

Often, it's just nice to chat

Branch volunteers are facing a busy month in March with the usual catch-up, the start of the Digital Skills Workshops, and collaboration with local organisations for Harmony Day.

So it's time for a breather! Almost like a debrief, so the April catch-up, Thursday 2nd at the Isis Club, will feature no guest speaker.

Just a delightful get-together and chat. Hope you can come; the perfect opportunity to talk on all things senior, Childers and the wider community.

Harmony Day - A celebration of unity & diversity.

Harmony Day in Childers beautifully illustrates collaboration, acceptance, and belonging. This event brings together local government, nonprofits, service groups, and businesses, each significantly contributing to uniting the community. This spirit captures Harmony Week's essence—a time to celebrate multiculturalism in Australia and our region.

Harmony Day promotes inclusiveness, respect, and belonging for all Australians, regardless of cultural or linguistic backgrounds. It highlights shared values that unite us, showcasing strengths derived from diversity.

These celebrations remind us that by uniting and embracing our differences, we build a foundation for a more harmonious society. Collaboration honors everyone's unique contributions and reinforces the community's fabric.

The Childers Harmony Day Celebration exemplifies how unity and diversity thrive, fostering a vibrant and inclusive atmosphere where everyone feels appreciated and welcomed.

It's not too late to secure a table or individual seats.

Find all the details on Page 4.

Stay up to date

Save the link to your favourites to keep up to date with branch happenings:

[Childers National Seniors](#)

..or google Childers National Seniors and the branch should be top of the list!

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

AT A GLANCE

Wednesday 4th March

Digital Skills Workshops Begin!

9.30am-11.30am

Isis Club, 46 Churchill St, Childers

Buy your own food/drink.

Join us for week one of the series of 10 Digital Skills Workshops.

It's totally free to attend. Buy your own food and drink of your choice from the wonderful team at the Isis Club.

Thursday 5th March

10am - 11.30am

Funding for Arts and Community

Isis Club, 75 Churchill St, Childers

Buy your own food/drink.

Learn how to apply for arts or community funding from Bundaberg Regional Council Community Arts Development Officer Jolene Watson.

Thursday 18th March

10am - 2pm

Harmony Day - 7 course taster

Isis Club, 75 Churchill St, Childers

a 7 course taster from all over the globe!

Come along for a day of friendship, learning & laughter.

Learn about other cultures, experience new taste sensations, dance, create, have fun!



Register
TODAY

Free Digital Skills Workshops for Seniors

FREE tea &
coffee

In this free session, you will learn how to:

- Complete the Digital Skills Checker - Getting Started
- Join Be Connected
- Spot Scams
- Protect your privacy

Tablet provided, no need to bring your own device

9.30am-11.30am

Wednesday, 4th March 2026

Isis Club, 46 Churchill St, Childers. Q

[Register Now](#)

National Seniors
AUSTRALIA



**Get your favourite cafe on
the EAT | PLAY | SAVE app**

Many NSA members are saving every day using the EAT | PLAY | SAVE app, and you can help make it even better. We are looking to increase the number and variety of businesses offering discounts, especially in regional and rural areas.

You can help by encouraging local cafés, restaurants and other businesses to join the app and enjoy more customers through their doors.

It is free for businesses to join and a great way to attract loyal, repeat customers with exclusive offers.

Visit the sign-up page: <http://bit.ly/44ts5Hy>

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



Regular Catch Up - March 2026
Isis Club Inc



Thursday 5th March 2026
10am-11.30am
46 Churchill St, Childers. QLD
RSVP to Desley 0419 817 973
Cost: free
Buy your own drinks and eats.

Special Guest for March catch up:
Jolene Watson, Community Arts Development Officer,
Bundaberg Regional Council.

Find out how to access funding for local event and creative ideas.

**Collaborate
for results!**

This fun activity will help.

Get Creative

FOR RELAXATION

MORE FUN TO SHARE.

Share creative ideas and thoughts, gain information on potential collaboration and eligibility for RADF funding to support creative projects in 2026.

Special guest speaker for March is Jolene Watson, Community Arts Development Officer, Bundaberg Regional Council.

Be sure to join the branch mailing list, facebook page or check out the National Seniors Australia Childers web page for more details as venue and costs are finalised.

Everyone welcome!

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



HARMONY WEEK
EVERYONE BELONGS • HARMONY.GOV.AU



Harmony Day 2026 – Childers

A Celebration of Culture, Connection and Community

Wednesday 18 March 2026 | 10:00am to 2:00pm AEST
Isis Club | Childers QLD, Australia | Cost \$20

National Seniors Australia – Childers Branch in collaboration with Howard District U3A, Childers Multicultural Friendship Group, Childers Neighbourhood Centre, the Isis Club and Bundaberg Regional Council.

National Seniors Australia – Childers Branch invites the community to come together for Harmony Day 2026, a vibrant celebration of diversity, inclusion and belonging.

This community event celebrates the many cultures that make up our region through food, stories, displays and shared experiences. Harmony Day is about respect, understanding and connection, and everyone is welcome.

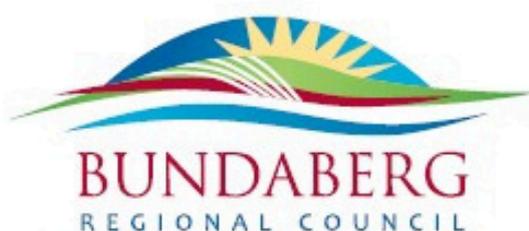
The event is proudly delivered in partnership with local community organisations and aligns with Harmony Week, which runs from 16 to 22 March 2026.

For bookings and more information visit

<https://bit.ly/HarmonyDayChildersNSA>

Childers National Seniors Social Branch

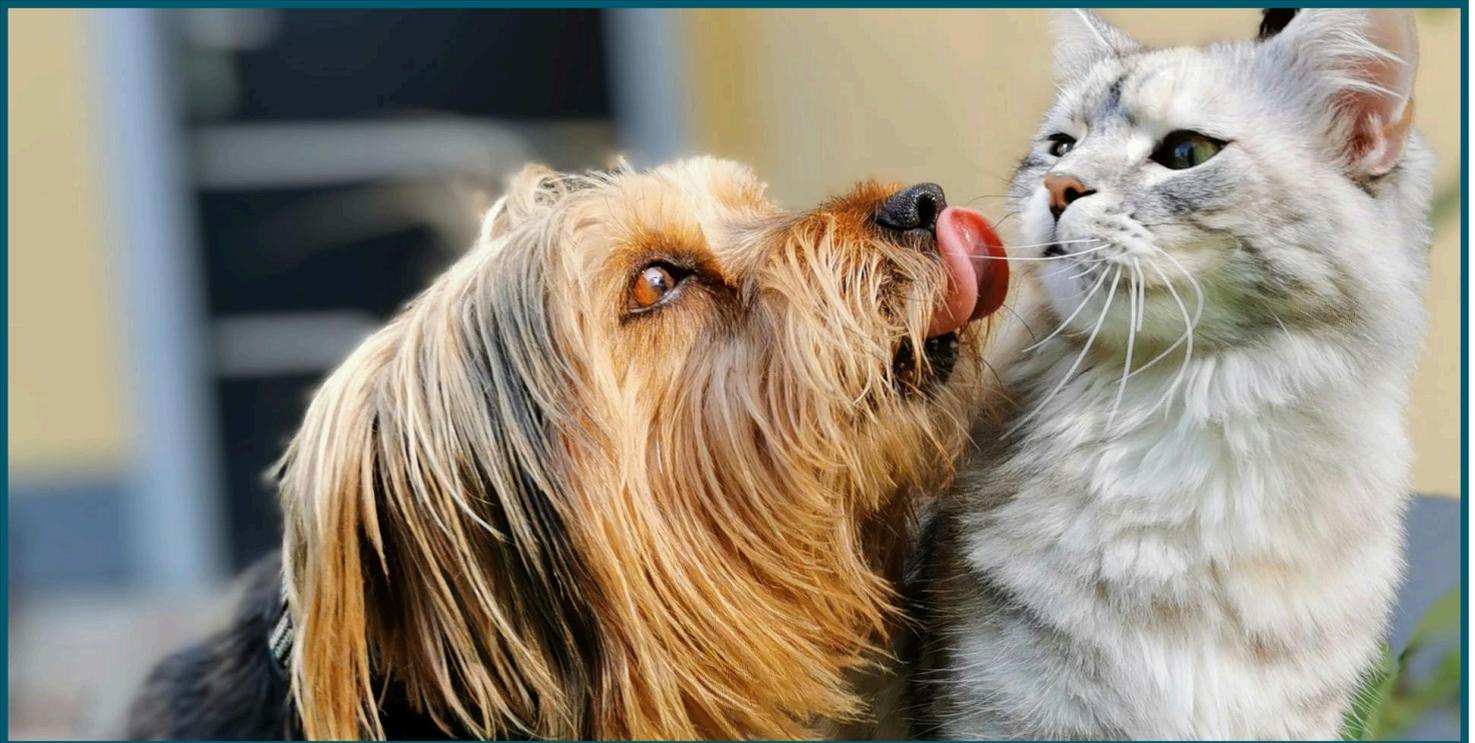
M: 0419 817 973 (Desley) E: ChildersNationalSeniors@gmail.com



National Seniors
AUSTRALIA

The Bundaberg Regional Council Community Services Program provided \$4640 to Childers National Seniors towards delivery of this event.

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



APRIL 2026

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



Let's just chat & get to know each other better this Easter

Thursday 2nd April 2026

10am-11.30am

Isis Club, 46 Churchill St, Childers. QLD

RSVP to Desley 0419 817 973

Cost: free

After careful thought, Branch volunteers feel it's time for an easy morning of conversation and getting to know each other with no planned agenda.

What's on your mind? Need support with something? Want to share what brings you joy?

Nothing is off limits.



Digital Skills Workshops Continue in April

1st April & 29th April

Digital Skills Workshops with local facilitator, Robbie Tedge, continue in April on the first and last Wednesday of the month, taking a break for school holidays.

1st April - Learn How to Use Google Maps

20th April - Connecting to Others

The Be Connected Digital Skills program is designed especially for Seniors. The first session begins on 4th March.

See page 2 for links.

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



Regular Catch ups

First Thursday of the month until November 2026
10am-11.30am

Isis Club, 46 Churchill St, Childers. QLD

RSVP to Desley 0419 817 973

Cost: free

Buy your own drinks and eats.

Every month, the branch will hold a regular catch up on the first Thursday of the month at the Isis Club.

The format will generally be:

- Update/feedback on National Seniors Australia advocacy campaigns.
- A local guest speaker
- Update/feedback on local issues

Members and guests are always welcome. Free to attend the meet up. Buy your own food and drink.



Are you looking for a genuinely flexible volunteer opportunity?

Please consider Childers National Seniors where you can do as much or as little as you'd like to do.

The great thing about a Social Branch with NSA is that there are no executive roles.

This means that your involvement can be just what you want to do and there will be no coercion to do more. If you are limited to 1 hour each week that's fine, or if you'd like to be the lead volunteer organising a major event you can do that too.

Come along, meet the group and share your thoughts, ideas and availability. There will be other like minded people who are equally passionate about making a contribution who will help you.

National advocacy update



Want to know more about how National Seniors Australia helps you?

National Seniors Australia (NSA) celebrates 50 years in 2026.

Success comes from results and the not for profit organisations continued advocacy on behalf of those most vulnerable - our seniors.

Current campaigns include:

- Aged Care
- Better Housing
- Essential Services
- Retirement Income & Superannuation
- Fix Pension Poverty
- Health Costs
- Keep Cash

If you'd like to know more about any or all of these campaigns, PLUS wins to date, visit the National Seniors Australia website.
<https://nationalseniors.com.au/advocacy>



Thank you David!

Thanks so much to Federal Member for Hinkler, David Batt MP who has been supportive of the development of the National Seniors Childers Social Branch since the event launch.

David and his lovely team are generously printing this month's edition of the newsletter in one colour for the Branch.

It's important to Branch members to reach as many seniors as possible including those who don't have access to a computer to read branch news online.

If you know someone who would like to receive a printed copy, please contact the Branch. Contact details on the back page.

If you know someone who could print, or cover the cost of printing 200 x 8 page newsletters in colour each month so Branch volunteers can continue to make them available, please reach out.

National Seniors Australia is urging retailers who accept cash to proudly display our sticker.

Register for bumper stickers and retailer stickers to distribute in your local area.

Visit our **KEEP CASH** campaign page: [bit.ly/3wEOLGu](https://nationalseniors.com.au/get-involved/branches/childers-social-branch)



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

PAST EVENT SNAPSHOT!



Play and Beyond - Therapy 4 Kids
6 February at 07:47 · 🌐

👉 Yesterday Filled My Cup in the Most Unexpected Way ...
👉 a little tale about when the inspiration flows in reverse 🌟

I had the absolute privilege of being invited to speak at the [Childers National Seniors Social Branch](#) about finding purpose later in life - and I walked away far more inspired than I expected.

I shared my story on how I discovered my passion for play therapy and supporting children and families in my late 40's, opened my business just before turning 50, and later helped establish Play 4 Change Inc at 52.

I spoke about the twists, the hard seasons, the why behind the work, and the purpose that now drives me every single day 🌱

I spoke to a small group of incredible women (who society labels "seniors" - though I don't see them that way at all 🍀). Afterward, they came up, hugged me, and told me I was an inspiration.

But here's the truth... When I left and did what I always do - reflect - I realised they were the inspiration.

Their warmth. Their humour (wickedly good humour, I might add 😊). Their openness. Their curiosity. Their continued search for meaning, connection and contribution in this season of life - it moved me more than they know.

Some people fear retirement or later life - fearing loss of identity after years of working, raising families, giving to everyone else. But what I saw yesterday was not loss - it was growth, courage, possibility and most importantly **connection and friendship!** 🌱

We often say we learn from children, and we do, but learning doesn't stop there. It continues across every stage of life, right up to our final breath.

Honestly, I felt like adopting them all as my mothers by the end of it! 🌟
And yes, we are now apparently planning a future outing to an amusement arcade so we can race cars and battle it out on the machines - which I fully intend to win 🏆

I truly hope yesterday was the beginning of new friendships, more laughter, and more shared stories.

📍 Purpose isn't defined by age and inspiration is never one-way

Thanks so much to February Branch Catch Up Guest Speaker, Rochelle Bishop for this wonderful feedback.

"Fight for the things that you care about. But do it in a way that will lead others to join you." — Ruth Bader Ginsburg

What is a Social Branch?

The social branch structure is more relaxed, requiring volunteers to do the fun things like organise activities and maintain contact with members and NSA.

No bank accounts! No committee! No reporting requirements! How good is that?

ANNOUNCEMENTS

DID YOU KNOW THAT CHILDERS MEDICAL IMAGING CAN DO THIS?

X-RAY

- Hand, wrist, scaphoid, forearm, elbow, humerus
- Foot, ankle, leg, knee, femur with weight bearing views
- Shoulder, scapula, clavicle
- Hip joint, pelvic girdle
- Mandible, Skull, Nose, Eye (for foreign body)
- Spine - cervical, thoracic, lumbosacral, sacrococcygeal
- Bone age study
- Lateral soft tissue neck
- Chest, ribs, thoracic inlet
- Plain abdomen, erect and supine
- Foreign body localization
- Weight bearing views
- Chiropractic spines
- OPG (Orthopantomogram) - open & closed TMJs & Lateral Cephalogram
- Bone Densitometry

ULTRASOUND

- Abdominal, Urinary tract (renal) (KUB)
- Male pelvis, including prostate
- Female pelvis, including transvaginal ultrasound
- Obstetric (all trimesters)
- Scrotum, Neck, Breast
- Vascular examinations, using colour and spectral Doppler, including:
 - Aorta, Iliac, Carotid, Vertebral, Leg and arm arteries
 - Leg and Arm veins (DVT)
 - Shoulder, Hand or wrist, Forearm or elbow, Chest or abdominal wall
 - Hip or groin, Buttock or thigh, Knee, Lower leg
 - Ankle or hindfoot, Mid or forefoot, Masses or lumps
 - Echocardiograms

CT SCANS

- Chest, Abdomen/Pelvis, Chest/Abdomen/Pelvis, CT IVP
- Brain, Neck
- Angiograms – CTPA, Circle Of Willis, Abdominal & Thoracic Aorta, Renal & Carotid/Vertebral Arteries, Aorta Bi-Femoral (Legs)
- HRCT, KUB, Sinus, All regions of the Spine
- All Extremities eg: knees, hands, wrists, shoulders etc

There's not much they can't do, but if you are unsure, drop into the friendly team at CMI in Ashby Lane and they'll be happy to review your referral and advise you where to go if they can't help.



Branch Contact Details

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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>