

# TALK ABOUT WOMEN



## NEWSLETTER

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There will always be  
dreams grander or  
humbler than your own,  
but there will never be  
a dream exactly like  
your own... for you are  
unique and more wondrous  
than you know!

LINDA STATEN

wisewomen.com.au

## Executive Director's Message



Hello everyone

What an amazing couple of months it has been since our last newsletter. We cannot thank the Mackay community enough for all the support and donations that have recently and regularly been offered to the women and children attending the Centre.

Examples include:

- Marishka, a student at JCCC Medical, decided to collect donations from other students because she wanted to give back to community. In one week, Marishka and the students collected \$37.80 in cash, some blankets, and bags of food and toiletries.
- Staff from the Mackay Hospital Foundation made a wonderful donation of pillows which had kindly been sourced from Harvey Norman.
- GIVIT provide a number of individual items ongoing including a recent donation of IGA food vouchers valued at \$150.
- Regular weekly contributions from other services including Good360, who provide donations of new stationery items, makeup, bags and clothes which have come from a range of large retail stores.
- We also receive beautiful blankets, art and crafts made and donated by the women attending a number of our groups each week.
- A new service partner, Crusty's Bakery, have just started offering our team the opportunity to periodically pickup leftover bread and individual pies to give to our clients for ER (emergency relief).

In addition:

- We would particularly like to thank the Mackay Women's Active Group members for making the Superhero dolls and Worry Worms for children attending counselling sessions. They are very popular, and provide wonderful extra supports to children for trauma recovery and healing.
- Mas National are now offering FREE Career Consultation appointments to clients (individually or small group sessions) for support with Resume writing, to discuss pathways into employment, any barriers that may be encountered, and improve employment outcomes.

Thank you kindly to all, and please let us know if you would like to access some of these supports. The MWS staff team loves to share donated supports with our clients directly, and with our service partners across Mackay.

Take care and warm wishes  
Linda-Ann



# TEAM MEMBERS SPOTLIGHT



**TEAM MEMBER SPOTLIGHT - Terese**

**Before working at MWS what was the most unusual or interesting job you've ever had?**

I was stay at home mum to my two amazing kids until they both started school. I loved it (and I still love being their mum though they are now all grown up).

**What do you like most about working with MWS?**

It is a privilege to walk alongside women on their journeys to new lives safe and free from violence, plus I get to work with an amazing team of passionate women, What's not to love?!

**If you could be one animal, what would you be and why?**

Lobster, because they live a very longtime, (unless they are eaten).

**Least favourite food?**

Anything containing mint

**Favourite travel destination you have been, or want to go to?**

Tasmania - History, wilderness, wine, cheese and chocolate

**Do you have any pets?**

Many cats

**Last book you read?**

The Monogram Murders



**If you could do any other job for a day, what would it be?**

Union Organiser

**What superpower would you like for the day and why?**

Transportation - so I could transport anywhere I want to go.

**If you would give your younger self one piece of advice what would it be?**

This too shall pass.

# Our Programs



## Journey to Renew

This is a Women's Wellbeing & Recovery group.  
Facilitated by Corinna & Martha.

Workshops - **Thursday morning 9:30am-11:30am**

Open group – participants can come and go to as many workshops as they want.  
Open to clients and community for a limited time

To Register email: **[reception@mkywc.org.au](mailto:reception@mkywc.org.au)**  
or **[admin@dvr.org.au](mailto:admin@dvr.org.au)**

Workshops will be interactive with a mix of psycho-education, skill building, meditation and cover topics such as:

- Self-Esteem
- Boundaries
- Spirituality
- Resilience Building
- Forgiveness

This group will be beneficial to those on the 'exiting' end of the recovery scale after trauma and those on a healing journey.

The aim of this program is to actively strengthen and support family relationships. To keep families together by collaborating with local services and groups.

To empower individuals and families of all ages and genders through person-centered counselling and parenting support. We also provide crisis intervention as required, to ensure families in crisis receive timely services.

## Our services include:

**Case Management** Case management is interactive and goal directed with an emphasis on monitoring and review to ensure that services are being delivered and the identified needs of the child, young person and family are being met.

**Brief Solution Focused Counselling** Is used to treat people of all ages and a variety of issues, including child behavioural problems, family dysfunction and relationship problems.

**Pregnancy Support** Pregnancy can be an emotional rollercoaster, and for some women, it can feel like the longest nine months of their lives. Caring for a newborn baby can be exhausting and take its toll on relationships. Helping to meet the new mum's physical and mental health needs is important for the health of the woman, the newborn baby and your relationship.

**Parenting Support** (Triple P Parenting 0-12 yrs) The Triple P – Positive Parenting Program® is a parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children.

**Information and referrals** If you're not sure of the next step, we help with information on family and parenting services, and referrals to programs to suit your needs.

**Emergency relief** Emergency relief provides immediate financial and/or material support to people in financial crisis.

**All services are free**  
**For more information or to book an appointment,**  
**please call 4953 1788 8.30am-2.30pm Mon-Fri**



# Our Programs

## MACKAY WOMEN'S SERVICES INDIGENOUS WOMEN'S GROUP

(YOEPKAZIL TOK META)

Yoepkazil (pronounce ip-carzil)



**Are you looking for something different to do?**

**Want to make new friends?**

**Want to learn more about your culture?**

**Are you wanting try something new each week?**

**Come together in a safe environment and enjoy all the different activities the ladies are participating in .....arts and crafts, making individual items, indigenous art, guest speakers, cultural activities, yarning sessions, family trees and plenty more.**

**When: Every Tuesday evening excluding school holidays**

**Time: 6pm - 8pm**

**Where: Mackay Women's Services, 418 Shakespeare Street**

**Cost: \$2.00 - food, tea/coffee provided**

**If you are interested, please call Julie @ Mackay Women's Services on 4953 1788 or email [julie@mkywc.org.au](mailto:julie@mkywc.org.au)**



**STEPPING UP**



## Men's Behaviour change Programs Isaac & Whitsundays

Currently the Men's Behaviour change Programs (MBCP) in the Isaac Region (**Stepping Up**) and Whitsunday (**Shifting Gears**) consists of free face to face or phone counselling sessions as well as attendance at Domestic & Family Violence (DFV) court at Moranbah Clermont, Proserpine and Bowen. Rikki covers the Bowen and Proserpine DFV Court services and Mike attends Moranbah and Clermont courts.

On Tuesdays and Wednesdays counselling sessions are held throughout the Isaac region at hospitals (Clermont & Dysart) and community centres (Glendon & Nebo) and in Moranbah and Middlemount at the Anglo-American offices which are located upstairs in the Moranbah Fair Shopping Centre and downstairs at Middlemount shopping Centre.

On Thursdays, counselling sessions usually take place at Proserpine and Bowen courthouses and on Fridays at Whitsunday Neighborhood Centre. To complete the program, men participate in a minimum of twelve x one hour sessions. these sessions raise awareness of what domestic violence is, along with strategies to increase safety and manage conflict peacefully.

**To participate in the program please call Mike 0427 579 683 or email: [mike@dvrs.org.au](mailto:mike@dvrs.org.au)**



## Outside Programs held at the Centre



### The Courage Project

The Courage Project is a collaboration between Bravehearts and Mackay Women's Services (MWS) to deliver a mental health service to disadvantaged and disengaged children and young people (under the age of 14) who have experienced trauma-related experiences. It will provide therapeutic and advocacy supports to children and young people who have experienced, or are at risk of experiencing, physical and/or sexual assault and are at risk of self-harm. It will be available to clients residing in the Mackay, Whitsunday and Isaac Council Regions.

### Outreach

Through a partnership approach we will deliver counselling and child and family advocacy support services across the region to support children and young people both face to face, and via E-Health.

We will also work closely with existing services and community stakeholders to deliver community information and awareness sessions to increase the local capacity and capability to support children and young people affected by physical and sexual assault.

### How to access our services

The Courage Project welcomes referrals from parent and carers, support agencies and GPs.

To access support contact us directly using the details below or download and complete The Courage Project referral form.

For more information please phone **FREECALL 1800 272 831** or email:

[admin@thecourageprogram.org.au](mailto:admin@thecourageprogram.org.au)

If you have any inquiries about The Courage Project, please don't hesitate to contact us on **1800 272 831**.



Mackay Women's Services,  
418 Shakespeare Street, West Mackay  
Ph: 4953 1788  
[reception@mkywc.org.au](mailto:reception@mkywc.org.au)

Funded by





# Wacky Wednesday

Our beautiful Mackay's Active Women's Group Ladies

Sports day



Identical



Super Heroes



Tourists



Disney Characters



Pirates



Black and White



1960/70's

## MWS Staff Members

# Wacky Wednesday

Wild West



Identicals



Disney Character



Pirates



# Thank-you to our local community for their support



The Mackay Hospital Foundation representatives donating pillows to our centre, which were donated by Harvey Norman for their fundraising night.



For their continuous support throughout the year



CIVIT donated 3 x \$50 Food Cards



Marishka is one of the students at JCCC Medical college who decided to seek donations from fellow students over a week period, so she could give back to community. In that week, the students donated \$37.80 in cash along with a bag of toiletries, a bag of food and some blankets.



For their current partnership and donations of bread and pies for clients in need.

## Community News

17 - 23 October 2021  
anti-poverty week  
act on poverty

The Neighbourhood Hub

# Pantry Appeal

Please donate any non-perishable food items such as canned meat and vegetables, cereals, rice, etc.



Donations will be given to families and individuals throughout the community in need.

# Community News

Introducing the new Facebook group -

## **Social Seniors of Mackay**

This group targets seniors (55+) in our region who are looking for enjoyable activities, events and programs.

### **The Background**

Several council teams and the staff of some of our facilities (MECC, Libraries, etc) and representatives from our seniors community got together to discuss the absence of Facebook groups catered to seniors and featuring senior-related activities. After discussions, the idea was hatched to start a group page, Social Seniors of Mackay. this group will be administrated by council staff, but will be a community page where anyone - businesses, groups, clubs, organisations and private individuals - can past programs and events that would be of interest to the over 55 demographic.

### **We want your involvement**

For our page to grow we need people like you to head to our page, join and post. Just say HI. It would be great for members to introduce themselves or their organisation (business pages can join) and share any programs or events they have coming up.

The last thing we want if for this page to just be full of council programs - it needs to be a Community page.

### **RULES (Yes there are rules)**

All obvious ones apply re: swearing, abuse and inappropriate content, but otherwise as long as what you are posting is targeting 55+ demographic and isn't repetitive or "spammy", we are happy to have it.

NOT a sales page or buy, swap and sell page, so please keep to relevant programs, events, initiative or services.

Admin reserves the right to moderate any content that they feel is in beach of these guidelines.

So jump on your facebook and join up. If you have any problem please email:

[communications@mackay.qld.gov.au](mailto:communications@mackay.qld.gov.au)



The graphic is a yellow-themed poster for the 'Social Seniors of Mackay' Facebook group. It features three circular inset photos: two men at a table in the top left, a woman at a table in the middle right, and an older woman in a red patterned shirt in the bottom left. The central text 'Social Seniors OF MACKAY' is in pink and blue, with a speech bubble icon. Below this, it states 'A group dedicated to events happening in the Mackay region, for ages 55+'. It provides instructions to search for the group on Facebook and share events. A contact email is listed at the bottom. The background is decorated with social media icons like 'SHARE', 'LIKE', and 'SOCIAL MEDIA'.

**Social Seniors OF MACKAY**

**A group dedicated to events happening in the Mackay region, for ages 55+**

Simply search "Social Seniors of Mackay" on Facebook to join. Share upcoming events and find out what's happening in our region.

If you would like support accessing the group, contact [communications@mackay.qld.gov.au](mailto:communications@mackay.qld.gov.au)

**Mackay REGIONAL COUNCIL**



# Community Events



Bianca is watching over our stall at the Child Protection Week held at Canelands.

Bianca and Julie with



## Red Rose Rally

SEPTEMBER 2021





# Community Resources



## Anglicare Low-Cost Food Assist Centre

14 Wood Street, MACKAY QLD 4740. Phone: (07) 4953 3444

Open Monday to Friday 10am – 3pm

### Example of \$5 Food Voucher



### Example of \$10 Food Voucher



Fruit and Vegetables + Breads are free.

Eligible to clients who have: Centrelink Card or a Pensioner Card.

If you have any queries, contact Anglicare Mackay Whitsunday Office at 4953 3444 or email [angli\\_mw@bigpond.net.au](mailto:angli_mw@bigpond.net.au), and we'll be glad to assist you.

### Visit our Office

39 Gordon Street  
Mackay QLD



## Financial Wellbeing Counselling

Are you experiencing financial difficulty?

### Financial Counsellors can:

- Help you organise your finances and do a budget
- Suggest options for improving your financial situation and explain your options and their consequences, including debt recovery procedures, bankruptcy and other alternatives
- Help you to apply for a hardship variation, *if appropriate*

### Financial counsellors can help with the following financial difficulties:

- Unpaid Bills
- Mortgage Arrears
- Debt Collectors
- Utility disconnection
- Unpaid Fines
- Disputes with banks
- Pay Day Loans
- Credit Files
- Uninsured Accidents

Financial Counsellors provide a *free, confidential and independent* service.

### Session Details:

Date: Every Thursday  
Times: 9.00am, 10.00am, 11.00 am  
Location: Mackay Women's Centre  
418 Shakespeare Street  
Mackay QLD 4740

### To Book:

To secure your free session with an accredited Financial Counsellor please contact reception at Mackay Women's Centre on 4953 1788

or

For more information please contact your local Financial Wellbeing Counsellor.

E: [Hailey.Molly@uccommunity.org.au](mailto:Hailey.Molly@uccommunity.org.au)



## Community Clothes Closet

### Free Clothing for All People in Need

We provide FREE clothing to children, women and men in need. We believe clothing can open the door to a better future by providing the confidence needed to ace a job interview, project a healthy self- image in a social situation or stay safe from inclement weather.

If you know of anyone who may be in need, please refer them to our Community Closet.

We rely on donations of clothing. If you have any clothing in good condition that you no longer love, please consider donating it to our Community Closet.



Call Jenni on 4957 9439 or drop in to Yuwiyumba at 9 River Street Monday-Thursday between 9.30am-12.30pm

"ALL OUR DREAMS CAN COME TRUE IF WE HAVE THE COURAGE TO PURSUE THEM."

-WALT DISNEY

# Tips to help improve your sleep

**Use your bed only for sleep, and not for other activities such as worrying.**



**Make sure your bedroom is quiet and dark during your sleeping hours.**

**Make sure your bedroom is a comfortable temperature - not too cold or too warm.**

**Avoid using electronic media such as the computer, television, smartphone, e-reader or tablet at least one to two hours before going to bed.**

**Avoid coffee, tea and other caffeinated drinks during the afternoon and evening.**

**Avoid alcohol.**



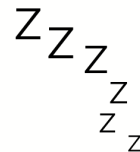
**Cut down or stop smoking gradually. Sudden attempts to stop smoking and nicotine replacement patches can affect sleep.**



**Exercise regularly but avoid exercising immediately before bed.**

**Get up at the same time, even if you had trouble sleeping the night before.**

**Try not to worry about whether you are going to sleep well, or what will happen if you don't.**



**Perform important tasks that require you to focus and concentrate during the day rather than in the evening.**

**Practice relaxation or mindfulness techniques when going to bed to help calm the mind and body and promote rest even when you are not sleeping.**



**Gently focusing on your breath as you breathe in and out can also be a simple, helpful technique.**



## ACTIVITY CALENDAR 2021

Mon	Tues	Wed	Thurs	Fri
	<b>Yoepkazil tok meta Indigenous Women's Group</b> 6:00 - 8:00 pm <b>COST - \$2.00</b> <b>Evening supper provided</b>	<b>Tai Chi</b> 8.30 - 9.25 am <b>COST - \$8.00</b>  <b>Mackay Active Women's Group</b> 9:30 - 11:30 am <b>COST - \$2.00</b> <b>Morning Tea provided</b>	<b>Journey 2 Renew</b> 9.30 - 11.30 am <b>COST Free</b> morning tea provided  <b>Sarina Active Women's Group</b> 10:30 - 12:30 pm <b>COST - \$2.00</b> Morning tea provided  <b>Financial Assistance</b> (app't needed please call 49531 788 to book) 9:00 - 12:00 pm  <b>Yoga</b> 4.20 - 5.20 pm <b>COST - \$5.00</b>	<b>Multicultural Women's Club</b> 9:30 - 11:30 am

**Please ensure you call ahead on (07) 4953 1788 to book to avoid disappointment.**

### MWC / DVRS Membership

For as little as \$5.00 each, you can become a member of the MWC and DVRS, or why not pay it forward and buy one for a friend?

Please note, membership is for financial years,

DUE 1st July

You will receive:

Reduced rates for some workshops/classes  
 Quarterly Newsletter emailed or posted to you.

A great sense of belonging to a wonderful community of strong women  
 Application or renewal forms are available at the office or by emailing  
[reception@mkywc.org.au](mailto:reception@mkywc.org.au)

### Women's Alcoholics Anonymous

meet here Mackay Women's Centre  
 every Saturday 10 - 11.30 am  
 (0435 070 195)

**Membership renewals  
 for DVRS and MWC are  
 \$5.00 each.  
 Due Now.  
 Thank You.**



## CONTACT US

418A Shakespeare Street,  
Mackay, 4740

Ph: (07) 4953 1788

Email: [admin@dvrs.org.au](mailto:admin@dvrs.org.au) OR  
[reception@mkywc.org.au](mailto:reception@mkywc.org.au)

Web:  
[mackaywomensservices.org.au](http://mackaywomensservices.org.au)

## ABOUT US

Mackay Women's Services provides  
confidential free women's  
counselling.

We are a one stop shop for women  
and our mission.... **To enhance the  
lives of women.**

## OUR FACILITIES

You may not know that the Mackay Women's Centre has onsite  
bathroom and laundry facilities available for women in the Mackay  
area who are most in need.

The facilities include a shower, washing machine and clothes dryer.  
Towels are available if you do not have your own.

We also provide sanitary items to women, just pop in and ask at  
the counter. If you're in need of toiletries, nappies, wipes or baby  
formula, please come in and see the Family Life Program Team.

### **Available Facilities Monday to Friday are:**

**Bathroom** - 8.30 am - 4.00 pm

**Laundry** - 8.30 am - 2.30 pm

For more information phone (07) 4953 1788



Mackay Women's  
Sexual Assault Service





**MACROSSAN & AMIET**  
CHARITABLE FOUNDATION



**Containers for Change @ Mackay Women's Services**

Interested in donating the money you earn from your collected containers to our organisation? Why not work together as a group to collect eligible containers from your work place, family and friends and return your containers/cans to your local container refund point.

We are now a registered organisation where you can donate your money to from the refund point. All you have to do is use our **registered number: C10298902**

If you have any further questions in relation to this, please feel free to call **Julie on 0467626200** or email [julie@mkywc.org.au](mailto:julie@mkywc.org.au)



**BHP Billiton Mitsubishi Alliance**



**If you or your business are able to make any donations or support women and children in need at Mackay Women's Services, please contact:**

**Julie on 0467626200 or email: [julie@mkywc.org.au](mailto:julie@mkywc.org.au)**  
**Every little bit helps, thank you**