

Monthly Newsletter

March 2024



Lockyer
community
centre

Recover Adapt Connect

Supporting disaster resilience following bushfire
This project received grant funding from the Australian Government

HealthWISE
Creating healthier communities



Lockyer
community
centre

THERAPEUTIC WOMENS DRUMMING CIRCLE



Free Entry
inc. light lunch &
refreshments

Limited numbers
Book Early

☎ 5462 3355

FRIDAY 1ST MARCH
FRIDAY 8TH MARCH
FRIDAY 15TH MARCH
FRIDAY 22ND MARCH

9:30 AM - 1 PM
14 CRESCENT ST
GATTON

Facilitated by Eleven Drums





HARMONY WEEK
EVERYONE BELONGS • HARMONY.GOV.AU



CAMS
project

**FREE
SAUSAGE SIZZLE**



EVERYONE WELCOME

**Thursday 21st March 2024
4:30 - 7:00 PM**

**Littleton Park
Old College Road Gatton**

**CONNECTING
COMMUNITY
ONE MEAL AT
A TIME**

Lockyer Community Centre

5462 3355

info@lockyercc.com.au



Why did the police arrest the turkey?

They suspected fowl play.

Why did the skunk take out a loan?

Because he only had one scent.

Why did the pony need a glass of water?

Because he was a little horse.



Lockyer
community
centre

The Lockyer Community Centre provides EMERGENCY RELIEF to assist those who have lost their jobs, had a reduction in work hours or are struggling financially.

EMERGENCY RELIEF does NOT cover rental expenses, loans, repayments or any sort of bills.

ID IS REQUIRED FOR EMERGENCY RELIEF.

**Appointments must be made for Emergency Relief
NO WALK-INS**

Please call 5462 3355 to make an appointment.

”
Find a group of people who
challenge and inspire you,
spend a lot of time with them,
and it will change your life.”

Amy Poehler

Feeling Anxious?

Looking for some tools
and ways to loosen
anxiety's hold on you?

**2 options available -
face-to-face or online**



Anxiety Group starting in early March.

Join my 12 week education & support group where you can:

- discuss anxiety in a safe, non-judgmental, small group environment, with people who understand your dilemma.
- gain a better understanding of anxiety and what keeps it going
- learn some clever ways to break the anxiety cycle, loosen it's hold on you, and begin to restore your peace and freedom.

Book your place today.

For more information, phone:

0492 939 082

Limited number of places.

Cost: \$25 per session

Sandra Grams Counselling

Member of the Australian Counselling Association



Lockyer
community
centre

ART + CRAFT

WORKSHOP



Connect & Meet
new people in
your community

Art Therapy
with
Christina

COME AND JOIN US

WITH LIGHT REFRESHMENTS

March/April

March	14th	Scrabble board frame
March	28th	Beaded Chicken Wire Frame
April	11th	Dye Your Own Silk Scarf
April	25th	ANZAC DAY No Session

Call us to book



HARMONY WEEK

COMMUNITY LUNCH



CONNECTING
COMMUNITY
ONE MEAL AT
A TIME

WEDNESDAY

20TH MARCH

11:30 AM - 1:30 PM

14 CRESCENT ST.
GATTON

- Culturally inclusive
- Free to attend
- Limited numbers
- Bookings essential for catering purposes
- P: 5462 3355



Harmony is a wonderful
thing, but not nearly as
powerful as awareness.

Arnold Mindel



Valley Fest Event

Sunday 2nd June
10 am - 3 pm

So much fun to be had games, entertainment
giveaways and more.....

Watermelon eating challenge!

Pineapple Toss

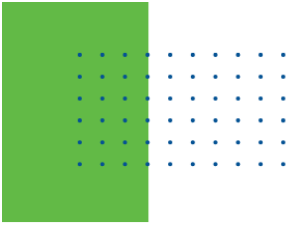
Who can be the biggest tosser for 2024!
Entertainment and so much more.....

Lock the date in!

Food and Market stalls.....

More details coming soon
Follow the event on Facebook

Event proudly hosted by
Lockyer Community Centre



Lockyer
community
centre

THE LOCKYER COMMUNITY CENTRE CAN ASSIST WITH:

- Information & referrals
- Advocacy & Support
- Free form filling assistance
- Low Cost printing, copying, scanning, email service
- JP Service upon appointment
- Social Support
- Food & material aid assistance



The Lockyer Community Centre offers a large range of responsive activities, programs and projects including:

Community Events
 Toy Library
 Community Projects
 Multicultural Programs
 Community Book House
 Art & Craft, Cultural activities
 Community Sensory Garden
 Volunteering Program

VISITING SERVICE PROVIDERS INCLUDE BUT NOT LIMITED TO:

ATO Tax
 Mental Health Support
 Employment Services
 Drug & Alcohol Support
 Multicultural Support Services
 Parenting Programs

ROOM HIRE AVAILABLE TO SERVICE PROVIDERS, TRAINING & COMMUNITY GROUPS



**OPEN MON - FRI
 9:00 AM -3:30 PM
 14 CRESCENT ST
 GATTON 4343
 PH 5462 3355**



Lockyer
community
centre

FREE Digital Library

Wanting to connect online better?

Are you over 50 wanting to learn how to use a device?

Borrow from our new digital library!
Learning from home or with us, during
our free tech sessions.

**No device?
No problem!**

Make an appointment with our
Tech Worker
5462 3355

We keep our laptops clean and well
maintained.

Device reset after hire for privacy.

***Loan conditions apply**



Australian Government

Be Connected

Every Australian online.

CHECK THIS OUT- IT'S THE LATEST THING. IT'S CALLED A LANDLINE. IT'S GOT A CORD AND IT'S BOLTED TO THE WALL. YOU WILL NEVER LOSE YOUR PHONE!



321
M. H. H. H.



**“We should all know that diversity
makes for a rich tapestry,
and we must
understand that all the threads of the tapestry
are equal in value no matter what their colour.”**

Maya Angelou

TECH SUPPORT & LEARNING PROJECT

Learn how to set
up an Email
account

How to stay safe
online

Learn how to
stay connected
online

**Free
individual
sessions
P: 5462 3355
To book**



Local and Regional Support Services

Seventh Day Adventist Gatton

49 North Street Gatton

TEXT: 0459 907 783

\$ 30 Food Hampers & Distribution

Thursdays 11:00 am – 2:00pm

Shower facilities available upon request

Food Assist

148 Campbell street Toowoomba

\$25 food parcels

Mon-Fri 9am-4pm

4638 1939 or 4634 1157

With retail site - All products under \$10

www.actscare.au/foodassist

Laidley Community Centre

13 Mary St. LAIDLEY

5465 1889

Emergency Relief Program

Monday – Friday 9.00 am - 3.00 pm

www.laidleycommunitycentre.org.au

St Vincent De Paul

Cnr Mill & Byrne St. GATTON,

5462 2644

Salvation Army – Doorways

5 Railway St. GATTON

3001 6388

Harvest Angels Lowood

Food Hampers Small \$30 or Large \$50

0478 028 983 or via Facebook page

www.facebook.com/harvestangelsinc

OR

at door Wednesday & Friday 10am –
12pm

18 Kleinhans Ct. Lowood

Homeless Helpline

1800 474 753

Homestyle Lodge Laidley

5462 3427 or 0450 590 331

Laidley Crisis Care

5318 6811 or 1300 920 865

St. Vincent de Paul Toowoomba

1800 846 643

FAMILY HOUSING SUPPORT

3230 3410

WOMEN + MEN refuge

3832 1491

Women's Only

3832 6073

MEN'S hostel

1800 846 663

Place 2 stay Toowoomba

4638 4050

STARH Ipswich

1800 448 448 or 3281 3644

Yellow Bridge Toowoomba

1300 882 764

Toowoomba Crisis Accommodation

4639 1998

Find the help you need, now and nearby
<https://askizzy.org.au>



ASRA

ASYLUM SEEKER AND REFUGEE ASSISTANCE PROGRAM

The ASRA Program provides assistance for people in the Lockyer Valley who are seeking asylum.

ASRA may provide individual and family support, health & legal advice, and mental health support.

ASRA will be at the Seventh Day Adventist Church along with a few other support services.

DATE: The LAST TUESDAY of the month.

TIME: 12:00 - 4:00PM

LOCATION: Seventh Day Adventist Church

Our Multicultural CAMS worker will be attending on the day!



THANK YOU TO OUR SPONSORS, PARTNERS AND LOCAL SUPPLIERS

Find us on 



**MITSUBISHI
MOTORS**

Lockyer Valley Mitsubishi
Come for a deal, drive away with a smile!

**JOHN
HOLLAND**



**AGRICULTURAL
REQUIREMENTS**



'The Plant People'



Gatton Guardian Pharmacy



LOCKYER
SOILS



**GATTON MEAT
CENTRE**



SPANO'S SUPA IGA



REGIONAL COUNCIL



14 CRESCENT STREET, GATTON 4343

OPENING HOURS:
MONDAY TO FRIDAY 9:00M - 3:30PM
EXCLUDING PUBLIC HOLIDAYS

CONTACT US
PH: 5462 3355
E: INFO@LOCKYERCC.COM.AU