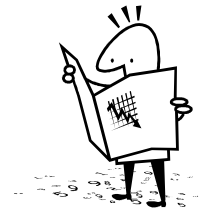




# HUBbub



Newsletter of Community Development Services Inc.

Autumn/Winter Edition 2009

Welcome to the First Edition of HUBbub for 2009.  
Thank you to all our contributors.

## IN THIS ISSUE

(in no particular order)

- ✓ What is the JourneyTM?
- ✓ GraniteNet is online and operational
- ✓ CDS Management Committee
- ✓ Volunteers needed at CDS
- ✓ Volunteers needed at The Council of the Aging (is there a pattern developing here?)
- ✓ New club
- ✓ New Courses
- ✓ Getting support from your community
- ✓ New Legal Service
- ✓ New Counselling Service

DISCOVER

[www.granitenet.com.au](http://www.granitenet.com.au)

TODAY

Australian Human Rights Commissioner Graeme Innes visited Stanthorpe during March. He is pictured here with staff members Jackie, Bronwyn & Susan and CDS worker Tim Pellatt. For the full story see Page 7



"The true harvest of my life is intangible – a little stardust caught, a portion of the rainbow I have clutched"  
*Henry David Thoreau*

Articles for HUBbub can be forwarded to CDS via Email [cdsinc@halenet.com.au](mailto:cdsinc@halenet.com.au). Cut-off date for the July - Oct 2009 Edition is Friday 19<sup>th</sup> June 2009. For more information please contact CDS Ph: 4681 3777

**CDS** is a community-based, non-profit organisation run by a voluntary Main Management Committee consisting of people with diverse skills and links to all sectors of the Community. **CDS** has been in operation since 1986 and is funded, primarily, by the *Department of Communities* Queensland.

You can contact any of the committee members through the CDS offices at 8 Corundum Street, Stanthorpe or by phone (07) 4681 3777

Funded by



**Queensland Government**  
Department of **Communities**

## CDS Management Committee

Community Development Services Inc has the support of the following wonderful people who were elected to voluntary positions on the CDS Management Committee

President:	John Island
Vice Presidents :	Scott Butcher Jenny Sherrin
Secretary:	Barbara Benham
Treasurer:	Karen Thompson
Committee members:	Sarah Day Gerard Gasparin Marianna Harris Rachelle Clark
Family Day Care:	Kerrylee Anderson
Kids Korner:	Kylie Burton-Beckett
Granite Belt Learners:	Jenny Sherrin

## Stanthorpe Community Legal Service

### FREE LEGAL ADVICE

#### WHERE:

Granite Belt Neighbourhood Centre  
8 Corundum Street  
Stanthorpe Qld 4380

Every WEEK **BY APPOINTMENT**

PHONE 4681 3777 for bookings

This service is funded by CARE Goondiwindi

### Some useful telephone numbers and contacts

Police / Fire / Ambulance (Emergency Only)	000
Domestic Violence Crisis Line (24Hrs)	1800 811 811
Men's Info line	1800 600 636
Kids Help Line (24 Hrs)	1800 551 800
Women's Sexual Assault Crisis Line	1800 010 021
Parentline (8am – 10pm)	1300 301 300
Women's Legal Service	1800 677 278
Legal Aid Queensland	1300 651 188
Lifeline	13 11 14

#### Local & Regional Help

Domestic Violence Regional Service	4639 3605
Toowoomba Advocacy & Support Centre	4616 9700
Toowoomba Sexual Assault Service	4616 6950
Stanthorpe Community Health	4681 5260
Community Development Services	4681 3777

### EMERGENCY RELIEF

#### What is Emergency Relief?

Emergency Relief is a way of helping people in financial crisis. Community Development Services Inc (CDS) is one of approximately 1400 outlets currently funded by the Commonwealth Government under the Emergency Relief Program. CDS currently provides Emergency Relief on a roster basis with the St Vincent De Paul Society. The objective of the program is "to assist people in financial crisis to deal with their immediate crisis situation".

Assistance is generally in the form of a food or fuel voucher for a fixed amount. However the emergency relief worker may also:

- Explore other ways of resolving the most pressing financial problem e.g. assisting with negotiations with a landlord to repay rent over time or basic negotiations with other creditors.
- Ensure that all the benefits and concessions are being paid correctly.
- Provide basic advice on a range of issues, such as budgeting.
- Determine if there are any additional problems which may require assistance e.g. counselling.
- Ensure that proper referrals are made to other services for further assistance.

#### Things you need know about accessing Emergency Relief

- CDS administers Emergency Relief between 11.00 am and 12.30 pm Monday to Friday. Currently CDS offers Emergency Relief during the months of February, April, June, August, October and December.
- All clients are required to make an appointment.
- Clients receiving benefits from Centrelink are required to have a current referral from that organisation that includes: the type of benefit received, details of the last payment you received and when the next is due. The referral should also include your name and current address.
- New clients are requested to complete an information schedule, which includes details of income and expenses and living arrangements. Existing clients should confirm the information held.
- The amount of relief provided is subject to the availability of funds and depends on your needs and the amount of relief we have previously provided.
- Relief is distributed by:
  - A voucher for food/groceries drawn in favour of Supa IGA or SPAR
  - A fuel voucher drawn on Stanthorpe Fuel and Services
  - A cheque drawn in favour of creditors

**We are unable to provide cash in any circumstances.**

**Don't let anyone's life be placed in danger, especially your own. In an emergency, call the *POLICE* on 000 or ask someone else to contact them for you.**



**FAMILY**  
RELATIONSHIP CENTRE  
HELPING FAMILIES BUILD BETTER RELATIONSHIPS



An Australian Government Initiative

Family Relationship Centres aim to:

- Strengthening family relationships
- Helping families stay together
- Assisting families through separation

Phone the Family Relationship Centre or visit the website  
[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)  
for information on services including family dispute resolution.

**632 Ruthven Street, Toowoomba**  
**Ph: 07 4699 5444 Fax: 074638 2644**  
**E: [fradmin@tmba.centacare.org.au](mailto:fradmin@tmba.centacare.org.au)**



### WANTED

CDS IS LOOKING FOR VOLUNTEERS, MEN & WOMEN, YOUNG & OLD, TO HELP WITH A NUMBER OF COMMUNITY PROJECTS. IF YOU HAVE SOME SPARE TIME AND AN INTEREST IN THE COMMUNITY PLEASE CONTACT MEL FORBES ON 4681 3777

# Community Development Services Inc.

## INFORMATION SHEET FOR CLIENTS / ADVOCATES

Community Development Services Inc respects and upholds your rights to privacy protection. We hold the following information about you:

- Name, address, telephone and other contact numbers / details
- Date and Country of Birth
- Occupation / Pension details
- Name of your Partner (if applicable)
- Names & ages of your children (if applicable)
- Details of the services we have provided you with
- Details of organisations we have referred you to
- Any information you may have provided through client/consumer surveys

The information we hold about you is held in a secure system and is accessible only by authorised persons.

To provide quality services for you or the person/s you care for, we may consult with a team of skilled people. Consultations will only occur with your consent. That team may consist of relevant people such as the following:

- Staff of Granite Belt Family Support Services
- Community Health
- Centrelink
- Doctor
- Mental Health Worker & / or *Mental Health Team.*
- Aboriginal Health Worker
- Disability Services
- Staff at your child's/children's school
- Counsellors E.g., *Community Worker, Domestic Violence Worker, Anglicare*
- Other services or agencies as identified by you**

Consulting can occur by:

1. Case Conference - to which yourself or your advocate may attend.
2. One to one contact between professionals.

*For quality improvement purposes your client record may be audited and data may be collected for planning and research purposes.*

If any such processes occur to your chart your personal information will be treated in the strictest confidence.

*This information is left with you for your future reference. Should you wish to alter any information or discuss any aspects of the client consent process, please do not hesitate to contact:*

**Community Development Services Inc 4681 3777**



DISCOVER

[www.granitenet.com.au](http://www.granitenet.com.au)

TODAY

## THE JOURNEY™ PROCESS.

What is the Journey™?

The Journey™ is a powerful and unique process which gives you direct access to the infinite wisdom of your body and your cellular memory in order to clear out old physical and emotional patterns which no longer serve you.

Today, thousands of everyday people around the world are using it to really get to the core of physical and emotional issues. For some, the issue may have been a lack of self esteem or a recurring sadness or emptiness. For others, it may have been long lasting back pain or a life- threatening illness.

While many people have had miraculous results using the Journey™, it is not a "magic fix". It is a natural process, which relies on the openness and willingness of a person to face and resolve old memories which are stored in their cells.

The healing that is often experienced in the Journey™ is explained by the theory of cellular memory. Simply put, the concept of cell memories explains why someone who had skin cancer in January would still have it in June when skin cells completely regenerate every three weeks. (Yes, you literally grow a whole new skin every three weeks! Your liver is all new in six weeks and eye cells regenerate in 48 hours!)

Finally, the Journey™ is not just about getting well, it's about living as an expression of your highest truth in every moment. People who experience the Journey often find that they are better able to access their own inner wisdom. They feel more grounded and centred. The Journey can help you get in touch with your life purpose and to live it.

If something about this description strikes a chord with you, you may be interested in reading *The Journey* by Brandon Bays. You can find her book at many bookstores and libraries. There is also a website: [www.thejourney.com](http://www.thejourney.com) .

There is a Toowoomba based facilitator: Margueritte May : 4632 6771

### Want to help others learn?

Obviously you are a person who loves learning! If you also love helping others to learn and can communicate clearly, we may have the volunteer position you're looking for! We are seeking volunteers to facilitate interactive learning sessions with groups of seniors in your local community. The sessions are on health topics, such as understanding depression or using medicines wisely, and more topics may be available in 2009. The aim is to empower seniors to take good care of their own health so they may enjoy a healthier, happier lifestyle. Training is offered which encompasses adult learning principles and strategies, and the volunteer role can fit around the time you have available. We provide reimbursement for out-of-pocket expenses including petrol.

For further information please contact **Council on the Ageing Qld** on 1300 738 348 (cost of a local call) or email [cotaq@cotaq.org.au](mailto:cotaq@cotaq.org.au)

**Join our great team of volunteers!**

Learning Network Queensland – Stanthorpe is offering a new fully funded course called **Linked Learning Program** at **Wallangarra**. The program starts in late March and finishes late June.

The program includes:

3 accredited units from Certificate I in Information Technology

- Operate a computer
- Send and retrieve Information using Web browsers and Email
- Word Processing

And 4 accredited units from the Certificate II in Business Skills for Workplace Re-entry

- Access Employment & Training
- Job Strategies
- Organise & Complete Daily Work Activities
- Occupational Health & Safety

Plus Literacy & Numeracy Skills

- Workplace literacy skills
- Literacy issues using computers
- Communication skills
- Financial literacy program

The program is funded by the Department of Employment and Industrial Relations' *Skilling Queenslanders for Work* Initiative and is available to Queensland residents who need assistance to improve their literacy & numeracy, computer skills, job seeking skills and training options.

Contact LNQ – Stanthorpe on **4681 3975**, during office hours, Tuesdays to Thursdays from 9am – 4.30pm for more information if you are interested or know someone who may be interested.

### **Community Literacy Program to start in May at Learning Network QLD – Stanthorpe**

LNQ in Stanthorpe is offering the fully funded Literacy, Numeracy in Queensland (LiNQ) Program to those who wish to improve their reading, writing and numeracy skills to meet the demands of everyday life and work. It is available to local Granite Belt residents aged between 18 and 60. If you need support or know someone who needs help with their literacy and numeracy skills please contact LNQ during hours, Tuesdays to Thursdays, 9am – 4.30pm, on **4681 3975**.

This project has been funded under the Department of Employment and Industrial Relations' *Skilling Queenslanders for Work* Initiative.



### **Your Future Pathways (Linked Learning Program) In Wallangarra**

If you are interested in improving your computer skills and need assistance to get back into the workforce, then this program is for you. This course covers accredited computing and job seeking skills and also gives you the opportunity to improve your reading, writing and maths skills.

**Course begins: late March**

**Phone**

Learning Network Queensland – Stanthorpe  
on **4681 3975** to enrol today.



This project has been funded by the Department of Employment and Industrial Relations' *Skilling Queenslanders for Work* Initiative

**DISCOVER**

[www.granitenet.com.au](http://www.granitenet.com.au)

**TODAY**

**If you or someone you know:**

- seems overwhelmed by their problems
- appears sad, depressed, withdrawn, teary
- often feels angry, upset or really hassled
- can't be bothered doing things they enjoy
- is having trouble coping with grief or a loss
- is hurting other people or themselves
- is using drugs or alcohol just to cope
- talks about wanting to die or escape or
- is just doing it tough

**You can help:**

1. Spend some time with the person, let them know you care and are willing to offer support
2. Let them talk about their concerns - Maybe they just need to let off steam or feel heard
3. Stay calm and listen to what they are saying
4. Be accepting and take their concerns seriously
5. Reassure them that they are not alone and that help is available - encourage them to seek support
6. Lend a hand with everyday things

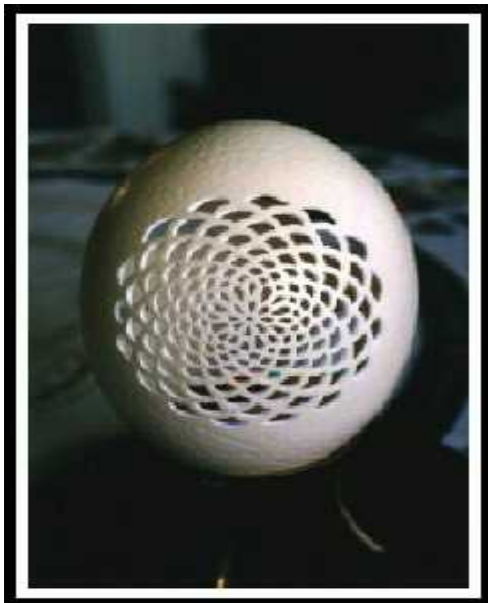
**Getting support from your community:**

Find support for yourself and the person you are assisting. Contact someone you trust for help: a family member or friend, teacher, minister, the family doctor, counsellor, social worker, community worker, crisis line, school support staff or the local health service. There are people you can trust who will understand, give support and respect your wishes.

Stanthorpe Community Health ..... 4681 5260  
Community Development Services .....4681 3777  
Youth Development Worker .....4681 0925  
Lifeline (24 hours) ..... 13 11 14  
Kids Help Line..... 1800 55 1800  
Parentline ..... 1300 30 1300  
Domestic Violence Crisis Line..... 1800 81 1811  
Headspace Southern Downs ..... 4661 1999  
Hope for Life..... 1300 467 354

[www.suicideprevention.salvos.org.au](http://www.suicideprevention.salvos.org.au)  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

These egg shells were cut with a high intensity precision Laser Beam. This gives a very good idea of what can be achieved with a Laser Beam. This gives you an idea what laser surgery performed on one's eye is all about. Is it any wonder how one's vision can be improved in just a few moments? Science is sometimes wonderful, and it's still on the frontier of gaining new knowledge. Incredible what can be done with an eggshell and a laser beam.



## Emergency Service Cadets

*The Emergency Service Cadets Need YOU!*

*Are you over 18?*

*Do you have an interest in:*

- *the development of young people*
- *Teaching Life skills*
- *Encouraging young people to participate in the community*
- *building initiative, leadership, self-discipline and loyalty*

*Then come and join the program that introduces Queensland's young people to forms of emergency services related training that will better equip them for community life*

*For further information please contact Rebecca on 46810925*

Department of  
Emergency Services



## NEW GYMNASTICS CLUB

Classes for boys or girls (both school age and before school age), with accredited  
Gymnastics coach  
Run from the Stanthorpe State School stadium.

For further information call **Cindy: 0746810880 or 0447240300**

**Please:** Remember to leave a message with your phone number and I will get back to you.

### **Australian Human Rights Commissioner visits Stanthorpe – by Ashleigh Bond Stanthorpe** Border Post

The Australian Human Rights Commissioner, Graeme Innes, was in Stanthorpe during March, to address a conference of community service representatives from the South West (SWAN) about the National Human Rights Consultation. The conference, hosted by CDS, was a networking meeting for community service groups across south west Queensland and the commissioner, Mr Graeme Innes, was one of many guest speakers.

Mr Innes strongly encouraged the representatives to make a submission to the National Human Rights Consultation. He said the consultation, which was instigated by the federal government in November last year, was looking into whether human rights should be better protected in Australia. “We’re talking to groups who are attending this meeting...to build their capacity to make submissions,” he said.

He said visiting the conference also allowed them to talk to the community service representatives about the issues facing regional communities. “We can’t talk to individual people, we’re hoping the information will trickle through,” he said. “We think it’s very important for this project to hear and work with groups in regional areas. “The guts of the decisions are made in big metropolitan areas. We want to encourage the voice of regional and rural Australia.”

Mr Innes said the commission would make a submission to the consultation, recommending the creation of a Human Rights Act. “The Australian Human Rights Commission believes human rights are not adequately protected,” he said. “That (the Act) would require any new laws run past a human rights test.” He said it would not have the power to stop a law being passed, but would make Parliament always consider human rights first. “It also allows courts to look at existing laws,” he said. He said they could be sent back to Parliament for consideration as to whether it breached human rights.

Stanthorpe Community Development Worker Tim Pellatt said it was exceptional to have a visit from the commissioner. He said CDS would consider making their own submission to the consultation.

Mr Pellatt said about 30 people gathered from around south west Queensland for the conference to network and share information. The Queensland Council of Social Services also attended to develop a social policy to take to the government, he said.

To read about the National Human Rights Consultation visit [www.hreoc.gov.au](http://www.hreoc.gov.au).

CDS also has copies of the “Lets talk about Rights” toolkits available at its office in Corundum Street

## COUNSELLOR & FAMILY THERAPIST

*A caring, sensitive approach for Individuals, Families, Teens and Couples*

Sue Dean has an Advanced Diploma in Counselling & Family Therapy (Christian), and is available to facilitate progress using a model which draws from approaches including Psychodynamic (emotional awareness and connection), CBT (Cognitive Behaviour Therapy), Communication, and Systems Theory. Member of Australian Counselling Association (Qualified). Rates are very affordable.

Sue Dean Phone: 0408 735 857 Email: [sue.dean.counselling@gmail.com](mailto:sue.dean.counselling@gmail.com)  
Room 3, 141 High Street, Stanthorpe (Above Glenn Turner's Mensland).

### Being a Volunteer

It's not for money  
It's not for fame  
It's not for any personal gain  
It's just for love of fellow man  
It's just to lend a helping hand  
It's just to give a tithe of self  
That's something you can't buy with wealth  
It's not for medals won with pride  
It's for that feeling deep inside  
It's that reward down in your heart  
It's that feeling that you've been a part  
Of helping others far and near  
That makes you be a volunteer

Author Unknown

kindly reprinted from

**Rosies**

Friends on the Street

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[www.rosies.org.au](http://www.rosies.org.au)