



Lockyer
community
centre

Monthly Newsletter

November 2024



Lockyer
community
centre



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



Lockyer
community
centre

Festive Parcels

THURSDAY 5TH OF DECEMBER 9:00 AM

**ON SALE UNTIL SOLD OUT
LIMITED NUMBER AVAILABLE
SO GET IN EARLY TO AVOID DISAPOINTMENT**

**14 CRESCENT STREET
GATTON QLD 4343**

Heavily

***DISCOUNTED* SALE PRICE OF \$15**

*EACH PARCEL CONTAINS FESTIVE ITEM
& SUPERMARKET VOUCHER.
TOTAL APRX. VALUE \$65*

**STRICTLY ONE PARCEL PER HOUSEHOLD
*EVIDENCE OF ADDRESS WILL BE REQUIRED***

NO PREORDERS

NO HOLDS

NO EXCHANGE OR RETURNS

CASH OR EFT ON DAY

**This initiative is to assist in easing the financial burden of people in our
community over the festive season.**

All funds raised goes directly back into other community support initiatives.



Grantham District Community Inc
is hosting the spectacular
Community Xmas BBQ

Jingle & Mingle

Food 🍬 Music 🍬 Games
Stalls 🍬 Raffles

SAVE THE DATE!
7th December!

Bugler Park
Grantham
3-7pm



Santa Arrives at 5pm!

OUR NEW MANAGEMENT COMMITTEE

**We would like to introduce our newly elected
Management Committee / Board members
for 2024—2025 Financial Year.**

From left:

David Wallis Treasurer

Julie Dorrington President

Jenny-Lee Carr Vice-President

Danielle Averlant Secretary

Heather Stegeman committee member

Gordon Roberts committee member

**They possess a wealth of knowledge and experience in
community and business sectors, and bring a wide scope an
impressive combined skill set to govern our organisation.**



How we celebrated Seniors Month in October.

BUSH DANCE

We hosted a good old fashioned bush dance. Everyone had a great time learning some new group dances and enjoying listening to some old Aussie tunes. Band O Coots provided entertainment and Gatton Seniors Centre provided supper.



SENIORS EXPO

Partnering with Cuppa Plus as joint host. It was a great day, people enjoyed free entertainment, joined in some fun activities and had opportunity to speak face to face with support services. Thanks to LVRC Cllr. Michael Hagan, Cllr. Anthony Wilson & Victoria Cuppa Plus, for joining in the fun of Wheely Walker Decorating Challenge. Cllr. Anthony Wilson's creation being named Peoples Choice winner.





**Wednesday 6th Nov.
11am - 1pm**



Community Check-in Day

14 Crescent St, Gatton

**Lockyer Community Centre
is inviting community members that have been
impacted by disaster, drought and/or other
emerging crises, to come along to our centre to
share a FREE cuppa and something to eat.
We care and want to do a friendly check-in with you.**



**LEARN ABOUT OUR UPCOMING
DISASTER PREPAREDNESS ACTIVITIES**

WHAT'S YOUR HOMES DISASTER PLAN?

**DON'T YOU THINK IT'S TIME
TO TAKE ACTION & THINK OF
HOW WE CAN BETTER EQUIP
& PREPARE OURSELVES &
OUR HOUSEHOLDS?
WE WANT TO HELP YOU PREPARE....**



Proudly delivered by:



**Lockyer
community
centre**



Lockyer
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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:



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



telephonecounsellingaustralia@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?

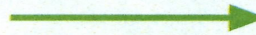
In addition to on-site sessions in Warwick, Dalby, Gatton, and Kingaroy, the Lives Lived Well team also offers telehealth services, extending coverage throughout the Darling Downs and West Moreton PHN catchments, as well as in the Western Queensland PHN catchment.

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**

ART THERAPY SESSION

PICASSO SELF INSPIRED PORTRAIT

**Wednesday 13th November
12 – 2.30pm**

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

**Limited Spaces avail Ph 5462 3355 to book
All materials provided
Inc. Light Refreshments
\$5.00 contribution fee payable on day.**



This activity proudly funded by:

Activity Facilitated by:



TRACC
Tackling Regional Adversity through
Connected Communities



Welcome Hope to our Community Sensory Garden! Today marks a special day for Hope and she is looking forward to her time here. Hope is a keen gardener and enjoys spending her days in the sun. Be sure to pop on in next time you're nearby and meet her. She is very shy though so don't expect much conversation from her but she is a great listener.!



CAMS
project

FREE SAUSAGE SIZZLE



**Thurs. 21st Nov
4.30 - 6.30pm**

Littleton Park

Old College Road Gatton

CONNECTING
COMMUNITY
ONE MEAL
AT A TIME

EVERYONE WELCOME

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

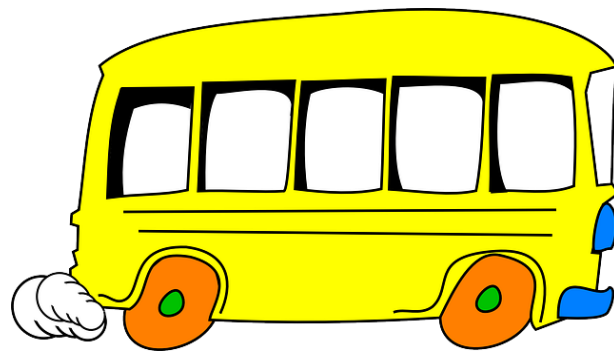
Toowoomba Crisis Accommodation

4639 1998



**UPCOMING TOMNET EVENT
MONDAY 18/11/24 AT 9.30AM –11.30AM**

**TOMNET PROGRAM LAUNCH
BBQ ONSITE HERE
AT LOCKYER COMMUNITY CENTRE
14 CRESCENT ST, GATTON
COME ON DOWN ENJOY A BITE TO EAT AND A CHAT...**



**Day Bus Trip
To Dolphins Club Redcliffe**

**3rd Tuesday each month
\$35 p/person for bus.**

Ph; Graham 0427 111 141

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!

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

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

School Holiday Comic Book Workshop
18th Dec. 10am—2pm



Lockyer Information & Neighbourhood Centre Inc. Trading as:

LOCKYER COMMUNITY CENTRE
ABN 96 338 770 590
14 Crescent St. Gatton Q. 4343
P: 07 5462 3355 E: info@lockyercc.com.au
www.lockyercommunitycentre.org.au