

FREE – please share with friends & family.

Issue 12, September 2026

Who's up for a trip to Bali? Under \$2k?

The proposed date: 4th to 14th November, 2026

Flights: ex Brisbane. 3 days in Legian; 6 days in Kuta

Lead tour guide: Pam Corliss

Childers Social Branch is calling for Expressions of Interest to join a group booking for 10 days in Bali for under \$1500 for combined travel and accommodation.

Led by local legend Pam Corliss!

Pam is a seasoned traveller who knows the quirky places to take you in and around Bali and would be an excellent person to travel with, especially if you haven't travelled often and/or haven't travelled alone. The great combo!

Want to know more?

Email the branch with your contact details and we'll forward onto Pam, who will be in touch if there is enough interest!



MORE FUN TOGETHER!



DISCOVER LOCAL MAKERS, UNIQUE TREASURES AND A WONDERFUL COMMUNITY DAY OUT!

Discover local makers, unique treasures and a great community day out at the Inaugural Childers Chamber of Commerce Craft Festival!

Childers Chamber of Commerce is hosting a craft fair at The Isis Cultural Centre from 9am–2pm on Saturday 26/9/26.

With around 35 crafters on the day, you'll find fabric, woodwork, leatherwork, handmade crochet, candles, bath & beauty, resin, natural products, handmade jewellery, leadlight and more.

Make a day of it with St Nicks Xmas Shop in town, three second-hand stores and plenty of coffee spots.

Childers National Seniors will also have a shared stall on the day. Be sure to mark this date in your calendar and if you haven't booked a stall, give Karen a call to see if there's any space still available! See flyer for full details further on page nine.

AT A GLANCE

Thursday 3rd September 2026

10am - 11.30am

Regular Catch up

Isis Club, 46 Churchill St, Childers

Special Guest Speakers - Deb Noy & Deb Tedge

Learn more about the IDHS/IDSS Community Garden partnership and how you can get involved.

Bookings not necessary.

Thursday 17th September 2026

10am-2pm (buy your own lunch)

Life Flight Emergency Trauma Training

FULLY BOOKED - THERE IS A WAIT LIST

IMPORTANT NOTE: Workshop time is 10am-2pm if you are registered.

Thursday 26th September 2026

9am-2pm

Childers Chamber of Commerce Craft Festival

Are you a budding crafter with not enough product to have a stall of your own?

Childers National Seniors Social Branch has booked a shared stall. Contact the Branch to find out more.



SEPTEMBER & OCTOBER 2026

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



**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.



**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!

abundance humanity UNCONDITIONAL
FRIENDSHIP offer make a difference
gratitude kindness UNITE gift
altruism support INSPIRE LOVE thank you
volunteer give back charity
compassion service SHARE community
get involved NOW TIME generosity



NOVEMBER & DECEMBER

“Give the gift of good health, kindness, and time well shared.”



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!



December Catch up - Special Guest Speaker - Santa!

Thursday 3rd December 2026 - 10am-11.30am
Isis Club, 46 Churchill St, Childers. QLD

RSVP essential

Cost: \$5 - tea/coffee station included

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.

Click on the [link](https://nationalseniors.com.au/get-involved/branches/childers-social-branch) to book.

Around town in September

Thursday 10th September

Cupcakes & Chat - a Childers Neighbourhood Centre Initiative - 11.30am Millennium Park - Churchill St
Bring your friends & family

Sunday 13th September

Sound Bath Sunday - a Yoga Owl initiative
4pm-5pm Christ Church Hall, 11 McIlwraith St
This beautiful SOUND BATH SUNDAY will be 1 hour of time just for YOU. Presented by the wonderful Cheryl from Yoga Owl.

Thursday 15th September

Carer Gateway info session - a Childers Neighbourhood Centre initiative
10am - 69 Churchill St
Are you supporting a family member or friend in a paid or unpaid role? Go along to find out how Carer Gateway can support you.

Saturday 26th September

Self Care Saturday - a Yoga Owl initiative
4pm-6pm Christ Church Hall, 11 McIlwraith St
2 hours just for you. Includes Yoga Stretch, Sound Bath & Yoga Nidra experience

Saturday 26th September

Childers Craft Festival - a Childers Chamber of Commerce initiative
9am-2pm - Isis Cultural Centre
Support local, celebrate creativity & share the joy!

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

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

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.



**Did you
know...?**

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

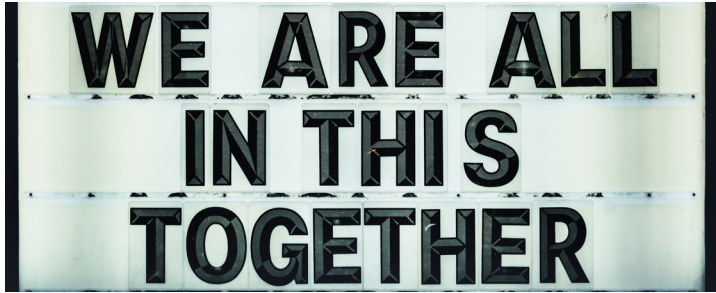
**Age well...
...Love life!**

niagara
Age Well. Live Better.

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 May 2027 include:

- September: Deb Noy & Deb Tedge (IDSS)
- 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.

WHO'S NEW IN TOWN?

Have you tried out Childers newest coffee shop yet?

**Discover the Lantern & Laurel Coffee House,
130 Churchill St, Childers.**

Tucked away as a welcoming new spot for locals, the Lantern and Laurel is a charming café and restaurant that has been open just three weeks. It specialises in all-day breakfast, hearty burgers and a range of comforting café favourites, making it an easy choice for a relaxed meal.

The atmosphere sets it apart. Neo-classical art adorns the walls, while shelves hold books on ancient history, myth and archaic subjects, perfect for browsing over a cup of coffee. Chess boards are ready for a quiet game, inviting conversation or peaceful concentration.

Open Monday to Friday from 5:30 am to 5:00 pm and Saturday to Sunday 5:30am to 3pm, it caters especially well to early risers. Cakes are currently in the works, and iced coffee and frappes will soon join the menu.

Whether you're after a solid breakfast, a leisurely lunch or simply a thoughtful place to sit, the Lantern and Laurel offers a calm, character-filled escape. Drop in and experience it for yourself.



HOME

Connect Newsletter

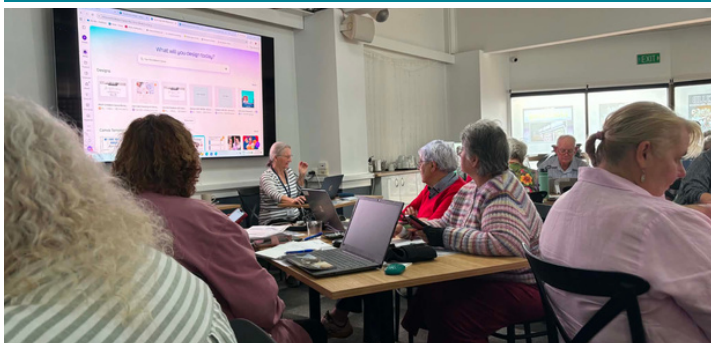
Sign up to receive Connect - our free weekly email newsletter, delivered straight to your inbox every Friday. Keep up to date with news, health, finance, and lifestyle stories.

Subscribe



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

PAST EVENT SNAPSHOT!



Canva for Beginners

The Canva for Beginners workshop was a lively and positive day, bringing together participants keen to learn, experiment and build confidence with digital design.

Feedback highlighted the value of the guided tour through Canva's tools, the hands-on design session, and the opportunity to create individual projects with support. Participants enjoyed the chance to learn practical skills, ask questions and connect with others in a friendly setting.

Suggestions for future sessions included smaller groups, extra helpers, improved internet access and time to move at a gentler pace. There was strong interest in attending further Canva events, with ideas including posters, photo books, templates and photo editing.

Watch this space for the next round of workshops!

Thank you to all participants. You were a very patient & wonderful group!

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.

ANNOUNCEMENTS

BRANCH SPECIAL EVENTS

Childers Social Branch is very active around town. A small band of volunteers who work well together, back each other up and generally do what they do for the sheer joy of being part of, and contributing to the fibre of the Childers and surrounds community.

Regular monthly catch ups/meet ups with great local guest speakers are always held from 10am on the first Thursday of the month at the Isis Club.

Special events are sometimes, but not always held in other locations. Coming up between now and the end of the year.

First Minutes Matter - 10am-2pm (BUY YOUR OWN LUNCH) 17th September. Life Flight's emergency trauma training gives you practical skills to manage life-threatening events. This is fully booked already, so we'll plan another one in the new year. You can register to go on the wait list.

Bundaberg Drivers College - Safe Caravan or Trailer Towing November 19th 10.30am-12.30pm

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.

As soon as details are finalised, registrations for booking will open.

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

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 3rd September, 2026
10am - 11.30am



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.

Meet & hear from Deb Noy, Manager & Deb Tedge Volunteer IDSS - Childers

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, 3rd September 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

Scan the QR Code
...or click on this [link](#) to book



When minutes matter, are you prepared?

FREE emergency trauma training in your region with LifeFlight

Survival starts on the ground. It's about knowing what to do while emergency services, like LifeFlight, are on the way. Our emergency trauma training gives you practical skills to manage life-threatening events. Arming yourself with these skills and vital knowledge is the best protection you can offer your loved ones and community.

What you will learn, could save a life.

For more information, call 1800 630 014
or visit firstminutesmatter.org.au

Workshops cover:

- Personal, Road & Aircraft Safety
- Burns
- Bleeding
- Snake Bites
- Choking & Anaphylaxis
- Strokes, Seizures & Febrile Convulsions
- CPR & AEDs
- Emergency Equipment
- Wellbeing



Upcoming FREE in-person workshops:

CHILDERS NATIONAL SENIORS BRANCH
Thursday 17th September, 2026 10am - 2pm
The Isis Club, 46 Churchill Street, Childers

Click on this [link](#) to book

BUY YOUR OWN LUNCH

Carer Gateway Information Session Childers

Join us to learn about supports available through Carer Gateway.

Are you supporting a family member or friend? You may be a carer, and support is available. Visit the Carer Gateway team at the Childers Neighbourhood Centre for an information session. Ask questions, explore available supports, and connect with free services tailored to your needs. No matter your caring role or where you are in your journey, our friendly team is here to listen and help. Light refreshments, tea and coffee provided.



When and Where:

Childers Neighbourhood Centre
69 Churchill Street, Childers QLD
4660

Tuesday 15 September 2026
10:00am - 11:00am

RSVP and additional info:

Debra Murphy
Childers Neighbourhood Centre
Community Development Officer
07 4130 4690

To find out more about Carer Gateway visit carergateway.gov.au or call **1800 422 737** Monday to Friday, 8am to 5pm. Emergency respite support available 24/7.



Queensland Country Women's Association
Gin Gin Branch

Annual Esme Hay Bus Trip

The QCWA Gin Gin Branch is running their Annual Esme Hay Bus Trip and would like to invite members from the community to join us.

When: Thursday 17th of September 2026

Cost: \$40.00 (does not include lunch or smoko)

Itinerary:

Depart: Gin Gin (opposite the police station) 9am

First Stop: Bamboo Land (2hr visit approx 10.30 to 12.30)

Second Stop: Childers main street (1.5hr visit approx 1.00 to 2.30)

Return to: Gin Gin (opposite the police station) 3.30pm



RSVP: 3rd September 2026

Note:

- ✓ Cash Only
- ✓ Multiple Raffles being held on the day (drawn on the bus trip home)
- ✓ Bring a box to put your purchases in



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



CHILDERS
CHAMBER OF COMMERCE Inc.
Proudly Presents

CHILDERS
Craft Festival

♥ ISIS CULTURAL CENTRE ♥

SATURDAY
26 SEPTEMBER 2026

9am to 2pm

♥
Lots of crafts on display and for purchase!

♥ FOR MORE INFORMATION
Karen Keen
0419 641 924

Support Local ♥ Celebrate Creativity ♥ Share the Joy



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

Looking for a friend? Looking to be a friend?

Join the Aged Care Volunteer Visitor Scheme

ACVVS is a friendship program that links older people and volunteer visitors in the Bundaberg, Childers and North Burnett regions. By spending time together regularly, participants build meaningful friendships and reduce social isolation.

Visits can take place wherever an older person calls home, whether that's an aged care home or their own home.

Interested in having a visitor or becoming a volunteer visitor?

Contact us on (07) 4153 4233 or scan the code to learn more.





Walkable Childers: Prioritising Safe and Accessible Footpaths for All Residents

The petition requests the House to:

- undertake a footpath connectivity assessment in Childers;
- prioritise funding for new footpaths and safe crossings in high-risk areas; and
- work collaboratively with Bundaberg Regional Council to deliver continuous, safe pedestrian routes.

*Principal petitioner: Desley Cowley, Childers

It takes less than 60 seconds to sign!

1. Open your phone camera.
2. Scan the QR code below.
3. Complete the official QLD Parliament e-petition.

...or if you don't like using QR codes, simply google 'Walkable Childers' and the e-petition will come up in the top 5 results.



*Note: You must be a Queensland resident to sign. Thank you for protecting our community!

TIRED OF FOOTPATHS THAT SUDDENLY END?

Help Fix Childers' disconnected footpaths!

The Petition draws to the attention of the House that across several residential streets and key approaches to the Childers CBD, there are critical missing footpath links that force pedestrians, including seniors, school children, pram users, and mobility impaired residents, to walk on the road.

These gaps create daily safety hazards and reduce independence for older residents who rely on walking or mobility scooters to access shops, services, and community facilities.

Wide, well-connected footpaths ensure safety and comfort for all ages, promoting regular walking by eliminating trip hazards and traffic dangers while fostering community health, mental wellbeing, and independent mobility.





QCWA Gin Gin Branch



SAVE THE DATE

Lucky
Door Prize

Melbourne Cup
Frivolity

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)

Become A Member & Start Enjoying Benefits From \$49.50 A Year

Unlock exclusive savings, powerful advocacy, and real support — all from one simple membership. Sign up today.

[Join Now](#)

Over 200 Discounted
eGift Cards



Members Save 10% On
Travel Insurance*



Thousands of Australia-
Wide Discounts on the
EAT | PLAY | SAVE App



Access Financial
Information Consultant



National Seniors Money
Hub



Weekly Competitions



Advocacy & Research



Access 68 Community
Branches

[Sign Up Here](#)

”

Advocacy is where I get value from my membership. Branch activities, discounts and other incentives are a bonus for me.

