



Lockyer
community
centre

Monthly Newsletter

October 2024

**TRICK
OR
TREAT**

THURSDAY 31ST OCTOBER
5:30 - 6:30 PM
100 HALLOWEEN
GOODY BAGS TO GIVEAWAY

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

Community Dance

Saturday 5th October

7 :00 - 10:00 pm

Gatton Seniors Centre

13 North Street Gatton



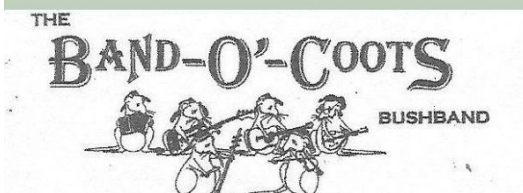
**Celebrate getting older in our community
during Seniors Month.**

Entry: \$5.00 adult \$2.00 child under 5 free inc. light supper

Live Entertainment by:

Hosted by:

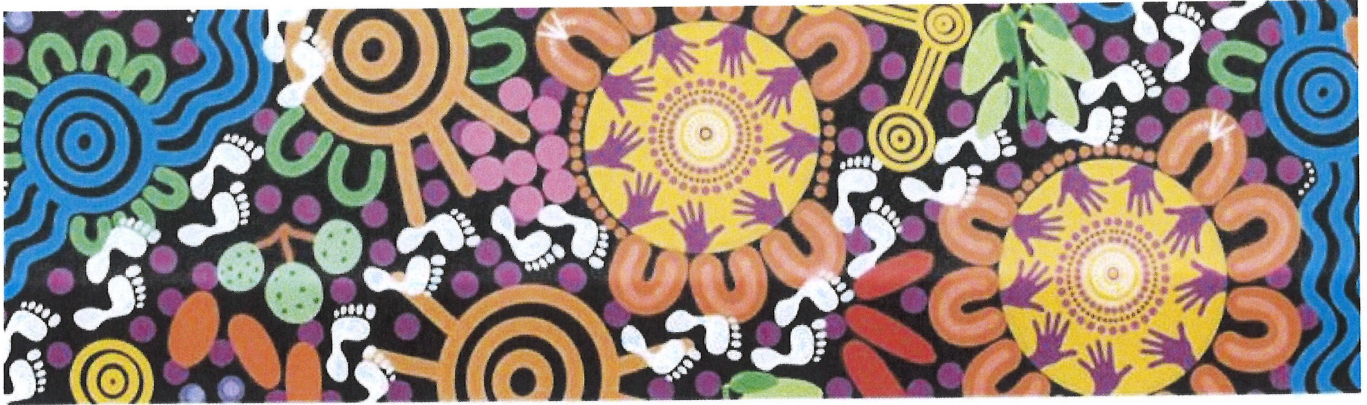
Supported by:



**Lockyer
community
centre**

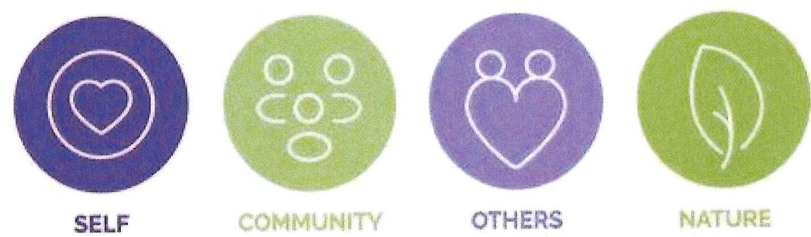


Enquiries P: 5462 3355



5-13 October 2024

Connect for mental health



Community BBQ

When: **Tuesday the 8th of OCTOBER**

Where: **Lockyer Community Centre
14 Crescent Street, Gatton**

Details: **Come on down and join us for a free BBQ and a friendly chat from 11.30am until 12.30 everyone welcome...**



Ph: (07) 5462 3355 E: info@lockyercc.com.au





The Glenore Grove QCWA ladies would like to invite you to
our next Tombola which will be held

Glenore Grove Community Hall

THURSDAY 10th October at 9.30 for 10am start.

Wheelchair access

Tombola

Come and join us for Morning Tea -\$5

Lucky door and Raffles

Looking forward to seeing you on the day

Rsvp very much appreciated

Dot 0419 642 913



Lockyer
community
centre

Community Wellbeing ART + CRAFT



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

**Thursday 10th October
Wednesday 30th October
Wednesday 13th November
Wednesday 27th November**



12:00 pm - 2.30 pm

Lockyer Community Centre

14 Crescent St. Gatton

LIGHT REFRESHMENTS PROVIDED

BOOKINGS ESSENTIAL Ph: 5462 3355

\$5.00 Contribution



TRACC

Tackling Regional Adversity through
Connected Communities



WELL LIFE SERVICES
EMPOWERING YOU TO DISCOVER YOUR POTENTIAL

Our Operations Manager recently had the pleasure of attending the AGM for Gatton Seniors Centre.

Welcome to the newly elected committee members.

We would like to say a massive thank you to both Irma and Lorelle for the dedication and work both these ladies do for the seniors in our community.

They are true gems of our community.



Local community groups like the Seniors Centre and our own Community Centre heavily rely on local community members to step up and give a little of their time to help ensure these vital community organisations continue to operate and provide a wide range of services and activities in our community.

Gatton Seniors Centre is currently seeking some more people to provide hands on assistance especially with delivering their regular social days and activities. **If you can give a few hours a week or a month please contact Lorelle at Gatton Seniors. P: 0439 030 677**

Many hands make light work



LOCKYER VALLEY SENIORS EXPO 2024



Friday 11 October 2024

9.30am to 1pm

The Gatton Shire Hall

**Workshops, Local Entertainment, Morning Tea, Disaster Preparedness
Information Session from the University of Southern Queensland's West
Moreton Seniors Collaborative, Chat with many Seniors Service
Providers**

Multiple Lucky Door Prizes

Lunch available for purchase from Gatton Seniors

Registration required by Friday 27 September

**Thanks to the support of the Lockyer Valley Regional Council and
the Lockyer Community Centre**

Presented by Cuppa PLUS Inc.

cuppaplus@gmail.com

0427 001 668

TELEPHONE COUNSELLING AUSTRALIA

100% BULK BILLED

Trauma-informed counselling via phone, text, email, or online, free with a Mental Health Care Plan from a GP.

Flexible hours and weekends available.



WE ALSO OFFER:

NDIS counselling

NDIS support coordination

Dept. Veteran's Affairs

EAP Employee Assist

National Redress Scheme

Clinical Supervision

FOR INFORMATION AND BOOKINGS:

Karen Angel
Accredited Mental Health Clinician
(38 years' experience)

0418 181 711



telephonecounselingaustralia@gmail.com



Anywhere that suits you!



medicare

We support the

ndis

**FREE low-intensity
mental health support**

LIME PROGRAM

**Feeling overwhelmed?
Facing big life changes?
Need support to regain
your zest for life?**

**We're here
to help!**

WHO FOR?
People aged
12+



Through the Low Intensity Mental Empowerment (LIME) Program, you can receive five free counselling sessions to support your mental wellbeing.

Our compassionate and experienced mental health clinicians offer one-on-one support. They will help you discover practical ways to cope with stress from various aspects of life, so you can thrive now and in the future.

HOW DO I ACCESS THE PROGRAM?

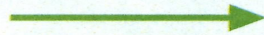
In addition to on-site sessions in Warwick, Dalby, Gatton, and Kingaroy, the Lives Lived Well team also offers telehealth services, extending coverage throughout the Darling Downs and West Moreton PHN catchments, as well as in the Western Queensland PHN catchment.

HOW TO GET STARTED

Self-referral: You can refer yourself anytime! Just give us a call at 1300 727 957, or complete the referral form on our website, and we'll help you get started.

Referrals from other services: If you're linked with a GP, psychologist, or other service provider, they can refer you as well. This helps us understand how to best support you.

**SCAN TO
LEARN MORE**



Lives Lived Well

For enquiries please contact us:

1300 727 957

lime@liveslivedwell.org.au

www.liveslivedwell.org.au



Funded by

phn
DARLING DOWNS
AND WEST MORETON

An Australian Government Initiative

phn
WESTERN QUEENSLAND

An Australian Government Initiative

Lives Lived Well
LIME PROGRAM

COMMUNITY SENSORY GARDEN

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

All welcome!



**FREE
ENTRY**



14 Crescent St,
Gatton
OPEN 7 DAYS



**Lockyer
community
centre**



Lockyer
community
centre

Helping to Build Better Connections

- Struggling to stay connected with your community, friends, family?
- Need help with accessing health, government, online services?
- Do you want to feel empowered in the digital world?

Lockyer Community Centre provides FREE support session to assist, enhance your tech skills to build better connections, self resilience, future self-sustainability through sharing of skills and knowledge.

Wednesdays by appointment.

To book or for more information:

Phone: 5462 3355

**Lockyer Community Centre
14 Crescent St. Gatton**

Project proudly funded by:



LOCKYER VALLEY CAMS PROGRAM



Conversational English

Improve your English
Make new friends

FRIDAYS

2.15pm - 3.15pm

LOCKYER COMMUNITY CENTRE

14 Crescent St. Gatton

For more information
call Hassan 0455 251 591

Supported by



**Queensland
Government**



**Lockyer
community
centre**





Lockyer
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FREE Workshop

**How to build your own household
Emergency Kit inc. access to disaster
resources.**

Tuesday 26th November

6:00pm -8:00pm

Lockyer Community Centre

14 Crescent St. Gatton

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.**



TRACC
Tackling Regional Adversity through
Connected Communities

IT'S TIME TO TAKE ACTION

TO BOOK YOUR PLACE CONTACT US:

PP: 5462 3355

E: INFO@LOCKYERCC.COM.AU

Local and Regional Support Services

Seventh Day Adventist Gatton

49 North Street Gatton

TEXT: 0494 145 597

\$ 35 Food Hampers & Distribution

Thursdays 11:00 am – 2:00pm

Shower facilities available upon request

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

Laidley Community Centre

13 Mary St. LAIDLEY

5465 1889

Emergency Relief Program

Monday – Friday 9.00 am - 3.00 pm

www.laidleycommunitycentre.org.au

St Vincent De Paul

Cnr Mill & Byrne St. GATTON,

54622644

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

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

New Men's Support Networking now coming to Gatton



TOMNET is a not for profit organisation.

They provide Peer Support for men who have retired, or are thinking about retiring, to assist them through the hidden hardships of this new phase of their life.

Through rediscovering fulfilling lives, TOMNET men regain purpose, and the ability to connect, and contribute to the community.

TOMNET are now holding regular sessions at Lockyer Community Centre so if you know any older men that may be looking for some support and mateship be sure to connect with TOMNET about attending a session in Gatton.

Ph: 4638 9080

Web: <https://tomnet.org.au/>

Facebook: <https://www.facebook.com/TOMNETinc/>

THANK YOU TO OUR SPONSORS, PARTNERS AND LOCAL SUPPLIERS



Lockyer Valley Ford

LOCKYER
SOILS

GATTON MEAT
CENTRE



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

Coming Soon!

♦ **Community Check-In Day**
Wed. 6th Nov. 10.30—12.30pm
Lockyer Community Centre

♦ **CAMS Social Sausage Sizzle**
Thurs. 21st Nov. 4.30—6.30pm
Littleton Park Gatton

♦ **Disaster Kit Workshop**
Tues. 26th Nov. 6—8pm
Lockyer Community Centre

♦ **Festival Parcel Sale**
Thurs. 5th Dec. 9am

♦ **Ten Days of Giving**
Mon. 2nd Dec—Fri. 13th Dec.