



December & January

ZENDA



MERRY CHRISTMAS AND HAPPY NEW YEAR



FOR WOMEN BY WOMEN FOR THE 21ST CENTURY WOMAN

The Centre will close for Christmas break, from 2 pm Friday 19th December 2025, and resume 9 am Monday 5th January 2026.

The Centre Management, Committee and Team at the Centre wish you a very Happy Christmas and safe travels should you need to be on the road.

Better times ahead in 2026.



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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



WIDE BAY WOMENS HEALTH CENTRE INC

8 TRURO ST TORQUAY 4125 5788

info@wbwhc.org.au

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

Welcome to our last newsletter for 2025.

It has been a difficult year for WBWHC following the damage to our building in March with water inundation happening during the cyclone and flooding in Hervey Bay.

The service became fully operational again in August and staff are busy with appointments, meetings and the women's yarning circle.

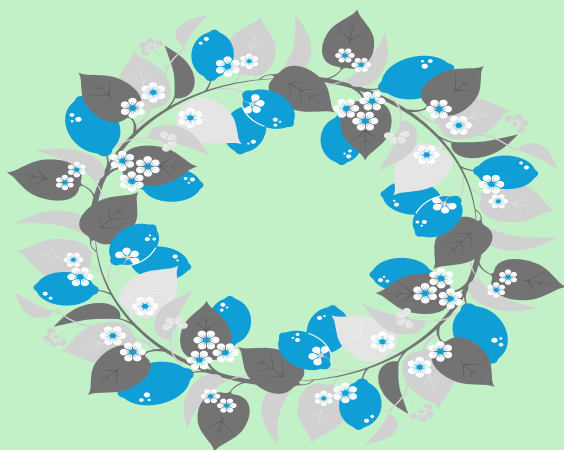
Currently, we have a position available for an Indigenous Women's Community worker, advertised on Seek, to replace the role held by Aunty Marj Speedy for the last 25 years. For further details contact the Centre during working hours on 4125 5788.

I wish everyone well for the Christmas period and a safe and happy new year. Please note the service closure times over Christmas.

Looking forward to 2026 and new workshops and ongoing counselling and service provision.

Take care

Lynette





Indigenous News with Marj

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

Galangoor djali – (Good Day/Afternoon 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.

Appreciation and acknowledgement

This will be my last Zenda newsletter as I am working towards my retirement after twenty-five (25) plus years at the Centre. I would like to extend my heartfelt appreciation to all 'Butchulla' Traditional Owners, Elders, Leaders and community members who have supported me during the time I have been a visitor on 'Butchulla' Country. Also, my sincere appreciation to all Aboriginal, Torres Strait and South Sea Islander community members who have supported me throughout my journey at the Centre.

I have been blessed and honoured.

Throughout the time that I have been at the Centre I have had the honour to walk beside many Aboriginal, Torres Strait and South Sea Islander young girls, and women who have contacted the Centre for various reasons. I have seen young girls and women grow and glow, as they have become strong in their mind, body and spirit with a passion to follow their dreams and goals.

To each young girl, and woman that I have walked with on their healing journey I thank you from the bottom of my heart for sharing your story with me.

I would like to acknowledge Management Committee Members, colleagues and stakeholders, services, and organisations that I have worked with during my time at the Centre. I truly appreciate the ongoing support, commitment and passion for social justice as we all work together to ensure Aboriginal, Torres Strait and South Sea Islander young girls and women have the cultural support they require when seeking assistance particularly when accessing mainstream services/organisations.

Weaving Circle with Aunty Jan Williams

I would like to acknowledge and express our appreciation to Aunty Jan Williams, 'Butchulla' Elder, respected Leader in our Community who volunteers every week to share her weaving skills and local knowledge/stories to all who join our circle, your ongoing support and words of wisdom are always welcomed by us all.

Women's Yarning Circle on 'Butchulla' Country

The Yarning circle continues to glow and grow with the number of participants flowing in the circle week after week. On behalf of us all I would like to express our gratitude to Samantha Berderow who supplies a trolley full of different arts and crafts for our women to do at the yarning circle. You are a superstar thank you.

Nat Keen right hand to the yarning circle we are all grateful to you for everything you do from catering to arts/crafts and lots of other activities we are all blessed with the BEST.





Cont'd

Julie McGillivray – Volunteer

I would also like to express our gratitude and appreciation to Julie, who has been a volunteer with yarning circle for over five years, from facilitating workshops to catering, and all the little things in between, your support, passion and commitment go beyond any words.

Celebrating Community Champions

Merilyn Anson has been a volunteer receptionist at Wide Bay Women's Health Centre Inc for nearly 30 years, an absolute community champion who has volunteered her time every Monday and Wednesday to take calls, administration duties and welcomed clients to the Centre. Merilyn is a living treasure who holds the history of the Centre.

I believe that we must always remember and be reminded of the trailblazers the women before us who were passionate, dedicated and committed to ensuring young girls and women had a safe space, that is non-judgmental, that can provide a welcoming space, empowering and guiding young girls and women with knowledge that can make a difference in their lives.

I would like to express my gratitude to Merilyn who continues to volunteer her time at the Centre and who has always offered a caring smile, with a compassionate heart and offers a helping hand to any women who have entered or contacted the Centre.

The Year of Change – 2025

This year has been a year of change, with the unexpected floods, impacting many women, and families within our community, many women were faced with being homeless and experienced significant losses. This also impacted on the Centre, we were unable to operate in our usual way, due to flood damage. It has been a year of challenges for us all. However, the dedication and tireless commitment of colleagues, *Lynette, Tanya, Wendy, Jennifer, Nita, Merilyn, Julie, Nat, Trish, Henny, Verniece, Leslie* and *Jenny* all worked together to do the best that we could to ensure support was provided and available for young girls and women.

Trish has been an absolute legend, organising and providing invaluable support to us all, we greatly appreciate your commitment and passion, a huge thank you for everything you have done and continue to do above and beyond your role at the Centre.

I am looking forward to my retirement years as I will be going Bush to cottage at Ballandean, near Stanthorpe. I plan to rest, enjoy the bush life, then do some family research as well as write my story, that *I think could turn into a Netflix series.*

My time at Wide Bay Women's Health Centre Inc. has been an amazing journey for me professionally and personally I still cannot believe I have been at the Centre for 25 years. It will certainly be a different year for me next year, I have been a part of this community for such a time, I will hold close to my heart all the memories.

long

Keep creating circles.

Nyin Galangoor - Marj



NATS News

Community Engagement Worker

Creative workshops are returning to the Centre!!

We are pleased to announce new some workshops commencing in February 2026.

Neuro-Flow: Drawing Your Way to Calm



Mondays 2nd, 9th, 16th and 23rd February 2026, 10am to 12pm, tea/coffee provided, **FREE**

- Max 8 participants, age 12 and over in each workshop.
- Call **4125 5788** to book your spot.

Neurographic Art was developed by a Russian psychologist, artist, and architect, Dr. Pavel Piscev in 2014.

It invites us to draw freeform lines on paper, called neurolines. As the line travels across the page, it encourages us to relax.

It acts as a form of meditation as the pen creates line and shape, then sharp corners and angles are “rounded off” to create a smooth flow.

We’re able to disconnect from the things we’re troubled by and focus on the drawing for a few moments. The idea is to find a reset through the process, and leave all your anxiety and stress on the paper. **No drawing experience required, all materials supplied.**



Save the Dates - coming up in March 2026!

3 new Self-Care Workshops

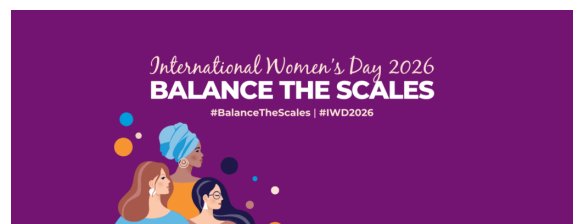
Tuesdays 3rd, 10th and 17th. From 10am to 12pm.

Learn what self-care actually means, identify common barriers that women face making time for self-care, learn how to re-frame your thinking and introduce micro-moments of self-care into every day.

International Women’s Day Morning Tea

Monday 9th March, 10am to 12pm

Yummy morning tea, local women speaking about this year’s theme “Balance the Scales” and networking.



Stay tuned to Zenda for further workshop news

including upcoming topics - Self-Care, Healthy Relationships, Button Art, Driftwood Art and Grief & Loss.

UPCOMING EVENTS

Mindful Mandalas Program – 2 x Six-week face to face programs

Gentle guidance for mindful creativity, self-compassion & inner calm through mandala-making with local artist Sophie Tighe.



- Group 1, 10am to 12pm, 4th February to 11th March 2026 (max 10 participants)
- Group 2, 10am to 12pm, 18TH March to 22nd April 2026 (max 10 participants)
- Group 3, online only, dates and times TBA.
- Call 4125 5788 to book your spot.

Mandalas created by the first two groups will be displayed in a ***Mindful Mandalas Exhibition*** at Gatakers Artspace in Maryborough for 3 weeks commencing with a launch on Saturday 9th May 2026. More details soon!



FREE Women's Group
Mandala Design
6 week Art & mindfulness Program
@Wide Bay Women's Health Truro Street
Wednesdays 10am-12pm
4th Feb- 11th March

Discover the beauty of mandala art while exploring its powerful mindfulness benefits. This engaging and enriching course offers a step-by-step guide to creating your own stunning mandala designs. Unleash your creativity, boost your well-being, and embrace the magic of this timeless art form.



Wide Bay Women's
Health Centre Inc.



UPCOMING EVENTS

FRASER COAST TOY RUN 2025

SUNDAY 7TH DECEMBER

**MEET: BROLGA THEATRE
MARYBOROUGH**

**REGO FROM 7.00AM
STANDS UP 9.00AM**

**ENTRY
GOLD COIN
DONATION

LOTS OF
RAFFLES**

ENQUIRIES: MARVEL 0418 787 211

HEATHERS LEGACY

WIDE BAY

**RED WHITE BLUE
SOCIAL CREW**

**Independent
Australian
Riders**

**QLD
TOY-RUN**

ALL MOTORBIKES & CARS WELCOME!

Christmas Hampers 2025

We Care 2 4124 0913 225 Main St, Urraween
Christmas Hamper Applications close 28th November.
Call to book an Emergency Relief appointment for application.

St Vincent De Paul 4194 0861 21 Luizzi St, Pialba
Food hampers only available for clients within the last 12 months.
Call to book Monday, Wednesday & Friday 9.00am-11.30am
Distributions will take place 15th, 16th 17th December

Victory Care 4123 2711 Cnr Fazio & Saltwater Creek Rd, St Helens
Hampers for sale Various Sizes from \$25 - Gifts of Hope FREE hampers available
with every \$40 Family Hamper Purchased on the week of 16th-19th December.
Pre-Purchase tickets available from November 18 onwards.
Open Tuesday - Friday 2.00 - 5.30pm

The FOOD BASKET - Low Cost Food Club 120 Richmond St, Maryborough
Low cost food centre - hampers may be available contact 0411 673 683

Salvation Army 3001 6288
Distributing food and toys for those in need



CHRISTMAS ART & CRAFT ACTIVITIES

Fun for all ages!

- ✓ Christmas decoration making
- ✓ Christmas card making
- ✓ Soft play area for infants
- ✓ Outdoor activities
- ✓ Lucky door prize
- ✓ Morning tea provided

18 December 2025 10am-12pm

**MADCOTA building
333 Alice Street, Maryborough 4650**

Join us for a festive day of creativity
and fun!

54reasons

Anglicare
Southern Queensland

☎ 0478994700 ✉ Email
Maryborough.EYP@54reasons.org.au

FREE laundry & a chat

OrangeSky provides a space for anyone doing it tough to access
free laundry services, as well as a chat with our friendly volunteers.

Everyone is welcome!

Laundry 4655
Shop 6/12 Main St,
Pialba QLD 4655

Weekly
Tuesday 9am-11am
Thursday 9am-11am

Launching November 18 2025

orangesky.org.au/laundry-svc-wednesday operations@orangesky.org.au

Any time of the year easy peasy recipes



Slow Cooker Fruit Cake

So tasty so simple

Ingredients:

- 1 kg mixed dried fruit
- 750 ml to 800 ml liquid
- (e.g., chocolate milk, iced coffee, apple juice, or a mix)
- 2 cups self-raising flour

Instructions

1. **Soak the fruit:** Place the mixed dried fruit in a bowl and cover with your chosen liquid. Let it soak for at least a couple of hours, or preferably overnight.
2. **Add flour:** Stir the self-raising flour into the soaked fruit until it's well combined to form a thick batter. Note: you can add ginger or any spice you might like at this point too.
3. **Prepare the slow cooker:** Grease and line your slow cooker with alfoil then 2 layers of baking paper, covering the bottom and sides. A long strip down the middle can help with removal later.
4. **Cook the cake:** Pour the batter into the lined slow cooker. Place the slow cooker's lid on top with a clean tea towel wrapped around it to absorb condensation. Cook on **low** for approximately 7-8 hours, or until cooked through.
5. **Cool:** Allow the cake to cool in the slow cooker before turning it out. Store in cool dry place, it keeps for ages.

Bacon Wrapped Bangers

- Preheat oven to hot 200c
- Use small sausages or cocktail franks
- Wrap each sausage with bacon, place on foil lined tray.
- Sprinkle with brown sugar.
- Bake uncovered until bacon is crisp and sausage is heated through around 30 mins.
- Serve with your choice of saucy dip.



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.

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

Thank you

Halcro Street Community Centre and Gardens

The Halcro Street Community Centre is a vibrant hub of connection, learning, and support for the Fraser Coast community.

With activities and groups led by a passionate team of people, the Halcro Street Community Centre is a welcoming space where everyone can find opportunities to learn, grow, and connect.

Address: 30 Halcro Street, Pialba

Opening hours: Monday to Friday, 9am - 3pm

Phone: (07) 4194 2441

Email:

community@frasercoast.qld.gov.au



Monday at Church Of Christ, 27 Neils street, Pialba

Wednesday at Bill Fraser Park, Esplanade

Friday at The Pines (Purple park), Esplanade

Call our office for more information 4124 0913

Comfort Kitchen is a free weekly community meal program designed to bring people together in a safe, welcoming space.

It's more than just a meal—it's an opportunity to connect, share stories, and break down the barriers of social isolation.

Comfort Kitchen is open to: *Anyone in the community who would benefit from a warm meal.

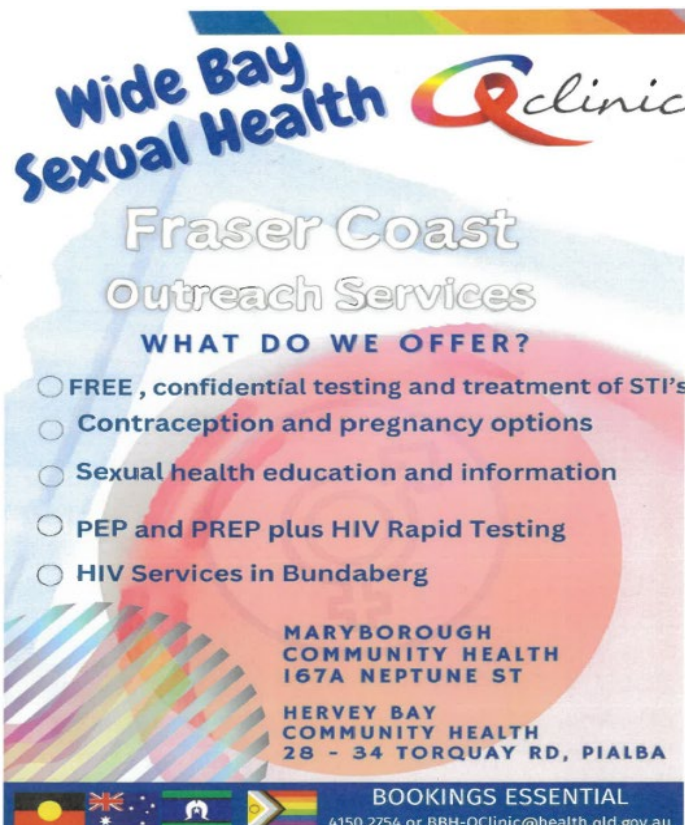
*Individuals seeking company and a sense of belonging. Whether you're in need of a meal or simply a friendly face, **you're always welcome at Comfort Kitchen.**

When: Every Wednesday, 4:30 PM to 5:30 PM

Where: Hervey Bay Community Centre, 22 Charles St, Pialba QLD 4194 3000

Donate: **Comfort Kitchen relies on community support to keep running. Every dollar helps provide meals and maintain this vital service.**

Volunteer: Join our team of volunteers and make a direct impact by cooking, serving, or supporting behind the scenes.



Wide Bay Sexual Health Qclinic

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
4150 2754 or BBH-Qclinic@health.qld.gov.au

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

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- HOUSING & CULTURAL DEVELOPMENT – 4122 4382 / 0498 578 110**
- **UNDERNOO KINDERGARTEN – 4121 5831**

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 month

Counselling A free and confidential counselling service by appointment only 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 and put to good use. Thank you.

Counsellor or Workshop Bookings .We realise that at times not being able to attend an appointment is unavoidable, but please be mindful if you cannot attend a booked counselling or workshop session, ***please*** phone the Centre to cancel as soon as possible.

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.

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

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**POSTAGE
PAID
AUSTRALIA**

If undeliverable, please return to:

**Wide Bay Women's Health Centre
PO Box 5003, TORQUAY QLD 4655**