

# Women's Health Information & Referral Service CQ Inc.

225 Bolsover Street, Rockhampton  
Phone: (07) 4922 6585 or 1800 017 382  
[www.womenshealthrockhampton.com](http://www.womenshealthrockhampton.com)



# Wellness Matters

## January - June 2025 Edition

### In this Edition

### PAGE

Tracey Miller - WHIRSCQ Board of Directors Chairperson	2
News	3
Welcome New Staff and Donations to WHIRSCQ	4
What's on at WHIRSCQ	5
July - December 2024	6
Australian Institute of Health and Welfare Family, Domestic and Sexual Violence	7
Our Services	8
WHIRSCQ Data for July 2023 - June 2024	9



We stand on Darumbal Land



## **Tracey Miller**

### **WHIRSCQ Board of Directors Chairperson**

Hello all,

My name is Tracey Miller. I met Janis Littleboy about 2 years ago at Vibe Fitness. Janis introduced me to the Women's Health Information and Referral Service CQ Inc. (WHIRSCQ).

I have been fortunate in my life not to have experienced firsthand what so many women have to go through in this life. The women who work tirelessly to support the women in the community who are going through all sorts of challenges amazes me.

I have always wanted to contribute in some way to the community but could never work out how to do that. After having a conversation with Janis about WHIRSCQ I was intrigued.

I was so honoured to be nominated & accepted over a year ago to be a board member & now to be nominated & accepted as the Chairperson is so exciting.

This organisation is such an amazing place. I am always amazed at the support that WHIRSCQ gives the community. I am very excited to be a part of WHIRSCQ.

Thank you all for allowing me to become a more understanding person & inviting me to be a part of a wonderful organisation.



Tracey Miller  
Chairperson

### **WHIRSCQ Board of Directors**

Chairperson – Tracey Miller

Secretary – Suzanne Olive

Treasurer – Sharon Field

Board Member – Annette Dudley

Board Member - Shirley Pitson



## **Rockhampton NAIDOC March and Expo Friday July 12, 2024**

The theme for 2024 was "Keep the Fire Burning". The NAIDOC March and Expo are the perfect opportunity for everyone in the community to come together as one. NAIDOC is a time when we pay respect to First Nation's people and celebrate their culture and diversity.

WHIRSCQ attends this event annually to pay respect and show support for First Nation's people.

This event is opened with a Welcome to Country, followed by traditional performances. The march began at 10-11am with participants walking to the Rockhampton Cricket Grounds at Goodsall Street, North Rockhampton where the Expo is held.



## **October - Sexual Violence Awareness Month and Reclaim the Night BBQ and Candle Light Ceremony Friday October 25, 2024**

For Sexual Violence Awareness Month, WHIRSCQ held a digital campaign to increase awareness of sexual violence, link individuals with support and services, acknowledge those who have been lost to gendered violence and provide further links for alternative reporting options.

On Friday the 25th of October, WHIRSCQ hosted the annual Reclaim the Night BBQ and Candle Light Ceremony. The event was opened by Aunty Ethel Speedy and speakers included WHIRSCQ, Manager Janis Littleboy, Helem Yumba's Bernadette Anderson and WHIRSCQ Board of Directors Committee Member Tracey Miller.

A candle light ceremony and one minute of silence to acknowledge all those affected by sexual violence and the lives lost was held after the dinner.

Approximately 45 community members attended this event.



## **CQ Fair Day Saturday November 2, 2024**

The aim of the 2024 CQ Fair Day was to bring the lesbian, gay, bisexual, transgender, intersex, queer and all other sexual orientations and gender identities (LGBTIQ+) in the community, their friends and family together in a fun and supportive environment to celebrate the community's diversity. Fair Day is also an opportunity to raise awareness of local gay-friendly businesses, health services, and performers and to allow the LGBTIQ+ community to gain access to information on health, sexuality and support services.

This was held at the CQ University, Northside campus and was the first time the it has been held since 2019.



## Welcome New Staff

Once again WHIRSCQ has continued to expand its service delivery provision and would like to welcome the following new staff to the team:

- Priscilla McQuire - Reception Administration Officer (no photo).
- Rhonda Western - Counsellor, Rockhampton and Mount Morgan.
- Amy Purton-Lon - Counsellor, Rockhampton.



Rhonda



Amy

## Donations to WHIRSCQ

### Rockhampton Baha'i Youth

The Rockhampton Baha'i Youth embarked on a project to put together care packs containing sanitary products to assist people in the community who are homeless or in need. The youth hold regular discussions about how they can respond to issues in the community, and the topic of homelessness arose, leading to the service project of sanitary care packs. WHIRSCQ would like to thank the Rockhampton Baha'i Youth for their support and the kind donation of care packs for clients who are homeless or in need.



### QCWA Gracemere and Frenchville Sports Club

WHIRSCQ would like to thank the QCWA Gracemere Branch and Frenchville Sports Club Ltd for their generous donation of 60 bags.

The QCWA Team sewed the bags and filled them with toiletries, resources and sanitary items.

These bags will be given to women and young women in need who access WHIRSCQ and the Dignity Hub for women who are homeless or at risk of homelessness.



## What's On at WHIRSCQ

WHIRSCQ offers activities such as Arts and Crafts, and Yoga with Elaine. Activities facilitated by external parties, such as Tai Chi, and Mindfulness & Compassion Meditation, are also held at the Centre. For further information, please contact our office on (07) 4922 6585.



### Ongoing Groups

#### Yoga with Elaine - Mondays

5.30 pm - 6.30 pm  
Mondays

#### Yoga with Elaine - Wednesdays

9.30 am - 10.30 am  
Wednesdays

#### Tai Chi

10.30 am - 11.30 am  
Fridays (except 4th Friday of the Month)

#### Mindfulness & Compassion Meditation

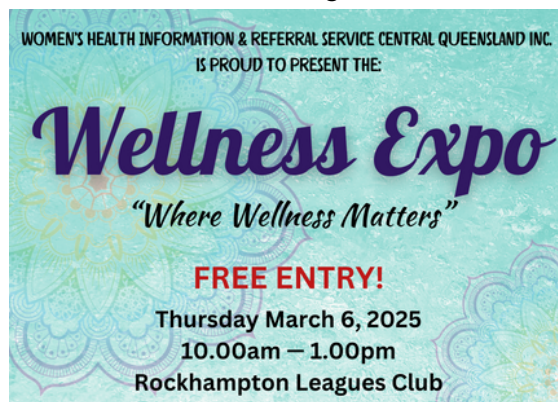
4.30 pm - 5.30 pm  
Saturdays  
BYO cushion

#### Art and Craft Group

9.00 am - 10.30 am  
Mondays and Thursdays

## SAVE THE DATE

Dates for 2025 workshops will be announced in February.



Held annually as part of Queensland Women's Week. A showcase of supports and services that promote and protect the rights, interests and wellbeing of women and their families. Free information, entertainment and activities.



In conjunction with QLD Government Domestic and Family Violence Prevention Month, Women's Health Information and Referral Service CQ Inc. (WHIRSCQ) is hosting an information session (Free admission) with leaders from support services and other stakeholders. Everyone within the community is invited to attend this event.

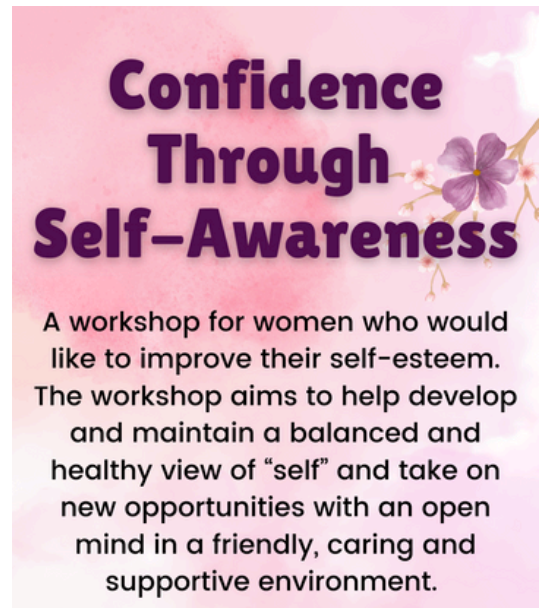
Our aim is to:

- Raise awareness and identify what domestic and family violence including coercive control is.
- Encourage bystanders to make a difference in support of others.
- Bust all the myths about domestic and family violence.
- Strengthen and connect support services.

## July - December 2024



Workshop - Building Resilience,  
July 16, 2024



Workshop - Confidence Through  
Self-Awareness, September 6, 2024



Women's Health Week  
September 2 - 6, 2024



ACON Pride Training  
September 10, 2024



Art and Craft Christmas Morning Tea  
November 25, 2024



Christmas Hampers, December, 2024

# Australian Institute of Health and Welfare

## Family, Domestic and Sexual Violence

The Australian Institute of Health and Welfare (AIHW) has released additional data about reported family, domestic and sexual violence in Australia. These are some interesting infographics outlining their findings.



# WHIRSCQ Services

## Counselling

### Free service

- Confidential, trauma-informed counselling, information & referral for emotional health & wellbeing (e.g. personal, family and relationships, historical domestic violence) **women from 14 years**
- Sexual violence counselling - **women, men & youth from 12 years** (recent or historical)
- Community education & training



## Outreach to CQ locations by appointment

- North Rockhampton
- Gracemere
- Mount Morgan
- Yeppoon & Capricorn Coast
- Emerald, Blackwater & Central Highlands

## Counselling options

- Face to face
- Telephone
- Video Conference
- (Contact us if above options are inaccessible)

## Dignity Hub

Women who are experiencing homelessness or at risk of homelessness can access:

- Personal hygiene items
- Bathroom and laundry facilities
- Information and referral to other services

For all enquires & bookings call:  
(07) 4922 6585 or 1800 017 382  
225 Bolsover Street, Rockhampton 4700  
[www.womenshealthrockhampton.com](http://www.womenshealthrockhampton.com)

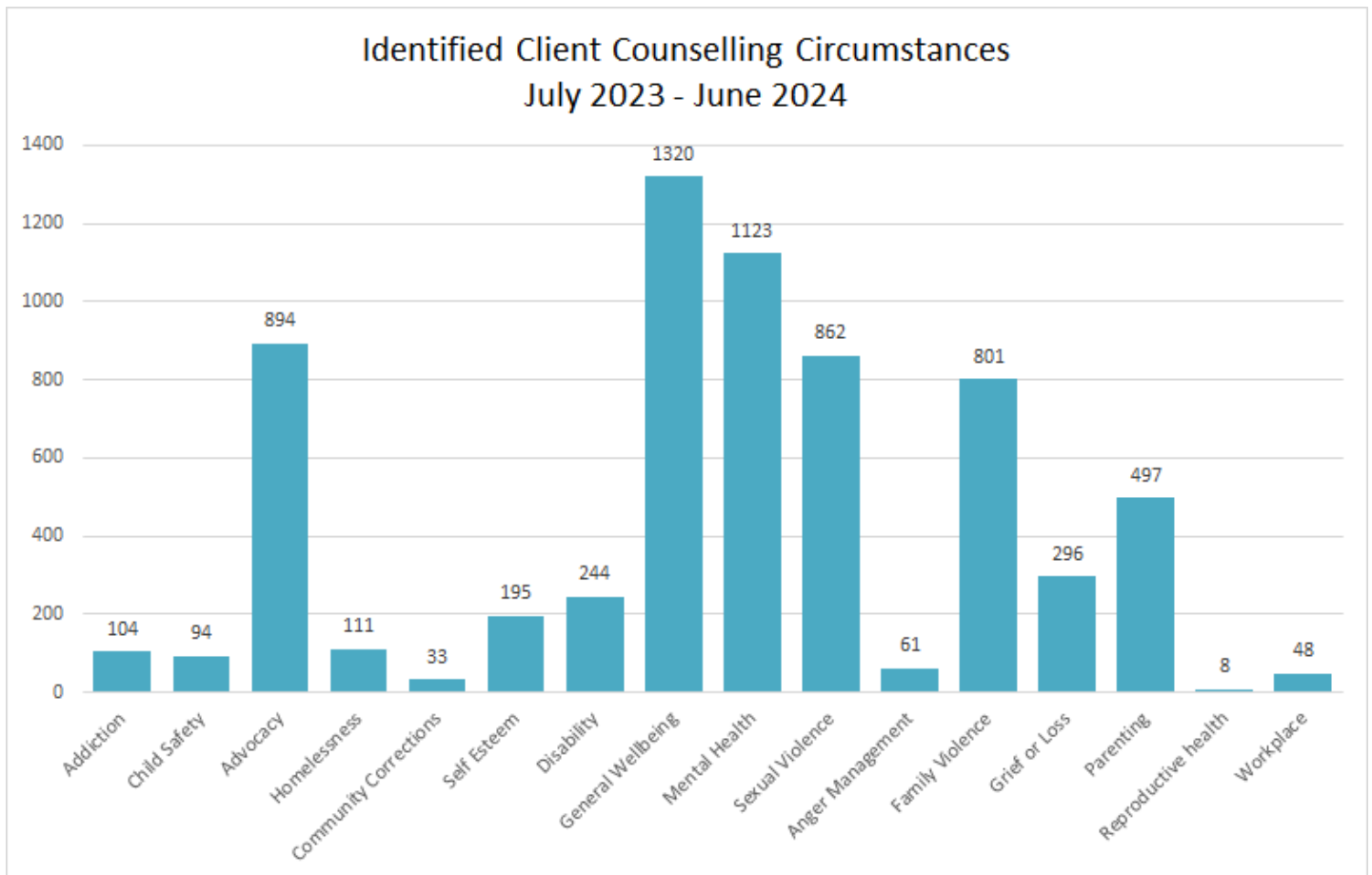
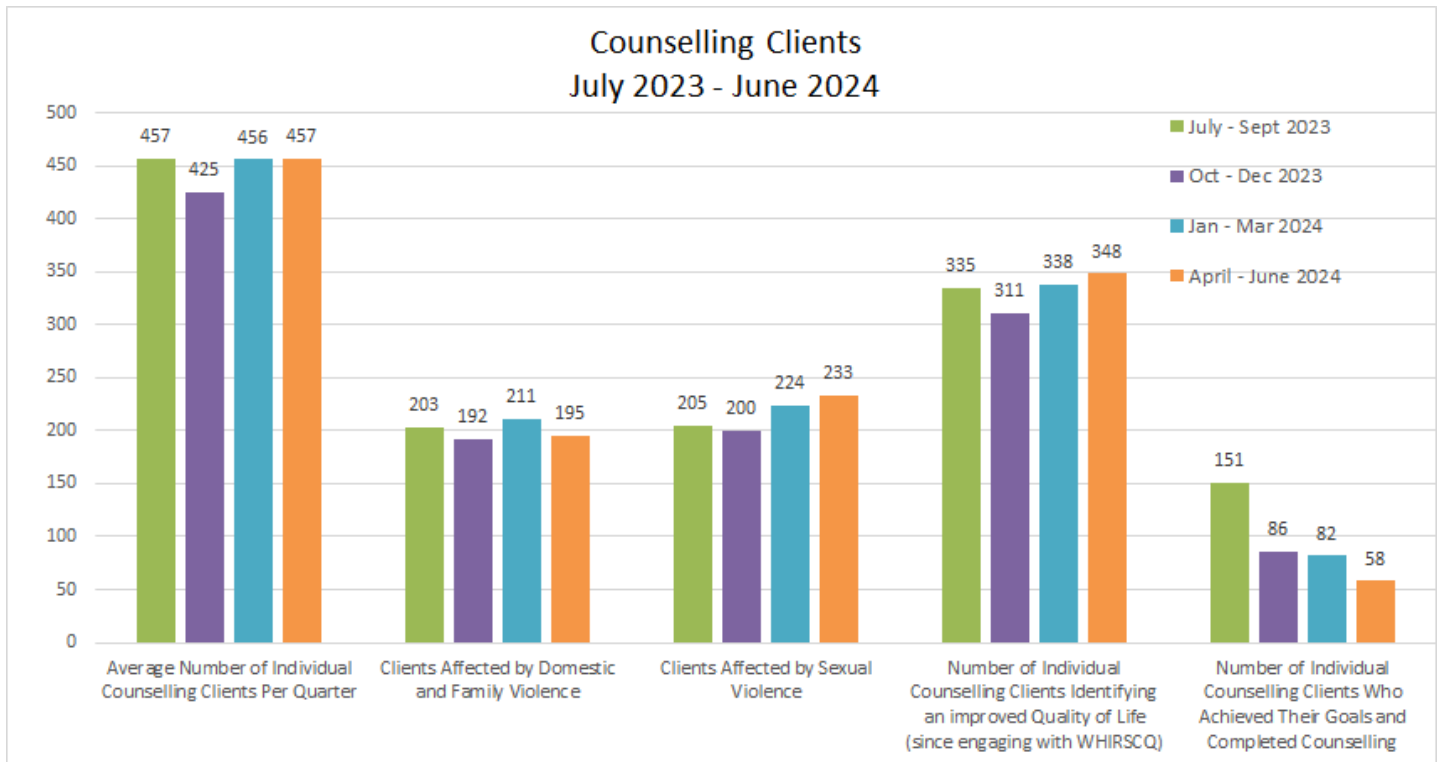
Office Hours:  
Monday – Friday 9am–5pm  
Closed for lunch daily 12:15pm – 1:00pm

WHIRSCQ Christmas Lunch  
December 13, 2024





# WHIRSCQ Counselling Data for July 2023 - June 2024



# WHIRSCQ Dignity Hub Data for July 2023 - June 2024

