



Wide Bay Women's Health Centre Inc.

ZENDA

FOR WOMEN BY WOMEN

JUNE & JULY 2026 Newsletter



What's inside:

PAGE 2 ABOUT US & FROM THE MANAGER

PAGE 3 INDIGENOUS NEWS WITH KAREN

PAGE 4-6 NATS NEWS

PAGE 7 UPCOMING EVENTS

PAGE 8 BOOK REVIEW

PAGE 9-10 FUN POETRY / REMEMBER WHEN

PAGE 11-12 OTHER SERVICES

April - Fun with Button Art Workshop



ABOUT US

Notice Board



My name is Amanda Gorry.

I have been a board member for Wide Bay Women's Health Centre for 5 years.

As a Social Worker of 30+ years I am committed to improving the lives of women and being a board member is my small contribution towards doing that in our wonderful community.

If you see me around say hi 😊.



Seeking expressions of interest for a **Volunteer** to help in all areas at the Centre.

Do you have 2-6 hours, 1 day or 2 days each week. Call reception on 4125 5788 and lets chat.



From the Manager



Hello Members

Let me introduce -Patti

Patti works 2 days a week Monday & Wednesday providing gender-based violence support in our counselling team and is an integral part of our Centre. A welcome team member.

Well, the year is moving along so quickly, when I think back to this time last year the centre was a mess of missing walls and bare floors after the water damage in March.

We have come a long way and thanks to the great team at the centre we are powering ahead with a fresh new look, new workshops, (some) new staff and great programmes to be part of, but our philosophy remains the same:

The Wide Bay Women's Health Centre is about positive personal social growth.

This growth encourages women to take control of their lives and participate in making decisions which affect their wellbeing.

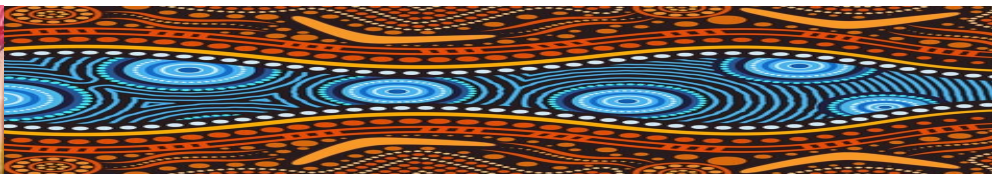
Oh! and don't forget to check out the great article on the centre in the May edition of **Alive Magazine**.

<https://alivemag.blog/previous-editions/>

See you soon.

Lynette

Indigenous News with Karen



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



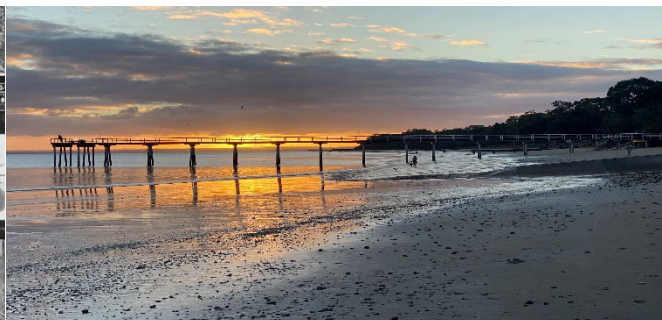
Yarning Circle

Thank you to all that are supporting and enjoying the great and varied venues for Yarning Circle. We have been welcomed at Ka'lang, the Fraser Coast library, Hervey Bay Gallery and The Neighbourhood Hive. Sharing laughter, learning the Art of Weaving, enjoying good food and simply being !



Butterfly Sisters Walk and Talk

The mornings are simply stunning. All are Welcome to join us. No big groups, nothing strenuous, no pressure, just enjoy the early morning peace and quiet of our beautiful coastline. Meet at different places. Maybe chat over a coffee after. Call the Centre for times Just try it !!



NAIDOC Week 2026

The theme is **"50 Years of Deadly"**.

This theme marks a major milestone,

celebrating five decades of NAIDOC Week as a platform to honour the strength, resilience, and cultural pride of Aboriginal and Torres Strait Islander peoples and to look toward the future.

Please join in the Celebrations: **6th July Family Fun Day at City Park Pialba**

8th July Ghundus Disco at PCYC. 9th July Youth Ball at Brolga Theatre.

10th July Golf Day at Hervey Bay Clubhouse. 11th July NAIDOC Ball at the Beach House.

For more information on local events contact the Naidoc committee or look online

<https://www.naidoc.org.au/local-events/local-naidoc-week-events>

50 Years of Deadly is a marker of what has been built and of the momentum still growing. It is a reminder that NAIDOC belongs to community, that culture leads, and that the work continues.

NATS News



Community Engagement Worker



Driftwood Art Workshops (June)

Discover the art of slow creation in this tactile, soul-soothing workshop.

We'll be transforming weathered driftwood—each piece shaped by the tides and the sun—into unique, organic wall hangings and mobiles that bring the spirit of the coast into your home.

This session is an invitation to play with texture and balance. You'll learn how to knot twine and raffia, drill holes, glue or tie-on feathers, beads, and seashells. Whether you choose to create a structured wall piece or a free-moving mobile that dances in the breeze, the process is entirely freestyle.

There are no "right" ways to assemble your piece—only your way. We focus on the rhythmic, meditative act of threading, knotting, and arranging "nature's treasures" into a personal narrative. It's a wonderful opportunity to disconnect from the digital world and reconnect with the raw, earthy materials provided by the land and sea.

Leave the technical pressure at the door and join us for a morning of creative wandering. You'll walk away with a

handcrafted statement piece that carries the echoes of the ocean and the warmth of a morning spent in good company.

If you have any natural "found" treasures or special beads/old necklaces you want to incorporate into your art, please bring them along.



Community Engagement Worker

Vision Boards (July) Dates to be confirmed. Updates on Facebook in June.

Unlock the power of intentionality in this inspiring, hands-on Vision Board Workshop. A vision board is more than just a collage; it is a visual map of your deepest aspirations—a dedicated space where your dreams for travel, career, health, and personal growth take tangible form.



In this session, we move beyond the "to-do list" and tap into the "to-be list." Using a selection of magazines, evocative imagery, and bold typography, you will sift through the noise to find the symbols and words that truly resonate with your future self. Whether you are manifesting a cross-continental adventure, a shift in your personal wellness, or a new

professional milestone, the act of selecting and placing these elements onto your canvas board helps clarify your focus and ignite your motivation.

This is a freestyle space designed for reflection and connection. There is no artistic "skill" required—only a willingness to explore what makes you feel excited for the months ahead. Join us for an afternoon of quiet contemplation and creative fun, and walk away with a powerful, personalized tool to help you navigate your journey toward the life you want to lead.



UPCOMING EVENTS



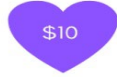
CHAIR YOGA

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

Workshops For Women By Women

Follow us on facebook for details of upcoming workshops

Neuro Flow



Chair Yoga (1st)



Vision Boards



Driftwood Art



Mixed Media Art



The Art of Conversation



Mandalas



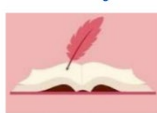
Abstract Art



Christmas Craft



Poetry



Wide Bay Women's Health Centre Inc.

8 Truro Street, Torquay Qld 4655

Book now: phone 4125 5788

Enquiries: info@wbwhc.org.au

www.wbwhc.org.au



Queensland Government
Department of Families, Seniors,
Disability Services and Child Safety



NEURO FLOW WORKSHOPS

Learn how doodling can create calm

Come along and learn some simple neurographic art techniques to help you think about problems differently and relax.

Book now: phone 4125 5788



10AM TO 12PM

MONDAY'S:

25 MAY 2026
1 JUNE 2026
6, 13, 20 & 27
JULY 2026



DRIFTWOOD ART

GET HANDS-ON WITH DRIFTWOOD, BEADS, SHELLS, FEATHERS AND SEEDPODS TO CREATE A UNIQUE WALL HANGING OR MOBILE

Come along and create a piece of driftwood art to display in your home or garden, or give as a gift. All materials are supplied, but you are welcome to bring your own found or precious treasures to include in your piece.

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:

8, 15, 22 & 29
JUNE 2026



8 Truro Street
Torquay Qld 4655

The art of conversation is the skilled practice of building genuine connection, rapport, and mutual understanding through active listening, thoughtful open-ended questions,

and empathy. It transforms mundane exchanges into engaging interactions by focusing on curiosity rather than just information, fostering deeper connections in both personal and professional life.

- **Active Listening:** Listening involves being present, validating the speaker with nods or verbal cues, and engaging with their answers, rather than simply waiting for your turn to talk.
- **Open-Ended Questions:** Move beyond small talk by asking "why" or "how" to explore motivations, emotions, and personal stories, turning basic facts into engaging narratives.
- **Body Language & Presence:** Maintain calm energy, moderate eye contact (around 50% of the time), and use smiles to create a comfortable, non-threatening atmosphere.

Empathy and Curiosity: Show genuine interest in others' perspectives, fostering rapport by acknowledging feelings and viewpoints.

UPCOMING EVENTS

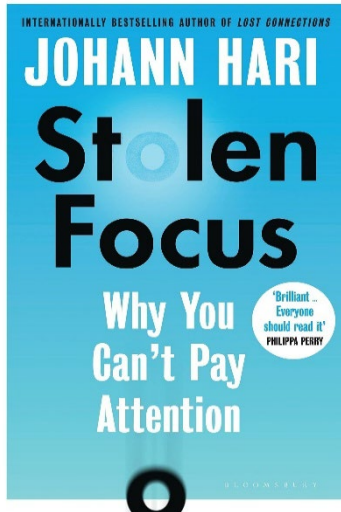
June 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Neuro Flow	2 Chair Yoga	3	4. Yarning Circle at the Centre	5	6 Food & Wine Festival
7	8 Driftwood Art	9 Chair Yoga	10	11	12	13
14	15 Driftwood Art	16 Chair Yoga	17	18	19	20
21	22 Driftwood Art	23 Chair Yoga	24	25	26	27
28	29 Driftwood Art	30 Chair Yoga				

Everyone Has a Story in Life

A man walked to the top of a hill to talk to God. The man asked, "God, what's a million years to you?" and God said, "A minute." Then the man asked, "Well, what's a million dollars to you?" and God said, "A penny." Then the man asked, "God.....can I have a penny?" and God said, "Sure.....in a minute."

July 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2.	3	4
5	6 Neuro Flow Naidoc Fun Day Pialba City Park	7 Chair Yoga	8 Ghundas Disco PCYC Pialba	9 Naidoc Youth Ball Maryborough	10 Naidoc Golf Day	11 Naidoc Ball Beach House
12	13 Neuro Flow	14 Chair Yoga	15	16 Yarning Circle at the Hive	17	18 Outdoor Expo Mboro
19	20 Neuro Flow	21 Chair Yoga	22	23	24	25
26	27 Neuro Flow	28 Chair Yoga	29	30	31	

BOOK REVIEW



British-Swiss author Johann Hari specialises in books that take deep dives into wicked problems – for example, the war on drugs (*Chasing The Scream*) and depression (*Lost Connections*). *Stolen Focus* is a sustained piece of reflective long-form journalism investigating the hypothesis that humans' attention spans are decreasing, using the author's own experiences in attempting to regain his own attention span to turn the investigation from research project into personal quest in which both the reader and writer have a vital stake.

Hari introduces himself as a hopeless workaholic who sleeps little and consumes as much media as possible, and goes on a self-imposed digital detox to a small rural community, device-free, and slowly regains his attention and ability to slow down. He then charts his return to normal life and writing this book, only to greet the start of the coronavirus pandemic, which mounts the biggest possible challenge to his fledgling recovery.

Laced though this highly readable narrative is his analysis of his research and interviews with numerous world authorities on the causes of attention breakdown and their relative potential importance: including speed, filtering and task-switching; the crippling of "flow states" as illuminated in the work of Mihaly Csikszentmihalyi; the rise of physical and mental exhaustion; the collapse of sustained reading; the disruption of mind-wandering; the rise of tracking and manipulating technology; the rise of cruel optimism; the surge in stress; deteriorating diets and rising pollution; the rise of ADHD; and the confinement of children.

He explores their structural foundations, particularly with regard to technology and economic forces, and potential solutions, including campaigning for the banning of surveillance capitalism; changing tech companies' financial incentives; public ownership of social media as a public utility and the rolling back of its attention-sapping features; government regulation of the business model; the universal basic income; the four-day work week; legally enacting and enforcing the right to disconnect, as done to some degree in France; and recognition of the importance of unsupervised and undirected play for children.

He concludes with a discussion on the role of activism in effecting such solutions, describing what such an "attention rebellion" might look like, and saying he believes the climate and attention fights are intertwined – that humans will need their attention, their ability to achieve sustained focus, if they are to work successfully together on solutions to save the world.

This book is entertaining and page-turning, without a dull moment and full of fascinating factoids, a lovely example of science communication at its best, and the subject has only got more urgent since its publication in 2022.

Those who like the work of Kate Raworth, Sarah Wilson or Malcolm Gladwell will love this.

But this story and topic transcend special interests. It is one of the most important and most gripping books I have read this year and I urge anyone with a pulse to read it too. Review Courtesy of Internet Blog Emma Young

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

Join now - Don't pay again till June 30, 2027

TIME TO RENEW 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.

"If your peace depends on everything going right, that's not peace, that's control. Learning to be steady in uncertainty that's real growth."

Poets Corner

At the Women's Health Centre by the ocean so wide,
Where Hervey Bay's warm breezes gently glide,
The sun spills gold on a welcoming door,
A place for women to gather and restore.

Laughter dances through salty air,
Friendly faces and kindness everywhere,
With hands that craft and hearts that share,
Joy is made in moments rare.

Buttons bright in colours bold,
Turn into stories gently told,
And driftwood shaped by ocean's song,
Finds new life where it belongs.

Workshops free, spirits light,
Creativity taking joyful flight,
A space to learn, to heal, to be,
Wrapped in warmth and community.

So come for the art, stay for the cheer,
For friendship blooms so freely here,
In sunshine, laughter, and ocean's hue,
A place for women—strong and true.



Remembrance Day Candlelight Vigil- for Domestic and Family Violence
awareness, held at Scarness Park 6th May
Fraser Coast Domestic and Family Violence Alliance supported by Wide Bay
Women's Health Centre. Thank you to all that attended.

OTHER EVENTS



FIGHT, FLIGHT OR FREEDOM

**Sensory & Emotional Regulation
for Neurodivergent Women & Mums/Carers**

**Are you constantly overwhelmed, overstimulated,
emotionally exhausted, or stuck in survival mode?**

Are you ready to regulate, reconnect & thrive?

Your nervous system matters too ...

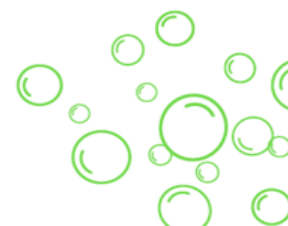
Move beyond daily stress, sensory overload, shutdowns, masking, guilt, and burnout...
AND into regulation, confidence, calm, and freedom.

This program is for you if you want to learn:

- ✦ Sensory regulation tools that actually work
- ✦ How to calm fight, flight, freeze & overwhelm
- ✦ Emotional regulation strategies for real life
- ✦ Nervous system support without shame or judgement
- ✦ Practical tools for parenting, relationships & daily balance
- ✦ Connection with other women who truly get it
- ✦ A safe, supportive space where you don't have to mask or explain yourself

You are not
"too sensitive"

A supportive
program that
can change your
life



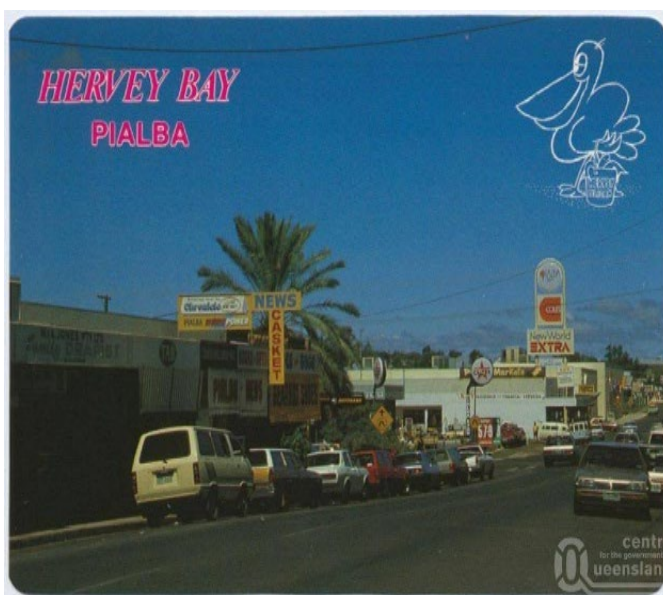
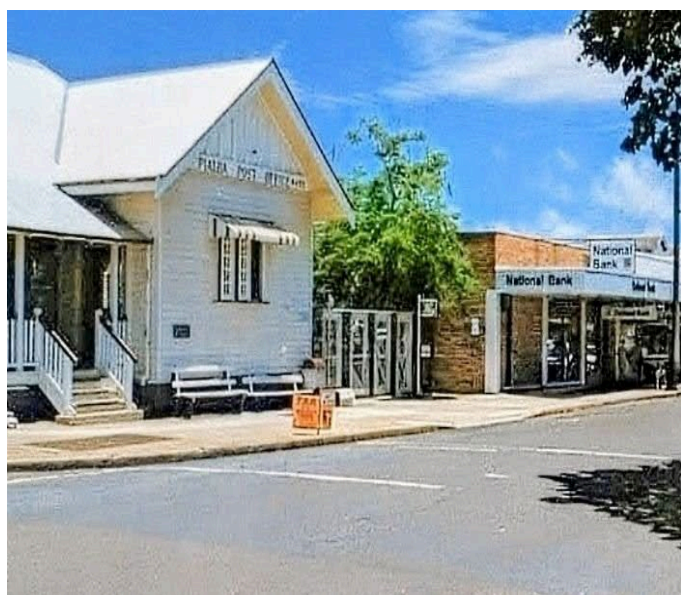
Tuesdays — June 2nd to June 23rd, 2026
🕒 12:30pm - 2:30pm (QLD time)
📅 4 weeks | 2-hour sessions
In person at Wide Bay Women's Health Centre, Torquay

NDIS Friendly

For more details contact Pauline Duncan on FB
 ph 0417 319 891
 or email:- pauline.thefreedomlifecoach@gmail.com



REMEMBER WHEN !



Pialba Post office at the top of Main street, with the National Bank next door. Coles New World down the street, the Markets shops and all those mostly brand-new cars at that time, visiting so many store fronts. With Fuel at the Caltex at 57.9 c !!! What a great time to live in Hervey Bay.

OTHER SERVICES

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

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



Mental Health First Aid course

Learn about the signs and symptoms of mental health literacy and the practical skills needed to support adults experiencing a mental health problem until appropriate professional help is received.

📅 10th July, 2026

📍 Hervey Bay Community Centre, 22 Charles Street, Pialba, 4655

**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

& 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.

Zenda

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