituality
I have a right to make my own decisions
I have a right to privacy
I have a right to pursue my dreams
I have a right to end a relationship if it no longer feels right
for me, I have a right to change my mind
I have a right not to have to report all of my movements and activities to another person
I have a right to decide how I would like to spend my free time
I have a right to prioritise my self-care
I have a right to set my own personal standards
I have a right to choose not to keep a secret that makes me feel bad
I have a right to express my feelings

Social

I have a right to see my friends and family
I have a right to spend time with my friends or family on my own
I have a right to make new friends
I have a right to speak to other men I have a right to work or study
I have a right to ask for help and support
I have a right to have fun

Financial

I have a right to be involved in deciding how joint finances are spent

Spiritual

I have a right to choose and practice my own religious or spiritual beliefs

[c. Ursula Benstead \(2011\)](#)

From the Manager

Hello

Thank you to the wonderful women of the Fraser Coast for your understanding during our closure recently whilst repairs were undertaken. We are slowly starting to work back at the centre, but counsellors are still working remotely. Everyone should be back at the centre by the middle of August.

I want to take a moment to sincerely thank each of our staff for their flexibility and commitment during this period of upheaval. I deeply appreciate the way you've adapted and continued to give your best. Also, thank you for being able to support one another. It is because of your professionalism and positive attitude that we've been able to move forward smoothly and effectively. Thank you again for your hard work, your patience, and your dedication to our centre. I am truly proud to work alongside such a resilient and capable team.

I would also like to say how sad it was to say bye to Henny recently when she ended her working connection with WBWHC. She has been a very helpful, supportive work colleague who we will miss immensely. She has been so helpful to Marj and other staff at the centre. We wish her well in her ongoing work at Galangoor and know we will see her around the Bay. I know Women's Yarning Circle will notice her absence on occasions.

On the other hand, Nat will start to work with the Women's Yarning Circle helping Marj and we are looking forward to other workshops that Nat is planning for women.

Lynette



Indigenous News with Marj

Galangoor D'Buthbee- Good morning in 'Butchulla' language.

I would like to acknowledge and pay my respects to our 'Butchulla' Elders, and Leaders, past, present and emerging whose country we live, walk, work and play on.

Women's Yarning Circle on 'Butchulla' Country

On behalf of Women's Yarning Circle mob, and myself personally like to take this opportunity to honour and acknowledge **Henny Duxbury** who has over the past three years has been my right-hand organising Women's Yarning Circle on 'Butchulla' Country. There have been so many activities, programs and workshops that Henny co-ordinated and organised at the Centre and for our regular groups: IUIH Elders, Hervey Bay and Maryborough, Christmas parties, prepared hampers for raffles to raise funds to purchase resources for yarning mob.



One of leaders in the A Team, at the Indigenous Women's Healing Camps, participated in the Fraser Coast Whale Festival, attended Indigenous Wellbeing Conference held in Adelaide and Youth Mentor to name a few.

Henny did her best to organise me, which is a challenge for anyone who knows me, we worked together as a team creating circles and diamonds wherever she stepped.

I admire Henny a truly inspiring woman who completed her Social

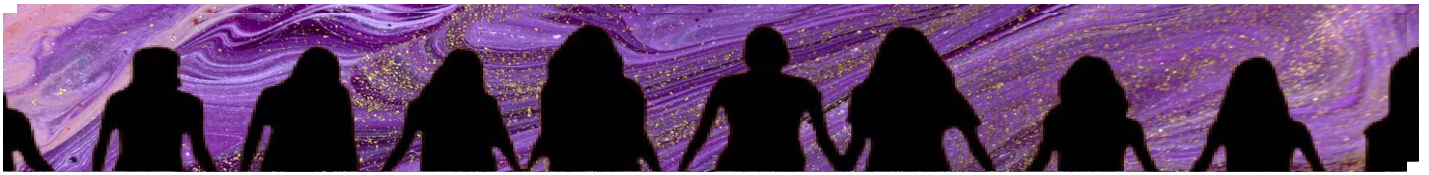


Worker Degree in her golden years, it seems we are never too old to learn and achieve whatever our dreams are.

Finally, Henny has her car back, it is empty of yarning circle resources.

Henny sure is proof that we can do anything at any age. Local Legend.

Henny is moving into her next chapter as part time Social Worker at *Galangoor Duwalami Primary Health Care Service*, **we have been blessed with the BEST.**



Henny is a passionate social justice advocate for the rights of Aboriginal & Torres Strait & South Sea Islander people, one of our greatest champions leading the way truth telling and having a voice that will make a difference. We as a community are grateful and thankful to have her ongoing never-ending support and encouragement.

I would also like to express our appreciation and gratitude to Ian, Henny's husband who every week, prepared our fruit platters, and **many** other things to support our yarning circle, **thank you both** from the bottom of my heart.

Wide Bay Women's Health Centre Inc continues to embrace cultural differences and opportunities for all young girls aged 18 years and over and all women through the yarning circle.



IMPORTANT ANNOUNCEMENT

Women's Yarning Circle on 'Butchulla' Country is not operating as usual during the time that the Centre is being restored, however we are working collaboratively with other services to support and provide other

activities in the community during this time. This will ensure the **Yarning Circle** mob are still connected and have opportunities to come together.

We are working in collaboration and partnership with **CQID Connected Beginnings Playgroup** who have invited Yarning Circle mob to their playgroup, another fantastic opportunity to meet other families and services within the community.

Connecting Elders with Ghundus. **See flyer page 7**

2025 FRASER COAST NAIDOC

Our time to shine - The Next Generation: Strength, Vision & Legacy

A BIG SHOUT OUT to the 2025 Fraser Coast NAIDOC Committee and Winners of the NAIDOC Awards your achievements have been recognized and acknowledged within our community.



A small team who facilitated and delivered a range of cultural events and activities in our community that embraced and showcased our culture, our strength, as our songlines and stories continue to be shared to the Next Generation and the wider community. Events and activities were held in Hervey Bay and Maryborough supported by numerous services and ALL community members.

The 2025 Fraser Coast NAIDOC Team

Aunty Veronica Bird – General Manager, BNTAC

Mellissa Foley – Project Officer, BNTAC

Gina Woodman – Manager, Family Participation Program, Strong in Families & Culture, CQID

Shania Clarke – ‘Butchulla’ Leader, Queensland Health

Courtenay Nichols – Program Manager, Deadly Choices, Galangoor

Les Raveneau – Indigenous Support Worker, University of Sunshine Coast

Sam Raveneau – Indigenous & Community, Fraser Coast Council

Marj Speedy - Indigenous Health/Family Support Worker, WBWHC

Peter Skuthorpe – MCDATSIC Moonaboola, Maryborough Representative

This team coordinated a ‘DEADLY’ week of cultural activities, and events that included the following: *Fraser Coast NAIDOC Ball and Awards * Gala community evening coming together to celebrate 50 years of our culture, through song, dance and food and much more.

*Elders Whale Watching Trip, *Church Service Maryborough - Lead by Pastor Sono Weatherall and Pastor Darren *Hervey Bay Flag Raising and Family Fun Day *Ghundus Disco, *Golf Day *Musical Bingo *Murrioke *Maryborough Flag Raising and Family Fun Day, *Ghundus Gala Ball

NAIDOC is our time to SHINE LOUD & PROUD.

Nyin Galangoor Marj



*"Congratulations to our beautiful **Aunty Marj Speedy** on receiving the **NAIDOC Lifetime Achievement Award for 2025**. What an absolute honour and privilege it was for me to stand beside you and present this award. You're not just a leader in our community you are family, a mentor, a sister, and someone I've looked up to my whole life. Your strength, wisdom, and endless love for our people will leave a legacy that will never be forgotten in our community. I couldn't be prouder of you. Aunty Marj Speedy has dedicated her life to our community. For decades, she has given her time, her love, and her wisdom — always leading with her heart, always standing strong for mob, and always making space for others to rise. She's been the backbone in so many lives, often working quietly behind the scenes, never asking for credit — just doing what needed to be done, because that's who she is. **Well deserved, Aunty Marj***

Aunty Gina Woodman Davis

UPCOMING EVENTS



CONNECTED BEGINNINGS HERVEY BAY

PLAYGROUPS 2025

Thursdays - 9am - 11am

PLAYGROUP DATES

31st July - Train Park - Ernie Organ Park

04th August - Dayman Park

14th August - Train Park - Ernie Organ Park

11th September - Black Stump Park - Point
Vernon

23rd October - Tree House

13th November | 27th November - Train Park -
Ernie Organ Park

For more information call Brooke - 0400 119 734 OR Cara
- 0460 764 286

Check out our Facebook page - Connected Beginnings-
Hervey Bay



An Australian Government Initiative



UPCOMING EVENTS

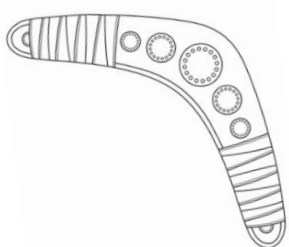
The theme for National Aboriginal and Torres Strait Islander Children's Day in 2025 is "Little Footsteps, Big Future". This theme emphasizes the journey of Aboriginal and Torres Strait Islander children as they grow, guided by culture, community, and connection to country. It highlights the importance of nurturing their voices and dreams and supporting them to grow strong in their identity and empowered to shape their own futures.



Monday 4th August in Dayman Park Urangan from 1-5 pm
Free Food and Fun Activities - Celebrating our little ones.

WORD SEARCH

Kookaburra
 Footsteps
 Kangaroo
 Family
 Dingo
 Didgeridoo
 Community
 Friends
 Future
 Mob
 Connection
 Boomerang
 Deadly
 Wombat



E	M	K	E	F	E	F	U	T	U	R	E	Y	C
O	O	O	S	A	C	N	T	T	D	I	N	G	O
K	O	O	O	M	K	M	D	R	T	U	E	W	O
A	D	K	M	I	K	R	M	O	L	T	N	C	D
N	I	A	O	L	O	B	O	O	I	B	D	O	O
G	R	B	I	Y	E	A	W	R	B	M	E	M	D
A	E	U	B	O	O	M	E	R	A	N	G	M	K
R	G	R	T	A	B	M	O	W	O	O	T	U	R
O	D	R	O	O	B	R	Y	R	M	B	L	N	I
O	I	A	M	T	T	C	R	L	D	T	R	I	N
S	D	N	E	I	R	F	I	D	D	Y	O	T	R
M	I	T	O	R	W	O	D	M	E	A	M	Y	L
E	B	K	A	P	F	O	O	T	S	T	E	P	S
I	O	C	O	N	N	E	C	T	I	O	N	D	U

UPCOMING EVENTS

Maryborough Community Centre - Our Service Desk Community Support Program allows members of our community to meet with service providers that could provide support in areas of financial counselling and wellbeing, education, community recovery youth services, emergency relief, some intensive support and Centrelink services (limited). Together with our partners Services Australia, Uniting Care Community, Reconnect Youth Services, Hervey Bay Neighbourhood Centre and Good Shephard Australis. We are able to offer a “**no appointment, first come first served**” client engagement on the dates the workers are at the service desk.



MNC Service Desk

Community Support
Coordinated by the Community Connect Initiative

PARTNER SERVICES ON-SITE:

- Good Shepherd Australia—Financial Wellbeing & Recovery*
Every Tuesday, 9am - 4pm
- Services Australia— Centrelink services (limited)*
Fortnightly Wednesday, 9am - 12pm
- Uniting Care Community - Financial Counselling*
Fortnightly Wednesday, 9am - 12pm
- HBNC Reconnect Program - Youth Services*
Every Friday, 9am - 12pm

JUST DROP IN
NO APPOINTMENT
NECESSARY

SERVICES OFFERED:

Information, referral and advice and some intensive support, financial counselling and education, NILS Loan, emergency relief referral, youth support & Centrelink services (to access Centrelink some conditions may apply).

NOTE: The service may be suspended or cancelled without prior notice. We strongly encourage clients to call reception before attending the centre to avoid disappointments.

For more information, please contact centre reception on 07 4121 2141 or email us at programs@maryboroughnc.org.

The community support services being offered are a partnership between the Maryborough Neighbourhood Centre and the following organisations:







UPCOMING EVENTS

Please join the Wide Bay Women's Health Centre's Women's Yarning Circle on 'Butchulla' Country at Global Beats & Eats. Experience Aboriginal & Torres Strait Islander culture through hands-on activities in our marquee named "Gambay Baya-m" meaning "Coming together in the present on Butchulla Country" in Butchulla language. Many Thanks to Aunty Joy Bonner for providing this local language name.

A vibrant orange poster for the 'Global Beats & Eats' festival. The title is in large, bold, white letters with a purple outline, set within a circular frame. Below the title, the tagline 'One festival. Many worlds' is written in a cursive font. The poster is decorated with colorful floral and geometric patterns. At the bottom, it says 'JOIN US AND BE PART OF THE MOST AWAITED MULTICULTURAL FESTIVAL IN QUEENSLAND!' in white capital letters. Below this, the date 'FRIDAY, AUGUST 22' is written in large yellow letters. To the left of the date is a QR code with the text 'SCAN ME' above it. To the right of the date, the location 'HERVEY BAY CITY PARK' and time '3PM - 8PM' are listed. At the bottom right, there are logos for HBNC (Hervey Bay North Coast) and the Australian Government Department of Social Services.

GLOBAL BEATS & EATS
One festival. Many worlds

JOIN US AND BE PART OF THE MOST AWAITED MULTICULTURAL FESTIVAL IN QUEENSLAND!

FRIDAY, AUGUST 22

SCAN ME

HERVEY BAY CITY PARK
3PM - 8PM

HBNC Creating Connected Communities

Australian Government
Department of Social Services



OPENING HOURS

TUESDAY	9AM - 4PM
WEDNESDAY	9AM - 4PM
THURSDAY	9AM - 4PM
FRIDAY	9AM - 4PM
SATURDAY	9AM - 1PM

56 Gympie Rd, Tinana



WHAT'S ON

AUGUST 2025



Keep watch on our Facebook and Website for when the Centre will reopen in August following renovations. No date set at time of publication.

MON	TUE	WED	THUR	FRI	SAT	SUN
Check the Hervey Bay Library for more activities				1	2 Antiques & Collectables Hervey Bay Historical Village 9am	3 Give yourself a treat 🍰
4 Smile because it feels good.	5 Seed Library & Miniature Weaving at Halcro St Community Garden	6 Hervey Bay Library- Create your way. Cuppa and craft. 1:30-2:30 pm	7 Hervey Bay Library Family fun with Games 2-3:30pm	8	9 Hervey Bay Whale Festival Parade 2-8 pm Seafront oval	10 Paddle out for Whales Torquay
11 Family History at Hervey Bay Library 10am	12	13	14 Recycling Tour Maryborough	15 Swim with Whales-Cost\$ Booking at Marina	16 Go to the movies 📺	17 Phone a friend 📞
18 Take a ride on the Ferris Wheel	19	20	21 Meet & Greet our local Councillors Wetside 930-1030 am	22 Global Beats and Eats. Pialba 3-8pm	23 Music Workshop Kondari Hotel 🕺	24 Go to Dinner 😊
25 Be kind to a stranger 🤝	26	27 Peter Pan-Play Cost\$ Bayside Christian College	28	29 Western Dressage, Maryborough Show Grounds	30 Yellow Rose Luncheon Zonta Club - Cost\$	31 Have a lie in, you have had a busy week 😴



Wide Bay Women's Health Centre Inc.

MEMBERSHIP FORM 2025-2026

Renewal ☐ New ☐ Member No: _____

Name: _____

Address: _____ Postcode: _____

Phone: _____ Email: _____

Membership Fee to 30th June 2026 \$5.00 Cash ☐ EFT ☐

Bank details are as follows: BSB: 633-000 ACC NO: 162466502

Please use your name as a reference

Special Interest Area: _____

I agree with, and support the aims and philosophy of the Wide Bay Women's Health Centre Inc.

Signed: _____ Date: _____

Only complete for new member, not renewal

PROPOSED BY: _____
Print Name Signature

SECONDED BY: _____
Name Signature Print

Office Use Only

Receipt No: _____ Amount: _____ Member No: _____

Received By: _____ Signed: _____
Print Name Signature

Date Entered: _____

Management Committee Use Only

Ratified by: _____ Signed: _____ Date: _____
Print Name Signature

For Women By Women

Return email - info@wbwhc.org.au

Easy Peasy recipe

Creamy Garlic Pasta

As far as creamy pasta recipes, this is the best. Add prawns and/or scallops to make an amazing seafood Alfredo **or not**.

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Servings: 4

Ingredients

- 2 teaspoons olive oil
- 4 garlic cloves, minced
- 2 tablespoons butter
- 3 cups chicken broth, or more as needed
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 225 g of spaghetti
- 1 cup grated Parmesan cheese
- ¾ cup heavy cream
- 1 ½ tablespoons dried parsley

Directions

1. Get all ingredients ready.
2. Heat olive oil in a medium pan over medium heat. Add garlic and stir until fragrant, 1 to 2 minutes. Add butter and stir constantly until melted.
3. Pour in 3 cups chicken broth; add pepper and salt. **Bring to a boil**. Add spaghetti and cook, stirring occasionally, until tender yet firm to the bite, about 12 minutes. Add more chicken broth if pasta starts to stick to the pan.
4. Add Parmesan cheese, cream, and parsley and mix until thoroughly combined. Serve immediately.

Nutrition Facts Per Serving Calories 543

Total Fat 32g

Saturated Fat 18g

Cholesterol 99mg

Sodium 1388mg

Total Carbohydrate 47g

Dietary Fiber 2g

Total Sugars 3g

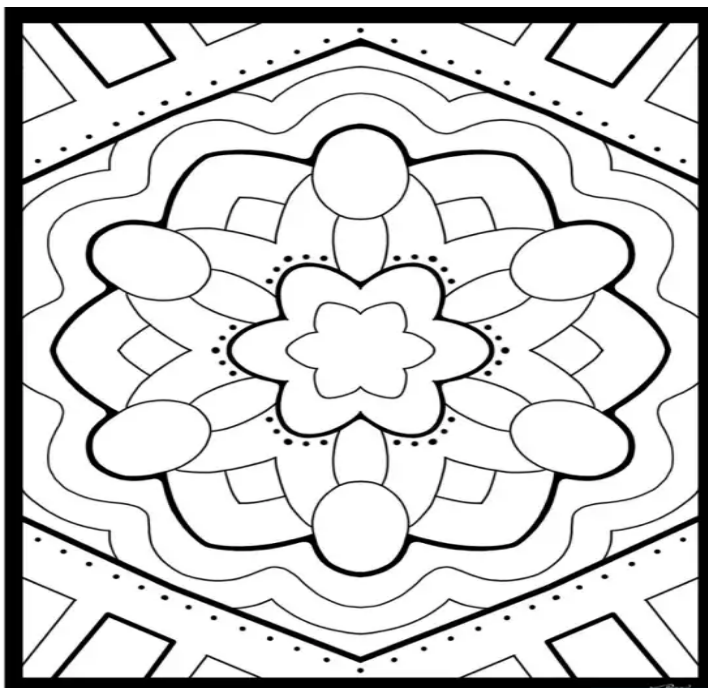
Protein 17g

Vitamin C 2mg

Calcium 279mg

Iron 3mg

Potassium 222mg



Embracing Mindfulness for Wellbeing

In today's fast-paced world, women juggle multiple responsibilities, leading to increased stress and anxiety. Mindfulness, the practice of being fully present and aware of the moment, offers a powerful antidote. By intentionally focusing on the here and now, our breath and bodily sensations, we can interrupt the cycle of worry and negative self-talk.

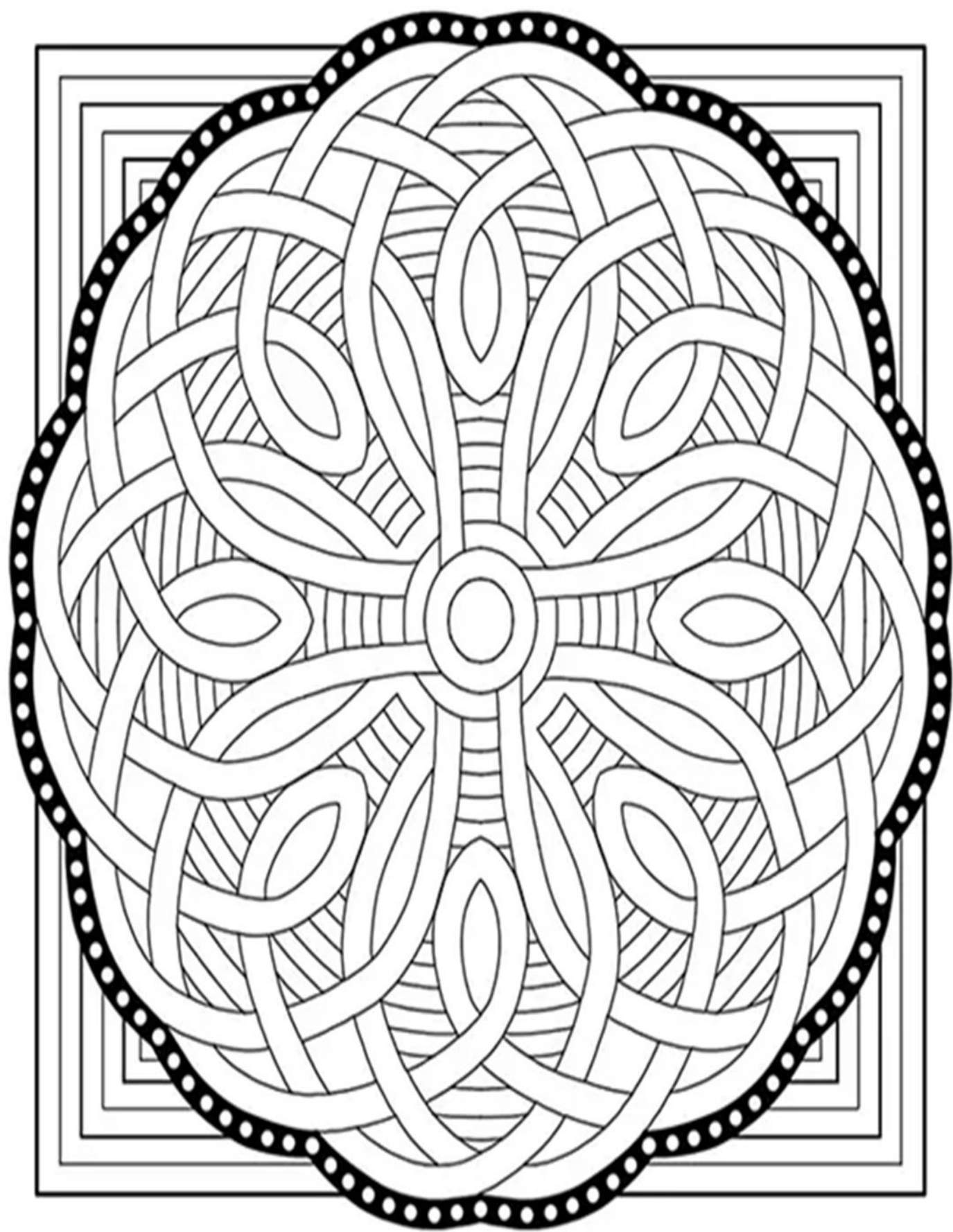
Studies show that regular mindfulness practice can significantly reduce symptoms of stress, depression, and anxiety, all of which are disproportionately high among women. It fosters a greater sense of self-compassion and acceptance, helping us navigate the pressures of societal expectations.

Furthermore, mindfulness can improve sleep quality, enhance focus, and boost emotional regulation. Integrating just a few minutes of mindfulness into our daily routine—whether through meditation, mindfulness exercises, or simply pausing to breathe—can cultivate a deeper connection with ourselves, leading to a more peaceful, resilient, and empowered life.

We look forward to re-opening the Wide Bay Women's Health Centre and offering a suite of new mindfulness workshops. This will include safe and welcoming spaces to explore journalling, simple poetry, neurographic art and more. As soon as dates are set, we will let you know. To express an interest to attend or offer suggestions, please email nat@wbwhc.org.au.







ADVERTISING OTHER SERVICES

SERVICES/WORKERS AVAILABLE IN OUR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY

- ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICES - 1800 012 255
- BNTAC –BUTCHULLA NATIVE TITLE ABORIGINAL CORP- 4338 7600
- BUNDA’S DREAMTIME PLAYGROUP - 1800 171 882
- BUTCHULLA ABORIGINAL CORPORATION – 4124 9144
- CQID-CENTRAL QUEENSLAND INDIGENOUS DEVELOPMENT – 4313 1195
- DATSIP - 4183 9107
- GALANGOOR DUWALAMI PRIMARY HEALTH CARE SERVICE- 4194 5554
- HERVEY BAY PCYC (INDIGENOUS WORKER) - 0436 420 599
- HERVEY BAY HOSPITAL INDIGENOUS HEALTH – 4325 6670
- IUIH HOME SUPPORT HERVEY BAY – 1300 852 598
- KALÁNG RESPITE CARE CENTRE – 4124 7780
- KAHWUN WOOGA ABORIGINAL & TORRES STRAIT ISLANDER CORPORATION:
 - FOR COMMUNITY DEVELOP. – 4123 5910
 - POLICE LIAISON OFFICERS – 4128 5333
- MOONABOOLA COMMUNITY DEVELOPMENT ATSI CORPORATION – 4114 1908
- MARYBOROUGH ABORIGINAL CORP FOR HOUSING & CULTURAL DEVELOPMENT – 4122 4382 / 0498 578 110
- UNDERNOO KINDERGARTEN – 4121 5831



Contact Us:

sophiartclass@gmail.com
0493523821

Find us on facebook
'Mandalas for Mindfulness'



mandalas
for
mindfulness

ADVERTISING OTHER SERVICES



Do you feel your rights are being respected?
Are your family members supportive, or do they create stress in your life?

Are any of the following scenarios happening to you?

- Being told that you can't make any decisions for yourself because you have had a diagnosis of dementia.
- Being pressured into entering a nursing home when you're not ready.
- Being frightened to voice your needs/concerns.
- Carers or family members borrowing money and not paying you back.
- Adult children moving in with you and refusing to pay rent.



A community legal service, managed by the HBNC, which aims to address disadvantage across the Fraser Coast, Gympie, Bundaberg and North Burnett regions through the provision of free, quality legal advice. Service delivery includes free legal advice, referral and education.

Website: <https://wbbcls.com.au/>

DV Connect (Qld)
State-wide Domestic Violence
Hotline 4 Hours, 7 Days
State-Wide Sexual Assault Helpline
1800 010 120
7.30am to 11.30pm 7 days
www.dvconnect.org

Mobile Women's Health Service Pap Smear Clinic

The Mobile Women's Health Nurse provides a range of free and confidential preventive health services for women in the Fraser Coast – Wide Bay Area

- Cervical Screening/Pap Smear Health information
- Breast awareness and education
- Any other health matters you wish to discuss

Make an appointment by calling 1300 090 760 or make a booking online

Breast Screen Queensland is at the Madsen Medical Centre, Urraween

Make an appointment by calling
13 20 50 or 4150 2800

Women over 40 yrs.
are eligible

CHILDREN BY CHOICE COUNSELLING, EDUCATION & INFORMATION

All options with an
unplanned pregnancy

ABORTION - ADOPTION - PARENTING

An unplanned pregnancy may represent a crisis in a woman's life. Children by Choice provide counselling and support to women who are experiencing an unplanned pregnancy and unsure about their options.

Our services are non-judgmental, and we offer referrals for abortion, adoption and parenting.

Free and Confidential
Call 1800 177 725

HAVE YOU RENEWED YOUR MEMBERSHIP?

We have a new membership period. It is from **1 July 2025 - 30 June 2026** - please check your current membership. Membership fees help to fund our Centre activities, so if you have not yet renewed your membership, please drop in to the Centre and do so as soon as possible. This will allow you continued access to our library and a copy of our wonderful bi-monthly newsletter. **Annual membership only \$5.00**

ADVERTISING OTHER SERVICES

Ozcare

Ozcare has been supporting Queenslanders for over 25 years with a range of aged care, retirement, hospital, disability care, respite care, nursing, allied health, and dementia advisory and support services. Volunteers welcome - If you are interested, please call **OZCARE** on **1800 692 273**.



Nurse Next Door®
home care services

In your own home,
on your own terms.
Phone 1300 100 247



Activities Include:
Table Tennis, Cards,
Art, Meditation, Tai Chi,
Computer Classes, Rock
Painting & Mahjong

HERVEY Bay APSL-Australian Pensioners and Superannuants League is a community-based organisation for the over 40's focusing on social and sporting activities. Phone 4124 8532

Wide Bay Sexual Health Q clinic

Fraser Coast Outreach Services

WHAT DO WE OFFER?

- ☐ FREE , confidential testing and treatment of STI's
- ☐ Contraception and pregnancy options
- ☐ Sexual health education and information
- ☐ PEP and PREP plus HIV Rapid Testing
- ☐ HIV Services in Bundaberg

MARYBOROUGH
COMMUNITY HEALTH
167A NEPTUNE ST

HERVEY BAY
COMMUNITY HEALTH
28 - 34 TORQUAY RD, PIALBA

BOOKINGS ESSENTIAL

150 2754 or BBH-QClinic@health.qld.gov.au



VIRTUAL ED

If you need to visit an
Emergency Department,
try the Virtual ED first.



To check if you are eligible*:

- Scan the QR code or
- Visit metronorth.health.qld.gov.au/hospitals-services/virtual-ed

Open 8am to 10pm, 7 days

*Note: Not all medical problems are suitable for the Virtual ED, so it's important to check your eligibility first. You must reside, be visiting or receive your treatment in Queensland.

In an Emergency
Dial Triple Zero (000)

Please dial 000 IMMEDIATELY if you have a life-threatening condition or require urgent medical help.

An Initiative of Metro North Health

Queensland
Government



Urgent Care Network
Australia

Open 7 days. Bulk Billed.
Pathology. Xray and Pharmacy.

medicare

Urgent Care Clinic

Hervey Bay

Welcome to Hervey Bay Medicare Urgent Care Clinic. Our clinic offers free, immediate treatment for non-life-threatening conditions, providing priority care without the need for emergency department visits or when your medical need cannot wait for a GP appointment. Our urgent care clinic is supported by highly skilled independent doctors and nurses, utilising excellent treatment and procedure room facilities.

5/166 Boat Harbour Drive,
Pialba QLD 4655

(07) 5294 0915

Monday-Sunday, 9am - 7pm

Just walk in!

**FOR THE 21ST CENTURY WOMAN
WIDE BAY WOMEN'S HEALTH CENTRE Inc**

8 Truro Street

PO Box 5003

TORQUAY QLD 4655

Phone: 07 4125 5788

Email: info@wbwhc.org.au

Website: www.wbwhc.org.au

Copies of flyers and brochures are available for groups advertised in this newsletter.

The Wide Bay Women's Health Centre is a free confidential service For Women By Women.

"It's a dynamic and vibrant organisation which facilitates the individual and collective growth and well-being of women."

The Centre is a point of contact for women in need of support, information, counselling and/or referral.

Opening Hours:

Monday, Wednesday and Thursday 9.00am - 5.00pm

Tuesday: 9.30am - 5.00pm

Friday: 9.00am - 2.00pm.

***The Centre is closed on the last Friday of every**

CONTACT NUMBERS

Alcohol & Other Drugs	1800 177 833
Community Health Hervey Bay/Maryborough	4122 8733
Community Rental Group	4124 1183
DV Connect	1800 811 811
Gambling Helpline	1800 222 050
Wide Bay Sexual Assault	4194 5230
Hospital Hervey Bay	4325 6666
Kids Helpline	1800 551 800
Wide Bay Burnett Comm. Legal Services	4194 2663
Legal Aid	1300 651 188
Lifeline	13 11 14
Narcotics Anonymous	4123 6738
National Debt Hotline	1800 007 007
Neighbourhood Centre Hervey Bay	4194 3000
Neighbourhood Centre Maryborough	4121 2141
Parentline	1300 301 300
Poisons Information	13 11 26
Police Hervey Bay	4128 5333
Salvation Army Hervey Bay	4125 1848
Senior Citizens Hervey Bay	4128 4838
Seniors Legal and Support Service	4124 6863
Women's Health Qld Wide	1800 017 676
Women's Infolink	1800 177 577
Women's Legal Service	1800 677 278
Yarn	13 92 76

Counselling

A free and confidential counselling service by appointment is available to all women in the area.

Therapies include but are not limited to Mindfulness, Narrative and Acceptance and Commitment Therapy (ACT), Neuropsychotherapy and Sand Play Therapy.

PLEASE NOTE WE DO NOT PROVIDE ANY MEDICAL SERVICES

The Wide Bay Women's Health Centre Inc. is funded through the Department of Families, Seniors, Disability Services and Child Safety. This funding allows us to provide programs and services free of charge or for minimal cost. Should you wish to donate, your donations are still greatly appreciated

The Wide Bay Women's Health Centre Inc. has made every effort to ensure the information contained within this newsletter is accurate. However, we accept no responsibility for any errors, omissions, or inaccuracies. Any articles contained within this newsletter are for information purposes only and we accept no responsibility to persons who may rely upon this information for whatever purpose.

Zenda
Print Post Approved
100005264

PRINT
POST
100005264

POSTAGE
PAID
AUSTRALIA

**If undeliverable, please return to:
Wide Bay Women's Health Centre PO
Box 5003, TORQUAY QLD 4655**