



Barcoo Shire Community Newsletter

Farewell to Maureen

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Director Corporate Services— Blake Repine; Carolyn Gorringer; Trudy Gorringer; Maureen Scott; Kathy Cundy and Doreen Pitman

After close to 6 years employed as a Part-Time Community Information Officer at the Windorah Visitor Information Centre, Maureen Scott worked at the center for the last time on Wednesday 19th February.

Visitor Information Centre team members from across the three communities, Jundah, Stonehenge and Windorah farewelled Maureen with an afternoon tea and presented her with a sand pendulum complete with red sand from the Windorah sandhills.

During her time at the Windorah VIC, Maureen has been a dedicated member of the team towards the tourism of the Barcoo Shire. Amongst many other day to day tasks, Maureen ensured all requirements of the centre's Accreditation were met and complied with.

Maureen's friendly disposition towards our travelling visitors was often remarked upon in the nearby VIC's. It is always sad to lose a member of the community who always had the community at heart when it came to selling the area. Maureen's knowledge of the area and its people acquired over the years was a great access in giving to the traveler whom is forever seeking information on so many levels.

Staff wished Maureen all the best in her future endeavors and hoped that whatever she took on down the track, gives her the same satisfaction that the Visitor Information Centre in Windorah gave her.

Community

STONEHENGE CLEAN-UP DAY

Seven keen Community Volunteers arrived for the Annual Clean-Up Day at Stonehenge on Sunday 1st March. After formal sign-on and a tactical group discussion, two main areas were targeted. The clean-up was followed by a sausage sizzle and a cool refreshment. Thank you to the Community Volunteers and the Barcoo Shire for enabling our successful day.



Volunteers: L-R Ron Wilson; Peter Pidgeon; Prue Pidgeon and Corey Kempthorne

Date Claimer!

30th May & 6th July 2020

Watch this space for **confirmation** of two proposed touring shows coming to the Barcoo Shire in the coming months.

"Brisbane Comedy Festival On Tour" proposed for Jundah and "It takes Two" proposed for Stonehenge.

Further information will be published as it comes to hand.

Don't forget to circle these dates so as not to double book.....

Windorah PHC



WINDORAH PRIMARY HEALTH CARE CENTRE HEALTH HAPPENINGS

MARCH

- 4TH- PSYCHIATRIST AND CHILD YOUTH MENTAL HEALTH**
- 10TH – RFDS DR & CHILD HEALTH CLINIC**
- 10th - SKIN CLINIC (Fully Booked- Waitlist available)**
- 11th- OPTOMETRIST MICHAEL YOUNG**
- TBA- VOLUNTEER AMBULANCE DRIVER TRAINING**

APRIL

- 7TH – RFDS DR & CHILD HEALTH CLINIC**
- 21ST- RFDS DR & CHILD HEALTH CLINIC**
- 22ND & 23RD- NWRH DIETICIAN, PODIATRY, EXERCISE
PHYSIOLOGIST & DIABETES EDUCATOR**



Windorah PHC



VOLUNTEER AMBULANCE DRIVERS

Windorah PHC in conjunction with the Windorah Community and the Queensland Ambulance Service have recently had a number of training sessions supported by trained ambulance officers from Longreach and staff at the PHC.

We would love to thank the community for the dedication and enthusiasm to become a volunteer ambulance driver. The support our clinic receive from the wider Windorah Community is truly appreciated.

If anyone is not currently a volunteer but would like to be for this rewarding and essential role, please contact the Windorah PHC on 4656 6100.



COMPLIMENTS AND SUGGESTIONS

To help continually improve our services and provide a positive experience for all members of the community and travellers we invite you to provide us with feedback.

There are a number of ways to provide us with feedback including:

Windorah PHC

- Filling out a 'Have Your Say Form' (available at the clinic or emailed to you at request)
- Talking with staff at the clinic
- Talking to your local CAN representative



NEW BLUE PHONE

The **NEW BLUE PHONE** has now been installed at the front of the clinic. An information session about how to use will be held on the 26th March however if there are any questions or concerns about how to use don't hesitate to talk to staff at the clinic or your local CAN representative.



OUR TEAM WORKING TOGETHER

Gregory Electorate, Royal Flying Doctor Service Mr MILLAR (Gregory—LNP) (7.24 pm): I rise to talk about a good news story in parliament. I rise to speak at the behest of Mr Paul Wiggins and place on record his profound gratitude to the Royal Flying Doctor Service and the community of Windorah in my electorate of Gregory. More specifically, I wish to place on record the events that happened to Mr Wiggins and his partner in what is one of the most remote locations in Western Queensland. Mr Wiggins is from Parramatta in New South Wales. On Boxing Day 2019 they were a long way from home, travelling through South Western Queensland by road when Mr Wiggins suffered a heart attack. They rang the Windorah Primary Healthcare Centre and nurse paramedic Shelley Watts arrived promptly. As the on-call nurse for Boxing Day, Shelley's mission was to stay with Mr Wiggins and sustain him until the arrival of the Royal Flying Doctor Service. To Mr Wiggins's gratitude, Shelley's expertise was such that she was able to perform a blood enzyme test on the spot and an ECG.

Mr Wiggins had a second ECG during the RFDS medical evacuation flight, and the RFDS doctor was able to show him that Shelley's intervention had already unblocked the artery. Mr Wiggins fully recovered but the adventure was by no means over for his partner who found herself thousands of kilometres away from home, all alone, with no co-driver. She was about to make some new friends, and it was Ian and Marilyn Simpson, the proprietors of Windorah's Western Star Hotel Motel, and I saw them last week. Ian Simpson drove Mr Wiggins's partner, Shannon, and her car safely all the way back to Parramatta from Windorah, some 1,200 kilometres. We live in a world where we have social media and

Windorah PHC

people on social media criticising, but I think the majority of Australians are good people. Ian and Marilyn are a part of that quiet and decent Australia that many fear we are losing, but I can tell you everywhere across Western Queensland we still are decent people. Mr Wiggins has written asking that I voice his special gratitude to Shelley Watts, who saved his life, and to the RFDS crew of Dr Charles Ellis, nurse Di Dowrick and pilot Nick Tully. All of them delivered impeccable service with unsurpassed expertise. Mr Wiggins would also like to thank Windorah's postmaster and volunteer ambulance driver, Elaine, for her part, and of course he thanks both Ian and Marilyn Simpson from the Windorah hotel for doing such a fine job. It is good to be a Queenslanders and we see decent people every day.



From Left: Ian Simpson, Marilyn Simpson, Elaine Seawright, Shelley Watts

Expression of Interest

I am a qualified Hairdresser with over 15years experience. I am wanting to visit Stonehenge on a regular basis to service the Community with Men's, Ladies and Children's haircuts.

Will also be offering minimal Waxing/Beauty treatments.

My first visit will be Wednesday 11th March 9am to 3pm

Please contact me on 0409619576 for all enquiries and appointments

Beck Eggerling

Barcoo Shire Historical Society Inc.

Annual General Meeting

Date: Thursday 5th March 2020

Venue: Barcoo Shire Museum

Commencing: 5:30pm

Followed by General Meeting.

New members welcome.

Jundah State School News

Term 1 is half way through and there has been much happening. The term started with three days of swimming, culminating in the Barcoo swimming carnival. The swimming instructor, Karen Gilchrist, and life-saving coach, Helen Horner, donated their time and expertise for the three days. They also brought shorts, life belts, hurdles and flippers. Thank you also to the Barcoo Shire Council for sponsoring the swimming carnival and for the use of the pool. Swimming lessons with Carolyn Taylor have continued once a fortnight this term.

We said goodbye to Miss Byrnes and welcomed Miss Nealon. The teacher aide position was advertised. Miss Nealon will continue as teacher aide and Mrs Repine will work in a variety of fields including the library, some admin and teacher aide.

The Jundah State School P&C AGM was held and congratulations to:

Blake Repine- President

Glen Arrold- Treasurer

Shannon Cooke- Secretary

Bridie Reid- Vice-President

Thanks to the outgoing committee and their work to keep the P&C active, especially when there were very small numbers.

The two days training in Emerald with the School Improvement Unit was very informative and reviewed the process for the school review. Our school review will be next year.

The Annual Implementation Plan for which our priority is the Australian Curriculum and the continued work with the C2C curriculum team has been completed and submitted. There is also a focus on writing and the continued development of a whole school plan with relevant and supportive strategies. The Investing 4 Success application was also submitted with the funding being used to provide additional support in the classroom with writing. The budget has been completed and submitted.

Outback Futures will be visiting the school this week with a speech pathologist, occupational therapist and counsellor.

The Kindy students have settled into the routine and have been working on the rules of school, listening to narratives and sharing their stories.

In English, students will be reading and studying the text, *The Lorax* by Dr Suess to examine and create fantasy texts. They will explore the narrative text and its features, including the rhyme and made up words that make *The Lorax* such an interesting text. There is a reading and comprehension assessment task and a retelling of the story from a different perspective. This unit is the first in the third cycle of units we are trialling.

This term in Maths students will be working with three of the sub-strands: number and place value, location and transformation and data representation and interpretation. Years 4 - 6 will also work with fractions and decimals. There are three assessment tasks this term, one for each strand. This is the unit the C2C team worked on with the Outback Advantage principals when in Brisbane last year.

In Science, the students will be learning about Earth and Space. The P-2 students will be exploring changes to the local environment due to weather and seasons. The 3-4 students will be focusing on the causes of everyday observations on Earth, including night and day, sunrise and sunset, and shadows. The 5-6 students will be investigating the key features of the solar system and how scientists have contributed to our understanding of space.

Yours in education
Chris Volker, Principal

Jundah State School News

P – 2 Minor Junior Girl Champion	Karah Sigler	
P – 2 Minor Junior Boy Champion	James Campbell	
Years 3 & 4 Junior Girl Champion	Bindi Geiger and Piper Cooke	
Years 3 & 4 Junior Boy Champion	James Repine	
Years 5 & 6 Senior Girl Champion	Lillie Barr-Richards	
Years 5 & 6 Senior Boy Champion	Lachlan Bateman	
<i>SCHOOL POINTS:</i>	<i>Total Points</i>	<i>Aggregate Points</i>
Windorah	37	4.625
Stonehenge	26	5.2
LSODE		
Jundah	74	6.72

Our thanks to the Barcoo Shire Council for their continued sponsorship of our sporting events.



Jundah State School News



Barcoo Shire



PUBLIC NOTICE

ADOPTION OF BARCOO SHIRE PLANNING SCHEME 2020

Notice is given under the *Planning Act 2016* that Barcoo Shire Council, on 19 February 2020, resolved to adopt the Barcoo Shire Planning Scheme 2020.

The commencement date for the Barcoo Shire Planning Scheme is 2 March 2020.

The purpose and general effect of the Barcoo Shire Planning Scheme 2020 is to shape and manage development in the Barcoo Region over the next 10-20 years. The Barcoo Shire Planning Scheme 2020 will replace the Barcoo Shire Planning Scheme 2006.

A copy of the Planning Scheme will be available for inspection and purchase at the office of Barcoo Shire Council at 6 Perkins Street, Jundah or at customer service counters at Stratford Street, Stonehenge and 7 Maryborough Street, Windorah. The Planning Scheme can also be viewed online and downloaded from Council's website at www.barcoo.qld.gov.au.

For further enquiries, please contact Council on (07) 4658 6907 during business hours.

Paul Hockings
Chief Executive Officer

BARCOO SHIRE COUNCIL

Heart of the channel country
www.barcoo.qld.gov.au

Barcoo Shire

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 F 07 4658 6955
 E shire@barcoo.qld.gov.au
 PO Box 14 Jundah QLD 4736
 Corner Perkins and Dickson Street Jundah QLD 4736
 ABN 34 668 298 330 | W www.shire@barcoo.qld.gov.au



PUBLIC NOTICE

25/11/2019

2020 Meeting Schedule

Barcoo Shire Council Ordinary Meeting Dates

Barcoo Shire Council Ordinary Meetings are held generally on the third Wednesday of the month at various locations within our Shire, commencing at 9:00am. Please be aware that Ordinary Meetings are open to the public. Barcoo Shire Council encourages community engagement and interest, and we hope to see members of the community at our Council meetings.

Month	Day/Date	Location
January	Wednesday, 22 January	Jundah Council Chambers
February	Wednesday, 19 February	Stonehenge Community Centre
*March	Wednesday, 18 March	Jundah Council Chambers
LOCAL GOVERNMENT ELECTION: Saturday, 28 March		
April	Wednesday, 15 April	Jundah Council Chambers
May	Wednesday, 20 May	Windorah Community Centre
June	Wednesday, 17 June	Jundah Council Chambers
July	Wednesday, 15 July	Jundah Council Chambers
August	Wednesday, 19 August	Stonehenge Community Centre
September	Wednesday, 16 September	Jundah Council Chambers
October	Wednesday, 21 October	Jundah Council Chambers
November	Wednesday, 18 November	Windorah Community Centre
December	Wednesday, 16 December	Jundah Council Chambers

*Amended from original publication

Paul Hockings
 Chief Executive Officer
 BARCOO SHIRE COUNCIL

File Ref: 40746



Grant Opportunities

AMP's Tomorrow Fund is once again offering \$1 million in grants to amazing Australians doing great things. Now in its seventh year, this unique grants program is open to individuals of all ages, walks of life and interests. In 2019, AMP's Tomorrow Fund awarded 37 grants to artists, athletes, inventors, social innovators, scientists, writers, disability advocates, musicians and more. What they have in common is a desire to give back – whether they are creating something special or inspiring others.

AMP Foundation is looking for more talented and innovative Australians who are working hard on a project or passion but just need a financial boost to take it to the next level.

Grants of between \$5,000 to \$100,000 are available and can cover a range of activities, including training, travel and equipment costs, living expenses, rent and research.

Apply online at ampstomorrowfund.com.au

Applications open on Tuesday 3 March and close at 4pm (AEST) on Wednesday 15 April. The AMP Tomorrow Fund website's Tips and Tools section includes FAQs, useful resources such as a downloadable fact sheet and a sample application. It also includes profiles on our past recipients, known as AMP Tomorrow Makers.

Small Business Month Grants Program

The grant is now open and will close on 10 March 2020

Funding of up to \$5,000 (excluding GST) is available as a reimbursement for eligible individuals or organisations to host an event that creates an educational and/or collaborative community experience as part of Queensland Small Business Month 2020 from Friday 1 May to Sunday 31 May 2020.

Go to <https://www.business.qld.gov.au/starting-business/advice-support/support/small-business/qsbm/grants-program>

for more information on eligibility and how to apply. If you wish to speak to a representative please email cqdesbt@desbt.qld.gov.au and we will contact you to arrange a suitable appointment time.

Gambling Community Benefit Fund

Opens: Approximately six weeks prior to Closing Date

Closes: 28 February, 31 May, 31 August and 30 November

The Office of Liquor and Gaming Regulation distributes grants to various not-for-profit community groups throughout Queensland.

Grant:

Not-For-Profit groups operating in Queensland can apply for grants from \$500 up to \$35000 through GCBF.

What is the eligibility?

Applications are considered from not-for-profit community based organisations who apply to enhance their capacity to provide services, leisure activities and opportunities for Queensland communities.

How will I know I am successful?

Organisations will receive an email advising the outcome of their application approximately five months after the closing date.

How can I apply or get more information?

Provided by Department of Justice and Attorney-General. For more information, guidelines and application details please go to www.justice.qld.gov.au

Resilient Australia Awards 2020



The Hon. David Littleproud MP
Minister for Agriculture, Drought and
Emergency Management
Deputy Leader of the Nationals

MEDIA RELEASE

Monday 24th February 2020

NOMINATIONS OPEN FOR THE 2020 RESILIENT AUSTRALIA AWARDS

Submissions are now open for the 2020 Resilient Australia Awards celebrating those in our community who show initiative in helping to create a more disaster resilient Australia.

Minister for Emergency Management David Littleproud said the recent unprecedented fires, drought, floods and storms remind us that disasters are a fact of life for Australians.

"While we have to live with disasters, we can always ensure we are better prepared for when they strike," Minister Littleproud said.

"The Resilient Australia Awards highlight achievements that may otherwise be unrecognised, with stories that promote disaster resilience.

"Our National Strategy for Disaster Resilience and the complementary National Disaster Risk Reduction Framework, acknowledge that all sectors of society must work closely together with a united focus to reduce and manage disaster risk.

"The Australian Government is committed to making our communities safer, stronger and better prepared. These awards are part of that commitment."

Now in their 21st year, the awards are open to all Australians, including individuals, not for profit organisations, small and large businesses, local and state government, schools, education institutions, research bodies and emergency service agencies.

The awards recognise outstanding contributions in six categories: community, business, local government, government, school and photography.

"The Australian Government is proud to sponsor these awards in partnership with the Australian Institute for Disaster Resilience and the states and territories."

Submissions are open until 18 May 2020. For more information and to apply go to www.aidr.org.au/resilient-australia-awards

Media contacts:
Douglas Ferguson 0455 448 982

Media contact: Douglas Ferguson, 0455 448 985

RFDS 2020 Clinic Calendar

To make an appointment call 4654 1233 or email rfds_cvl@rfdsgld.com.au

RFDS 2020 Clinic Calendar

January							February							March						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5				1	2	3	4							1
6	7	8	9	10	11	12	5	6	7	8	9	10	11	2	3	4	5	6	7	8
13	14	15	16	17	18	19	12	13	14	15	16	17	18	9	10	11	12	13	14	15
20	21	22	23	24	25	26	19	20	21	22	23	24	25	16	17	18	19	20	21	22
27	28	29	30	31			26	27	28	29				23	24	25	26	27	28	29

April							May							June						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
30	1	2	3	4	5	6	1	2	3	4	5	6	7	1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28	22	23	24	25	26	27	28

July							August							September						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
29	30	1	2	3	4	5	3	4	5	6	7	8	9	30	1	2	3	4	5	6
6	7	8	9	10	11	12	10	11	12	13	14	15	16	7	8	9	10	11	12	13
13	14	15	16	17	18	19	17	18	19	20	21	22	23	14	15	16	17	18	19	20
20	21	22	23	24	25	26	24	25	26	27	28	29	30	21	22	23	24	25	26	27

October							November							December						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
5	6	7	8	9	10	11	2	3	4	5	6	7	8	30	1	2	3	4	5	6
12	13	14	15	16	17	18	9	10	11	12	13	14	15	7	8	9	10	11	12	13
19	20	21	22	23	24	25	16	17	18	19	20	21	22	14	15	16	17	18	19	20
26	27	28	29	30	31		23	24	25	26	27	28	29	21	22	23	24	25	26	27

Eumungga
 Jundah
 Wenderah
 Sirdsville
 Yerakay/Sorellange
 Thargomindah
 Eulo/Yowah
 Yowah
 Field Day
 Skin Clinic
 Public Holiday

The Charleville base office is closed on weekends and public holidays.

Visiting Specialists March 2020

VISITING SPECIALISTS

MARCH 2020

PLEASE SPEAK TO YOUR GP ABOUT A REFERRAL
CONSULTS WILL BE HELD IN LONGREACH, **UNLESS SPECIFIED IN RED**

2	3	4	9	10	11
<p>Neurologist Dr Noel Saines</p>	<p>ICOP* Bedourie (AM) Boulia (PM)</p> <p>Neurologist Dr Noel Saines</p>	<p>ICOP* Boulia (AM)</p>	<p>Paediatrician Dr Ian Goodall</p>	<p>Paediatrician Dr Ian Goodall</p> <p>Flying Obstetrician and Gynaecologist</p> <p>Flying Surgeon</p>	<p>Paediatrician Barcaldine Dr Ian Goodall</p>
12	13	16	17	18	19
<p>Paediatrician Barcaldine Dr Ian Goodall</p> <p>Respiratory Dr Simon Bowler</p>	<p>Paediatrician Dr Ian Goodall</p> <p>Respiratory Dr Simon Bowler</p>	<p>Ophthalmology Dr Todd Goodwin Dr Lindsay McGrath</p>	<p>Ophthalmology Dr Todd Goodwin Dr Lindsay McGrath</p> <p>IROCP* Barcaldine (AM) Longreach (PM)</p> <p>IROC** Winton</p> <p>Flying Obstetrician & Gynaecologist</p> <p>Flying Surgeon</p>	<p>Ophthalmology Dr Todd Goodwin Dr Lindsay McGrath</p> <p>IROCP*</p> <p>IROC** Boulia (AM) Birdsville (PM)</p>	<p>Ophthalmology Dr Todd Goodwin Dr Lindsay McGrath</p> <p>IROC** Bedourie (AM)</p>
20	23	24	25	26	27
<p>Ophthalmology Dr Todd Goodwin Dr Lindsay McGrath</p>	<p>ICOP* Barcaldine</p>	<p>ICOP* Winton</p>	<p>ENT** Dr Maurice Stevens</p> <p>ICOP* Aramac (AM) Muttaborra (PM)</p>	<p>ENT** Dr Maurice Stevens</p> <p>ICOP* Longreach</p>	<p>ENT** Dr Maurice Stevens</p>



*ICOP - Indigenous Cardiac Outreach Program
**ENT - Ear, Nose & Throat Specialist
^IROCP - Indigenous Respiratory Outreach Clinic - Paediatrics
^^IROC - Indigenous Respiratory Outreach Clinic - Adult



QPS Notices

One goodbye could prevent another

While notifications are a great way to make sure you never miss an alert, giving your phone a rest when you're driving is always a good call. Fortunately, there's features available on iOS and Android that will push for safer driving habits.

The rules

It is illegal to hold your phone in your hand while driving. This includes to text, talk, call. If you have an open or P2 licence you can use hands-free in a cradle attached to the dash. If you are a learner or P1 drivers under 25 years old, it is illegal to use a phone in any way while driving. This includes using maps, Bluetooth and handsfree. Passengers of these drivers also cannot use phones on loudspeaker.

The penalties

Open licence holders who use their phones illegally while driving will receive a \$1,000 fine and four demerit points for the first offence.

How to set your iPhone to Do Not Disturb



How to set your Android phone to Do Not Disturb



If you have any questions at all, please visit your location Police Station.

Jundah

4652 5115

Windorah

46525122

QGAP Notices



International
Women's Day



#EACHFOREQUAL

Be Brave, Be True, Be You.

Saturday 7th March 2020 4pm
Jundah Roadhouse
Cost: \$25.00

Special Guest: Inspector Julia Cook
Queensland Police Service, Longreach Patrol Group.

International Women's Day is all about empowering women, embracing femininity and ending gender discrimination and domestic/sexual violence that plagues women till this day and age.

Around the world, the art of women inspires thought and provokes action. In commemoration of International Women's Day 2020, Jundah QGAP is hosting a 'Paint n Sip' at Jundah Roadhouse, so that we can collectively create works of art that sends cross messages of empowerment.

Join in this engaging workshop facilitated by a local Barcoo Shire Artist Donna Rivers and be guided on how to get connected on a deeper level with our innate femininity expressed through art. You don't need any prior painting experience. You will be shown the basics and tools needed, and we will guide you every step of the way.

Donna Rivers is a local South West Queensland Artist. She was born and raised in the outback and has recently returned to the area to live, work and to be with family, this has inspired her new work. Donna's focus is colour and using some form of recycling in both art and jewellery. Art is a passion for Donna.

All materials, canvases and acrylic paint will be provided. Participants will get to bring home their artwork on canvas. **BYO Alcohol.**

Meet, Paint, Network and Sip in this interactive session, held in the heart of the Barcoo.

Please RSVP to Bridie Reid: JundahQGAP@police.qld.gov.au
 or by calling 4652 5113 by 28th February 2020.

Community Notices

OUR STORY

We are a not-for-profit working to create a new story of community wellness by establishing a collective vision for positive mental health and wellbeing through safe and accessible in-person and remote clinical support. Renewing hope, building resilience and strengthening outback communities.

CONTACT US

Phone 0417 703 729
 E-mail info@outbackfutures.org.au
 Website www.outbackfutures.org.au

Instagram @outbackfutures
 Facebook facebook.com/outbackfutures
 Twitter @outbackfutures
 LinkedIn linkedin.com/company/outback-futures

COMMUNITY SUPPORT & CARE

safe and reliable

Psychology, Counselling, Occupational therapy, Speech and language pathology, Learning and literacy support



0417 703 729 • info@outbackfutures.org.au

PASSIONATE SERVICE

Our commitment is to provide professional and consistent support with experienced, trusted clinicians in both face-to-face visits in your community, and our "Stay With Me" video-connect services in between.

Our professional team offers multi-disciplinary support across:

PSYCHOLOGY & COUNSELLING

SPEECH & LANGUAGE

- Anxiety and mood related concerns
- Grief and Loss
- Marriage issues and family therapy
- Managing behaviour and emotional regulation
- Trauma
- Early intervention for children and adolescents on a range of issues
- Learning difficulties

OCCUPATIONAL THERAPY

LEARNING & LITERACY

- Developmental delays (eg. handwriting and fine motor skills)
- Speech and communication difficulties including using language, voice, stuttering and swallowing.
- Group activities and workshops
- Assessing school readiness
- Educational development advice, support and school resourcing



You don't need a referral or mental health care plan to make contact with us

WE UNDERSTAND LOCAL

We work hard to understand the specific needs of your community by talking with different people and co-designing solutions to address these needs.

- Each of our multidisciplinary clinics provide comprehensive access to a range of specialist services.
- We allocate a specific team to your community meaning you will see the same professional each time.
- Our "Stay With Me video-connect program" offers the opportunity to access ongoing support easily and regularly when needed.
- We are committed to returning regularly and building long term relationship, but also offer the safety of not living and socialising in your community all the time.
- Our model allows us to work with individuals, couples and the whole family to make sure we're building supportive networks around those who need it the most.

TALK TO US

We can be contacted either directly by yourself, or a family member, or through a referral from existing services such as your local medical practice

You can connect with us in person at a clinic in your region or alternatively begin with telephone or video support at any time outside these clinics by calling 0417 703 729 or email: info@outbackfutures.org.au.

We do not charge for our services. We rely on the generosity of individuals to help by paying it forward. See website for more details.



In the Kitchen

Freezable Zucchini Slice

Ingredients

- 4 bacon rashers, finely chopped
- 1 brown onion, finely chopped
- 2 zucchinis, coarsely grated
- 1 cup pumpkin, coarsely grated
- 2 cups frozen mixed vegetables, just thawed
- 1 cup (120g) coarsely grated cheddar
- 1 cup (150g) self-raising flour
- 1/2 cup flat-leaf parsley, coarsely chopped
- 4 Eggs, lightly whisked
- 1/4 cup (60ml) milk
- Mixed salad leaves, to serve (optional)

METHOD

- Step 1** Preheat oven to 180C. Grease a 20cm x 30cm lamington pan and line the base and 2 long sides with baking paper.
- Step 2** Heat a medium frying pan over medium heat. Add the bacon and onion and cook, stirring, for 5 mins or until onion softens. Transfer to a bowl.
- Step 3** Add the zucchini, pumpkin, mixed vegetables, cheddar, flour and parsley to the bacon mixture and stir to combine. Add the egg, milk and oil and stir to combine. Season. Spoon into the prepared pan and smooth the surface.
- Step 4** Bake for 40 mins or until firm to the touch. Set aside to cool. Cut into pieces.



No Cook Lemon Slice

Ingredients:

- 250g sweet plain biscuits
- 125g butter melted
- 3/4 cup coconut
- 1/2 can condensed milk
- 1 lemon zested

Icing:

- 2 cups icing sugar
- 1 1/2 tbs butter melted
- 1/2 cup lemon juice to taste

Method:

- Crush biscuits and mix in coconut
- Add finely grated lemon rind and mix.
- Combine melted butter and condensed milk and add to dry mixture. Stir Well.
- Press into a lined slice tin and set in fridge.
- Icing: Mix all icing ingredients (with lemon juice to taste) and ice when cooled

