

FREE – please share with friends & family.

Issue 13, October 2026

Spread Holiday Cheer at Good Cause Santa Claus.

Mark your calendars for Thursday, 3 December, from 10:00 AM to 11:30 AM!

National Seniors Australia Childers Social Branch invites you to the annual "Good Cause Santa Claus" special gathering. A collaboration between Childers NSA, Childers CWA & Childers Neighbourhood Centre.

Please note that this year's festive catch-up will be held at the Isis Club, moving from last year's CWA location.

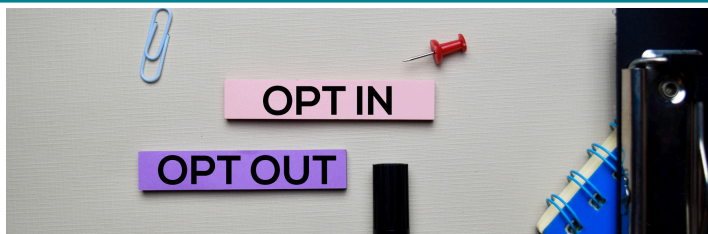
Come along to socialise and support your local community. Please bring a donation to benefit the Childers CWA annual collection and the Childers Neighbourhood Centre's emergency relief and Domestic Violence programs.

Let's come together at the Isis Club to make a meaningful difference this holiday season!

Entry costs \$5. Be sure to book your seat.



MORE FUN TOGETHER!



YOUR NEWS, YOUR CHOICE

Did you know that you can choose to opt in or opt out of these National Seniors publications and newsletters?

- Connect email newsletter
- Member Matters email newsletter
- Money Matters email newsletter
- Travel email newsletter
- Our Generation Magazine
- Finance Promotions
- Travel Promotions
- Wine & Liquor Promotions
- Special Promotions
- Advocacy Updates
- Research Updates
- Events & Webinars
- Branch News

Don't miss out on hearing about events happening in our area. Opt in to Events & Webinars and Branch News to receive updates about upcoming local activities, information sessions and opportunities to connect.

Log in to your online membership to review and update your preferences today.

AT A GLANCE

Thursday 1st October 2026

10am - 11.30am

Regular Catch up

Isis Club, 46 Churchill St, Childers

Special Guest Speakers - Rebecca McDuff & Kim Green

Learn more about Childers Artspace & Library activities, funding & much more.

Bookings not necessary.

Thursday 19th November 2026

10am-11.30am

Caravan & Trailer Towing Education Session

Bookings Essential:

Join Drivers College Bundaberg, for this Childers based National Seniors Special Event.

Discover expert tips on caravan weights, loading and packing, for safer towing. Bring your towing questions for an open Q&A at the end!

Numbers are filling fast for this event. Be sure to book early so you don't miss out.

Click on this [link](#) to book.



OCTOBER & NOVEMBER 2026

"Read to grow. Garden to ground. Create to heal."



October Branch Meet up - TWO special Guest Speakers - Childers Artspace Gallery Director, Rebecca McDuff and Kim Green, Childers Library Co-ordinator.

Thursday 1st October 2026 - 10am-11.30am
Isis Club, 46 Churchill St, Childers. QLD
RSVP not necessary
Cost: free (buy your own tea/coffee)

Find out all about upcoming art launches, exhibitions, workshops and how you can help promote and get involved with Childers Artspace from Gallery Director, Rebecca McDuff.

Discover what happens at the Childers Library and the many ways seniors can get involved whether to join in on activities, exhibit or hold an event. Childers Library Coordinator, Kim Green will share it all!



November Catch Up Guest Speaker - Kylie Currey

Thursday 05 November, 2026
10am-11:30am
Isis Club, 46 Churchill St, Childers, QLD
RSVP not required

Cost: free and includes tea + coffee

Kylie is a Senior Therapy Consultant with Niagara, the Australian medical company that's been helping Seniors for 57 years.

Raised on her family's organic dairy farm, Kylie also studied microbiology, and as such maintains a balance between the medical/scientific and the natural world of wellness and vitality.

Join us in November for Kylie's talk, titled 'Age well...Love life!' and discover ways we can all move, feel and live better naturally!

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

Around town in October

Tuesday October 6

Disaster Preparedness

9.30am-10.30am Isis Cultural Centre

Get prepared for storms, fire, floods and other emergencies with BRC's FREE Get Ready Queensland Week Events!

Contact: Annette Farrar [0403987941](tel:0403987941)

Annette.Farrar@bundaberg.qld.gov.au

Wednesday October 7

Bread baking with Iris

9am - Childers Neighbourhood Centre - \$10 per person

Numbers are limited so get in quick.

RSVP 4130 4690 or email cnc@bundaberg.qld.gov.au

Thursday October 8

Arts & Crafts to Fill Your Cup

9am-12pm - Childers Neighbourhood Centre - FREE

Enjoy easy, self-paced activities, sit outside and soak up the sun! No experience needed.

Bookings essential. RSVP by October 6 4130 4690 or email cnc@bundaberg.qld.gov.au.

Friday October 9

The Outhouse Childers

6.30pm - Isis Cultural Centre - \$15 per person

Two Clowns invite you to journey into outer space to give planet earth the rest and rejuvenation it needs.

During the show audience members actively participate. There is hands on craft, collective problem solving and lots of laughter. Contact 07 4130 4100 to book

Wednesdays October 7, 14, 21 & 28 & November 4

Be Active Be Alive - Bundaberg Regional Council

Free Chair Yoga & Meditation - 11am-12pm -

Childers Showgrounds Hall - 5 Ridgeway St, Childers
Yoga Owl will be delivering these session on behalf of Council. Bookings not necessary. Please arrive 5 minutes early.

Wednesday October 21

Seniors Month Morning Tea

9.30-11am - Isis Club - \$15 per person

Enjoy a relaxed and friendly morning tea. Guest speakers: Meals on Wheels & Aged Care.

Bookings essential. RSVP by October 16 4130 4690 or email cnc@bundaberg.qld.gov.au.

Weekly - every Wednesday and every Saturday

The Patchwork Circle

9am-3pm West St Hall - Free

Morning tea supplied - please bring your own lunch.

Weekly - every Wednesday

Childers Card Group - learn and play 500

9am-11.30am Childers Neighbourhood Centre

The card group is a new group. Whether you're holding cards for the first time or you're a master builder of the perfect hand, you'll fit right in.

Twice Monthly - second & fourth Thursday

Childers & Surrounds Carers Support Group

10am-11.30am - optional lunch on 4th Thursday

Whether you are a paid or unpaid carer you are welcome to come along to the informal Carers Support Group get togethers. Very relaxed. A safe space to share.

Monthly - first Thursday of the month

Childers Neighbourhood Centre - FREE Barbie

11.30am - 69 Churchill St

Go along for a friendly chat and enjoy a delicious lunch.

Monthly - first Saturday of the month

Childers Garden & Food Swap

9am-11am 73 CSR Depot Rd.

Take along items for swapping, a chair and mug for morning tea, \$3.

Monthly - second Wednesday of every month until November 2026

Cancer Support Group

2.30pm Isis Club - FREE

Childers Cancer Support group meets for afternoon tea. Anyone touched by cancer is welcome to join the group for help, friendship or just a yarn.

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

HAVE WE MISSED YOUR OCTOBER EVENT? PLEASE SEND DETAILS BY THE MIDDLE OF THE PRIOR MONTH TO BE SURE TO BE INCLUDED.

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

FUTURE EVENTS SNAPSHOT!

WHAT WE DO,
MATTERS!

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

The Childers Branch believes communities thrive through collaboration. By connecting local groups, businesses and organisations through guest speakers and partnerships, the Branch creates opportunities to learn, engage and belong.

Visitors from other branches and regional areas are always welcome.

Confirmed guest speakers through to June 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)
- April: TBA (RACQ Older Driver Program)
- May: Peter Proctor (ACVVS - Aged Care Volunteer Visitors Scheme)

Stay informed via our Facebook group, website newsletter or printed copies available from the Childers Library and the Isis Club.

A SAFER TOWN FOR ALL

Safe, connected footpaths are essential for a healthy and inclusive Childers community.

They help children walk safely to school and friends, while giving older residents, people with disability and families with prams greater independence.

Broken or missing sections can force pedestrians onto roads, creating risks and limiting access to shops, services and social connection.

By supporting the petition, residents ask decision-makers to prioritise repairs and build a safer, connected footpath network.

Safe paths benefit everyone and help make Childers a welcoming place to live, work and visit.

Help make this happen by signing the Queensland Government e-petition.

Click on this [link](#) for more information, or scan the QR code below or google 'Walkable Childers'. Contact Desley on 0419 817 973 if you'd like to know more before signing.



Travel the road to
endless possibilities

If you had
better
health
+ mobility...

...imagine what
could you do more
of – or where life
could take you?

Age well...
...Love life!

Coming in November

niagara

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

PAST EVENT SNAPSHOT!



First Minutes Matter Emergency Trauma Training a resounding success.

A HUGE thank you to Meg Ahern, Medical Educator from Life Flight who facilitated this event in September. It was a resounding success and we are working on final details to run another one in February 2027.

If you don't want to wait that long to learn how you can help in an emergency, Life Flight have an online course. Here is the [link](#).

Also, if your business, organisation or club would like to host a group, here is the [link](#) to find out more.

The February event, and all Branch special events are supported by NSA. You'll be one of the first to receive notification when you sign up to receive information about events in our area.

See front page for details on how to sign up.

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.

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

BRANCH SPECIAL EVENTS

The Childers Social Branch is where community spirit comes alive! Collaboration, shared interests and a warm welcome make every gathering a chance to connect and belong.

Join the branch at 10am on the first Thursday of each month at the Isis Club for fabulous guest speakers, inspiring collaboration and wonderful conversation—too good to miss!

Special events at different locations offer members and guests more ways to join in, meet people and share the branch's fantastic community spirit. Here's what's coming up.

Bundaberg Drivers College - Safe Caravan or Trailer Towing

November 19 - 10.30am-12.30pm - Isis Club

You'll learn how to load your van, what equipment you'll need, tow ball weights, seating & mirror adjustments, reversing, passenger direction techniques, reverse parking, emergency braking & much more.

Bookings are essential:

<https://bit.ly/4xLZWHe>

Good Cause Santa Claus

December 3 - 10am-11.30am - Isis Club

This wonderful collaboration between Childers NSA Branch, Childers CWA and Childers Neighbourhood is set to break records in 2026. Be sure to [book](#) your seat.

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>

Childers Social Branch

Regular Monthly Catch up
Thursday 1st October, 2026
10am - 11.30am



Find out all about upcoming art launches, exhibitions, workshops and how you can help promote and get involved with Childers Artspace from Gallery Director, Rebecca McDuff.

Discover what happens at the Childers Library and the many ways seniors can get involved whether to join in on activities, exhibit or hold an event. Childers Library Coordinator, Kim Green will share it all!

Meet & hear from Childers Artspace Gallery Director, Rebecca McDuff and Kim Green, Childers Library Co-ordinator.

Free event: Buy your own food & drinks

RSVP NOT REQUIRED!

Look forward to seeing you soon!

PLUS: Find out more about NSA & Childers Social Branch
10am, Thursday, 1st October 2026 at the Isis Club,
46 Churchill St, Childers. QLD

For more information and to book, please email
ChildersNationalSeniors@gmail.com or phone Desley on 0419 817 973



Age well...love life!

Let's talk about how you can help improve your:

- joint pain
- fluid retention
- diabetes
- poor circulation
- arthritis
- cramps
- back pain
- sciatica
- hip, neck, knee pain
- decreased mobility
- tension / muscle stiffness
- sleep problems
- imperfect health

...and discover how you can add years to your life!

niagara Australian Therapeutic Solutions

Join us at the
**November
'Catch Up'**

**Thursday 05 November
10am at the ISIS CLUB**

**FREE
COFFEE + TEA +
INFORMATION SESSION!**

Guest Speaker:

Kylie Currey
Senior Therapy Consultant
Niagara Medical Therapy



CARAVAN & TRAILER TOWING EDUCATION SESSION

Join Drivers College Bundaberg for this Childers based National Seniors Special Event. Discover expert tips on caravan weights, loading & packing, for safer towing. Bring your towing questions for an open Q&A at the end!



WHAT YOU WILL LEARN

- Loading the van
- Equipment for towing vehicle
- Tow ball weights
- Seating & mirror adjustments
- Reversing & reverse parking
- Passenger direction techniques
- Emergency braking
- ..and much more!

Date: Thursday 19th November 2026

Time: 10am-11.30am

Location: Isis Club, 46 Churchill St,
Childers

BOOK NOW



Bookings essential:
<https://bit.ly/4xLZWHe>



QCWA Gin Gin Branch



Book A Seat

Lucky
Door Prize

Melbourne Cup
Frivoly

Raffles



Multiple
Sweeps
(\$5, \$2, \$1)

Fashion on
the Field
Competition

Where: Gin Gin Youth Centre, Walker Street

When: Tuesday 3rd November 12.00 – 3.00

Cost: \$15.00 per person (includes Afternoon Tea)

CASH ONLY

RSVP: Tuesday 27/10/2026

For further information or to book a seat contact Christy-Lyne on
0407 671 552 or email ginginbranch@qcwa.org.au

Childers Social Branch

Regular Monthly Catch up
Thursday 3rd December, 2026
10am - 11.30am



We're back — and this time at the Isis Club so the hardworking CWA ladies can join us!

Be part of this wonderful initiative to help others in need.

Bring a donation for the Good Cause Santa Claus. Contributions go to the Childers CWA annual collection and/or the Childers Neighbourhood Centre's emergency relief and Domestic and Family Violence program

Good Cause Santa Claus!

Cost: \$5

BOOKINGS ESSENTIAL!

Click on this [link](#) to book.

**PLUS: Find out more about NSA &
Childers Social Branch**

**10am, Thursday, 3rd December 2026 at the Isis
Club, 46 Churchill St, Childers. QLD**

For more information and to book, please email

ChildersNationalSeniors@gmail.com or phone Desley on 0419 817 973

1300 76 50 50
www.nationalseniors.com.au

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