

Women's Health Information & Referral Service CQ Inc.

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



Wellness Matters

July - December 2025 Edition

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We stand on Darumbal Land



Tracey Miller

WHIRSCQ Board of Directors Chairperson

Hello all,

It's been a wonderful year so far. I attended the Wellness Expo which was so amazing. It was wonderful to see the stall holders & the community getting together. It certainly was an eye opener to see how many different groups there are in the area who support health & wellness.

Our audit was very positive. Congratulations to those involved as I know it can be a stressful time. We've had a great out come with it. Each month I look forward to meeting up with the board to discuss what's been happening & what is coming up. I'm always happy to see board members coming together. Remember if you know anyone that would like to join, let us know.

From me to you all enjoy this cooler weather, stay safe & connected.

Tracey Miller
Chairperson



WHIRSCQ Board of Directors

Chairperson – Tracey Miller
Secretary – Suzanne Olive
Treasurer – Sharon Field
Board Member – Annette Dudley



WHIRSCQ Wellness Expo

On Thursday, March 6th, WHIRSCQ hosted the Wellness Expo at Rockhampton Leagues Club.

This year, 44 stallholders registered and approximately 200 people attended the event.

Held annually, the Wellness Expo is a showcase of supports and services that promote and protect the rights, interests, health and well-being of women and their families.

This event offers community members the opportunity to connect and learn about the services and supports available in our region.

The event included free group sessions, including gentle yoga with Elaine, mindful meditation with Ananda Buddhist Centre and mindful eating with Dr Lyn McCormack from Attentive Weight Management, and free activities such as flower making, crochet, mindful colouring, and an International Women's Day collaborative activity encouraging attendees to complete a pledge card to take action to contribute to women's equality.



Golden Mount Festival

The Golden Mount Festival market day was held on Saturday the 3rd of May at Mount Morgan. This event is attended by a variety of guests, including those from areas outside of the Capricorn Region.

WHIRSCQ attend this event annually to promote our services, and let the community know that in addition, we provide counselling services in Mount Morgan and other areas such as Gracemere, Blackwater and Emerald.



Rockhampton Regional Council Staff Wellness Forum

The Rockhampton Regional Council (RRC) Staff Wellness Forum was held on Thursday the 8th of May at the Robert Schwarten Pavilion.

This event caters to the wellness of RRC staff and included stalls, speakers and health services such as flu vaccinations and skin checks.

WHIRSCQ attended to raise awareness about our service, including the support it provides, groups, workshops and upcoming events, to benefit RRC staff and the community members they engage with in their work.

Hands of Support

Hands of Support (formerly Homeless Connect), was held on Thursday the 22nd of May at the Robert Schwarten Pavilion.

Held annually, it is an event bringing service providers, organisations and volunteers to provide free services to those experiencing homelessness, or who are at risk of homelessness or financial hardship.

327 community members attended this event, and 87 attended the WHIRSCQ table to find out more about the services we offer.

WHIRSCQ staff also networked with other service providers and shared information about our services and intake and referral process.

May - Domestic and Family Violence Prevention Month Information Session

In conjunction with the QLD Government Domestic and Family Violence Prevention Month, Women's Health Information and Referral Service CQ Inc. (WHIRSCQ) hosted an information session on Thursday the 29th of May at Rockhampton Leagues Club.

The objectives of the Information Session were to:

- To enhance community awareness on the following:
- Domestic and family violence in Capricornia.
- Non-fatal strangulation in domestic and family violence.
- Coercive control legislation in Queensland with a First Nations lens.
- Benefits of counselling to support recovery.
- Community's roles as active bystanders.
- Provide information about the various supports services that are available.

WHIRSCQ Manager, Janis Littleboy gave the opening address, highlighting the importance of domestic and family violence prevention, requiring a

community-based approach, and the role everyone can play in preventing domestic and family violence.

In addition to WHIRSCQ, representatives from Queensland Police Service, CatholicCare and Central Queensland Hospital and Health Service provided information, including an insight into domestic and family violence in Capricornia, information about non-fatal strangulation, legislation about coercive control, the benefits of counselling to support victim-survivors and the community's role as active bystanders.

With a significant increase in registrants from 2024, participants consisted of community members, councillors, representatives from the Queensland Police Service, and staff from government and non-government organisations. Overall, feedback received was positive, particularly concerning information about non-fatal strangulation and coercive control legislation.



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:

- Rebecca Mwankenja - Reception Administration Officer.
- Veda Mahambrey - Counsellor, Emerald and Blackwater.
- Pavneet Kaur - Intake Officer.



Rebecca



Veda



Pavneet

Donations to WHIRSCQ

Green Leaves Early Learning Centre

On the 31st of March, Green Leaves Early Learning Centre donated items including food, toiletries, baby items and clothing to WHIRSCQ. We thank Green Leaves for their continued support; these items will be used to assist clients in need.



TBMMBEKIND

On the 28th of May, TBMMBEKIND donated baby packs to WHIRSCQ.

The packs were put together by TBMMBEKIND as part of Murphy's Month and contained new items that were donated by local businesses and the community.

WHIRSCQ and our clients appreciate the continued support of Anmaree and TBMMBEKIND, and this was a beautiful way to honour Murphy and Tayla Black.



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

Arts and Crafts Group

9.00 am - 10.30 am
Mondays and Thursdays

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

WOMEN'S HEALTH INFORMATION & REFERRAL SERVICE CQ INC.

2024 ANNUAL GENERAL MEETING

10am, Saturday 22nd November, 2025

225 Bolsover Street, Rockhampton

Phone: (07) 4922 6585
Email: reception@whccq.org.au

Women's Health Information & Referral Service CQ Inc.



This year, the theme is 'Say yes to you' and each day focuses on a different health topic to help women prioritise their health and wellbeing.

WHIRSCQ is getting involved by posting information on its Facebook and Instagram pages and distributing resources (factsheets, bags, pens) throughout the week.

For more information on health topics, podcasts and recipes, visit: <https://www.jeanhailes.org.au>



A FREE BBQ to honour those without a voice and to remember those whose voice has been silenced. Candles are provided.

RSVP is necessary for catering purposes.

For further information or to RSVP please phone the WHIRSCQ on (07) 4922 6585 or email reception@whccq.org.au.

Friday, October 31st

5:30pm onward

225 Bolsover Street, Rockhampton

Workshops at WHIRSCQ

To register or for further information, please contact our office on (07) 4922 6585 or 1800 017 382 or email reception@whccq.org.au.

UNDERSTANDING ANGER

Join us for a two-day session workshop where you can learn to recognise anger, learn practical anger management skills and how to deal with anger in a healthy and constructive way.

Tuesdays

22nd and 29th July, 2025

9.30 am - 2.30 pm

225 Bolsover Street

Rockhampton

Registration required. Please bring a gold coin donation to attend; resources are provided.

Confidence Through Self-Awareness

A workshop for women who would like to improve their self-esteem. The workshop aims to help develop and maintain a balanced and healthy view of "self" and take on new opportunities with an open mind in a friendly, caring and supportive environment.

Friday

August 22nd, 2025

9.30 am - 2.30 pm

225 Bolsover Street

Rockhampton

Registration required. Please bring a gold coin donation to attend; resources and lunch are provided.

BUILDING RESILIENCE

A basic introduction to the foundations of resilience. This workshop is for anyone who has wondered how to 'bounce back' from hard times.

Tuesday

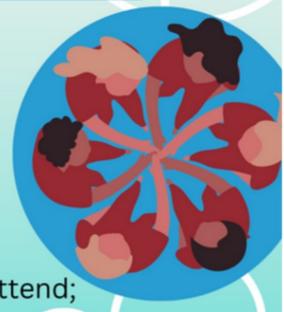
September 9th, 2025

9.30 am - 2.30 pm

225 Bolsover Street

Rockhampton

Registration required. Please bring a gold coin donation to attend; resources and lunch are provided.



Coercive Control Laws - Now a Criminal Offence in Queensland

On May 26, 2025, coercive control became a criminal offence. This means it is illegal for an adult to use abusive behaviours towards their current, or former, intimate partner, family member, or informal (unpaid) carer with the intention to control or coerce them.

The criminal offence captures patterns of physical and/or non-physical abuse used to hurt, humiliate, isolate, frighten, or threaten a victim-survivor.

Queensland also has a new offence to stop people using domestic and family violence, including coercive control, on behalf of a respondent, also referred to as a 'perpetrator' or a 'person using violence'.

Under this new law, it is illegal for anyone (including friends or family) to intimidate or abuse a victim-survivor named in a domestic violence order (DVO), or police protection order, on the behalf of the respondent (the person using violence).

Under this new law, it is also illegal to hire third parties, including private investigators, to locate and monitor a victim-survivor named in a DVO or police protection notice.

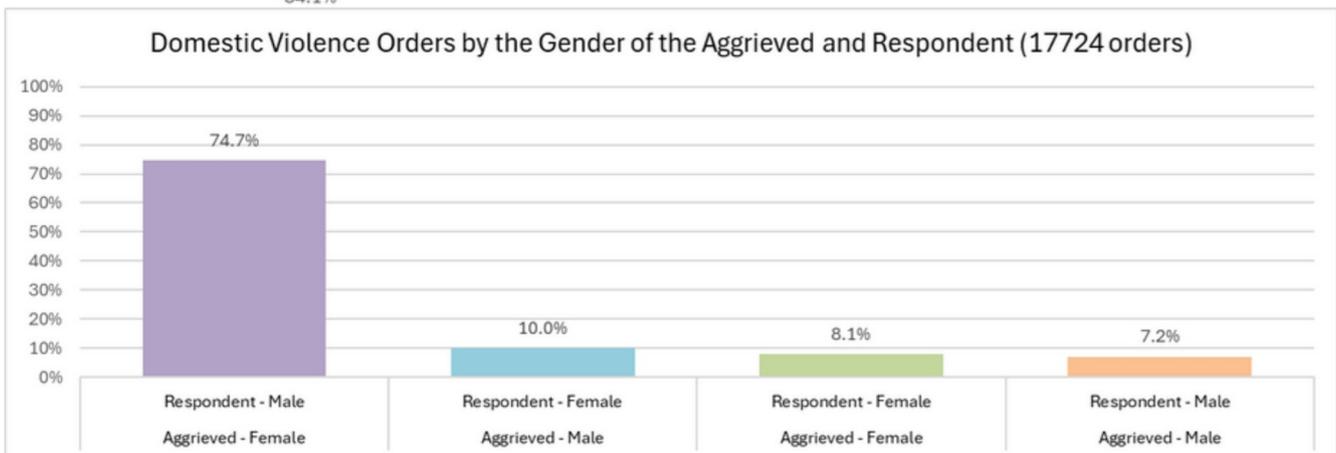
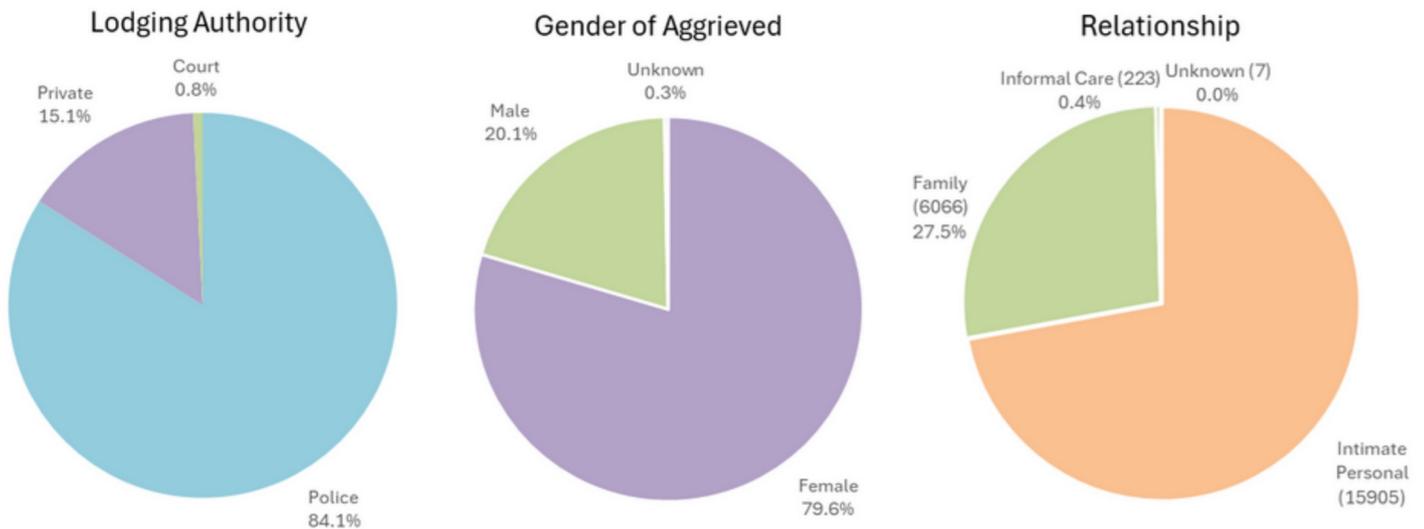
Support is available for anyone affected by coercive control and domestic and family violence.

For more information, visit:

<https://www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/need-to-know/coercive-control/coercive-control-laws>

Queensland Courts' Domestic and Family Violence Statistics

Nature of applications: July 2024 to April 2025



Queensland Courts' domestic and family violence (DFV) statistics

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 and youth from 14 years**.
- Sexual violence counselling - **women, men & youth from 12 years** (recent or historical).
- Community education & training.

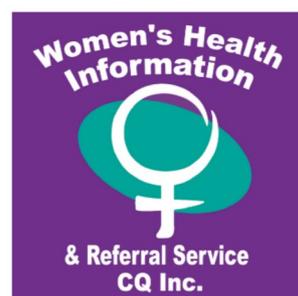
Outreach to CQ locations by appointment

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

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

Office Hours:

Monday – Friday 9am–5pm

Closed for lunch daily 12:15pm – 1:00pm

Change of Government Department for WHIRSCQ

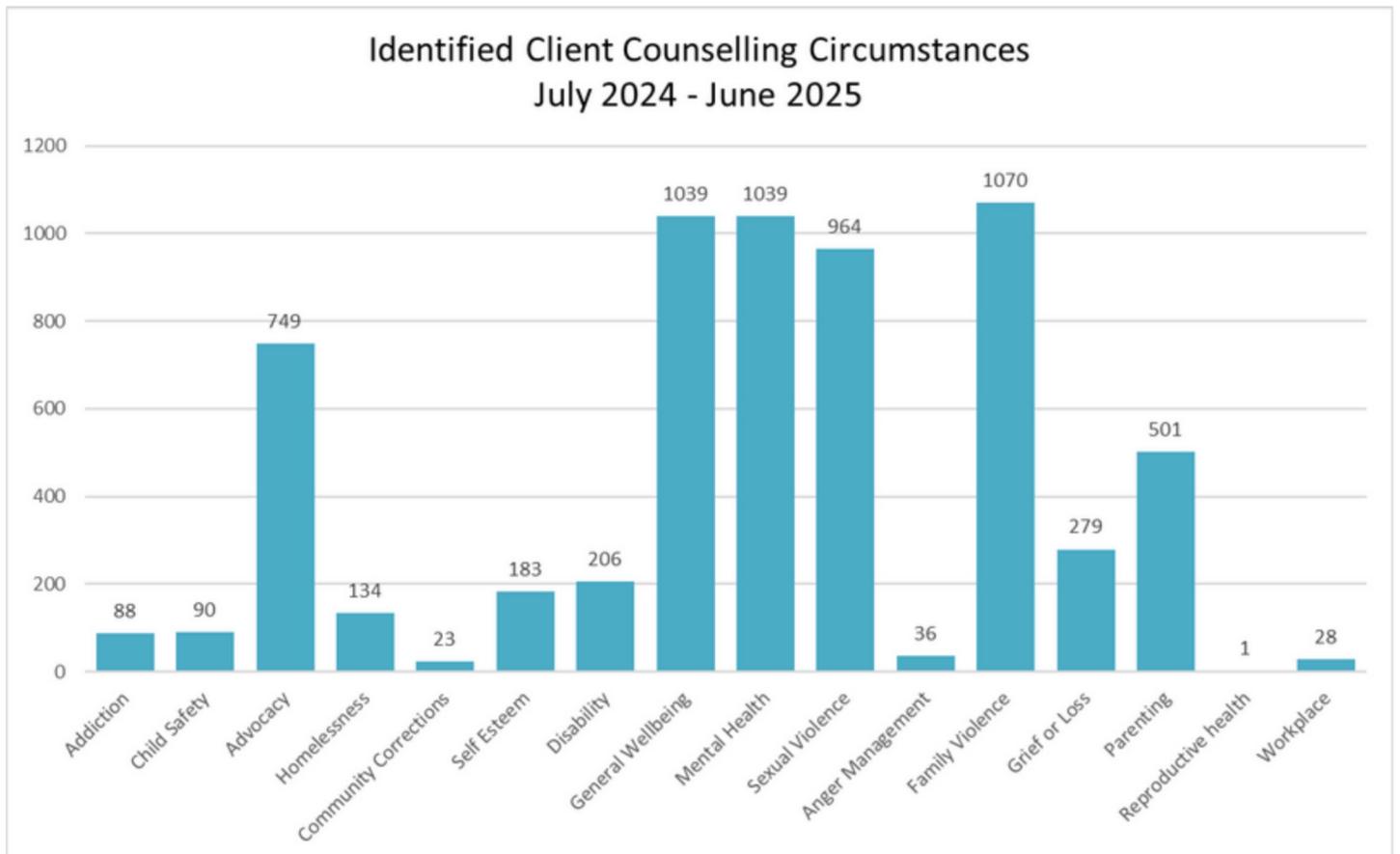
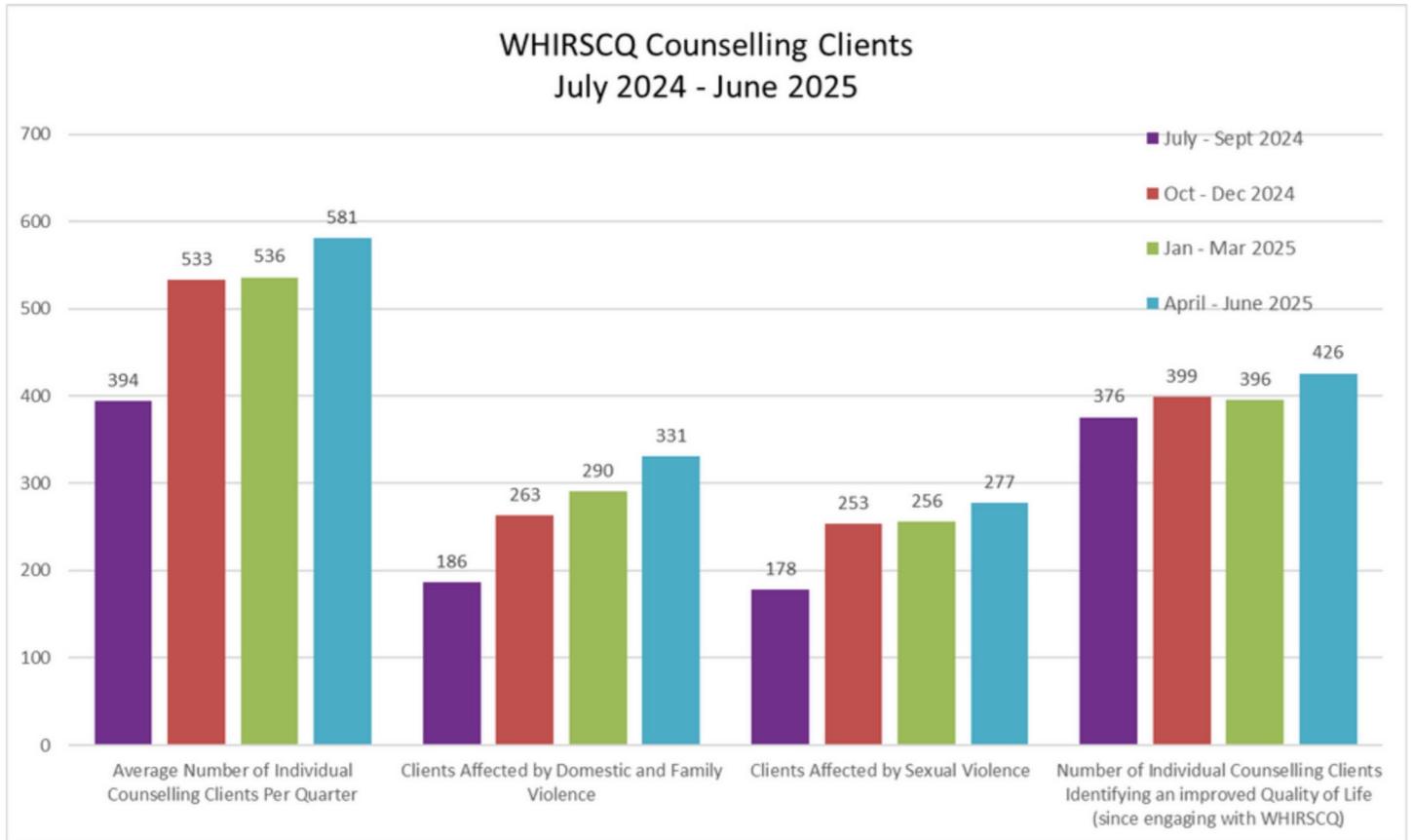
Before 1 November 2024, the Women's Health Information and Referral Service CQ Inc. (WHIRSCQ) was funded by the Queensland Government's Department of Justice and Attorney-General. Following changes in government and departmental structures, WHIRSCQ is now funded through the Department of Families, Seniors, Disability Services and Child Safety, under the Women's Safety and Violence Prevention initiative. The Honourable Amanda Camm MP has been appointed as the Minister responsible for this portfolio.

The Department has released its 2025–2029 Strategic Plan, which outlines a vision to end domestic, family, and sexual violence, and to enhance the safety of women. The plan also aims to ensure that Queensland's families, women, children, young people, seniors, carers, and people with disability are safe and empowered to thrive—both socially and economically—within their communities and cultures.



Queensland
Government

WHIRSCQ Counselling Data for July 2024 - June 2025



WHIRSCQ Dignity Hub Data for July 2024 - June 2025

