

A Festival Worth Sharing: 30 Years of Childers Spirit

For one remarkable weekend each year, Childers proves that small towns can host big celebrations.

From 23–26 July, the Childers Festival marks its 30th birthday with four days of music, markets, entertainment and community spirit.

Festivities build throughout the weekend before Sunday's main event, when the town centre transforms into a vibrant festival playground.

For a full program visit [Childers Festival](#)

With more than 300 stalls, live music, performers, local produce, handmade treasures and delicious food, there's something for everyone to enjoy.

For seniors, it's a wonderful opportunity to catch up with friends, share memories and celebrate the unique spirit that makes Childers such a special place.

A community's spirit is its greatest attraction.



Connecting People. Strengthening Community. Creating Positive Change.

The Childers Social Branch of National Seniors Australia is more than a social group—it is a growing network of people, organisations and businesses strengthening community spirit, reducing isolation, and creating positive local impact.

Meeting at the Isis Club at 10:00 am on the first Thursday of each month, the branch welcomes members and non-members to share ideas, build friendships, and get involved in community life.

Through partnerships with local not-for-profit organisations, community groups and businesses, the branch supports initiatives that bring people together and enhance wellbeing. Guest speakers and local organisations are welcome to connect and share their stories.

Stay connected through the branch Facebook Group, online newsletter, or printed updates available at the Childers Library.

AT A GLANCE

Thursday 2 July 2026

10am - 11.30am

Regular Catch up

Isis Club, 46 Churchill St, Childers

Have your say where it counts.

Special Guest Speaker - Jodi Lenton, Isis Club Bar Supervisor

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

Thursday 16 July 2026

10am-11.30am

Mid Winter Warmer - SPECIAL EVENT

**Paragon Theatre & Espresso Bar,
75 Churchill St, Childers**

FREE event - buy your own food/drink from the Paragon Espresso Bar.

Settle in with cocoa and conversation, be guided through a peaceful winter wonderland meditation, and enjoy a charming storytelling session from The House at Pooh Corner — all wrapped in cosy blankets and warm company.

..and afterwards, have a wander through the amazing and unique Perfectly Imperfect Collective at your leisure.



JULY 2026

“In seed time learn, in harvest teach, in winter enjoy.”

– William Blake



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

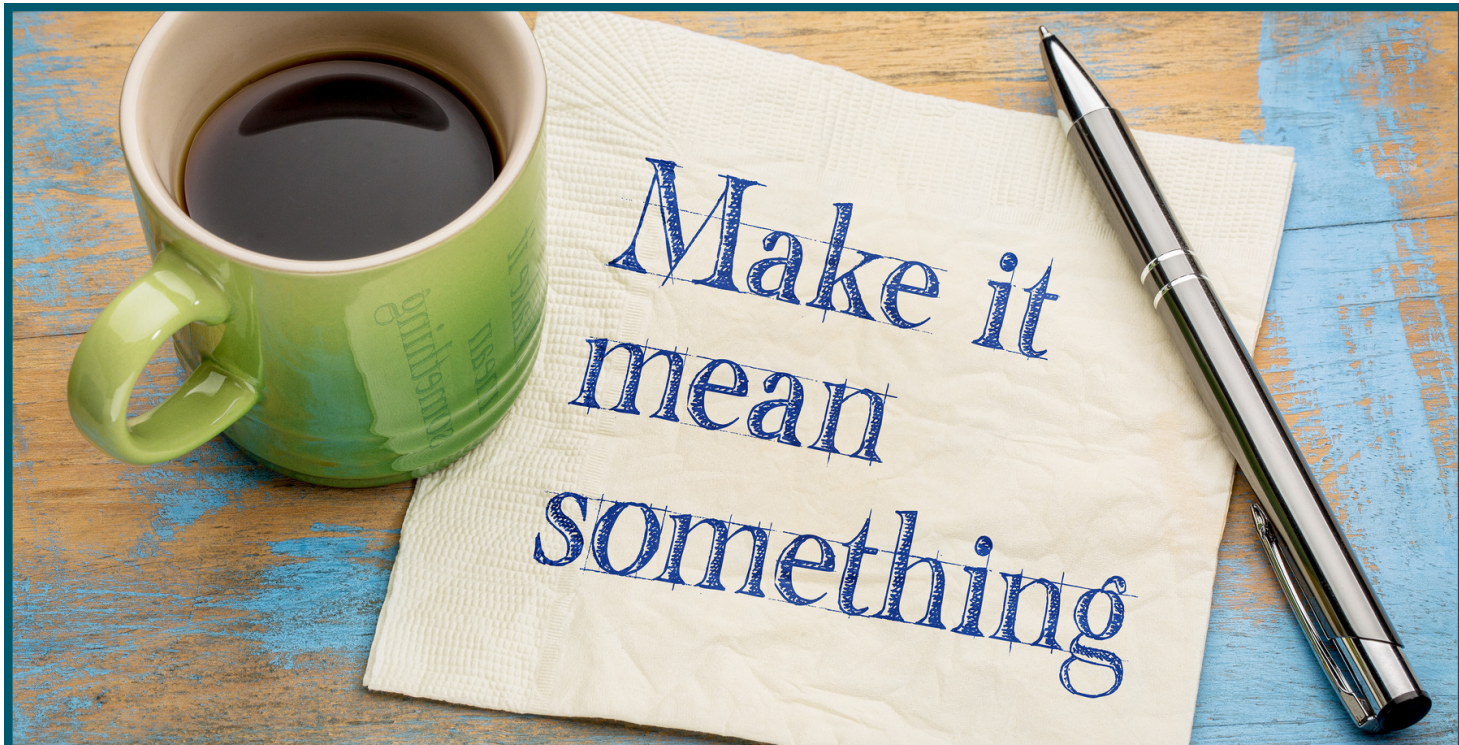
Cost: Free - buy your own food & drink

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.



AUGUST & SEPTEMBER 2026

Shed the shackles. Retirement is the grand awakening of who you were always meant to be. You earned this life. Let it begin!



August Branch Catch up - Special Guest Speaker - Dr Fleur Creed

Thursday 6th August 2026 - 10am-11.30am
Isis Club, 46 Churchill St, Childers. QLD
RSVP not necessary
Cost: free (buy your own tea/coffee)

Dr Fleur Creed, Vice President Genealogical Society & Academic Researcher is our August guest speaker.

Fleur will share on "Transitions to, and in, Retirement", exploring the intentional lifestyle changes that can support a meaningful and fulfilling life in the retirement years, from a recent research project on Communities of Meaning.



September Branch Catch up - Special Guest Speakers - Deb Noy, Manager & Deb Tedge Volunteer IDSS, Childers

Thursday 3rd September 2026 - 10am-11.30am
Isis Club, 46 Churchill St, Childers. QLD
RSVP not necessary

Cost: free (buy your own tea/coffee)
Deb & Deb will talk about the flourishing partnership between Integrated Disability Support Services (IDSS) and the Isis District State High School Agriculture Department.

The collaboration is ready to enter its next growth phase, and the community is invited to get involved.

National advocacy update



Private Health Cuts – the real expense and risks

As seen on ABC News, National Seniors Australia (NSA) continues to respond to the Federal Government's announcement to cut the Private Health Insurance (PHI) rebate for Australians 65+ to fund aged care reforms.

NSA believes this investment should not come at the expense of older Australians struggling to maintain private health access.

The risk is people will drop cover, placing greater pressure on the public system. NSA has been calling for reforms amid growing concern about affordability and out-of-pocket costs, and continues to call for a Productivity Commission review into premium increases and ways to reduce costs.

Watch the interview [here](#):

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 July

Saturday 4 July

Childers Garden & Food Swap

9am-11am 73 CSR Depot Rd. Take along items for swapping, a chair and mug for morning tea, \$3.

Tuesday 6 July

Mediterranean Cooking Class

9am-11.30am Childers Neighbourhood Centre - \$5 Bookings required

Join Rita for a Mediterranean Cooking Class.

Wednesday 8 July

Naidoc Week

9.30am-11.30am Millennium Park - FREE

Childers Neighbourhood Centre, Isis Child and Family and National Australia Bank (NAB) are joining forces to celebrate NAIDOC Week in Millennium Park with a free BBQ and family friendly games and activities.

Thursday 23 July

Childers Sketchbook with Nita Rosher

10am-2pm Childers Artspace - from \$15

Join artist Nita Rosher (Telling Stories) for Childers Sketchbook, a dynamic, people focused drawing workshop set against the vibrant backdrop of the Childers Festival. Bookings required

Sunday 26 July

Childers Festival Community Arts Wall! FREE!

9am-3.30pm Stall 72 – Festival Street Area The Palace Laneway

A relaxed drop in activity with no experience needed! See what your unique creativity and the community can make together.



Did you know...?

...you CAN feel, move and live...better!

**Age well...
...Love life!**

niagara
Age Well... Love Life!

Coming in November

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

FUTURE EVENTS SNAPSHOT!



An Exciting Line-Up of Local Guest Speakers Confirmed Through to March 2027!

The Childers Branch is built on a simple idea: communities thrive when people work together. When local groups, businesses and organisations join forces, the benefits don't just add up—they multiply. Through guest speakers and community partnerships, the Branch helps create opportunities for connection, learning and engagement. Visitors from other branches and regional areas are always welcome.

Confirmed guest speakers through to March 2027 include:

- October: Rebecca McDuff (Artspace) & Kim Green (Library)
- November: Kylie Currey (Niagara Therapy)
- December: Good Cause Santa Claus
- February: Venessa Piron (ADA Aged Care)
- March: Victoria Poulier (Isis District PA&I)

Interested in sharing your story? We'd love to hear from you. Stay informed via our Facebook Group, website newsletter or printed copies available from the Childers Library.

Every local you meet knows something you don't know but may need to know. Learn from them.

Join the Branch catch ups to hear their stories.

TAKE A MINUTE!

Yoga Mudras: Energy at the tips of your fingers (& thumbs!)

Placing our hands in Yoga Mudras stimulates different areas of the brain and creates specific energy circuits in the body. This helps generate specific states of mind and balance (within the physical body)

Here's some Yoga Mudras that you may like to try...

Surya Ravi Mudra ~ Unite the tip of ring finger and thumb together (elements of fire and earth). This mudra represents energy and health & can provide you with a feeling of balance

Prana Mudra ~ Place the tips of your thumb, ring finger and little finger together. Prana mudra activates dormant energy within the body and is great as a quick pick-me-up. This mudra symbolises the vital energy of prana (energy & life force) and encouraging the flow of this energy can make you feel energised and strong

For more information on all things 'Yoga' ~ please follow Yoga Owl Australia Facebook page and you're also welcome to text questions to Cheryl ~ 0431 843 592 or email yogaowlaustralia@gmail.com Namaste



HOME

Connect Newsletter

Sign up to receive Connect - our free weekly email newsletter, delivered straight to your inbox every Friday. Keep up to date with news, health, finance, and lifestyle stories.

Subscribe



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

PAST EVENT SNAPSHOT!



The Branch's FIRST Creative Arts Bus Trip Receives Outstanding Feedback

The Childers Social Branch of National Seniors Australia has celebrated the success of its recent "From Pencil to Stone" creative arts bus trip, with participants providing overwhelmingly positive feedback.

Supported in part by the Regional Arts Development Fund (RADF), the excursion combined creativity, learning and social connection through art workshops in Gin Gin and Bundaberg. Survey results showed excellent ratings for the overall experience, transport services and volunteer hosting.

Participants expressed interest in future arts-focused outings, regional tours and other creative opportunities, while emphasising the importance of maintaining affordable pricing.

Overall, the event highlighted the value of community-based activities that encourage connection, creativity and lifelong learning.

A huge thankyou to Carly, the Branch's Volunteer Bus Trip Coordinator!

Creative Expression Weaves Connection

Regular Catch ups

First Thursday of the month.

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 IDSS IS AN AGENT FOR SERVICES AUSTRALIA?

What you can do at Agents and Access Points.

At an Agent or Access Point you can access all of the following services:

- use internet enabled computers and printers
- access free Wi-Fi without a password
- call us using the phone provided
- scan, copy, print and upload documents
- verify identity documents
- access online information about payments and services.

At an Agent you can also get help for all of these:

- set up and access digital services
- find online information about payments and services
- get a referral to other services.

Staff at Agents and Access Points aren't Services Australia staff. They cannot:

- make any payments or decisions about payments
- review, assess or vary payments
- complete or submit claims on your behalf.

The agency is open at 43 Churchill St, Childers on Monday to Friday from 8.30am - 4.30pm. Phone 13 24 68 for more information.

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>



PARAGON THEATRE & ESPRESSO BAR

MIDWINTER ARMER

NSA

The Childers branch of National Seniors Australia warmly invites you to a special Midwinter Warmer gathering at the beautiful Paragon Theatre & Espresso Bar.

Settle in with cocoa and conversation, be guided through a peaceful winter wonderland meditation, and enjoy a charming storytelling session from The House at Pooh Corner — all wrapped in cosy blankets and warm company.

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 at your leisure.

Three cosy moments to share...



**Cocoa &
conversation**



**Winter wonderland
guided meditation**



**Storytelling - The
House at Pooh
Corner**

Where? Paragon Theatre & Espresso Bar & afterwards..
..take a tour of The Perfectly Imperfect Collective

When? Thursday 16th July 2026 - 10am -11.30

Cost? Free - purchase drink/food from the Espresso Bar

More Information? childersnationalseniors@gmail.com or 0419 817 973

Canva for Beginners



A Childers National Seniors Branch Special Event!

CREATING PERSONAL & FAMILY PROJECTS WITH CANVA

What you'll learn:

Getting Started with Canva

- What is Canva? A brief tour.

Basic Editing Skills

- Select text, fonts, photos, other design elements.

Using Templates

- Choose & make changes to a template.

Working with photos

- Upload, crop, frame, filter images, & remove or change background.

Practical Family Projects

- Create a simple document - weekly meal planner, recipe card, 'to do' list.

Canva Design Basics

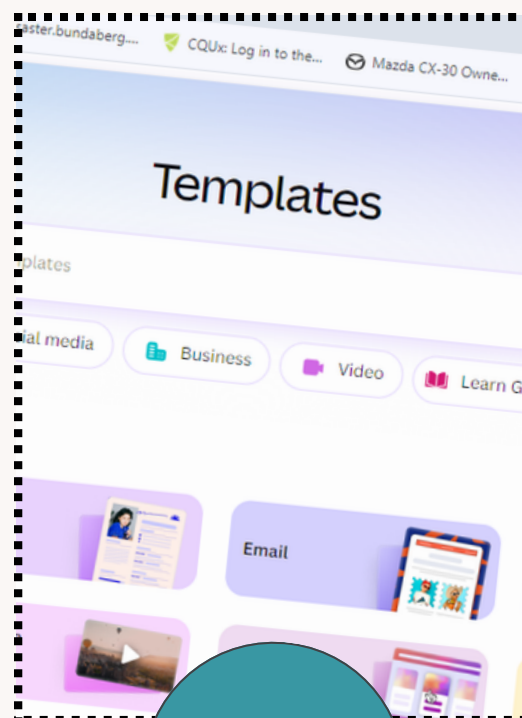
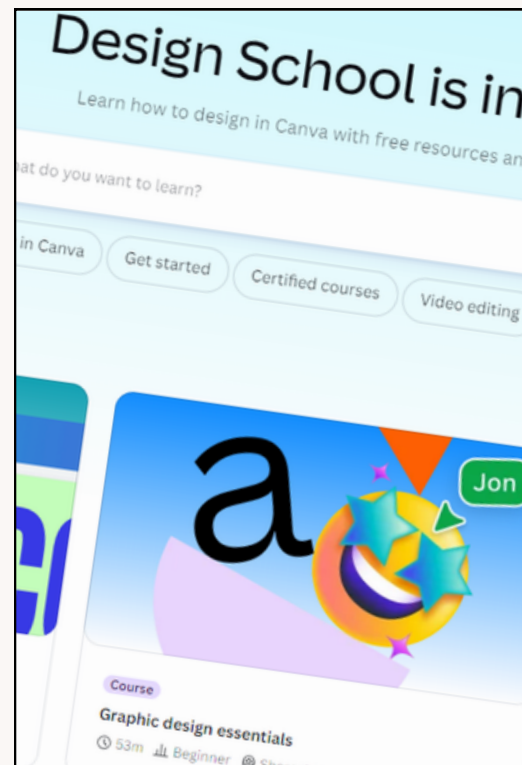
- Use white space, font pairing, colour harmony, readability, keeping designs simple.

Time to work on your own project

- Choose a template of your own choice to work on.

How to download, print, share your finished project

- Download formats, printing tips, present mode, saving folders/projects, sharing links.



When:

Thursday 20th August 2026 - 10am - 12.30pm

Where:

Isis Club, 46 Churchill St, Childers Qld 4660

Cost:

Free - Tea & Coffee supplied. Buy your own specialty drinks & food

Bookings: Check the Branch Facebook Page or Web site or click on this [link](#) to register.

Phone: 0419 817 973

childersnationalseniors@gmail.com

www.nationalseniors.com.au

NSA

This brochure created with Canva.

