

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

January - June 2026 Edition

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We stand on Darumbal Land





Tracey Miller **WHIRSCQ Board of Directors Chairperson**

Welcome to the December edition of the WHIRSCQ Wellness Matters Newsletter. Our final newsletter for 2025. In this edition, we're sharing key end-of-year updates, along with a wrap-up of 2025 and the major achievements we've reached together throughout the year.

What a year it has been. If you haven't read the Annual Report for 2024-2025, I suggest you do. The amount of work that has gone into this year with the support services we have astounds me.

The team have once again delivered exceptional services along with raising awareness with events such as ROCKNAIDOC & Reclaim the night, Wellness Expo 2025, Golden Mount Festival to name a few.

It's a little bit sad to see that the Dignity Hub has ceased due to the rising costs & safety reasons for the staff. Great that we are still able to provide sanitary & personal items to women through donations. The contributions for donations has been wonderful over all.

Once again I feel so privileged & inspired to be a part of this organisation. I always look forward to our monthly board meetings & catching up.

Congratulations to you all that work so hard to keep this community of support going.

May you all have a safe & well-rested Christmas & New Year.



Tracey Miller
Chairperson

WHIRSCQ Board of Directors

Chairperson – Tracey Miller

Secretary – Sharon Field

Treasurer – Suzanne Olive

Board Member – Annette Dudley



Rockhampton NAIDOC March and Family Fun Expo Friday 4th July, 2025

The theme for 2025 was "The Next Generation: Strength, Vision & Legacy". The NAIDOC March and Family Fun Day are an 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 Nations' people.

This event is opened with a Welcome to Country, followed by traditional performances. The march began at 10.00 am with participants walking to the Rockhampton Cricket Grounds at Goodsall Street, North Rockhampton where the Family Fun Expo is held.

2025 marked the 50th year of NAIDOC, honouring and elevating Indigenous voices, culture and resilience.



Rockhampton NAIDOC March and Family Fun Expo Friday 4th July, 2025

Kerri and Veda attended the Emerald NAIDOC March and Expo on Friday the 11th of July and the Blackwater NAIDOC March and Expo on Friday the 25th of July.

Both events were well attended, and were an opportunity to promote WHIRSCQ services in Emerald and Blackwater whilst networking with staff from other organisations and support services.



October - Sexual Violence Awareness Month and Reclaim the Night BBQ and Candle Light Ceremony Friday 31st October, 2025

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 31st 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, Member for Rockhampton Donna Kirkland and Helem Yumba staff Elizabeth McGoldrick and Eric Saltner.

A candle light ceremony and one minute of silence to acknowledge all those affected by sexual violence and those who are no longer with us was held after the dinner.



Donations to WHIRSCQ



Trudi Hamilton - Christmas Trees and Goods for Christmas Hampers



PhysiPole Studios Rockhampton - Goods for Christmas Hampers



QCWA Gracemere Branch - Dignity Bags

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

Resuming 2nd February, 2026

Tai Chi

10.30 am - 11.30 am

Fridays

Resuming 6th March, 2026

Santosha Yoga with Amanda

Saturdays

10.00 am to 11.30 am

Mindfulness & Compassion Meditation

4.30 pm - 5.30 pm

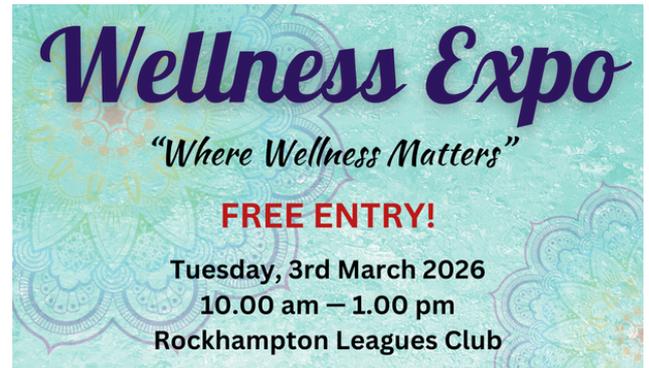
Saturdays

BYO cushion

Resuming 7th February, 2026

Dates for 2026 workshops will be announced in February.

SAVE THE DATE



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

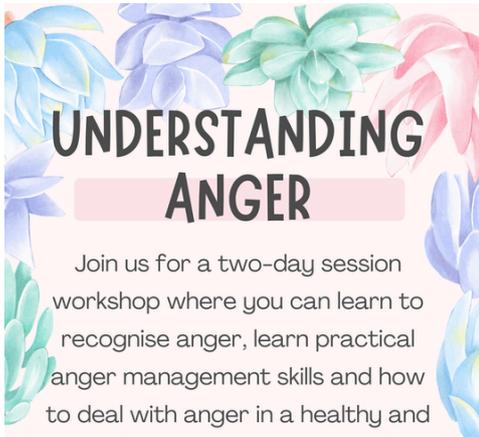


In conjunction with QLD Government Domestic and Family Violence Prevention Month, Women's Health Information and Referral Service CQ Inc. (WHIRSCQ) is hosting an information session (Free admission) with leaders from support services and other stakeholders. Everyone within the community is invited to 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.
- Expose myths about domestic and family violence.
- Strengthen connections and link individuals to support services.

July - December 2025



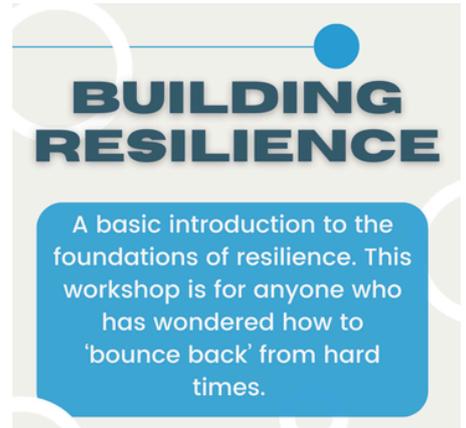
UNDERSTANDING ANGER

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.

Workshop - Understanding Anger, 22nd & 29th July, 2025



Workshop - Confidence Through Self-Awareness, 22nd August, 2025



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.

Workshop - Building Resilience, 9th September, 2025



WHIRSCQ Christmas Lunch, 4th December, 2025

Workplace Gender Equality Agency - Gender Equality Scorecard 2024-2025

The WGEA Gender Equality Scorecard provides an annual update on the state of workplace gender equality in Australia.

The information and data included in 2024-25 Scorecard is based on Gender Equality Reports from 8,239 employers, who reported to WGEA by 31 August 2025.

It offers an insight into the workplaces of more than 5 million employees across 19 industries in Australia.

The Scorecard is based on data from 8,239 employers covering the workplaces of more than 5 million employees.

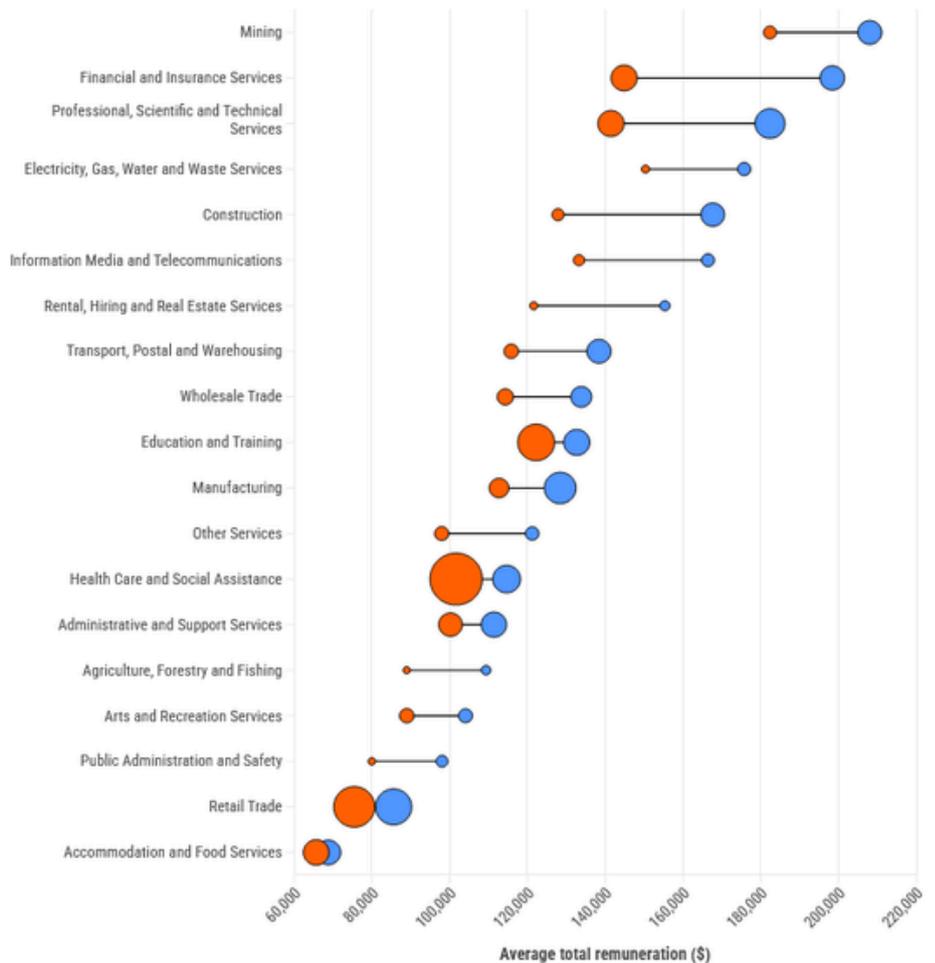


Every industry pays men more on average than women

Even when more women work in the industry

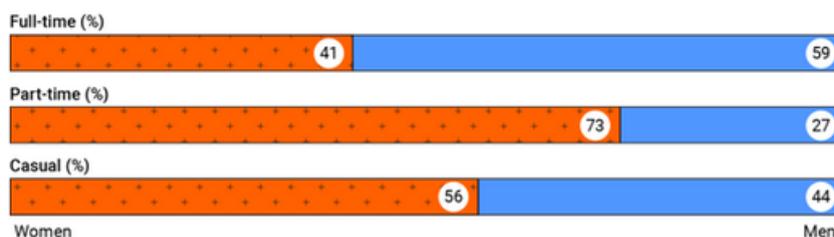
The larger the circle, the more employees

Gender ● Men ● Women



Source: Workplace Gender Equality Agency

Employment status by gender

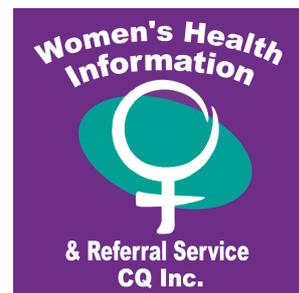


WHIRSCQ Services

Counselling

Free service

- Confidential, trauma-informed counselling, information and referral for emotional health and wellbeing (e.g. personal, family and relationships, historical domestic violence) **women from 14 years**
- Sexual violence counselling - **women, men and 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

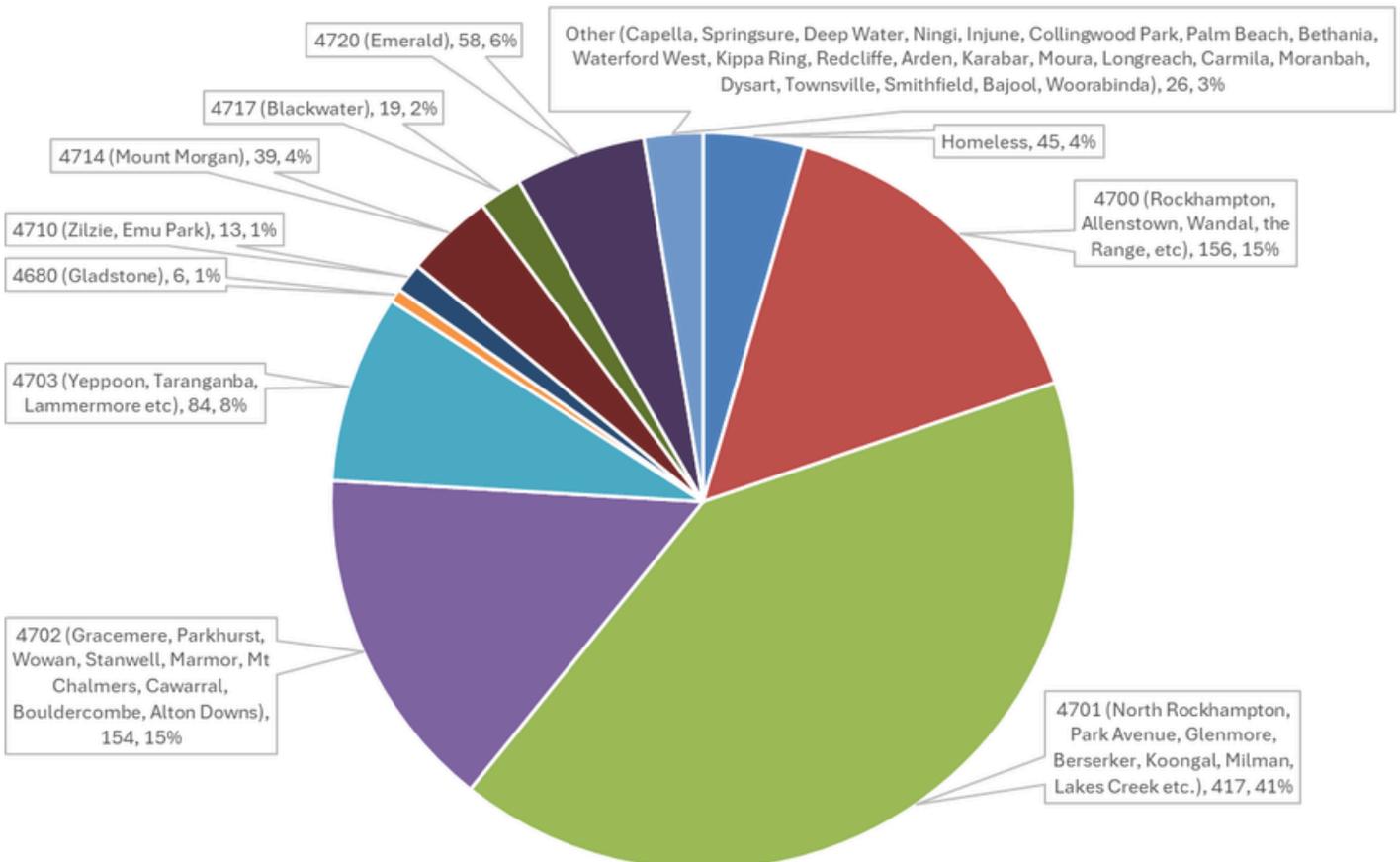
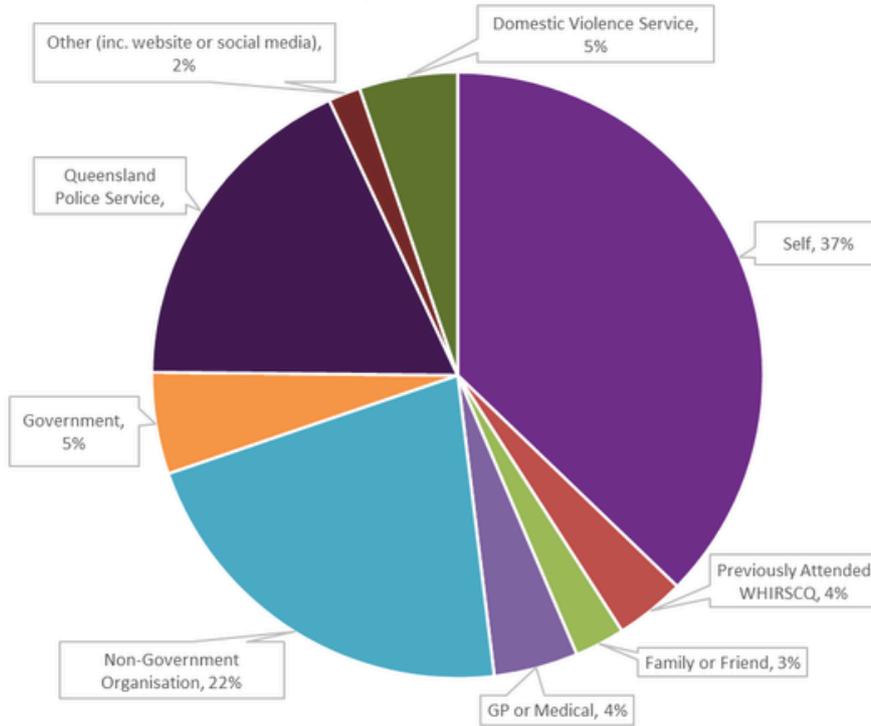
(Contact us if above options are inaccessible)

For all enquires & bookings call:
(07) 4922 6585 or 1800 017 382
225 Bolsover Street, Rockhampton 4700
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Office Hours:
Monday– Friday 9am–5pm
Closed for lunch daily 12:15pm – 1:00pm

WHIRSCQ Counselling Data for July 2024 - June 2025

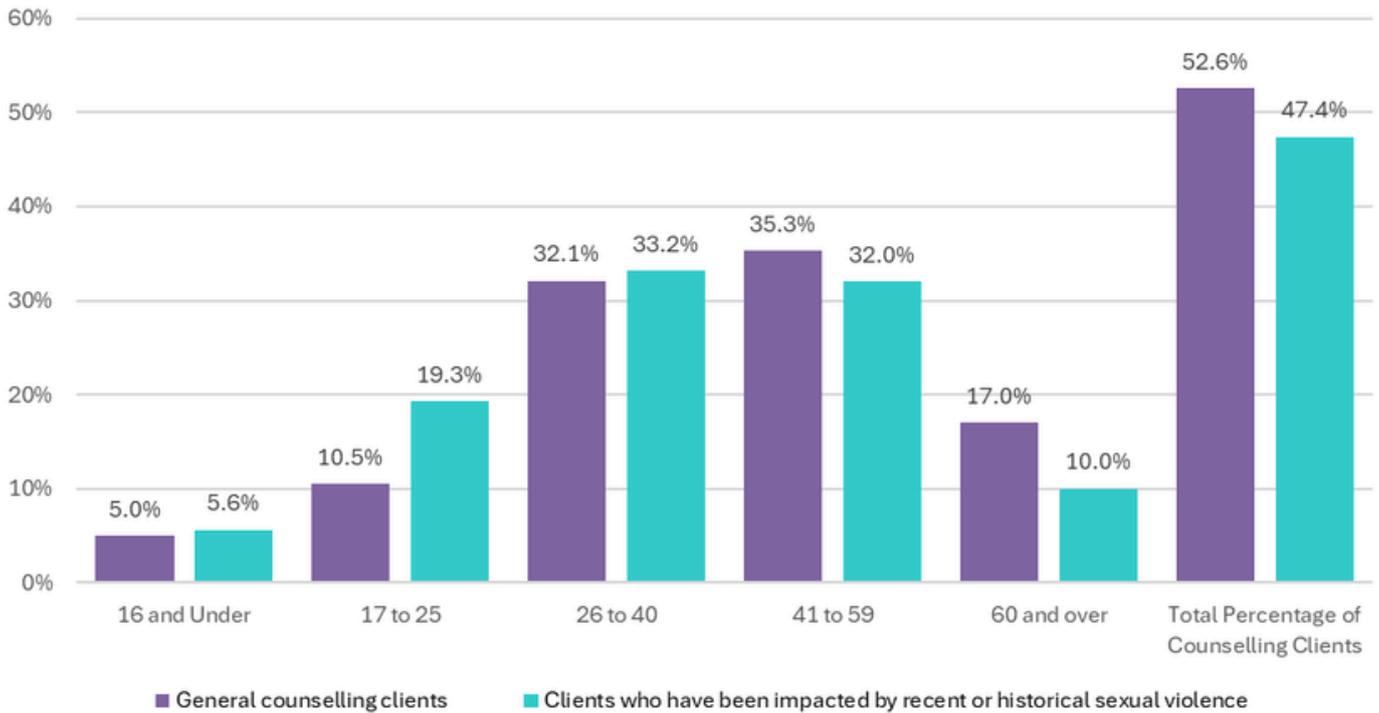
Counselling Client Referral Sources
July 2024 - June 2025



Postcodes of Counselling Clients July 2024 - June 2025

WHIRSCQ Counselling Data for July 2024 - June 2025

Percentages of Age Groups of Clients for General Counselling and Sexual Violence Support Service Counselling
July 2024 - July 2025



Cultural Identity of Counselling Clients
July 2024 - June 2025

