

MAYOR'S BUDGET MESSAGE

The 2020 financial year has certainly been a challenging year for our shire with every sector being affected at some level. The rural producers most impacted by the continual drought saw that reach its peak in the second half of 2019 before, finally, some decent rains in the early months of 2020 saw some much needed relief, especially in the south of the shire.

Our resource industries have been greatly affected by the crash in the world oil price and operating conditions have been a particular challenge in the first half of 2020. To top it all off, the worst worldwide pandemic for one hundred years has seen the complete shutdown of the tourism and hospitality sector resulting in severe hardship for those dependent businesses. This period resulted in little or no income for three months and a fairly subdued restart in June has given some hope that a recovery is in progress.

Through all this the Quilpie Shire Council has maintained its workforce and strong financial position and has weathered the economic storms remarkably well. Our cash position at the end of June 2020 has continued to remain strong although forward payments of Federal Financial Assistance Grants and some unspent grant funds has contributed to this positive situation. Notwithstanding this, the council financial position has continued to improve, building on the improved fiscal reporting and expenditure controls implemented in previous years.

It is pleasing to note that, 12 months ago, we forecast a deficit of around \$3M in a \$23M budget but, with the final figures still to come in, we are looking at a small surplus instead of \$500,000 or more. As I mentioned above, there are forward payments and unspent grant funds impacting on this good position but these invariably happen every year and yet our financial strength endures. As years go by and our budgets continue to provide accuracy in our financial forecasts, Council, staff and the community generally, should feel comfortably secure in the financial management and, ultimately the financial sustainability of the council.

CAPITAL WORKS

The 2020-21 budget will see a significant increase in our

capital expenditure from \$9.7M in 2019-20 to \$11.5M this year. About \$7M of this is for new capital, the bulk of that made up by the completion of the next stage of the Eromanga Natural History Museum (\$3.2M) and the new Gyrica Gardens Multi-Purpose Centre (\$0.94M), both predominantly funded from external grants. Pleasingly, over \$4M will be spent on replacing or renewing existing assets. These include renovating three community tennis courts, upgrading the Quilpie wash down bay, a substantial plant replacement program and improvements to various roads and facilities across the shire. I feel very confident that the high level of our asset upgrade and maintenance program, every year, not only sustains our assets but also grows the quality of life in our community over time.

RATES AND CHARGES

Mindful of the headwinds that have hit all of our business sectors this year we have kept our rates at the same level as last year so, no increases. We are fully aware that our costs will continue to rise but Council is prepared to absorb that increase at this time. We have kept 10% capping in place to ensure no one will see rates move up enormously if their property is still catching up from valuation rises a few years ago. The vast majority of ratepayers will see no change however.

Charges will continue to attract a CPI increase of around 2% but, as these fund a provided service, whether water, sewerage or waste, we really have to keep revenue as close as possible to costs. Not everyone in the shire has access to these services so, I believe, it is only fair that those who do should pay fully for that service and it shouldn't be funded out of general rates paid by those who don't.

Despite the upheavals happening around the world the Quilpie Shire Council has had another good year. I would like to congratulate our staff on what they have achieved through the last twelve months, as budgeted, and look forward, hopefully, to a more stable and less challenging year ahead.

As always I am happy to discuss the budget anytime.

Kind regards,

Stuart Mackenzie, MAYOR

YOUR COUNCILLORS

Cr Stuart Mackenzie
Mayor

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M: 0429 069 314

E: mayor@quilpie.qld.gov.au

Cr Jenny Hewson, Deputy Mayor

P: 4656 1311

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Cr Roger Volz

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Cr Bruce Paulsen

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E: bpaulsen@quilpie.qld.gov.au

Cr Lyn Barnes

M: 0428 561 461

Calling all Potters and Would be Potters



Our new kiln has been ordered

So if you're all fired up about that news
and want to get your hands dirty
give Willem a call on
0400 792 711

DID YOU KNOW?

Council has spent more than \$6.5 Million with local business operators over the past twelve months.

Add to that the approximate \$6.0 Million paid in wages to shire staff and that is a direct cash injection of \$12.5 Million into the local economy.

This equates to more than half of Council's total expenditure over the 2019-2020 financial year.

ADAVALE COMMON MUSTER

Notice is hereby given that the Adavale Common Cattle Muster will take place on 17 & 18 July 2020

SRLO & Stock Owners will commence the muster and once stock are yarded they will be drafted.

Cows and calves will be mothered up and calves will be branded.

Please note: All stock owners are required to assist with musters and or branding and are to ensure yearly permit fees are paid by the due date and;

Helicopter fees will be split between owners of all cattle mustered.

WILD DOG BAITING PROGRAM

Residents and visitors are advised that Council will be conducting an aerial and on-ground Wild Dog Baiting Program commencing 15th July 2020.

Town Commons are not included in the baiting program, however care should be taken when exercising dogs and other animals.

This is a necessary and planned program aimed at controlling the wild dog program within the Quilpie Shire.

For further information, please contact Council's Customer Service Centre on 07 46560500.

**COUNCIL CASH RESERVES HAVE
INCREASED FROM \$12.8
MILLION TO APPROXIMATELY
\$23.8 MILLION OVER THE
PERIOD FROM 30 JUNE 2011 TO
30 JUNE 2020.**

Council Bin Collection

Council wishes to remind all residents that bins must be out **before 6 am** on rubbish collection days and that the lids must be sitting on the bin and not overflowing.



We are looking for two capable and reliable staff in store so if you are interested contact Lyn or Trevor.

Phone 4656 1188 or send an email to trevor.mead@bigpond.com

Part time will also be considered.

MEADS FOODWORKS

No.1 for Service and Customer Care!!

We have a large selection of...

• Groceries • Fresh Fruit and Vegetables
• Deli Products • General Merchandise • Stock Feeds

Wholesale Products:

Coca Cola, Smiths Snack Foods & Schweppes

Ph: (07) 4656 1188 - Fax: (07) 4656 1146

Email: trevor.mead@bigpond.com

HAD A NEAR MISS OR ACCIDENT ON THE ROAD?

(Particularly along the main state controlled roads)

In an important move to collect data in relation to safety issues on our roads Council has established a dedicated email address (roads@quilpie.qld.gov.au) to allow residents to advise Council of dangerous experiences.

If you report an incident please include location, time of day, and details of the experience.

Keeping your yard clean and tidy makes your house and our communities look better. It can also make the house safer for you and your family by keeping away pests like mice, snakes and termites.

To keep your yard clean and safe:

- Mow the lawn regularly, including trimming edges and removing weeds, as long grass can attract snakes and mice.
- Trim bushes and trees to keep them away from your house and paths.
- Throw rubbish in the wheelie bin so it's taken away, and take large items to the rubbish tip.
- Move any piles of rubbish or grass clippings from the side of the house to stop termites getting to the house.
- Have any wrecked cars or boats removed from your yard.
- Water your garden regularly, but remember that over watering can cause as much damage as under watering.



QUILPIE CULTURAL SOCIETY INC
P.O. Box 172
Quilpie 4480



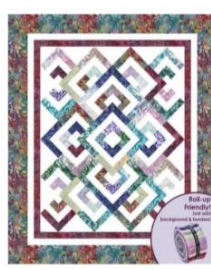
FRAN BULMER PATCHWORK 4 DAY WORKSHOP 'STACK IT UP'

FRIDAY 14TH AUGUST – MONDAY 17TH AUGUST 2020

3 Workshop choices or you can bring a UFO to complete with Fran's help.



Left to right:
One Block Wonder
Wack and Stack
Double Diamond



Daily Workshop Fees:
Members \$35.00
Non-Members \$70.00
Pensioners \$30.00

2020 Memberships \$50 per person

BOOKINGS ESSENTIAL – CONTACT JAN McCONNELL 0428 562 083
For Requirement Lists and booking into this awesome 4 day workshop with talented Tutor Fran Bulmer.

Funded by the Foundation for Rural and Regional Renewal.

RACQ FOUNDATION APPLICATIONS ARE NOW OPEN

If you are a community organisation in Queensland impacted by COVID-19, natural disasters or drought you can apply for funding.

Applications close:

Round 1 – Closed 21 February 2020

Round 2 – 17 July 2020

Round 3 – 7 September 2020

For more information visit:
<https://www.racq.com.au/about/community-and-sponsorships/racq-foundation#apply>



QUILPIE LIBRARY IS BACK TO NORMAL HOURS OF OPERATION FROM **Monday 13 July 2020**

Monday – Friday: 10am – 4.30pm
Closed daily for lunch: 1pm-2pm

However, Some COVID-19 restrictions will apply in accordance with QLD Health Regulations.

CONDITIONS OF ENTRY:

- COVID-19 VISITOR REGISTER SHEET MUST BE FILLED IN
- HAND SANITISER TO BE USED AT LIBRARY ENTRANCE.
- MAXIMUM 20 PEOPLE ALLOWED IN THE LIBRARY AT ANY ONE TIME.
- CHILDREN MUST REMAIN IN THE BARRICADED CHILDREN'S AREA.
- ONLY TWO PUBLIC ACCESS COMPUTERS WILL BE AVAILABLE.
- AFTER COMPUTER USE, PATRON MUST WIPE DOWN KEYBOARD, MOUSE AND DESK AREA WITH SUPPLIED DISINFECTANT WIPES.
- PLEASE DO NOT ENTER THE LIBRARY IF SUFFERING FROM A COLD/FLU OR ANY OTHER ILLNESS.
- SOCIAL DISTANCING RULES OF 1.5 METRES MUST BE ADHERED TO.
- ONLY 1 PERSON PERMITTED IN THE CENTRELINK SELF ACCESS BOOTH AT ANY ONE TIME.

WE LOOK FORWARD TO WELCOMING OUR VALUED PATRONS BACK TO THE LIBRARY AND HOPE WE ARE ALL ABLE TO WORK TOGETHER TO KEEP SAFE AND WELL.



Council would like to remind the community that Bulloo Park is primarily utilised as a horse sports venue and as such there should not be other unauthorised activities carried out. This includes golf balls being hit into the middle of the racetrack or on the racetrack which could endanger the horses or riders using the facility. Council requests that motor bike riders refrain from riding through the Bulloo Park facility and use an alternative route for safety reasons also.

Thank you for your co-operation with this matter.



Further sealing of the Adavale (Red) Road has recently been completed.

This state controlled road is 85.18 km long.

To date 51.2 km is sealed and 33.98 is unsealed.

\$1.25 Million will be spent on continuing to seal this road in 2020-2021.



Small Business COVID-19 Adaption Grant Program Round 2

The Queensland Government is extending the Small Business COVID-19 Adaption Grant Program. As part of Stage 2 of Queensland's Economic Recovery Strategy – Unite and Recover for Queensland Jobs, up to \$100 million is being made available to deliver a second round of grants, with half of this funding specifically earmarked for regional small businesses located outside of South East Queensland.

Round 2 will open on 1 July 2020.

To get ready to submit an application, follow the 'how to apply' information at <https://www.business.qld.gov.au/starting-business/advice-support/grants/adaption>

From the CEO's Desk

The last Ordinary meeting of Council was held on Friday 10 July 2020. This was preceded by a Special Meeting of Council where the 2020-2021 budget was adopted (please refer to the Mayor's budget message on the front page of this newsletter).

As is customary, the Mayor and Councillors provided verbal updates on activities they undertook since the last meeting.

Two (2) applications under the Community Assistance Grants program were considered. Council approved the request from Quilpie Sport & Recreation Inc. for \$2,000 to assist five (5) community members to undertake a Certificate III in Fitness Education through Fit Education.

Council also approved the request for financial assistance received from the Quilpie Golf Club for \$2,500 toward prizes for their Annual Open Weekend. Crs Paulsen and Volz left the meeting while this matter was considered due to their committee positions with the club.

A late tender for registration as a pre-qualified supplier for the period 01 July 2020 to 30 June 2022 was accepted.

Council approved the request for permission to install a grid on the Mt Howitt Road. In accordance with legislative requirements, Cr Mackenzie left the meeting while this matter was considered as the grid is located on his property.

The Local Government Association of Queensland (LGAQ) annual conference will be held from Monday 19 to Wednesday 21 October 2020. Council approved attendance for any elected members wishing to attend.

Cr Mackenzie and Cr Hewson will attend the Western Queensland Alliance of Councils (WQAC) inaugural Assembly in Longreach later this month.

Following recent community consultation in relation to whether Council should fund a business plan for the Quilpie Wellspring proposal, this matter was considered at the meeting. Although community views varied, Council resolved to proceed to the business case phase, given the support of a significant sector of the community who believe it is important to investigate all options for the future economic prosperity of the shire.

The Office of Industrial Relations has invited Council to nominate for a show or special holiday in 2021. Following a request from the Quilpie and District Show Society, Council nominated the Friday before the Quilpie Show as a 2021 bank holiday for the 2021 Quilpie Show.

The Queensland Opal Miners Association, as delegate for the Queensland Small Mining Council, have expressed concern at the stringent existing and proposed legislation on the industry. Council resolved to support the Queensland Small Mining Council and will also submit a motion to the LGAQ annual conference in an effort to garner statewide support.

Council will also be submitting motions to the LGAQ annual conference in relation to lobbying for additional funding to seriously address the digital connectivity

issues across regional and rural Queensland and to call on the State Government to expedite the exploration and development of the mineral resources of south west Queensland.

With the increasing costs associated with boarding school education, concern has been raised at the very limited increases to the Federal Government's Assistance for Isolated Children Scheme over many years. Council resolved to write to the Federal Education Minister in this regard.

As usual a variety of other administrative matters were considered.

The full minutes of the Council meeting are usually available on Council's website the Tuesday or Wednesday following a Friday meeting.

I am happy to meet with anyone that would like further information on any meeting outcomes. Members of the community are also reminded that all Councillors are happy to speak with you on any issue.

Regards, Dave B.



Australian Government

Department of Infrastructure, Transport,
Regional Development and Communications

The Salvation Army is working together with St Vincent de Paul Society to deliver the Drought Community Support Initiative – Round 2 (DCSI) for eligible drought affected households.

If you're a farmer, farm worker or farm supplier/contractor who is struggling financially because of the drought, you may be entitled to receive a one-off payment of up to \$3,000 funded by the Australian Government's Drought Community Support Initiative – Round 2 (DCSI).

To be eligible you'll need to be over 18, an Australian citizen or permanent resident, and live/work in a specified Local Government Area (LGA).

Payments can cover numerous expenses such as groceries, vehicle maintenance, energy & utility bills, health & medical expenses.

Eligible households can apply for assistance by:

Calling our assistance line:
1300 551 030

or applying online:

Go to salvationarmy.org.au/drought and fill out an assistance form.

Wool Felt Hats

Saturday 22nd August

Limited to 6 people!!

Wool Felt Scarf or Purse

Sunday 23rd August

Limited to 10 people!!

With Gail Grunskie

Quilpie Cultural Society Building

*Bookings essential as numbers
limited To Book contact Gina
on 0427 300 021*



Daily Workshop Fees:

Members \$35.00
Non-Members \$70.00
Pensioners \$30.00
Children (under 15) \$20.00
(if parent is a paid member)

Student kits \$35 each
purchased from Gail

Funded by the Foundation for Rural and Regional Renewal.

Visiting Services

Child Health Nurse : 14 & 15 July
Physiotherapist: 18, 29, 30 July
Podiatrist : Unavailable
Diabetes Educator: Contact Hospital
Nurse Navigator 20 July
Social Worker : 27 July
Dietician: 14 July
Occupational Therapist: 14 July
Speech Therapist: 14 July
Mental Health: Every Monday -
except Public Holidays

Early Intervention

Parenting Service: Contact Hospital

True's Outreach Clinic – Women's Health is not coming due to COVID-19 but can do over the phone consultations. Please contact the medical practice on 4656 1158.

For more information contact the Quilpie Multi-Purpose Hospital Service directly on 07 4656 0100.

A range of specialist services visit CWAATSICH on a regular basis. Please contact them on 4656 1391 to make an appointment.



New waste pit at the Quilpie Dump

Residents are advised that a new waste pit has been opened at the Quilpie dump.

To access the pit to dispose of general waste please continue following the road past the old pit and around to the left to access the new one.

The aerial map, left, depicts the location of the pit.

Council would also like to remind residents to please follow signage instructions in relation to placing materials in designated areas (oil waste, white goods, metal, tyres, green waste, concrete etc.).

MULGA MATES EARLY LEARNING CENTRE

A unique position has become available for an assistant educator at Mulga Mates Early Learning Centre in Quilpie, South West Queensland. Our centre caters for up to 24 children and is run by our remarkable and highly committed educators.

Benefits:

- A casual position where you choose the hours and days you work to fit in with your schedule!
- Work between Monday-Friday from 7:45am to 5:15pm
- Award wage, uniform provided
- Opportunity to gain a permanent position

The Role:

- Support educators with mixed age grouping
- Engage with children, families and team members
- Assist with daily centre practices
- Support educators with children's learning and documentation

What you need:

- A passion to work with children
- A current Blue card or ability to obtain
- A current First Aid Certificate or ability to obtain
- Willingness to enroll in Cert 3 or early childhood education
- Excellent communication skills

So Don't wait!

Find out more by getting in touch with our Director Surbhi on 07 46561182 or just email your resume on mulgamates@fgpmoreton.org

The



**Continenence
Foundation
of Australia**

NATIONAL
CONTINENCE
HELPLINE

1800 33 00 66

Continenence Foundation of Australia is the national peak body promoting bladder and bowel health. It is our vision to have a community free of the stigma of incontinence. We provide information on funding, referral and products as well as free resources for individuals, carers and professionals to help treat bladder and bowel control problems.

We manage the National Continence Helpline on behalf of the Government.

The National Continence Helpline is a free telephone advisory service staffed by a team of continence nurse advisors who provide information, education and advice to callers with bladder and or bowel problems which may include incontinence, constipation, failure of bladder to empty or who are caring for someone with such conditions.

The Helpline also provides information and advice to health professionals.

The Helpline is funded by the Australian Government Department of Health and available to anyone living in Australia. It operates 8am-8pm (AEST) Monday to Friday.

INVASIVE PESTS SCHEME 2020-2021

Rural Property Owners

Please ensure you return your Invasive Pests Scheme control form to Council at your earliest opportunity. Should you require further information or assistance please contact Council's Director of Corporate and Community Services, Lisa Hamlyn, on 4656 0500.

2020

QUILPIE CULTURAL SOCIETY EXHIBITION

Location: Quilpie Shire Gallery

This exhibition will showcase some of the products of RADF funded workshops & the Quilpie Cultural Society. This talented community group deserves this special display.

*This exhibition will be on display from 6th
July until 31st July*



QUILPIE SHIRE
YOUR OUTBACK ADVENTURE

Tune In and Tune Up

Free Drought and Wellbeing Webinars

Join Australian Red Cross in the remaining three five-part series of free webinars exploring drought and wellbeing. We have invited expert speakers along to share their insights with us so we can better support our own communities, ourselves and our loved ones in these tough times. The webinars are free but limited to 500 attendees so click below and register for one or all five today!

1. Wellbeing after the rains (10-11.15am Wednesday 15 July)

Hear from the Bureau of Meteorology on winter weather predictions and what rain means for the drought. Hear what the research says about wellbeing when communities are seen to be in drought recovery, strategies to help with things beyond your control and how to make the most of every day. **Speakers:** Dr. Lynette Bettio, Dr. Jacki Schirmer and Dr. Kate Gunn

Click or copy URL to register: https://zoom.us/webinar/register/WN_kDSi0XWITPqH4ro25gybog

2. Family wellbeing in the face of ongoing stress (10-11.15am Wednesday 29 July)

Hear what the research tells us about adult relationships, family roles and children's experience through droughts, alongside practical tips on how to support children as well as adult relationships. **Speakers:** Dr. Margaret Alston, Stephanie Schmidt and Dr. Margaret Nixon

Click or copy URL to register: https://zoom.us/webinar/register/WN_Bn-Q6FRBRAWdlRppLdQFcQ

3. Preparing for tough times (10-11.15am Wednesday 12 August)

Listen to a bit of an introduction on preparedness in the drought space and the importance of preparing the mind for challenging times. Includes tools and tips to support drought resilience and preparedness. **Speakers:** Dr. Jacki Schirmer, Dr. Mel Taylor and Shannon McCormack

Click or copy URL to register: https://zoom.us/webinar/register/WN_77YhW0vwTXaMnA0WH84ubw

Dr. Jacki Schirmer

An Associate Professor at the University of Canberra. Jackie leads the Regional Wellbeing Survey that examines the views of rural Australians about the liveability and resilience of their community and wellbeing. Jacki's personal research interests focus on the social dimensions of natural resource management and the impacts of events such as drought.

Dr. Lynette Bettio

A senior climatologist at the Bureau of Meteorology. Lynette examines and communicates on variability and changes to Australia's climate including long-term trends in rainfall and temperature and the interaction with extreme events.

Dr. Kate Gunn

Kate grew up on a farm west of Adelaide and works as a Clinical Psychologist in the Department of Rural Health at UniSA, researching how best to promote farmers' wellbeing. She is the founder of www.ifarmwell.com.au, a free website designed to help farmers cope with things beyond their control (like the weather).

Can't join us? Fear not!
Recordings will be made
available at <https://www.redcross.org.au/drought-resilience-program>. Any
problems registering please
contact
drought@redcross.org.au



redcross.org.au follow us  

Do you need support in court? We are only
a phone call away.

1800 571 239



Court Network
is a free
confidential
community
service provided
by volunteers for
all court users:
victims,
witnesses,
accused, family
and friends. We
provide non-legal
information,
support and
referral over the
phone.

We can:

- Provide support and information about what happens before, during or after court
- Explain how the courts and legal systems operate
- Inform you about how to best contact various courts and tribunals
- Assist you to get the help you need to address your safety issues
- Help to arrange access to a secure room if required
- Provide you with up to date information on new arrangements for court since the COVID-19
- Provide you with referrals to legal services in your area
- Refer you to services to assist you to fill out and submit orders and paperwork
- Talk to you on your day of court either before or after your matter has been heard
- Help you to understand the next steps that you might have to take
- Refer you to an appropriate service that could assist you with issues such as housing, domestic violence and mental health.



QUILPIE CULTURAL SOCIETY INC
P.O. Box 172
Quilpie 4480



Quilpie Cultural Society Workshops 2020

18th – 19th July RADF - Unconfirmed

Western Watercolours with John Morrison
Rep Jo Pegler 46564942

25th – 26th July RADF – CONFIRMED

Aerial Photography with Fiona Lake
Rep Jean Hall 0408 374 937

1st – 2nd August RADF – CONFIRMED

Silversmithing for Beginners with Jill Dyer
Rep Jane Mulligan 0428547400

14th – 17th August FRRR – CONFIRMED

Stack it Up quilt with tutor Fran Bulmer
Rep Jan McConnell 0428562083

22nd – 23rd August FRRR – CONFIRMED

Felt Hats and scarf/Purse with tutor Gail Grunskie
Rep Gina McConnell 047300021

29th – 30th August RADF - Unconfirmed

Pastel Techniques with Maxine Thompson
Rep Jo Pegler 46564942

19th – 20th September RADF – CONFIRMED

Ironwork with Brian Rutledge
Rep Kylie Rutledge 0746564731

25th - 26th September FRRR - Unconfirmed

Art with Jan Lawnikanis
Rep Jo Pegler 46564942

2nd – 4th October RADF - Unconfirmed

Glass Glorious Glass with tutor Alison Shaw
Rep Jane Mulligan 0428547400

16th – 19th October OR

30th Oct – 2nd November RADF – To Be Confirmed Definitely

Crazy Quilting – Repurposed Fabrics Textile Collage with tutor Jennifer Clouston
Rep Jan McConnell 0428562083

November or December – To Be Confirmed Definitely

Unwind with Wire with tutor Kylie Tindall-Smith – FRRR
Rep Jess Gilby 0457033900

Workshop dates to be advised:

Silver Casting with tutor Dan Cox - RADF Rep Jane Mulligan 0428547400

Bubbles and Brush Strokes for adults and Busy Bees for kids with tutor Samantha Meurant - FRRR
Rep Jo Pegler 46564942

12th – 15th June FRRR – POSTPONED 2021

Upholstery with Tim Symons
Rep Josie Martyr 0427036984

3rd – 6th July RADF – POSTPONED 2021

Embroidery with Cathy Sotiriou
Rep Robyn Cherry 0428612566



*Funded by the
Foundation for
Rural and
Regional Renewal*



The Regional Arts
Development Fund (RADF)
The Regional Arts Development Fund (RADF) is a
partnership between the Queensland Government
and Quilpie Shire Council to support local arts
and culture in regional Queensland

PLEASE CONSIDER OUR LOCAL BUSINESS operators who are grappling with ongoing restrictions and regulations as a result of the Coronavirus pandemic.

Local businesses are at the forefront of preventing the spread of coronavirus and must adhere to strict rules and regulations imposed by Queensland Health and the Government. When being served by a local business, please take the time to consider their role and duties and be patient. After all, we're all in this together.

Call the FREE epilepsy helpline

Do you have epilepsy or experience seizures? Are you feeling isolated, need advice about your medications, or just want to chat?

Call or email the EPILEPSY NURSE LINE. It is available 9am to 5pm, seven days per week.

Each call will be answered immediately by a Registered Nurse with special training in epilepsy management. You can trust that the information you receive will be accurate and safe.

If you prefer to email, you will receive a response within 24 hours.

The service is proudly provided by Epilepsy Action Australia, with the financial assistance of the Australian Department of Health.

FREE EPILEPSY NURSE LINE – 1300 EPILEPSY (1300 37 45 37) OR
epilepsy@epilepsy.org.au

OUTBACK QUEENSLAND JOBS BOARD

www.outbackqueenslandjobs.com.au

Outback Queensland Jobs offers a free service available to businesses (the potential employers) and job seekers in the Central West, South West and Far West Queensland regions.

With quick and easy registration, register using your business email or any social media account you like.

Once registered use the smart form to create and save your job.

You can share the job ad via email, Facebook, Twitter, LinkedIn or Google (Gmail).

You can quickly see who applied and view their applications at any time.

Available in all Australian states and territories



EPILEPSY NURSE LINE
Available from 9am to 5pm seven days a week
1300 37 45 37

HEADS UP ON DIABETES

Diabetes is relentless.
Diabetes distress, anxiety
and burnout are real.

LET'S TALK ABOUT **DIABETES & MENTAL HEALTH**

National Diabetes Week

12-18 July 2020

www.headsupdiabetes.com.au



Talk to us: 1800 637 700

DIABETES WEEK 12-18 JULY

Diabetes is a serious condition that inhibits your ability to produce the insulin that your body needs to convert glucose into energy.

This means you end up with unhealthy levels of glucose in your blood, which can lead to health complications including increased risk of heart attack, stroke, kidney disease, limb amputation, depression and blindness.

The two main types of diabetes are Type 1 and Type 2, and both are on the increase in Australia.

Diabetes is a condition where there is too much glucose (sugar) in the bloodstream. Glucose is an important source of energy for your body. It comes from carbohydrate foods that you eat, such as bread, pasta, rice, cereals, fruits, starchy vegetables, milk and yoghurt. Your body breaks down carbohydrates into glucose, which then enters your bloodstream.

Insulin is made in your body by the pancreas. Insulin is needed to allow glucose from the bloodstream to enter the body cells and be used for energy.

Type 1 diabetes affects about 10–15% of all people living with diabetes. Type 1 diabetes occurs when the pancreas can't produce insulin. This happens usually because the body's immune system destroys the cells that make the insulin (beta cells).

Type 2 diabetes is the most common form of diabetes. It affects 85–90% of all people with diabetes. Type 2 diabetes occurs when the body resists the effects of insulin and cannot make enough insulin to maintain blood glucose levels within the target range. This leads to high blood glucose levels.

Who can help with your diabetes?

Managing diabetes is a team effort involving you, your family, friends and health professionals. There are many different health professionals who can help you, including your general practitioner, an endocrinologist (diabetes specialist), a credentialed diabetes educator or diabetes nurse practitioner, an accredited practising dietitian, an accredited exercise physiologist, a registered podiatrist and a counsellor, social worker or psychologist.



Quilpie Cultural Society Inc

PO Box 172
Quilpie Qld 4480
cultural_quilpie@hotmail.com



The Regional Arts
Development Fund (RADF)
The Regional Arts Development Fund (RADF) is a
partnership between the Queensland Government
and Quilpie Shire Council to support local arts
and culture in regional Queensland

Aerial Photography Workshop With Fiona Lake's Rural Drone Academy

Saturday 25th and Sunday 26th July 2020
In Quilpie
South West Queensland

*The A to Z of safe drone operation
plus aerial photography & cinematography
Global standard information*

*All skill levels welcome – beginners to advanced drone pilots and
photographers.*

Age – under 16s must be accompanied by a parent.



Daily Workshop Fees:

Members \$35.00

Non-Members \$70.00

Pensioners \$30.00

Children (under 15 years – if parent is a paid member)
\$20.00

2020 Memberships \$50 per person

For more information or To Book:

Contact Jean Hall 0408 374 937 or email cultural_society@hotmail.com

Accommodation options

Quilpie Motor Inn 0746 561 277

Quilpie Heritage Inn 0746 561427

Channel Country Caravan Park 0746 562 087

The Lake 0418 947 955

BYO morning teas and lunches
(several cafes and takeout options available if needed)

**The Regional Arts Development Fund is a Queensland Government and Quilpie Shire Council
partnership to support local arts and culture.**

The National Disability Insurance Scheme (also called the NDIS) is the new way of providing disability support.

The NDIS will provide all Australians under the age of 65 who have a permanent and significant disability with the reasonable and necessary supports they need to enjoy an ordinary life.



The NDIS will help people with disability achieve their goals. This may include greater independence,



As an insurance scheme, the NDIS takes a lifetime approach, investing in people with disability early to improve their outcomes later in life.



The NDIS also provides people with disability, their family and carers with information and referrals to existing support services in the community.



By 2019, the NDIS will support about 460,000 Australians with disability.



Can I access the NDIS?

To become an NDIS participant a person must:

- ✓ Have a permanent disability that significantly affects their ability to take part in everyday activities;
- ✓ Be aged less than 65 when they first enter the NDIS;
- ✓ Be an Australian citizen or hold a permanent visa or a Protected Special Category visa; and
- ✓ Live in Australia where the NDIS is available.

Can I still receive support if I do not meet the access requirements for the NDIS?

A person does not have to be an NDIS participant to receive support from the NDIS. The NDIS will connect people with disability, their families and carers, including people who are not NDIS participants, to disability and mainstream supports in their community.

**To find out more call or visit
Council's NDIS Support
Coordinator, Chris Houghton on
0436 816 827**

