

Monthly Newsletter



March 2025



Lockyer Community Centre 14 Crescent Street Gatton Qld. P: 07 5462 3355 E: info@lockyercc.com.au

HARMONY WEEK



Monday 17th – Sunday 23rd March Dress In Orange in Support EVERYBODY BELONGS





FREE Workshop

How to build your own household Emergency Kit inc. access to disaster resources. 11 March 2025 6.00pm to 8.00pm Forest Hill School of Arts Hall 22 Railway St. Forest Hill

Light Refreshments provided.

Giveaway kit to one lucky attendee. Worth \$120

IS YOUR HOUSEHOLD PREPARED?

Sometimes, nature doesn't call first. Now is the time to start thinking about how you and your household can be better prepared for future disaster events.







IT'S TIME TO TAKE ACTION

TO BOOK YOUR PLACE CONTACT US: PP: 5462 3355 E: INFO@LOCKYERCC.COM.AU

SOCIAL PRESCRIBING FOR HEALTH & WELLBEING

LINKING YOU WITH SERVICES OF SUPPORT WITHIN THE COMMUNITY.

BENEFITS FROM PARTICPATING IN SOCIAL PRESCRIBING

Who is it for?

The Program is for families within the Lockyer Valley with at least one child in your care under the age of 18 years. Parents/Caregivers and children can all participate in this program. Social Prescribing is about supporting the Health & Wellbeing of people by using community based activities and support.

> YOU DO NOT NEED A REFERRAL TO ACCESS THIS FREE SERVICE

> > Lockyer

community

centre

Contact us

0489 140 225

PROVIDES YOU WITH OPPORTUNIIES TO:

Improve your mental and physical heath Meet new people

Learn new skills or participate in a new activity

Receive social support from others

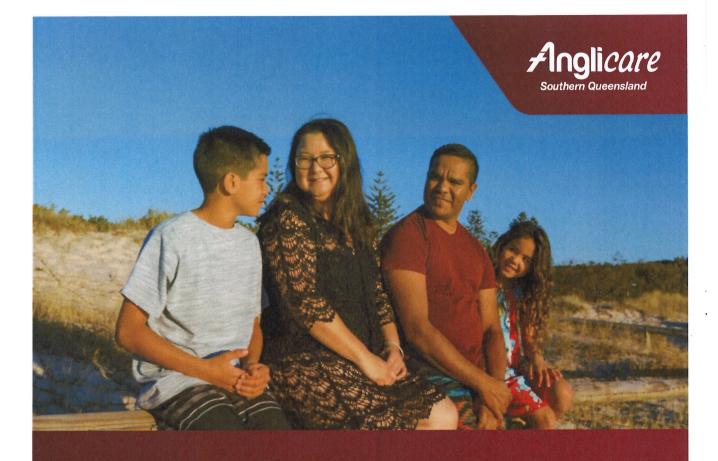
Increase self confidence and self-esteem

Become involved in community

LOCKYER COMMUNITY CENTRE 14 CRESCENT STREET GATTON 4343







Expression of Interest

123 Magic & Emotion Parenting Program

123 Magic & Emotion Coaching is a parenting program developed to assist parents/carers to respond to your children's behaviour and help you feel more confident in your parenting approach.

- Help children identify and manage emotions
- Encourage positive behaviour
- Build on emotional resilience
- For parents/carers with children aged from 2-12 years
- 3 x 1 hour sessions.

Location

Lockyer Community Centre

14 Cresent Street, Gatton 4343

Lockyer Community Centre is looking at hosting this parenting program in 2025, at the centre.

To register your interest to attend this parenting sessions, please call Lockyer Community Centre

on 07 5462 3355

Or with Anglicare Southern Queensland on 1300 114 397

1300 610 610 | anglicaresq.org.au

Anglicare Southern Queensland







Learn how to reduce your energy use and save.

QDN workshops are designed by and for people with disability.

Join to learn:

- Tips and tricks to save energy
- How to find the best electricity plan for you
- How to read energy bills
- What support and concessions you are eligible for

QDN Workshops are inclusive, accessible and fun.

Friday, 21st March

10:00am-12:00pm

Lockyer Community Centre 14 Crescent St, Gatton

To register: Call 5462 3355 or email centcord@lockyercc.com.au

To find out more about QDN visit: www.qdn.org.au







Young Families in the Lockyer Save the Dates 2025

	15 March	Welcome Baby Celebration, Gatton Library
	18 March	National Harmony Week - Everyone Belongs
	19 March	Messy Play on Harmony Day, Laidley
	19 May	Under 8's Week
	21 May	National Simultaneous Storytime @ 12pm
	25 May	Lockyer Valley Festival of Cultures, Gatton
-	8 June	Valley Fest 2024, Gatton TBC
	7 July	NAIDOC Week 50 th Anniversary
	July	NAIDOC, Laidley TBC
	1 August	Under 8's & ATSI Children's Day, Gatton
	4 August	Aboriginal and Torres Strait Islander Children's Day
	16 August	Book Week, "Book an Adventure"
	5 Sept	Queensland Child Protection Week
	12 Sept	Under 5's - Laidley Spring Festival, Laidley
	14 th Sept	Bee Happy - Laidley Spring Festival, Forest Hill
	3rd Dec	International Day of People with a Disability
8		



Come on down to Bunnings Plainland and support our Fundraising activity and catch up with some of our team. Sunday morning 16th of March Bunnings Plainland



COMMUNITY SENSORY GARDEN

A welcoming community garden. A safe, vibrant and quirky space, delivering various sensory experiences.

All welcome!

14 Crescent St, Gatton OPEN 7 DAYS





What We Do & Why?

In our mobile food co-op we sell a variety of food products, hampers, & frozen meals. Free bread, fruit & veg with a minimum \$10 spend. We do this to help people spread their dollars further.

Payments Cash or Card











Get creative, share some laughs, connect & build networks.

- Wed. 19th March Macrame' Coasters / Placemat
- Wed. 2nd April Easter craft
- Wed. 16th April Suncatcher
- Wed. 30th April Highland Cow art
- Wed . 14th May Yarn Weaving
- Wed. 28th May Paint & Pour
- Wed. 11th June Quilling Art
- Wed. 25th June Winter Theme

12:00 pm - 2.30 pm

Lockyer Community Centre 14 Crescent St. Gatton LIGHT REFRESHMENTS PROVIDED BOOKINGS ESSENTIAL Ph: 5462 3355 \$5.00 Contribution







SOCIAL & WELLBEING DRUMMING CIRCLE



Everyone Welcome Free Entry inc.light refreshments

Limited numbers Book Early

5462 3355 LOCKYER COMMUNITY CENTRE 14 CRESCENT ST GATTON 7 Benefits of Drumming A Super Fun Hobby Increases Intellectual Development Social Interaction and Community Improves Focus & Concentration Relieves Stress, Anxiety & Depression Drumming Boosts Your Immune System

Promotes Overall Fitness

FRIDAY 14TH & 28TH MARCH.
FRIDAY 11TH APRIL.
FRIDAY 9TH & 23RD MAY.
FRIDAY 6TH & 20TH JUNE

10 AM - 12.30 PM

Facilitated by : Eleven Drums







PROUDLY DELIVERED BY:



Puzzle 1

1				2	3		4
				5			
		5				4	
6	7		8		9	10	
11				12	13		14
				15			
16		17					
				18			
19					20		

ACROSS

- 1. Stinks
- 3. Second son of Adam and Eve
- 5. Slack
- 6. Twinkle
- 9. Scottish dagger
- 11. Heron
- 13. Not closed
- 15. Eccentric
- 16. Knock with knuckles
- 18. Abstract being
- 19. Group of six
- 20. Pitch

DOWN

- 1. Stink
- 2. Run-down part of a city
- Chopped
 Brush with tongue
- Large tree remnant
 Period of human life
- 10. Cereal grass
- 11. Planet
- 12. Flirted
- 13. Writer of lyric poetry
- 14. Artless
- 17. Plague

COMMUNITY FOUNDATION SKILLS PROGRAM

FIND YOUR PATHWAY!



FREE

LOCKYER COMMUNITY CENTRE 14 CRESCENT ST GATTON QLD 4343

Highlights







Sunday 8th June 10am—3pm Littleton Park Old College Road Gatton

Valley Fest 2025

. FREE entry

. Live music & entertainment
. \$5.00 Amusement Wrist Bands
. Hourly lucky number draws
. 500 goody bags to giveaway
. Food & Market Stalls
. Fun and games

Local and Regional Support Services

Seventh Day Adventist Gatton

49 North Street Gatton **TEXT**: 0494 145 597 Shower/ Laundry facilities available Mon, Wed, Thurs (Knock on Door) Free Meal—Mondays 5.30pm

Food Assist

148 Campbell street Toowoomba \$30 food parcels Mon-Fri 9am-4pm 4638 1939 or 4634 1157 With retail site - Heavily reduced items www.actscare.au/foodassist

Lockyer Community Centre

14 Crescent St, Gatton 5462 3355 M-F 9am –3.30pm Community Pantry M—F Emergency Relief Program Mon, Wed, Frid By Appointment Only

Laidley Community Centre

13 Mary St. LAIDLEY 5465 1889 Emergency Relief Program Monday – Friday 9.00 am - 3.00 pm www.laidleycommunitycentre.org.au

> Salvation Army – Doorways 5 Railway St. GATTON 1300 371 288

Harvest Angels Lowood

Food Hampers Small \$30 or Large \$50 0478 028 983 or via Facebook page www.facebook.com/harvestangelsinc **OR** at door Wednesday & Friday 10am – 12pm 18 Kleinhans Ct. Lowood Homeless Helpline 1800 474 753

Homestyle Lodge Laidley 5462 3427 or 0450 590 331

Laidley Crisis Care 5318 6811 or 1300 920 865

St. Vincent de Paul Toowoomba 1800 846 643

GRANTHAM LODGE 3114 7449

FAMILY HOUSING SUPPORT 3230 3410

WOMEN + MEN refuge 3832 1491 Women's Only 3832 6073

MEN'S hostel 1800 846 663

Place 2 stay Toowoomba 4638 4050

STARH Ipswich 1800 448 448 or 3281 3644

Yellow Bridge Toowoomba 1300 882 764

Toowoomba Crisis Accommodation 4639 1998

THANK YOU TO OUR SPONSORS, PARTNERS AND LOCAL SUPPLIERS







Lockyer Valley Ford











LOCKYER SOILS

SPANO'S SUPA



14 CRESCENT STREET, GATTON 4343

OPENING HOURS: MONDAY TO FRIDAY 9:00M - 3:30PM EXCLUDING PUBLIC HOLIDAYS

CONTACT US PH: 5462 3355 E: INFO@LOCKYERCC.COM.AU













<u>This month</u>

Art Therapy Sessions 5th & 19th March

Drumming Therapy Sessions 14th & 28th March

Fundraiser BBQ Bunnings Plainland Sun. 13th of March

Harmony Week Activity

<u>April</u>

Art Therapy Sessions 2nd, 16th & 30th April

Drumming Therapy Session 11th April

Easter Family Fun Night 10th April @Bunnings Plainland 6pm—8pm

CAMS Social BBQ 24th April (a) Lockyer Community Centre 4.30pm—6.30pm

Youth Week Activity

School Holiday Activity