

GBNC Newsletter

What's happening at GBNC

Winter 2022



What's on weekly at GBNC

Mondays

- Kids Korner Childcare
- GBNC Client appointments
- Fair Play vouchers
- Parent Café 9:30–11:30 at Hilton Street
- Art for wellbeing for kids aged 5–8 years 3:15–4:30 at Corundum Street

Tuesdays

- Playgroup for kids aged 0–5
- Hippy (Home Interaction Program for Parents and Youngsters) for kids aged 4–5 years
- Happy Chat at Hilton Street
- Circle of Security workshop at Corundum Street
- GBNC Client appointments

Wednesdays

- Kids Korner childcare
- Catholic Care kids counselling
- Baby & Me 9:30–11:00
- GBNC Client appointments

Thursdays

- Food support at Hilton Street by referral through GBNC
- Sensory playgroup for babies aged 0–15 months
- Tasc National legal appointments
- GBNC Client appointments

Fridays

- Kids Korner childcare
- Chair Yoga
- GBNC Client appointments

Sundays

- Every 2nd Sunday Quart Pot Quilters

What's on monthly at GBNC

- Rotary Stanthorpe Ageing Well morning tea at Hilton Street every 3rd Friday of the month
- Free technology assistance for personal devices 9:00–11:30. Please check with reception for our next available date

Staff movements

Welcome to:

GBNC have 2 new staff members who have recently joined our team. Netty Marini joins us as our Early Years Program Co-Ordinator & Kate Haylock joins us as our Early Years Family Officer. Both ladies bring a wealth of knowledge and experience to the team and are excited to meet our clients and their families.



Farewell to:

Majella Stevens has finished up with us as our Early Years program Coordinator. Majella started with GBNC in 2018 & has helped a lot of families and their children within the community. We are very sad to see Majella go but we wish her all the very best in her next life adventure!

Donations

- ✓ Sam's Farm Fresh Fruit & Veg
- ✓ Local farmers
- ✓ Givit
- ✓ Share the dignity

Partner Agencies



CatholicCare
Social Services



Legal and Social Justice Services



Supporters

Bendigo Bank



GBNC Newsletter

Out & about within the community

Winter 2022



- ✓ Our Youth worker Charlene put on a 2-day learn how to skate workshop at our local skate park for Queensland Youth Week and had instructors from Australian Skateboarding Community Initiative.
- ✓ 10 membership packs were also given away during Queensland Youth Week to Stanthorpe Taekwondo & Self Defence.
- ✓ Jaqui our Community Project Officer has been collaborating with Maria De Vries on designing an Indigenous image and shirt for NAIDOC week 2022.
- ✓ Our PHN (Public Health Network) program has been working with Yoga Tree Stanthorpe with Chair Yoga and Expressive Arts for our Positive Thinking and Meditation workshops.
- ✓ Shane Linton is working with Jaqui and holding technology help mornings at GBNC.
- ✓ Netty, our Early Years program co-ordinator is engaging with Fiona Sweet and delivering Circle of Security.
- ✓ Hippy (Home Interaction Program for Parents and Youngsters) has started for 2022, which sees our Early Years program working with Mercy Community services.

GBNC and Action Graphics designed our new sign that is located on the corner of Short & Corundum St



Examples of our food support boxes that are available on Thursdays by referral from our Emergency Relief program.



GBNC Newsletter

Our focus

Winter 2022



0-15 Months

Free SENSORY PLAY BABY PLAYGROUP

Every Thursday 9.30-11.00am

Granite belt Neighbourhood Centre Kids Korner

Strengthen parent and baby bonds

Build Baby skills with exploring senses play

Different sensory play stations each week

Make friends

Morning tea Provided

Enquiries
Early years Program
Netty or Kate
46813777

GBNC now runs two playgroups—they're free too!

GBNC now has 2 playgroups for different age groups. This allows the play and developmental needs of very young children to be better reflected in the program.

1. Sensory Playgroup for babies aged 0–15 months is held on Thursdays at GBNC. Our sensory playgroup provides opportunities for our infants and toddlers to actively use their senses as they explore their world through 'our sensory play activities'.
2. Playgroup for children aged 0–5 years runs weekly on Tuesdays at GBNC. Netty, our Early Years co-ordinator plans different educational activities for each week.

GRANITE BELT NEIGHBOURHOOD CENTRE

PLAYGROUP

When: Every Tuesday
Time: 9.30am to 11.00am
Where: Kids Korner
Granite belt
Neighbourhood Centre

Free

Come Play!

- Strengthen parent and child bonds
- Build child's skills
- Make Friends
- Morning tea provided
- Ages 0-5 years

Enquiries: Netty
46813777

Play counts for a lifetime



GBNC Newsletter

Community Development

Winter 2022



Granite Belt Mental Health & Wellbeing Focus Group Update

This group meets every 2 months with any person and/or agency interested in working on improving support for Granite Belt residents with mental health and well-being concerns.

This group reports on issues it has agreed to work collaboratively on plus any changes in service delivery by agencies to the Granite Belt.

The MH&W focus group also networks/reports on its work or developments to the quarterly meeting of the Southern Downs Interagency Meeting.

The group is working together to decide what the Granite Belt community will do for Mental Health Week in October. At this stage, we are building a program of various activities undertaken by different agencies, spaced out over the 10 days.

If you'd like to attend either in person or via zoom please let Jenny know via email admin@communityds.org.au

The next meeting will be 9:30 to 11:30 on 11th August, 2022 at GBNC's Corundum Street Hub.

Stanthorpe Hospital's Consumer Consultative Committee (SCCC) Update

GBNC's Service Manager, Jenny Leigh, was earlier this year appointed Chairperson of the SCCC. The SCCC has had a chequered past but there is a renewed optimism for it playing a more effective role due to new staff in key positions in various Granite Belt agencies.

GBNC's Service Manager is committed for a 6-month period to take the Chairperson role and to establish new processes through which the SCCC can better engage in two-way communication with the hospital and its health services' consumers and community.

Currently the SCCC is undertaking a new process of appointing SCCC members via an invitation and agreement to its TOR and to work on the prioritised issues. Members will be appointed for a year's term, based on a financial year. It is expected the new member process will be completed by the end of June 2022.

Stay tuned for updates in the next edition.

Forming a Stanthorpe Suicide Prevention Network

SDEIA's Sarah May is taking the lead in seeing if there is community support and interest in forming a Stanthorpe Suicide Prevention Network. There is no such network currently in the Southern Downs region.

GBNC is working collaboratively to support Sarah's work by initially providing a venue for this workshop, and potentially future meetings, should there be community support.

The network ideally will be a blend of people for whom suicide has touched their lives and agencies involved in suicide prevention, post suicide support etc.

The first meeting of this network is planned for the 13th July, time yet to be confirmed.

If you are interested in attending, contact Jaqui on communitysupport@communityds.org.au

GBNC Newsletter

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Winter 2022



Emergency Relief in the Granite Belt interagency meeting

GBNC, in April, convened the first meeting of the three agencies funded by the Dept of Social Services to deliver emergency relief to Granite Belt residents.

The other agencies apart from GBNC are St Vincent de Paul and the Salvation Army.

Emergency relief funding for each of the agencies is VERY small compared to the demand for support; and that is all the time. When disasters occur the level of demand sky rockets to even higher levels.

It is an ongoing challenge of all ER funded agencies to stretch their funds as far as they can.

GBNC wondered if by collaborating we could work in ways that mean a more consistent and timely approach to ER delivery to the area's residents.

In doing this work, GBNC remains keen to continue its outreach ER to the outlying villages which we know has been very well received and needed.

How we can work together should be confirmed at the June 2022 meeting ready for implementation from 1st July, 2022.

Like GBNC's Facebook page and keep an eye out for an upcoming post about GBNC's new basis for delivering ER to Granite Belt residents.

Stay tuned for updates in future newsletters.

Real Estate Agents training session on Department of Housing tenancy options

GBNC's Josephine Yuile and Jaqui Unold convened a training session between local real estate agents and the Dept Housing.

Departmental staff walked attendees through its various schemes to assist people to be able to rent on the private rental market and what tenant's rights are.

A resource was developed by GBNC for rental agents to give to any person wanting to rent.



Did you know?

Jenny Leigh, GBNC's Service Manager, as the Chair of the Stanthorpe Hospital's consumer consultative committee met the Governor of Qld when she recently visited the area.

Her excellency, the Honourable Dr Young, is visiting every hospital in Qld as part of a state-wide trip to personally thank all those involved in hospital and health services for their work day to day and especially for what they achieved during COVID.

GBNC becomes member of Chamber of Commerce

On the 30th June, Skye Sattler, GBNC's Marketing Officer and Jenny Leigh (Service Manager), will be presenting to the Chamber of Commerce members and introducing GBNC and its services, vision and more.

The decision to become a Chamber of Commerce member is the newest step in GBNC's desire to broaden its presence and involvement with key agencies within the Granite Belt.

GBNC Newsletter

Our services

Winter 2022



Early Years

Activities for parents and their children (prenatal to 8 years) for example, weekly Parent Café (Mondays 9:30 am) and two Playgroups (Tuesdays and Thursdays).

Youth

Activities aimed at working with youth who are at risk of disengaging from school, family and/or the community.

Mental Wellbeing (PHN)

Focuses on initiatives to improve individual and community response to mental health needs of any aged residents.

Family Support Services

Assists vulnerable families to develop family/household management skills, improve life skills and provide information, advice and referral. During school terms Baby & Me runs for 5 weeks and is aimed at new parents. A guest presenter hosts each weekly session.

Emergency Relief

Available to assist on a time-limited basis with basic life needs and is available to any person/resident in the area including backpackers

Community Support Services

Assists vulnerable individuals in an integrated way by increasing life skills, connecting people to the community, events, projects and resources to benefit the whole community.

Kids Korner

Limited hours childcare for children aged 15 months to 5 years. Days of operation are Mondays, Wednesdays and Fridays. Casual use is encouraged.

GBNC Contact Details

8 Corundum Street, Stanthorpe
Qld 4380

Phone: 07 4681 3777

Email: admin@communityds.org.au

If you would like to be notified of GBNC's upcoming events, please email, Skye at marketing@communityds.org.au

GBNC Newsletter

Our upcoming workshops

Winter 2022



A look at some of our programs planned for Winter 2022

Call 4681 3777 to Register!

Time to Talk
Talking to Teenagers about Alcohol
A Guide for Parents
TUESDAY 12th July
3:30pm-4:30pm
 8 Corundum Street, Stanthorpe
 Tea & Coffee provided

Topics for Parents

- Making time to talk
- Feeling connected & supported
- Knowing the facts
- Knowing the law
- Being consistent & influential

Lives Lived Well

BACK 2 SCHOOL

FREE KIDS HAIRCUTS

SUN 3rd July - HILTON STREET
 MON 4th July - WALLANGARRA HALL
 TUES 5th July - DALVEEN HALL

BOOKINGS AVAILABLE FROM 10:00AM-2:30PM

TO BOOK A HAIRCUT CALL 07 4681 3777

GBNC AND HIGH ST BARBER PRESENTS

POSITIVE THINKING & MEDITATION

FACILITATED BY:
 CATHERINE ELLIOTT
 (MENTAL HEALTH NURSE, LONG TERM MEDITATOR & EXPERIENCED FACILITATOR)

COMMENCING SATURDAY 28TH MAY & CONTINUING FOR 5 WEEKS

10AM - 12.30PM AT GBNC

FOR ADULTS 18 YEARS & OVER

BOOKINGS ESSENTIAL - 4681 3777
 8 CORUNDUM STREET, STANTHORPE

GRANITE BELT NEIGHBOURHOOD CENTRE

expressive arts and therapies

PARENT & CAREGIVERS 8 WEEK PROGRAM

Circle of Security®
 Based on Attachment to The Child's Mind

Limited Spots

Presented by
 FIONA SWEET
 EARLY INTERVENTION PARENTING CLINICIAN,
 QUEENSLAND HEALTH

Circle of Security INTERNATIONAL
 Early Intervention Program for Parents & Children

ABOUT THIS PROGRAM

- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor the innate wisdom and desire for your child to be

OUR MAIN TOPICS

Understanding emotions
 How our parenting leads to supporting childrens needs.

Good Education
 Raising a secure child.

DATE AND PLACE
 Every Wednesday starting 4th May 2022 9am-11am
 Location: Granite Belt Neighbourhood Centre
 8 Corundum Street Stanthorpe

For Bookings please call 46813777 or email earlyyears@communityds.org.au

Darling Downs Health
 Caring for our communities. Healthier together.

FOLLOW US!



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<https://www.instagram.com/granitebeltneighbourhoodcentre/>