

## Childers National Seniors Social Branch Impact Regionally.

Don't miss your chance to be part of something bigger! National Seniors Australia — and right here, the Childers Social Branch — is making a real difference. These membership numbers speak for themselves, and they're growing fast.

NSA Members with postcode beginning with...

45 – 4459

46 – 1765

Total = 6224

**Connect**, NSA's FREE weekly newsletter goes to over 130k subscribers, including members.

There's plenty on offer — from FREE resources available to everyone, to exclusive member-only perks and deals. Curious? Pop the link below into your browser and see what's waiting for you.

<https://nationalseniors.com.au/stories/newsletters>

Speak up, get noticed,  
drive change!



### Your voice, your impact!

### Transform your community!

**National Seniors Australia champions older Australians, and while Childers is a social branch, your voice drives local change.**

Branch advocacy helps everyone, including parents and people with disabilities. Key targets include connecting our disconnected footpaths for safe walking, riding and cycling and fixing the shopping centre's confusing traffic, misleading caravan signage, and poorly located, sloping parking for disability and parents with prams parking.

One lone voice won't make a difference, but a collective, consistent community driven campaign can and will!

Come along to the Branch's next meeting to have your say and help shape your community!

Connect, speak out, and make a local impact.

### AT A GLANCE

#### Wednesday 3 June 2026

12 midday - 2pm

**Digital Skills GRADUATION celebration!**

**Isis Club, 75 Churchill St, Childers**

Join us to celebrate with graduating participants

A light hearted celebration and thank you to all digital skills participants who had fun, learnt new skills, made new friends. Friends & family are welcome. RSVP essential.

#### Thursday 4 June 2026

10am - 11.30am

**Regular Catch up**

**Isis Club, 75 Churchill St, Childers**

Have your say where it counts.

*Special Guest Speaker - Deb Murphy who will share all things Childers Neighbourhood.*

#### Wednesday 17 June 2026

**9am-3pm Bus Trip - From Pencil to Stone, Making Art Making Connections**

Bookings essential- just \$49 includes workshops, bus trip, morning tea & lunch.

The Branch's first ever bus trip. By the time you read this it might be too late. If so you can go on the waiting list! Details on next page.



# 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.



### Bus Trip - From Pencil to Stone Making Art, Making Connections

Wednesday, 17th June 2026  
9am-3pm

*A relaxed day of art, creativity & connection for seniors.*

Join Childers National Seniors for a welcoming, all-inclusive creative arts bus trip designed especially for seniors who enjoy learning, making, and connecting with others. This special day out combines hands-on art workshops, shared meals, inspiring local venues, and friendly companionship — all led by professional local artists.

Just \$49 includes food, workshops & bus trip!

Book online at: <https://bit.ly/4wI6EhV>

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



**JULY 2026**

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

*– William Blake*



## July Catch up - Special Guest Speaker - Jodi Lenton

Thursday 2<sup>nd</sup> 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 16<sup>th</sup> 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.



## AUGUST & SEPTEMBER 2026

“Retirement is a blank sheet of paper. It’s a chance to redesign your life.”

-Patrick Foley



### 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



### Budget 2026:

## The good, the bad and the downright ugly

This year's Federal Budget changes are drawing a mixture of praise and criticism. What it means for seniors depends on who you are and what services you use.

Read the full article [here](#).

## Clearing up cognitive test confusion.

It's not a "pass or fail" situation or a measurement of IQ. See your doctor if you have any concerns.

Read the full article [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 June

**Wednesday 3 June**

### **Biggest Morning Tea**

**9.30am-11.30am at the Isis Club.** Sip, support and wear yellow to raise awareness and money for the Cancer Council at the Biggest Morning Tea with raffles and games! Tickets are \$15. Phone Childers Neighbourhood Centre on 4130 4690 to book and pay.

**Thursday 4 June**

### **FREE Community BBQs** are back!

**11.30am-12.30pm** First Thursday of the month! Bookings not necessary! Head on down to the Childers Neighbourhood Centre for fine company and a free BBQ lunch.

**Thursday 4 June**

### **Seniors Pop-Up** by the QLD Government

**9am-1pm Childers Neighbourhood Centre**

Find out about rebates, concessions and other cost of living support available for seniors and much more! Just drop in.

**Saturday 6 June**

### **Childers Garden & Food Swap**

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

**Wednesday 17 June**

### **Services Australia Financial Information Services**

**Advisor** will be in Childers to provide information to help you make informed decisions about your financial needs. Book through the Childers Neighbourhood Centre.

**Tuesday 23 June**

### **Mediterranean Cooking Class with Rita!** - just \$5!

**9am-1pm Childers Neighbourhood Centre.** Phone 4130 4690 to book in and learn about delicious recipes the whole family will enjoy.

**Did you know...?**

...you CAN keep the 'old person out!'

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

niagara

**Coming in November**

## FUTURE EVENTS SNAPSHOT!



### Relevant Local Guest Speakers Scheduled Through To March 2027!

The Childers Branch collaborates with local non-profits, businesses, and organisations to boost community spirit through shared activities and guest speakers.

Visiting regional members are always welcome!

Our regular catch-up speakers are officially locked in through to March 2027:

- 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 Poulter (Isis District PA&I)

Contact the Branch if you'd like to share your story with members in 2027. Stay updated via our Facebook Group, monthly website newsletters, or printed copies at the Childers Library.

*"To be an activist is to speak. To be an advocate is to listen. Society can't move forward without both."*

Eva Lewis

## TAKE A MINUTE!

### PAUSE & BREATHE: YOUR 3 SECOND RESET by Yoga Owl.

**If you're reading this ... please stop ... relax your shoulders and take 3 deep breaths .... in .... and out.**

By taking these deep mindful breaths you can activate the parasympathetic nervous system, so your body can 'rest & digest'.

This rapid reset lowers your heart rate, reduces cortisol levels and delivers a quick and grounding boost of calm whenever you need it!

The science of slowing down - breathe in .... let go.

### GIVE YOURSELF A HUG!

A self-hug helps you to feel gratitude for yourself, opens & warms your shoulder joints PLUS within just 20 seconds, dopamine & other happy hormones start to release around your body.

For more wellbeing advice on all things 'yoga' please follow [Yoga Owl Australia](#) Facebook page or contact Cheryl by text or phone: 0431 843 592



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!



### Wide Bay Seniors Forum held in Childers in May a great success.

More than 50 people attended the Wide Bay Seniors Forum in May, followed by a lunchtime discussion that provided an opportunity for local residents to share their experiences and priorities. Key issues raised included transport, housing, health and aged care, and the rising cost of living.

Participants highlighted concerns about poor footpaths, limited pedestrian crossings in Childers, inadequate street lighting, and minimal public transport. Housing was described as expensive and lacking diversity, with growth occurring in outer areas without enough supporting infrastructure.

At the same time, participants spoke positively about the quality of local GPs, dentists, bulk-billing clinics, imaging, pathology and allied health services. However, access to specialists, transport after hospital discharge, limited support for dementia and mental health care, and pressure on aged care services remain significant concerns. Rising grocery bills, insurance costs, surcharges and house prices were also raised as major pressures.

Look out for the full report which will be released very shortly as part of the national consultation.

*"Do not let what you cannot do interfere with what you can do." — John Wooden*

### 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

### WOULD YOU LIKE TO PROMOTE YOUR BUSINESS HERE?

Each month the Branch allocates a space this size to promote a local business, service or offer that would be of genuine interest to Seniors.

There is no charge and as you can see by the numbers in the front page story, the exposure is pretty good!

Contact Desley by email (details at the bottom of this page) or if you'd like to discuss first, phone her during business hours on the number below.

Editorial style pieces work best. Send the copy and your logo and/or photo and we'll do the rest.

You will also get to approve before publication.

### DO YOU HAVE A LOCAL ISSUE OR CONCERN YOU'D LIKE TO SHARE?

**Have you experienced challenges locally where you feel you have been either ignored, dismissed or simply not taken seriously?**

Your issue may well affect others too and could potentially be something the Branch could assist with, depending on the specifics.

Contact Desley by phone or email to discuss.

### Branch Contact Details

Desley Cowley

Childers Social Branch Volunteer

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**F:** Childers National Seniors Social Branch

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