

Wide Bay Seniors Forum & Facilitated Regional Consultation

Exciting news! National Seniors Australia will once again be holding the Regional Forum in Childers on Thursday 7th May!

How good is that? There are two parts to it. Here is the [link](#).

It's not too late to be part of the regional consultation as spaces are limited.

Your issues will gain more leverage if aired through these forums than social media.

Research will help inform National Seniors Australia policy and recommendations to governments.

Cost: Free event. [Registration](#) is essential.

Places for the regional consultation are limited.

See 'At a Glance' below for more detail.

"We rise by lifting others." -
Robert Ingersoll.



Childers Show - a local community event.

The Annual Childers Show will be held on Saturday 23rd May, 2026. Gates open at 8am!

Entry is just \$5 for concession card holders and even at 'full' price of \$10 would have to be one of the greatest value for money events in town!

About the Childers Show:

Now in it's 109th year, the Childers Show is a one-day agricultural show packed with fun and entertainment for the whole family to enjoy.

Check out the Childers Show Society website of Facebook page for a link to the program. Tickets are available at the gate.

Don't miss the grand finale event! Fireworks start at 7.30pm. The countdown is on for the

Best Childers Show Ever!

AT A GLANCE

Every Wednesday in May

9.30am-12.30pm

Digital Skills Workshops continue

Isis Club, 75 Churchill St, Childers

Digital Skills Workshops every Wednesday

It's not too late to join us for the last 4 sessions AND the graduation!

Branch volunteers will help ensure you have completed sufficient modules to graduate!

Thursday 7th May 2026

9am - 11.30am

Morning Seniors Forum

Isis Club, 75 Churchill St, Childers

[Have your say where it counts.](#)

The forum will provide practical information updates and an opportunity to ask the experts including: advocacy updates; money saving tips; aged care help & a friendly morning tea!

Thursday 7th May 2026

11.30am-1pm followed by lunch (included)

Facilitated Regional Consultation Session

Isis Club, 75 Churchill St, Childers

[Dive deeper! Limited to 20 people - book now](#)

- Barriers regional older people face
- What currently supports ageing well
- How lived experience informs advocacy & research.

Be the Difference!



MAY 2026

Join us for a month of friendship, learning & laughter.



Wide Bay Seniors Forum replaces the May Branch Catch up

Thursday 7th May 2026 - 9.30am-12.30pm
Isis Club, 46 Churchill St, Childers. QLD
RSVP essential
Cost: free

To be invited to hold the Regional Forum in Childers once again was too good an opportunity to miss.

It's not too late to book for the first session, but numbers are limited for the second session.

Here is the [link](#) to book or phone:
1300 765 050



Digital Skills Workshops Continue in May

6th, 13th, 20th & 27th May

Digital Skills Workshops with local facilitator, Robbie Tedge, (pictured) continue every Wednesday in May.

6th May - Connecting to Others
13th May - Researching Family History & Fun Things to Do with Photos
20th May - Digital Skills Checker
27th May - Catch up & Revision & perhaps a bit of fun!

Attendees are learning much more than expected!



JUNE 2026

Where community, growth & good times come together



June Catch up - Special Guest Speaker - Deb Murphy

Thursday 4th June 2026

10am-11.30am

Isis Club, 46 Churchill St, Childers. QLD

RSVP not required

Cost: free

Deb Murphy, Childers Neighbourhood Centre, Community Development Officer, is the Branch's June guest speaker.

Deb has been in the role for over 11 years!

Discover how the Centre supports the community through emergency relief, welcoming events, activities, trusted referrals, partnerships, and upcoming local opportunities.



Digital Skills Workshops Graduation Event

3rd June 2026

9.30am

Plans are underway for a celebration for the Digital Skills graduates who have successfully completed the Digital Skills program!

Friends and family are invited to join us to celebrate your success.

A delicious morning tea will be provided including a free tea & coffee station and tasty treats. Specialty drinks can be purchased at the Isis Club bar or cafe. No outside food/drink allowed.

*"Here's to all who mother with heart,
in their own beautiful way."
Happy Mothers Day 2026*

WHY BE PART OF NATIONAL SENIORS AUSTRALIA & THE CHILDERS BRANCH?



July Catch up - Special Guest Speaker - Jodi Lenton

Thursday 2nd July, 2026

10am-11.30am

Isis Club, 46 Churchill St, Childers. QLD

RSVP not required

Cost: free

Jodi Lenton, Isis Club Bar Supervisor, is the Branch's guest speaker for July.

Jodi has been in the role for over 3 years!

Learn all about the Isis Club, which has been operating in Childers for 106 years.

Find out what's happening with their new outdoor space, upcoming events, how the club supports community and how you can get involved.



Winter Warmer - July Special Event at the Paragon Theatre & Espresso Bar Thursday 16th July 10am-11.30am

The Childers branch of NSA warmly invites you to a special Midwinter Warming gathering at the beautiful Paragon Theatre & Espresso Bar.

You are invited to enjoy hot chocolate, cosy blankets, and warm company while coming together to celebrate the Midwinter season and reflect on what this time of year means for you and the wider community.

This gentle and welcoming event offers a chance to pause, connect, and share in a sense of community.

..and afterwards, have a wander through the amazing and unique Perfectly Imperfect Collective. More details to come.

National advocacy update



NSA in the News!

National Seniors Australia (NSA) celebrates 50 years in 2026 and is regularly in the news advocating for Seniors. Below are links to some of the latest stories on the website.

[Ban on debit & credit card surcharges](#)

[Calls for stranded patients to be prioritised](#)

[Impending Bank Closures impact Regional Communities](#)

[Mastering Health Insurance - How to get the most out of your health insurance](#)

[Time to rethink the bucket list](#)

For more visit the [National Seniors Australia](#) website.

If you are reading a hard copy of this newsletter, use the titles to google search for the articles/events on this page.

Around town in May

Saturday 2nd May

Childers Garden & Food Swap

A special event in May for Mothers Day. Learn Kodedama, the Japanese art form of wrapping plant roots in moss. Click on the [link](#) for more.

Thursday 7th May

Heart of Gold on Tour

The HOG team present highlights from the 2025 festival program at The Paragon Theatre. Be sure to book. Click on the [link](#) to learn more.

Saturday 9th May

Childers Heritage Day - 5th Annual Event!

Childers comes alive with artisans, history tours, art displays, and a celebration of 50 years of local heritage. Click on the [link](#) for more details.

Monday 11th May

Neighbourhood Centres Week

Join the celebrations at [Childers Neighbourhood](#) for a fun carnival-themed celebration filled with friendship, good vibes & delicious treats.

Wednesday 13th May

Domestic & Family Violence Awareness Month BBQ & Candlelight Vigil

Come together to raise awareness, highlight support services and send a clear message that violence will not be tolerated in our [community](#).

Saturday 23rd May

Childers Show returns! 109th Annual Event!

The Childers Show is a one-day agricultural show packed with fun and entertainment for the whole family to enjoy. Click on the [link](#) to learn more.

National Seniors
AUSTRALIA

Concessions Calculator

An easy-to-use tool to help you save

TRY NOW

<https://nationalseniors.com.au/get-involved/branches/childers-social-branch>

PAST EVENT SNAPSHOT!



Ending Homelessness in Our Region

The April Branch Catch Up guest speaker, was Wide Bay Zero Coordinator, Jodie Price who shared insights into what's happening in the Wide Bay region to support homeless people.

Wide Bay Zero shared strategy:

To prevent, reduce & end homelessness, starting with rough sleeping in local communities, by demonstrating that when any future incidents of homelessness do occur, they are rare, brief & once-off measured by seeking to reach and sustain functional zero. Currently there is a four pronged interconnected approach to providing support:

- Housing First
- Person Centred & Driven by Lived Experience
- Improvement & Data Driven
- Place Based Collaboration

..and seven agreed activities:

- Prevention
- Assertive outreach
- Common triage
- Real-time by-name list
- Service co-ordination
- Leadership & advocacy
- Housing First - Programs & supportive housing

It was so good to hear that both Childers Neighbourhood Centre and Rotary Club of Childers are working in this space. The Branch will support these initiatives where appropriate.

"Together, we can do so much."

Helen Keller

Regular Catch ups

First Thursday of the month until November 2026

10am-11.30am

Isis Club, 46 Churchill St, Childers. QLD

Cost: Free

Advocacy updates, local speaker, community issues and prizes. All welcome.

Buy your own drinks/food

ANNOUNCEMENTS

DID YOU KNOW THAT CHILDERS BASED BUSINESS 'JAMES WILL DRIVE' WILL DRIVE YOU ANYWHERE?

Whether it's the beach, airport, hospital, a local tour, or even a night out, you pick the destination and we'll drive you there.

James Will Drive is based in Childers, holds a Drivers Authorisation (DA) & a Booked Hire Service Licence (BHSL) licence and can take up to 6 passengers.

- safe & professional service
- 2 vehicles (1 x 4 person)
- female driver available - day time only

With current fuel crisis, James is currently reviewing the pricing and is more than happy to provide a quote. He will need to know:

- destination/s
- return or one way
- whether you would like him to wait
- number of passengers

Want to know more?

For quotes and bookings phone James 0466 335 958 or email jameswilldrive@gmail.com



Branch Contact Details

Desley Cowley

Childers Social Branch Volunteer

0419 817 973

E: ChildersNationalSeniors@gmail.com

F: Childers National Seniors Social Branch

W: <https://nationalseniors.com.au/get-involved/branches/childers-social-branch>

[.https://nationalseniors.com.au/get-involved/branches/childers-social-branch](https://nationalseniors.com.au/get-involved/branches/childers-social-branch)

SELF-CARE SATURDAY

SATURDAY 23 MAY
 5:30-7:30PM

CACAO CEREMONY 💜
SOUND BATH 💜
YOGA NIDRA 💜

📅 2hr Self-Care Saturday - \$45
 OR 2 x Self-Care Saturdays - \$81
 (10% discount) 💜💜
 for YOU & a friend at same event
 OR 2 x different Self-Care
 Saturdays just for YOU! 🙏🙏

📍 Christ Church Hall
 11 McIlwraith St
 Childers, QLD 4660

🌟🌟🌟 **BOOKINGS ESSENTIAL** 🌟🌟🌟
 Text Cheryl 🐼 Yoga Owl 🙏🙏
 0431 843 592
 Email: yogaowlaustralia@gmail.com
 Facebook & Instagram: YogaOwlAustralia

CHILDERS


HATHA YOGA
 with yoga
OWL

MONDAYS
 10:30-11:30am

THURSDAYS
 4:30-5:30pm

📅🙏 1hr Yoga & Meditation Class = \$17
 OR 5 Class Pass
 = \$76.50 (10% Discount)

Venue: Christ Church Hall
 11 McIlwraith St
 Childers, QLD 4660


 Cheryl 🌻 Yoga Owl
 0431 843 592 ~ yogaowlaustralia@gmail.com
 Facebook & Instagram: YogaOwlAustralia

SELF-CARE SATURDAY

SATURDAY 9 MAY
 4:00-6:00PM

YOGA STRETCH 💜
SOUND BATH 💜
YOGA NIDRA 💜

📍 Maryborough Cricket Club Hall
 46 Ariadne St, Maryborough
 QLD 4650

📅 2hr Self-Care Saturday - \$45
 OR 2 x Self-Care Saturdays - \$81
 (10% discount) 💜💜
 for YOU & a friend at same event
 OR 2 x different Self-Care
 Saturdays just for YOU! 🙏🙏



🌟🌟🌟 **BOOKINGS ESSENTIAL** 🌟🌟🌟
 Text Cheryl 🐼 Yoga Owl 🙏🙏
 0431 843 592
 Email: yogaowlaustralia@gmail.com
 Facebook & Instagram: YogaOwlAustralia


MARYBOROUGH

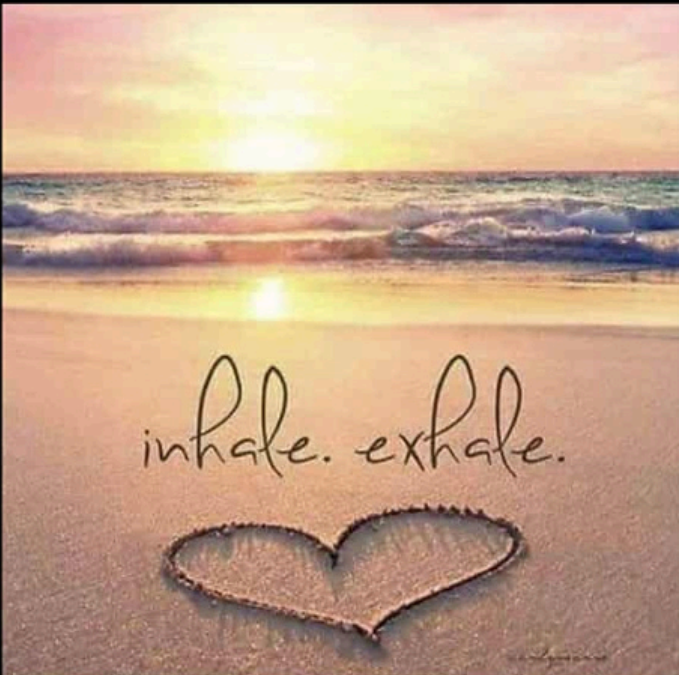
CHAIR YOGA

WEDNESDAYS
 2:45-3:45pm

Venue: Maryborough Cricket Club Hall
 46 Ariadne St
 Maryborough, QLD 4650

📅🙏 1hr Chair Yoga & Meditation Class = \$17
 OR 5 Class Pass
 = \$76.50 (10% Discount)


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