



# Wide Bay Women's Health Centre Inc.

## ZENDA

FOR WOMEN BY WOMEN  
APRIL & MAY 2026 Newsletter

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International Women's day Morning Tea, held in March at the Centre was well attended, with plenty of laughter and good food. Thank you to all that came along and contributed to the living mural themed board, "Give to Gain"



## ABOUT US



Hello. My name is Cathy. Wide Bay Women's Health Centre Management Committee. Being funded by the government, and keeping the status of a not-for-profit organization requires the Wide Bay Women's Health Centre to have a management committee to be run by volunteers. The management committee are legally bound to ensure the appropriate expenditure of Government funds. It is to be distributed in accordance with our contracts from the department.

Each year we have an Annual General Meeting (AGM) where members of the organisation vote for and elect new (or used 😊) management committee members. Positions on the MC include President, Secretary, Treasurer and ordinary members. We hold at least 10 meetings a year, usually held monthly.

One of the roles includes supporting staff, especially the manager. The Treasurer keeps a close eye on the budgets and where the money is being spent. The Secretary does the minutes of the meeting and at time does correspondence. The President convenes and leads the meetings. All the members are to discuss and action matters that arise from issues presented at the Centre. We help with policy development and approvals.

I love being on this committee because of my passion in supporting women in community. There are very few women lead organisations, run for women by women. Women can for all sorts of reasons seek out support, understanding, connection, enjoyment, fun, comradery, and a safe place to recoup and feel respected and valued. We have it in this Centre.

I am so glad women keep using all the amenities and services here. It means we are still relevant and providing what the community truly needs.

**Cheers Cathy**



Hello. My name is Vicki Elves, and I am pleased to volunteer as a member of the Wide Bay Women's Health Centre (WBWHC) Inc management committee. The committee meets monthly to receive reports from Lynette our Centre Manager and to collaborate with her to maintain centre function. I have had a life focussed on the care of others working as a registered nurse for 45 years and as a mother of three. As a member of the 'boomer generation' I was born in 1958, I have been motivated to maintain a feminist framework in my life by the progress feminists have achieved over my lifetime such as, anti-discrimination laws, maternity leave, access to contraception and reproduction rights and challenging social norms about the role of women. Luckily feminism continues to grow, and the current generation of feminists recognises the variety of women's experiences and uses innovative technology to send our message to the world.

I am very happy that I can make a small contribution to the health and wellbeing of women in our community by acting as a volunteer to support the valuable work of the Wide Bay Women's Health Centre. **Vicki**

### From the Manager



**Hi. From Lynette**

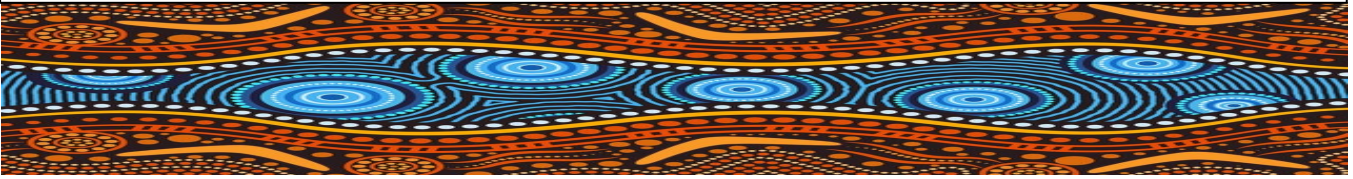
Let me introduce -Julie.  
A welcome team member, a wife, mother, and accomplished accountant and an integral part of our Centre.  
Welcome Julie!

I hope you are enjoying our Workshops. They have proved to be very popular as booked out each session, so get in early and best of all (except Yoga) they are free, with more to come later in the year.

See you soon.

**Lynette**

# Indigenous News with Karen



I acknowledge and pay my respects to our 'Butchulla' Elders, and Leaders, past, present and emerging whose country we live, walk, work and play on. **Yowalla (Hello)**

My name is Karen, I am a proud Gungurri Woman, born and raised in Dalby on the Darling Downs. Last year I made the decision to move to Hervey Bay and semi-retire. I have been truly fortunate to gain part time employment with the Wide Bay Women's Health Centre as the Indigenous Women's Community Worker. My passion has always been to work with and support Indigenous Women and Children in various community service settings such as Health and Wellbeing, Education, Training and



Employment, Housing, Homelessness, Domestic Violence and Disability Service and have over 40 years of experience. I am looking forward to my new role making new connections while maintaining existing relationships within the WBWHC and the Wide Bay Community and offering my support where I can. Please feel free to call (07) 41255788 or drop into the Centre if you need assistance or if it's just a chat you need. **Kind Regards Karen Farnham**

## Farewell Aunty Marj, though not from our hearts.

Marj (Indigenous Community Health worker) is taking well-earned retirement at last, after 25 years at the Centre, to enjoy family and her own life and writing pursuits. Recently the Centre held a presentation of Appreciation to Marj and Volunteers Aunty Jan, Julie and Marilyn and others that have contributed to making the Centre what it is today



# Indigenous News with Karen

## SIGNIFICANT DATES

**National Sorry Day** held annually on May 26th in Australia, is a day of remembrance and reflection for the Stolen Generations -Aboriginal and Torres Strait Islander children forcibly removed from their families, communities and cultures. It acknowledges the lasting trauma of these policies, honors survivors' strength and promotes healing and reconciliation. To raise awareness of the impact of the forced removal of Indigenous children, acknowledge the suffering of the Stolen Generations, and promote healing for families and communities.

**2026**  
**Aboriginal and Torres Strait Islander**  
**KEY DATES**

<b>26 JANUARY</b> Survival Day	<b>05 - 12 JULY</b> NAIDOC Week
<b>13 FEBRUARY</b> Apology Day	<b>04 AUGUST</b> Aboriginal and Torres Strait Islander Children's Day
<b>19 MARCH</b> National Close the Gap Day	<b>09 AUGUST</b> UN International Day of World's Indigenous Peoples
<b>26 MAY</b> National Sorry Day	<b>02 SEPTEMBER</b> Indigenous Literacy Day
<b>27 MAY</b> 1967 Referendum	<b>13 SEPTEMBER</b> Anniversary UN Declaration on the Rights of Indigenous Peoples
<b>27 MAY - 03 JUNE</b> Reconciliation Week	
<b>03 JUNE</b> Mabo Day	
<b>01 JULY</b> Coming of the Light	

Disclaimer: This is a brief listing of some of the key Aboriginal and Torres Strait Islander Key Dates in 2026. There may be other dates and significant local events that have not been specified in this listing. Dates may be subject to change.

ICN 1747

Date: 26th May (observed annually) The First National Sorry Day was held on 26th May 1998, one year after the 1997 "Bringing Them Home" Report was tabled in Parliament. The report recommended a National Day of Apology for the policies that separated these children.

The Day marks the beginning of **National Reconciliation Week (27th May -3 June)**

Commemorations include memorial services, wreath-laying ceremonies and community gatherings.

### **All In for National Reconciliation Week 2026**

The theme for National Reconciliation Week 2026 is *All In*, a call for all Australians to commit wholeheartedly to reconciliation every single day.

*All In* makes clear that reconciliation is not a spectator sport and that all of us must step away from the sidelines and take action to make change. The theme also reminds Australians that reconciliation and advancing Aboriginal and Torres Strait Islander peoples' rights isn't a passive activity, and it is not solely the responsibility of First Nations people, who have carried the weight of championing, explaining and acting for far too long.

Reconciliation will not happen by itself, and it will not happen without all of us.

The #NRW2026 campaign was created in collaboration with Carbon Creative, a First Nations-owned and operated marketing and creative agency.

The artwork for this campaign is by renowned **Gumbaynggirr /Bundjalung** artist Otis Hope Carey, who applied his distinctive style to create a colourful and optimistic visual representation of people from all walks of life being 'all in' to make change.

Events are held nationwide in workplaces, schools, and communities, often focusing on education, storytelling and cultural appreciation

NATIONAL RECONCILIATION WEEK 2026 27 MAY - 3 JUNE

# ALL IN

FOR RECONCILIATION

#NRW2026 RECONCILIATION.ORG.AU 25 YEARS OF RECONCILIATION AUSTRALIA

# Indigenous News with Karen

**Yarning Circle Group** sessions - Continue to grow, with many long-term and new elders sharing their knowledge and skills. Stories to be told, and much fun and laughter to be shared.

Recently, the Hervey Bay Regional Gallery in Pialba, were host to the group.



*Social Butterfly Sisters*  
walking group

6.30am - 7:30am  
three days a week

**Meeting Places**  
Mondays - Urangan Pier Carpark, Urangan  
Wednesdays - Aqua view carpark Torquay  
Fridays - Enzo's carpark Scarness  
\*excluding school holidays

For more information contact  
Wide Bay Women's Health Centre Inc.  
4125 5788

You are Welcome to join the **Butterfly Sisters** Walking Group. Nothing strenuous, no pressure, just enjoy the early morning peace and quiet of our beautiful coastline. Walk and Talk. Meet at different places. Maybe chat over a coffee after. Just try it !!



# NATS News

## Community Engagement

### Worker



### International Women's Day (IWD) 2026

The International Women's Day 2026 theme "Give To Gain" promotes a mindset of generosity, mentorship, and collaboration, recognising that when individuals and organizations intentionally invest resources - such as time, visibility, and opportunity - in supporting women, everyone benefits. It frames empowerment as a collaborative effort to foster growth and equality, turning the focus from mere donation to strategic "multiplication" of impact - the ripple effect.

Around 30 women came together to celebrate IWD at the Centre on 9 March 2026, breathing much laughter and feminine energy back into the Centre, twelve months after our devastating flood event.

We enjoyed a delicious morning tea with a cuppa, a poetry reading and took some playful photos using the purple props provided. The lucky door prizes were also a hit, with Lynette on the bell, drawing tickets and handing out goodie bags to the lucky winners.

### Give to Gain Living Mural

Women were asked to post notes on the board answering three Give to Gain questions:

- A woman I admire
- What advice would I give to my younger self
- What do I give

The responses were insightful and heartfelt, a real testament to the strength and resilience of our local women. A demonstration that gratitude and kindness win every time!



# NATS News

## Community Engagement Worker

### Creative workshops



#### COMMUNICATION ESSENTIALS

COMMUNICATION IS A PROCESS AND MORE THAN JUST SPEAKING AND LISTENING - IT IS A COMPLEX TWO WAY EXCHANGE

Come along and learn some communications essentials such as getting your message across and effectively setting boundaries.

Book now: phone 4125 5788  
Enquiries: info@wbwhc.org.au  
www.wbwhc.org.au

Wide Bay Women's Health Centre Inc.



10AM TO 12PM

MONDAY'S:

15 APR 2026  
23 MAY 2026  
1 JUNE 2026  
6 JULY 2026

8 Truro Street  
Torquay Qld 4655

The goal of this standalone 2 hr workshop is to understand “the art of the message” and the mechanics of how we individually send and receive information.

You will be provided with clear tools for communicating effectively and protecting healthy relationships in all areas of life – romantic, platonic and professional.

You will learn to identify personal communication styles, practice Active Listening and Assertive Communication using various tools and techniques.

Find out how using an "I" statement changes the energy of a conversation and sets clear boundaries and also discuss the importance of non-verbal cues.

If the following little story resonates with you, why not register for one of the Communication Essentials workshops

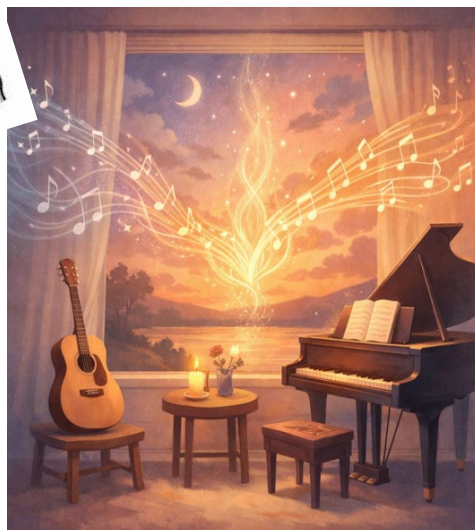
Picture two musical instruments playing in the same room.

One plays its own melody while the other plays a completely different tune. The sounds overlap but never harmonize, each instrument is performing solo despite being close enough to hear the other.

Now imagine those same instruments finding the same key, listening to each other's rhythm, creating something beautiful that neither could make alone.

That resonance, that harmony, is what real communication and connection feels like.

Are your conversations creating harmony, or just overlapping noise?



# UPCOMING EVENTS



## BOOK CLUB

Join fellow female book lovers to talk books once a month. Give the group a rundown of your chosen book, what you liked the most or didn't enjoy, and if you'd recommend it to others.

Help each other learn about different genre's, new authors and enjoy a light and relaxed literary chat over a cuppa.

Book now: phone 4125 5788  
Enquiries: info@wbwhc.org.au  
www.wbwhc.org.au

Wide Bay Women's Health Centre Inc.



10:30 AM TO 12PM

FRIDAY'S:

13 FEB 2026  
13 MAR 2026  
10 APR 2026  
8 MAY 2026  
12 JUNE 2026



8 Truro Street  
Torquay Qld 4655



## BUTTON ART WORKSHOPS

Create a floral canvas decorated with buttons

Have some fun creating a sweet canvas board using supplied buttons, or bring your own special buttons.

Book now: phone 4125 5788  
Enquiries: info@wbwhc.org.au  
www.wbwhc.org.au

Wide Bay Women's Health Centre Inc.



10AM TO 12PM

MONDAY'S:

20 APRIL 2026  
27 APRIL 2026  
11 MAY 2026  
18 MAY 2026



8 Truro Street  
Torquay Qld 4655



## CHAIR YOGA

Boost strength, flexibility, balance and mental well-being

Chair yoga is an adapted yoga practice that allows you to stay seated while practicing yoga focused poses.

Cost: \$10 per session - please bring exact cash to pay your yoga teacher directly.  
Book now: phone 4125 5788  
Enquiries: info@wbwhc.org.au  
www.wbwhc.org.au

Wide Bay Women's Health Centre Inc.



10:30 TO 11:15AM

TUESDAY'S (2026):

7, 14, 21, 28 APRIL  
19, 26 MAY  
2, 9, 16, 23, 30 JUNE



8 Truro Street  
Torquay Qld 4655



## COMMUNICATION ESSENTIALS

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Wide Bay Women's Health Centre Inc.



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6 JULY 2026



8 Truro Street  
Torquay Qld 4655

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# Domestic and Family Violence prevention Month May 2026

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## Together Queenslanders can prevent domestic and family violence.

Coercive control is a strategic pattern of behaviour used by an abuser to establish power, dominance, and control over a partner or family member. It involves a combination of emotional, financial, sexual, or physical abuse designed to strip away a victim's autonomy, liberty, and independence. This ongoing, often invisible, pattern creates fear and limits freedom.

**COERCIVE CONTROL ROADSHOW**

Invitation to victims and survivors of Domestic and Family Violence

Agencies are invited to nominate two or three clients to participate in this event. Please advise numbers by 7 May, so unused 'spaces' can be re-allocated.

Lunch is provided, tea and coffee available throughout the day.

**Date & Time:**  
Thursday 28  
May 2026  
10am to 2pm

**Roadshow features:**  
Panel discussion, Q & A on Coercive Control featuring QPS, counsellors and legal representatives

**Pamper Stations:**

- Massage
- Yoga
- Hair cuts
- Dietitian
- Meditation
- Clothing inc Bra Fitting

The Urangan Community Wellness Centre  
Elizabeth St, Urangan

RSVP: [info@wbwhc.org.au](mailto:info@wbwhc.org.au)  
Phone: 4125 5788

**SOCIAL SHIFT INSTITUTE**

**FRASER COAST**

## Key Aspects of Coercive Control:

**Pattern, Not Isolated Incidents:** It is a sustained, long-term campaign rather than a one-off argument.

**Goal of Subordination:** Actions are intended to make the victim dependent on the perpetrator.

**Isolation:** Severing ties with family, friends, and support systems to increase reliance on the abuser.

**Monitoring/Surveillance:** Using technology, tracking devices, or constant questioning to monitor movements and communications.

**Intimidation and Threats:** Using fear, threats of violence, self-harm, or threats against children/pets to maintain control.

**Regulation of Daily Life:** Controlling what the victim wears, eats, when they sleep, or where they go.

**Financial Abuse:** Controlling money, preventing employment, or creating debt to eliminate financial independence.

## Impact on Victims:

Coercive control can have severe, long-lasting mental health effects, including fear, anxiety, and an eroded sense of self. It is considered a form of domestic abuse that often precedes or accompanies physical violence.

Approximately 1 in 4 (27% or 2.7 million) Australian women and 1 in 8 (12% or 1.1 million) men aged 18+ have experienced physical and/or sexual violence or emotional/economic abuse by an intimate partner or family member since the age of 15.

## In 2022–23, police recorded over 88,000 family/domestic violence offenders.

**Gender Disparity: Women are significantly more likely to experience intimate partner violence, with 88% of assault hospitalisations involving a spouse or domestic partner being female.**

*Australian Institute of Health and Welfare*

## CALENDAR OF UPCOMING EVENTS & WORKSHOPS

<b>April 2026</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Mandala Design	<b>2</b>	<b>3</b> Good Friday	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> Chair Yoga	<b>8</b> Mandala Design	<b>9</b>	<b>10</b> Book Club	<b>11</b>
<b>12</b>	<b>13</b> Communication Essentials	<b>14</b> Chair Yoga	<b>15</b> Mandala Design	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Button Art	<b>21</b> Chair Yoga	<b>22</b> Mandala Design	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Button Art	<b>28</b> Chair Yoga	<b>29</b>	<b>30</b>		

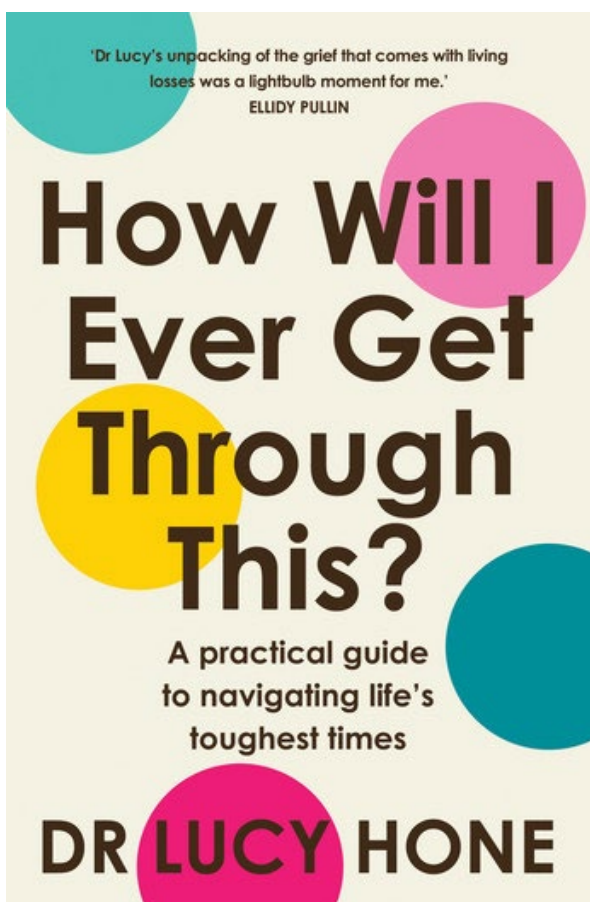
*Check your smoke alarms in April.*

<b>May 2026</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b>					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> May Day Holiday	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Book Club	<b>9</b>
<b>10</b>	<b>11</b> Button Art	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> Button Art	<b>19</b> Chair Yoga	<b>20</b>	<b>21</b>	<b>22</b> Show Holiday	<b>23</b>
<b>24</b>	<b>25</b> Communication Essentials	<b>26</b> Chair Yoga	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

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## Book Review

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From bestselling author and TED speaker Dr Lucy Hone comes a timely and much-needed guide to surviving the silent epidemic of living loss - the kind that follows divorce, illness, estrangement, redundancy, infertility or any other life upheaval.

Grief is not confined to bereavement. Yet society rarely recognises these non-death losses, leaving many people feeling isolated and unseen. In this deeply compassionate book, Hone draws on her own experience of multiple losses, decades of resilience research, and the voices of others navigating profound change, to offer a unique lifeline to readers.

Structured around twenty key questions, *How Will I Ever Get Through This?* gently assists readers to move from initial overwhelm (*Why do I feel so physically exhausted? Why do I feel so lonely? Who am I now?*) to hopeful reengagement (*Who and what is still good in your world? Who and what do you want to live for?*).

*How Will I Ever Get Through This?* will leave readers more resilient, empowered and better equipped to face the future than ever before.

**Available for loan** at the Centre Library – Membership only \$5 each financial Year.

**Join this month and get 3 months free.**

**Don't pay again till June 30, 2027**

### HAVE YOU RENEWED YOUR MEMBERSHIP?

**Membership period.** It is from **1 July 2026 - 30 June 2027**

Membership fees help to fund our Centre activities, access to our self-care library, and an emailed copy of our bi-monthly newsletter. If you want to **renew or join**, you can call into the centre to renew or go to our Webpage **wbwhc.org.au** then **Resources** and you will see the membership form and also previous newsletters.

**Annual membership only \$5.00**

### Everyone Has a Story in Life

A 24-year-old boy seeing out from the train's window shouted...

"Dad, look the trees are going behind!"

Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behaviour with pity, suddenly he again exclaimed...

"Dad, look the clouds are running with us!"

The couple couldn't resist and said to the old man...

"Why don't you take your son to a good doctor?" The old man smiled and said..."I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today."

Every single person on the planet has a story. Don't judge people before you truly know them.

The truth might surprise

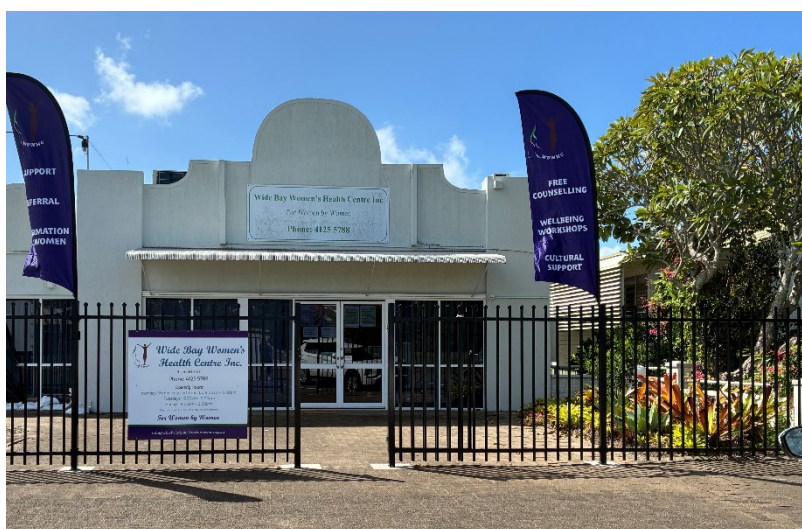
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## Poets Corner

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### **Wide Bay Women's Health Centre,**

A sanctuary where spirits find their grace,  
The halls are filled with women's steady strength,  
A bright and caring, open-hearted space.  
Through workshops built for healing and for growth,  
They find the tools to thrive and stand so tall,  
Where shared stories bloom in every room,  
And kindness is the bridge that holds them all.  
The air is light with echoes of their laughter,  
A melody of courage, warm and true,  
A sisterhood that nurtures every soul,  
And helps the inner light break through anew.



At the **Wide Bay Women's Health Centre,**  
A sanctuary where women find their way,  
In a caring space where kindness blooms  
To brighten every spirit, every day.  
Through counselling, hearts find quiet peace,  
A place to speak and truly be heard,  
While workshops spark a brand-new light  
In every shared and supportive word.  
The rooms are filled with laughter's ring,  
A melody of strength that's found its voice,  
A sisterhood where healing starts,  
And every woman makes a powerful choice.

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## EASY PEASY RECIPE submitted by Lola

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This classic Australian-style recipe for curried rissoles creates tender beef patties packed with flavour, perfect served with mash or in a sandwich. The mixture typically combines 500g beef mince, curry powder, onion, egg, breadcrumbs, and herbs, fried until golden and succulent.

**Rissoles with Curry** Prep time: 15 mins Cook time: 20 mins

### Ingredients:

- 500g beef mince
- 1 small brown onion, finely diced (or grated)
- 1 teaspoons mild or hot curry powder (to taste)
- 1 egg, lightly beaten
- 1/2 cup breadcrumbs (or Rolled oats)
- 1 tablespoon Worcestershire sauce or BBQ sauce
- 1 garlic clove, crushed (optional)
- Salt and pepper to taste
- Flour, for dusting
- Oil, for shallow frying

### Instructions:

1. **Mix:** In a large bowl, combine the beef mince, onion, curry powder, egg, breadcrumbs, sauce, garlic, salt, and pepper. Mix well with your hands.
2. **Shape:** Shape the mixture into 8–10 small, flat, round patties.
3. **Coat:** Lightly dust the rissoles with flour (this helps create a crust).
4. **Cook:** Heat oil in a large frying pan over medium heat. Fry the rissoles for 4–5 minutes on each side until browned and cooked through.
5. **Serve:** Serve hot with mashed potatoes and vegetables, or with salad.

### Lola says tips for Success:

- **Juiciness:** Mix in a finely grated carrot or zucchini to keep them moist.
- **Flavour Boost:** For extra flavour, fry an extra onion in the pan after removing the rissoles, add another teaspoon of curry powder and some beef stock to make a quick gravy to pour over them.
- **Resting:** Let the mixture rest in the fridge for 30 minutes before shaping to help them hold their form better.

### Other Cooking & Prep Hacks

- **Prevent Slipping:** Place a damp paper towel or cloth under your cutting board to keep it steady. **Easy Peel Ginger:** Use the edge of a spoon to scrape skin off ginger, which works better around contours. **Prevent Boiling Over:** Lay a wooden spoon across the top of a pot to stop water or pasta from boiling over. **Save Salty Soup:** Drop a peeled potato into the pot to absorb excess salt. **Perfect Bacon:** Soak bacon in cold water for 3–4 minutes before frying to reduce shrinkage and splatter. **Ice Cream Saver:** Place a piece of wax paper or a plastic bag inside the container on top of the ice cream to prevent freezer burn. **Soft Brown Sugar:** Keep a few marshmallows in your brown sugar container to keep it from hardening.

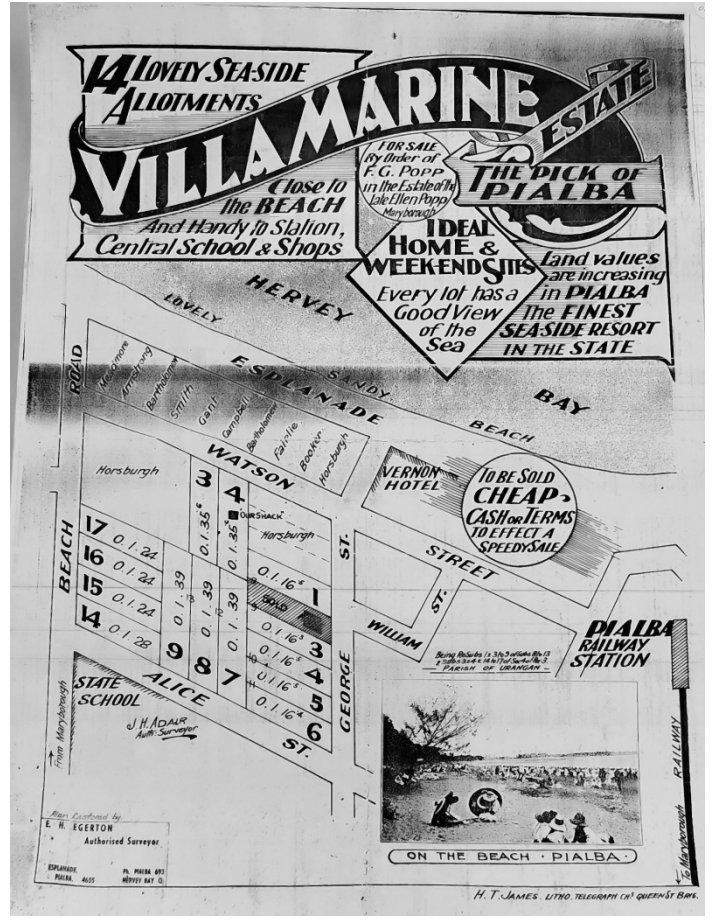


All recipe ideas welcome. Submit via email [info@wbwhc.org.au](mailto:info@wbwhc.org.au) for the next issue.

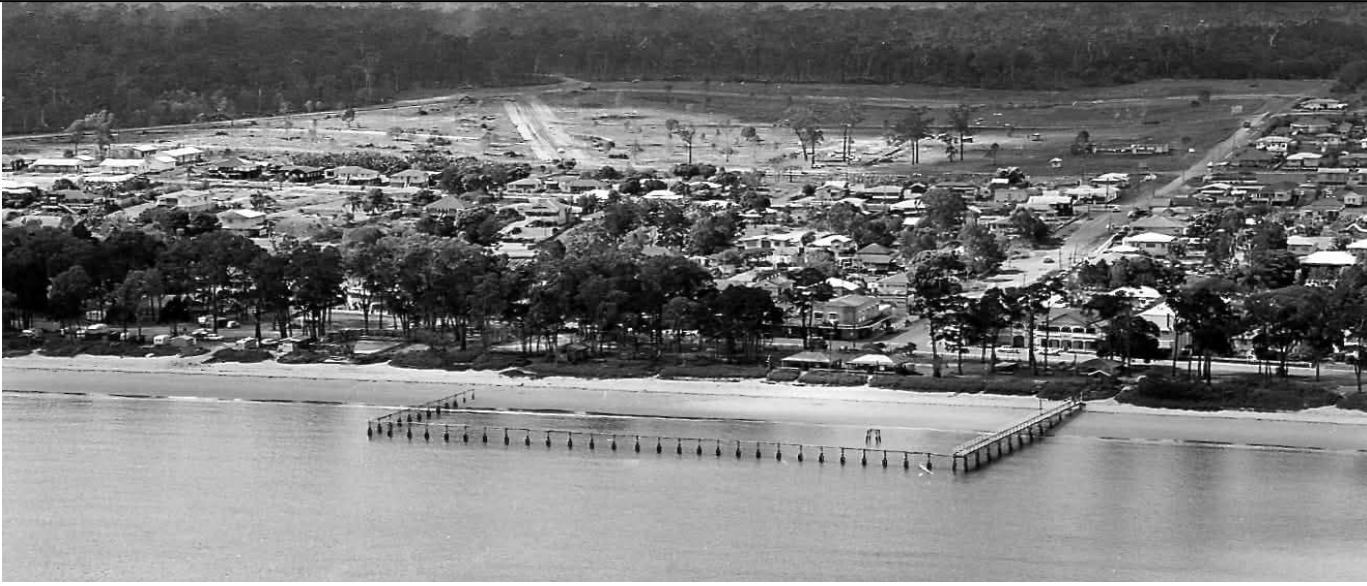
## REMEMBER WHEN !



Iconic Blue Store – Beach Rd



Swimming enclosure Scarness 1939-1970's The permanent Scarness enclosure, constructed in the late 1930s and connected to the dilapidated jetty, was the grandest of all enclosures. It featured diving platforms, slippery slides, and other attractions. A higher, broader, and more durable jetty was built opposite the infamous and iconic Scarborough Hotel (on the same site as the current Beach House Hotel). The Second World War brought unexpected upgrades. In 1952, the Scarness enclosure was reinforced with heavy-duty mesh salvaged from Sydney Harbour's wartime defences—netting originally designed to keep Japanese submarines out of Port Jackson. However, by the 1970s, time and tide had taken their toll. Shifting sands, storm damage, increasing maintenance costs and heightened public liability risks made the enclosures increasingly difficult to sustain. Changing public attitudes also played a role: improved swimming skills, enhanced lifesaving services, and a greater acceptance of open-water swimming led to a decline in interest in enclosures, resulting in the gradual dismantling of the structures. Photos courtesy of Hervey Bay the Good Old Days Facebook



**DV Connect (Qld) State-wide Domestic Violence Hotline 24 hours, 7 Days. State-Wide Sexual Assault Helpline 1800 010 120 7:30am to 11:30pm 7 days [www.dvconnect.org](http://www.dvconnect.org)**

**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.

**Mobile Women's Health Service**

Providing Women in the Fraser Coast – Wide Bay Area, access to holistic preventive healthcare. This is a free and confidential service for women, no referral needed.

- Cervical Screening
- Health information
- Hormone replacement, Menopause
- Breast awareness and education
- **Any other health matters** you wish to discuss

Make an appointment by calling Wide Bay Hospital and Health Service. 1300 090 760 or make a booking online <https://www.widebay.health.qld.gov.au/patients-and-visitors/womens-health-appointments>

**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**



The poster features a green background with a colorful pattern of dots at the top. The title 'Resilient Connections Life Transitions Discussion Group' is prominently displayed in white and green text. Below the title is a photograph of a winding road through a mountainous landscape. To the right of the photo is a calendar icon. The text 'Wednesday 1.00pm to 2.30pm' and 'Urangan Community Wellness Centre' is written in blue, with 'No Cost' in black below it. Logos for HBNC, Resilient CARE, CCG, and phn are at the bottom. A small text block at the very bottom explains the funding: 'This program is funded by Country to Coast Queensland (CCQ) through the Australian Government's PMH program and is supported by the Resilient CARE program, a partnership between CCQ and Australian Business Volunteers.'

**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](mailto:info@wbwhc.org.au)  
Website: [www.wbwhc.org.au](http://www.wbwhc.org.au)  
& Facebook

Copies of flyers for workshops advertised in this newsletter are available on our website or at the centre

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\***

### CONTACT NUMBERS

Alcohol & Other Drugs	1800 177 833
Community Health H 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 only, 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.  
**WE DO NOT PROVIDE ANY MEDICAL SERVICES**

### 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. 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.

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.

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