

DALBY INTERAGENCY MEETING

Held at the **MYALL YOUTH AND COMMUNITY NETWORK CENTRE**

Date 16th May 2023

Meeting opened by Bec Lee at 12 pm – Bec thanked everyone for their attendance.

ATTENDANCE: Kristy Dodd (Goolburri), Dianne Alderton (Lives Lived Well), Eddie Sloan (Country Care Connections RRMH), Joanne Hall (Queensland Health), Fiona Riley (Queensland Health), Letitia Amos & Sarah Wenham (Education Queensland, Early Years Support Services), Kelly Eddie (Indigo Children, Life Skills Coach), Michael Weekes (Carers Qld NDIS), Kelly Eddie (Indigo Children, Life Skills Coach), Pam Bidstup (Child Safety), Natasha Brown (Dalby Family Support), Deb Richards (ADA Link), Le-Anne Callaghan (DISCO), Charley Rayner & Bec Lee (MYCNC).

Attendance Via Zoom - Gerardine Boyd (Ann Leahy MP - Member for Warrego), Kathy Donovan & Linda Rosow (Wellways Australia), Elizabeth Brooker (Goodstart Dalby), Peter Pendelebury & Sheralda (Act for Kids), Wayne Smith (StandBy – Support after Suicide), Hilary Weedon (Rural Financial Counselling Service), Meredith Barry (Darling Downs & West Moreton PHN), Gursimran Kaur (Youth in Search) & Gail Corte (Rural Aid)

APOLOGIES: Samara Hanrahan & Terese Fountain (DSAS – St Vinnies), Bec Carter (LLW), Amy Brown (PCYC), Louise Judge (Chinchilla Community Centre), John Bushell (Country Care Connections RRMH) & Mitchell Pogan (WDRC).

Bec Lee & Charley Rayner (MYCNC) [4662 0152](tel:46620152) admin@mycnc.com.au

- *Bec - Centre Coordinator* working Monday - Thursday every week.
- *Charley – Centre Support Officer* working every Tuesday. 9am – 3pm.
- Centre opens Monday – Friday 8:30am – 4.30pm
- Office space unavailable, a variety of conference rooms are still available for half day or full day hire; please refer anyone looking for any sort of room hire to MYCNC.
- All community groups are welcome to call and discuss room availability.
- Please update all business cards, brochures and email address held at the Centre.
- Link for community to services, not a drop in Centre.

Kristy Dodd (Goolburri) [0428 416 695](tel:0428416695) kristyd@goolburri.org.au

- Family & Child Wellbeing service working with Aboriginal and Torres Strait Islander families.
- Covering Dalby, Tara, Chinchilla and everywhere in-between.
- Have a Family and Child Wellbeing and Foster and Kinship Carer Service.
- Working with indigenous families around their health and wellbeing.
- Referrals can be made through family and child connect can be self-referrals or referrals from organisations, can be consented or non-consented.
- Supporting by making sure their 715's (Health checks) are up to date, making referrals for their mental wellbeing, supporting kids at school through education parenting and a range of different things depending on the client's needs.
- Click on link for more information <https://familysupportreferral.org.au/>
- May is DV month, Kristy will be holding a free domestic violence community day on Wednesday 31st May from 11am -2pm at Thomas Jack Park. A BBQ will be provided with games face painting and more. Everyone welcome

Dianne Alderton (Lives Lived Well) [0439 666 840](tel:0439666840) dianne.alderton@llw.org.au

- Di is Lives Lived Well's Drug and Alcohol Counsellor.

- Have an office within MYCNC.
- Individual Drug and Alcohol Counselling twelve years (12yrs) of age upwards.
- Basis of the counselling is set on clients based on whether they want to reduce or to cease using drugs and alcohol then that's what we work on.
- If they are in a space of not knowing what they want to do we work on harmony organization and healthy lifestyle.
- Using a four session model program with the aim to be on a path to continue forward if they feel they are where they need to be.
- Not attending today is - Rebecca is the New Access Couch Program coach.
- New Access Program – Six week low intensity mental health support program for people experiencing anxiety, stress and depression twelve years (12yrs) of age upwards.
- We do not diagnose we literally just do the counselling in our sessions.
- Funded to go into Aged Care Facilities and Education facilities.
- All are welcome to access the program, clients can be referred by service or directly through the beyond blue line.
- Will assess anyone coming into the program and if more intense help is needed this can be fast tracked through the program so clients aren't going on the eight month waiting lists.
- All services are completely free.

Eddie Sloan (Country Care Connections RRMH) 0439 345 327 edsloan@rrmh.com.au

- A division of the Rural & Remote Mental Health Group.
- NDIS SUPPORT - CO-ORDINATION –
 - can help understand and use NDIS plan to make the most of funded supports and to connect with providers.
- NDIS PSYCHOSOCIAL RECOVERY COACH –
 - (Kingaroy South Burnett Region comes to Dalby on a regular basis as part of the NDIS program) Specialist mental Health support person for NDIS participants with mental Health conditions.
- COMMONWEALTH PSYCHOSOCIAL SUPPORT PROGRAM –
 - Community based supports to assist recovery for people experiencing severe to moderate Mental Illness through a range of services to help and assist with NDIS.
- RURAL RHYTHMS –
 - Drum therapy workshop to promote Healing and self-expression held at the Senior Citizens hall, run by Sheree. Free programme for anyone.
- Held on the 3rd Tuesday of month 12.30pm – 1.30pm until the end of June. This is a free programme for anyone. Enquiries on website.
- John services Goondiwindi, Dalby, Toowoomba and Nanango.
- Eddie services the South Burnett, Jandowae and Dalby
- 16 years of age up and can be contacted via our ccc website and Facebook.
- Referrals usually from their GP or other health professional. They can self refer and we can forward it onto the correct service.

Joanne Hall (Queensland Health) 0448 593 454 disasterrecoveryprogram.DDHHS@health.qld.gov.au

- We meet with communities that have been identified as having been impacted by the recent floods in the Darling Downs area to determine outstanding areas of need. Using evidence-based approaches we can provide the following:
 - Individual Therapy Sessions
 - Community Engagement
 - Psychoeducational Workshops
 - Support and Education to Clinicians and other Professionals
 - Resilience Building
- The impact of traumatic events is often difficult to ascertain as the symptoms do not always appear to be connected to the trauma. Many times symptoms do not immediately appear after the trauma and are often misunderstood as unrelated.

- Common symptoms include, but are not limited to:
 - Somatic complaints such as headaches
 - Musculoskeletal pains and fatigue
 - Increased alcohol and other drug use
 - Difficulty in interpersonal relationships
 - Financial concerns
 - Increased symptoms of depression
 - Increased symptoms of anxiety
 - Avoiding memories of the event
 - Change in socialising
- To refer is as easy as a phone call or an email. A referral form is available if required.

Fiona Riley (Queensland Health) 0447 110 604 fiona.riley@health.qld.gov.au

- TRACC Program - Darling Downs Health Western Downs
- Fiona Riley- Clinical Nurse Consultant
- TRACC Program supports regional, rural, and remote communities affected by adverse events.
- We provide support and information.
- Connect people to the right care
- Mental Health Promotion
- Increase Community Resilience.
- Suicide Prevention
- Training and education – Mental Health First Aid, Suicide Prevention Awareness, Psychological First Aid.

Letitia Amos & Sarah Wenham (Education Queensland, Early Years Support Services) 4672 3666 & 0499 947 710 lamos16@eq.edu.au & swenh10@eq.edu.au

- As Early Years Support Coordinators, we are available to help:
- Work in partnership with families to access support services.
- Supporting families in contacting agencies to assist children with early education and child healthcare.
- Fostering relationships between families and playgroups, community groups, kindergartens and schools.
- Assisting parents, community members with family engagement in local early years services.
- Supporting families in seeking early intervention in the years before school.
- Aimed at developing soft entry pathways to early learning facilities and programs within our community for children and their families in the early years before starting school.
- *Feel free to contact either of our Early Years Support Coordinators to help support your clients on their child's early learning pathway.*

Michael Weekes (Carers Qld NDIS) 07 4646 2800 michael.weekes@ndis.gov.au

- Local Area Coordinator (LAC).
- Based in Toowoomba however travelling the area (Miles, Chinchilla, Tara Dalby etc.) and not usually in the office
- Dalby once a month at MYCNC.
- Bookings through website or office.
- Primarily support people with NDIS on understanding and using their plans.
- Help assist people through the process of NDIS.
- Carers Side – provide support, give referrals & information to any people who are carers, whether they're providing care for someone with a disability, elderly parents etc.
- Trying to reach out to School to educate about NDIS.
- Happy to support anyone on a needs basis.

Kelly Eddie (Indigo Children, Life Skills Coach) 0487 530 389 indigochildrenlsc@gmail.com

- Indigo children is a new local business assisting both NDIS clients and Non NDIS clients.
- I am also working with the schools in the area.
- I am taking on referrals now for new clients but my books are filling fast already.
- Referral process - Self referral, Doctor, Parent, teacher etc. Through Phone Or Email at indigochildrenlsc@gmail.com
- I have attached letter, CV price Guide and a Z pamphlet which can be printed.
- Please feel free to share information with parents/careers.
- If you have any questions please feel free to reachout on either this email or my business email.

Pam Bidstrup (Child Safety) 0439 559 654 pam.bidstrup@csyw.qld.gov.au

- Office/hub in MYCNC Building. With three full time staff.
- Constantly after support services.
- Would like to thank all services for their support and guidance

Natasha Brown & Corrina (Dalby Family Support) 4669 8499 info@dalbyfamilysupport.org.au

- A little about Dalby Family Support, we are a secondary support service which aims to support our local families in order to prevent entry or re-entry into the child safety system. We case manage our families to create goals, take action and meet their goals. We take a holistic approach in our case management to identify gaps that may be there and then use a strengths based approach to support the family to a better place.
- Some services provided can be, meeting basic needs such as; ensuring the family have food, in which we can offer food hampers or if there are ongoing financial difficulties, offering advice and referrals (when appropriate).
- We offer Triple P Parenting, social, personal development and life skills, court support, support completing documents (such as protection orders, legal aid and housing), we can also assist in the processing of No Interest Loans.
- Our office has capacity to assist with laundry as we have a washing machine and dryer. Currently our bathroom is out of order though we can usually offer this service.
- If you are unsure please feel free to send your clients to us and we are very willing to help, if we cannot we will work with them to find the appropriate service who can. We take referrals through emails and phone calls or clients can self-refer if they prefer.

Deb Richards (ADA Link) 3637 6058 deborah-anne.richards@adaaustralia.com.au

- As of 1st May, ADA Australia (Aged and Disability Australia) has been awarded the funding for the Care Finder project for the Darling Downs and West Moreton area – now called ADA Link.
- You may already be familiar with our Advocacy service - which in a nutshell gives our older clients a voice in the My Aged Care system.
- ADA Link, by contrast, targets the more vulnerable groups who would benefit from linking in with My Aged Care services and other community supports but are at risk of falling through the cracks by reason of:
 - Isolation or no support person;
 - Communication barriers including limited literacy;
 - Difficulty processing information to make decisions;
 - Resistance to engage with aged care for any reason and their safety is at immediate risk or they may end up in a crisis within approximately the next year; or
 - Past experiences mean they are hesitant to engage with aged care, institutions, or government.

- We provide specialist and intensive assistance to help people to understand and access aged care and connect with other relevant supports in the community, including supporting people to:
 - Understand the different types of aged care supports and services;
 - Find and make informed choices about providers/services;
 - Work through the income/means testing (if relevant) and costs;
 - Complete forms;
 - Meet with providers to arrange services;
 - Understand agreements; and
 - Connect with other relevant supports in the community.
- We expect that through your daily work you may come across older clients who fall within the scope of this project and would benefit from a direct referral pathway.
- That is, people who require assistance to remain living at home and:
 - Who are 65 years and over, or 50 years or older for an Aboriginal or Torres Strait Islander person; OR
 - 50 years and over, (45 years and older for Aboriginal and Torres Strait Islander people) and on a low income and homeless or as risk of experiencing homelessness 50 years and over, (45 years and older for Aboriginal and Torres Strait Islander people) and on a low income and homeless or as risk of experiencing homelessness; and
 - meet one of the criteria listed above.
- Referrals can be made by your Services with the consent of the person. We would welcome either warm handovers or you can remain involved in the support of your client through their interaction with our Service.
- Our office hub is at 47 Bellevue Street, Toowoomba but our outreach is extensive, and my area includes Dalby, Chinchilla, Miles, Wandoan and Taroom.
- If you would like me to visit your team to provide more information, please don't hesitate to contact me **Deb Richards (she/her/hers), ADA Link Community Connector**, (07) 3637 2022 deborah-anne.richards@adaustralia.com.au

Le-Anne Callaghan (DISCO) 4662 2147 Le-anne@disco.org.au

- DISCO is a youth organisation operating in Toowoomba, Dalby & Gatton
- Working with disengaged youth
- Main program is - Get Set for Work program assists young people aged 15-18 who have disengaged from school and are having difficulty obtaining employment. Training and work experience are provided over a (20) twenty week period with the goal of assisting each young person to successfully transition into employment and/or further education and training. Only funded for (20) twenty placements a year
- Youth Employment Support Program is also offered. The Youth Employment Support Program assists young people 15-24 to transition into the workforce by providing them with the practical skills they need to successfully seek work. The program offers short-term intervention (6-8 weeks) for young job seekers that lack the skills and/or knowledge to find work.

Attendees via ZOOM:

Gerardine Boyd (Ann Leahy MP (Member for Warrego) 07 4519 0700 warrego@parliament.qld.gov.au

- Gerardine is from the office of Ann Leahy – Member for Warrego.
- Position is to be aware and across services available at the Centre and within the area and when encountering people in need of services they are then directed appropriately.
- Anyone with concerns can contact the members office who may be able to advocate for them
- Member also puts out a volunteer update each month of grant opportunities

Kathy Donovan & Linda Rosow (Wellways Australia) 0499 837 406 & 0439 211 538

cdonovan1@wellways.org & lrossow@wellways.org

- Recovery Support Program.
- The program is designed to support people who are experiencing Mental health Challenges, including but not limited to
 - Anxiety
 - Mood disorder
 - Alcohol and drugs and so much more.
- To be eligible you need to be 16 and over, not be receiving similar support through NDIS. To reduce the number of hospital admissions through a range of community – based supports.
- Living in the Darling Downs, Lockyer Valley and the Western Downs region.
- We have two First Nations workers.
- Support workers will advocate and support the participant to apply for any NDIS funding.
- If you have someone in mind for the program, please get in touch with Wellways on:
1300 111 400

Elizabeth Brooker (Goodstart Dalby) 0401 332 806 ebrooker@goodstart.org.au

- Elizabeth is a *Family Community Engagement Worker*, a part of the IAP program which is - Increasing Access and Participation of children under 5, free of charge to the vulnerable children within the community.
- Helping access Centrelink payments for the child care subsidy up to a handover with the centre and then working with the family and children in that centre for about six weeks.
- Working with children with developmental delays etc. who normally wouldn't be able to access early learning.
- Referrals come in from lifeline, St Vincent De Paul, Child Safety, Act for Kids etc.
- Cover Logan, Ipswich, Darling Downs right up to Harvey Bay.

Peter Pendlebury & Sheralda (Act for Kids) 0429 476 739/4687 0200

peter.pendlebury@actforkids.com.au

- Act For Kids provides the Intense Family Support Service for the Western Downs area.
- Home visits working directly with families in the home, developing case plan goals that focus on child development and wellbeing.
- Including linking to local supports and stakeholders.
- Families must have children in their care
- Act For Kids are open Dalby and Western Catchment zones.
- Referrals made through the Family and Child Connect Website.

Wayne Smith (StandBy – Support after Suicide) 1300 727 247 & 0460 362 330

wayne.smith@ucommunity.org.au

- Providing support for anyone impacted by suicide.
- No limitation on the timeframe, whether it be a few hours ago or 50 years ago.
- Face to face support is our first option.
- Unfortunately Dalby has had a number of suicides these past few months.
- We don't offer long term support, but will offer that initial support, then we link to other services, we can follow up in two years.
- Free training available: -
 - **A)** Community Based Training – “What I Say Is What I Do” & “Facing What It Is”.
 - **B)** Service Providers Training – “Pathways to Care” (Aiming to bridge the gap of who is available in the event of a suicide happening).
- Federal Government has provided funding.

Hilary Weedon (Rural Financial Counselling Service) 0491 259 861 hilary.weedon@rdcssq.org.au

- Hilary Weedon - *Rural Financial Counsellor*
- Rural Financial Counselling Service (RFCS) Southern Queensland
- The Rural Financial Counselling Service offers free impartial and confidential financial counselling to primary producers who are experiencing or at risk of financial hardship and located in Southern Qld area.
- Financial Counsellors can assist with working through a farm's financial difficulties and get things back on track.
- We can assist with a wide range of services including:
 - Farm business plans
 - Improving cash flow and budgeting
 - Bank and creditor negotiations
 - Farm Business Debt Mediation
 - Accessing financial support, including the Farm Household Allowance.
- We can visit on property or at another suitable location. Alternatively, we are available to talk on the phone or via video chat.
- Also available is a free and confidential business wellness coaching. If you're a primary producer in Southern Qld experiencing mental health or emotional wellbeing stress, then you may be eligible for a one-to-one customised emotional coaching and wellbeing support.
- Our website <https://www.rfcssq.org.au/> provides further information.
- I am happy for anyone who wishes to discuss our service further to contact me on 0491 259 861.

Meredith Barry (Darling Downs & West Moreton PHN) 0431 424 319

meredith.barry@ddwmpnh.com.au

- Meredith from Darling Downs and West Morton PHN.
- Meredith is the *regional suicide prevention coordinator* for this area
- Attending meeting to see what services Dalby has and if there is any assistance she can help with.
- Meredith is hoping to put on a community service day to help make community aware of what services are available to them in the area.

Gursimran Kaur (Youth in Search) 0499 500 725 gursimran.kaur@youthinsearch.org.au

- Simmy is the new Social Worker for Youth in Search, based at Dalby State High School but supporting the wider Dalby community.
- Youth in Search is a program for young people 14-20 dealing with Anxiety, depression, Low self-esteem, bullying anything that is affecting young ones. Need to be referred through.
- Free Peer to peer support program. No cost to go away.
- Running a total of three programs the first is individual one on one case management.
- Second is an afternoon support group meeting are run every Wednesday from MYCNC commencing at 3.15pm – 4.15pm.
- Third are weekend camps, starting on a Friday afternoon and ending on a Sunday afternoon. Camps are held every 4 - 6 weeks.
- Attendees for camps will need to be vaccinated.
- More information please see attached.

Gail Courte (Rural Aid) 0428 185184 gail.courte@ruralaid.org.au

- Rural Aid are able to provide primary producers registered with Rural Aid assistance with hay, domestic water, financial assistance and counselling. See more information below. To access any of these services, farmers can visit our website <https://www.ruralaid.org.au/services-provided/> or call 1300 327 624
- **Counselling and Wellbeing**

- Rural Aid offers free, confidential counselling to registered farmers and their family. They conduct counselling at the place that best suits, on farm, in town or over the phone. Rural Aid counsellors are professionally trained to help support people navigate all kinds of life challenges but come with an understanding of the unique needs of rural people.
- **Counselling Intake Line – 1300 175 594**
 - Rural Aid's dedicated counselling intake line is staffed by our trained counsellors Monday to Friday 9-5pm AEDST. Farmers, farming family members and farm workers can all contact this number to gain information about counselling, gain support and complete our intake process to be linked in with a counsellor. All services are free and the person does not have to be a primary producer; hobby farmers and their family can also access the intake line. Farmers are supported with practical strategies to help them refocus and get back on track.
- **Hay**
 - Rural Aid sources and delivers hay for primary producers when there is a localised need for assistance. If you are in need of hay assistance, contact us for more information.
- **Domestic Water**
 - Rural Aid coordinates domestic water deliveries to assist farmers in need of household water. All farmers registered with Rural Aid can request a load of domestic water once per quarter, per farm. We will then use a local water carter to deliver a load of potable water directly to your house tank. We can work with your allocated water carter or find a local licenced carter for you. If you would like to request a load of water, you can email us directly.
- **Farm Army – www.farmarmy.com.au**
 - The Farm Army is a job posting platform for farmers and workers or volunteers. Farmers can post a variety of jobs on a volunteer or paid basis. They can also offer positions on a contra basis, where applicants work in exchange for meals and/or accommodation. Rural Aid provides the platform where farmers list jobs, but is not involved in the applicant selection process.

Meeting closed: 1 pm

Next meeting to be held on the 20th June 2023 at 12pm

TRACC | Tackling Regional Adversity through Connected Communities

The TRACC Program – Darling Downs Health Service

Experiencing anxiety and loss are common responses to severe weather events, disasters, or other community crisis. The TRACC program supports regional, rural and remote communities affected by adverse events by providing support and information, connecting people to the right care, mental health promotion and increasing community resilience.

Training & Education Opportunities

TRACC provides the following workshops, training and support to individuals, local services and organisations:

- Community Recovery
- Psychological First Aid
- Skills for Psychological Recovery
- Mental Health Literacy
- Mental Health First Aid
- Suicide Prevention Awareness
- Rural Minds
- Wheel of Wellbeing
- Professional Development Sessions
- Information / Awareness Days
- Community Projects
- Annual Community Grants

Need Immediate Assistance?

At times when we feel overwhelmed, it is important to know *who can help*. To connect with your local Mental Health, Alcohol and Drug Service *24 hours a day, 7 days a week* call:

MH Call 1300 642 255

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Gambling Helpline: 1800 858 858

Kids Helpline: 1800 551 800

Domestic Violence Helpline: 1800 811 811

Beyond Blue: 1300 224 636

Alcohol and Drug Information: 1800 177 833

Sexual Assault Helpline: 1800 010 120

Relationships Australia: 1300 364 277

MensLine: 1300 789 978

In case of an emergency please call 000 or attend your local hospital emergency department



Darling Downs
Health
Caring for our communities - healthier together



Darling Downs Health acknowledges the Traditional Custodians of the land,
and pays respect to Elders past, present and future.

Kristie Lambert

Clinical Nurse Consultant—Mental Health
Regional Adversity Clinician
kristie.lambert@health.qld.gov.au

Graham Stark

Clinical Nurse Consultant—Mental Health
Regional Adversity Clinician
graham.stark@health.qld.gov.au

Fiona Riley

Clinical Nurse Consultant—Mental Health
Regional Adversity Clinician
fiona.riley@health.qld.gov.au

How we can help families...

Early years play to learn...

What can we do for you?

- Are you looking to enrol in school and/or seek before/after school care?

We can help:

- Are you looking for daycare or kindergarten?

We can help!

- Are you looking for playgroup or sports activities?

We can help!

- Are you looking to connect with child health?

We can help!

- Are you looking for a way to make the move easier?

We can help!

- Are you looking for help in other ways?

Stepping out to playgroup or organised early years activities for the first time can be overwhelming.

How we can help: Early Years Support Services can put you in touch with other families, playgroups, health services and early childhood organisations in our community.

Everyone is welcome at kindy! See how we can work together to support all children to make the move to daycare or kindy.

How we can help: Early Years Support Services can answer questions about how to get started in kindy, including connecting you with early childhood services in our community.

Together, let's make the move easier.

Starting school can feel like the biggest step for children and families. See how we can work together to make the move easier.

How we can help: Early Years Support Services can help with enrolment in school and before/after school care.

Are you looking for help in other ways?
Early Years Support Services are here to help make the early years a great start to learning for everyone. Ask us how!

- ✓ We can help families to support their children's early years of learning before school.
- ✓ We can help families to build strong links between home, playgroup, kindy, school and the community.
- ✓ We can help families to find the right early years learning for their child.
- ✓ We can help families to make contact with playgroups, kindy, schools and community groups.
- ✓ We can help families to find the help their children need.



Contact us today.

Letitia Amos

Phone Number

07 4672 3666

E-mail Address

lamosl6@eq.edu.au



Sarah Wenham

Phone Number

0499 947 710

E-mail Address

swenhl10@eq.edu.au



Get in touch today. Simply call, text or email either Letitia or Sarah anytime.



“ Making the move from home to daycare or kindy for the first time should be a wonderful time for any child.

Everyone is welcome at kindy! See how we can work together to support all children to make the move to kindy.

Starting school should be a special time for children and families. See how we can work together to make their move to school the best.



Early Years Support Services

Together we can make a great start for your child's learning.



DALBY STATE SCHOOL



DALBY SOUTH STATE SCHOOL



Personalised community-based
psychosocial supports and services


Everyone needs a hand from time to time.

The team at CountryCare Connections are all about
supporting you to live with mental illness while living your
best life and helping you navigate your way to recovery.

Country Care Connections offers non-clinical psychosocial supports to people who are both accessing and not accessing NDIS funding. Country Care Connections is also a registered provider of "Life Transition Supports" through NDIS. We have many years experience in supporting psychosocial clients to access services in remote and rural areas.



 @countrycareconnections

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Country Care Connections is a registered business name of the not-for-profit charity Rural & Remote Mental Health Ltd



Rural & Remote Mental Health is a not-for-profit organisation with charitable status. Donations to RRMH are very welcome and help support programs and resources designed to improve the mental health of people who live and work in rural and remote Australia. Donations are tax deductible and can be made via our website rmh.com.au

For information, contact: info@rmh.com.au

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Indigo Children Life Skills Coach


15th May 2023

Dear Sir/Madam

My name is Kelly Eddie I live on the Western Downs in Macalister. I have been working with Children who are neurodiverse and who live with a disability for over 15 years. I have decided to build my own business here on the Western Downs to to close the gap for more support in areas for kids that are struggling with Autism, social anxiety, adhd, intellectual disability, developmental delays, Asperger and many more complex needs.

I offer support for parent/caregiver as well as child/Children with different needs and obstacles. I specifically have a desire to help children who experience Challenging behaviours, emotional regulation, school avoidance, attending doctors appointments, play based therapy modality, setting goals, building better decision Making, life based skills. I work in a mentor capacity for children by having this experience and understanding I can support children and families to achieve their goals for both short and long term development. I believe in Connect, empower, play and grow. I have attached an outlined information pack and price guide for you to consider.

Sincerely,

0487530389 

Indigochildrenlsc@gmail.com 

Kelly Eddie

Owner



Indigo Children

Life Skills Coach

Kelly Eddie

Kids Coach

Located Dalby Offering in
home visits/ office
or more Relaxed Setting
such as a park or cafe



0487530389
ndigochildrenlsc@gmail.com
www.indigochildren.com.au



Kelly Eddie

SERVICES



4 TO 7 YEAR OLDS

play modalities
Group socialising
Energetic Healing
Working on Emotional regulation and breathing
Building cognitive skills and Fine and gross
motor Skills



7 TO 11 YEAR OLDS

Group Socialising
Energetic Healing
Working on Emotion regulation and breathing
technique.
Building better decision making skills
Importance of school attendance



11 TO 18 YEAR OLDS

Mentoring
Emotional behaviour support
Cooking and Domestic Skills
Challenging Behaviours
School attendance
Emotional Regulation Advance technics

Kelly Eddie

Kids Coach
owner/ Operator
Indigo Children Life Skills Coach

EXPERIENCE

2 years Work Experience working as a Youth Support Work and Special Needs Teacher with QLD Education working with children with challenging behaviours, trauma, mental illness, Autism, intellectual disability.

2 Years Disability support and Disability Employment support.
Resume, goals, support work, appointments, vision boards.

6 years NSW Disability and Age care support Work
Personal hygiene, support work.

Life Experience
3 teenage Children 2 are Neurodiverse
My brother who I helped raise born 1993 has Asperger's Social anxiety disorder and tourettes also has a learning disability and I home schooled him as my mum had no schooling

EDUCATION HISTORY

**Certificate III Community Service/
Youth/Disability**
Institution: TAFE
Year of Graduation: 2019

*Certificate of NDIS
Certificate of Kids Coach
Reiki Level 1
Certificate of Autism*



CONTACT ME

0487530389
indigochildresc@gmail.com

RELEVANT SKILLS

- Challenging Behaviours
- Energetic Work
- Play Therapy Modalities
- Emotional Regulation
- Life Based Skills
- Family Support
- Group Socialising
- Building cognitive skills fine and gross motor skills
- Mentoring

VOLUNTEER WORK AND INTERESTS

Group Support Meetings In Dalby
Fortnightly For Parents and
Caregivers.



PRICE

Guide

1 HOUR 1:1 SESSION	\$62
2 HOUR 1:1 SESSION	\$150
GROUP SESSION OF 5 PEOPLE	\$32 each week or \$200 each for 7 weeks up front
PARENT 7 WEEK COURSE	\$85 each week or \$500 upfront
OUTINGS TO PROGRAMS DOCTORS, APPOINTMENTS	Hourly rate \$62 plus \$1 per km

INDIGOCHILDRENLSC@GMAIL.COM



Goolburri Community Day

Domestic Violence Prevention Month

Date: Wednesday 31st May 2023

Time: 11am-2pm

**Location: Thomas Jack Park,
Pratten Street Dalby**

You are invited to join in on GOOLBURRI'S
community Day! We aim to spread awareness for
Domestic Violence Prevention Month to the
community.

A BBQ will be provided, alongside some fun
games, a face painter and a jumping castle!

Everyone is welcome come and say Hi!

If you have any questions
please contact

Kristy on 0428 416 695



We walk with you on your journey



Family Wellbeing Service

We help and support you to manage challenges and keep your children and your family together.

Support depends on what you need but could include things like:

- In-home support
- Parenting
- Child behaviour
- Help with housing, schools, mental health services etc
- Linking with other services
- Cultural connection
- Helping with school issues
- Attending meetings with you
- Health and wellbeing
- Transport

You can refer yourself or your family members.

We can also receive referrals from schools, health services, Child Safety or other support agencies.

We help whenever you need our support to manage the challenges that families sometimes experience.

- Often families are doing a good job. You know your family's strengths, but you also know what needs to change.
- Everyone needs a little help sometimes.
- Don't be frightened to ask for help. Don't leave it until it's too late.
- Taking some action now and getting Goolburri's help early gives you the best chance to keep your family together.



Yarn to us

07 4637 9953
intake@goolburri.org.au

Goolburri Aboriginal Health
Advancement Co Ltd
20 Saett Street,
Toowoomba Q 4350
goolburri.org.au

TOOWOOMBA | DALBY | GOONDIWINN | WARWICK | ST GEORGE | CUNNAMULLA | CHARLEVILLE | ROMA



Rural Aid Counselling Service

Rural Aid's counsellors are based across Australia. Our counsellors are qualified and nationally recognised. We can connect with you via telephone or in person. **Rural Aid** counsellors regularly travel to properties for 'farm gate' sessions.

The benefits of counselling can include improved communication between you and your family, increased confidence, stronger boundaries, trauma and grief support, and finding solutions to personal challenges as a team.

Farmers, their family members, and their employees can access this free service. Retired and hobby farmers are also eligible.



**Counselling
creates a
safe space
to be heard and
understood**

Counselling is...

- delivered by a trained professional
- confidential and non-judgemental
- about the topics you want to explore
- tailored to your individual needs
- free of charge

Counselling line:

1300 175 594 | ruralaid.org.au/counsellors

For our mates in the bush

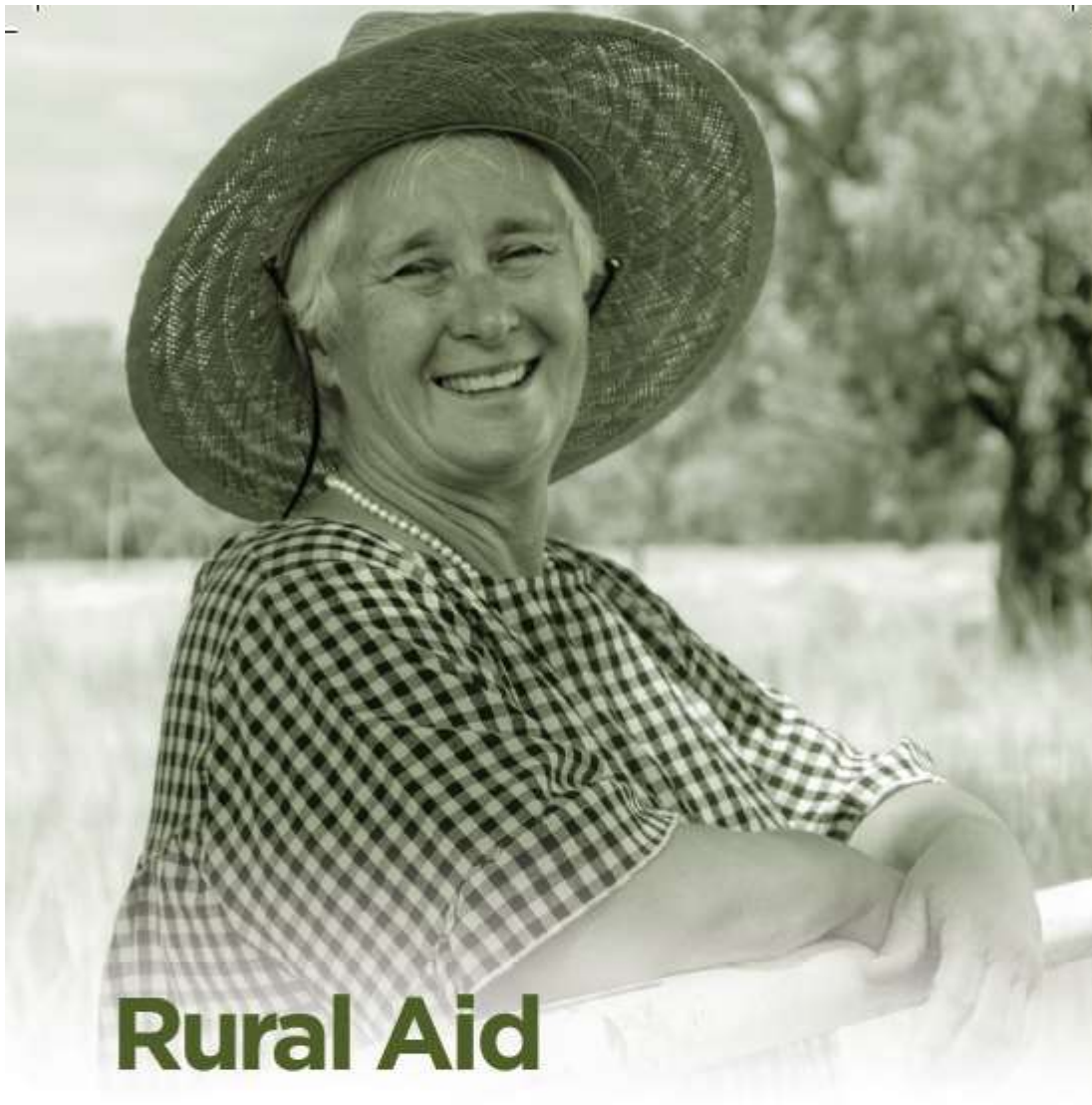


Counselling line:

1300 175 594 | ruralaid.org.au/counsellors

For our mates in the bush





Rural Aid

Rural Aid stands with farmers when they need us most.

Rural Aid provides critical support to farmers affected by natural disaster through financial, water, fodder and volunteer assistance.

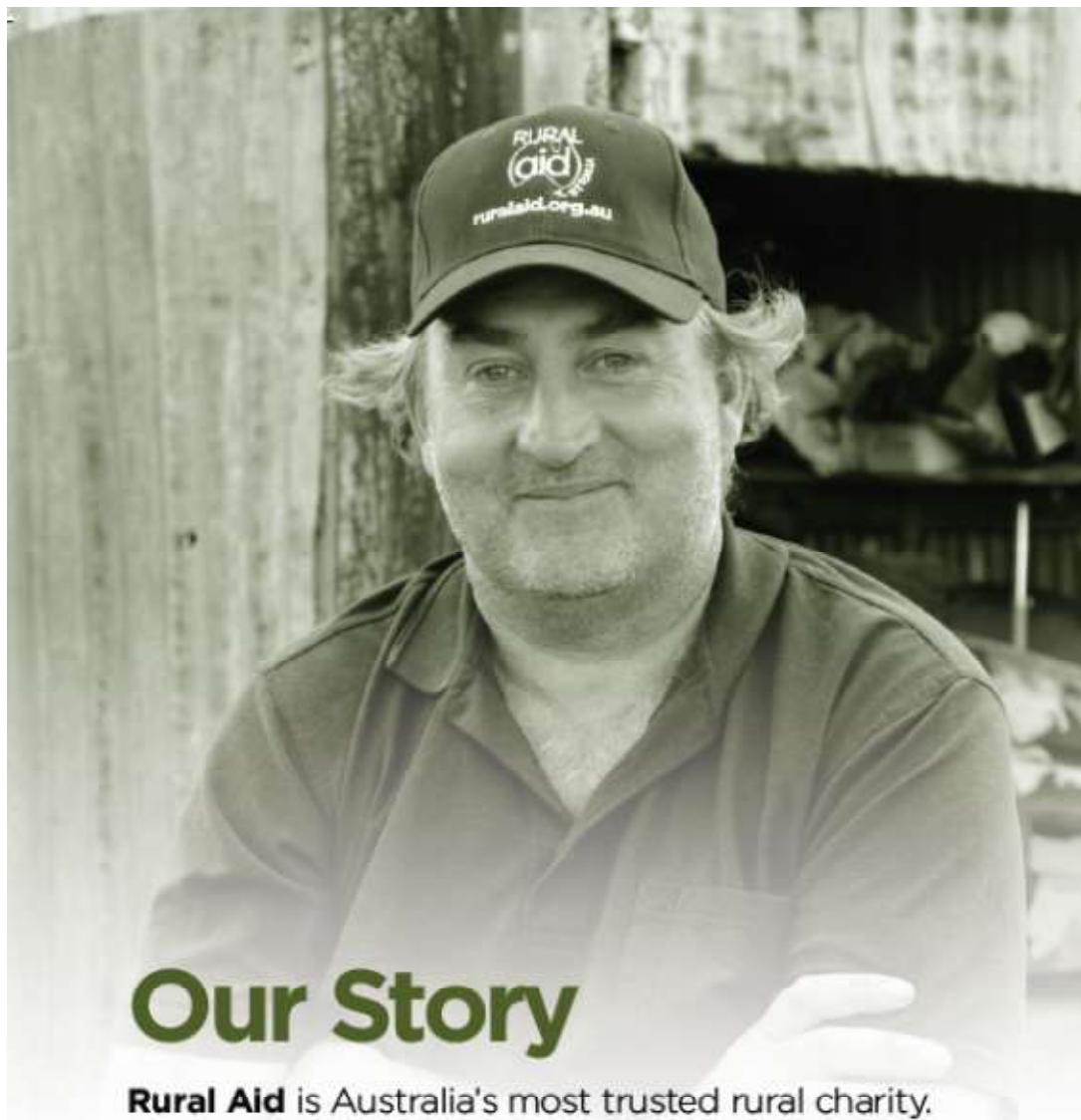
Rural Aid also offers free, confidential counselling to registered farmers and their families. Our vision is to help safeguard farmers by supporting their sustainability to endure the many challenges they face.

We work with community groups and industry to deliver programs that help connect and sustain rural centres. All we do is to support farmers – our mates in the bush.

Registering with **Rural Aid** is free and easy to do. More than 16,500 farmers have done so already.

How can we support you?
ruralaid.org.au | 1300 327 624

For our mates in the bush **RURAL (aid)**



Our Story

Rural Aid is Australia's most trusted rural charity.

Established in 2015, **Rural Aid's** vision is to safeguard farming and rural communities before, during and after natural disasters. We stand ready to support farmers when disaster strikes and to offer the help needed at the time.

Rural Aid is also dedicated to supporting a stable future for our farmers to ensure they can keep providing food and fibre for all Australians.

We do this through our innovative programs that increase the resilience and sustainability of farmers, families and rural communities. As an independent charity, we rely on the generosity of our industry partners and supporters who fundraise, donate and volunteer to enable our vision to be realised.



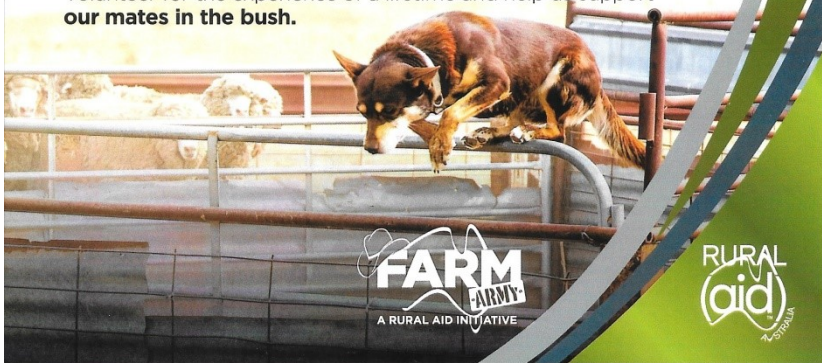
Register with
Rural Aid

For our mates in the bush



Our farmers sure could use a hand,
because 'Red' can't do everything!

Volunteer for the experience of a lifetime and help us support
our mates in the bush.



See rural Australia. Help rural Australia.

Rural Aid's Farm Army is a job posting platform, where farmers post jobs they need help with, and workers and volunteers can find jobs.

If you have skills and are keen to offer your time, a bit of sweat and want to meet some awesome rural people, (and their equally awesome dogs) then register your interest today.



farmarmy.com.au

