

CCDA

Compassionate Communities

Directory

Rockhampton Regional Council area and Livingstone Shire



NOVEMBER 2024

Sandy Paton

CAPRICORN COMMUNITY DEVELOPMENT ASSOCIATION

LONELY DAYS extract.

“While the headlines focus on global political events, we shouldn’t lose sight of the fact that our real strength as a community lies in the way we hold together in the face of the pandemic, under threat of conflict or even amid an outbreak of loneliness.

A community that actively seeks out, that draws in, that cares for the vulnerable, the lonely and the marginalised, is a community worth fighting for.

And that, in my view is the way we can best prepare ourselves for whatever lies ahead in the 2020s.”

Bernard Salt: Lonely Days: The Weekend Australian Magazine. May 14-15 2022

CCDA Compassionate Communities Directory

The Capricorn Community Development Association (CCDA) CQ Compassionate Communities Directory was initially sparked by work undertaken by the Central Queensland, Wide Bay and Sunshine Coast PHN (now Country to Coast Qld) and Groundswell, to ensure a place based approach to identifying resources, services, information and community support that may assist and connect, those in palliative care and their supporters, and others experiencing or forward planning their own end of life journey.

The term “Compassionate Communities” is used world wide to describe localities that encourage and develop a whole-of-community culture focused on caring networks and the social and emotional support of dying people and their families, reducing the load on individuals and the health system and contributing to a sense of wellbeing at the end of life. This Directory also focuses on quality of life, whatever your circumstances.

CCDA Compassionate Communities Directory provides links to strategic resources and highlights our local communities’ services and assets that can assist people connect with activities, places and people that will improve their quality of life, whatever their age or life circumstances. It covers the Rockhampton Regional Council and Livingstone Shire communities.

Doing things we enjoy and connecting with others improves quality of life for everyone. In a disaster or emergency it is frequently those we know and those we are connected with, who are most quickly available to provide support and assistance. Compassionate Communities also acknowledges that a person dying spends about 5% of their time in the last year of life face to face with a medical professional, and that the remainder of the time, 95%, is spent with friends, family, community, online or alone. Let us all become more connected and more supportive of each other: we all benefit from being part of a compassionate community.

To help ensure the directory really does meet the local needs, over 700+ people were invited to provide their ideas and experiences of what works and doesn’t, in relation to wrap around community support and compassionate communities. Many thanks to all those who contributed – and further input on gaps is always welcome.

The CCDA Compassionate Communities Directory is divided into two sections:

- *Strategic Resources* containing knowledge and information that applies across the whole of Queensland – available only online or by phone
- *Compassionate Communities: Rockhampton and Livingstone* contains information that is place based, community focused, and draws on formal and informal, funded and underfunded resources and opportunities available in our community to support people on their whole of life journey. You can actually get to talk to some-one face to face, where required. Locals supporting locals.

You can save the Directory onto your desktop to make it easy to find for future use.

To use the Directory, please go to the contents page, select your topic of choice, and press Control and Click on your computer or device. You can also use the “Find” function to do a word search for an organisation or topic. Or just print off the directory and browse.

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STRATEGIC RESOURCES

Mostly online or by phone

ADVANCED CARE PLANNING

It is recommended that everybody whatever their age completes Advanced Care Planning documents. An “Advance Health Directive” is a broad term used to describe any legal document that addresses your future medical care. An Enduring Power of Attorney appointing some-one else to manage your affairs, if you do not have capacity, is also legally binding. Statement of Choices Form A or Form B are not legally binding but can have legal affect.

Blank paper copies of Advance Health Directive and Enduring Power of Attorney forms are available from most newsagents and are available free from the websites below

Advance Care Planning Australia 1300 208 582

[Advanced Care Planning Australia](#) is a federally funded site that provides lots of useful information and resources including:

- ❖ [Advanced Care Planning explained.](#)
- ❖ [Free Advanced care Planning Starter Pack.](#)
- ❖ [Advance Care Directive - Wallet Card](#)
- ❖ [My care, my choices](#)
- ❖ [Create your plan and find forms](#)
- ❖ [Training and education.](#)
- ❖ [Health Professionals roles and responsibilities](#)
- ❖ [Law and ethics](#)

Statewide Office of Advanced Care Planning

The Statewide Office of Advance Care Planning is a statewide service (funded by Queensland Health) that helps to promote the important processes of advance care planning. Queensland is the first State/Territory in Australia to have a statewide, standardised clinical approach to receive, review and upload advance care planning documents.

The Statewide Office of Advance Care Planning:

- provides information and resources about advance care planning to the public and health professionals
- adds advance care planning documents to the Queensland Health electronic hospital record (The Viewer)
- shares healthcare wishes with doctors involved in a person’s care
- connects people to advance care planning services in their local area

The Statewide Office of ACP receives Statement of Choices (SoC), Advance Health Directive (AHD), Enduring Power of Attorney (EPOA), Queensland Civil and Administrative Tribunal (QCAT) Orders and revocation documents from individuals, hospitals, health services, GPs and residential aged care facilities across Queensland. Documents are reviewed, and if complete, are uploaded to the person's Queensland Health hospital record (The Viewer) supporting:

- individuals and substitute decision-makers to know relevant advance care planning documents can be easily obtained by clinicians when needed

- clinicians to have direct access to a person’s advance care planning document(s) and to have confidence in the quality of the information contained within it.
- To inform health service planning, the Statewide Office of Advance Care Planning manages a de-identified central database of Queenslanders’ preferences for end-of-life care, as they appear on the Statement of Choices. Learn more about the [privacy and confidentiality policies](#) that protect the de-identified data.

Recommended documents for sound end-of-life planning are:

Advance Health Directive (Queensland)

An *Advance Health Directive (Form 4)* can be used by people who have decision-making capacity. This legally binding document allows a person to give directions about their future health care and special health care. This form can also be used to appoint an attorney(s) for health matters.

The [My Care, My Choices](#) website provides links to:

- ❖ The Advance Health Directive (Queensland) form
- ❖ The Advance Health Directive explanatory guide (Form 10) to read before you begin filling in your Advance Health Directive (Form 4).
- ❖ An Additional page (Form 8) if you wish to attach any additional pages to this document.

You can download the appropriate forms from [My Care, My Choices](#) or you can order a paper copy by contacting:

Statewide Office of Advance Care Planning

Phone: 1300 007 227 Email: acp@health.qld.gov.au

Enduring Power of Attorney (Queensland)

An *Enduring Power of Attorney short form (Form 2)* can be used by people with decision-making capacity who wish to legally appoint the same attorney for health and/or financial matters.

The [My Care, My Choices](#) website provides links to:

- ❖ The Enduring Power of Attorney - short form. Form 2. Version 4
- ❖ The Enduring Power of Attorney explanatory guide (Form 9) to read before you begin filling in your Enduring Power of Attorney (Form 2 or Form 3).
- ❖ An Additional page (Form 8) if you wish to attach any additional pages to this document.
- ❖ The Enduring Power of Attorney long form (Form 3) can be used to legally appoint different attorneys for personal (including health) matters and for financial matters.
- ❖ The Enduring Power of Attorney explanatory guide (Form 9) should be read before you begin filling in your Enduring Power of Attorney (Form 2 or Form 3).
- ❖ An Additional page (Form 8) you can use if you wish to attach any additional pages to this document.

You can download the appropriate forms from [My Care, My Choices](#) or you can order a paper copy by contacting:

Statewide Office of Advance Care Planning

Phone: 1300 007 227 Email: acp@health.qld.gov.au

Statement of Choices (Queensland)

The Statement of Choices can be used to record views, wishes and preferences for health care. Its purpose is to guide (inform) those who need to make health care decisions on a person's behalf if the person is unable to make those decisions for themselves at the time they are needed. It is not a legally binding document that is able to give consent to, or refusal of treatment.

The [My Care, My Choices](#) website provides links to:

- ❖ Statement of Choices Form A—for people who can make their own health care decisions.
It is a good idea to include your doctor, family, and substitute decision-maker/s in the process to ensure they understand your wishes.
- ❖ Tips for how to complete Form A
- ❖ Statement of Choices Form B—for people who *cannot* make health care decisions for themselves.
Form B should be completed by the person's legally appointed substitute decision-maker(s), or if not applicable, person(s) in a close and continuing relationship with the individual. When completing the form, it should reflect best understanding of the person's views about what's important to them, their wishes for care, and the outcomes they would find acceptable/unacceptable. This should consider what the person has said or done in their past, their personal, cultural, religious or spiritual beliefs and practices that they would want respected.
- ❖ Tips for how to complete Form B
- ❖ Statement of Choices Form A and B combined—for health care providers.
- ❖ Guide for health professionals - using the Statement of Choices
- ❖ Auditing of Statement of Choices documents

You can download the appropriate forms from [My Care, My Choices](#) or you can order a paper copy by contacting:

Statewide Office of Advance Care Planning

Phone: 1300 007 227 Email: acp@health.qld.gov.au

Please remember to send a copy of completed advance care planning documents to the Statewide Office of Advance Care Planning, for review and upload to the person's Queensland Health electronic hospital record (The Viewer).

PO Box 2274, Runcorn Qld 4113

Phone: 1300 007 227 Monday to Friday: 7.30am – 4.00pm

Fax: 1300 008 227 Email: acp@health.qld.gov.au

For more information see the [My Care, My Choices -about us.](#)

You will be notified if your documents are not legally correct.

Queensland Civil and Administrative Tribunal (QCAT)

QCAT is an independent tribunal and assists in resolving disputes on a variety of matters. When considering Advance Care Planning QCAT can assist with decision making for adults with impaired capacity that don't already have an Enduring Power of Attorney and who may not have anyone else who can act as a Statutory Health Attorney.

Phone: 1300 753 228 – Monday to Thursday 8.30am to 3.00pm

Friday 8.30am to 12pm

www.qcat.qld.gov.au

AGED CARE AND ELDER SUPPORT

Ageing, an inevitable process, is commonly measured by chronological age and, as a convention, *a person aged 65 years or more* is often referred to as 'elderly'.

ADA Australia Seniors Guide to Qld Help app

The app, [Seniors Guide to Qld Help](#), is designed specifically for older Queenslanders and those who support them. The free resource provides information about a broad range of topics, including aged care, transport, housing and neighbour disputes, family and finances, elder abuse, consumer issues, community access, future planning and decision-making. This app is a valuable tool for support workers and health professionals working with older people. The [Seniors Guide to Qld Help](#) can be downloaded for free on the [App Store](#) or [Google Play](#). To find out more, visit the [resources page on the ADA website](#).

ADA Australia also offers free, confidential, client directed advocacy support to people with issues around services in residential aged care or those living at home receiving aged care services. ADA Australia is funded by the Commonwealth Government to provide information, education and support to enable people to understand and exercise their rights and responsibilities and to resolve their aged care service issues. ADA Australia also offers a community legal service to support adults with guardianship and administration matters.

Telephone – [1800 818 338 \(Freecall\)](tel:1800818338), or [\(07\) 3637 6000](tel:0736376000)

Our information and advice line operates between 9am – 4pm Monday to Friday. Your details will be taken and an advocate call you back at the next available opportunity.

- Easy video chat: Easy video chat options available – contact ADA to enquire
- Email: info@adaaustralia.com.au
- Website: <https://adaaustralia.com.au/>
- Interpreter – for an interpreter please phone: 131 450

Are you a family caring for an older adult? Are you wishing to learn more about aged care?

The University of Tasmania (UTAS) are offering free online learning modules for personal care workers, nurses, or anyone wanting to learn more about Aged Care in Australia. The 'Equip Aged Care Learning' modules take around 10 minutes to complete and are accessible from all devices e.g., phone, tablet, or computer.

This learning is accessible for families and informal caregivers who wish to understand the aged care sector, or open to anyone with an interest in older adults and care.

To find out more about this free online learning (and to enrol for the learning modules) visit the [Dementia Research and Education Centre's website here](https://www.cota.org.au/information/aged-care-navigators/resources-for-care-finders/).
<https://www.cota.org.au/information/aged-care-navigators/resources-for-care-finders/>

Dementia Australia:

[National Dementia Helpline 1800 100 500](tel:1800100500)

[A Better Visit](#) is a free app featuring a range of two-player games designed to enhance communication and facilitate positive social interactions between people with

dementia and their visitors. The app is designed to help families have a 'Better Visit' with their family member living in residential care.

[The Dementia Guide](#) is the go-to resource for people living with dementia their carers and family. The information in this guide is divided into sections with each section relating to a particular stage of the dementia journey. The guide supports people living with dementia, their carers and family, to understand more about dementia, the treatments, support and services available. The guide also includes information about living well with dementia and making plans for the future.

In it, you can find information about:

- *the impact of dementia*
- *treatment, support and services available*
- *ways to adapt to change and live well.*

[Dementia Australia](#) has more resources, information, apps and tools to assist people with their journey with Dementia.

Dementia Support Australia 24 hour help 1800 699 799

Living in a regional or remote location should never lead to feeling disconnected from support, particularly when caring for someone living with dementia. DSA provides regular opportunities in regional and remote areas for care providers and carers to connect with our consultants. *Carers can also request a visit from our team.*

There is more information and a range of resources including, books, videos and webinars available at <https://dementia.com.au/>

ELDAC

End of Life Directions for Aged Care (ELDAC) ELDAC provides information, guidance, and resources to health professionals and aged care workers to support palliative care and advance care planning to improve the care of older Australians. The [ELDAC End of Life Law Toolkit](#) can help you to know the law, and support your practice and delivery of quality care. It can connect you with information and resources across 10 key areas relevant to end of life law, including advance care planning, substitute decision-making, and withholding and withdrawing life-sustaining medical treatment. Find out more about ELDAC resources on the website: www.eldac.com.au

Elder Abuse Prevention Unit

1300 651 192 www.eapu.com.au eapu@uccommunity.org.au

Seniors Enquiry Line 1300 135 500. This is a Senior's 'one stop' information line 9am – 5pm Monday to Friday and you get to talk to a real person. www.seniorsenquiryline.com.au

Time for Grandparents 1300 135 500. Support for grandparents raising grandchildren,. www.grandparentsqld.com.au

Help from a care finder

Some older people need extra, intensive support to access aged care services and other supports in the community.

In these situations, a care finder may be able to help.

Care finders is a free service. It exists to support vulnerable people – who have no one else who can support them – to learn about, apply for and set up support services.

[Who can use the care finder service?](#)

[How does the care finder service work?](#)

[What help can care finders provide?](#)

[How do I contact a care finder organisation?](#)

Live Up

Welcome to the Upside of Ageing

Live Up is a free national healthy ageing platform designed to help you reimagine, reset, and reconnect with living your life to its fullest. You'll find personalised suggestions, including tailored activities, assistive products, social connections and more, all in your local area or online. Head to liveup.org.au and take control of your healthy ageing journey.

Social media links:

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

Instagram <https://www.instagram.com/liveupaus/>

Twitter <https://twitter.com/LiveUpAus>

Support line: 1800 951 971

My Aged Care – plans, providers resources

This Australian Government website assists you in developing a personal plan around your identified aged care needs, including how to connect with residential facilities and in home support providers, in your own local area.

Step 1. Learn about different types of care

If you are just starting out on your aged care journey, this is your first step. You can see what services are available to help you stay in your own home, or what to expect in an aged care home. [Learn about care types](#)

Step 2. Get assessed for aged care services

If you've had a look at what services might be available and you want to know if you are eligible, this is your next step. Read about how to apply and what's involved in the assessment process. [Start your assessment](#)

Step 3. Find a provider in your area that suits your needs

If you've been assessed and are ready to find a provider and set up your new services, start here. Find out what to consider and get information about service providers near you. [Find a provider](#)

Step 4. Manage your services

If you are receiving services and want to check what you've got in place or make some changes, head to this section. [Manage your services](#)

You can also call the My Aged Care Contact Centre on [1800 200 422](tel:1800200422). We are open:

- Monday to Friday: 8am to 8pm
- Saturdays: 10am to 2pm

We are closed on Sundays and national public holidays.

This number is free to call from Australian landlines and some mobile phones. Please check with your mobile service provider. To access all the resources and information, please click on <https://www.myagedcare.gov.au/>

National Seniors Australia

National Seniors undertakes advocacy on behalf of older people and also offers a range of resources and supports. Currently there is no on-ground presence in Rockhampton however CQ citizens can still join and access offered benefits. There is also a great free newsletter. To find out more please see <https://nationalseniors.com.au> or phone 1300 76 50 50

Seniors Enquiry Line 1300 135 500. This is a Senior's 'one stop' information line 9am – 5pm Monday to Friday and you get to talk to a real person. www.seniorsenquiryline.com.au

Time for Grandparents 1300 135 500. Support for grandparents raising grandchildren. www.grandparentsqld.com.au

AMBULANCE CARE PLANS FOR QUEENSLAND

Queensland Ambulance Service (QAS) paramedics are requested to attend and treat patients with complex medical, psychological and social conditions. Managing a complex patient may require treatment by QAS paramedics outside the scope of practice as outlined in the organisation's [digital Clinical Practice Manual \(dCPM\)](#). Furthermore, specific information may need to be relayed to paramedics attending a patient that may pre-emptively guide their care and provide a safe work environment for the officers.

QAS Ambulance Management Plans authorise the paramedics to treat individual patients outside the scope of the standard QAS clinical protocols. They are implemented on an exception basis, and are only considered when the clinical care treatment is both outside the normal scope of the QAS clinical protocols, and is reasonable and appropriate for the pre-hospital environment.

A request for a plan must be made in writing by the patient's treating medical practitioner. It should include details of the patient's condition, and clearly outline any specific treatment strategies for the patient that fall outside the normal QAS clinical management.

For more information please see: https://www.ambulance.qld.gov.au/docs/clinical/cpg/CPG_Palliative%20care.pdf

AUSTRALIAN DEATH NOTIFICATION SERVICE

The Australian Death Notification Service allows people to digitally notify multiple organisations that someone has died. The ADNS is a free government initiative to help people get in touch with multiple organisations using a single online notification.

The service works by collecting details of the person who has died, as well as details of a person to contact (you, or a person with an official role in managing the estate) and sending these to the organisations you choose.

These organisations will then make contact within 10 business days to begin the process of closing or transferring the accounts.

In order to use the Australian Death Notification Service you will need to have the following pieces of information:

For the person who has died:

- Death certificate
- Which organisations you want to tell ([view a fill list here](#))
- Full name
- Date of death
- Date of birth
- Address information
- Any business information
- Where the person died

About you:

- Name
- Contact details
- If you have an official role in the estate (recommended for when organisations make contact)

To start using the service or to find out more, please click on <https://deathnotification.gov.au/>

CARER HELP

A carer's role is significant, and fortunately there are resources and information freely available tailored to fit different cultures and groups including LGBTIQ+; First Nations and ethnically and linguistically diverse peoples. When Carers are well supported everyone benefits.

Carer Gateway

Australian Government information about caring <https://www.carergateway.gov.au/>
Emotional and practical resources

Contact Carer Gateway

Phone [1800 422 737](tel:1800422737) Monday to Friday, 8am to 5pm

Don't see what you need? [Contact us](#) to talk about how we can help you.

CarerHelp

Caring for someone at the end of their life is a very important role. People who do this help the person they care for and that person's family and friends. They also help the community by reducing the pressure on our health care system. Carers are vital members of the Australian community and we are so thankful for what they do.

Caring for someone who is dying can be very difficult. Often, people are caring for someone who is very close to them. This makes the end of life very emotional, which can be hard to cope with. Relationships can change significantly, and the caring role can become much more intense at this end of the caring journey. The [CarerHelp Information Pack](#) comprises factsheets and practical pointers to help you get started in caring, dealing with advancing illness, and managing grief and bereavement. This information kit can be used and is useful for individuals, services and health and social care professionals alike.

The [CarerHelp](#) web site also provides extensive information on [Carer Pathways, Resources](#), and other topics covered including:

[Carer Support](#)

[Death and Dying](#)

[Diseases](#)

[Finances and Legal](#)

[Grief and Loss](#)

[Health and Wellbeing](#)

[Home Care Tips](#)

[Population Groups](#)

[Relationships](#)

[Services and Information](#)

[Symptoms](#)

Carers Qld

Carers Qld objective is to ensure you achieve your goals, enhance your relationships and can move forward with a life based on your own decisions and choices

<https://carersqld.com.au/>

Get in touch

Carer Services 1300 747 636

info@carersqld.com.au

NDIS Services 13 00 999 636

cq.customerservice@ndis.gov.au

[LGBTQIA+ Communities](#)

rainbow@carersqld.com.au All emails will be

responded to by our LGBTQIA+ team members.

End-Of-Life guide for family and friends

This booklet was researched and developed by Queensland Health's Care at End of Life Project team in consultation with an extensive group of clinicians, consumers and content experts from across Queensland; the Aboriginal and Torres Strait Islander Cultural Capability Team and their statewide network; and Health Consumers Queensland. The authors extend their sincere thanks to these contributors for generously providing their advice and feedback.

[When Some-One Dies: a practical guide for family and friends](#)

CRISIS SUPPORT AND HELPLINES

Crisis is a time when a difficult or important decision must be made – support is always available.

13 HEALTH (13 43 25 84)

13 HEALTH (13 43 25 84) is a confidential phone service that provides health advice to Queenslanders. You can phone and talk to a registered nurse 24 hours a day, 7 days a week for the cost of a local call.

13 YARN (13 92 76)

First Nations people across Australia now have access to a culturally safe, dedicated, 24/7 crisis hotline.

[13YARN](#) is an Aboriginal & Torres Strait Islander crisis support line funded by the Australian Government with the support of Lifeline and developed in collaboration with Gayaa Dhuwi (Proud Spirit) Australia. It is run by Aboriginal and Torres Strait Islander people.

Alzheimer's Association of Queensland Inc

Dementia Helpline 24 hr 1800 639 331

National Education Helpline 1800 180 023

Beyond Blue 1300 22 46 36 24/7

Give us a call any time of the day or night – select from the voice menu or simply hold on the line to talk with a counsellor.

We'll be there to offer brief support, provide information and advice, and point you in the right direction so you can get the help you need for the cost of a local call (could be more from mobiles).

- *Help for people who are deaf or hard of hearing*
People who are deaf or have a hearing or speech impairment can contact us by phone using the [National Relay Service](#).
- *Help for people whose first language is not English*
People whose first language is not English can get free translation support from the [Translating and Interpreting Service \(TIS National\)](#).^{*}
 - [Immediate phone interpreting service](#)
 - [Pre-booked phone interpreting service](#)

*The Translating and Interpreting Service (TIS National) is an interpreting service [provided by the Department of Home Affairs](#).

[Beyond Blue Website](#) provides additional information and resources

Brain Tumour Support Service – a service providing resources, referrals, information sessions with health professionals, and opportunities to meet others living with a brain tumour (location dependant). Self-referral via 13 11 20.

Butterfly Foundation

Eating disorders and body image. 1800 334 673.

Griefline 1300 845 745 6am to midnight

Are you ready to talk? We are ready to listen. Griefline supports anyone experiencing grief, facing any type of loss, providing access to free telephone and online support services and resources Our national toll-free helpline operates from 6am to midnight (AEST). All our services are free and available 365 days a year. Please see [Griefline Website](#) for more information and access to an Online Forum

Kids Helpline 1800 55 1800 Anytime. Any Reason.

[Kids Helpline Website](#) has a range of resources tailored for a variety of ages and for parents and teachers.

Lifeline Crisis Support Services 24/7

- [Phone 13 11 14](#) available 24 hours / 7 days - Australia's largest crisis support line. Anyone in Australia can speak to a trained Crisis Supporter over the phone, any time of the day or night.
- [Lifeline Text 0477 13 11 14](#) available 24 hours / 7 days - Australia's first SMS-based Crisis Support service, any person in Australia can receive support from a Crisis Supporter by text message, any time of the day or night.
- [Online chat](#) available 24 hours / 7 days - The online chat service is available for people who prefer to type than talk. Any person in Australia can chat with a Crisis Supporter through the Lifeline Australia website, any time of the day or night.
- [Lifeline Website](#) provides additional information and resources

MensLine Australia 1300 78 99 78 24/7

MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime. We provide single session services to all callers and online counselling users; and multi-session services to eligible clients. In a *single session*, each interaction is treated as a stand-alone counselling session where we work with the caller on the issue that is of greatest concern to them. Our *multi-session* service is a tailored program for clients where they can have up to four sessions with the same counsellor. *Case Coordination* supports clients who present as having unmet needs and require ongoing support to connect with services in their area over a four to six-week period.

[MensLine Australia Website](#) provides additional information and resources

My Aged Care 1800 200 422

Arranging the aged care services you need can be a complex and daunting task - that's why My Aged Care is here to help. We can provide support to help you access Australian Government-funded aged care services.

We are open:

- Monday to Friday: 8am to 8pm
- Saturdays: 10am to 2pm
- Closed on Sundays and national public holidays.

If you are calling from overseas, dial +61 2 6289 1555 (Monday to Friday 8.30am to 5.30pm AEST) and ask for the My Aged Care contact centre.

** 1800 numbers are free from landlines and most mobile phones. Check with your mobile phone provider for more information.*

National Disability Abuse and Neglect Hotline

If you have experienced or witnessed someone with disability being hurt, treated badly or neglected you can report it to the National Disability Abuse and Neglect Hotline. It's free, independent and confidential.

Contact the Hotline on 1800 800 052 or email hotline@workfocus.com.

[Learn more on their website](#)

PalAssist - a Queensland-wide, no-cost 24-hour telephone and online service for palliative care patients, carers, family and friends seeking practical information and emotional support. Self-referral via [1800 772 273](tel:1800772273).

Qld Health 24 hour Mental Health Triage Line

1300 642 255

QLife (LGBTI)

1800 184 527; [www.qlife.org.au](http://www qlife.org.au) Webchat 3pm to midnight every day.

Red Nose Grief and Loss Helpline

247 bereavement support for those impacted by the death of a child through miscarriage, stillbirth or SIDS. 1300 308 307

StandBy – Support After Suicide 1300 727 247.

<https://standbysupport.com.au/>

StandBy is Australia's leading *suicide* postvention program dedicated to assisting people and communities bereaved or impacted by *suicide*. StandBy is accessible seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual.

Suicide Call Back Service 1300 659 467 24/7

Suicide Call Back Service is a nationwide service providing 24/7 telephone and online counselling to people affected by suicide.

- *Learn about suicide warning signs*
A person who is thinking about suicide will usually give some clues or suicide signs to those around them that indicate they are distressed. These are often referred to as suicide warning signs. Suicide prevention starts with recognising these suicide warning signs and taking them seriously. [View article.](#)
- *How to talk to somebody about suicide*
Discussing suicidal thoughts may seem like a daunting prospect. Learn to shape these discussions with clear and practical advice. [View article.](#)
- *Looking after yourself when supporting someone suicidal*
When looking after someone who is experiencing significant emotional turmoil, it can be easy to overlook your own needs. Make your own health and wellbeing a priority, even if only to ensure that you can continue to provide the best of care for them. [View article.](#)

[Suicide Call Back Service Website](#) provides additional information and resources

Survivors of Suicide Bereavement Support 1300 767 022

Telehealth Bereavement Counselling

The Australian Centre for Grief and Bereavement (ACGB) has launched a new national online telehealth bereavement counselling service.

The Service is the first of its kind in Australia. It gives clients access to a specialist

bereavement counsellor in a virtual setting, via a computer, iPhone or smart phone, or a tablet. Now, all Australians, regardless of location or circumstance, can access the Centre's services and can maintain control over the setting and context of their own counselling. The telehealth counselling service can be accessed through (03) 9265 2100 or info@grief.org.au.

Veteran's and Veterans' Families Counselling Service and Veteran's Line
24 hour crisis support and free and confidential counselling. 1800 011 046

DEATH DOULAS/ END-OF-LIFE DOULAS

What is an End of Life Doula? [COTA](#)

You may have heard of a Birth Doula, who ushers in new life by providing compassionate and specialised personalised care to women through pregnancy, birth and after birth support. An end of life or death Doula uses the same care principles, working to hold a peaceful space for those dying and their families – by providing emotional support, resources, education and companionship.

An end of life Doula is trained and experienced in accepting the dying process as a natural part of life not to be feared. While many won't talk about death, a Doula will offer emotional support, within your belief system, with the intention of mediating a sense of meaning, connection and purpose.

What does an end of life doula do?

In a time where death has become increasingly medicalised and more frequently occurs in hospitals and nursing homes rather than the family home, an end of life Doula fills the space that was, in the past, more traditionally filled by the community. An end of life Doula will work alongside other professionals and family and friends. They take on a holistic approach with a non-medical skill set. They offer an all-round service. As dying and death is a unique experience, they will start by wanting to know what's important to you and how they can serve you best. Their goal is to provide thoughtful and proactive support to ensure the best quality of life in line with your wishes.

After planning and preparation, a Doula will hold space for you to focus on the intense work of withdrawing from the physical world. They will also provide comfort and care for your loved ones so that they can feel more confident and complete in all that can be done for you at this time.

A Doula's services can be provided in the home, aged care, hospice and palliative care facilities and hospitals.

What are the reasons / benefits of hiring one?

- They ensure all your wishes and needs are met.
- They provide comfort and care to family and friends.
- They work alongside your care professionals.
- They will offer you emotional support and guidance.
- They are well informed in the dying process and can be a great source of information and knowledge.
- They work within your belief systems.
- They offer companionship, in an increasingly socially isolated world.

- They have open and honest conversations about death.
- They can offer post death, bereavement care for your family and friends.
- They can support you with funeral arrangements.

How can I hire an end of life doula?

If you are interested in hiring an end of life Doula, first do your research and reading.

[This blog](#) on what to ask when hiring an end of life doula may assist.

It's also important to remember that Doula's are not medical professionals – they are not nurses, doctors, counsellors or psychologists and while they are trained there isn't any regulation in this industry.

Also see [End of Life Doulas](#) in this directory

More information

There is more on end of life Doula's in the links below, including some listings of trained Doula's.

Sources and further reading and information:

- ❖ www.australiandoulacollege.com.au/end-of-life
- ❖ www.endoflifedouladirectory.com.au/
- ❖ bare.com.au/what-is-a-death-doula-end-of-life-carer-role-explained/
- ❖ www.abc.net.au/news/2019-03-01/baby-boomers-dying-on-their-terms-hiring-doulas/10853454
- ❖ www.endoflifedouladirectory.com.au/resources/7-questions-to-ask-when-hiring-an-end-of-life-death-doula/
- ❖ www.australianageingagenda.com.au/executive/death-doulas-seek-national-accreditation/
- ❖ www.mamamia.com.au/death-doulas/

DEATH LITERACY.

Death literacy is defined as a set of knowledge and skills that makes it possible to gain access to understand and act upon end-of-life and death care options.

The dying process:

If you have never seen anyone die you may be afraid of what will happen, but the moment of death is usually peaceful. Caring for a person during the last few weeks and days of life can be stressful and demanding. Many different feelings and emotions may surface at this time. This leaflet should help you to understand, anticipate and respond to some of the signs you may notice.

Carers are often concerned that death will be a painful experience for the person. However, the time before death is generally peaceful. There is a gentle winding down that may take several days. The body starts to 'let go' of life. If restlessness does occur, it can be treated.

Not all the signs discussed in this leaflet will occur with every person, nor will they occur in any particular sequence. Sometimes these signs appear a few hours before death, sometimes a few days. These physical signs are part of the normal, natural process of the person's body gradually slowing down. To access the comp and Slete leaflet please click on [The dying process 2020](#). The [Palliative Care Australia](#) website also has a wide range of other resources for patients, carers, health professionals and

service providers. The needs of Aboriginal and Torres Strait Islander People and the CALD community are also tailored for.

Groundswell and The of Death Literacy Planning and Conversation Tools, including Blogs and Podcasts, Books

The Groundswell Project works with individuals, organisations and communities to improve how people in Australia die, care and grieve. We run educational workshops, develop innovative programs and advocate for a better end of life experience for all. Develop your death literacy by learning more about different aspects of end of life. Explore this collection of useful resources from different groups and organisations around the world.

From talking and planning, to grief and bereavement, palliative care, funerals, and end of life doulas [Groundswell Website](#) has a [BIG LIST](#) of Death Literacy Planning and Conversation Tools, including Blogs and Podcasts, Books, Films and Talks, Resources and much more - that can be browsed by topic or searched for a key word or phrase.

DIGITAL LEGACY

Every day, many of us use the internet without thinking about what happens to the information we provide and create. This is our digital legacy, which may be valued by those we leave behind, but may also provide an opportunity for identity theft and fraud if we don't plan properly before passing on.

Below are some resources you can use to assist you in preparing for your digital legacy.

A guide to digital estate planning – Choice

How to manage your digital assets for when you're gone.

<https://www.choice.com.au/electronics-and-technology/internet/using-online-services/articles/digital-estate-planning>

Digital Death and Afterlife Online Services List – The digital beyond

The Digital Beyond maintains this list of online services that are designed to help you plan for your digital death and afterlife or memorialize loved ones. These services come in all flavours including digital estate services, posthumous email services and online memorials. <http://www.thedigitalbeyond.com/online-services-list/>

How to prepare your digital legacy plan – Be Connected

<https://beconnected.esafety.gov.au/quick-reads/how-to-prepare-your-digital-legacy-plan>

My Digital Legacy – Sunlife

Everything you need to organise your digital legacy and leave your online affairs in order, ready for when the time comes.

<https://www.sunlife.co.uk/siteassets/documents/digital-legacy-final.pdf/>

Preparing your digital legacy: Estate planning tips for the 21st century – ACCAN

<https://accan.org.au/ACCAN%20Digital%20Legacy%20Brochure%20-%20Web%20Compressed.pdf>

Additional useful resource

The ACSC has a new tool, '[Have you been hacked?](#)' The tool is designed to step potential victims through a series of scenarios such as ransomware attacks, that help them assess if they've been hacked and guide them on how to respond.

Also see the [Australian Cyber Security Centre](#) for more information and resources

END-OF-LIFE & PALLIATIVE CARE.

End-of-life care is the last weeks of life in which a patient with a life-limiting illness is rapidly approaching death. The needs of patients and their carers are higher at this time. This phase of palliative care is recognised as one in which increased services and support are essential to ensure that quality, coordinated care from the healthcare team is being delivered. This takes into account not only the terminal phase or when the patient is recognised as imminently dying, but also death and extends to bereavement care.

Palliative Care

Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Country to Coast Qld previously *Central Queensland, Wide Bay and Sunshine Coast PHN*

Talking about dying is hard. And it is sad. However, death is inevitable and the better prepared we are for our death, the easier it will be for us and the ones we leave behind. It is also important to talk about death so you can prepare well. When we prepare in advance for our death we are able to relieve the decision making burden on those closest to us. This site has a wide range of referral links connected to palliative care support.

Email: info@c2coast.org.au

Phone: (07) 5456 8100

Web: <https://www.c2coast.org.au/palliative-care-community>

ELDAC

End of Life Directions for Aged Care (ELDAC) ELDAC provides information, guidance, and resources to health professionals and aged care workers to support palliative care and advance care planning to improve the care of older Australians. The [ELDAC End of Life Law Toolkit](#) can help you to know the law, and support your practice and delivery of quality care. It can connect you with information and resources across 10 key areas relevant to end of life law, including advance care planning, substitute decision-making, and withholding and withdrawing life-sustaining medical treatment.

Find out more about ELDAC resources on the website: www.eldac.com.au.

First Nations Palliative Care Resources

- ❖ PCC4U Toolkit: Caring for Australian Indigenous peoples affected by life-limiting illness
 - <https://pcc4u.org.au/learning/topics/topic2/>
- ❖ Caring@home for Aboriginal and Torres Strait Islanders
 - <https://www.caringathomeproject.com.au/tabid/6079/Default.aspx>
- ❖ Gwandalan Palliative Care Project
 - <https://gwandalanpalliativecare.com.au/>
- ❖ IPEPA
 - <https://pepaeducation.com/>

Multilingual Resources for Palliative Care.

Australia is a vibrant, culturally diverse society. As such, there are many languages spoken across Australia. Palliative care is person and family-centred care, provided for a person who has an incurable or terminal illness.

When in palliative care the primary goal is to optimise quality of life.

In some languages, palliative care is not easily translated to outline what services are available and how these services are delivered in Australia. Palliative Care Australia advocates for quality palliative care for those who need it, when and where they need it. This includes Australians who may require information in a language other than English.

In collaboration with Palliative Care Victoria, Palliative Care Australia has published [a series of fact sheets on palliative care in 21 different languages](#). The Fact Sheets outline how palliative care can help, such as, a nurse calling or visiting at home to see how you are going, help with medications, and more. This can be helpful to a person who is palliative as well as their family.

You might also ask for an interpreter if you wish to speak in your language. This is your right. For more information contact the [Australian Government's Translating and Interpreting Service](#) or telephone 1800 131 450.

Navigating Palliative Care in Queensland

[PalAssist](#) provides palliative care support and advice. Accessible 7 days a week, from 7am to 7pm through online and telephone support.

Phone: 1800 772 273 [Chat Online](#) [Email](#)

The [PalAssist](#) website also has a range of resources on navigating palliative care in Queensland, in digital and hard copy.

Also see:

- ❖ [Support Care Fact Sheets](#)
- ❖ [Guides and Fact Sheets](#)
- ❖ [Digital Downloads](#)
- ❖ [All Resources](#)

Paediatric Palliative Care website

Paediatric palliative care is about improving the quality of life of infants, children and young people diagnosed with a life-limiting condition and supporting those who care for them.

Palliative Care Australia (PCA) and Paediatric Palliative Care Australia and New Zealand (PaPCANZ) are proud to deliver the new [Paediatric Palliative Care website](#), co-designed with families/carers, health professionals and support organisations. This new website is your one-stop destination for quality paediatric palliative care information and resources for [families/carers](#), [young people](#) and [health professionals](#) experiencing paediatric palliative care.

This website is one of 10 key activities included in the [Paediatric Palliative Care National Action Plan](#) Project, which received grant funding from the Australian Government as part of the Supporting Children with Life Threatening Medical Conditions and their Families 2019 election commitment.

Palliative care for infants, children and young people involves a diverse range of conditions, symptoms, and experiences. It acknowledges these differences by providing individualised, holistic care that is focused on the physical, emotional, social, financial, cultural, and spiritual needs of the child and family. This website reflects the diversity of those experiencing paediatric palliative care or those caring for an infant, child or young person with a life-limiting condition. This website will continue to evolve over time. If you know of a resource that would be helpful for families/carers, young people or health professionals, please get in touch with the PCA Paediatric Project Team at paediatrics@palliativecare.org.au.

Palliative Care Australia.

[Palliative Care Australia \(PCA\)](#) is the national peak body for palliative care. There are a lot of common misconceptions about palliative care. Answers to some of the more frequently asked questions can be found in our [FAQs here](#).

The site also has resources tailored for the [career](#), [health care professional](#), [patient](#) and [service provider](#). Also see:

- ❖ [What is Palliative Care](#)
- ❖ [Multilingual fact sheets and resources in languages other than English](#)

PalliativeCare Queensland.

We advocate, raise awareness, build capacity and deliver support for all Queenslanders. For more information, the latest news and upcoming training and events please go to <https://palliativecareqld.org.au/>
Or phone 07 3842 3242 Monday to Friday 9am to 4pm

[PalliLearn PalliativeCare Queensland](#)

Palliative care education for everyone. PalliLearn aims to build community knowledge, death literacy, compassion literacy and community capacity in relation to serious illness, dying, death and grief by providing quality and easy to understand courses. While the target audience is general community members, anyone can attend the courses.

Courses include: knowledge sharing about the topic, relevant key research findings, practical ways to put these into action, tips for connecting with your local supports and ideas for how to continue your learning.

Our basic courses cost:

- \$10 per person for community members
- \$20 per person for health professionals

Some courses are discounted for different audiences.

[Visit our Training Calendar HERE to see different course dates, times and costs.](#)

Manage grief in seven days

[7 days 7 ways: seven tips for coping with the loss of a loved one](#) by Cynthia Hickman

Grief affects different people in different ways. Here are some techniques to help you deal with loss.

Telehealth Bereavement Counselling

The Australian Centre for Grief and Bereavement (ACGB) has launched a new national online telehealth bereavement counselling service.

The Service is the first of its kind in Australia. It gives clients access to a specialist bereavement counsellor in a virtual setting, via a computer, iPhone or smart phone, or a tablet. Now, all Australians, regardless of location or circumstance, can access the Centre's services and can maintain control over the setting and context of their own counselling. The telehealth counselling service can be accessed through (03) 9265 2100 or info@grief.org.au.

END-OF-LIFE FINANCIAL PLANNING

Death Administration Guide

[Death Administration Guide](#) A guide for executors and personal representatives

End-Of Life planning guide: Westpac

Some practical steps you can take now to ease the burden on loved ones when the time comes.

[End-of-Life Planning Guide: Westpac](#)

MoneySmart

The [MoneySmart](#) website provides free calculators, tips and guidance on managing your money, reducing your debt, planning your future, and growing your wealth, and support the information with tools and resources. There is information relevant to all ages.

There is a Living in Retirement section that covers :

- [Live well and make your money last longer in retirement](#)

- [Aged care: Options and costs of government-funded aged care](#)
- [A home that suits your lifestyle and budget in retirement](#)
- [Plan ahead to make sure your wishes are carried out: wills & POA](#)
- [Cover your funeral costs so your family doesn't have to](#)
- [Ways to help older loved ones with money matters](#)
- [Protect yourself and your money: preventing financial abuse](#)
- [Memory loss, dementia & your money: Plan to protect yourself & your money](#)
- [Elder care & seniors support: National and state support services](#)

Paying Superannuation Death Benefits: Australian Tax Office

<https://www.ato.gov.au/super/apra-regulated-funds/paying-benefits/paying-superannuation-death-benefits/>

What to organise before you die: Services Australia

There's a lot to organise before you die. There are some things you can do to help reduce the burden on your family.

- [Writing your will](#)
- [Making your wishes known](#)
- [Planning and saving for your funeral](#)
- [Saving for the funeral](#)
- [Getting help with your money](#)

END-OF-LIFE LAW IN QUEENSLAND. QUT

This QUT website provides answers appropriate for Queensland, to frequently asked legal questions about end-of-life planning.

<https://end-of-life.qut.edu.au/advance-care-directives/state-and-territory-laws/queensland>

HEAD TO HEALTH 1800 595 212

Head to Health – *point of entry for mental health support and great holistic resource site*

In this area Head to Health can now provide local face to face support for clients.

Also see [Head To Health \(Local\)](#) in this Directory.

Head to Health is an open door if you are looking for mental health information, services and support for yourself or someone you care about.

Call Head to Health on 1800 595 212 : no referral required

For mental health advice and support, call Head to Health on [1800 595 212](tel:1800595212). Our team can help you access the local mental health services and supports that are right for you. You can make a free call to Head to Health between 8.30am - 5pm weekdays (except public holidays).

Head to Health is not a crisis or emergency service. For urgent support, call Lifeline on [13 11 14](tel:131114) or Suicide Call Back Service on [1300 659 467](tel:1300659467). If you need immediate help or are at risk of harm to yourself or others, call [000](tel:000) now.

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian

Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

Whether you are trying to improve your own sense of wellbeing, looking for help with something that is bothering you, or helping someone you care about—Head to Health is a good place to start.

Some key strategic areas covered include:

Meaningful Life

- Physical Health; Being Active; Sleep
- Connectedness; Community; Culture; Environment; Pets; Spirituality;
- Purposeful Activity; Getting Involved; Hobbies; Learning & Education; Volunteering; Work
- Feeling Safe, stable and secure; Finances; Home and Housing; Neighbourhood

Mental Health Difficulties

- What should you know about Mental Health conditions and disorders
- Challenging situations

Supporting Yourself

- Seeking Support
- Professional Support

Supporting Someone Else

- How to support someone
- Being a carer
- Supporting others – a range of categories

There is also a Services Directory and information for service Providers and Health Professionals.

To access the site and its wide range of resources please click on <https://www.headtohealth.gov.au/>

SOCIAL ISOLATION AND LONELINESS

Beyond Blue:.

Beyond Blue has produced fact sheets, booklets and other resources to support everyone in Australia achieve their best possible mental health. The downloadable resources below cover [anxiety](#), [depression](#), suicide, wellbeing, and workplace and perinatal mental health.

COTA Qld: Social Isolation and Loneliness Hub

Social isolation and loneliness can be experienced at any stage in life. These are separate yet interconnected experiences, which may be interrelated with physical, social, emotional, lifestyle or personal factors. These experiences can be difficult to capture due to the individuality of experiences, the varying measurements, or under-reporting of those experiencing social isolation and/or loneliness;

particularly loneliness as it is subjective (whereas social isolation is considered objective). This site provides links to range of resources, and also encourages input from the community.

<https://cotaqld.engagementhub.com.au/social-isolation-and-loneliness>

connectedau

connectedau has many projects to help tackle loneliness. You can connect with others through a penpal service called The Letterbox Project, which pairs up aged care residents and other vulnerable people, with Aussies who would like to write to them.

Over the past two years, 40,000 people have signed up. People in disability homes, homelessness services and domestic violence services can also join. However more Aussies are needed to write them. It's a great way to teach kids about letter writing, with families getting involved, as well as big corporate firms. Crucially, connectedau staff in Dubbo act as post masters, with no personal addresses shared between those who join the pen pal scheme. It's not just nice to receive a letter or card, but it has health benefits too.

Loneliness costs Australia \$2.7 billion annually, according to Curtin University. To connect yourself or a client and/or to find out more about pen pal projects and online clubs, please click on [connectedau](#)

FriendLine

FriendLine offers older Australians an opportunity to call and have a free, anonymous, friendly chat with a volunteer over the phone.

Register your phone number on the [FriendLine website](#) to receive a call a few times a week for a friendly conversation.

Please note that we will not ask for your name or any other information.

There is also an online chat service open on: (AEST/AEDT):

5pm – 8pm, Mondays

1pm – 4pm, Wednesdays

10am – 1pm, Fridays

Please see the website for more information

VOLUNTARY ASSISTED DYING

ELDAC

End of Life Directions for Aged Care (ELDAC) ELDAC provides information, guidance, and resources to health professionals and aged care workers to support palliative care and advance care planning to improve the care of older Australians. The [ELDAC End of Life Law Toolkit](#) can help you to know the law, and support your practice and delivery of quality care. It can connect you with information and resources across 10 key areas relevant to end of life law, including advance care planning, substitute decision-making, and withholding and withdrawing life-sustaining medical treatment and voluntary assisted dying.

Find out more about ELDAC on the website: www.eldac.com.au.

An online training module on this topic is available through the End of Life Law for Clinicians training program. To learn more about the training or to register visit the [ELLC online training portal](#).

Also see [Factsheets](#) for Health Professionals and Residential Aged Facilities.

Qld Health

[Quick Reference for Voluntary Assisted Dying](#)

[Choosing your contact person. Voluntary Assisted Dying](#)

[Accessing Voluntary Assisted Dying when your doctor refuses your first request.](#)

If your medical practitioner or healthcare worker is also seeking information, please direct them to [Information for medical practitioners and healthcare workers](#)

QUT End of Life Law in Australia

Voluntary assisted dying (VAD) is now legal under the [Voluntary Assisted Dying Act 2021 \(Qld\)](#), which commenced on 1 January 2023. The Act provides for and regulates access to VAD, which is defined as 'the administration of a voluntary assisted dying substance and includes steps reasonably related to that administration'.

[End of Life Law in Australia](#) provides accurate, practical and relevant information for individuals, families, health and legal practitioners, the media, policymakers and the broader community about Australian laws relating to death, dying and end of life decision-making.

An [Advance Care Directive](#) is an instruction that a person makes now about their future medical treatment or health care in the event he or she loses capacity to make decisions. They are a useful tool that people can use to communicate their wishes, in advance, to their families, friends and health professionals.

This webpage explores the law relating to Advance Care Directives, including common law Advance Care Directives, and statutory Advance Care Directives.

[Legal Overview](#) gives an overview of key concepts relating to the law at end of life in Australia. It is designed to help you navigate the laws on this website.

There are also a wide range of additional resources available.

- [Legal Overview](#)
- [Capacity and Consent to Medical Treatment](#)
- [Advance Care Directives](#)
- [Treatment Decisions](#)
 - [Withholding and withdrawing life-sustaining treatment from adults](#)
 - [Substitute decision-making in each State and Territory](#)
 - [Futile or non-beneficial treatment](#)
 - [Emergency medical treatment in each State and Territory](#)
 - [Guardianship law](#)
 - [Children and end of life decision-making](#)
 - [Complaints and dispute resolution](#)
- [Legal Protection for Providing Pain and Symptom Relief](#)
- [Organ Donation](#)
- [Voluntary Assisted Dying](#)
- [Glossary](#)

What you need to navigate voluntary assisted dying.

Every Australian state now has a voluntary assisted dying (VAD) Act, but the biggest block to access for eligible patients remains the number of doctors willing and able to undertake the training needed to help a patient through the process. This article is a national resource but contains Queensland specific information. To find out more please click on [Insight+](#)

WHAT TO SAY

Every WORD (& gesture) Counts - aged care guide

A guide to taking ageism out of Aged Care. The *Every WORD (& gesture) Counts* guide contains simple tools and practical advice to help workers engaging with older people to communicate in ways that respect people's rights and support their independence and capacity to retain their autonomy, power and dignity.

This resource was developed in partnership with the Brisbane North PHN, the [healthy@home consortium](#) and [the EveryAGE Counts](#) campaign, with support from the Australian Government Department of Health. See [Every Word \(& gesture\) Counts](#)

How to Support a Grieving Friend.

[How to Support a Grieving Friend:](#) Gain a sound knowledge of grief and loss so you can feel confident supporting a friend, family member, neighbour or colleague as they navigate their health journey

Talking to your loved ones about end-of-life choices –

To ensure that your future care wishes are understood and respected by all those who are important to you, it's imperative that you sit down and talk to your family and loved ones about your end-of-life choices.

For many of us, the prospect of such a conversation can seem like a daunting task. You or your loved ones may be uncomfortable talking about serious illness or death, or it may seem "too soon" to have a conversation about end-of-life preparations. However, it's better to have the conversation when you and your loved ones are in a calm and relaxed state, rather than in the midst of a medical emergency when everyone's stressed and it's difficult to think clearly.

While you may think that your loved ones already know what you want, the truth is there is often a startling difference between what people say they want and what their family members *think* they want. The only way to be certain that your loved ones understand your wishes is to sit down and have the conversation.

Choose a time and place where you and your loved ones feel comfortable and at ease, such as after a family dinner, on a walk, or sitting outside in the sun.

Not everything has to be discussed at once. The conversation can be spread out over different times.

Be patient with your loved ones. Fear and denial are common. Some people need longer to become comfortable talking about dying, others may have different feelings about what end-of-life plans should involve.

Don't feel like you can never change your mind. Your opinions and wishes can change over time and Advance Health Care Directives can be revised.

How to get started

You can get started by sending your loved ones a copy of this article with a note saying, "I'd like to talk about this."

Other ways you could break the ice:

- Remember how someone in the family died—was it a “good” death or a “hard” death? How do you want yours to be different? “I was thinking about what happened to (Uncle Joe), and it made me realize...”
- “Even though I’m okay right now, I’m worried that (I’ll get sick), and I want to be prepared.”
- “I need to think about the future. Will you help me?”
- “I just answered some questions about how I want the end of my life to be. I want you to see my answers. And I’m wondering what your answers would be.”

Discussion Starters from Palliative Care Australia

The [Palliative Care Australia](#) website has information and a range of resources tailored to meet the needs of patients, carers, medical professionals and service providers. There are also resources to meet the needs of Aboriginal and Torres Strait Islander peoples and the CALD community. Downloadable resources are generally free: hard copy versions

The free to download [What matters most for older Australians Discussion Starter and card pack](#) has been developed for older people using aged care services and those living with dementia. They are designed to be used with health or aged care staff. They can help older people work out what would be right for them, if they were really sick or at the end of their life rather than waiting for a crisis to occur. The resources can be used to help health and aged care workers and the older person to have these important discussions with the person’s family and friends. For the older person, it covers three areas: about you; about your health; and what you might want at the end of your life. It also contains a list of useful contacts.

The What Matters Most Discussion Starter and cards are available in the following languages: Arabic , Croatian, Greek, Hindi, Italian, Maltese, Polish, Simplified Chinese, Spanish, Ukrainian, and Vietnamese.

[Aboriginal and Torres Strait Islander Discussion Starter - Working out what is right for you](#)

This free to download Discussion Starter and card pack has been developed for Aboriginal and/or Torres Strait Islander peoples and their community, and those working with them. It was made in partnership by Palliative Care Australia (PCA) and the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives, Australian Indigenous Doctor’s Association and Indigenous Allied Health Australia and others. If you become so sick that you couldn’t talk, your family and health worker may need to make decisions for you. Talking about how this would make you feel and what you want in advance will make their decisions easier and less stressful. The workbook and card pack helps you think about what is right for you and what is not right for you, as your journey moves on. It includes items for thinking about you and your family and community; your health care; preparing for discussion; and reviewing your discussion.

There is also information about identifying your decision makers, making a legal will, Advance Care Plan, funeral preparation and more.

Grief Australia

A guiding voice through the universal human experience of grief. Providing everyone with the help they need, while fostering greater recognition and a deeper understanding of the grief experience, for all Australians.

<https://www.grief.org.au/>

Start the conversation

Talking about dying is hard. The better prepared you are for your death, the easier it will be on your loved ones. It's important to talk about death and about the care you want so you can prepare well. Talking about these things helps relieve the decision-making burden on those closest to you. The Federal Government Department of Health website <https://www.health.gov.au/health-topics/palliative-care/planning-your-palliative-care/start-the-conversation> provides some guidance around difficult conversations and a range of useful resources around end of life planning.

WILLS

Leaving a Will helps you to communicate your final wishes to your friends and family about how to distribute your property, pay off any debts, handle business or family needs, and more.

If you die without a valid Last Will, your estate is divided based on intestacy laws and your property may not be given to the beneficiaries you would have chosen.

It is recommended that people seek legal advice when drawing up a will however it is recognised that not everyone can afford a solicitor, so there are other options available

Australian Seniors' Free Will Kit

Without a Will you cannot control who inherits your assets. This self-help kit is a simple and effective way to bring peace of mind to yourself and your loved ones without the cost of seeing a solicitor. This free download includes all the easy to understand instructions and information you need to prepare your own Will.

[Plain English Legal Will Kit](#)

[Complete Online – fee or give to charity](#)

Legal Aid – Wills and Deceased Estates: Links to online resources only

Legal Aid does not provide legal advice in this area. The content on this site is for general purposes only. Legal Aid Queensland does not provide legal advice in this area. For more information, please contact a lawyer.

<https://www.legalaid.qld.gov.au/Find-legal-information/Personal-rights-and-safety/Taking-care-of-other-peoples-affairs/Wills-and-deceased-estates>

Legal Zebra!

You can *draft* your [Will online](#) completely FREE with Legal Zebra! Just answers a few simple questions and you'll instantly receive a draft Will in your inbox. Check it

over and make sure it expresses all your final wishes. Then once you are happy with the Will document, *you can purchase a final version ready to sign*. The whole process, from whoa-to-go, usually takes *less than 20 minutes*.

Making a will step-by-step

You can make a Will in Queensland several ways: you can make your Will with a Solicitor, prepare your own Will, or make your Will with the [Public Trustee](#).

Make your Will with a Solicitor

A solicitor can prepare your Will for a fee. Solicitors are qualified legal practitioners who can advise you about the options available to you and guide you through the process of making a Will. The Queensland Law Society offers a [Find a Solicitor](#) service that may help you find a solicitor to meet your needs. Solicitors can specialise in several areas of law; search for a Solicitor who specialises in Wills and Estates (also known as Succession Law). Solicitors are equipped to meet the Will making needs of all individuals, with simple to complex asset structure and or specifications.

Prepare your own Will

You can prepare your own Will using a Will Kit, purchased from a post office, newsagent, or downloaded from the internet however, it is important to exercise caution with Will Kits, as they may not be suitable for your individual circumstances and are highly contestable in Court. It is also important to check anything you download meets Queensland legal requirements for a Will.

Make your FREE Will with the Public Trustee

The Public Trustee prepares Wills free of charge as a community service for all Queenslanders. Our free Will service aims to meet the needs of individuals with simple to moderate asset structures and specifications, including a simple trust held in trust until a child reaches a certain age. For more information please click on [Making a will step by step](#) or [click here to contact the PT](#) or call 1300 360 044 for more information.

Gatheredhere: write your will online for free

This online will platform is designed to make charitable giving as easy as possible.

To do that, it has decided to make it completely free. They are able to cover the cost thanks to the support of charity partners. [gatherhere](#)

The Online Australian Will Kit

With [The Online Australian Will Kit](#), you can write your own legal Will easily and quickly. This is probably one of the cheapest ways to write your own will but does not provide additional legal oversight of the completed will. Should you decide to purchase an Online Australian Will Kit your confirmation email will contain links to The Online Australian Will Kit and the Online Will Form. Your access is valid for 30 days or 10 access/downloads (whichever occurs first). Access is available immediately after your payment is received and you then receive the access link. Access is available for 30 days so you have ample time to read The Online Australian Will Kit including the Step by Step Guide, view the Online Will Form and have the time to consider your options, get your details together, discuss with your family and confidently put your wishes onto the Online Will Form. When you have completed your Online Will Form, print it and

follow the instructions on how to sign and witness the form correctly to make your Will legal and valid.

Willed

Affordable, *fee for service website* that guides you through writing a will in 15 minutes and then has legal experts check it out thoroughly before passing it back to you for checking and signing, Upfront prices for singles and couples.

This site also has an extensive range of free resources available including:

*End of Life Wills Australian Law Probate Death Bereavement Estate Planning
Funerals Power of Attorney Guardianship Cremation Superannuation Retirement
Letters of Administration Trusts Life Insurance Grief Executor Services*

To access will services and information guides please click on [Willed](#)

COMPASSIONATE COMMUNITIES ROCKHAMPTON AND LIVINGSTONE

Services and organisations listed in this section have a presence in our local community

ADVANCE CARE PLANNING - LOCAL SUPPORT

For strategic information and forms please click on [Advance Care Planning](#) in this directory. Local Advance Care Planning support does not include medical, financial or legal advice and is purely about the process of completing the forms correctly, storing them safely, uploading them to the Advance Care Planning website (if that is your wish), - and ensuring the appropriate people are aware of your signed documented arrangements and where to find copies.

For free small group presentations on Advance Care Planning please contact:

Desley Cowley

Workshop Facilitator and Mentor

End of Life Support

Phone: 0419 817 973

Connect with me on [LinkedIn](#)

Join my Facebook group: [End of Life Support Regional Queensland](#)

Get your FREE copy of my 52 page [‘Leave a Legacy for Loved Ones’](#) workbook (absolutely no obligation – yours to use as you wish)

For one on one conversations please contact:

Sandy Paton

Phone: 4939 4504

Sandypaton@bigpond.com

AGED CARE & DISABILITY SUPPORT

If you are seeking information and/or support around accessing My Aged Care and/or identifying local providers including residential facilities please see [My Aged Care – plans, providers, resources](#) in this Directory.

[Services Australia - My Aged Care](#), [My Aged Care](#) and [Footprints](#) (links in this Directory) – can by an arranged appointment provide face to face assistance for eligible clients. Phone support is also available

AICRA (Aboriginal and Islander Community Resource Agency)

Our Community Care program provides social support and home help for people of 55 within the Rockhampton Indigenous community.

Contact Information : 178 Lakes Creek Road. PH: 4926 6379 PH: 4928 8698

Alzheimer’s Association of Queensland Inc

Dementia Helpline 24 hr 1800 639 331 National Education Helpline 1800 180 023

[Rockhampton Carer’s Support Group](#), Rockhampton Dementia Support Centre, 238 Richardson Rd: first Wednesday of each month 10am – 12pm

Capricorn Coast Carer's Support Group, Capricorn Coast Hospital and Health Service, 8 Hoskyn Drive, Hidden Valley, Yeppoon: first Tuesday of each month 1.00pm – 3pm
Contact information: Phone 4928 1926 Email gld.rockhampton@alzheimers.org.au

Australian Red Cross

Medical Equipment Hire Service

Rockhampton Branch assists people in times of need by providing a low cost mobility equipment and personal care aids for short term hire, to assist people in their home environment. All items are hired on a weekly basis and identification is required at the time of hire.

Clients should seek advice from their health professional as to the aid and the duration of use.

Phone: 07 3367 4736

Monday to Friday 9.30am – 4.30pm

gldrockhamptonbranch@redcross.org.au

Blue Care Capricorn Coast Community and Respite Service

Providing HACC and QCC services nursing, personal care, domestic assistance social support, in home respite, day respite, DVA VHC, transition care Palliative Care. Referrals accepted from Hospital, General practitioners, family members and other agencies. Office Hours 08.00HRS – 1600HRS. Ph. 4739 1371

Capricorn Adventist Retirement Village

Capricorn Adventist Retirement Village is the largest Village on the Capricorn Coast. The Village consists of Independent Living Units and a residential aged care facility also located on site, providing all levels of care including dementia specific accommodation.

Contact: 07 4939 2801. 50 Rockhampton Road Yeppoon 4703

<https://www.arplus.org.au/residential-care/locations/capricorn/>

Care Finder Service provided by Footprints community:

This service is provided in partnership with Footprint Community Services and Central PHN The Care Finder role is a new program funded by the commonwealth government to provide face-face support for seniors in our community to access aged care and other relevant services. This is in response to the recommendation of the Royal Commission into Aged Care Quality and Safety.

To access this service, the individual must:

1. have no carer or support person to assist them or is uncomfortable or does not trust their current carer or support worker.
2. be eligible for government-funded aged care.

In addition to the above, they must have one or more of the following:

- have difficulty communicating due to language or literacy problems.
- find it difficult to understand information and make decisions.
- be reluctant to engage aged care or government.
- be in unsafe situation if they do not receive services.

Contact us:

1800 FOOTPRINTS (1800 366 877) or 07 3252 3488

carefinder@footprintscommunity.org.au

Carer Gateway

You may be a carer if you are looking after someone with disability, a medical condition, mental illness or who is frail due to age. Carers are just children, parents, partners or friends who care for someone close to them. If you are a carer, you can get help and support from the government and other organisations. To find out more please click on [Carer Gateway](#) or phone Carer Gateway number 1800 422 737

Carers Qld

With 1 in every 11 Australians caring for a family member or friend, Carers Queensland is committed to providing specialised carer, and disability support services.

Carer Queensland Programs:

- NDIS Local Area Coordination Partner in the Community Program
- Health and Wellbeing activities – Face-to-face and online, see monthly calendar of events
- No Interest Loan Scheme – Up to \$2000 for a range of goods and services
- Guardianship and Advocacy Program
- It's All About Me – Young Carer Programs
- Community Engagement and Information sessions
- RTO Accredited Training – Skills for Success, Certificate III & IV courses

For more information:

- 07 3900 8100 1300 747 636,
info@carersqld.com.au www.carersqld.com.au

CatholicCare Community Care

CatholicCare Central Queensland supports wellness, reablement and restorative care approaches in its delivery of home care services. CatholicCare's Community Care Program:

* Provides comprehensive & coordinated in-home support services, with a focus on wellness, reablement and restorative care for the frail, aged, and people living with a disability.

* Supports our consumers to be more independent at home and in the community, enhancing quality of life to prevent inappropriate admission to long term residential care.

All Services are provided under the Commonwealth Home Support Program, Home Care Packages Level 1-4, and under the National Disability Insurance Scheme. CatholicCare also provide home maintenance including yard maintenance services and ability to provide community transport services including wheelchair accessible buses. For all enquiries contact: 1300 523 985

Comlink Australia

Comlink Australia is dedicated to helping people live fulfilling and meaningful lives with our aged care and community care services. We provide an extensive range of home and social support services to help you or a loved one be connected and independent.

Comlink Australia supports our clients with services under Home Care Packages level 1 – 4, services under Commonwealth Home Support Program, transport under National Disability Insurance Scheme. Comlink Australia can deliver services and supports to anyone through the Fee for Service agreements process.

For all enquiries please contact: 1300 785 227

Web based enquiry: [Contact Us | Comlink Australia](#)

CQ Home Assist

CQ Home Assist Secure is a program jointly funded by State and Federal Governments. It provides services, such as minor maintenance, for older people and people with disabilities who wish to remain living in their own home.

In Central Queensland the program is delivered by Rockhampton Regional Council into the local government areas of Central Queensland including: Rockhampton, Gladstone, Central Highlands, Livingstone and Banana Shires. A central office is located in Rockhampton.

Services offered include:

- free information and referrals
- subsidised assistance to eligible clients
- maintenance, repairs and minor modifications
- assistance with the engagement of tradespeople, planning of future work and engagement of contractors

Home Assist Secure services are available for residents aged 60 years and over, people of any age with a disability, or indigenous people over 50 years of age.

To receive subsidised assistance for work in your home you must:

- hold a current Commonwealth Government pensioner concession card and receive a regular eligible pension payment or be deemed eligible through a My Aged Care assessment
- be unable to make use of alternative forms of assistance such as Veterans Affairs, family or friends.

CQ Home Assist Secure does not undertake maintenance or repairs that are considered to be the responsibility of the landlord (lessor) under the Residential Tenancies Act.

Location: Schotia Place
201 Bolsover Street, Rockhampton

Opening hours: Monday to Friday 8.00am - 4.30pm, Closed Saturday and Sunday
Phone: 07 4936 8522 or freecall 1800 22 33 01
Email: homeassist@rrc.qld.gov.au

CQ Creative Connections

Culinary Art and Creative Craft Classes

CQ Creative Connections offers Culinary art and craft classes that cater to a person's needs and ability, servicing Yeppoon and the surrounding areas of CQ. CQ Creative Connections has a multitude of different projects for ages 5 years and over and has a creative class to suit private clients and service organisations alike. In the short span of time we have been operating, we have helped people of all different ages, disabilities and backgrounds gain back a positive outlook on life through being productive, learning new skills and enjoying social interaction with others in a safe and fun environment.

CQ Creative Connections is a Private NDIS Service Provider. Class charges will change according to the client's plan, funding or other contributing factors. Please contact us with any questions you may have.

Contact: 0437 92 0410 cqcreativeconnections@gmail.com
<https://www.facebook.com/cqcreativeconnections/>

Dementia Together Workshops

Dementia Together is a wellness retreat and education based program that provides dual-care to anyone living with the early stages of dementia and their carer. Providing advice and practical training, the program empowers people to remain in the comfort of their own home for as long as possible. Developed as a two night retreat, participants join other carers and people with a recent dementia diagnosis in a supportive peer environment.

The retreat and education program focuses on educating the carer on:

- Understanding and managing dementia
- Accessing community care services
- Looking after oneself
- Planning for the future
- Managing dementia-related behaviour changes
- Transition into respite care
- Continuing to participate in enjoyable activities
- Managing physical changes in mobility, continence, and communication

DATES: TBA

LOCATION: The Haven, Emu Park - <https://www.facebook.com/thehavenemupark>

ELIGIBILITY: Must have (or be seeking) diagnosis of dementia less than 2 years ago, have an intention to stay at home, ability to travel overnight.

COST: Wholly federally funded (e.g. free accommodation, meals and program content) once eligibility and suitability are established through assessment process.

GET IN CONTACT: To register your interest, call 1300 523 985 or submit an enquiry online <https://catholiccarecq.com/dementiatogether/>

Envigor

Home Care, DVA Nursing, NDIS specialising in older clients

Envigor has been a trusted care provider for older Queenslanders since 2012, in private residences and also within retirement villages and aged care communities.

We offer:

- Everyday services – from domestic assistance and transport to personal care and social support
- Specialist services – from nursing and dementia care to post-hospital and palliative care
- Health management – using technology for chronic disease monitoring and management

What sets us apart?

- Competitive fees – ultimately meaning more money and time for your care
- Care appointments available 24/7
- Small enough to genuinely care – call Michelle direct on her mobile
- We don't limit you to a list of services – many of our clients are surprised we organise services that other care providers refused to

For all enquiries contact Michelle Boon on 0472 863 194, phone 1300 368 446, visit <https://envigor.com.au/central-queensland/> or email m.boon@envigor.com.au

Get Mobility Vehicle Rentals CQ Pty Ltd

2 wheel chair accessible sedans for rental.

Contact: Adrian (0417615484) & Frank (0412727070) :

GetMobilityCQ@hotmail.com

Home Caring Rockhampton - National Approved Aged Care Provider Specialists

We are proud to be officially accredited to provide music and memory therapy.

Why our clients choose our specialist services:

We are committed to delivering quality care with choice, compassion, independence and dignity.

Our local services are convenient and provide a sense of well-being.

- ❖ We partner with you from the start
- ❖ Assistance with daily living
- ❖ Around the clock 24/7 care
- ❖ Community access and support
- ❖ Assistance with personal care
- ❖ Complex and high needs care
- ❖ Hospital to home transition

We offer a range of services to meet the needs of each individual, please visit our website www.homecaring.com.au/rockhampton or alternatively, please contact us for further information.

P: 1300 875 377

E: info@homecaring.com.au

integratedliving

integratedliving offers an extensive range of aged, disability and mental health services by facilitating Home and Support Services, Home Care Packages 1 to 4 and a Care Advisor Program. PH:1300 782 896. 25 Albert Street Rockhampton

Just Better Care Central Queensland - We're just for you

Just Better Care provides in-home aged care and disability support services, supporting people to live independently.

Since our inception, we've been empowering our customers by putting individual preferences and support needs at the centre of our approach. Every Just Better Care office is owned and operated locally, providing affordable and accessible services that meet local and individual requirements. Our staff take the time to get to know you, identifying the best ways to support you. We never compromise on quality. We deliver the services you want, when and how you want them.

Contact: 66B Elphinstone St Berserker QLD 4701
07 4845 6921

justbettercare.com/central-queensland

Or call 1300 587 823: you can request a call back at a time that suits you.
We're available from 9:00am - 5:00pm, AEST Monday to Friday

Life Without Barriers Rockhampton

194 Alma Street, Rockhampton

07 4921 1475

<https://www.lwb.org.au/disability/>

Sharon Berardi (She/ her)
Disability Support Leader– NDIS
Mackay, Rockhampton and Townsville
P: 07 4965 4800 M: 0436 936 719
E: sharon.berardi@lwb.org.au

If you wish to make an enquiry you can call, phone or email for an enquiry form

Why choose Life Without Barriers?

We're a trusted NDIS provider that personalises services based on your needs. We started as a group of families creating disability services for our local community. And, over the past 25 years, we've focused on tailoring our services to address the individual needs of each person.

Your rights as a person living with a disability are at the core of what we do. You can trust that no matter where we support you, across Australia, your needs come first.

Our reason for being

Life Without Barriers has a strong history which defines us and gives us focus and determination for the future. Our purpose is to partner with people to change lives for the better. It is reflected in our values, portrayed in our vision, intertwined within our culture and is at the forefront of everything we do.

We are driven and determined, creating an environment where anything is possible. Together we are formidable, we gain strength from one another, obtain wisdom from our diversity and are united in our pursuit of creating something unique with the people we support. We are passionate and promote an innovative mindset, we think outside the box and strive to make a difference – we get fired up by our purpose, and we promote a single focus: people we support are first - always.

Our range of *lifestyle supports* help you build on your daily living skills, at home and out-and-about in the community. We'll help you with whatever you need or want to do, including trying new things.

Tasks, activities and skills we could partner on include:

- *Joining community clubs, activities and programs*
- *Learning employable skills*
- *Buying groceries*
- *Paying bills and budgeting*
- *Personal care*
- *Looking after your health and fitness*
- *Household chores*

All our supports will be tailored to you. Together, we'll help you feel more independent, while achieving your goals, being creative and having a good time.

What is Supported Independent Living?

Supported Independent Living (SIL) is when you live in shared housing with other people or on your own with support from us.

That support is different depending on your specific needs, but it can include help with:

- *Moving out for the first time*
- *Learning to live well with others in a group setting*
- *Dealing with the responsibilities of living in your own home*
- *Getting ready for the day, eating healthily, and keeping well*
- *Completing household tasks*

Life Without Barriers Rockhampton covers Yeppoon and Cap Coast, Rocky and Mount Morgan.

LiveBetter

LiveBetter is a dynamic human services agency which focuses its efforts on supporting people with disabilities, aged people, people with mental illness and children in the child protection system. We also provide a range of clinical services across regional Queensland as part of a number of funded health programs which focus on increasing access to primary health care and wellbeing activities for rural and remote communities. We work with communities to develop strategies that are relevant within those communities. We provide practical support and value for money. This support can be provided in your home or in the community. We also have some group activities

and centre based activities. Our aim is to provide individuals, families and communities in Australia with the resources and support they need to build on their existing capabilities and realise their potential.

Services we provide are:

Home Care Services LiveBetter is a dynamic human services agency which focuses its efforts on supporting people with disabilities, aged people, people with mental illness and children in the child protection system. We also provide a range of clinical services across regional Queensland as part of a number of funded health programs which focus on increasing access to primary health care and wellbeing activities for rural and remote communities. We work with communities to develop strategies that are relevant within those communities. We provide practical support and value for money. This support can be provided in your home or in the community. We also have some group activities and centre based activities. Our aim is to provide individuals, families and communities in Australia with the resources and support they need to build on their existing capabilities and realise their potential.

Meal Delivery LiveBetter provides a Meal Delivery Service to a number of regions across Central Queensland and Wide Bay including Mackay, Rockhampton, Capricorn Coast and Bundaberg. We use meal providers to give our customers more choices on healthy foods. Our menu has a large range of fresh and exciting meals, soups and yummy deserts. We can also cater to dietary requirements including gluten free and lactose free. There are also puree options available if required. We deliver our meals directly to our customer's doors on a weekly basis where they can be kept frozen and re-heated in the microwave when ready for consumption. Orders can be placed by calling 1300 952 273.

Yard Maintenance We offer a yard maintenance service to those living in our community who are unable to complete these tasks on their own. Our yard maintenance service is performed by a professional mowing man and/or gardener. To access our yard maintenance service, please contact LiveBetter on 1300 952 273

Maintenance LiveBetter can help you with any small maintenance jobs you need done around the house. We will employ a qualified handy man to complete these jobs for you

Domestic Assistance, at LiveBetter, we can help our clients to keep their homes clean and tidy with frequent visits from a cleaner. Our cleaners can assist with tasks such as vacuuming, mopping, dusting, washing and more. To enquire about our cleaning service, contact us on 1300 952 273

Social Support At LiveBetter, we have a team of shoppers who spend their days helping community members with their shopping. Our shoppers can head to the shops for you and pick up any items you require. Let us make shopping easy for you and have someone to do it for you. Get yourself a personal shopper today by calling 1300 952 273.

Transport At LiveBetter, we understand that as the years go by it becomes harder for our aged community members to get around. We can provide a personalised, door-

to-door service to give you the support you need. If you are frail, have a disability or are a carer, then LiveBetter's transport service can make it easier for you to get around. Call us today on 1300 952 273 to start accessing our personalised transport service.

LiveUp

Welcome to the Upside of Ageing

LiveUp is a free national healthy ageing platform designed to help you reimagine, reset, and reconnect with living your life to its fullest. You'll find personalised suggestions, including tailored activities, assistive products, social connections and more, all in your local area or online. Head to liveup.org.au and take control of your healthy ageing journey.

Social media links:

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

Instagram <https://www.instagram.com/liveupaus/>

Twitter <https://twitter.com/LiveUpAus>

Support line: 1800 951 971

Lutheran Services

Our not for profit organisation is called Lutheran Services and we deliver the “Wellbeing and Positive Ageing” Program in Residential Aged Care Facilities across the CQ region .

This is a mental health service that is eligible to all residents living in aged care facilities and who identify as having low to moderate mental health concerns (e.g. difficulties adjusting, grief and loss, anxiety, depression).

We provide one-on-one and group counselling (e.g. Mindfulness, Reminiscence therapy, CBT)

Referrals can be completed by GPs, RACF staff, psychologists and other health professionals.

Please contact our Intake team for more details on 1800 133 227.

Our Rockhampton office is located in Suite 1/ 71-84 Denham Street, Rockhampton.

Mable

Redefining support for disability and aged care in Australia.

One connection at a time.

- An easy and safe online platform for people to connect with aged care and disability care and support in their local community. Click on <https://mable.com.au>
- Join for free, then simply search for independent care and support workers in your local area.
- Contact support workers directly to get to know each other better, then you can agree to rates, hours, and services that work for you both.
- As an online platform, Mable handles all of the admin and payments, so you can get on with life and enjoy the right support for you and your family.

Government funded? We've got you covered.

Use Mable to start building your support network, even if you are NDIS funded or have a Home Care Package.

National Seniors

It is with regret that we must advise that due to our inability to find anyone willing to take up executive committee roles for the Capricornia Branch of National Seniors Australia that the branch has now been folded in accordance with the NSA Constitution.

Funds have been transferred to NSA Brisbane. Should you have any queries or want more information on NSA please contact them directly on 1300 765 050.

Also see www.nationalseniors.com.au

Oak Tree Retirement Village Norman Gardens

Oak Tree Retirement Village Norman Gardens is centrally located with easy access to Rockhampton City. Surrounded by prestigious homes in the newly established Crestwood Estate with the beautiful Mt Archer as the backdrop, the Village is an easy commute to near by shopping, social, medical and hospital facilities, Part of Rockhampton's most highly sought after new land release, Oak Tree offers easy access to all of the services you need and the places you love to visit. Where everything has been thought of, Oak Tree Norman Gardens beckons the calm, convenient way of life in retirement.

Contacts: Village Manager: m 0400 824 936 :

Email vmnormangardens@oaktreegroup.com.au : 40 Foulkes St., Norman Gardens.
www.oaktreegroup.com.au

Pivot Health & Fitness

Private Gym • Personal Training • Group Fitness • Corporate Wellness • NDIS Registered Provider • AUSactive Registered Business

132 William Street

Rockhampton City QLD 4700

Ph: 0407 332 567

Email: pivotohealth@bigpond.com www.facebook.com/PivotHealthFitness

Residential Aged Care providers – local

For more information on local Residential Aged Care providers see [My Aged Care – plans, providers, resources](#) in this Directory.

Right at Home

Right at Home is dedicated to improving the life for those we serve. We focus on the individual, on their specific needs and to improve the quality of their life.

Services available to customers:

- In Home Care
- Personal Care
- Social Assistance
- Transport
- Skilled Nursing
- Overnight Respite

- Gardening & Maintenance

Contact: 07 4807 6454: 48 Archer Street, Rockhampton :
care.cql@rightathome.com.au

Rockhampton 60 and Better Program Inc.

60 & Better is a healthy ageing program for people over the age of 50. Offering a wide variety of exercise and social activities. Where appropriate and necessary, people under the age of 50 are also welcome to join the program. 60 & Better endeavors to involve older people to become involved in the process of decision making to ensure activities are in direct relation to the needs and desires of older people in their community. PH: 4927 8256 Rockhampton Better60@bigpond.com
<https://www.60andbetterrockhampton.com.au/>

R & R Community Support Care (Disability only)

With over 10 plus years of experience providing support to the community, R & R Community Support Care is dedicated to enhancing the quality of life for individuals with disabilities in Rockhampton and surrounding areas. We are proud to never charge additional kilometres, ensuring participants receive the full benefit of their funding. Our services focus on participant-centered support with flexibility and inclusivity, ensuring each individual receives tailored care that promotes independence and well-being. Our Services include:

- **SUPPORTED INDEPENDENT LIVING (SIL):** Comprehensive support for individuals living independently.
- **ASSISTANCE WITH PERSONAL ACTIVITIES:** Customized support for daily living activities.
- **ASSISTANCE WITH TRAVEL AND TRANSPORT:** Our reliable transportation services facilitate safe and convenient travel for appointments, social activities, and daily errands.
- **DEVELOPMENT OF LIFE SKILLS:** We empower individuals with essential skills for daily living and personal growth.
- **HOUSEHOLD TASK:** Assists with a variety of household tasks, including cleaning, laundry, meal preparation, and other chores.
- **COMMUNITY PARTICIPATION SUPPORT:** Opportunities for social engagement and community involvement.
- **PHYSICAL WELLBEING ACTIVITIES:** Our physical wellbeing activities are designed to promote your health and fitness through personalised exercise programs, personal training, and physiotherapy.

Our dedicated family-run team collaborates closely with support coordinators to ensure that services align with each participant's goals for independence and quality of life.

For more information: Phone: 0435794191

More details can be found on our website <https://rrcsc.com.au>

Senior Financial Protection Service (SFPS) Relationships Australia (Qld)

The Senior Financial Protection Service (SFPS) aims to improve the financial resilience of Older Persons through the provision of:

- Information, advice, and referrals to Older Persons experiencing, or at risk of experiencing, financial abuse
- Information, advice, and referrals to Older Persons who are in the process of making financial decisions for later on in life
- Financial counselling and case management in some instances

Who is the service for?

Older persons aged 60+ (non-Indigenous) and 50+ (Aboriginal and Torres Strait Islanders) who are experiencing, or at risk of experiencing, financial abuse and reside within one of the following areas:

- Gold Coast
- Sunshine Coast
- Mackay
- Rockhampton
- Gladstone

If you would like more information or are interested in accessing this free service please call 1300063232

Senior Relationship Services Relationships Australia (Qld)

No matter our age, we should always be able to trust our family and close friends to have our best interests at heart. Our Elder Abuse Prevention and Support Service provides community education and free individual case management services that provide support and assistance to those at risk of, or currently experiencing, coercion or abuse.

Please contact us to organise an appointment or to find out more.

Contact centre: 1300 364 277

Rockhampton direct: 07 926 9726

Rockhampton email: rockhamptonadmin@raq.org.au

Services Australia – My Aged Care

Services Australia now provides a [face-to-face service](#) to support older Australians and their representatives or nominees to access and navigate My Aged Care.

Staff in all our service centres can help with general information about My Aged Care. For more specialised assistance we also have Aged Care Specialist Officers (ACSO) available for face-to-face appointments in some service centres. By December 2022, there will be 70 ACSOs and 10 outreach ACSOs around the country.

There is an Aged Care Specialist Officer for Rockhampton service centre who is available for face-to-face appointments. Appointments can be made by calling our Aged Care Line **1800 227 475** or by visiting any service centre.

Spirit Support Services

I am a fully Qualified *Independent Service* provider, to Self-Managed and Plan Managed NDIS participants, having experience in Aged Care & Disability Support before becoming independent. I provide Quality, Personalised care that delivers support specific to your needs.

Offering:

- In Home support
- Personal Care
- Social and Community Access
- Transport
- Supported Independent Living
- Skill / Capacity Building
- Small home repairs

If you are looking for a Male Support Worker with a difference, give me a call, lets discuss your individual needs.

Check Out the Website www.spiritsupport.com.au

COLIN 0477 803 201

Spirit Support Services

Building on the blocks of life

Suncare Community Services Limited (Auspicing the Commonwealth Respite Centre for Carers (CRC))

Suncare Community Services is a not for profit organisation that provides frontline services to people in the Rockhampton, Yeppoon, Mt Morgan, Gracemere and Gladstone area including:

- Respite Care (including in-home, out-of-home and cottage options)
- Personal Care
- Aged Care Support
- Mental Health Support
- Disability Support (including package case management)
- Carer Support
- Domestic Assistance
- Home and Garden Maintenance
- Community Access
- Social Support
- Your Life Your Choice
- CHSP - Flexible Respite

Contact Information:

102 Denham Street (Cnr Denham & George Street) Phone: 1800 786 227 Email: rockinfo@suncare.org.au Website: www.suncare.org.au

Commonwealth Respite Centre - CRC

The Commonwealth Respite Centre is a federally funded Carer Respite and Support Program that provides emergency assistance and support to carers who need a break from their caring role for a short period of time.

The CRC service area encompasses Rockhampton, Yeppoon, Mt Morgan, Gracemere, Gladstone, Biloela, Emerald and surrounding areas.

The CRC Team provide the following:

- Respite care in emergency and short term care situations. (eg. If a carer becomes ill, or is unable to maintain their caring role due to stress and burnout, the centre can provide extra help to support the carer for a short period of time).
- Information and options about respite care and other support services for carers.
- Referral to appropriate local and regional service providers.
- Assistance in booking residential respite.
- Access to a 24 hour per day emergency respite service.
- Tutor / educational support to Young Carers.

Don't wait until an emergency arises to register with CRC.

Call the CRC team and they will provide advice and assistance to register the carer for the most appropriate program that fits their care needs and support in case they require this assistance in the future at a time of emergency or severe stress.

Contact Information: Phone: 24 hour carer support 1800 059 059

Supportability Care Services Supportability Care Services

COMMUNITY ACCESS

Attending appointments and community events. Shopping and running errands. Decrease isolation and assisting participants in achieving their personal goals.

SUPPORT WITH DAILY LIVING

Everyday tasks – cooking, cleaning, home and yard maintenance.

Assisting participants to gain employment and live as independently as possible, whilst increasing life skills.

RECREATIONAL ACTIVITIES

Participation in Indoor/Outdoor activities –eg. Fishing, Archery, Bowling, Movies. Enhancing quality of life with the main focus on fun, enjoyment and meeting new people.

STA/HOLIDAY SUPPORT

Supporting participants away from their usual place of residence, including holiday getaways to various destinations of choice.

WHATEVER THE SUPPORT - "YOUR CARE , YOUR WAY"

Mick Farrell Mobile: 0400 946 369

Email: mick@supportabilitycare.com.au ABN: 84925367525

Trevor Boswood - NDIS Registered Builder

Trevor has been in the trade for 42 years and has a wealth of experience in modification and maintenance in domestic and commercial properties including renovation to ensure accessibility for aged or those with a disability.

T.G. & J. Boswood Pty Ltd P: 07 4926 2787 M: 0418 792 657 F: 07 49265730 E: tgboswood@bigpond.com Bld Lic No 72882

Wellways

Wellways Australia Limited is a leading not-for-profit mental health and disability support organisation. Wellways are a new organisation in Qld, who have been granted the funding to deliver assistance and support to Carer's via the [Carer Gateway](#) (Ph. 1800 422 737), an Australian Government initiative facilitated by the Department of Social Services. Check out the Wellways website: www.wellways.org

Your Creative Services

Providing Specialised Services to Seniors for Reablement and Wellbeing

Personal Organising Service: The key features of this service include: The creation of a 'legacy box' that holds items of deep sentimental value - letters and mementos, photos and keepsakes and the digital storage of important documents and photos for easy access and safe keeping. Let me help you organise and declutter your personal belongings and store them safely for posterity.

Gardening Companion: This service includes clean up and maintenance of your garden. You can either potter around with me or I can just come in and do the work. Experience the joy of your garden while I weed, plant, pot and prune.

Memoir Writing Workshops: 2 hourly workshops for groups of 5 or more.

1. Exploring your life and family history and deciding what stories you will include in your memoir or life story.
2. Learn how to structure a memoir by compiling various memories into a legacy life story to hand down to your loved ones.
3. Start writing

Memoir Writing Service: As the local CQ writer for *Your Life Your Words*, I take you through the complete process of capturing your memories, through one-on-one interviews in the comfort of your home. I use your words to write your life story and present you with a leather-bound Legacy Memoir to hand down to your descendants.

Laine Harth Community Welfare Practitioner/Creative Writer
ABN 93 138 237 099

Mob 0410 848 453
Email laine.harth@gmail.com

Zoe (Life) My Way

Zoe (Life) My Way offer services ranging from individual support to high and low independent living opportunities!

Located in the Byfield Rainforest, our clients can enjoy all the comforts of home while enjoying a range of activities to keep them occupied including arts and crafts, woodwork and garden projects, bush walks or some quality quiet time. Our support team pride themselves with putting our clients first to ensure that our clients get the

support they require. Best of all, our clients get to experience the feeling of hanging with mates.

SUPPORT SERVICES

Personalised to assist and support you:

To access community social and recreation activities

To attend specialized appointments

To assist with self-care activities

To work towards goal achievements

LONG & SHORT-TERM ACCOMMODATION

Byfield Ranch offers You:

All the comforts of home in our self-contained air-conditioned cabins

Visits to our Byfield farm, home of Romeo who is our residential support horse

Access to our pool and spa area to enjoy for recreation purposes or therapy requirements

A range of outdoor activities to suit individual needs including relaxation in the gardens, arts and crafts in our communal area, woodwork, garden projects and bush tracks to explore

We look forward to working with you to help achieve the best possible outcomes for our clients together. For more information, please call me direct on 0429 623 213.

A: 44 Tanby Road Yeppoon QLD 4703

P: 0429 623 213

E: admin@zoelifemyway.com

<https://zoelifemyway.com/>

ASSISTIVE TECHNOLOGY: IN HOME CARE

Regional Health and Mobility *previously Central Queensland Mobility*

Owned by the community, for the community.

Serving the Central Queensland community with a great range of health, rehab and mobility equipment. We're part of the CQ Friendly Society Pty Ltd and were formally Daniel's Surgical, CQ Mobility and Regional Rehab & Mobility.

As an experienced rehabilitation equipment hire and sales business, we can proudly claim over 75 years of staff experience.

As part of a long standing, local community owned organisation (est 1894) our charter is to provide quality healthcare equipment with exemplary after sales service.

Needs covered include:

- Mobility equipment
- Surgical recovery
- Sleep diagnostics
- Compression therapy

- Bedroom and bathroom aids

Suppliers for:

- Medical Aids Subsidy Scheme (MASS)
- Department of Veteran Affairs (DVA)
- National Disability Insurance Scheme (NDIS)

Contact:

Nth Rockhampton: 1A 57 Alexandra Street, Park Avenue, North Rockhampton,

Phone: 49261071 Email: sales@cqmobility.com.au

Website: www.regionalhealthmobility.com.au/

South Rockhampton:

116 Alma St Rockhampton. Phone: 4922 7148 Email:

sales@danielssurgical.com.au

Website: www.reionalhealthmobility.com.au

BEING ALONE

Being alone can be difficult at any time in a person's life. If you feel the need to be connected with others, check out some of the sections in this Rockhampton and Livingstone part of the directory for activities or groups you may be interested in joining.

If you find this difficult, have a look at options that don't require face to face contact such as those listed in the [Social Isolation and Loneliness](#) and [Head to Health](#) sections of this Directory.

Further, if you are living alone, or needing to leave some-one else alone, you may want to consider a Safety Alarm. Choice offer a great guide on [How to buy the best personal alarm](#) that also includes eligibility criteria for accessing a free alarm. Some mobile phones also offer a safety alarm service. Check with your provider.

Time & Space For You

- Life Purpose Coaching
- Grief & Bereavement Counselling
- Parent – Child Relationships
- Women's Matters

www.eva-lpc.com

timeandspace.lpc@gmail.com

At Time & Space for You Eva's holistic approach starts with attentive, mindful and compassionate listening. As an experienced counsellor, Eva will provide a safe and supportive environment.

Here you can explore your thoughts and feelings.

If you find yourself in a time of transition, or you know something has to change for you – Eva guides you to more clarity, enabling you to see your path ahead.

Eva is dedicated to empowering individuals to achieve their full potential by supporting them on their journey to personal clarity & self awareness.

Eva Reins-Haag is also a German Learning Consultant & Practical Educator (Pedagogical Specialist). Counselling in this specific area will involve the parents and/or the child. First Eva gives them an understanding how learning processes are unique for each individual. Then she shares practical tools tailored to each individual to make the learning situation a more relaxed one.

The first, brief conversation with Eva is free and an opportunity for both to get to know each other and identify the beneficial areas of focus.
(Conversations are offered in English, German and PNG Tok Pisin)

Find out more: www.eva-lpc.com

CARER SUPPORT

Anyone can be a carer. Many people don't see themselves as carers. They are just children, parents, partners, relatives or friends who care for someone close to them. You may be a carer if you are looking after someone with disability, a medical condition, mental illness or who is frail due to age. If you are a carer, you can get help and support from the government and other organisations.

Carer Gateway

You may be a carer if you are looking after someone with disability, a medical condition, mental illness or who is frail due to age. Carers are just children, parents, partners or friends who care for someone close to them. If you are a carer, you can get help and support from the government and other organisations. To find out more please click on [Carer Gateway](#) or phone Carer Gateway number 1800 422 737 (Office in Rockhampton)

Carers Qld

Carers Queensland

With 1 in every 11 Australians caring for a family member or friend, Carers Queensland is committed to providing specialised carer, and disability support services.

Carer Queensland Programs:

- NDIS Local Area Coordination Partner in the Community Program
- Health and Wellbeing activities – Face-to-face and online, see monthly calendar of events
- No Interest Loan Scheme – Up to \$1500 for a range of goods and services
- Guardianship and Advocacy Program
- It's All About Me – Young Carer and Adult Resilience Programs
- Community Engagement and Information sessions
- Your Caring Way – Coaching for training, education, volunteering, or employment
- RTO Accredited Training – Skills for Success, Certificate III & IV courses

For more information:

- 07 3900 8100, info@carersqld.com.au www.carersqld.com.au (Office in Rockhampton)

Time & Space For You

- Life Purpose Coaching
- Grief & Bereavement Counselling
- Parent – Child Relationships
- Women's Matters

www.eva-lpc.com
timeandspace.lpc@gmail.com

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COMPASSIONATE COMMUNITIES COMMUNITY CONNECTORS

Compassionate Communities are a way of connecting people with accessible ways to improve their social, emotional and even physical wellbeing.

The Community Connector program activates everyday citizens to draw upon their knowledge of local services and groups to play a stronger, more confident role, in the care and support of people with life-limiting illnesses, at the end of life, or those who are bereaved and grieving. This approach is new to the Central Queensland region.

Currently local CQ Community Connectors can assist in identifying and signposting enquirers to groups, services and additional supports that either formally or informally address quality of life, end of life care, grief and bereavement, carer support through connection to support groups, social clubs and community services.

Community Connectors can assist with queries on what is currently available in this community; take tips on support that has worked for you or your family and note service gaps that you have identified. Contact:

- ❖ Livingston Community Centre
Location: 80 John Street Yeppoon
Hours: Monday to Friday 9am-4pm
Phone: 4913 3840
Email: communitycentre@livingstone.qld.gov.au
Facebook: [@YeppoonCommunityCentre](https://www.facebook.com/YeppoonCommunityCentre)

- ❖ Sandy Paton
Capricorn Community Development Association
Phone: 4939 4504
Email: sandypaton@bigpond.com

- ❖ Desley Cowley
End of Life Support
Phone: 0419 817 973
Connect with me on [LinkedIn](#)
Join my Facebook group: [End of Life Support Regional Queensland](#)
Get your FREE copy of my 52 page '[Leave a Legacy for Loved Ones](#)' workbook (absolutely no obligation – yours to use as you wish)

COMMUNITY LEGAL ADVICE

Community Legal Centres Rockhampton & Yeppoon

The Central Queensland Community Legal Centre is a not for profit organisation funded by the State and Commonwealth governments to provide free legal service. The main services provided include legal advice, information, referral and community legal education. Our services target those whose financial circumstances would have otherwise excluded them from accessing legal support and for those from cultural and linguistically diverse backgrounds, translation services ensure that these communities are supported with their legal needs.

Clients sessions are appointment based are available via a number of avenues, including face to face, telephone, email and video conferencing. Appointments are available:

Rockhampton: Monday to Wednesday 9.30 am to 2.30 pm Office: 24 Quay St
Thursday 9.30 am to 2.30 pm 5.30 pm to 7pm
Yeppoon (monthly) First Monday 9.30 am to 12.00 pm Yeppoon Court House

Appointments can be made either on 1800 155 121 or 4922 1200 or at the Rockhampton office.

COMMUNITY SUPPORT

Community is a term that can be used and defined in different ways. For the purpose of this guide, we refer to community as a group of people living in the same area or having a particular characteristic in common. This section includes a selection of formal and informal, funded and unfunded supports available locally.

Australian Independent Retirees.

Capricorn Branch 149

Glass Room Frenchville Sports Club Clifton St Rockhampton

One meeting a year at Emu Park of Yeppoon

First Friday of the month excepting January. 9.30am cuppa. 10am meeting start

07 4928 6653 / 0438 582 296 dhalliday@bigpond.com

Community Centre Livingstone Shire

The Community Centre is a place for the community to access supportive information and to meet, learn and share each others skills and knowledge. The Community Centre is partly funded through the Department of Communities, Housing and Digital Economy. The centre provides residents with a public community hub space that is safe, welcoming, vibrant, accessible, available to all and offers:

- Supportive information and referral pathways for assistance;
- Opportunities for residents to attend Rockhampton Outreach services in Yeppoon;
- Participation in programmes and activities that build skills and offer life-long learning opportunities;
- Affordable meeting spaces for local computer groups that are safe, welcoming, vibrant and accessible.
- Workshops, discussions, displays and social events in areas such as arts and crafts, health and fitness, and personal development activities. [To see the variety of these groups please click here.](#)
- A dignity first washroom which provides free and accessible use of a private washing machine, dryer, toilet, shower and sanitary products for any community member experiencing hardship. Available Monday to Sunday 6.30am to 4:00pm

Where can you find us?

Location: 80 John Street Yeppoon

Hours: Monday to Friday 9am-4pm

Phone: 4913 3840

Email: communitycentre@livingstone.qld.gov.au

Facebook: [@YeppoonCommunityCentre](#)

CQ Home Assist

CQ Home Assist Secure is a program jointly funded by State and Federal Governments. It provides services, such as minor maintenance, for older people and people with disabilities who wish to remain living in their own home.

In Central Queensland the program is delivered by Rockhampton Regional Council into the local government areas of Central Queensland including:

Rockhampton, Gladstone, Central Highlands, Livingstone and Banana Shires. A central office is located in Rockhampton.

Services offered include:

- free information and referrals
- subsidised assistance to eligible clients
- maintenance, repairs and minor modifications
- assistance with the engagement of tradespeople, planning of future work and engagement of contractors

Home Assist Secure services are available for residents aged 60 years and over, people of any age with a disability, or indigenous people over 50 years of age.

To receive subsidised assistance for work in your home you must:

- hold a current Commonwealth Government pensioner concession card and receive a regular eligible pension payment or be deemed eligible through a My Aged Care assessment
- be unable to make use of alternative forms of assistance such as Veterans Affairs, family or friends.

CQ Home Assist Secure does not undertake maintenance or repairs that are considered to be the responsibility of the landlord (lessor) under the Residential Tenancies Act.

Location: Schotia Place
201 Bolsover Street, Rockhampton

Opening hours: Monday to Friday 8.00am - 4.30pm, Closed Saturday and Sunday

Phone: 07 4936 8522 or freecall 1800 22 33 01

Email: homeassist@rrc.qld.gov.au

Web: [CQ Home Assist](#)

Probus South Pacific

Probus provides an exciting opportunity to meet retirees in your local community. If you are retired or semi – retired, you can join a Probus Club and hear interesting speakers, attend monthly meetings and enjoy a wide range of activities such as walking, theatre, coffee groups, lunches and day outings. As a Probus member you will also have access to a range of exclusive member benefits.

- EMU PARK PROBUS INC (C)
Looking for new members Yes
Meetings 2ND THU 10:00 AM
Location SUNSET RIDGE R.V. COMMUNITY HALL
[Contact Club](#)
- YEPPOON LADIES PROBUS INC
Looking for new members Yes - Ladies club
Meetings LAST THURSDAY 10:00AM-12MIDDAY
Location COMMUNITY CENTRE
[Contact Club](#)

- YEPPOON PROBUS INC (C)
Looking for new members Yes
Meetings 1ST THU 10:00AM
Location THE CAPRICORN TAVERN
[Contact Club](#)

Probus South Pacific 1300 630 488

<https://www.probusouthpacific.org/>

Rockhampton 60 & Better Program Inc.

60 & Better is a healthy ageing program for people over the age of 50. Offering a wide variety of exercise and social activities. Where appropriate and necessary people under the age of 50 are also welcome to join the program. 60 & better endeavors to involve older people to become involved in the process of decision making to ensure activities are in direct relation to the needs and desires of older people in their community.

PH: 4927 8256 Rockhampton Better60@bigpond.com: [60 and Better](#)

Stroke Support Group

Allen or Evelyn 4938 7788

U3A Rockhampton

U3A brings together people who have retired from full-time work but not from living an active and fulfilling lifestyle. We provide courses and activities covering a wide variety of interests including physical exercise, health, lunch groups, discussion groups, music, craft, writing, poetry, history, drama and much more. U3A requires no prior learning or qualifications and there are no exams. We provide learning without stress in an environment of fun and friendship.

We encourage our members to keep youthful and enthusiastic.

U3A Rockhampton has a close relationship with [CQUniversity](#) whereby both parties engage in a number of ways for their mutual benefit.

If you wish to meet our members personally, you are welcome to attend any of our general meetings as a visitor. There is no entry fee. You can find our [meeting dates here](#). If you want to keep your body and brain active and make new friends, [join U3A Rockhampton now](#).

To find out more see <https://www.u3arockhampton.org.au/> or [Contact us here](#)

U3A Capricorn Coast - Yeppoon

Cap Coast U3A is a community organisation which promotes healthy ageing by sharing social, physical and mental activities. We follow the motto "You retire from work not life!" New members are always welcome!

Facebook: <https://sites.google.com/site/capcoastu3a/home?authuser=0>

Phone: (07) 4913 3840

Email: u3acapcoast@gmail.com

COUNSELLING

Care to You Counselling

Care to You Counselling is a new program offered by CatholicCare since July this year. An extension of CatholicCare's well know professional counselling services, Care to You brings specialised support directly to the client without their need for travel.

The specific client cohort this program focuses on are elderly individuals living at home or in residential care, clients undergoing palliative care and their families, and people living with life altering illness or conditions.

Care to You counselling sessions are affordably based on each individual's needs and circumstances. Participants accessing government funded packages, such as Aged Care, Home Care or the NDIS, may be eligible to have counselling costs funded for them as part of their package.

For more information phone or to book a session, please phone 1300 523 985 or visit couselling.catholicarecq.com

CQ Centre for Change

Family Therapist: Psychotherapist/Counsellor

Are you struggling with any of these issues?

- Relationship Problems
- Family Conflict
- Depression/Anxiety
- Trauma
- Eating Disorders
- Suicidal Thoughts
- Parenting Problems
- Grief and Loss Issues

CQ Centre for Change supports people to develop a better understanding of themselves and others by addressing difficulties and to make changes in their lives. Nola specializes in working with families to resolve conflicts and working with adolescents with mental health issues.

With no wait time you can be certain your needs will be addressed promptly.

Services are provided to Rockhampton and Yeppoon, and surrounding areas.

Where necessary home visits are available.

CQ Centre for Change will provide a safe, non-judgmental, confidential, respectful environment.

Medicare rebates are available with your Mental Health Care Plan through your GP. Other referral options are Self-Referral, Paediatrician, School, or Allied Health Provider.

Contact: Nola Radel: Phone 0408 736 078 : Email nolaradel@bigpond.com
BSOCWK, Master of Mental Health (Psychotherapy). Accredited Mental health social Worker. Accredited Member of AASW. Accredited Member of Qld Association of Family Therapy ((QAFT). ABN: 7885 1012 074
NDIS Provider No: 4220883T & 4220882F & 4220884B

Journey With Life Pty Ltd

Counsellor in Rockhampton, Queensland

Address: EDWARDS CHAMBERS, 4/174 Quay St, Rockhampton QLD 4700

Phone: 0412 951 153

Head To Health (Local) in this Directory.

Mental Healthcare Australia

Mental Healthcare Australia is a Private Practice that supports families, individuals and young people to discover their true potential. Located in Rockhampton CBD, Mental Healthcare Australia uses the most modern therapeutic approaches that can create sustained change for you.

* We accepting referrals for clients aged 6 and up who are seeking support for, however, not limited to: Anxiety & Depression, Trauma, Grief & Loss, Substance Dependence, Personality Disorder, Phobias, Autism Spectrum Disorder (ASD), Domestic & Family Violence, Individual Therapy, Children & Parenting Support, Adolescent Therapy, Expressive Therapy, NDIS, Online Services.

* To learn more about our what we offer please contact us on: (07) 4927 6965 or alternatively visit our socials on:

- Website: www.mentalhealthcareaustralia.com
- Instagram: @mentalhealthcareaustralia
- Facebook & LinkedIn: Mental Healthcare Australia

Seasons Family Counselling

At Seasons Family Counselling we offer flexible ways of doing counselling for individuals, couples and families. Session can be in person in Yeppoon, on the phone, or online via Skype. If needed morning, evening and even Saturday appointments are available. No referral is needed and the convenience of online booking and payment for appointments is available. For more information please visit our website at seasonsfamilycounselling.com.au or phone 0409 643 178.

See Change – Soulful Counselling & Hypnosis

Holistic approaches to help you. Tailored individual sessions.

I am guided by what is best for you

Sissy – 0407 694 429

Time & Space For You

- Life Purpose Coaching
- Grief & Bereavement Counselling
- Parent – Child Relationships
- Women's Matters

www.eva-lpc.com
timeandspace.lpc@gmail.com

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(Conversations are offered in English, German and PNG Tok Pisin)

Find out more: www.eva-lpc.com

Yeppoon Counselling Services

Psychotherapist in Queensland

Address: Todd Ave, Yeppoon QLD 4703

Health and safety: Appointment required · Staff required to disinfect surfaces between visits ·

Phone: 0412 622 321 [Yeppoon Counselling services Website](#) has more information.

DECISION MAKING SUPPORT

Decision Support Services Qld (DSSQ)

An unexpected event or a sudden wake-up call can often trigger the realisation that some things just cannot be put off any longer. Is there someone you know who has been told to “put your affairs in order” after a recent adverse diagnosis? Perhaps they are in preparation mode to ensure their health care preferences and decisions are respected, or wish to simplify matters for those they leave behind. It is becoming more common (and appreciated) for people to organise and collate important health care records, legal documents and all manner of personal effects, so that they can enjoy the last chapters of their lives.

DSSQ's “Decision Foresight” service provides independent support and guidance around specific matters, for a particular situation, or for critical life decisions. We provide calm, objective, practical support and problem solving, by helping people to sort through the matters at hand, and gain peace of mind. Sometimes there is just so much to do that it feels impossible to figure out where to start, let alone actually take that first step.

It's surprising how life's biggest events can impact our usual sound decision making capacity. Things like rapidly declining health, persistent pain, sustained grief, and even unacknowledged trauma, can keep people in a holding pattern and unable to achieve what they could readily do under less stressful circumstances. Sadly, poor decisions can be made during such circumstances, sometimes shattering our most important relationships and having a lasting, negative impact!

Decision Foresight services can be just the catalyst needed to finally sort through the enormous amount and variety of personal information accumulated over the years. This can include ensuring that someone else can readily find specific information to help you out in an emergency, and that your Enduring Power of Attorney (EPOA) knows where to find critical information so they can step up to make decisions for you if the need arises. Other aspects of Advance Care Planning such as an Advance Health Directive and an up to date Will, can also be facilitated if required.

Decision Foresight services helps people to reclaim their life and lift the weight of worry from their shoulders. We work with the individual to methodically compile the information they need into one neat portfolio that can be tailored specifically to their individual needs. We can also help to safely dispose of old, personal information and if necessary, to find a safe and secure place to store what is still needed. We can help to digitise photos and key documents, to shred unwanted yet confidential information, all in the individual's presence – guaranteeing privacy and giving a truly valuable outcome!

Individuals AND their loved ones will gain an incredible peace of mind once all their information is neatly sorted and easily accessible. This will help them to deal with all kinds of circumstances that could arise, as well as simplify their day to day household management – like regular bill paying and who to contact for repairs or maintenance tasks. On a more exciting note, maybe you'd like to tick a few items off your bucket list!

Decision Foresight services benefit the individual in the first instance but could also be one of the greatest gifts for their family or trusted supporters.

EMAIL: info@dssqld.com.au PHONE: 0418 786 151

WEB: <https://dssqld.com.au>  : <https://www.facebook.com/DecisionSSQLD/>

DISASTER AND EMERGENCY PLANNING

When you are older, in ill health or have a disability, and live in an area prone to extreme weather events, it is very important that you stay aware of what is happening in your local area and have a clear plan to deal with emergencies. Whatever they are.

Livingstone Shire Council Disaster Dashboard

The [Livingstone Dashboard](#) provides the information and connections you need to be prepared and safe whatever the circumstances. Resources include:

- ❖ Recovery Information
- ❖ Community Connect
- ❖ Disaster Prepared Community Portal – tools, resources to help you plan
- ❖ Opt-In for Notifications

- ❖ Business Portal
- ❖ Emergency News
- ❖ Active Centres information
- ❖ Road Conditions
- ❖ Power Outages

There is also a wide range of other information on the current impact of local weather conditions.

CONTACT

Livingstone Shire Council

Phone: (07) 4913 5000 or 1300 790 919

Email: enquiries@livingstone.qld.gov.au

Website: <https://www.livingstone.qld.gov.au>

Local Disaster Coordination Centre

(Phone numbers activated during a disaster)

4913 5100 or 1300 797 709

Rockhampton Region Emergency Dashboard

The [Rockhampton Region Emergency Dashboard](#) provides information on

- ❖ Emergency News
- ❖ Weather warnings
- ❖ Road Conditions
- ❖ Power Outages

Also see:

[Your Emergency Guide](#) Our Emergency Guide contains a number of easy-to-follow steps that aim to help you be prepared for any disaster. As well as this [digital version](#), which can be downloaded and utilised in both individual and group planning sessions, the Disaster Management Unit is able to provide hard copies (which double as handy fridge-magnets) for those who wish to undertake disaster preparedness education sessions in their communities. Also available are fridge magnets with Emergency Dashboard and Key Emergency Contacts information. Simply contact DisasterManagement@rrc.qld.gov.au to enquire today!

CONTACT

Phone: 07 4932 9000 or 1300 22 55 77

Email: enquiries@rrc.qld.gov.au

Fax: 07 4936 8862 or 1300 22 55 79

- [Like us on Facebook](#)
- [Follow us on Twitter](#)
- [Watch our YouTube Channel](#)

END OF LIFE DOULA

End of Life Doula Services Central Queensland

Desley Cowley is offering an end of life doula service to Central Queensland and Wide Bay regiona including end of life planning, legacy and life review and vigil and post death support.

FREE SERVICES:

Workshops/Speaking Engagements

Looking for a guest speaker for your next meeting? Let us talk about death and dying.

Guest speaker 20 minute talk (free)

Topics:

- Advance Care Planning
- Voluntary Assisted Dying

Private consults – face to face, phone, zoom or teams

One Hour Initial Consultation

1 hour consultation to determine your needs and if I am the right fit – no obligation, no charge unless we continue to work together.

FEE FOR SERVICE

Workshops/Speaking Engagements

2 to 3 hour hands on workshops to support you:

- Create a Legacy Project in Canva – can be printed or digital
- Living Funerals – Why wait until you die to bring your loved ones together?
- Vigil and Post Death Support – how to support the mind, body and soul during those last days and hours.

Too many people leave end of life planning until it is too late, leaving loved ones to make decisions at a time when they are already under extreme duress.

A little bit of advance planning would make the passing of loved ones a little easier on all involved.

For more information contact:

Desley Cowley

Workshop Facilitator and Mentor

End of Life Support

Phone: 0419 817 973

Connect with me on [LinkedIn](#)

Join my Facebook group: [End of Life Support Regional Queensland](#)

Get your FREE copy of my 52 page '[Leave a Legacy for Loved Ones](#)' workbook (absolutely no obligation – yours to use as you wish)

EMERGENCY FOOD RELIEF

Rockhampton Food Bank. 16 Robison St Park Avenue Rockhampton, Queensland 4701

The Hands of Compassion Food Bank offers a wide variety of products available to the whole community. For a handling fee of \$60, you can put together your own hamper. Take your pick from a wide range of items. There is a variety of frozen meats, dairy products, eggs, bread, tinned and packaged foods, fresh fruit and vegetables,

toiletries, household cleaners, baby food, pet food, and so much more. The selection of items depends on what is available on the day, however the options are always plentiful. Come along and take a look at the free thrift shop that offers clothes, blankets, manchester and more! No Eftpos.

No appointment needed. No criteria checks. Foodbank does not deliver Thursday and Friday 9.30am until 2pm

Free barbecue breakfast until 11am on Friday only.

[Send Message](#) [Rockhampton Food Bank](#) [Double check when we are open](#)

Vinnies Support Centre

The Support Centre seeks to reach out and support those in need, offering a hand-up based on individual needs. We can be reached by calling 4927 6026, [best call between 9.00 and 9.30am](#), to make an appointment to visit us at 233 Alma St, Rockhampton.

We are open on Tuesday, Thursday, and Friday from 9.00 am to Midday.

Please bring hard copy of Income Statement to Interview.

YEPPOON

Eddie's Van: Vinnies Car Park John/Arthur St Yeppoon 4939 9300 – St. Brendan's Free meals and a chat. 5pm-5.45pm. Term Time All welcome

Food Relief Capricorn Coast 0468 799 843:

You choose the grocery items you like, with one item from each of the 24 shelves. Choice of meats plus you choose Fruits & Vegetables, Breads, Dairy & Eggs. No eligibility criteria. Recipients will receive around \$120-\$150 worth of basic groceries. Handling fee \$50. No EFTPOS

Please bring your bags. You are welcome to attend every week

YEPPOON: Pick up Day: Friday 9.30am 33 William St, Yeppoon until 1pm.

EMU PARK: Corner Archer and Hunter Sts Friday 9.30am until 12pm.

fcapcoast@gmail.com [Food Relief Capricorn Coast](#)

iCare Community Project: Community Centre 80 John St Yeppoon. 4913 3840
Non-perishable food items and personal hygiene products. 9am – 4pm M-F

Sacred Heart Conference St Vincent de Paul Conference Yeppoon 4939 3141
74 John Street Yeppoon

By arrangement, support provided for emergency situations including food and clothing and furniture when available. sh4703@svdpqld.org.au

EQUINE ASSISTED LEARNING

Cool and Calm Equine Assisted Learning

Cool and Calm Equine Assisted Learning – Disability and Mental Health Support Service Cawarral. We work to promote improvements in physical, social, emotional and/or cognitive functioning.

For more information please see [Cool and Calm Equine Assisted Learning](#) or phone 0400 971 692 or email coolandcalmeal@outlook.com

Dusty Boots Equine Assisted Learning

I am excited to introduce you to the award-winning *Sue Spence Communications' Horses Helping Humans™* program. *Dusty Boots EAL* is partnering with *4Mile Farm* to bring this successful program to the Rockhampton region. This specialised horse whispering program for youth, children and adults alike has grown out of the well-known and highly regarded work that Sue Spence has been doing for many years by including horses to help humans learn effective communication and body language skills. This program has much to offer people of all ages with a variety of challenges.

We require participants to attend each session with their support worker / carer / parent. It is important their support person is in attendance for the entire session so they understand the skills being shown and can encourage the participant to apply those skills to everyday life challenges.

The program is suitable for all ages. Horses Helping Humans™ can benefit people facing different challenges including anxiety, depression, ASD, ADHD, ADD, shyness / lack of confidence and more. Sessions are held weekly however there is flexibility in the delivery to suit different situations. Please ask us how we can help.

Traditionally the Horses Helping Humans Youth Communications Program is delivered over three weekly sessions of 1 – 2 hours. This delivery option is most suitable for disengaged Youth with limited funding. However, as the program has evolved, it has been adapted to suit NDIS participants and can be delivered over a longer period with shorter sessions. These sessions can be ongoing. We recommend our 9-week program where participants have the opportunity to learn the skills and deepen their learning of these skills while working with 2 or 3 different horses over the 9-week period. However as mentioned before this timeframe is flexible and we are happy to talk to you about options to suit your participants' individual needs. Sessions are \$165 (exc GST) per session.

Please contact me for more information or if you have questions. We are taking bookings for Term 3 now.

Linda: dusty_boots@outlook.com or 0408 251 968

Email the name of the participant and I will forward you an intake form.

FUNERAL, CREMATION AND MEMORIAL PROVIDERS

Planning for a funeral, cremation or other after death arrangements is best done well in advance. Nowadays there are a variety of different types of funeral, cremation and memorial ceremonies available. Some people are choosing a cremation and a scattering of the ashes without any formal ceremony. Some people take the ashes home to be scattered or kept depending on their personal situation.

Where there is a will there will be an Executor nominated, and they can manage the affairs of a person following their death, including arranging the funeral or memorial service. A friend or relative is also able to make these types of arrangements. If there is no will or close relatives or friends then a court can appoint someone to make the arrangements.

A memorial service is a ceremony that memorialises and honours the deceased after the body has been cremated or buried. A memorial service has the same meaning of any other type of funeral service; honour and pay tribute to the deceased. The memorial service can take place weeks or even months after the death has occurred. A memorial service is frequently a peaceful blend of a traditional funeral and celebration of life. A memorial service provides the flexibility to make the ceremony unique and personalised to fit the individual being honoured.

A person may have both a funeral or cremation, and a memorial service.

Cemeteries

Livingstone Shire Council Cemeteries

There are a number of cemeteries in the Livingstone Shire. For further information contact Council's Customer Service on (07) 4913 5000 or 1300 790 919 and/or see [Livingstone Shire Council Cemeteries](#)

Rockhampton Regional Council Cemeteries

The Rockhampton Regional Council manages six cemeteries within the region. Five are currently open to new interments and two are heritage listed. See [Rockhampton Regional Council Cemeteries](#) for general information about each cemetery, including services provided by council, maps and burial indexes.

If you require information relating to private cemeteries, lone graves or trust administered cemeteries within our Region such as Stanwell, Westwood or Alton Downs, please contact the Administration Office. Please note, we do not hold records for any crematoriums.

For all cemetery enquiries:

Phone: (07) 4936 8374

Email: MemorialGardens@rrc.qld.gov.au

Visit: 21 Hartington Street, North Rockhampton (off Lakes Creek Road)

Cornes T.T. & C - Servicing Mt Morgan

Funeral director in Rockhampton, Queensland
Address: 166 Alma Ln, Rockhampton QLD 4700
Open 24 hours
Phone: (07) 4938 1048

Dean Family Funerals

Phone: (07) 4922 5422
Address: 187 Musgrave St

Finlayson & McKenzie

Finlayson & McKenzie Funeral Directors has been helping Central Queensland families in their time of need for over 130 years. Finlayson and McKenzie has been and is known to be members of the [Australian Funeral Directors Association](#) for the last 39 years. We are a [family run funeral services](#) business, located in Rockhampton with the facilities and expertise to offer you a wide range of options. We will accommodate your individual preferences, to ensure that we meet your desired funeral needs and wishes.

Phone: (07) 4922 1269

Address: 56 William St, Rockhampton <https://www.finlaysonandmckenzie.com.au/>

Fitzroy Funerals

With over 50 years' of experience in the funeral industry, Colin and Michelle Dean, along with their family of Funeral Directors, have served the grieving community of Queenslanders with the upmost respect, care empathy and understanding. The only Coast owned and operated funeral business

Yeppoon 4939 8422

Rockhampton 4922 5422 – *Contact Us 24/7*

187 Musgrave St

Email info@fitzroyfunerals.com.au <http://fitzroyfunerals.com.au>

Funeral Assistance Scheme

The Queensland Government may organise a simple burial or cremation of a person whose assets cannot cover the cost of their funeral, and whose relatives/friends cannot pay for their funeral. Applications can be made at your local Magistrates Court (eligibility criteria applies). To find out more please click on [Funeral Assistance Scheme](#)

Harts Family Funerals

You can trust Harts Family Funerals, in Rockhampton, to arrange a dignified service for your loved one. We organise funeral services with sensitivity and compassion. Let our sympathetic staff help you make your loved ones' funeral arrangements in a way that celebrates their life.

We are sensitive to the requirements of all religions and cultures and offer services that can be personalised to your faith, beliefs and traditions. [Contact](#) our Rockhampton funeral home if you are recently bereaved and are unsure of what to do next. We are available to assist 24/7.

Phone: (07) 4926 9985 ALL HOURS

Email: admin@hartsfamilyfunerals.com.au

Address: 247 Ford St, North Rockhampton

<http://hartsfamilyfunerals.com.au>

Leanne Smith Celebrant

A civil or secular funeral is all about the person you love

Whether your loved one will be farewelled with a traditional style funeral service or with a more creative, flexible and relaxed event such as a memorial service or scattering of ashes, with good support from a funeral celebrant you can create a ceremony which is dignified, personally meaningful and which will help commemorate your loved one and also aid in the grieving process. I've been a ceremony maker for 13 years, servicing the Yeppoon, Rockhampton and Capricorn Coast areas in Central Queensland. I would be honoured to work with you to plan a service which meets your every need.

PH: 0419 394 844 www.leannesmith.com.au

Quality Cremation Services

Phone: (07) 4921 2673

1/154 Alma Street,

Rockhampton Memorial Gardens

Phone: (07) 4936 8374 Address: 21 Hartington St, Lakes Creek

Tucker & Nankivell

Funeral home in Rockhampton

Address: 166 Alma St, Rockhampton QLD 4700

Phone: (07) 4927 2500

Yeppoon Emu Park Funeral Services

Division of Finlayson & Mc Kenzie AFDA

Capricorn Coast Consultants – Harry & Lesley Holland

Specialists in pre-paid Funerals and Cremations

4939 4055 all hours

<https://www.finlaysonandmckenzie.com.au/>

HEALTH SUPPORT

ashar health.

ashar health is a specialist mental health and addiction practice providing assessment, treatment, interventions and planning for people 14 and older via in person and telehealth service. The first private Nurse Practitioner service for Mental health and addiction in Central Queensland. This service is mixed billing and clients do not require a referral.

The practice is ran by Stacey Styles, Nurse Practitioner.

Phone: 0456 925 795 Email: asharhealth1@gmail.com

Alzheimer's Association of Queensland Inc

Rockhampton Carer's Support Group, Rockhampton Dementia Support Centre, 238 Richardson Rd: first Wednesday of each month 10am – 12pm

Capricorn Coast Carer's Support Group, Capricorn Coast Hospital and Health Service, 8 Hoskyn Drive, Hidden Valley, Yeppoon: first Tuesday of each month 1.00pm – 3pm
Contact information: Phone 4928 1926 Email qld.rockhampton@alzheimers.org.au

Cancer Council Queensland

Information:

- *Community Support Coordinator* - provide patients, friends and family cancer related information as well as information about services (or connects individuals to persons who can help). This free and confidential service is available Monday to Friday 9am-5pm (excl. public holidays). Service available by contacting our 13 11 20, by visiting our website: <https://cancerqld.org.au/> or contacting the regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.

Emotional Support:

- *Cancer Connect* - a free and confidential peer support service that connects you, your carer or your loved ones over the phone with a trained volunteer who has had a similar cancer experience. This support is available at diagnosis, during treatment and after treatment. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.
- *Cancer Counselling Service* - a free and confidential service for all Queenslanders distressed by cancer at any stage including people diagnosed with cancer, their family and friends. Counselling is available state-wide via

telephone or skype. Counselling is short-term (generally one to six sessions) depending on the need of the client. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.

- *Cancer Support Groups* - Cancer Council Queensland supports a number of cancer specific community groups throughout regions. Groups differ based on cancer, gender or activity (e.g. Women's Breast Cancer Support Group). To join or find out information self-refer via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.

Practical Support:

- *Wigs & Turbans / Temporary Breast Protheses* - provides wig loans turbans and temporary breast protheses, at no cost. Wig libraries are located in our regional offices and accommodation lodges across the state. Days and hours of operation are specific to each location. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.
- *Accommodation* – lodge accommodations are available for those patients receiving cancer related treatments. Patients and carer can stay in our lodges at no cost if they qualify for the Queensland Government's Patient Travel Subsidy Scheme (PTSS). Alternatively, lodge fees are calculated per person, per night basis and are within the daily allowance of the PTSS. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.
- *Pro Bono* (Legal, Financial or Work related issues) – a program that provides assistance with legal issues or financial planning, for eligible Queenslanders. These programs are delivered by professionals in the community who volunteer their time to assist clients who cannot afford to pay for advice. Self-referral via 13 11 20 or through regional office: 43 Upper Dawson Rd, Rockhampton (07) 4932 8600.

Capricorn Coast Type 2 Diabetes Support Group

Contact: Helen Sutcliffe: 0408 190 387

hesutcliffe@gmail.com

<https://www.facebook.com/CapcoastType2DiabetesSupport/>

Central Queensland Diabetes Group Incorporated

CQ Diabetes Group Inc (CQDGI) is a non-profit diabetes charity and support group raising diabetes awareness in the Central Queensland community, organising educational camps for children with diabetes and promoting improved health for adults with Type 1 diabetes through education, self-help group support and social networking.

Email: cqdiabetesgroup@gmail.com

Website: [facebook.com/cqdiabetesgroup](https://www.facebook.com/cqdiabetesgroup)

Phone: [07 4930 9064](tel:0749309064)

CQ Prostate Support and Awareness Group

Provides support and awareness about Prostate Cancer to the CQ community and also assists men worried about prostate cancer. Members can discuss their situation and get information from others who have had various procedures.

Contact Lloyd at 0437 727 657

Diabetes Support

Type 1 Diabetes Capricorn Connection (T1DCC)

Katie Mitchell 0429 015 454 t1dcc@yahoo.com.au

[T1DCC Facebook](#)

Type 2 Diabetes Support Group

Helen Sutcliffe 0408 190 387 hesutcliffe@gmail.com

MS Support Group Rockhampton/ Gracemere/ Yeppoon & Surrounds

This group offers support, friendship, and information for people with MS. The aim is to encourage the following:

- Monthly social coffee dates
- Weekly exercise – Walking groups
- Current MS information updates

Contact: Amber Shackleton: Facebook group:

<https://www.facebook.com/groups/1409751542873512/>

MS QLD P: 1800 177 591

Parkinson's Support

Rockhampton Parkinson's Support Group.

Meets 1st Tuesday of the month February to December. 9.30 am - 11am (commencing with a cuppa).

650 Norman Road Nth Rockhampton (Rockhampton Baptist Church function Room)

For more information contact Sue Witten Coordinator 0447 829 594

Yeppoon Support Group of Parkinson's QLD Inc.

The Yeppoon Support Group of Parkinson's QLD Inc. will provide you with information about Parkinson's Disease, support, and valuable friendships. Meetings are held on the 3rd Thursday bi-monthly at 9:00am, located at the Livingstone Shire Council Community Centre (next to the Library) 80 John Street, Yeppoon. The Support Group runs bi-monthly from March. Occasional speakers of interest will be invited to address the group.

Contact: Livingstone Shire Community Centre: [0427 477 168](tel:0427477168)

Slimmers Club

PCYC Slimmers' Club (Choose to Loose) – Stapleton Park – Tuesdays -9.00am - 11am.

Cost \$10 to join, then \$6 every meeting, \$1 if weight is gained.

This is a friendly group helping members achieve their goals in losing weight. There are talks each week in different subjects and incentives to help members achieve their success. New members most welcome.

Phone Cheryl on 0409 062 367 for more information. Also see [PCYC](#)

Stroke

Rockhampton 'Rocky Brain Waves' STEPS group

STEPS (Skills To Enable People & Communities) Program.

STEPS is a Queensland Health program for people aged 16–65 with a brain injury, including stroke. It is recommended that people first attend a free, 6-week STEPS Skills Program before joining a STEPS network group. To find out more, go to www.health.qld.gov.au/abios/steps

Meetings first Tuesday of the month, from 10 am to 12 noon or as advised.
Various venues, advised each month.

Contact:

Tanya Ashton, (07) 3406 2311 or 1300 727 403 (free call outside Brisbane)
Email STEPS@health.qld.gov.au

Yeppoon - Capricorn Coast Stroke Support Group

We are a social group offering support to survivors and family, where we share experiences and treatment. We provide morning tea, have raffles and social outings. Meetings 2nd Wednesday each month (except January), 9.30 am – 11.30 am. Capricorn Coast Hospital.

Contact: Evelyn or Alan Morieson on (07) 4938 7788 or 0427 130 126
[Download a flyer \(DOC 34 KB\)](#)

HOLISTIC CARE OPTIONS

Gnostic Association of Yeppoon

Art, Science, Philosophy, Mysticism, Mindfulness and Meditation

- ❖ Mental calm and clarity
 - ❖ Inner faculties and spiritual senses
 - ❖ Sacred Sound and Geometry
 - ❖ Inner Fire: Prana, Energy and Breath-work
 - ❖ The science of Meditation
 - ❖ Gnanu Yoga, Raja Yoga, Rune Yoga
- And much more.

Thursday evenings: 7.30pm – 9.30pm Friday afternoons: 1pm – 3pm
Phone: 0455 337 437 or email gnosticyeppoon@gmail.com

Joyful Kookaburra - Holistic Wellbeing Service

Holistic Services: Sound Healing (Individual & Groups), Tailored Healing Ceremonies, Women/Girls Rites of Passage, Workshops, Circles, Mental Health Social Worker Services: Person-Centred Counselling, Focused Psychological Strategies, EFT, DBT.

Joyful Kookaburra – Holistic Wellbeing Service is run by Rhonda Noyes. Rhonda is a qualified Integral Sound Healing Practitioner and a member of the International Institute for Complementary Therapists. Rhonda is also a qualified and accredited Mental Health Social Worker with the Australian Association of Social Workers.

Rhonda works from a holistic, person centred framework, supporting people to work towards their own healing, growth and transformation.

Bookings: Bookings@joyfulkookaburra.com.au

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

Web: joyfulkookaburra.com.au

Karlene Pass – Sacred Soul Revolution

Massage Healing Meditation Counselling Kinesiology

<https://www.facebook.com/karlene.pass/>

Harmony Consultant for Aura Light

[Aura Light](#) Colour Harmonic Courses present a modern approach to colour and aroma therapy through non-intrusive vibrational essences. – Bring more colour into your life. Understand the rainbow connection: how you think and feel is reflected in your colour choice. For more information phone (04) 3414 5397

Holistic Health and Healing Centre: Chris Galanovic

Alternative & Natural Therapies - Frenchville

Phone: 0411 953 824 [Holistic Health and Healing Centre](#)

Send Email: Holistic-Health@optusnet.com.au

Intra-Mind

Mind Set Mentor and Life Coach

- Change your mind set – *using the one thing you can control*
- Your mind
- Receive personalised support that is relevant to you and your life
- Be empowered to create lasting change

Contacts: 0488 149 850 timothychan@intra-mind.com.au

Contact Tim for a complimentary chat.

Natural Elements: Alternative Pain Relief Therapies

- The Emmett Technique
- Emmett4dogs
- PEMF Therapy
- Bowen Therapy

Kaylene Pass: 0434 145 397

<https://www.naturealelements.com.au/>

Naturopathic Health

Naturopaths - Rockhampton

Take a Step Towards Better Health

Bachelor of Health Science (current) - Sharon Matthews

40 Denham St, Rockhampton QLD 4700

Phone (07) 4922 7838

Send Email: naturopathichealth@bigpond.com

[Naturopathic Health Rockhampton](#)

Recharge Remedial Therapy

Since 1994 - Effective traditional and leading edge modern treatments to help relieve pain and discomfort, reduce stress and anxiety and promote overall wellbeing. Please contact me if you would like to make an appointment, or need more information.

Bookings are currently by appointment only so I can dedicate treatment time to you without interruption from answering the phone, attending to walk-in enquiries etc.

Helping reduce pain and improve function - Back pain, muscle tension, headache etc.

Stress management - single treatments or short and longer programs that may change in content over time, and include helpful tips, information and guidance, including neuroscience based simple instruction on how to do simple breathing exercises to relax your mind, improve your HRV and help your mind and body function better.

About HRV - <https://www.youtube.com/watch?v=ddjYUsSullo>

Contacts: Call - 0448 795 620

email - beedrummond@gmail.com

[facebook.com/recharge.remedial.therapy](https://www.facebook.com/recharge.remedial.therapy)

Time & Space For You

- Life Purpose Coaching
- Grief & Bereavement Counselling
- Parent – Child Relationships
- Women's Matters

www.eva-lpc.com

timeandspace.lpc@gmail.com

At Time & Space for You Eva's holistic approach starts with attentive, mindful and compassionate listening. As an experienced counsellor, Eva will provide a safe and supportive environment.

Here you can explore your thoughts and feelings.

If you find yourself in a time of transition, or you know something has to change for you – Eva guides you to more clarity, enabling you to see your path ahead.

Eva is dedicated to empowering individuals to achieve their full potential by supporting them on their journey to personal clarity & self awareness.

Eva Reins-Haag is also a German Learning Consultant & Practical Educator (Pedagogical Specialist). Counselling in this specific area will involve the parents and/or the child. First Eva gives them an understanding how learning processes are unique for each individual. Then she shares practical tools tailored to each individual to make the learning situation a more relaxed one.

The first, brief conversation with Eva is free and an opportunity for both to get to know each other and identify the beneficial areas of focus.

(Conversations are offered in English, German and PNG Tok Pisin)

Find out more: www.eva-lpc.com

The Boondoola Healer

- Massage for Relaxation, Fertility, Pregnancy, Post Partum
- Reiki Attunements and Healing
- Breath Work
- Healing Circles

Book now on <https://theboondoolahealer.com.au/>

Or txt 0428 777 235

Vibe Complete Health

Holistic Therapies and Programs to support ultimate wellness to heal the mind and body.

Working with practitioners who have lived experience and training with:

- Stress Management
- Emotional Regulation
- Hypnotherapy
- Resilience Coaching
- Detox Program
- Restore Gut Health
- and Nutrition
- Coaching
- Movement and Mobility
- Training
- Personal Training
- Overcoming Depression and
- Anxiety
- Trauma Coaching

A supportive nonjudgmental environment with space to heal and grow!

All Inquiries to:

TASH: 0408457599

SIMON: 0419530368

Yeppoon Naturopathic Womens Health Centre

[Home \(yeppoonnaturopathic.com\)](http://yeppoonnaturopathic.com)

Assisting *Women in Health and Wellness* From Menarche to Menopause and everything beyond Office 4 22 James Street Yeppoon.

Phone: 0418 746 620

HOSPICE

Fitzroy Community Hospice

Central Queensland's first hospice is open

Hospice care is about much more than bricks and mortar, it's about caring for our community for generations to come. At Fitzroy Community Hospice, onsite care is provided in a purpose-built, peaceful, home-like facility with private quiet spaces, tranquil gardens and picturesque westerly views. Support services are available for patients, families and carers, including social and emotional support, pastoral care,

and cultural support. Care is provided at no charge to our community, and is available to people over the age of 18 with an advanced life-limiting condition, not just those with cancer. Fitzroy Community Hospice is creating partnerships with existing specialist and community-based palliative care services and we seek to continually improve integration and coordination of patient care.

We are in a huge transition phase from getting ready to open, to actually opening our doors to patients and we are working through and refining our referral process with local stakeholders. We will publish our referral process, admission criteria and other vital information here as soon as we possibly can. Please continue checking back for information and see what Fitzroy Community Hospice provides, [here](#), or [get in touch](#) with us directly.

Take a virtual walk through the Hospice facility concept.

<https://youtu.be/7pzStRJyV4>

You can register your support and sign up for updates [here](#).

Contact Fitzroy Community Hospice: admin@fitzroyhospice.org.au

Website: <https://fitzroyhospice.org.au>

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

JUSTICES OF THE PEACE

Livingstone

JPs in the community service:

The JPs in the Community Program is a walk-in service; no appointment needed.

- Emu Park Art Gallery -For Justice of the Peace enquiries ring Kathy.. 0418 756 281
- Yeppoon: Mon; Wed; Fri; 10am-2pm Yeppoon Court House, 21-23 Normanby St.
- Yeppoon: Tues; Thurs; 9am – 12pm Community Centre – James St.

Central Queensland Dispute Resolution Centre

State government office

46 East St

(07) 4938 4249

Federal Circuit and Family Court of Australia

Government office

48 East Street (cnr, Fitzroy St

1300 352 000

[Website](#) [Directions](#)

Rockhampton Supreme and District Courts

City courthouse

East St

Closed · Opens 8:30AM Mon · (07) 4887 1740

[Website](#) [Directions](#)

Family Court of Australia - Rockhampton Registry

City courthouse

Virgil Power Building Ground level, 46, East St

Closed · Opens 8:45AM Mon [Website](#) [Directions](#)

Rockhampton Youth Justice Centre

District Justice

155 Alma St

(07) 4848 4600 [Website](#) [Directions](#)

Stockland Rockhampton Shopping Centre

Shopping mall

Park Avenue QLD

Monday to Friday, 10am - 2pm and Saturday, 10am to 12pm.

This is a JPs in the Community Program and is a walk-in service; no appointment needed – however, it may be best to ring after 10am to confirm some-one is available on the day (07) 4928 9166 [Website](#) [Directions](#)

Qld Justices Association: Commissioner of Declarations & Justice of the Peace.

Local help, call Rockhampton branch Deputy Secretary, Jane Comollatti, 0422 596 387.

Information 1800 061 423

MEALS ON WHEELS

Mount Morgan Meals On Wheels Inc

07 4938 1935

C/- Mount Morgan Hospital, 89 East Street, MOUNT MORGAN

<https://www.qmow.org/service-location/mount-morgan-meals-on-wheels-inc-246>

Rockhampton Meals on Wheels

Email info@mowrockhampton.org.au

Phone 07 4928 0540 Fax 07 4928 0758

Address 350 Berserker Street Frenchville

Find us on Facebook

<https://www.rockhamptonmealsonwheels.com/>

<https://www.facebook.com/mealsonwheelsrockhampton/>

Yeppoon Meals On Wheels Inc

07 4939 2477 07 4925 0005

mowyepoon@gmail.com

66 William Street, Yeppoon QLD

Mon 8:00am - 2:00pm

Tue 8:00am - 2:00pm

Wed 8:00am - 2:00pm

Thu 8:00am - 2:00pm

Fri 8:00am - 2:00pm

<https://www.qmow.org/service-location/yeppoon-meals-on-wheels-inc-297>

MEDITATION

Gnostic Association of Yeppoon

Art, Science, Philosophy, Mysticism, Mindfulness and Meditation

- ❖ Mental calm and clarity
 - ❖ Inner faculties and spiritual senses
 - ❖ Sacred Sound and Geometry
 - ❖ Inner Fire: Prana, Energy and Breath-work
 - ❖ The science of Meditation
 - ❖ Gnanu Yoga, Raja Yoga, Rune Yoga
- And much more.

Thursday evenings: 7.30pm – 9.30pm Friday afternoons: 1pm – 3pm

Phone: 0455 337 437 or email gnosticyeppoon@gmail.com

Insight Meditation

the insight meditation has many programmes through the year.

- ❖ weekly saturday sessions at women's health centre rockhampton
- ❖ monthly 1 day mindfulness day at women's health centre
- ❖ several weekend workshops/retreats throughout the year by visiting qualified and experienced teachers from Brisbane, Sydney
- ❖ two residential weekend retreats a year

The website is www.dharma.org.au/rim (rim for rockhampton insight meditation)

Face book: rockhampton insight meditation

Contact is rockhamptoninsightmeditation@gmail.com

Meditation Society of Central Queensland Inc - Ananda Buddhist Centre

Buddhist Meditation in Central Queensland - Rockhampton, Yeppoon, Emu Park
Tradition : Tibetan, Sakya & Theravada, Thai, Sri Lankan

This is the new name for the Meditation Society of Central Queensland (see next entry)

Address: Corner of Hinchliff and, Munro St, Kawana QLD 4701

Phone: 0417 259 669

MENTAL HEALTH

Community Mental Health

Our community care teams provide mental health assessment and treatment services to people who are affected by mental illness. We also provide support to their family or significant others and carers.

We have teams that specialise in [child and youth mental health](#) (people under 18 years of age) and older person's mental health (generally over 65 years of age). You can access this service by contacting us. You can also be referred by:

- family members or friends
- GPs and health professionals
- other government or non-government services

Contact your local mental health team during business hours (Monday - Friday 8.30am - 4.30pm) to make a referral.

- ❖ Rockhampton Community Mental Health Team
156 Bolsover Street, Rockhampton
Phone: (07) 4920 6900
- ❖ Rockhampton Child and Youth Mental Health Team
Rockhampton Hospital Campus, Quarry Street, Rockhampton
Phone: (07) 4920 5700
- ❖ Capricorn Coast Mental Health Team
Capricorn Coast Hospital Campus, 8 Hoskyn Drive, Yeppoon
Phone: (07) 4913 3000

Community Mental Health <https://www.health.qld.gov.au/cq/services/mental-health/services/community-mental-health>

Need help outside hours?
1300 MHCALL (1300 64 2255)

[About 1300 MHCALL](#)

In an emergency call 000.

Grow Support Groups meet Weekly in Rocky and Yeppoon; Mental and emotional health support.

Grow meetings are based on the learned experience of people who have come through significant mental and emotional challenges to a healthier and happier life. They provide personal development, acceptance, encouragement, friendship, inspiration, and mutual support for participants.

Some of the problems Grow has helped people to manage are depression, anxiety, relationship breakdown, isolation, grief, addictions, stress, compulsions and diagnosed mental illnesses. People using the program over time describe a more connected, resilient, meaningful and happier life

Rockhampton Day Group: meets every Tuesday at 1pm to 3pm at Community Health, 82 Bolsover Street. (front entrance) Rockhampton.

Rockhampton Night Group meets every Tuesday at 6.30pm to 8.30pm at Community Health, (Rm 2) on the corner of Bolsover and Cambridge st (side entrance). Rockhampton.

Yeppoon Group: meets every Wednesday at 6.30pm to 8.30pm at Community Development Centre, John St in Yeppoon

Please Ring 0408 577 403 or 0413 449 008 for further information

Website: www.grow.org.au Also Grow Qld is on Facebook.

1800 558 268

Head to Health (Local)

Head to Health is a mental health assessment and referral service available to everyone across the Central Queensland, Wide Bay and Sunshine Coast regions. The Head to Health phone line on 1800 595 212 can be accessed by consumers, their families, carers, as well as GPs, service providers and other health professionals. Head to Health takes a holistic approach to mental health, whether a client has experienced mental ill-health in the past or if this is the first time they have reached out for support. Visit the Australian Government's [Head to Health](#) website or refer your consumers/patients to Country to Coast, QLD's [Head to Health](#) community webpage.

While no referral is needed for a person to access the Head to Health service, referrals are welcomed from GPs, primary health professionals, local Hospital and Health Service providers and non-government organisations.

- General public and non-health professionals please call 1800 595 212 - Monday to Friday 8:30am – 5pm. There is no cost for using the Head to Health.
- Medical Professionals are recommended to use the Healthlink Smart Forms.

Medicare Mental Health Centres - Wellways Australia

"Medicare Mental Health Centres offer free, safe, and welcoming services for adults over 18 who are experiencing distress, feeling overwhelmed, or concerned about themselves or someone they care about."

For more information, please visit our website.

Medicare Mental Health Centre, Rockhampton is currently located at the Wellways/Carer's Gateway office at 2/87 Archer Street Rockhampton.

Our permanent site will be located at 3/49 William Street Rockhampton (previously Southern Cross offices); entrance via Bolsover Street, between The Two Professor's Cafe and Schotia Place.

We anticipate the site to be up and running by December 2024.

Medicare Mental Health Centre (MMHC), Rockhampton is a 'short-term' mental health service (i.e., approx. 12 weeks).

The program is funded by Country to Coast Qld. in partnership with Wellways and Clarity Health Care.

Participants of the service do not require a Medicare card or a referral to attend. That means anyone can access the service, whether homeless, travelling or non-Australian citizens.

Please note: We do not duplicate psychology services (exclusion criteria).

Referral pathways:

- Walk ins
- Head to Health Intake Referral Form (eReferral) <https://portal.headtohealth.hda.gov.au/eReferral/> [Ensure you make mention of your preferred provider in BOLD in the comments section].

- Email referrals to intake.ccq@mentalhealthwellbeing.org
- Head to Health phone line: 1800 595 212

MMHC Rockhampton:

Service hours: Monday to Friday 10am-5pm

Available services: In-person peer support, Phone and video Psychology services (in-person psychology when site is completed December 2024).

Need help writing your legacy story?

I help individuals and families write their stories, express their wishes and capture their important memories and events, to leave a lasting legacy for future generations.

The workshop can include, writing letters to loved ones, creating a digital story book album that can be continually edited and updated, printed if desired and can include their wishes for their own funeral service and much more!

Get a group of 10 or more together for a low cost fun filled activity.

Group Corporate enquiries and sponsorship opportunities welcome.

If you aren't sure where to start, contact me for an obligation free discussion.

Desley Cowley

Workshop Facilitator and Mentor

End of Life Support

Phone: 0419 817 973

Connect with me on [LinkedIn](#)

Join my Facebook group: [End of Life Support Regional Queensland](#)

Get your FREE copy of my 52 page [‘Leave a Legacy for Loved Ones’ workbook](#) (absolutely no obligation – yours to use as you wish)

Medicare Mental Health Centres are a safe and welcoming space for anyone **over the age of 18**, who is in distress or seeking mental health support, without the need for referral or appointment.

Medicare Mental Health Centres will provide free, immediate, short and medium-term care. The centres will help connect you to the most appropriate services for your ongoing needs. This may be support offered from one or more services, depending on what's best for you.

When you arrive at a Medicare Mental Health Centre, a Peer Worker will help you navigate and access the most appropriate services for your recovery.

For more information go to - [Medicare Mental Health Centres - Country to Coast QLD \(c2coast.org.au\)](#)

You can visit a centre at:

Rockhampton, Temporary site: 87 Archer St; Permanent Site: 3/49 William St – opening to be confirmed - (07) 2141 9203

Medicare Mental Health Centre referrals can be made in person or via the Head to Health phone service: 1800 595 212

My-Art therapy

I have facilitated people's personal development and helped raise their self-awareness in different ways and for different organizations for over 20 years. I am now offering my services as a qualified and ANZACATA registered art therapist.

I have a PhD in cross-cultural education/communication, a Master in Education Studies, and an Advanced Diploma in Transpersonal Art Therapy. My 7 years of undergraduate studies in the Netherlands (where I was born and raised) comprise of social work, primary school teacher training, and teaching expression and communication. I have also worked with a Maori Tohunga for 14 years; his StrataQuest work has deeply impacted my work.

For people experiencing challenging situations, being resilient, self-aware and responsible for themselves and their environment, are central to managing those situations successfully. But recognizing those important qualities can be a challenge in itself.

Transpersonal Art therapy is a gentle intervention that helps address spiritual, psychological and existential challenges in a non-verbal manner. It allows people to travel within themselves in search of healing and strength.

Frontline workers and other Care Professionals, as well as self- or plan-managed NDIS clients can contact me to discuss the concept of transpersonal art therapy and how this may help them. A capacity and willingness to self-reflect is essential.

Contact: Ph 0429 547515 Email: myarttherapy2015@gmail.com

Rockhampton Hypnotherapy Centre

Provides general hypnotherapy services. Hypnotherapy is a form of complementary therapy that utilizes the power of positive suggestion to bring about subconscious change to our thoughts, feelings and behavior.

Hypnotherapy is a useful tool for the treatment of:

Depression, Anxiety, Weight Loss, Smoking Cessation, Irritable Bowel Syndrome, Stress, Relaxation, Pain Management and more.

Referral: Self-refer via the phone or their GP

Private Health Fund rebates available for eligible Medibank Private clients

Contacts: 0490 033 945 Email: info@rockhamptoncounselling.com.au

Website: www.rockhamptoncounselling.com.au

StandBy – Support After Suicide Central Qld, Wide Bay and Sunshine Coast

StandBy Central QLD, Wide Bay and Sunshine Coast (CQWBSC) is dedicated to supporting any person or community who has been bereaved or impacted by suicide irrespective of whether the suicide happened recently or long ago. Support is free and can be organised quickly either face to face or through telephone support.

StandBy CQWBSC collaborates with communities to deliver tailored workshops and professional development with the aim of strengthening communities in supporting each other after a death by suicide. Workshops are at no cost.

StandBy CQWBSC also collaborates in community development activities and events which help to raise awareness and champion the voice of lived experience. If

you are interested in collaborating on a workshop or an event, please phone or email.

StandBy CQWBSC is contactable 7 days a week to arrange face or face or telephone support.

StandBy CQWBSC assists:

- individuals, families, friends, witnesses
- schools, workplaces, community groups
- first responders and services providers

PHONE 1300 727 247 6am to 10pm

The Kindness Couch

Candice Fraser: Clinical Hypnotherapist. Online Appointments Available

Candice is a Clinical Hypnotherapist (Dip. Clinical Hyp. Sci), DeTrauma Technique™ (DTT) Therapist, Meditation Teacher, Timeline Therapist, Emotional Freedom Technique Practitioner, Neural Linguistic Programming Practitioner, Health and Nutrition Coach, Certified Coach Practitioner and Breathwork facilitator.

Hypnotherapy to:

Reduce Anxiety

Remove the Emotional Charge of Trauma

Weight Loss

Stop Smoking

Confidence and Self-Compassion

Insomnia

Mental and Emotional Health

[Book Now](#) or see [The Kindness Couch](#) or email the kindnesscouch@gmail.com

Time & Space For You

- Life Purpose Coaching
- Grief & Bereavement Counselling
- Parent – Child Relationships
- Women's Matters

www.eva-lpc.com

timeandspace.lpc@gmail.com

At Time & Space for You Eva's holistic approach starts with attentive, mindful and compassionate listening. As an experienced counsellor, Eva will provide a safe and supportive environment.

Here you can explore your thoughts and feelings.

If you find yourself in a time of transition, or you know something has to change for you – Eva guides you to more clarity, enabling you to see your path ahead.

Eva is dedicated to empowering individuals to achieve their full potential by supporting them on their journey to personal clarity & self awareness.

Eva Reins-Haag is also a German Learning Consultant & Practical Educator (Pedagogical Specialist). Counselling in this specific area will involve the parents and/or the child. First Eva gives them an understanding how learning processes are

unique for each individual. Then she shares practical tools tailored to each individual to make the learning situation a more relaxed one.

The first, brief conversation with Eva is free and an opportunity for both to get to know each other and identify the beneficial areas of focus.
(Conversations are offered in English, German and PNG Tok Pisin)

Find out more: www.eva-lpc.com

Walk 'n' Talk

A community based initiative designed to break down social stigma associated with mental health. Reduce isolation and educate and create awareness around social stereotypes and common mental health issues that affect the men and families within our community.

<https://www.facebook.com/p/Walk-n-Talk-100092425986282/walkntalkcollective.org.au> Enquiry@walkntalkcollective.org.au

Yeppoon Men's Circle.

Join us at "The Garage" for a Yeppoon Men's Circle. Starting at 6.30pm every second Wednesday.

Email support@outbackmind.org.au for any enquiries.

- *Where:* "The Garage", 80 John St, Yeppoon
- Every second Wednesday, from 6.30 pm

PETS

Pets can help improve our quality of life; be sure to remember to have clear plans in place to deal with your animals during an emergency, unexpected hospital trip and at the end of your life. Document your wishes so everyone has a clear understanding about what you believe is the best care plan for your animal.

Also see page 17 in the P-CEP Workbook on the Rockhampton Regional Council website for a check list on preparing for your pets and assistance animals' care during an emergency or natural disaster. If you cannot afford to have a pet full time, or your lifestyle doesn't support it, you may still be able to be a foster-carer for a local service.

Capricorn Animal Aid

CAA provides care and attention (including veterinary care, shelter and food) to unwanted, stray, neglected and abused animals. CAA does not have a shelter. All animals are 'fostered' by generous and caring volunteers who provide a home and lots of love to the animals in their care until they find new human companions to share their lives with.

CAA is not subsidised in any way. We are run by volunteers. Funding comes from the generosity of the people of Central Queensland and beyond through donations, membership and support of our various fundraising activities. CAA is a registered charity and incorporated association.

You can contact us...

1. Urgent matters can come through our Facebook messages which are monitored and actioned by several of our volunteers

2. Enquiries such as membership, surrender or adoption enquiries should be submitted using the appropriate forms on our website. These are passed on to the appropriate volunteer coordinator.
3. For anyone without internet access, copies of forms are available at all Rockhampton Regional Council Service Centres
4. Mail: PO Box 1560 Rockhampton Qld 4700

Online: Via our contact forms on the links below:

- ❖ [General Enquiries ONLY](#) : Please DO NOT use this form for adoption and surrender enquiries.
- ❖ [All Dog Adoption Enquiries](#)
- ❖ [All Cat Adoption Enquiries](#)

<https://www.capricornanimalaid.org.au>

<https://www.facebook.com/capricornanimalaid/>

Central Queensland Animal Society Inc

Rehomes displaced animals and educates the community on responsible pet ownership.

We save unwanted pets. Our aim is to ensure that no animal held at the Rockhampton Animal Management Centre is euthanised.

We need volunteers and foster careers for kittens, cats, puppies and dogs.

All animals available for rehoming have received all necessary veterinary care including: desexing; vaccination; flea and worm treatments and dental care.

For more information please contact: Brooke Lacey 0407 670 373

CQanimalsociety@outlook.com

www.cqanimalsociety.org.au

www.facebook.com/CQAnimalSocietyInc

Four Paws Adoption and Education Inc

Four Paws Adoption and Education Inc is a Not For Profit Charity based on the beautiful Capricorn Coast, Queensland, servicing Yeppoon, Emu Park, Livingstone Shire Council area and broader Central Queensland.

We work tirelessly to help reduce the number of unwanted, stray and abandoned cats and dogs within the Livingstone Shire and Rockhampton Region by taking them into foster care until we can find them suitable, loving and forever homes. Four Paws provides medical support, rehabilitation to injured and mistreated animals, and community education initiatives to residents on the Coast. If interested in helping our cause, please get in touch. We are always on the lookout for new members, volunteers, foster carers and adopters.

Phone: 0478 032 910 Website: [Four Paws Pet Rescue](#)

RSPCA Op Shop & Animal Adoptions - Rockhampton

Thrift store in Park Avenue, Queensland Service options: In-store shopping · Delivery

Address: 391 Yaamba Rd, North Rockhampton QLD 4701

Areas served: Rockhampton and nearby areas Phone: (07) 4926 6633

PILATES

Livingstone

At Pilates 24/7 Yeppoon

@Pilates 24/7 is Australia's only 24 hour reformer Pilates Franchise, providing 200+ classes and unlimited access to our members | 1/22 James St



1/22 James street, Yeppoon, QLD, Australia, Queensland



+61 448 006 620



[pilates247yeppoon](#)



https://www.facebook.com/pilates247yeppoon/?_rdr

Entirely Health – Clinical Exercise (Pilates)

Studio based resistance exercise is a low-impact method of treating multiple conditions and is capable of delivering a number of benefits. These include reduced back and neck pain, improved flexibility, improved abdominal activation, improved hip and shoulder girdle stability, reduced risk of injury, better pregnancies, deliveries and recovery from birth, improved sporting biomechanics and postural re-education.

Ph. 49398577 <https://www.entirelyhealth.com.au/our-clinics/yeppoon/>

Lake House Pilates

I am a fully trained and qualified Pilates instructor teaching mat and reformer suitable for all age

39 Salt Water Court Mulambin, Mulambin, QLD, Australia, Queensland



+61 437 963 755



Lakehousepilates39@gmail.com



<https://www.facebook.com/mulambin4703/>

Rockhampton

At Pilates 24/7 Rockhampton

- 0403 274 302
- rockhampton@atpilates.studio
- 1/111 George St, Rockhampton
[@Pilates Rockhampton on Instagram](#)

Entirely Health – Clinical Exercise (Pilates)

Studio based resistance exercise is a low-impact method of treating multiple conditions and is capable of delivering a number of benefits. These include reduced back and neck pain, improved flexibility, improved abdominal activation, improved hip and shoulder girdle stability, reduced risk of injury, better pregnancies, deliveries and recovery from birth, improved sporting biomechanics and postural re-education.

PH: 0749222722 <https://www.entirelyhealth.com.au/our-clinics/rockhampton/>

The Pilates Studios – Wellness on William

Looking for the ultimate Pilates experience in Rockhampton? You've come to the right place. At 'The Pilates Studios' at Wellness on William, we recognise that everyone has different goals and needs when it comes to fitness and movement. Our instructors are highly qualified and highly supportive in helping you achieve these, in an environment that promises challenge and loads of fun! Our classes range from classical to contemporary in style but are ultimately all based on the same fundamental Pilates skills which will improve your general movement, posture, strength, breathing, mood, and so much more. No matter who you are, The Pilates Studios will empower you to define yourself with workouts that are always on your terms.

info@thepilatesstudios.com.au

0427 302 360

106 William Street

<https://www.wellnessonwilliam.com.au/thepilatesstudios>

QUALITY OF LIFE

All Abilities Tennis Program : Back

Livingstone Shire Council and Yeppoon Tennis Club is welcoming the community to come and try tennis in a fun and inclusive environment.

Date: 4th September 2024 - 27th November 2024 Every fortnight

Location: Yeppoon Tennis Club 28 Chrisney Street, Cooee Bay

Cost: \$10

Time:

11:00 - 12:00

The All Abilities Tennis Program warmly welcomes individuals with disabilities to get active, have fun, make new friends and enjoy tennis in a supportive environment.

The program is designed to make tennis accessible to everyone by employing coaching techniques tailored to individual needs, ensuring that all participants can enjoy the sport. Details: Cost: \$10 per session (payable by cash or EFTPOS at the Tennis Clubhouse)

Details:

Cost: \$10 per session (payable by cash or EFTPOS at the Tennis Clubhouse)

Inclusions: All necessary equipment is provided

Coaching: Generously funded by Tennis Queensland and Livingstone Shire Council

Frequency: Fortnightly sessions from 11:00am to 12:00pm on Wednesdays

Yeppoon Tennis Club looks forward to welcoming many new faces eager to pick up a racket and experience the joy of tennis.

Please register via [Humanitix](#)

Note: Participants are required to wear closed-in shoes with non-marking soles (no black soles). We can't wait to see you on the court!

Aphrodite Art School

Aphrodite Art School is currently offering the following weekly and monthly events and workshops locally in Yeppoon & Rockhampton as well as across Central Qld and Australia.

- Hands & Heart Kids Art – after-school and holiday programs.
- Aphrodite Expeditions – remote wilderness art tours and hikes.

- Bare Naked Life Drawing – monthly empowering and feminine creative container.
- Intro into Art 6-week Program – a relaxed and fun weekly art program for beginners.
- Creative Coaching – an intensive program design to help creatives push through blocks and share their art with the world.
- 1:1 Art Lessons and Creative Sessions – NDIS tailored creative engagement and development for children and adults.
- Corporate Creative Wellness – art workshops and events designed to facilitate teamwork and creative thinking.

To find out more please visit the website Aphrodite Art School or email Julie Holland at hello@aphroditeartschool.com

Blokarting

Capricorn Blokart Club

Blokarting, or sand yachting is a very popular sport along the Capricorn coast. New comers are welcome. For more information please see [Capricorn Blokart Club, Yeppoon](#) or phone 0981 058 088.

You can also email by clicking [here](#).

Bowls - Barefoot

Emu Park Bowls Club

Mixed social play Tuesday and Sunday afternoons, starting at 1pm

Barefoot Bowls

Wanting to try something different? Why not get together your friends & family to try *Barefoot Bowls*. Groups of more than 10 people can be arrange to play barefoot bowls by contacting the Secretary at: bowlssecretary@kbsc.com.au or 0467 765 317

Barefoot Bowls Yeppoon: Yeppoon Bowls Club

Come and see some of the best barefoot bowls Yeppoon has to offer. To make a booking enquiry, easily fill out the details on the form displayed on this page, once completed simply press submit. A representative from your local bowls club will call you to discuss the details very soon after. At present www.barefootbowls.com.au is arranging new elements to add to the description of this great barefoot bowls club. To find out more please click on [Barefoot Bowls Yeppoon](#)

Barefoot Bowls Rockhampton – Diggers Memorial Bowls Club

Come and see some of the best barefoot bowls Yeppoon has to offer. To make a booking enquiry, easily fill out the details on the form displayed on this page, once completed simply press submit. A representative from your local bowls club will call you to discuss the details very soon after. At present www.barefootbowls.com.au is arranging new elements to add to the description of this great barefoot bowls club. To find out more please click on [Diggers Barefoot Bowls](#)

Bowls - Lawn

Rockhampton Bowls Club Lawn bowls club

94 Victoria Parade · (07) 4922 1685."

Victoria Park Bowls Club Lawn bowls club
Hall St · (07) 4922 5327

Diggers Memorial Bowls Club - Lawn bowls club
Diggers Ln · (07) 4926 2477

Community Sport – facilities and clubs

Capricorn Enterprise Community and Sporting Directory
[Capricorn Enterprise Community and Sporting Directory](#)

Livingstone Shire
[Livingstone Shire sports and recreation](#)

Conservation and Landcare

Capricorn Coast Landcare Group Inc.

We are an active community group. Not only do we spread the word about sustainable land care, we get out and do something about it. Whether it's restoring a local creek, helping with a World Environment Day stall at the markets, getting dirty at a mangrove cleanup, or doing bird and fish surveys - we are always looking for new volunteers. If you can't get involved in this way, why not donate to help us?

Envirolink Centre | 3/78 John Street 80 John Street Yeppoon QLD 4703
Mobile: 0474 954 514 Email: envirolink@cqnet.com.au
Website: <https://www.capcoastlandcare.org> Find us on [Facebook](#)

Capricorn Conservation Council

CCC has been the peak environmental advocacy group protecting the Central Queensland environment over 45 years. We advocate for better environmental policy, support local groups on campaigns to protect our natural landscape and marine environments, and encourage action on climate change through education and community engagement.

Email: ccc@cccqld.org.au Phone: 0437 420 496 Web: <https://www.cccqld.org.au/>

Capricornia Catchments: Taking Care of People and Place

Capricornia Catchments is a community support not-for-profit, non-government, organisation that fosters an holistic connection with nature, with [offices located in Central Queensland](#).

P [\(07\) 4921 0573](tel:(07)49210573) E info@capcatchments.org.au W <https://capcatchments.org.au/>

CQ Creative Connections

Culinary Art and Creative Craft Classes

CQ Creative Connections offers Culinary art and craft classes that cater to a person's needs and ability, servicing Yeppoon and the surrounding areas of CQ. CQ Creative Connections has a multitude of different projects for ages 5 years and over and has a creative class to suit private clients and service organisations alike. In the short span of time we have been operating, we have helped people of all different

ages, disabilities and backgrounds gain back a ;positive outlook on life through being productive, learning new skills and enjoying social interaction with others in a safe and fun environment.

CQ Creative Connections is a Private NDIS Service Provider. Class charges will change according to the client's plan, funding or other contributing factors. Please contact us with any questions you may have.

Contact: 0437 92 0410 cqcreativeconnections@gmail.com
<https://www.facebook.com/cqcreativeconnections/>

Croquet and other Mallet Sports

Capricorn Coast Mallet Sports Club

Cooee Bay Sports Complex, 24 Bowls Street.
Yeppoon, P.O.Box 1721, Yeppoon (Qld) 4703
Mr Vince Hagen
George Budd 49392216
Glenys Amey .Phone: 4930 2847
Email ccmsc@croquetqld.org

The Club is located at 24 Bowls Street. Yeppoon. – There are 3 full size courts and modern facilities. Facilities are available for persons in wheel chairs. . There is plenty of onsite parking. Your will find us on the northern side of the Bowls Club. The club provides both social and competitive games for members. Visitors are always welcome.

The Club welcomes visitors to play Association Croquet on Wednesday and Saturday. Play commences in Summer (Oct to Mar) at 8.00am and Winter (Apr to Sept) at 8.30am. From the 23rd January until the 1st April we are trialling play on Monday afternoon from 4pm to 6pm. Please register for play 15 minutes prior to start Games of Golf Croquet and Ricochet are played regularly and are available by arrangement.

Should visitors to our region wish to play Gateball please contact us in advance and we will endeavour to arrange a game. Please contact the Club Captain in the first instant. (See above) Green Fees \$6 per morning for registered players. Free use of mallets is included.

Gracemere Croquet Club

Friday night Social 5.15 pm - 7.30 pm
Sunday Association from 1.15pm
Gracemere Sports Precinct Ian Besch Drive

Come and try the fun format Aussie Croquet, it is easy to learn and a great introduction to Mallet Sports. All ages and abilities are welcome from pre-teens to nonagenarians and beyond! Gentle exercise for the body and strategic thinking to stretch the mind. Playing under lights to enjoy our beautiful evening weather.

Association Croquet is played every Sunday from 1.15 pm. Other Mallet Sports such as Ricochet, Golf Croquet and Gateball are also played when requested. [Show all dates](#)

For games any afternoon by arrangement call 0427 873 001
The Gracemere Croquet club plays socially every Friday night at 5.15 pm - 7.30 pm. First 4 weeks are FREE and all equipment is provided, just wear flat soled shoes or play barefoot. Green fees are \$10/game or Annual Membership can be paid in quarterly instalments.

Visiting players travelling through the region are welcome to contact Don on 0418 791 486 to arrange a game at other times.

Work social clubs and family parties are welcome to book events and self-cater activities. Contact Kylie Dwyer [0413023760](tel:0413023760) or gracemere@croquetqld.org to enquire. <https://www.facebook.com/GracemereCroquetClub/>

Health professionals both medical and mental are continually encouraging people to become physically and socially active for their own wellbeing. Everyone should be joining sporting and community groups to support a healthy lifestyle. A quality lifestyle in later years and good mental health are the product of physical and mental activity.

Rockhampton Mallet Sports Club – playing croquet

41 Ann Street, Rockhampton 4700 [View Map](#)

There are 4 full sized lawns on which to play 4 types of croquet games.

These are Gateball, Golf Croquet, Ricochet and Association Croquet.

Croquet can be played and enjoyed socially or in competitions.

New players and visitors most welcome.

- Sunday 03:00 PM–06:00 PM
- Wednesday 03:00 PM–06:00 PM
- Saturday 08:00 AM–11:30 AM

For more information contact secretary ph. 0481592433 or email rockhampton@croquetqld.org

<https://www.rockhamptonregion.qld.gov.au/CommunityEvents/MyCity-Community-Directory/Rockhampton-Mallet-Sports-Club-playing-croquet>

Emu Park Art Gallery

The Emu Park Art Gallery offers workshops that are open to people of all abilities, although some may be a little challenging and requiring them to have a support person with them.

Organisational support workers are welcome to come, or maybe some of the Gallery volunteers may want to take on a supporting role.

For more information please see <https://emuparkartgallery.com.au/>
<https://www.facebook.com/EmuParkArtGallery/>

Event and Activity Calendars

Emu Park - Things to do

<https://humanitix.com/au/events/australia/emu-park>

Footlights Theatre Restaurant Yeppoon

Hilarious comedy shows and great food. Open every Friday and Saturday night or any day or night of the week for groups of 15 or more. To book an unforgettable experience, or for more information, please click on [Footlights](#) or phone 4939 2399. A young person's Theatre School is also available.

Livingstone Shire Community Diary Calendar

<https://www.mycommunitydiary.com.au/Queensland/Livingstone>

Livingstone Shire Events Calendar

<https://www.livingstone.qld.gov.au/event-calendar>

Pilbeam Theatre

<https://www.seeitlive.com.au/What%E2%80%99s-On>

Rockhampton Regional Council Events Calendar

<https://www.rockhamptonregion.qld.gov.au/CommunityEvents/Events-Activities>

Rockhampton Museum of Arts

RMOA Current Exhibitions FREE | Open 9am to 4pm daily

<https://www.rmoa.com.au/Whats-On/RMOA-Current-Exhibitions>

To find out more about RMOA and other activities on offer see [RMOA](#) or Phone: (07) 4936 8248 Email: RMOA@rrc.qld.gov.au

Rockhampton – Things to do

<https://humanitix.com/au/events/australia/rockhampton-city>

Yeppoon – Things to do

<https://humanitix.com/au/events/australia/yeppoon>

Indoor Bowls at Bauhinia House

North Rockhampton Pensioner's and Superannuants League invites interested persons to their Wednesday Indoor Bowls at Bauhinia House on the corner of Berserker and High Streets.

Players are asked to attend at 9.30 for a cuppa and play begins at 10am.

New players will be coached by experienced players.

It is a fun morning with plenty of laughter and great company.

If you are interested and need more information, call the secretary on 0408 306 196.

Keppel Bay Community Choir

We are a group of enthusiastic singers who meet weekly and share our music with local retirement and nursing homes, senior citizens' groups and special community events. New members and visitors welcome. Rehearsals: Mondays 7pm-9pm at the Lions' Shack, Emu Park.

Web site: choir.org.au

General public contact: [Tania Rayfield](mailto:Tania.Rayfield@bigpond.com)
klclifford1@bigpond.com

Keppel Bay Friendship Group

Keppel Bay Friendship Group meets 10am Wed. various venues. Mature aged women wishing to meet other women for coffee and a chat. 0408 258 582

Keppel Community Band.

Michael, 0412 051 187 musicallife@optusnet.com.au

Need help writing your legacy story?

I help individuals and families write their stories, express their wishes and capture their important memories and events, to leave a lasting legacy for future generations.

The workshop can include, writing letters to loved ones, creating a digital story book album that can be continually edited and updated, printed if desired and can include their wishes for their own funeral service and much more!

Get a group of 10 or more together for a low cost fun filled activity.

Group Corporate enquiries and sponsorship opportunities welcome.

If you aren't sure where to start, contact me for an obligation free discussion.

Desley Cowley

Workshop Facilitator and Mentor

End of Life Support

Phone: 0419 817 973

Connect with me on [LinkedIn](#)

[Join my Facebook group: End of Life Support Regional Queensland](#)

[Get your FREE copy of my 52 page 'Leave a Legacy for Loved Ones' workbook \(absolutely no obligation – yours to use as you wish\)](#)

Libraries

Rockhampton Regional Library membership is free for everyone! This includes people from neighbouring shires, interstate and overseas visitors. Online services, hard copy books, papers and magazines, and videos are available, along with access to activities. There are resources already collated around grief and loss, just scroll down to find out more.

The library staff are more than happy to curate extra content for specific needs as well.

Contact: Ann-Maree Dyer: Client Services Supervisor | Libraries: Rockhampton Regional Council

Ph: 07 4936 8297 | Fax: 07 4936 8832 | E-mail: Ann-Maree.Dyer@rrc.qld.gov.au

Rockhampton Regional Libraries

- Southside Library | 230 Bolsover Street, South Rockhampton.
- History Centre | 230 Bolsover Street, South Rockhampton. ...
- Gracemere Library | 1 Ranger Street, Gracemere. ...
- Mount Morgan Library | 31 Morgan Street, Mount Morgan. ...
- Northside Library | 154 Berserker Street, North Rockhampton.

All Rockhampton Regional Libraries are now open on Saturday.

Membership for Rockhampton Regional Libraries is free for everyone! [Click here to complete the Library Membership form](#). Please note that membership is not an automated process. Library staff will process your membership application during business hours Monday - Friday. *Library cards will be mailed to your postal address and cannot be collected from Libraries*. Once staff have processed your membership you will be sent an email with your membership number and PIN which will allow you to access our online services straight away via the [Library Catalogue](#). If you have any questions regarding your membership please call 4936 8265.

Online Library Services – with your Library card and a PIN you can access a number of online services. The top three resources have information on Grief and Loss.

- [Borrowbox](#) | Borrow latest release eBooks and eAudiobooks.
This [link](#) shows digital resources on the topic of Grief from our BorrowBox resource
- ❖ [LibbyApp](#) | View magazines and e-audiobooks – we have just a few extra [resources](#) available from Libby
- [Story Box Library | Search Results](#)
We also have some lovely resources for young children in our StoryBox Library, which are top quality videos of Australian storytellers reading picture books on various themes. This is a curated selection on Grief and Loss from this collection:
 - [Beamafilm](#) | Access hundreds of the best award-winning documentaries, independent features and festival favourites.
 - [Haynes Manuals](#) | Access world famous online repair manuals at your fingertips.
 - [LinkedIn Learning](#) | The leading online learning platform that helps anyone learn business, software, technology and creative skills to achieve personal and professional goals.

Contact the Library during business hours by calling 4936 8265 if you do not know your PIN.

Takeaway Library

Southside Library is offering a click and collect service called 'Takeaway Library'. Like picking up your takeaway food, this service allows you to 'order' what you want to read or listen to, and library staff will select up to 20 items for you, tailored to your interests. When your items are ready, library staff will phone you to arrange a collection time. You can register and place your holds online using the below form or library staff are available on 4936 8043 if you would like assistance.

- This service is available to current Rockhampton Regional Council Library members.
- Up to 20 items (limit of 5 DVDs) can be borrowed per membership card. Items will be loaned for a 6 week period.
- Library staff will select items for you based on your interests selected on this form. You may receive some titles you have had previously. If we can't provide a requested author or title, staff will make a substitution. Due to stock availability, we may not be able to provide as many items in a specific category as requested.
- Items can be collected from **Southside Library only**. When your items are ready, library staff will contact you to allocate a collection time.
- Rockhampton Regional Council reserves the right to refuse, amend or discontinue the service at any time.
- Staff are unable to accept any return items as part of the Takeaway Library service. Returns should continue to be made via the external return chutes at branch libraries in Rockhampton and Gracemere.
[Takeaway Library Registration Form](#)

Also see <https://www.rockhamptonregion.qld.gov.au/FacilitiesRecreation/Library> for more information.

Livingstone Shire Libraries

- Yeppoon Library 84 John Street, Yeppoon
Opening Hours: 9: 00 AM - 5: 00 PM Monday-Friday
9: 00 AM - 12: 00 PM Saturday Contact: (07) 4913 3850
- Emu Park Library and Council Customer Service: 9 Hill Street, Emu Park
Opening Hours: 9:00 AM - 1:00 PM Monday-Friday (Customer Service Counter) 9:00 AM - 5:00 PM Monday-Friday (Library Service)
9:00 AM - 12:00PM Saturday (Library Service)
Contact: (07) 4913 3874
- Byfield Library Historic Raspberry Creek Homestead
2312 Byfield Road, Byfield
Opening Hours: 3:00 PM - 5:30 PM Tuesday
9:30 AM - 1:00 PM Friday
Contact Yeppoon Library: (07) 4913 3850
- Marlborough Library Marlborough Historical Museum 15 Milman Street, Marlborough
Opening Hours 12.30 PM - 4:00 PM Tuesday
Contact Yeppoon Library: (07) 4913 3850
- *Mt Chalmers Library* School Street, Mt Chalmers 4702
Opening Hours: 3:00 PM - 6:00 PM Tuesday
Contact Yeppoon Library: (07) 4913 3850

Livingstone Shire Council's Libraries offer access to a wide range of information and resources both onsite and online. There is also a wide selection of programs for

children, youths and adults. Membership is free and available to all ages. [Click here to join library!](#)

Access our [Online Catalogue](#) if you need to:

- Check your current loans and membership details;
- Reserve an item;
- Extend your due date;
- Search our collection; or
- Request a purchase.

Library Services:

- Wi-Fi - all sites;
- Internet access - all sites;
- Access to public computers (limited timeframes all sites);
- Photocopying Services - Yeppoon and Emu Park Libraries;
- Under Fives Programming (school term time only) - Bookings are essential; and
- Home Library Service for housebound borrowers (limited numbers) please contact us at the Library on 49 133 850.

Manifold Melodies

Private Singing, Choir Vocal Coaching and Beginner Piano Lessons in Yeppoon Great for students in Yeppoon, Taranganba, Cooe Bay, Inverness, Pacific Heights, Hidden Valley, Rosslyn, Mulambin, Lammermoor, Tanby, Kinka Beach, Emu Park & Rockhampton.

I teach singers at any level - beginners to advanced - from 8 to 99 years old. It's never too late to start! Additionally I also offer piano lessons to beginners. Students from 4 to 99 are welcome.

For more information including on lessons and fees please click on [Manifold Melodies](#). To contact please click on [Contact here](#) or phone 0400 133 444

Men's Sheds

Emu Park Men's Shed. Our shed was officially opened in 2016 and we are open for project work every Monday, Wed, and Friday from 9.00 am - 12 noon. Visitors and New members are welcome. Morning tea is from 10.00 am every day the shed is open and visitors are most welcome. Drop in for a chat. Members have been regularly fundraising every Saturday morning in the CBD We also regularly run a Sausage sizzle at our local Supa IGA entrance, every couple of months. Member activities have included repairing equipment for RSL Care Sunset Ridge Retirement Community, constructing a swinging bridge for the local kindy, & manufacturing Flappy duck toys for sale at Christmas, to name a few. Some of these construction and repair projects have been in members' own backyard workshops.

LOCATION:48 Hartley Street, Emu Park

POSTAL: PO Box 276, Emu Park Qld 4710

PHONE:07 4348 3564 (Shed & only AM Mondays, Wednesdays, & Fridays)

MOBILE: 0402 851 262

[Website](#)

Gracemere Men's Shed: Open to men 18 years and over

Criteria for joining a Men's Shed

1. The person must be male
2. Be 18 years plus
3. Trade backgrounds welcome but not essential
4. Be willing to train others in woodworking, metal and welding work or learn new skills from others to complete smaller handyman projects and, as required, community based projects from time to time
5. Socialize with other men or to talk about items that may not be able to be discussed in the home environment
6. Costs are \$60.00 for a full year and \$30.00 half yearly
7. General meetings are held on the second Saturday of each month starting sharp at 9:00 am at the shed. Members welcome along with potential new members.

To have a social outlook and learn handyman skills in your own time with people who have the knowledge

Site address Lot 101 Ian Besch Drive Gracemere

Operational Days are mostly Tuesday Wednesday Thursday and Saturday mornings Times 8:00 am to 11:30am and other days as required

Contact: Secretary Allan Long Mob 0467530389
President Kevin Dore Mob 0455726056
gracemeremensshed.org.au [07 4839 7408](tel:0748397408)

Rockhampton Men's Shed Inc. (RMS) is a community organization to assist men who have certain particular skills in Wood (Carpentry), Metal, and Arts and Craft work, and to provide those skills to the community – while the group focuses on retired Men, the organisation, however, accepts all ages of people. Membership is open to anyone who wishes to join – there is a minimal joining fee so that everyone can become fully participating members regardless of their age or background.

Building 72 CQ University North Rockhampton, QLD 4701

Phone Number 0497 221 121 Open Hours 8.00am — 12.30pm.

Email- admin@rockhamptonmensshed.org.au

<https://rockhamptonmensshed.org.au>

<https://www.facebook.com/Rockhampton-Mens-Shed-Inc-528367284566960/>

Parkhurst Patchwork

Parkhurst Craft and Patchwork Group meets every Thursday at 9am at the Riding for Disabled Hall, Boundary Road, Parkhurst.

New members are welcome. No joining fee. Contact Sally 0417 716 516

Pentanque (French Boules)

PCYC Cooe Bay. 3pm Wednesdays. No cost; no experience necessary.
PH 0488 193 503

Pickleball

Pickleball is an easy to play racquet game, that uses a small court and is suitable of most abilities and levels of fitness. Playing pickleball is about having fun, getting some exercise and socializing, but it's also about being part of a community. Additionally, an American website notes that millions of people find pickleball fun, addictive and [very good for your health](#).

Pickleball – Yeppoon Tennis Club

Social Day & Competitive Play

- Saturday Morning Introductory Session; 7.30am-8.30am (free for first timers)
Social Pickleball: 7.15 for 7.30am start -10.30am
- Monday Night Skills & Drills: 5.30pm- 7.30pm
- Tuesday Morning Social Pickleball: 7.30am-10am
- Wednesday Night - Competitive Play
Pickleball Super Kings: 6:15pm-8:30pm
- Friday Night Social Pickleball: 6:00pm-8:30pm

All equipment is supplied.

Queries: contact Karen 0468 925 535 or John 0427 220 399

Members Playing Fees

Seniors \$7.00 club day sessions

Seniors \$9.00 club night sessions

Junior \$5.00 club session day or night

Visitors Playing Fees

Seniors \$10.00 club day sessions

Seniors \$12.00 club night sessions

28 Chrisney St, Cooe Bay, Qld 4703

Karen: 0468 925 535 or John: 0427 220 399

Book Online <https://yeppoontennisclub.com.au/pickleball>

Public Pools

Livingstone

Don Ireland Swimming Complex (Heated)

Don Ireland Swimming Pool is 25 metres, heated and hosts a wading pool. There are several programs available and is enjoyed by locals and tourists. For information on classes be sure to contact the complex on the number below.

Address: 67 Pattison Street, Emu Park QLD 4710

Open Hours: Summer (4 October - April)

06:00 AM - 06:00 PM - Monday-Friday

08:00 AM - 02:00 PM - Saturday-Sunday

Closed Christmas Day, Boxing Day and Good Friday

Open Hours Public Holidays: Boxing Day, New Years Day, Easter Saturday
02:00 PM - 05:00 PM - Saturday-Monday

Open Hours Other Public Holidays: 10:00 AM - 05:00 PM

Open Hours: Winter (1 May - 3 October)
06:00 AM - 11:00 AM and 03:00 PM - 06:00 PM - Monday-Friday
08:00 AM - 12:00 PM - Saturday
Closed Sundays and Public Holidays

Email: emuparkaquaticcentre@gmail.com
Phone: (07) 4938 8464

Yeppoon Aquatic Centre

Yeppoon Aquatic Centre will be closed to the public from Sunday, 15 September 2024 in preparation for works to commence on the facilities upgrade later this year. Seaspray Health and Fitness Centre (located on Seaspray Drive in Zilzie) is available to patrons as an alternative swimming facility from 1 October 2024. Visit Council's [Get Involved page](#) for more information about the Yeppoon Aquatic Centre Facilities Upgrade.

Marlborough Swimming Pool

Open Hours: (1 September - 30 April)
02:00 PM - 05:00 PM - Tuesday, Friday and Sunday
Address: 21 Railway Street, Marlborough QLD 4705
Phone: (07) 4935 6306

Yeppoon Lagoon

3 Anzac Parade

The Yeppoon Lagoon is the jewel in the crown of the Yeppoon foreshore precinct. The 2500 square-metre resort-style lagoon pool is located right on the beachfront. It includes a shallow children's play area, an informal lap swimming area and a swim-up infinity edge with stunning views over the Keppel Islands.

The surrounding parklands include barbecues and shades areas great for picnics or a relaxing way to while away an afternoon with stunning views under the tropical foliage.

Entry to the Lagoon is free and is patrolled Monday to Sunday, including Public Holidays.

Two aquatic wheelchairs are available for use for children and adults at the Lagoon upon request, simply ask one of the friendly lifeguards on duty or inquire at the duty manager's office.

Summer Hours: (September - April)
Monday to Friday: 5:00 AM - 9:00 PM
Saturday & Sunday: 6:00 AM - 9:00 PM

Winter Hours: (May - August)
8:00 AM - 6:00 PM

Phone: 1300790919

Website: <https://www.livingstone.qld.gov.au/places-and-spaces/sports-and-recreation/yeppoon-lagoon-and-kraken>

Rockhampton

The Rockhampton facilities are now under new management.

2nd World War Memorial Aquatic Centre

Sir Raymond Huish Drive at the Victoria Park precinct, South Rockhampton.

Facilities:

- heated 50m FINA compliant 2 metre constant depth covered pool (ramp access)
- heated 25m pool (ramp access)
- hot shower facilities
- 650 seat covered grandstand
- wet play area
- diving pool
- heated Learn to Swim Pool.

Phone: 0749221981

Email: southside@splashaquatics.com.au

42nd Battalion Memorial Pool

Berserker Street, North Rockhampton.

Facilities:

- 50m variable depth pool
- shade shelter over shallow end of 50m pool
- wading pool
- waterslides
- mini golf

Pool closed from 13 May to 14 September each year.

Pool Opening Times Water Slide Opening Times

| | | |
|-----------------|---|-------------------------------|
| | Mon, Wed, Fri: 5:30am - 6pm 3:30pm - 5:30pm | |
| Weekdays | Tues, Thurs: 8am to 6pm | Monday closed for maintenance |
| Weekends | 9am to 5pm | 10am to 4pm |
| Public Holidays | 9am to 5pm | 10am to 4pm |

Entry fee of \$3 does not include waterslide.

Phone: [0423 938 580](tel:0423938580)

Email: admin@aqualification.com.au

Website: www.aqualification.com.au

Gracemere Swimming Pool

Fisher Street, Gracemere. Please be advised the Gracemere Swimming Pool is currently closed until further notice

Mt Morgan Swimming Pool

Thompson Avenue, Mount Morgan.

Facilities:

- Seasonal public access - 25M Covered Pool
- Kids Water Play Area & Toddler Pool
- Learn to Swim Lessons - Newborn to Adults
- FREE Lessons for Babies up to 8Months

Phone: 0749381500

Email: Mount.morgan@splashaquatics.com.au

Water Play Areas

Kershaw Gardens

Moors Creek Road, Park Avenue.

Opening Hours: Monday to Sunday - 7.30am to 7.30pm

Riverside Park

Quay Street, Rockhampton

Opening Hours: Monday to Sunday - 7.30am to midnight

Cedric Archer Park

Ian Besch Drive, Gracemere

Opening Hours: Monday to Sunday - 9am to 8pm

Southside Pool

Sir Raymond Huish Drive, South Rockhampton

Water play opening hours: Monday to Saturday - 9am to 5pm, and Sundays - 9am to 4pm

For more information please see [Water Play Areas](#)

Contact:

Phone: 1300 22 55 77 Email: enquiries@rrc.qld.gov.au

QCWA Emu Park

Patchwork Tuesdays

Craft Thursdays 9am to noon at Hall, 11 Hill St. Emu Park. Fun and friendship – all welcome.

Rockhampton 60 and Better Program

60 and Better is a healthy ageing program based on a philosophy of community development, which includes the principles of access, equity, rights and participation. This means working with communities in this case older members of the community to help them identify their physical, social and emotional health needs. It encourages community ownership of the program, with priorities for action determined by the program's participants. The focus of the program is that it is a program run by older people for older people. Membership is FREE.

Further information phone: 49140065 or 0437 398 990

<https://www.60andbetterrockhampton.com.au/>

Rockhampton Musical Union Choir

The Rockhampton Musical Union Adult Choir has been entertaining and enriching the Rockhampton community since 1888. We welcome members of all ages and from all walks of life who share a common love of music. RMU Adult Choir regularly present musical productions and concerts at the Pilbeam Theatre and in our own hall in Denison Street. Membership Fees.

Please visit the [Adult Choir website](#) and [Facebook page](#) for more information and updates!

PH: 0499 251 389 Email rmuchoir@gmail.com Web: <http://www.rmuchoir.org.au/>

Sailability Capricornia

Sailing sessions in the Causeway Lake a minimum of twice a month. Accessible by wheelchairs; Disabled; Aged; Infirm.

Sailing Days – 9am the 1st and 3rd Tuesdays in each month. Some months have a 5th Tuesday. This is used as a catch up day for a cancelled sailing day, or as a sail training day for volunteers. We sail [at the southern side/ Coolwaters side of The Causeway Lake](#)

Volunteers Welcome.

PH: 0400 742 053 info@sailabilitycapricornia.org
<https://www.facebook.com/p/Sailability-Capricornia-100077448338575/>

Sing for Health and Happiness

Sing 4 Health and Happiness is an activity of the Uniting Church Capricorn Coast. Our mission is to be a vibrant caring community providing a safe and caring place that health and well-being. Meeting weekly on Wednesdays 10am-11.30 am including morning tea.

What is this activity? It is a memory cafe and a singing group for people who love to sing, people with Parkinson's and their carers. This is extended to include people with Dementia and their carers and others who feel that this will help their general well-being. We all love a good sing, but did you know singing is actually good for you? We gather, sing and have morning tea.

The benefits of Singing: Singing engages your breathing, your vocal cords, your facial muscles and memory – so many areas of the brain are being stimulated and reconnected. It helps improve communication skills and mental outlook.

Our home-grown version is already providing quality of life, respite for carers and a place of belonging. God is doing something new, why not join us.
Uniting Church Capricorn Coast , 17-19 Lorikeet Ave, Yeppoon. PH 0427 391 332

Senior Citizens

North Rockhampton Senior Citizens Club Inc

Bauhinia House, Cnr Berserker & High Streets, North Rockhampton 4701 [View Map](#) (07) 4928 2320

Our club will welcome any senior/ pensioner who is interested in meeting new people or catching up with old friends whether it is playing bowls, playing hoy or attending our Senior's Luncheons at Bauhinia House with easy access .

Monday 09:30 AM–12:30 PM

Tuesday 09:00 AM–12:30 PM

Friday 09:00 AM–01:30 PM

Contact: Annette Bleney [+61499265992](tel:+61499265992) albleney@bigpond.com

Rockhampton Senior Citizens Club Inc. Morning Tea and Lunch

Musical Morning Tea & Lunch (Thursday)

Come and join us at Schotia Place for morning tea, lunch and entertainment on the second, third & fourth Thursday every month. Seniors and those with a disability and their carers are welcome to attend.

Cost for the function is \$8.

- Morning Tea is served at 10am.
- Lucky Door prizes and Raffles.
- A Band will be playing during the morning tea and lunch.
- Buy some savoury or sweet snacks to take home for later.
- Bus pickup available if needed. See our [Contact details](#) to arrange

Hoy (Friday)

9:30am - 12:30pm every Friday. \$1 per hand.

Fitness Classes (Wednesday)

Low impact functional fitness classes for Seniors.

Bring a water bottle. \$5 per session.

9:30am - 10:15am every Wednesday.

Yeppoon Senior Citizens

Activities (cards, craft, board games) every Monday from 9am.

Meetings 10am 1st Thursday.

Music Morning 3rd Thursday 10am.

Tabone St Ex CQU/Tafe

All Welcome. Joan 4939 3273; Shirley 0418 184 892

Time & Space For You

- Life Purpose Coaching
- Grief & Bereavement Counselling
- Parent – Child Relationships
- Women's Matters

www.eva-lpc.com

timeandspace.lpc@gmail.com

At Time & Space for You Eva's holistic approach starts with attentive, mindful and compassionate listening. As an experienced counsellor, Eva will provide a safe and supportive environment.

Here you can explore your thoughts and feelings.

If you find yourself in a time of transition, or you know something has to change for you – Eva guides you to more clarity, enabling you to see your path ahead.

Eva is dedicated to empowering individuals to achieve their full potential by supporting them on their journey to personal clarity & self awareness.

Eva Reins-Haag is also a German Learning Consultant & Practical Educator (Pedagogical Specialist). Counselling in this specific area will involve the parents and/or the child. First Eva gives them an understanding how learning processes are unique for each individual. Then she shares practical tools tailored to each individual to make the learning situation a more relaxed one.

The first, brief conversation with Eva is free and an opportunity for both to get to know each other and identify the beneficial areas of focus.

(Conversations are offered in English, German and PNG Tok Pisin)

Find out more: www.eva-lpc.com

Toastmasters

Toastmasters clubs are a great way to work on our nerves and our message. In Central Queensland there are clubs in Rockhampton and Yeppoon. And a couple of these have people join on Zoom from far and wide.

Entrepreneurs Capricorn Toastmasters Club (Rockhampton) - fortnightly 6:30-8am Fridays online using Zoom and in-person at CocoBrew, Rockhampton.

<https://www.facebook.com/entrepreneurscapricorntm/>

Rockhampton Boomerang Toastmasters Club - 2nd & 4th Tuesday each month 6-8pm at the Heritage Hotel, Rockhampton.

<https://rockhamptonboomerang.toastmastersclubs.org/>

Yeppoon Toastmasters Club - fortnightly 6:30-8:30pm Mondays online using Zoom and at The Hub Capricorn Coast, Yeppoon. Yeppoon Toastmasters Club can help you develop communication and leadership skills in a supportive and enjoyable environment. <https://www.facebook.com/YeppoonTM/>

contact-3822605@toastmastersclubs.org

Any of these clubs would love to welcome you to join them for a meeting 'to kick the tyres' and see if it is for you. Like me, lots of people who visit decide to keep coming back.

If you are interested, you can find club contact details at

<https://www.toastmasters.org/> or email geoffhiggins.tm@gmail.com

Walk 'n' Talk

A community based initiative designed to break down social stigma associated with mental health. Reduce isolation and educate and create awareness around social stereotypes and common mental health issues that affect the men and families within our community.

<https://www.facebook.com/p/Walk-n-Talk-100092425986282/>

walkntalkcollective.org.au Enquiry@walkntalkcollective.org.au

Women's Shed

Rockhampton Women's Shed – Facebook

We are a group of like-minded women whose goals are to empower ourselves and others to teach and learn hands-on skills.

<https://m.facebook.com/Rockhampton-Womens-Shed-101707112513707/>

Yeppoon Choral Society

Yeppoon Choral Society is a busy, versatile and dynamic organisation, and new members are always welcome. A trained voice is not a prerequisite but a love of music and theatre is.

70 John St. Yeppoon. secretary@yeppoonchoral.org

[Yeppoon Choral](#)

Your Creative Services

Providing Specialised Services to Seniors for Reablement and Wellbeing

Personal Organising Service: The key features of this service include:
The creation of a 'legacy box' that holds items of deep sentimental value - letters and mementos, photos and keepsakes and the digital storage of important documents and photos for easy access and safe keeping. Let me help you organise and declutter your personal belongings and store them safely for posterity.

Gardening Companion: This service includes clean up and maintenance of your garden. You can either potter around with me or I can just come in and do the work. Experience the joy of your garden while I weed, plant, pot and prune.

Memoir Writing Workshops: 2 hourly workshops for groups of 5 or more.

1. Exploring your life and family history and deciding what stories you will include in your memoir or life story.
2. Learn how to structure a memoir by compiling various memories into a legacy life story to hand down to your loved ones.
3. Start writing

Memoir Writing Service: As the local CQ writer for *Your Life Your Words*, I take you through the complete process of capturing your memories, through one-on-one interviews in the comfort of your home. I use your words to write your life story and present you with a leather-bound Legacy Memoir to hand down to your descendants.

Laine Harth Community Welfare Practitioner/Creative Writer

ABN 93 138 237 099

Mob 0410 848 453

Email laine.harth@gmail.com

Youth Room - Yeppoon

Livingstone Shire Council have their very own Youth Room, located at the Yeppoon Community Centre, 80 John Street, Yeppoon!

This project was initiated by our [Livingstone Youth Action Group](#), with funded support through Commonwealth-State Disaster Recovery Funding Arrangements (DRFA).

This air-conditioned room is a unique space for young people to come, hang out and get to know others in their community. Opportunities to learn and connect with local services are on offer weekly, with many visiting services in the space. This is a place where youth are invited to be their unique self, and feel supported, connected, and celebrated!

All high-school-aged youth (12+) are welcome!

Meet new people and take part in free activities on offer, including:

- Arts, crafts, and creativity
- Gaming
- Wi-Fi and phone charging stations
- Food and cooking
- Information delivered by local community services

Open days/time:

3:00pm – 5:30pm on Tuesdays and Thursdays during the school term.

Keep an eye out for open times during the school holidays!

ROCKHAMPTON HOSPITAL PALLIATIVE CARE SERVICE

Our palliative care services focus on assisting a person with a progressive, advanced disease to live well when the primary goal is to optimise quality of life.

Rockhampton Hospital Palliative Care service

This service supports patients with advanced, progressive and incurable conditions and expected to live less than 12 months.

Community Palliative Care service

This service offers specialised palliative care consultation and support to prevent unnecessary hospitalisation and suffering with a focus on preparation for care at end of life in a place of residence.

When pain or symptoms become difficult to manage you can be supported by a palliative care nurse practitioner. To find out more please see:

<https://www.health.qld.gov.au/cq/services/palliative-care>

Contact

Rockhampton Hospital Palliative Care service

Phone: (07) 4920 6541

Community Palliative Care service

Community Health Rockhampton

82-86 Bolsover Street

Rockhampton QLD 4700

Phone: (07) 4920 7500

Fax: (07) 4920 7029

Email: CQHHS_CANAS@health.qld.gov.au

SPIRITUAL SUPPORT / FAITH COMMUNITIES

Livingstone

Anglican. Yeppoon congregation meets at St James the Fisherman, 15 Housden Place, Lammermoor and Emu Park congregation meets at Christ Church, Cnr Archer & Hunter Sts, Emu Park .

The Anglican Church has been active in the communities of Yeppoon and Emu Park for over 120 years. We have a place of worship at each of these centres.

[Click link for Online Services](#)

[Parish of Keppel Website](#)

[Parish of Keppel Facebook](#)

Calvary Christian Church 0434 645 492 Norton St Yeppoon
yeppoon@calvarycc.global <https://calvarycc.global/>

Capricorn Coast Presbyterian Church.

Seventh Day Adventist Church Complex - 58 McBean Street, Yeppoon
Sundays at 10:00 am

We meet Sundays at the Seventh Day Adventist Church. You are welcome just as you are. Our Services normally run for approximately one hour , we sing choruses for a quarter of an hour for those who like to do so before the service , and then commence the service at 10.00 a.m. .Our services cater for children, who join parents for the first part of the service but then go to Sunday School during the message. Our leaders all have blue cards. There is morning tea after the service which is a great time to connect with each other.

Pastor Eddy Schravemade, 4922 2452, eschrave@bigpond.net.au
<https://yeppoonpc.com>

Capricorn Coast Uniting Church

Capricorn Coast Uniting Church congregations are located at
Uniting Church Capricorn Coast , 17-19 Lorikeet Ave, Yeppoon Qld 4703
Uniting Church Emu Park, 22 Archer St, Emu Park Qld 4703

Worship Times – Every Sunday

- 8:00 AM – Uniting Church, 22 Archer St, Emu Park
- 10.00 AM – Uniting Church, 17 Lorikeet Ave, Yeppoon

Activities -Tuesday

- 7:30 AM – Prayer Group – 17 Lorikeet Ave, Yeppoon
- 2.30 PM Service at Capricorn Gardens Aged Care Facility

Wednesdays

- 9.30 am Sing for Health – 17 Lorikeet Ave. Yeppoon

Thursdays

- 10.00 am Coffee and Chat at Fig Tree Creek

Saturdays

- 10.00 am to 11.30 am Cafe at Capricorn Gardens Aged Care
- Scrapbooking Saturdays once a month

Call the office – 4939 5681 or Mobile 0427 391332

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

Catholic. Sacred Heart, Lammermoor Beach
Mary Immaculate, Emu Park
Parish Priest Fr Mathew Maloney
Capricorn Coast Catholic Parish 4933 6171
Email: capcoast@rok.catholic.net.au

Mass is also held at St. Brendan's College Chapel, 139 Adelaide Park Road, Yeppoon. <https://www.capricorncoastcatholic.org.au/contact-details--location.html>

Emu Park Christian Fellowship

127 / 760 Scenic Highway Kinka Beach

Our Faith and Practice " We are a Bible believing Baptist church"

Join us as we enjoy the Biblical truth of the Bible and the Christian Faith.

Service Sunday 9:30am

<https://emuparkchristianfellowship.com.au/>

Keppel Coast Christian Fellowship.

2 Charles St Yeppoon (07) 4939 2333

Pastor Phil Walters 4939 4117

Living Waters Lutheran Fellowship Yeppoon

Church: Community Development centre (next to Library) 78 John St, Yeppoon QLD

:Office 59 Burnett St, North Rockhampton Qld

General inquiries: 4928 2295

<http://www.rockhamptonlutheran.com/yeppoon.html>

Paperworx Community Church.

Pastors Steve & Cherril Sell, 4938 7124; 0408 703 382

'Loving and Servings God & Others'

Sunday Service 9.30am

Emu Park State School Hall

Come & Join Us!

parkworx@bigpond.com <https://www.facebook.com/parkworxchurch/>

Uniting Church. Office 4939 5681

Capricorn Coast Uniting Church congregations are located at

Uniting Church Capricorn Coast , 17-19 Lorikeet Ave, Yeppoon Qld 4703

Uniting Church Emu Park, 22 Archer St, Emu Park Qld 4703

Worship Times – Every Sunday

- 8:00 AM – Uniting Church, 22 Archer St, Emu Park
- 10.00 AM – Uniting Church, 17 Lorikeet Ave, Yeppoon

Activities -Tuesday

- 7:30 AM – Prayer Group – 17 Lorikeet Ave, Yeppoon
- 2.30 PM Service at Capricorn Gardens Aged Care Facility

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- 9.30 am Sing for Health – 17 Lorikeet Ave. Yeppoon

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- 10.00 am Coffee and Chat at Fig Tree Creek

Saturdays

- 10.00 am to 11.30 am Cafe at Capricorn Gardens Aged Care
- Scrapbooking Saturdays once a month

Call the office – 4939 5681 or Mobile 0427 391332

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

Yeppoon Wesleyan Methodist Church. Pastor Ron McClintock, 4930 2822

Region

Weekend Live Services

1 Fred Lawn Drive, Yeppoon

Sunday 10:00AM

Web: <https://yeppoon.wesleyan.org.au/> Online services, YouTube and Podcasts available, along with a range of face-to-face Ministries

Rockhampton Region

Anglican. St. Paul's Cathedral, Rockhampton City

St. David's, North Rockhampton

St. Andrew's, Gracemere

St Luke's, Wandall

Phone: (07) 4927 3188 :

Diocesan email: diocese@anglicanchurchcq.org.au;

www.anglicanchurchcq.org.au

Ananda Buddhist Centre.

Buddhist Meditation in Central Queensland - Rockhampton, Yeppoon, Emu Park

Tradition : Tibetan, Sakya & Theravada, Thai, Sri Lankan

This is the new name for the Meditation Society of Central Queensland (see next entry)

Address: Corner of Hinchliff and, Munro St, Kawana QLD 4701

Contacts Irena — Calm Abiding, Coordinator & President 0417 259

669; Allan — Secretary 0417 091 727; Alex — Treasurer 0419 685

366. Facebook Group: (Meditation Society of Central Queensland Inc.)

<https://www.facebook.com/groups/146132412439292/A>

Apostolic Church Of Queensland.

22 Denning Street, Park Avenue QLD 4701 Contact: 4942 1121

We hold a [traditional Divine \(Communion\) Service](#) every Sunday,

10AM <https://apostolicchurchqld.org.au/>

Assemblies of God. [\(07\) 4926 3532](tel:0749263532)

80 Thorn St, Berserker

(07) 4927 1477: 148 George St, South Rockhampton

(07) 4926 2746 140 Hyde Street, North Rockhampton

Baptist Tabernacle. (07) 4911 3113 office@rockybaptist.org.au

650 Norman Road, Norman Gardens QLD 4701

Rockhampton Baptist is a family Church who meets each Sunday at 9am for worship, connection, and teaching. We also run a range of discipleship, outreach, and care ministries throughout the week.

<https://www.facebook.com/RockhamptonBaptist/>

Calvary Christian Church. (07) 4722 9260 189 East St.

Each service runs for 90 minutes. Engaging and relatable messages based on the Bible. High-energy, contemporary worship. Safe and fun programs for your children

rockhampton@calvarycc.global <https://calvarycc.global/>

Calvary Lutheran Church. 0417 008 577 59 Burnett St, Berserker

We are a friendly committed bunch with a desire to grow in faith personally and grow in our understanding of what it is to be God's people in the community.

We have had a long history of serving Lutheran people in the district. Our desire is to reach out to all people with the Love and saving message of Christ.

<http://www.rockhamptonlutheran.com/>

Cathedral of Praise Church [4920 0700](tel:49200700) 276 Carlton St Nth Rockhampton

We are a generational church, with vibrant, caring people from all walks of life who desire to influence their world for Christ. Our Sundays are full of passionate praise and worship and powerful teaching from the Word of God and it's our heart to make you feel right at home. *We look forward to meeting you!*

Sunday Services: 9:00am & 6:00pm: (*PraiseKids 9am*)

<https://www.copchurch.com.au/>

Catholic. St Joseph's Cathedral, Rockhampton City, 07 4927 6744

CPOSJ.Admin@rok.catholic.net.au

Our Lady Help of Christians Church, Park Avenue,

Holy Family Church, Norman Gardens

St. Mary's Church, Berserker

07 4928 2800 nrcpadmin@rok.catholic.net.au

Sacred Heart Church, Mt. Morgan

www.rok.catholic.net.au

Saint Peter's Catholic Church, Traditional-Sacral-English Mass

Ward St. & Upper Dawson Road, Rockhampton. 4928 4193

Christian Science Church. (07) 4927 1689 8 Main St, Park Avenue

Services: Sundays: 3pm

Christian Science Reading Room:

Open: By appointment

Phone: [4934 2788](tel:49342788) (Dianne)

[4934 7243](tel:49347243) (Peter)

[4928 2887](tel:49282887) (Don)

Email: dlvavryn@hotmail.com

<https://booksthatangelives.org.au/reading-room-locations/rockhampton/>

Islamic Society of Central Queensland Rockhampton Mosque. 0451 974 937
132 Kent St cnr Fitzroy St

The Islamic Society of Central Queensland is not just a mosque for prayers rather it is a community center for all. The Center is committed to preserving an Islamic identity, building and supporting a viable Muslim community, promoting a comprehensive Islamic way of life based on the Holy Quran and the Sunnah of Prophet Muhammad.

<https://iscq.com.au/>

John Knox Presbyterian Church. Phone: 0402 328 028
35 Rundle St. Wandal

Lighthouse Church 480 Norman Road

Our heart is to be a church that welcomes all home and equips people to navigate life. Sundays at Lighthouse kick off at 10am

In-person: Our Sunday services last about 75 minutes and include live music and teaching.

Online: Our Sunday services are **broadcast live** at 10am AEST and are available for replay during the week.

<https://www.lcrockhampton.com.au/>

Oasis Church. (07) 4927 1477 Cnr Fraser and, Glenmore Rd

SUNDAY SERVICES: Held at the Birch Carroll & Coyle Cinemas, Stockland, 9:30am

Email: admin@onlc.org.au <https://www.oasis.life/>

Peace Christian Church. (07) 4926 9911 8 Thozet Rd.

Peace is a congregation pursuing its call to bring unity to the Church.

We're all about Jesus, experiencing personal revival each day and seeing our families transformed.

Based in Rockhampton Qld, we look forward to meeting you!

ROCKHAMPTON: 8 Thozet Rd Koongal

Service: 9:30am Sunday Minister: Pastor David Alley

MOUNT MORGAN: 80 East St Mount Morgan

Service: 10:00am Sunday Minister: Pastor Justin Morgan

ONLINE: Can't make it in person to one of our weekly services?

You can join us via the livestream, wherever you are streaming on YouTube from

9:30am Sunday's <https://www.youtube.com/@PeaceApostolicMinistries/live>

<https://church.peace.org.au/>

Rockhampton LDS Chapel. 0414 528 970

Church of Jesus Christ of Latter-Day Saints 153 Talbot St, Berserker

Sunday Worship Service 9:00am - 11:00am (Rockhampton Branch)

Church service times and schedules vary from congregation to congregation. Please call for specific times. All church meetings follow the same 2-hour format: one main meeting for everyone and one other class separated by age groups or general interests.

Office hours 8.30 to 11.30 by appointment only Monday through Saturday

<https://local.churchofjesuschrist.org/en/au/qld/rockhampton/153-talbot-street>

Rockhampton Lutheran Parish

Church: 59 Burnett St, North Rockhampton
Office: 59 Burnett St, North Rockhampton
General inquiries: 4928 2295
<http://www.rockhamptonlutheran.com/>

Rockhampton Presbyterian Churches

Gracemere

2-4 Lawrie Street Gracemere
Sundays at 8:30am

Southside

51 Denham Street, Rockhampton
Sundays at 10:00am

Email: Admin@rockypc.org.au Office: [4922 8240](tel:49228240)

Minister: Rev. Andrew Poyser Mobile [0401 448 019](tel:0401448019) Email: andrew@rockypc.org.au

Web: rockypc.org.au

Rockhampton Revival Fellowship. Phone Ian, 4933 6058

86 Wandal Rd, Rockhampton

Rockhampton Revival Fellowship preaches the truth and enjoys the bible experience. Repentance, baptism, receiving the Holy Spirit, and speaking in tongues as laid out in the scriptures. Acts 2:38 Mark 16 John 3

Sunday: 10:30 am Wednesday: 7:00 pm

+61 421 738 851 rockhamptonrf@gmail.com rockyrf.com

The Salvation Army Capricorn Region church

131 - 137 Park Street NORTH ROCKHAMPTON

We are a vibrant community of faith, hope and friendship for people of all ages and ethnicity. Our aim is to encourage an environment of love, respect and acceptance in which people can find their God-given potential and experience wholeness of life. On Sundays, the community gathers from all points of the Capricorn Region at 131-137 Park Street, North Rockhampton. There, from 9.30am, the church comes alive with vibrant worship, inspiring teaching for our lives from the Bible, and the opportunity to make new friends. More and more people are joining us and finding that faith in Jesus Christ is making the big difference they were looking for. It's a faith that's transforming their lives. During the week, the church meets in smaller home groups, and there are all kinds of activities for children, youth and adults. You can find out about what's happening in our church by clicking on the various links. If you have any questions, email capricornregion@salvationarmy.org.au or phone our office on weekdays – (07) 4923 5600. Like us on Facebook!

<https://www.facebook.com/pages/The-Salvation-Army-Capricorn-Region/>

Web: <https://www.salvationarmy.org.au/capregion/>

Capricorn Region Salvation Army meeting times:

SUNDAY 09.30 am Morning Worship

Capricorn Region Salvation Army opening times:

WEDNESDAY 09.00 am - 11.00 am Salvos Connect

FRIDAY 09.00 am - 11.00 am Salvos Connect

If you find yourself in financial crisis and require financial or material assistance, please call Salvos Connect on 07 3001 6288 - open 9am to 4pm Monday to Friday excluding Public Holidays.

Uniting Church in Australia. South Rockhampton Uniting Church

Phone: 0448 617 136: 4922 6414 Campbell St

southrockyuc.org.au

North Rockhampton Uniting Church. (07) 4926 1315

321 Berserker St

TAI CHI

Rockhampton 60 & Better: 9:00-10:00am Monday at the **Rockhampton**

Botanical Gardens (The Tamarind Tree Line -- between the Japanese Gardens and the War Memorial). 60 & Better membership and fees apply. Informal classes will occur most public holidays and throughout the summer months when formal 60 & Better classes do not operate, fees apply. [Site Map](#).

Contact: phone 07 4921 0065, or email Better60inc@optusnet.com.au

Also see [Tai Chi classes Rockhampton](#)

Senior's (50+)Tia Chi Friday Morning (incl U3A): 7:30-8:30am Friday, 12 months,

Kershaw Gardens, near traffic circle opposite Stocklands (south of the caravan parking). [Site Map](#). Fees apply, U3A membership not required. Contact: phone

0437 991 458, or email stewartk@ozemail.com.au

Also see [Tai Chi classes Rockhampton](#)

Tai Chi Level-based Instruction

Saturday morning: 9:00-10:00am, Rockhampton Botanical Gardens (The Tamarind Tree Line -- between the Japanese Gardens and the War Memorial), with occasional classes on the Capricorn Coast (details by e-mail). [Site Map](#).

All Rockhampton tai chi participants are welcome to attend, regardless of your fitness or skill level. Multiple instructors provide small group instruction based on level of Khor-style tai chi attainment. AATC class fees apply.

Classes continue through school breaks, including throughout the summer. Summer classes may be less formal but will continue every Saturday as normal -- Fees apply.

Contact: russell.north@bigpond.com.au or phone Russell 0417 721 146.

Also see [Tai Chi classes Rockhampton](#)

VETERANS' SUPPORT

Legacy Rockhampton & Central Queensland

Suite 3 Tobruk House, 8 Archer St

Phone: (07) 4922 4010

Cards, craft, board games

RSL Advocacy Office

Suite 4, Tobruk House,

8 Archer Street,

Mon-Fri 0830-16.30 Hrs 07 4838 9801 or 07 4389803

Open to veterans needing a wide range of assistance and/or wellbeing support- best to ring make an appointment but can walk in. There is face to face and online help. Qld Website: <https://rslqld.org/find-help>

Cockscomb Veterans Bush Retreat

Situated between Rockhampton and Yeppoon

Cockscomb Veterans Bush Retreat, is a safe space for veterans experiencing MH issues.

Cockscomb is run by veterans. – <https://www.cockscombvets.au>

Susan and Chris Rensonnet Caretakers Phone 04 7559 1027

[EMAIL](#)

VOLUNTEERING

Volunteering is a great way to give back to your community, help other and make new friends. Many organisations are looking for a helping hand.

Opportunities for volunteering already listed in this directory include:

- [Cancer Council Queensland](#) 4932 8600
- [Capricorn Animal Aid](#) <https://www.facebook.com/capricornanimalaid/>
- [Central Queensland Animal Society](#) Contact: Brooke Lacey 0407 670 373
CQanimalsociety@outlook.com www.cqanimalsociety.org.au
www.facebook.com/CQAnimalSocietyInc
- [Four Paws Adoption and Education Inc](#) Phone: 0478 032 910
Contact: <https://fourpaws.org.au/contact-us/> Website: <https://fourpaws.org.au/>
- [EmuParkArtGallery](#) <https://emuparkartgallery.com.au/>
<https://www.facebook.com/EmuParkArtGallery/>
- [Sailability Capricornia](#) PH: 0400 742 053 info@sailabilitycapricornia.org
<http://sailabilitycapricornia.org/>

Below are links to the range of organisations registered to take volunteers in the Rockhampton and Livingstone area

- <https://govolunteer.com.au/volunteering-organisations/in-rockhampton?orderby=1>
- <https://www.livingstone.qld.gov.au/living-here/my-community/volunteer-programs>
- Capricorn Tourism and Economic Development : East St Rockhampton
accounts@capricornenterprise.com.au
- PH 4927 2055

Rockhampton Legacy House

Legacy is always on the lookout for volunteers.

You can assist by collecting donations during Legacy Week and on Badge Day in particular, and by providing administrative support in the lead up to and during Legacy Week. Or you can become a Legatee. Legacy rely on the help of over 6,100 volunteers known as Legatees. Originally these people were returned service personnel. These Legatees are the face of Legacy and phone and visit our widows/widowers and their children to ensure they are getting the opportunities and services they require for a happy and fulfilling life.

Legacy is always looking for people who would be willing to help out, get in touch to find out more!

14 Archer Street Ph. (07) 4922 4010

WILLS – Local

Public Trustee - Rockhampton

Ph: [07 4999 3600](tel:0749993600) Email: pt_rockhampton@pt.qld.gov.au 67 East St

The process of making a Will with us

Our Will-making service will involve a one-hour meeting with a Queensland Public Trustee Will maker at one of [our locations](#) across Queensland. The process for making a Will with us is as follows:

1. You can book an appointment at one of [our locations](#) to meet with one of our Will makers or contact us on 1300 360 044.
2. When booking your appointment, you will be given instructions on [how to prepare](#) for the meeting.
3. You will attend the meeting where we will discuss your wishes and options available.
4. We will write and prepare your Will based on the discussion in the meeting.
5. You then review the Will we have prepared to check it meets your requirements. If needed, we can make changes to the Will after you review it.
6. Once you are happy with the final version, you can sign the Will in our offices where we will ensure it is correctly witnessed.
7. We will provide you with a copy of your Will and Acknowledgement of Advice (a summary of the matters discussed at your appointment. Then we can hold your original Will at our storage facility, so it is safe and secure.

If your circumstances change and you need to change your Will, you can do this at any time by [contacting us](#). Read more about the times you might need to consider [changing your Will](#).

YOGA

Livingstone

Capricorn Yoga

Our [experienced teachers](#) bring a range of yoga styles to their classes, giving you access to a large selection of yoga practices – guaranteed to fit any level and schedule, from beginners to advanced. After a yoga class you will feel relaxed, in touch with yourself, empowered, joyful and strong. Come and join us in one of our [weekly classes](#) or attend one of our popular [yoga retreats](#) and experience the subtle practice of yoga for yourself. <https://www.capricornyoga.com/contact-us>

Emu Park Gym and Swim - Yoga

28 Coconut Point Drive Zilzie, 0437 022 521 info@emuparkgym.com

Staffed Hours: Monday - Thursday 8am - 7pm Friday 8am - 6pm
Saturday 8am - 2pm Sunday Closed

At Emu Park Gym, our experienced yoga instructors guide you through a variety of poses and techniques that improve flexibility, balance, and strength while simultaneously promoting stress reduction and mental clarity. Whether you're a beginner or experienced at yoga, the classes are tailored to accommodate all levels of expertise, ensuring a supportive and inclusive environment

<https://www.emuparkgym.com>

Kylie Yoga Yeppoon

qualified yoga and pilates instructor: weekly classes

0417 791 073

<https://www.facebook.com/Kylie-Yoga-yeppoon-100382688175853/>

Yoga With Tracey

Welcome to Yoga with Tracy! My mission is to teach you how to unwind, body & mind and to practice what I call 'Your Yoga, Your Way'.

This is a safe space for you to:

- Enjoy 14 days FREE at the [Online Yoga Studio](#)
- Join me for a [Yoga Class via Zoom](#)
- Attend a local live [Yoga Class](#)
- Contact me regarding 1:1 [Private Yoga](#) or small group

I can't wait to share all of my creative yoga classes and my health and wellness wisdom with you, so please feel free to explore and discover everything I have to offer you.

Rockhampton

Body N Soul Yoga

13 Murray St

Wandal Q 4701

Contact: Tracey Bienek - 0427 038 057

bodynsoulyoga@bigpond.com

<http://www.bodynsoulyoga.com.au/>

Supre Yoga Studio

155A Musgrave Street, Berserker, North Rockhampton.

I help learners discover that the body's flexibility is a result of their mind's flexibility to take them there. This is what we do at Supre Yoga Studio; to guide you on this journey. Whatever your journey might be.

At Supre Yoga Studio, we practice and teach different yoga styles. We believe we have something for everyone. Find out which yoga style is best for you.

To connect or book a class please go to the website:

<https://www.supreyogastudio.com> PH 0401 483 714

Well Beyond Yoga

Wellness Center in Rockhampton, Queensland
104 William St, Rockhampton QLD 4700

Phone: 0417 704 281

<https://www.facebook.com/wellbeyondyoga/>

Xanadu Yoga

Providing classes, workshops, 1:1 and private group appointments for all ages and abilities in an inclusive and supportive environment. Join the Xanadu Community and find your inner magic! To find out more, join classes or make an appointment go to

<https://www.xanaduyoga.studio> Level 1/159 East St, Rockhampton