

COMMUNITY CONNECTIONS

A GOLD COIN DONATION
WOULD BE APPRECIATED.

EDITION 197



#VISITBURDEKIN

H A P P Y E A S T E R

Burdekin Community Association Inc

www.burdekincommunityassociation.org.au
www.facebook.com/bca1975

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Chief Executive Officer

Burdekin Community Association Inc (BCA)

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Facebook: www.facebook.com/bca1975

READER CONTRIBUTIONS

Have something that you would love to share? We are giving you the opportunity to contribute to our Magazine. Please send us your funny jokes, stories and pictures and you could see them featured in a future edition of the Community Connections Magazine.

Email:

Donna.Wood@bcaburdekin.org.au or drop into Burdekin Centre for Rural Health at 12A Chippendale Street, Ayr.



There are 10 colourful
Easter Eggs just like
this one, hiding in the
magazine.



Can you find
them all?

Front page local fountain photo contributed by BCA staff member

Dear Readers,

Welcome to the first Burdekin Community Association, Community Connections magazine of 2026.

We hope the Christmas and New Year period was pleasant for all our readers.

The BCA Team at the Support Centre in Queen Street, after the short festive break, are back in office and continuing to offer many services including Support at home, Housing and Community Support, Emergency food relief and Domestic and Family Violence support.

The staff over at Chippendale Streets Burdekin Centre for Rural Health, continue to provide mental health support through their Psychological Therapies Service. BCA's Older People's Action Program, including the Active and Social Seniors Group has seen many return in 2026 for individual and group exercise activities.

Support and Network groups have commenced with BCRH's Journey Coordinator offering the 'New Year, New You' 6 week Wellness Program. Take a look on page 25 at the delightful and bright creations made at one of the sessions.

BCA's Community Connections group has begun on a Wednesday, with lots of conversation and laughter coming from the meeting room at Burdekin Centre for Rural Health. No need to book, just come along for some morning tea and activities from 9.30am every Wednesday. Please phone 47 833 744 if you would like more information.

BCA, in 2026, look forward to continuing to offer the Burdekin Community an informative Community Connections magazine every quarter.

Happy Reading!

The BCA Team



PROFILE

BURDEKIN COMMUNITY ASSOCIATION INC.

The Burdekin Community Association Inc. (BCA) is a not-for-profit, incorporated association, which strives to fulfil the unmet social, welfare and health needs of the Burdekin community. A diverse range of community services are delivered by the BCA to the Burdekin Shire. Since establishment in 1975, BCA has evolved to become one of the largest community organisations in the region.

The BCA is a registered charity, has an Australian Business Number, Income Tax Exemption and Deductible Gift Recipient status. Many of BCA's initiatives are made possible by the generosity of the Burdekin Shire Council, local service clubs, business houses and individuals.

BCA's Vision is for *"Compassionate and connected communities where everyone is supported and free from hardship and distress."*

BCA's Purpose is *"To provide direct relief to the aged, families, children and individuals who are experiencing poverty, sickness, suffering, distress, misfortune, disability or helplessness"*.

BCA's main Services/Programs include:

The Support Centre

- Burdekin Community Directory
- Community Recovery Centre
- Information Hub
- Office & Meeting Room Hire
- Support Groups & Network Groups
- Visiting Community Services

Home Care Service

- Burdekin Community Transport Program
- Commonwealth Home Support Program
- Support at Home Program
- National Disability Insurance Scheme
- Qld Community Support Scheme
- Brokered Services
- Non-funded services

Housing and Community Support Service

- Burdekin Community Support Neighbourhood Centre Program
- Crisis Accommodation Program
- Dignity Program
- Domestic & Family Violence Support Service
- Emergency Relief Program
- Safe Connections Program
- SecondBite Community Connect Program
- Specialist Homelessness Service

Our volunteer Management Committee, comprises of local people across a broad range of local interests.

The Association employs approximately 80 staff and sub-contractors and these people are supported by 60 volunteers.

Office Locations:

The Support Centre (Head Office): 130 Queen St, Ayr Ph: 47833744

Community Information Centre: 119 Queen St, Ayr Ph: 47837633

Burdekin Centre for Rural Health (The Homestead): 12a Chippendale St, Ayr Ph: 47832711

Burdekin Community Rehabilitation Centre: 12a Chippendale St, Ayr Ph: 47832711

Website: burdekincommunityassociation.org.au Facebook: facebook.com/bca1975

Volunteer Service

- Aged Care Volunteer Visitors Scheme
- Be Connected Program
- Community Information Centre
- Volunteer Program
- Work for the Dole Hosting Program

Burdekin Centre for Rural Health & Burdekin Community Rehabilitation Centre

- Older Peoples Action Program (OPAP)
- Psychological Therapies Program
- MyndKind Program
- Telehealth Hub
- Community Recovery Centre
- Office & Meeting Room Hire
- Support Groups & Network Groups
- Visiting Health and Wellbeing Services
- Community Recovery Centre

Debra Cochran

Chief Executive Officer

Burdekin Community Association Inc.

Telephone: 07 4783 3744

Mobile: 0407 637421

Facsimile: 07 4783 7611

Email: debra.cochran@bcaburdekin.org.au



Burdekin Community Association Inc.

MEET THE BCA HOMECARE TEAM



**KYLIE
SERVICE MANAGER**



**KYLIE
ADMINISTRATION**



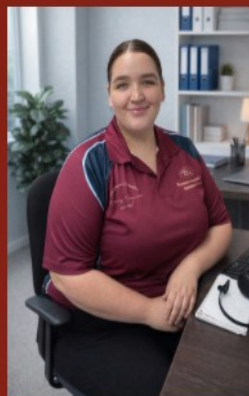
**WENDY
COMMUNITY SERVICES
OFFICER**



**SHANIA
ROSTERING**



**ANNETTE
COMMUNITY SERVICES
OFFICER**



**SARSHA
ROSTERING**



**ROSEMAREE
COMMUNITY SERVICES
OFFICER**

BURDEKIN COMMUNITY ASSOCIATION INC.

Home Care Service



Home Care
Service
47833744

National Disability Insurance Scheme

BCA's Home Care Service
is an approved provider
for a wide range of NDIS
Support Services.



Home Care Service

BCA's Home Care Service supports frail, older people and younger people with a disability to remain living in their own home and maximise their independence.

What Help Can I Get?

BCA's Home Care Service is an approved provider for all classifications under Support At Home such as:

Services that keep me well and independent:

- Domestic Assistance (Help with basic chores around the house)
- Home maintenance (help with keeping your home and garden safe)
- Home modifications (Changes to your home to improve safety and access e.g. ramps and rails)

- Goods, equipment and assistive technology (Items to help you get around or adapt e.g. walking frame, shower chair)

Services that allow me to interact with my community:

- Transport (Community transport, transport to GP and specialist appointments)
- Social support (Social activities in a community-based group setting or accompanied activities)

Services that keep me safe in my home:

- Personal Care (help with Showering, self-care, hygiene and grooming)
- Nursing (wound management or help with medicine)
- Allied Health and therapy services (health and therapy services e.g. podiatry, physiotherapy and occupational therapy)
- Specialised support (Help for people with particular condition e.g. vision, dementia)
- Meal preparation and diet (Help with feeding, meal preparation, and eating utensils)

Accessing Support At Home

To receive an assessment for a Support at Home phone My Aged Care on 1800 200 422, or visit www.myagedcare.gov.au

BCA's Home Care Service are happy to assist you with this process. Please visit BCA Support Centre 130 Queen Street Ayr, or phone 4783 3744.

Once you receive your Support at Home Notice of Decision you can commence receiving services

The Support at Home Program

is a new government service introduced on 1st November 2025. It will replace the current Home Care Package Program and Short-Term Restorative Care program. This new program is designed to make it easier for older Australians to get the help they need to stay safe, healthy and independent in their own homes, by improving access to services, products, equipment and home modifications.

“Home is where we feel safe and where memories are made. We're making changes to aged care so you can get the support you need to stay at home.

The Australian government's new support at home program will help older people live independently for longer in their own homes. Support at home replaces the existing home care packages and short-term restorative care programs with one new program ensuring that the support you need to stay at home is there when you need it. You can get support for everyday tasks like cleaning, gardening, shopping, and meal preparation if you are approved. You'll also have access to clinical care like nursing, physiotherapy, and continence care. If you have more complex needs, higher levels of support are available to help you stay in your home.

There are also short-term pathways to meet your needs. The assistive technology and home modifications scheme helps you to access products, equipment, and home modifications to support you with things like mobility, domestic life, and communication.

If you're already receiving a home care package, you won't need a new assessment. Your provider will contact you about moving to support at home. They will review your care plan and you will be asked to sign an agreement.

Getting older doesn't mean you need to leave your home to be cared for. Support at home is here to help you stay in the place where you are most comfortable.

To learn more, contact my aged care for help. Support at home. Helping you live independently for longer at home.“

BCA's Home Care Service has been providing quality Home Care Services in the Burdekin since 1978 to support frail, older people and younger people with a disability to remain living in their own home and maximise their independence.


Home Care Service provides a wide range of services to support frail, older people and younger people with a disability.



Transcript sourced from a Youtube video link-<https://youtu.be/JlCjxvrQ8bM> on <https://www.myagedcare.gov.au> website.

**BURDEKIN
COMMUNITY
ASSOCIATION INC.**

**Housing and
Community Support
Service**



**BCA Support Centre
4783 3744**

Housing and Community Support Service

The Service assists people who may be experiencing, or know someone who is experiencing, hardship or a crisis.

Service Programs

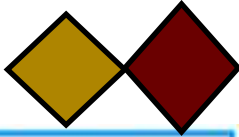
Coordinated and tailored support provided for families and individuals who require assistance in areas such as:

- Community Support Service Program
- Crisis Accommodation Program
- Specialist Homelessness Service
- Neighbourhood Centre Program
- Dignity Program
- Safe Connections Program
- State Emergency Relief Program



•SecondBite Community Connect Program

•Domestic and Family Violence (DFV) Support Services



Burdekin Community Association is proud to be a part of the Lions Club International Worldwide Eyeglass Recycling program.

Bring your glasses in and place them in the box on our display wall.

Alternatively, you can mail them to
Reply Paid 3021,
Lions Recycle for Sight,
PO Box 3021,
Clontarf, MDC QLD 4019.




Emergency Relief Assistance

Burdekin Community Association

Through consultation with BCA support staff
BCA Support Centre, 130 Queen Street, Ayr
Monday-Friday 9am to 4pm

Phone: 4783 3744

(Centrelink Income Statement required)

Waste Not Want Not—Coles Second Bite

The Burdekin Community Association has partnered with Coles Ayr and Second Bite to provide those in need with access to nutritious food free of charge.

The program is available from the Burdekin Community Association Support Centre
130 Queen St, Ayr, Monday to Friday
from 9am until stock is gone each day.

St. Vincent De Paul Society

1800 846 643

The Support Centre, Burdekin Community Association, 130 Queen Street, Ayr
Food Relief Clinic

Every Monday 1:00pm—1.30pm

(Centrelink Income Statement required)

Salvos Doorways Community Support

07 3001 6288

*Please call the help line for assessment.
Available 9am-4pm Mon to Fri.*

Moneycare Financial Counselling Services

1800 722 363



COMMUNITY CONNECTIONS GROUP

COME ALONG TO THE
BURDEKIN CENTRE FOR RURAL HEALTH
WEDNESDAY
9:30AM-11:30AM

HAVE A
CUPPA

LEARN
SOMETHING
NEW

HAVE A
CHAT



nag women's
legal service

Free legal advice & support



Burdekin Community Association

Call to book an appointment: 1800 244 504

We help with:



Domestic, family & sexual violence



Family law -
Separation, divorce, parenting & property



Child safety



Migration & visa matters

Upcoming visits



Domestic and Family Violence Support Service

**BURDEKIN
COMMUNITY
ASSOCIATION INC.**

Domestic and Family Violence Support Service



**REACH OUT
ASK FOR HELP**

4783 3744

This Service supports people experiencing domestic and family violence by helping them keep safe and get their lives back on track.

The Burdekin Community Association Inc. (BCA) Housing and Community Support Service provides accessible counselling and court support services to people who are experiencing (or have experienced) Domestic and Family Violence (DFV).

We are here to listen, help and support you in your choices.

We can:

- Provide counselling
- Assist with safety planning and identifying ways that you can increase your safety in your home, work and social environments
- Refer to appropriate services for immediate and safe accommodation
- Assist to arrange transport
- Refer to services for financial assistance
- Assist with safety upgrades to your place of residence

The service is completely free and confidential

*Domestic violence, in all its forms
is unacceptable and a violation
of human rights.*

COURT SUPPORT

The DFV Service provides court support for aggrieved persons in relation to Protection Order applications and mentions at the Ayr Magistrate Courts. The Court Support service provides the following assistance:

- Assisting in the preparation of court documents
- Providing information at court
- Assistance and support
- Referrals
- Court advocacy.

The DFV Service also provides information to respondents. The support provided assists the respondents to aware of the court processes and understand the meaning of domestic violence orders and other actions of the court.

24 HOUR HELP

Emergency	000
DV Connect Womensline	1800 811 811
DV Connect Mensline	1800 600 636
Kids Helpline	1800 551 800

Burdekin Community Association



Women's Empowerment Group

FREE GROUP

Morning tea will be provided

MONDAY'S 10:00-11:00 AM

VENUE- BCA, 130 QUEEN ST, AYR

A safe space for women to heal, connect rebuild confidence, and grow stronger – together.

CONTACT BCA TO REGISTER- 47833744





**BURDEKIN
COMMUNITY
ASSOCIATION INC.
Domestic and Family Violence
Support Service**

DOMESTIC AND FAMILY VIOLENCE CAN AFFECT ANYONE

Domestic and family violence is when one person in a relationship uses violence or abuse to maintain power and control over the other person. It causes the person being abused to live in fear.

Domestic violence can include physical, verbal, sexual, emotional or psychological abuse. It can include behaviours like stalking, isolation or controlling what a person does, who they see or even what they wear. Living with domestic violence can have a profound effect on children and young people. There is often more than one victim of the abuse.

For more information about the signs of domestic violence, supporting others and raising awareness in our community visit

www.qld.gov.au/trustyourinstinct

FOR FURTHER ASSISTANCE

In an emergency or for 24 hour help please call the helplines below

24 HOUR HELP	
Emergency	000
DV Connect Womensline	1800 811 811
DV Connect Mensline	1800 600 636
Kids Helpline	1800 551 800

The Burdekin Community Association Inc. (BCA) Housing and Community Support Service provides accessible counselling and court support services to people who are experiencing (or have experienced) Domestic and Family Violence (DFV).

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- Refer to appropriate services for immediate and safe accommodation
- Assist to arrange transport
- Refer to services for financial assistance
- Assist with safety upgrades to your place of residence

The service is completely free and confidential



If you would like to talk, or make an appointment, call our Domestic and Family Violence Support Service between 9am and 4pm, Monday to Friday.

(07) 4783 3744

All calls are confidential. We won't call you back unless you say it's ok to do so.

Or you can visit us at
Burdekin Community Association Inc.
The Support Centre
130 Queen Street
AYR QLD 4807

Email: bca@bcaburdekin.org.au
Text only service: 0427 832 178

If it's an emergency or someone is in immediate danger call the police on 000 (triple zero).

Transport Service



**Home Care
Service
47833744**



Transport Service

Burdekin Community Transport is a 'door to door' transport to appointments, shopping, social activities and venues in our bus which has disability access including a wheelchair hoist, for eligible members of the Burdekin community.

Local Schedule and Fares

DAY	PICK UP LOCATION	FARES
Tuesday Wednesday Thursday Friday	Ayr Home Hill Brandon <i>Carers only</i>	\$11.00 \$9.00
Thursday (Fortnightly only)	Giru <i>Carers only</i>	\$20.00 Each way \$9.00

Townsville Schedule and Fares

DAY	PICK UP LOCATION	FARES
Monday Tuesday Wednesday Friday	Ayr Home Hill Brandon Ayr Brandon Giru Home Hill <i>Carers only</i>	\$8.00 with PTSS* \$37.00 each way \$20.00 each way \$40.00 each way \$9.00

The schedules and fares are subject to change depending on the availability of funding and demand

** Clients who do not provide the Driver with a completed and approved PTSS Form on the day of travel are not eligible for the subsidised fare and will be required to pay the full fare.*



Volunteer
Service

Volunteer Service

The Volunteer Program supports a number of volunteer programs that meet the community need for information, whilst addressing social isolation and improving quality of life by providing friendship and companionship to those within the community.

Contact

Volunteer
Service Manager,

Rita

47 833744

Programs

- ◆ Aged Care Volunteer Visitors Scheme
- ◆ Be Connected Program
- ◆ Community Information Centre
- ◆ Volunteer Program
- ◆ Work for the Dole Hosting Program



Burdekin Community Association Inc.

JOIN OUR VOLUNTEER COMMUNITY



Volunteering offers a wide array of benefits; improving mental and physical health, enhanced social connections, and providing opportunities for personal and professional growth.

Volunteering can boost self-esteem, provide a sense of purpose, and even lead to new friendships and networking opportunities.

OUR ACTIVITIES

- ✓ Administration Support
- ✓ Be Connected Program
- ✓ Community Information Centre
- ✓ Fundraisers
- ✓ Aged Care Volunteer Visitors Scheme
- ✓ Work for the Dole Hosting Program

HOW TO JOIN OUR TEAM?

- CONTACT RITA QUAGLIATA
- FILL OUT THE APPLICATION FORM
- ATTEND A VOLUNTEER ORIENTATION

PHONE : 47 833744

EMAIL: BCA@BCABURDEKIN.ORG.AU

130 QUEEN ST, AYR, QLD 4807

Burdekin Community Association Inc.

Aged Care Volunteer Visitors Scheme

Do you or someone you know require some company? Many of our seniors feel lonely or trapped in their own home. Their families work and often have other commitments to deal with. They may live away or are unable to visit.

Our **Volunteer Visitors** have been carefully selected for you:- they're caring, compassionate, understanding and can become a very good friend.

BCA Community Visitor's are someone you can:

- Share stories with
- Have a cuppa or lunch together
- Read together
- Shop together
- Share a hobby, interest or activity
- Play cards, or board games together
- Someone to talk to and listen to

There are many ways of getting to know someone and becoming a friend.



For further information please contact:

Burdekin Community Association Inc.

The Support Centre, 130 Queen Street, PO Box 815, AYR QLD 4807

Monday to Friday 9.00 am - 4.00 pm • Phone 07 4783 3744 • Fax 07 4783 3990

bca@burdekin.qld.gov.au • www.burdekincommunityassociation.org.au

Computer /Smartphone

Lessons for 50's plus



Burdekin Community Association Inc.

For further information Call Rita Quagliata on 47833744 or call in at The Support Centre

**The Burdekin Community Association Inc.
ONE ON ONE COMPUTER/ SMARTPHONE LESSONS FOR
SENIORS**

**The Support Centre,
130 Queen Street, Ayr.
Monday and Tuesday
9am to 1pm & (Friday-9am to 12.00pm)**

Learn how to use your smart phone, your Ipad or laptop. Experience stress-free, effective lessons that are provided by specialized volunteer tutors who focus on your individual needs and learning styles.

Enjoy a safe and comfortable learning environment while benefiting from the latest technology and software.

Effectively learn programs and software on your device.

Enjoy a wide range of sessions from beginning basics ; such as intro's to Computers, Internet and E-mail, to more advanced sessions, for example:-

- Cybersecurity and Digital Imaging etc.
 - Learn how to video call family,
 - Research your family history,
- Surf the internet, access My Gov, medical appointments, renew passports,
 - Shop or buy groceries online, pay bills, send emails, Facebook,
 - Bpay and so much more that you can do online.

GIVE IT A TRY AND SEE WHERE TECHNOLOGY WILL TAKE YOU

**BURDEKIN
COMMUNITY
ASSOCIATION INC.**

Community
Information
Centre



119 Queen Street,
AYR

Opening hours
Monday to Friday
9am – 4pm

Community Information Centre

The Community Information Centre is a pathway to information and referral services for locals and visitors.

The CIC provides contact details for a variety of local government and community organisations including housing, family support, employment, social services and local community events.



If you would like to volunteer, please contact BCA Volunteer Service Manager Rita on 4783 3744

**BCA
Burdekin Centre
for Rural Health**



**Healthy Communities:
Now and for
the Future**

**Opening hours
Mon—Fri
9am—4.30pm**

Centre Facilities

Telehealth

Here at the BCA Burdekin Centre for Rural Health, our facilities allow you to have your appointment in the privacy of a meeting room. It's easy! Just ask your health professional if you can have your next appointment by Telehealth. Contact us to book your date/time.

We'll be here ready to help you!

Room Hire

The purpose built Centre provides excellent consulting rooms and facilities for visiting health services.

A large meeting room is available for meetings, training & conferencing. The meeting room includes access to complimentary Wi-fi, Digital Meeting Board, Disability access including toilets and shower and kitchen and tea/coffee making facilities.

MyndKind Program

Psychological Therapies Service

The Psychological Therapies Service provides a funded counselling and support service for individuals in the Burdekin region who may be experiencing barriers to accessing mental health services. This may include financial hardship, limited transport, or other challenges.

Journey Coordinator Service

The Journey Coordinator Service is a funded program which allows individuals in the Burdekin region to access services and supports that better their mental health. Individuals can receive psychoeducation through the program to better understand their mental health concerns and develop basic coping skills.

Front Doors Service

Offers immediate information, support, and navigation for individuals facing mental health, alcohol and other drugs (AOD), or social support needs.

The purpose-built Centre provides excellent consulting rooms and facilities for visiting health services. A large meeting room is available for meetings, training & conferencing.



Older People's Action Program

Information, advice and referral

Services that assist clients and community members to make informed decisions about, or be connected to, the services and support that they need. These responses are an important aspect of both prevention and early intervention approaches and may involve preliminary needs identification for the purpose of identifying appropriate service and support options.

Assistance for older community members and their family/friends to access services and information regarding:

- Accommodation, health, education and transport
- Financial and legal matters
- Household assistance
- Social activities
- Retirement



Active & Social Seniors Group

Partially funded by the Older Peoples Action Program (OPAP), the Active and Social Seniors Group, combines Individual and Group Exercise opportunities, in BCA's Burdekin Community Rehabilitation Centre. Run by accredited Exercise Psychologists and Exercise Scientists, this service is aimed at improving individual wellbeing and promoting physical and social wellness.

Community Connections Magazine

A community magazine helping to keep members of the community connected and educated regarding social, welfare and health services.

Community Rehabilitation Centre

The Centre includes an air-conditioned fully equipped gym that is designed specifically for rehabilitation and risk prevention programs for clients who have been identified by their doctor as having significant health risk factors, chronic conditions, wish to prevent disease or wish to improve their current health and wellbeing.

We aim to provide clients with fully supervised exercise sessions including monitoring heart rate and blood pressure. Individual personalized programs are written, delivered and overseen by our accredited Exercise Physiologists. Healthy lifestyle education/information sessions are also conducted to enable clients to develop a happier, healthier, risk free lifestyle.

Accredited Exercise Physiology Program

Clients with chronic conditions can access one-on-one 30 minute sessions with an Accredited Exercise Physiologist. Clients can access this program with a Chronic Conditions Management Plan from their GP, NDIS funding, DVA, Private Health Fund, Support at Home Program (SaH) or private fee for service.

Active & Social Seniors Group (OPAP)

The Active and Social Seniors Group, partially funded by the Older Peoples Action Program (OPAP), combines Individual and Group Exercise opportunities. These sessions are run by accredited Exercise Physiologists and Exercise Scientists. This service is aimed at improving individual wellbeing, chronic health issues, maintain mobility, and promote physical and social wellness. See your Medical Practitioner for a referral before commencement of exercise classes.

A referral template is also available in centre and can be collected upon receipt of the intake form.

Visiting Health and Wellbeing Services

Burdekin Centre for Rural Health provides access to Allied Health Services. These services include funded and private Psychological Therapies Program, Audiology Specialists, AOD Services, Counselling Services, Exercise Physiologists, Exercise Scientists, Dietician and Diabetic Educator.

If you would like more information on the visiting services, or if there is a service you require access to, please contact the friendly BCRH staff. If we do not have this service visiting in centre, we will be happy to provide you with information and referrals where possible.

MyndKind Program

Service and self-referrals are accepted to access MyndKind's Psychological Therapies and Journey Coordinator services.

Private Psychological Counselling

GP referrals accepted. Fees will be at the mental health professionals discretion and paid directly to them.

Support Groups & Network Groups

Burdekin Centre for Rural Health hosts social support and network groups such as Community Connections and Mental Health Peer Support programs, created by our in-centre Journey Coordinator.



NOW OPEN EVERY SATURDAY

Burdekin Centre for Rural Health CONSULTATION ROOM & MEETING ROOM HIRE

OPENING HOURS

Monday to Saturday
9:00am – 4:30pm

LOCATION

12A Chippendale Street,
Ayr Qld

CONTACT

07) 4783 2711
Email enquiries
bca@bcaburdekin.org.au

ONE-OFF OR ONGOING
BOOKINGS AVAILABLE

MONDAY to SATURDAY



- Complimentary Wi-fi access
- Air-conditioning
- Access to Kitchen & tea/coffee making facilities
- Disability access, incl. toilet & shower
- Spacious off street parking
- Digital Meeting Board available
- Receptionist and dedicated reception area included

Consult Room Hire

Full Day Rental - \$77 Half Day Rental - \$60.50

All Purpose Meeting Room Hire

Capacity for 30 people. Suitable for Meetings, Training Programs, Exercise or Wellbeing Programs

Full Day Rental - \$77

Minimum Hire: \$22 for 2 hours. (Additional hours at \$11 per hour).



Start your New Year off right by joining
Burdekin Community Associations



ACTIVE & SOCIAL SENIORS GROUP (OPAP)



Individual
and
group exercise

Fully
supervised
sessions

Partially funded
by
Older Peoples
Action Program

Individual
personalized
plans



Accredited Exercise
Physiologists program
including CDM plan,
DVA, SaH and NDIS

Fully equipped
airconditioned
gym

Physical
and
social wellness

**FOR MORE INFORMATION OR TO SIGN UP FOR THE PROGRAM,
POP IN AND SEE THE FRIENDLY TEAM AT BURDEKIN CENTRE
FOR RURAL HEALTH AT 12A CHIPPENDALE STREET AYR, OR
GIVE THEM A CALL ON 47 832711**

Caring for yourself is the best resolution of all





These beautiful creations were made as part of Burdekin Community Association's Journey Coordinator's , 6 week 'New Year, New You Wellness Program'. During this session attendees learnt about creative expression and how art and journalling can help to improve wellbeing, whilst enjoying conversation in a relaxed environment.



"Art washes from the soul the dust of everyday life."

Pablo Picasso



Air Dry Clay



WE ARE
**Mynd
Kind**
PEOPLE

Burdekin Centre for Rural Health is proud to deliver the Journey Coordinator program as part of MyndKind. MyndKind has been designed to better the mental healthcare experience for northern Queenslanders. We are committed to providing care that is centred around you.

JOURNEY COORDINATOR PROGRAM



Journey Coordinators help you to connect with the services and supports that you need to better your mental health.

Journey Coordinators can also assist with:

- Advocacy support and guidance, including transitioning between services
- Understanding your mental health conditions and developing basic coping skills
- Accessing digital mental health services and low intensity group programs

HOW TO REGISTER

Referrals to our Journey Coordinator can be made by contacting Medicare Mental Health (formerly Head to Health) on 1800 595 212. Alternatively, self-referrals can be made by phoning us or visiting us at 12A Chippendale Street, Ayr

Contact Us
for more information
☎ (07) 4783 2711

*Sharing and embracing your
wellness journey, together.*



Burdekin Community Association Inc.



WE ARE
**Mynd
Kind**
PEOPLE

Burdekin Centre for Rural Health are part of MyndKind, a new kind of mental health program that better the mental healthcare experience for northern Queenslanders. We are committed to providing care that is centred around you.

OUR SERVICES



Psychological Therapies Program

Provides focused psychological therapies for mild to moderate intensities.



Journey Coordinator Program

Connecting adults and children to timely and appropriate mental health services



Front Doors Program

Provides immediate support, information and navigation for people with mental health, AOD or social support needs

HOW TO ACCESS MYNDKIND

Referrals can be made by contacting Medicare Mental Health (formerly Head to Health) on 1800 595 212. Alternatively, self-referrals can be made by phoning us or visiting us at 12A Chippendale Street, Ayr

Contact Us
for more information

(07) 4783 2711

Sharing and embracing your wellness journey, together.



"Supporting the community since 1975"

**Burdekin Community Association Inc. (BCA)
Membership**

BCA membership is only \$5.50 per year, by becoming a member you are showing that you support us when we apply for funding and grants for services and new programs

Membership entitles you to vote at the Annual General Meeting and helps support our not-for-profit association to fulfil the unmet social, welfare and health needs of the Burdekin community.

We encourage any interested person to join our organisation.

BCA's Purpose is "to assist the aged, families, children and individuals who are suffering hardship and distress; and to improve the health and wellbeing of people in the region"

www.burdekincommunityassociation.org.au

If you would like to become a BCA member please complete the form below and return it to the office with your payment

BURDEKIN COMMUNITY ASSOCIATION INC.

The Support Centre
130 Queen Street
PO Box 815
AYR QLD 4807

BCA
Burdekin Community Association Inc.

APPLICATION FOR MEMBERSHIP / / 20

I, _____
of _____
Phone No. _____ E-mail _____

hereby apply for membership of the Burdekin Community Association Inc.

Applicant _____ Proposer _____
Applicant _____ Seconder _____

CONSENT TO HEALTH CARE

Advance health directives

If you become seriously ill, you may be unable to communicate your healthcare decisions.

An advance health directive allows you to plan what medical treatment or health care you would like in the event that you cannot make decisions for yourself. It also enables you to appoint an attorney for health matters if you wish.

At some point in the future, you may be unable to make decisions about your health care, even temporarily. This might be due to an accident, dementia, a stroke or a mental illness.

An advance health directive allows you to:

- give directions about your future health care
- make your wishes known and give health professionals direction about the treatment you want
- Appoint someone you trust (an attorney) to make decisions about health care on your behalf

Making an advance health directive

Who can make an advance health directive

To make an advance health directive, you must be **18 or older** and have **capacity to understand the nature and effect** of the advance health directive.

This means you need to understand:

- the nature and likely effects of each direction in your advance health directive
- that a direction operates only when you don't have capacity to make decisions about your health care covered by the direction
- that you may revoke a direction at any time you have capacity to make a decision for the matter covered by the direction
- that at any time you don't have capacity to revoke a direction, you will be unable to effectively oversee the implementation of the direction.

You must also be able to make the advance health directive freely and voluntarily—not due to pressure from someone else.

Your advance health directive must be signed by your doctor and by you in the presence of an eligible witness.

In signing the advance health directive, the

doctor and witness are certifying that you appeared to have capacity to make the advance health directive.

When to make an advance health directive

The best time to make an advance health directive is now, before any urgent health condition arises. However, it's particularly important to make one if:

- you're about to be admitted to hospital
- your medical condition is likely to affect your ability to make decisions
- you have a chronic medical condition that could cause serious complications (e.g. diabetes, asthma and heart or kidney disease)

Preparing to make your advance health directive

Before you complete an advance health directive, read the advance health directive form and explanatory guide.

You should also:

- think about your views, wishes and preferences for your future health care
- talk to your family and friends
- talk to your doctor—they
 - will have access to your medical history
 - can help you understand how a particular illness may affect you
 - can discuss treatment options and the effects of those treatments
- if you plan to appoint an attorney for health matters, consider who you want to appoint and talk to them about it.

Accessing the form

You can download a free copy of the advance health directive form.

Paper copies are available to purchase from various newsagents and stationery suppliers throughout Queensland.

You can also print a copy at your local library or access a print on demand service.

Completing the document

Refer to the advance health directive explanatory guide while you complete the form. It steps you through each of the questions and will give you useful information, practical examples, hints and tips.

A doctor will need to complete part of the form, so you can ask them to explain your options and any unfamiliar terms. The doctor will assess your capacity to make the advance health directive and may charge a consultation fee.

After your doctor signs, you need to sign the form in the presence of one of these witnesses:

- a justice of the peace (JP)
- commissioner for declarations (Cdec)
- notary public
- lawyer.

While your eligible witness does not need to sign the form in front of the doctor, if you and the witness sign the advance health directive as soon as possible after the doctor signs it, this helps confirm your capacity to make the advance health directive.

If your advance health directive appoints an attorney(s) for health matters, your attorney(s) must sign the document to accept their appointment after you and the witness have signed the document. Your attorney(s) do not have to do this immediately; however, they must sign it before they can start making decisions on your behalf.

What to do with the completed form

You do not have to lodge or register your advance health directive anywhere once you have completed your advance health directive. However, it is strongly recommended that you:

- keep the original in a safe place
- let your close family and friends know you have made an advance health directive and where to find it.
- give a certified copy to your attorney(s) (if appointed), doctor, other health provider(s), bank or lawyer. This may include your local hospital, where they may add it to your patient file.

You could also carry a card that states you have made an advance health directive and where to find it.

You should review your advance health directive at least every 2 years, or if your health changes significantly.

Cancelling your advance health directive

You may revoke (cancel) your advance health

directive at any time you have the capacity to do so.

You do not have to complete a specific form to revoke (cancel) your advance health directive; however, any revocation must be in writing and you must take all reasonable steps to advise any attorney(s) (if appointed) that it has been revoked.

To learn about other circumstances when your advance health directive may be revoked or cancelled, see page 19 of the explanatory guide.

What an attorney must do

An attorney has important legal duties and obligations that they must comply with.

It is strongly recommended that a person seeks advice from a professional (e.g. a lawyer) when considering whether to accept appointment as an attorney.

If you do not have an advance health directive

A *statutory health attorney* may make health care decisions on your behalf if you have not:

- made an advance health directive
- appointed an attorney for health care matters under an advance health directive or an attorney for personal (including health care) matters under an enduring power of attorney
- had a guardian appointed for health care matters by the Queensland Civil and Administrative Tribunal (QCAT).

Statutory health attorney

Your statutory health attorney is the first person, in this order of priority, who is 18 or older, readily available and culturally appropriate to exercise power for a health matter:

1. Your spouse (including a de facto partner and/or civil partner) who is in a close and continuing relationship with you
2. Your carer (who is not your paid carer, health provider or service provider for a residential service where you are a resident)
3. A close friend or relation who is in a close relationship with you (who is not your paid carer, health provider or service provider for a residential service where you are a resident)

If no one is readily available or culturally appropriate, the Public Guardian acts as the statutory health attorney as a last resort.

Decisions a statutory health attorney can make

A statutory health attorney can consent to most health care decisions, including withdrawing and withholding life-sustaining measures.

A statutory health attorney can't consent to forensic examinations or special health matters, such as:

- tissue donation
- sterilisation
- pregnancy termination

- special medical research or experimental health care.

Only QCAT can give consent for these special health matters.

Responsibilities of a statutory health attorney

A statutory health attorney must apply the general principles and health care principles when making decisions about health matters or special health matters for you.

The statutory health attorney's authority ends if you regain the capacity to make decisions. The role is not necessarily ongoing.

**Further information, factsheets and forms can be found at www.qld.gov.au website.

Sourced from <https://www.qld.gov.au/seniors/legal-finance-concessions/legal-support/wills-estate-planning>

What is elder abuse?

Around 1 in 6 people aged 60 years and older experience some form of abuse in community settings.

Elder abuse is a single or repeated act—or lack of appropriate action—occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Elder abuse can include a violation of human rights and is most frequently financial and psychological but can also include physical, social, sexual, emotional abuse, material abuse, abandonment, neglect and serious loss of dignity and respect.

Abuse is generally carried out by someone close to the older person.

Helpline data shows this is most commonly the older person's adult child, though it also happens within a wide range of family and caring relationships.

Elder abuse is often hidden and may

be difficult for those experiencing it to talk about it.

Who can I contact?

The Elder Abuse Helpline is a contact point for anyone who experiences, suspects or witnesses an older person experiencing elder abuse.

The Elder Abuse Helpline provides a safe and confidential place to talk.

**The Queensland Elder Abuse Helpline is open Monday to Friday
9am—5pm.
1300 651 192**

If you, or someone you know is in immediate danger, call the police on Triple Zero 000

K. & S. Wright Funeral Directors

Personally serving the Burdekin and surrounding areas with compassion and dignified service for over 50 years.

Ken & Elizabeth Wright



Also offering: Funeral Plans & Pre Arrangement Facilities

40 Fourteenth Street, Home Hill

Phone: 47821270

Companion Card

If you have a disability and a lifelong need for 'attendant care support' in order to participate in community activities and attend venues, the Companion Card can help you with the costs of getting out and about with the support of a companion.

Companion Card holders receive a second 'companion' ticket at no charge at participating venues and on public transport. The 'companion' ticket is also exempt from booking fees.

The Companion Card is issued in the name of the person who has a disability, and is valid for 5 years.

A companion is any person who accompanies a cardholder and provides attendant care support. The cardholder's chosen companion may be a paid or unpaid assistant or carer, family member, friend or partner.

Eligibility

The Companion Card is not income or asset tested.

To be eligible for the card, you must:

- be a lawful Australian resident, living in Queensland
- have a disability
- because of the impact of the disability, be unable to participate at most community venues or activities without attendant care support
- need, or be likely to need, lifelong attendant care support.

Who is not eligible?

- Companions and organisations—it is the person who has the disability, rather than their companion, who must apply for the card.
- A person whose need for attendant care support is not lifelong, or likely to be lifelong (i.e. if a person is likely to become independent in the future as result of treatment, rehabilitation, management, training, recovery or developmental improvement).
- A child, when the need for attendant care support is reasonable at their age rather than specifically because of the disability.

Examples of situations where a person may not be eligible include when a person is:

- experiencing a temporary disability
- relying on a companion for social support and encouragement only
- being affected by the inaccessibility of a venue

For more information phone 13 QGOV (13 74 68)

Information sourced from <https://www.qld.gov.au/disability/out-and-about/subsidies-concessions-passesompanion-card/apply-companion-card>



Gratitude Leaves

What are you grateful for?
Write what you are grateful for on the leaves.

COMING SOON
TO THE

Burdekin

A NIGHT in VEGAS
WITH **Attori**

Rick ROMEO & Meagan MORRIS

Burdekin Memorial Hall
Wednesday 15 April | 11:00am

FROM THE STAR OF PEACE TRAIN THE CAT STEVENS STORY

REMEMBER THE DAYS
OF CAT STEVENS

STARRING **DARREN COGGAN**

BURDEKIN MEMORIAL HALL
FRIDAY 24 APRIL | 7:30PM

PRESENTED BY SHOWTIME AUSTRALIA

BEATLEMANIA
BURDEKIN MEMORIAL HALL 29 APRIL 2026

On Tour

BURDEKIN THEATRE | 24 MAY 2026

Charmaine WILSON
THE AUSTRALIA MEDIUM



Want to see
what's on?



FOR BOOKINGS OR MORE INFORMATION CONTACT
Burdekin Theatre Box Office (07) 4783 9880
www.burdekintheatre.com.au

Burdekin
Show
24th June
2026



Burdekin Community Association is appreciative of donations all year round. From families experiencing Domestic and Family Violence to older persons in the community, any donations big or small help make a difference to many.

St. Patricks Day

March 17



Queensland Public Holidays 2026

- Friday 3 April - Good Friday
- Sunday 5 April - Easter Sunday
- Monday 6 April - Easter Monday
- Saturday 25 April - Anzac Day
- Monday 4 May - Labour Day
- Wednesday 12 August - Royal Queensland Show (Brisbane area only)
- Monday 5 October - King's Birthday
- Thursday 24 December - Christmas Eve (from 6 pm to midnight)
- Friday 25 December - Christmas Day
- Saturday 26 December - Boxing Day
- Monday 28 December - Additional public holiday for Boxing Day



Harmony Week is a celebration that recognises our diversity and brings together Australians from all different backgrounds. It's all about inclusiveness, respect and a sense of belonging for everyone.

HARMONY WEEK

16 -22th March 2026

BCA Inc. Community Connections

THINKING ABOUT OWNING YOUR OWN HOME?



We'll be in your area soon! Come along to the next event to learn about IBA's home loan products, eligibility criteria, the process and how you can prepare for success. I look forward to seeing you.



Hosted by: Burdekin Community Association

When: Friday 27th March 2026 at 10.30 am - 12 pm

Where: Burdekin Community Association
130 Queen Street, Ayr

Unable to make it? Scan the QR code to register for our online sessions.

For more information contact:

Candace on 4048 8485 or via email Candace.AhChin@iba.gov.au



Our Home Ownership information sessions provide you with the info you need before submitting an IBA home loan application. In this free session we will discuss:

- **IBA eligibility criteria:** what criteria you must meet to be considered for an IBA home loan
- **IBA vs mainstream lenders:** make an informed decision on whether an IBA home loan is right for you
- **The steps to owning a home with IBA:** a step by step guide to the IBA home loan process
- **Interest rates & deposit requirements:** information about our commencing interest rates and deposit you will need
- **Loan scenarios:** walk through different scenarios, show you how you can access and use our home loan calculator
- **Resources & tools:** options if you need assistance and what tools are available

Indigenous Business Australia (IBA)

Indigenous Business Australia (IBA) offers tailored home loan options for Aboriginal and Torres Strait Islander people, providing lower deposits and no application fees to support home ownership.

Overview of IBA Home Loans

Indigenous Business Australia (IBA) provides home loans specifically designed for Aboriginal and Torres Strait Islander peoples across Australia. These loans aim to facilitate home ownership and improve financial stability within Indigenous communities. IBA has approved over \$4 billion in home loans, supporting more than 22,000 families since its inception.

Key Features of IBA Home Loans

Lower Minimum Deposits: IBA allows eligible applicants to secure loans with deposits as low as \$1,500, depending on their income. This is significantly lower than typical requirements from mainstream lenders.

No Application Fees: IBA does not charge loan application fees for new home loans, which can reduce the upfront costs associated with purchasing a home.

No Lenders Mortgage Insurance (LMI): Unlike many low-deposit loans from traditional lenders, IBA loans do not require LMI, making them more accessible for first-time buyers.

Flexible Interest Rates: Interest rates are determined based on individual circumstances, with low and moderate-income borrowers potentially receiving lower starting rates that may increase over time.

Eligibility and Application Process

To apply for an IBA home loan, potential borrowers are encouraged to attend a free home ownership information session offered by IBA. This session provides valuable insights into the loan process and eligibility requirements. After attending, applicants can submit an Expression of Interest (EOI) through IBA's website, along with the necessary supporting documentation.

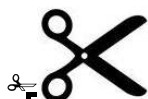
Additional Support Services

IBA also offers various support services, including budgeting workshops and financial advice, to help Indigenous Australians navigate the home buying process and understand their financial responsibilities.

For more detailed information, including current interest rates and specific eligibility criteria, you can visit the IBA website or contact IBA directly at 1800 107 107. This support aims to empower Indigenous Australians to achieve home ownership and build generational wealth.

Article contributed by BCA Housing and Community Support Service

Queensland's cyclone season officially runs from
1 November to 30 April,
 however cyclones can occur at other times.



<u>IMPORTANT NUMBERS</u>	
Police Fire Ambulance	000
SES (State Emergency Service)	132 500
Poisons Information Line	13 11 26
Burdekin Shire Council	07 4783 9800
Local Council Disaster Dashboard Website	https://disaster.burdekin.qld.gov.au/
Weather warnings	https://www.bom.gov.au
Radio Stations	ABC NORTH QLD 630AM HIT FM 103.1 FM TRIPLE M 102.3 FM 97.1 Sweet FM
Local Community Social Media page	https://www.facebook.com/Burdekin Shire Council
Electricity—For emergencies	13 16 70
Water	Burdekin Shire Council 07 4783 9800
Bureau of Meteorology	1300 659 219 Weather & Warnings 1300 659 212 Cyclone Warnings

EMERGENCY KIT CHECKLIST



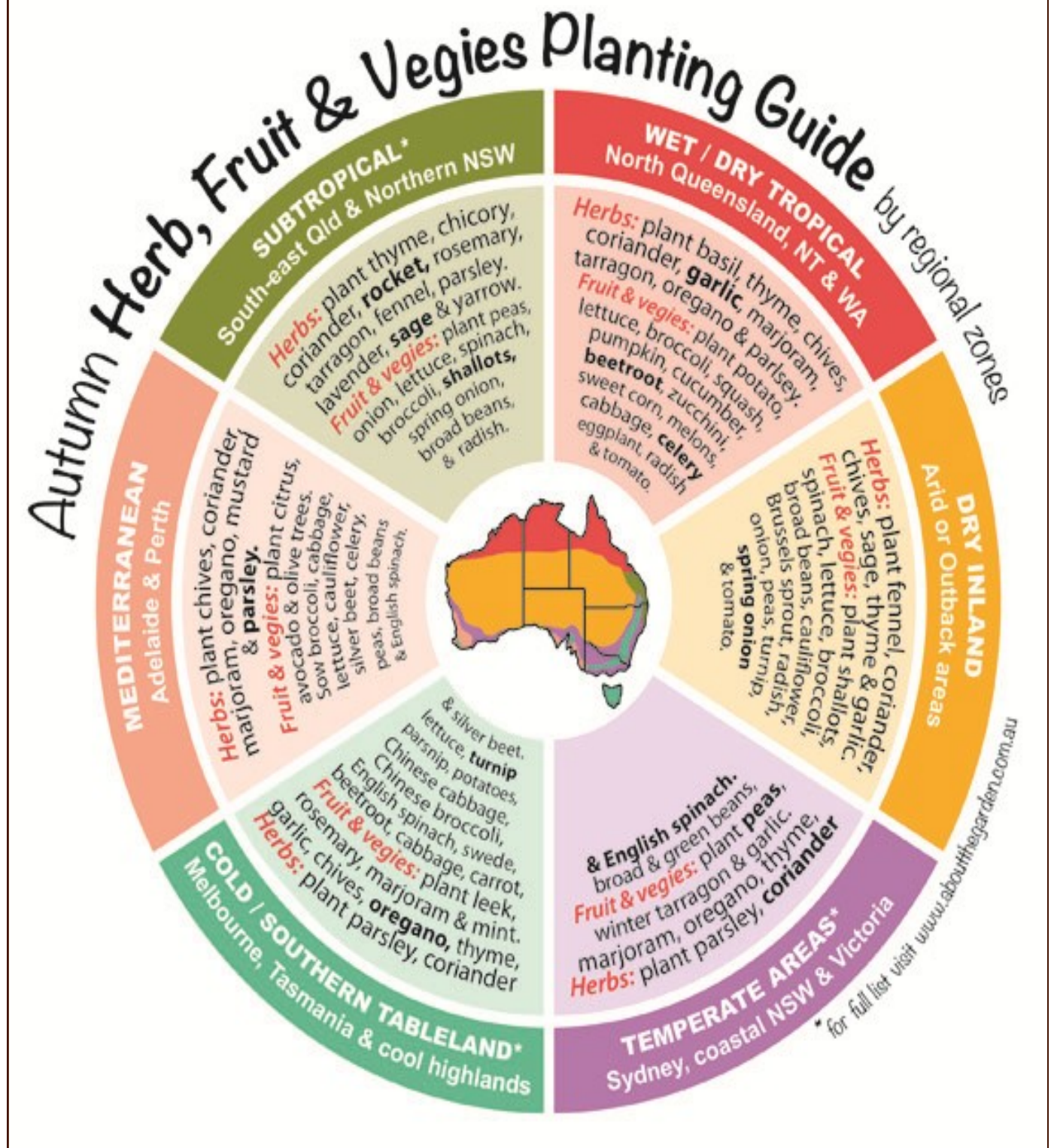
Here is a checklist of recommended items to have in your kit. Some should be stored in a safe place in a waterproof box or bag. Medicines with short shelf life or requiring chilling will need to be ready to add when warnings are issued for your area. Attach the list once completed to the top of the box and review contents at least twice a year.

- Water for three days** – 10 litres of drinking water per person at a minimum.
- Non-perishable food for three days**
- Gas powered stove** – with spare canister.
- Cooking and kitchen equipment** – pans, plates, cups, cutlery, cooking knife, zip bags, plastic containers and can opener.
- Baby supplies** – formulas (*check expiry date*) and a bottle. Have enough food, nappies and wipes for at least three days.
- Pet supplies** – dry food, water and feeding bowls.
- Thick work gloves and disposable rubber gloves**
- Rubbish bags**
- First aid kit and face masks**
- Essential medication** – include a week's supply of prescription and over the counter medication.
- Essential toiletries** – toilet paper, toothpaste, toothbrushes, soap, shampoo, personal hygiene products, sunscreen, insect repellent, tissues and hand sanitiser.
- Important documents** – paper copies or scans saved to a USB. Drivers licence, insurance policies (home, contents, vehicles, life), passports, legal documents (property deed, wills etc.), birth and marriage certificates.
- Mobile phone, chargers and power bank**
- Torch** – with spare batteries for at least three days use.
- Battery powered radio** – with spare batteries for at least three days use.
- Sunglasses and/or safety glasses**
- Emergency whistle**
- Wrench, pliers, screwdriver** – to help turn off power, water and gas supplies if needed.
- Tarpaulin and ropes**
- Spare glasses and hearing aid batteries** – if needed and possible.
- Spare clothes** – clean underwear, changes of clothes, waterproof jackets and sun hats for all the family.
- Safety knife** – a safety knife is a useful tool during and after a disaster.
- Bedding** – sleeping bags or warm blankets, camping mattress.
- Spare cash** – in case payment systems are down.
- Things to keep you and the kids entertained** – books, pack of cards, some glow sticks.




Autumn is the season between summer and winter.

During this time, the weather becomes cooler and leaves begin to fall from the trees. In Queensland, autumn runs from March to May. With the milder temperatures, it is a lovely time to enjoy outdoor activities such as gardening.



Sourced from—<https://www.aboutthegarden.com.au/autumn-flower-herb-fruit-vegetable-planting-guide-by-temperate-zone/>



They went with songs to the battle, they were young.
Straight of limb, true of eyes, steady and aglow.
They were staunch to the end against odds uncounted,
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.

Lest We Forget

Anzac Day Parade details not available at time of print

Anzac Day, held annually on April 25th, commemorates the 1915 Gallipoli landing, honouring the sacrifice of Australian and New Zealand Army Corps (ANZAC) soldiers. It has evolved into a National Day of Remembrance for all who served in conflicts, featuring dawn services, marches, and the tradition of Two-Up.

Key ANZAC Day Facts

Definition: ANZAC stands for Australian and New Zealand Army Corps.

Origin: The date marks the anniversary of the first major military action by ANZAC forces during WWI at Gallipoli, Turkey, on April 25, 1915.

Official Recognition: It was first officially named "Anzac Day" in 1916.

Why Dawn Services? Dawn was chosen because the original Gallipoli landing took place at that time, and it is also the traditional time for "standing to" in the army.

Symbols of Remembrance: Rosemary is worn because it grows wild on the Gallipoli peninsula, while red poppies are also used.

Anzac Biscuits: Originally called "Soldier Biscuits," these were sent to soldiers as they did not spoil easily.

John Simpson Kirkpatrick: Known for using a donkey to rescue wounded soldiers at Gallipoli.

AFL Tradition: The Collingwood vs. Essendon AFL game is a major sporting tradition held on Anzac Day in Melbourne.

Last Surviving ANZAC: Alec Campbell, the last surviving Anzac, passed away in 2002.

Two-Up: A traditional gambling game played on Anzac Day, often in pubs and clubs, which was popular with soldiers during the war.



**ANZAC
DAY**
25 April 2025



https://www.google.com/search?q=anzac+day+facts&sca_esv=fc61e45fbff3d32e&rlz=1C1ONGR?

Tips to reduce falls at home

Worrying about falling is common. Falls are one of the main reasons older people are admitted to hospital or need to move to a higher level of care.

Whilst looking after your health and staying active is important to reduce your risks of falling, there are ways you can help reduce your risk of falling by:

Ensure your bed is the right height for you and your mattress is firm as this may aide getting in and out of bed easier and safer.

Non-slip floorings/mats, especially in wet areas of the house like the shower or bath, can make areas less slippery. Clean up set spills as soon as possible.

Use a bath seat or shower chair and a hand-held shower hose to help with unsteadiness
In areas you need additional support, install grab rails.

Go to the toilet before going to bed and have a commode or urinal next to your bed.

Leave a night light on to aide your vision in the dark.

Have fluid and your phone beside your bed, especially at night within easy reach to limit the need to walk around in the dark.

Sit on chairs with armrests and that are at right height to assist making getting in and out of easier.

Have household items, for example toiletries and food, within easy reach to avoid bending and stretching.

Having a well charged cordless or mobile phone will assist in elimination of some cords and will make using the phone easier.

Eliminate trip hazards by removing clutter on the floor, checking for curled edges on mats/rugs.

Don't wear unsafe clothes. For example, clothes that drag on the ground, socks without shoes, or shoes with poor grip.

Prepare food while seated to prevent loss of balance.

WHO CAN HELP?

DOCTOR

COMMUNITY NURSE

SPECIALIST

PHYSIOTHERAPIST

PSYCHOLOGIST

SUPPORT GROUPS

HOME AND COMMUNITY CARE ORGANISATIONS

OCCUPATIONAL THERAPIST



Emergency+ app

Save the app that could save your life.

You can call Triple Zero (000) in the **Emergency+ app** on your smartphone.

The app will display your location coordinates if you don't know exactly where you are.

The app also has what3words and drop a pin functions. These can help you explain where you are during an emergency. You can also watch CPR videos in the app.





What to do if you fall at home

FALL

Don't panic!
Take a moment to assess the situation
Check your body
If you are not badly injured, think about whether to get up
If you are injured, (e.g. have a broken bone) stay where you are and seek help

Make a decision whether to get up or not

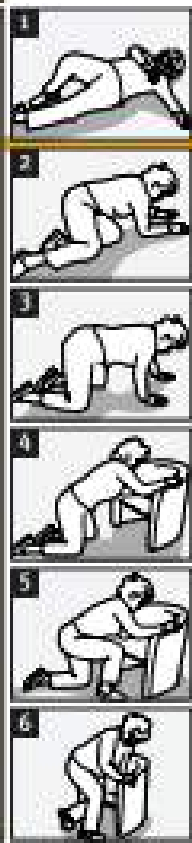
Not injured

If injured

To get up off the ground, try this:

1. Roll onto your side
2. Crawl or drag yourself over to the chair
3. Get onto your hands and knees
4. From a kneeling position, put your arms up onto the seat of the chair
5. Bring one knee forward, put that foot on the floor and push up off the ground using that leg and your hands
6. Push up with your arms and legs, and pivot your bottom around

Do not pull on furniture as you may pull it over onto yourself



If NOT successful in getting up
Try sliding or crawling to seek help

- Front door
- Telephone
- Personal alarm
- Make a loud noise

If successful
Take time to recover

Tell someone you have had a fall and seek medical assistance from your doctor

Make yourself comfortable and warm
Lie quietly after you know someone has responded to your calls for help

This flowchart is based on information from Falls Prevention Your Home Safety Checklist Stay On Your Feet WA[®] Health Department of WA (HP7926) and Stay On Your Feet Adelaide West (2004)

Queensland Stay On Your Feet®



Safe shoe checklist

The requirement for safe, well fitting shoes varies, depending on the individual and their level of activity. The features outlined below may help in the selection of an appropriate shoe. The shoe should:

Heel		Have a low heel (i.e. less than 2.5cm) to ensure stability and better pressure distribution on the foot. A straight-through sole is also recommended.
		Have a broad heel with good ground contact.
		Have a firm heel counter to provide support for the shoe.
Sole		Have a cushioned, flexible, non-slip sole. Rubber soles provide better stability and shock absorption than leather soles. However, rubber soles do have a tendency to stick on some surfaces.
Weight		Be light weight.
Toe box		Have adequate width, depth and height in the toe box to allow for natural spread of toes.
Fastenings		Have laces, buckles, elastic or velcro to hold the shoe securely onto the foot.
Uppers		Be made from accommodating material. Leather holds its shape and breathes well; however, many people find walking shoes with soft material more comfortable.
Safety		Protect feet from injury.
Shape		Be the same shape as the feet, without causing pressure or friction to the foot.
Purpose		Be appropriate for the activity being undertaken during their use. Sports or walking shoes may be ideal for daily wear. Slippers generally provide poor foot support and may only be appropriate when sitting.
Orthoses		Have comfortably accommodating orthoses, such as ankle foot orthoses or other supports, if required. The podiatrist, orthotist or physiotherapist can advise the best style of shoe if orthoses are used.

This is a general guide only. Some people may require the specialist advice for the prescription of appropriate footwear for their individual needs.

Queensland Stay On Your Feet®

Are your feet healthy?

Foot pain and foot problems need not be part of the natural ageing process. Foot problems should be treated as they can affect the way you walk and your balance. Please take a few minutes to complete this checklist.

Questions	Yes	No
Do you suffer from pain in your feet? Foot pain is associated with a greater risk of falling.		
Do you suffer from corns or calluses? This can indicate poorly fitting footwear or foot deformity.		
Are your feet or toes an unusual shape? Foot deformity can mean the feet are not able to function normally. Deformity can also make finding suitable shoes difficult.		
Do you wear ill fitting or unsafe shoes? A safe shoe has: <ul style="list-style-type: none"> ▪ A low (less than 2.5cm) broad heel with good ground contact ▪ Adjustable fastenings ▪ A firm supportive heel counter ▪ A non slip sole ▪ Allows the toes to spread naturally in the shoe ▪ Is comfortable and fits your foot well Unsuitable footwear such as loose fitting slippers contribute to many trips and slips.		
Do you have reduced sensation in your feet? Reduced sensation in the feet can affect balance and put the feet at greater risk of injury.		
Do you have a medical condition which affects your feet or the way you walk? Medical conditions such as diabetes, stroke, Parkinson's disease and arthritis can affect the feet and balance.		
Do you have reduced flexibility and strength in your feet and legs? Reduced flexibility and strength make people more unsteady on their feet.		

If you have ticked yes for any of these questions please see a podiatrist, orthotist or your local general practitioner for professional advice regarding treatment of your foot problems.

Personal Alarms, sometimes called medical or safety alarms, are small, often wearable devices that allow users to quickly access help in an emergency. They act as a crucial safety link, giving individuals, especially older adults and people with chronic illnesses or disabilities, the confidence to remain independent and continue living safely in their own homes for longer.

A personal alarm system typically comprises a compact, discreet device designed to be worn or carried easily, such as a pendant, wristwatch or keyring fob. The device features a clearly identifiable and easy to use button that can be pressed in the event of an emergency or when assistance is needed. Once activated, the alarm instantly sends a signal to a pre-programmed list of contacts, such as family members, friends or caregivers, or connects directly to a 24/7 professional monitoring centre, depending on the specific model and service plan. This ensures that help can be notified quickly and efficiently, providing users with reassurance, enhanced safety and greater independence in their daily lives.

For individuals thinking about using a personal alarm, it is often beneficial to first have an assessment with a qualified healthcare professional, such as an occupational therapist. This type of assessment can help identify the most appropriate alarm system based in the person's specific needs, daily routines, living environment and overall lifestyle. In addition, the healthcare professional can provide tailored advice on available features, ensure the system supports safety and independence and offer guidance on potential government funding or subsidy options that may help reduce the cost.

For government funding (Aged Care):

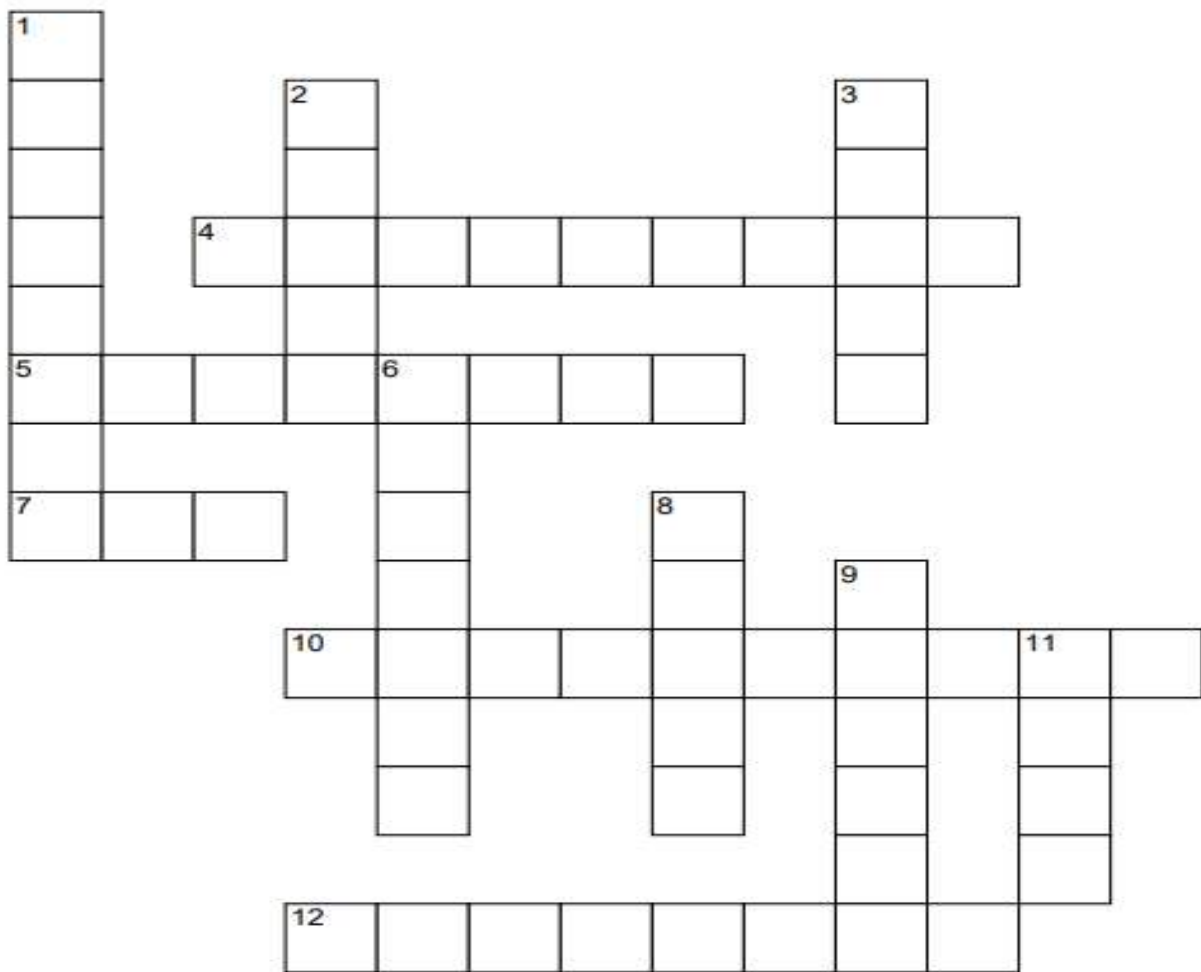
My Aged Care phone 1800 200 422 or visit myagedcare.gov.au to find providers for Commonwealth Home Support Programme (CHSP) or Home Care Packages (HCP)

For disability funding (NDIS) 1800 936 774.

Queensland Medical Aids Subsidy Scheme (MASS) (07) 3136 3636.

The logo consists of the letters 'SOS' in a bold, black, sans-serif font, centered on a solid red rectangular background.

FALL PREVENTION



Created by Evelyn Johnson

ACROSS

- 4 Stairway safety feature
- 5 One of the most important ways to reduce your chances of falling
- 7 A throw _____ can cause you to slip and fall
- 10 Should be installed along the path from bedroom to bathroom
- 12 A dosage change can make you drowsy or light headed

DOWN

- 1 Wearing a safe style can significantly reduce the risk of an injury
- 2 Should never be used as a step stool
- 3 Leading cause of injury for people over age of 25
- 6 Strengthens bones and muscles
- 8 Drink 6 to 8 glasses each day to prevent dehydration
- 9 Should be checked by a doctor each year
- 11 Make it safer to prevent falls

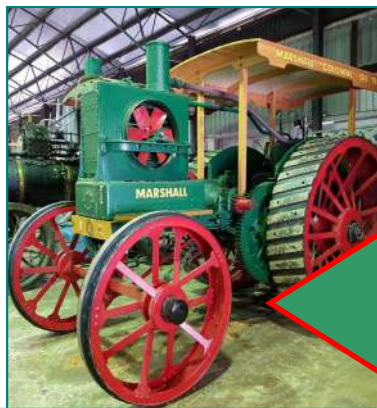
Answers page 63

Sourced from <https://www.qets.com/>



Newspaper
available
at
Burdekin
Community
Association





Burdekin Machinery Preservationists

**Open Day
Saturday 9th May 2026**

BMP will again host its popular *Open Day* at the Brandon Heritage Precinct, welcoming the community and visitors from across the region.

Time: 9.00am to 3.00pm

Admission: \$10 per person | Children under 12 free

Food & Drinks: BMP sausage sizzle and drinks available (EFTPOS available)

On the day, visitors can enjoy a wide range of attractions including steam and stationary engines in operation, heritage machinery displays, and guided experiences throughout the precinct. Car and motorcycle clubs are invited to attend and "show their shine," and visiting machinery clubs from Townsville, Mackay and surrounding districts are welcome.

Open Day is a great opportunity for families, history lovers and the simply curious to experience Burdekin heritage up close and to meet the volunteers who keep it alive.

Our Purpose

Preserving Our Past, Powering Community Connection

The Burdekin Machinery Preservationists (BMP) is a proud volunteer-run organisation dedicated to preserving and sharing the rich machinery and agricultural heritage of the Burdekin region.

Based at the *Brandon Heritage Precinct*, BMP maintains an impressive collection of historic machinery, engines, tools and equipment that tell the story of the sugar industry and the hardworking people who helped shape our district. These artefacts are not just static displays, many are restored and maintained in working order, allowing visitors to experience history in motion.

BMP plays an important role in local tourism, attracting heritage enthusiasts, families, school groups, retirees and travellers from across North Queensland and beyond. Visitors to the museum also support local businesses by spending on accommodation, food, fuel and other services, contributing directly to the local economy.

Equally important is the value BMP provides to the local community. For many volunteers, the museum is far more than a collection of machinery, it is a place of friendship, shared purpose and belonging. Volunteering offers opportunities to stay active, pass on practical skills, share stories and remain socially connected after retirement or career change. In regional communities, these connections are especially important for wellbeing and mental health.

BMP works closely with other community groups and regularly participates in open days, heritage events and regional celebrations, helping ensure the Burdekin's history is preserved and enjoyed by future generations.

New members, volunteers and visitors are always welcome.

General Meetings:

Last Monday of each month, 7.30pm

Members Get-Together and Guided Tours:

- Mondays, 8.00am to 3.00pm - all year
 - Wednesdays and Saturdays, 8.00am to 3.00pm - May to September

Location: Brandon Heritage Precinct

Enquiries: Bruce - 0427 825 197

Facebook – Burdekin Machinery Preservationists



Article contributed by Mr. Allan Pearce
Photos sourced BMP Facebook page

BURDEKIN WOODCRAFT ASSOCIATION

REPORT

February 2026

As the residents of Little Drysdale Street can tell you, the wet start to the year didn't stop Burdekin Woodcrafts from carrying on their activities, though I have to assure you that we work mostly in the mornings and make no machinery noise after hours.

As mentioned last time, we gratefully received donations from Ayr Rotary and the Ayr Anzac Memorial Club, which were timed well as we unexpectedly were offered the purchase of a large quantity of very good furniture grade timber from a Townsville source. We were able to accept the offer only because of the Rotary and AAMC generosity. Again, many thanks to them.

As well, we received a large grant from the Royal Automobile Club of Queensland, which helped us to replace and insulate part of our roof, and repaint parts of our interior and exterior which certainly has made our workshop more attractive and comfortable. We sincerely thank the RACQ for this.

We continue to do projects for customers as they are required. These include, among many smaller items, a large book case made from African mahogany, a large outdoor pot plant stand also from mahogany, a table top lectern for the Home Hill Chamber of Commerce from Silky Oak and Blue Quandong, some jewellery boxes, a beautiful and unusual timber and blue resin coffee table, and modified a campervan kitchenette shelf to suit changing needs. Many thanks for choosing us for their woodworking needs.

As part of our community access work, the Burdekin Christian College senior manual arts

students are using our workshop to give them access and training on machines not normally available to them – all under close supervision, of course. We are always keen to encourage our youth in a very rewarding hobby or possibly even a future career.

We continue our learning opportunities, with one of more experienced members soon to conduct workshops on the making of bandsaw boxes. This is the making of unusual jewellery boxes using only a band saw to form graceful curves.

As well, in the middle of May, courtesy of a generous Regional Arts Development Fund grant via the Burdekin Shire Council, we are bringing a southern professional woodworker to conduct a weekend hand-on style workshop in wood turning. I always think that turning is the most rewarding of woodcrafts as you are able to transform rough timber into beautiful and useful works of art. Many thanks to the Shire Council for helping us with this.



Table top lectern made for Home Hill Chamber of Commerce.

One of our members has made a very unusual chessboard from timber and transparent resin, mounted on a frame, and with LED lights under the board to shine through the resin to changing colours and patterns, controlled by a remote control or via an app on the phone. This is available for purchase from our workshop, and is a perfect gift for someone who enjoys both chess and technology. As well, we have a good variety of locally made unique items for sale, including end-grain cutting boards, pizza boards, jewellery boxes, and a drink stand (to hold either coffee mugs or cold drinks) which can be placed beside your TV chair, or wherever you wish. These are great items for yourself or as gifts.

As always, we recommend that you make us your first choice for all your woodworking needs as we have members with the skills to handle virtually any project. We are at 30 Little Drysdale Street on Wednesday and Saturday mornings from around 8.00 till 11.30. You can contact Sandy on 0428 420322, Phillip on 0409 615559, or find us on Facebook. We are always very keen to help you develop your own woodworking skills – you will definitely enjoy making beautiful items from timber.

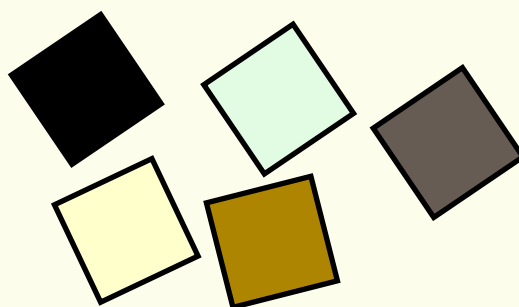
Phillip Scuderi Burdekin
Woodcrafts Association



Sandy holding a pizza board, in front of other items for sale at Burdekin



Barry holding the creative chess board he had made.



Burdekin Woodcraft Association

30 Little Drysdale Street, Ayr
QLD

0409 615 559

0428 420 322

burdekinwoodcrafts@gmail.com

Burdekin Social Opportunities

<p>Ayr Amateur Anglers Fishing Club Ayr Anzac Club, Ayr Every second Thursday 7.00 pm Ph. Kevin Richards 4783 3756</p>	<p>Old Time Dancing St Helen's Anglican Church Hall, Home Hill Every Saturday 8.00 pm to 11.30 pm Ph. Jim and Pam 47821177</p>	<p>Fun Day Tuesday Bowls Home Hill Community Sports Club Inc 87 Ninth Avenue, Home Hill 0468313115 10am onwards Gold coin donation</p>
<p>Crochet Group Burdekin Neighbourhood Centre 40 Chippendale Street, Ayr Monday afternoons 1pm to 5 pm Ph. 4783 4243</p>	<p>CWL Home Hill Card Mornings Catholic Parish Hall, Home Hill Every second, third and fourth Thursday 9.00 am to 12 noon</p>	<p>Burdekin Bocce Club Inc. International Drive, Ayr Weekly social games SUNDAY 3.00pm - 5.30pm Phone: Club house 4783 3815 / Regina 0408 728 576</p>
<p>Burdekin Friendship Club Fortnightly, on Mondays from 9.30am to 11.30am at St Helen's Anglican Church Hall, Cnr Fourteenth Street and Tenth Avenue, Home Hill, \$7, Phone: 0458561965</p>	<p>Brandon Senior Citizens Old Renown Theatre, Brandon Meets second Friday of the month 9.30am Phone: Terry 4782 5224</p>	<p>Local Ambulance Committee Bingo Anzac Club, Ayr Every Tuesday 9.30 am Ph. Marilyn 0409825236</p>
<p>Ayr & District Orchid & Allied Plants Society Howies Masonic Hall 1st Sunday of the month 2pm 2nd Tuesday of the month 9am Come and learn to garden Phone 0425 325 040</p>	<p>Friends and Neighbours Handicraft Home Hill Community Sports Club (ex Bowls Club) Every Wednesday 9.00 am Ph: Rosalea - 0427 804 129</p>	<p>Burdekin Dementia Support Group First Tuesday of every month, 10am Burdekin Neighbourhood Centre, 40 Chippendale Street, Ayr Phone: 47834243</p>
<p>Mahjong Burdekin Neighborhood Centre Every Monday—1pm Ph. 47834243</p>	<p>Home Hill Choral Society Inc. 81 Ninth Avenue, Home Hill Practice: Wednesdays 7 pm Ph. Cheryl Platt - 0407 752 452</p>	<p>Queensland Country Women's Association Ayr Q.C.W.A. Hall, 117 Young St, Ayr 1st Wednesday of the month at 3.30pm Phone: 0408 835 503</p>
<p>Burdekin Men's Shed Association 155-157 Young Street, Ayr Meet & greet sessions Mon, Wed, Fri & Sat 8.30am-11.30am, Meetings 3rd Saturday of each month 10am, Phone: 4783 1223</p>	<p>SAGE Social Activities Group for Everyone Uniting Church Hall, Mackenzie St, Ayr Every Monday (10am—12noon) Margaret Thorne 0459 365 424 Rev. Malia 0487 017 555</p>	<p>Burdekin Machinery Preservationists Brandon Heritage Precinct, 21-27 Spiller St Club Work Days 8am-3pm Mon (except Dec) Public Guided Tours available 9am-3pm Mon (except Dec), Wed and Sat (Apr-Sep) Ph. Bruce 0427 825 197</p>
<p>Burdekin Woodcraft Association Inc 30 Little Drysdale Street, Ayr Open days: Wed. 9am. Sat 9am. Ph. Merv Mohr 0409 834156</p>	<p>Burdekin Laurel Club Ayr Anzac Club, Ayr Third Friday Monthly 9.30 am Ph. Linda 0409 246 644</p>	<p>The Home Hill Lions Club Meets at the Crown Hotel on the second and fourth Mondays of each month</p>
<p>Burdekin Support Group of Parkinson's QLD Last Friday of every month, 10am Burdekin Neighbourhood Centre, 40 Chippendale Street, Ayr Phone: 47834243</p>	<p>QCWA Bingo CWA Hall 117 Young Street, Ayr Friday Eyes down 9.30am Sunday Eyes down 7pm</p>	<p>Burdekin Roadrunners & Walkers Phone: Tony Felesina 4783 4016 / 0417 643 269</p>
<p>Burdekin Gem and Mineral Society Inc. Clubhouse, 86/88 Graham Street, Ayr Ph. Allan 0497 828 983</p>	<p>Burdekin Senior's Computer Club Burdekin Neighbourhood Centre Every 1st & 3rd Thursday monthly 9.15am to 11.15am Ph. 4783 4243</p>	<p>Burdekin Art Society 154 MacMillan Street, Ayr. Every Tuesday from 9.30 am. Ph. Louisa—0448 509 927</p>
<p>Burdekin Patchwork and Quilters Guild QCWA Hall, Young Street, Ayr 9.30-3.00 on 1st; 3rd; 5th Saturdays monthly Ph. Robyn 0448 544 656</p>	<p>Burdekin District 4WD Club Inc. Meets Burdekin Neighbourhood Centre. 1st Tuesday of the month at 7.30 pm. (Except December) Ph. Ross 0429 142 800</p>	<p>Burdekin Artisans Community Assn. '170 Arts on the Avenue', 170 Eighth Avenue, Home Hill. Open every Tuesday to Saturday 10am to 4 pm. Ph. Sandi 0427 821 065</p>

 **Don West Toyota**
Ph: 47831600
www.donwesttoyota.com.au
282 Queen Street. Ayr
Servicing the Burdekin for over 45 years
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Are you part of a social group that meets regularly and is in need of some new members or faces? Let us know so we can include your details in our Magazine.
Please call 47 83 2711 for any changes to existing listings.

 **BURDEKIN PRINTERS** 
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PH. 4783 4044
sales@burdekinprinters.com.au



REMINDER
Rates notices are now issued half yearly.
 Approximate issue dates are **February and August.**
 Effective 1st July 2024

PLANTATION PARKRUN
 A free community event, open to all abilities where you can walk, jog or run 5km
 7am every Saturday at Plantation Park
 Register once at www.parkrun.com.au



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- Internal & External Shutters & Blinds
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Phone: (07) 4783 2300
 165 Drysdale St, Ayr Q 4807
 Email: sales@bobgouldfab.com.au
www.bobgouldfabrications.com.au



LOCAL MARKETS
Plantation Park Markets
 Plantation Park, Ayr
 Vietnam Veterans Association
 Every third Sunday monthly at 8am
 Phone Lynette 47 831735 or Don 47 836627
 Plantation Park, Ayr
 Ayr State School P&C
 First Sunday monthly
 Phone 47 903333

Justice of the Peace Services
 The Burdekin Library,
 108 Graham Street, Ayr
 Hours of operation:
 Every Tuesday 10am - 2pm.
Phone: 1300 301147
www.qld.gov.au/jps

Seniors Enquiry Line
 **1300 135 500**

Centrelink
 13 23 00

Free Community Legal Advice Program
 First Tuesday of the month (excl. January) Burdekin Neighbourhood Centre


Contact for bookings:
 Burdekin Neighbourhood Centre
 40 Chippendale Street, Ayr
 Phone: 4783 4243
 E: admin@thebnc.org.au



“Age is not a barrier to success;
 It’s a ladder to wisdom”
 -unknown

St Andrews Lower Burdekin MEALS ON WHEELS
 109 McMillan St AYR
 Phone 4783 2659

Did You Know?
 Burdekin Centre for Rural Health has a ‘Book Nook’! Pop in to 12A Chippendale Street, between 9am-4.30pm, Monday to Friday, bring along a book to share with others or take a book and enjoy the many benefits of reading.



BURDEKIN MOTORS PTY LTD



SALES & SERVICE
 183 QUEEN STREET AYR 4807
Ph: 4783 7077



Burdekin District History

Glenis Cislowski Phone: 4783 3398

RAINY DAYS IN LATE 1940'S TO LATE 1950'S DURING 7 WEEKS CHRISTMAS SCHOOL HOLIDAYS

As the rain tumbled down in the district just recently, it bought back some memories of how we coped during the late 1940's-50's. There was no television, only radios, no computers, no fly screens, and no air conditioning. A few cars and bikes and buses for transport as well as much walking. These are some of my memories, and some of you will have different memories. I hope this brings back some happy memories and no doubt you will recall some bad ones as well. Scientists from Townsville University (James Cook) in later years drilled cores in Great Barrier Reef and found this period was one of the prolonged wet years in formation of the Barrier Reef.

The rain generally started after Christmas and first off we would read a book or two, that had been given for presents along jigsaw puzzles, board games – such as Snakes and Ladders, Ludo, Monopoly, draughts and maybe a chess set, plus Chinese Chequers, Fiddle Sticks and card games which included patience in its many forms, as well pairs, Old Maid, playing Crib,



and Euchre. Another game was Housie- Housie -Bingo

today. How many remember having a Meccano Set made of metal and building also sorts of weird and wonderful things. They



still make them today. Today Legos may have taken over. Then some of us would have been luckily enough to be given a wind up Hornby Train Set which included an engine and carriages with railway lines,



railway stations etc. These are still made today also. Patience in the cards included Klondyke, Round the Clock and a game called Canfield. This particular patience had no name that I recall. Of course, there were the usual squabbles between the players caused by cheating.

Most of us either lived in high blocked houses or in my case, a low blocked house with a partly closed in front veranda. This was important for as there was no clothes dryers. Our washing was hung to dry under the house or on the veranda. Most of houses had boilers to boil the clothes. It basically was a tub set in a drum which had fire wood underneath to be lit light.

This I presume was the man or boys task to chop the wood. By the way I remember the raw leg of ham was bought from either the butcher or grocer and cooked in the boiler for Christmas and Easter. Just remember the wood heap had to be kept dry as well. Many a snake, and rats and mice and spiders lived in the wood heap. This wet weather was always a bone of contention as I would love to go walking in the light rain or playing mudpies and cakes, and Mother's pet cry don't get your clothes wet as they are too hard to get dry.

Some of us were lucky enough to have a rocking horse to ride as well as having skipping games on the veranda or under the house. In my case the skipping games were on the veranda and guess who had many a split chin from tripping on the rope and falling on the floor. Girls would have a doll or two play with and maybe a stroller to wheel the baby around, in and we had clothes to dress the dolls as well. Dolls were made of Celluloid, a type of plastic which was easily damaged and there were rag dolls as well. Girls also had a small table and two chairs which we played "ladies" with metal or china tea sets which had a teapot as well with metal or china tea sets which had a teapot as well. I believe my table and two chairs have passed onto my granddaughters-never to be sold I have told them. This table and chairs were made by Jezzards's Furniture shop which was a couple of doors down from the Post Office. It was made of different wood as it was the off cuts of various furniture made at the shop. I only wish I knew what types of wood were used in it.

When the weather was fine enough between showers we went bike riding down to the Burdekin River, at the low level bridge to see what the river was doing and maybe to catch up with friends and who was getting their cars ferried across the Burdekin River. In our street there were seven families which included the Breen's, the Hudson's and the Friends who lived with their mother Mrs Evans' house. By some word or other, a game of Rounders (Soft Ball) would be started in the street which we all took part in. We didn't worry about the vehicles for our little street only went from 11th Avenue to Kidby's Gully. Also, the Breen's had a wind up Gramophone which was bought out on some

occasions and we would dance around in the yard beside the Gramophone. I again disgraced myself by actually standing on a record and breaking it.

The downside to all this rain falling, was the mosquitoes, the stink bugs, beetles and ants. There was no gauzed windows and we slept under mosquito nets to keep us safe at night. There was another downside to these mosquito nets as well-too bad if you got a cold in these hot muggy nights, a person had trouble breathing. We could go to the afternoon matinee at Watson's Theatre on Saturday afternoon for I think a shilling. We saw some live world news, a serial as well as a movie and got an ice-cream if we had saved some pocket money. From time to time either our play mates came to visit or we went visiting ourselves. That was a treat. The local town library at the Memorial School Arts was opened for us children on a Saturday morning. Miss Myrtle Keller, later Mrs Becke ran it, so we were never short of reading matter. I can remember that when I got bored with life, my sister, who is five years older than I would carry on with verbal fights shouting at the top of our voices. Poor Mum, how she put up with us I would never know.

The holidays came to end at the end of January and it was time to go back to school and you could on count on there being a copious amount rain falling and we would get wet.

I hope this brings back some memories for you and the way we lived in the late 1940's and 50's. Perhaps, you boys went fishing and camping out and there must be a tale or two you could tell us. Please contact us at Sweet FM 97.1



Meccano and Horsby Train Set pictures sourced from <https://www.gettyimages.com.au/>

SENIOR TRAVEL

Seniors can save with up to 50%* off rail fares

Experience the wonders of Queensland by rail, where the journey is as rewarding as the destination. Relax in comfort, enjoy scenic views, or savour a meal showcasing Queensland's finest produce. Senior concession fares are available for both Australian and International travellers.

Australian and international senior discount

Customers with an eligible Australian or International senior cards including Queensland Seniors Business Discount Cards, National Seniors Australia and New Zealand Senior card receive a discount of up to 15% off the full adult rail fare, with meals and upgrades to a Sleeper or RailBed an additional cost.

Bookings can be made online without prior registration

Australian Government Senior Rail Fare

On presentation of a valid Australian State or Territory Government Seniors Card customers can receive a discount of up to 50%* off the full adult rail fare on Queensland Rail Travel long-distance services. Prices to upgrade to an inclusive Sleeper or RailBed fare are available.

For further information regarding travel by rail, or to find out more about Concession Discounts, phone 1800 872 467

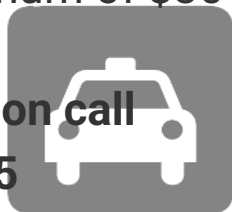
between 7am—7pm (AEST)
7 days a week.

Sourced from queenslandrailtravel.com.au

TAXI SUBSIDY SCHEME

The Queensland Government's Taxi Subsidy Scheme (TSS) subsidises taxi travel for people with severe disabilities—half of the total fare, up to a maximum of \$30 per trip.

For more information call
1300 134 755



To be eligible for the Seniors Card Program, you must be:

- 60 years or older,
- be a permanent resident of Queensland, and live in Queensland more than 6 months of the year.

There are 3 types of Senior Cards available: Seniors Card, Seniors Card+go and Seniors Business Discount Card. Each one has its own eligibility criteria.

These cards can be used for public transport, utilities, retail stores and more. Please call 13 QGOV (13 74 68) to check your eligibility and apply.

Non-Translink Regional Ferry Services

Concession fares for Seniors are available on applicable regional ferry services where fares are set by the operator.

These services include SeaLink Palm Island, SeaLink Magnetic Island, Stradbroke Ferries, Stradbroke Flyer and Island Taxi and Charter, and Peddells Thursday Island Tours.

To access concession fares, you will need show your Seniors Card issued by any Australian state or territory to the operator or an authorised person when buying a ticket, or if requested during your journey.

Seniors Business Discount Cards are not eligible

Phone Translink on 13 12 30 for more information on Senior tickets and fares.

Sourced from <https://translink.com.au/tickets-and-fares/>

2026

Local Time

MARCH

Time	m	Time	m
1 0143 0.53 0758 3.99 SU 1436 0.95 1959 3.17		16 0119 0.94 0744 3.56 MO 1417 1.14 1935 3.03	
2 0215 0.49 0830 4.01 MO 1504 0.95 2032 3.25		17 0143 0.81 0804 3.66 TU 1438 1.04 2003 3.21	
3 0244 0.56 0900 3.92 TU 1530 1.00 ○ 2106 3.24		18 0207 0.75 0828 3.71 WE 1458 0.95 2036 3.34	
4 0312 0.75 0931 3.72 WE 1553 1.10 2140 3.15		19 0234 0.78 0854 3.68 TH 1518 0.89 ● 2114 3.41	
5 0336 1.03 0959 3.44 TH 1609 1.22 2213 2.99		20 0306 0.92 0923 3.54 FR 1542 0.89 2157 3.39	
6 0356 1.36 1023 3.11 FR 1617 1.35 2247 2.80		21 0342 1.17 0954 3.29 SA 1609 0.97 2245 3.28	
7 0407 1.70 1042 2.77 SA 1625 1.48 2328 2.60		22 0429 1.50 1030 2.94 SU 1645 1.13 2341 3.09	
8 0409 2.02 1049 2.45 SU 1634 1.62		23 0616 1.85 1112 2.54 MO 1751 1.35	
9 0029 2.40 0346 2.28 MO 0603 2.35 1639 1.76		24 0100 2.90 0845 1.97 TU 1230 2.16 2000 1.52	
10 0606 2.59 1325 1.87 TU 1828 1.95 2239 1.85		25 0338 2.94 1103 1.70 WE 1611 2.10 2205 1.43	
11 0616 2.79 1247 1.69 WE 1813 2.11 ● 2338 1.66		26 0505 3.23 1159 1.40 TH 1729 2.38 ● 2321 1.20	
12 0630 2.97 1301 1.53 TH 1822 2.29		27 0553 3.48 1238 1.16 FR 1810 2.66	
13 0010 1.47 0646 3.13 FR 1319 1.42 1836 2.46		28 0013 0.99 0630 3.65 SA 1313 1.01 1844 2.90	
14 0035 1.28 0704 3.29 SA 1337 1.32 1853 2.64		29 0054 0.84 0700 3.75 SU 1343 0.93 1915 3.09	
15 0058 1.10 0723 3.43 SU 1357 1.23 1912 2.83		30 0129 0.77 0730 3.77 MO 1410 0.89 1945 3.23	
		31 0200 0.81 0759 3.72 TU 1432 0.90 2017 3.30	

2026

Local Time

APRIL

Time	m	Time	m
1 0228 0.92 0826 3.58 WE 1450 0.93 2050 3.30		16 0148 0.94 0745 3.57 TH 1420 0.68 2022 3.54	
2 0255 1.12 0852 3.36 TH 1503 0.99 ○ 2122 3.23		17 0224 0.98 0815 3.49 FR 1444 0.60 ● 2103 3.65	
3 0321 1.35 0915 3.10 FR 1514 1.06 2154 3.12		18 0306 1.11 0850 3.30 SA 1514 0.62 2150 3.65	
4 0345 1.61 0931 2.82 SA 1525 1.16 2226 2.97		19 0401 1.33 0929 3.01 SU 1549 0.74 2241 3.54	
5 0403 1.87 0944 2.55 SU 1539 1.28 2302 2.80		20 0520 1.58 1015 2.65 MO 1637 0.96 2341 3.35	
6 0548 2.11 0943 2.30 MO 1555 1.43 2350 2.62		21 0654 1.74 1117 2.29 TU 1755 1.21	
7 0359 2.32 0503 2.33 TU 1604 1.60		22 0100 3.16 0855 1.69 WE 1312 2.04 1943 1.39	
8 0126 2.48 0244 2.47 WE 0518 2.52 1501 1.76		23 0300 3.14 1027 1.46 TH 1549 2.15 2136 1.38	
9 0530 2.70 1212 1.65 TH 1745 1.99 2222 1.82		24 0425 3.27 1125 1.23 FR 1700 2.42 ● 2254 1.26	
10 0545 2.86 1221 1.51 FR 1745 2.19 ● 2318 1.63		25 0518 3.40 1208 1.06 SA 1748 2.67 2352 1.14	
11 0600 3.03 1238 1.38 SA 1800 2.40 2352 1.43		26 0558 3.45 1245 0.95 SU 1828 2.88	
12 0618 3.18 1257 1.25 SU 1820 2.63		27 0038 1.09 0630 3.45 MO 1316 0.89 1902 3.05	
13 0021 1.26 0637 3.33 MO 1317 1.11 1844 2.87		28 0117 1.10 0659 3.39 TU 1342 0.87 1936 3.17	
14 0049 1.10 0657 3.46 TU 1338 0.96 1912 3.12		29 0152 1.18 0726 3.28 WE 1401 0.87 2009 3.24	
15 0117 0.99 0719 3.55 WE 1359 0.81 1945 3.36		30 0225 1.29 0752 3.12 TH 1415 0.89 2041 3.26	

TOWNSVILLE – QUEENSLAND

LAT 19° 15' S LONG 146° 49' E

Times and Heights of High and Low Waters

MAY			
Time	m	Time	m
1 0257 1.43 0815 2.93 FR 1427 0.92 2113 3.24		16 0231 1.15 0748 3.16 SA 1423 0.43 2059 3.78	
2 0330 1.58 0836 2.72 SA 1441 0.97 ○ 2145 3.17		17 0327 1.21 0831 2.98 SU 1502 0.46 ● 2147 3.81	
3 0409 1.73 0856 2.52 SU 1459 1.05 2216 3.06		18 0429 1.30 0922 2.73 MO 1550 0.58 2241 3.73	
4 0459 1.87 0915 2.32 MO 1521 1.16 2252 2.93		19 0536 1.41 1022 2.47 TU 1648 0.77 2338 3.57	
5 0607 1.98 0934 2.14 TU 1546 1.30 2335 2.79		20 0656 1.46 1137 2.25 WE 1757 1.00	
6 0854 1.97 0938 1.98 WE 1617 1.46		21 0045 3.39 0821 1.43 TH 1315 2.14 1920 1.21	
7 0033 2.66 1122 1.81 TH 1203 1.81 1713 1.63		22 0209 3.24 0938 1.31 FR 1503 2.21 2056 1.33	
8 0229 2.62 1106 1.67 FR 1528 1.87 1941 1.74		23 0330 3.18 1042 1.17 SA 1621 2.39 ● 2218 1.38	
9 0413 2.73 1126 1.52 SA 1631 2.07 2139 1.70		24 0432 3.15 1133 1.04 SU 1724 2.60 2329 1.38	
10 0449 2.87 1147 1.36 SU 1709 2.30 ● 2250 1.58		25 0520 3.10 1215 0.96 MO 1814 2.79	
11 0516 3.01 1211 1.19 MO 1743 2.56 2338 1.44		26 0027 1.38 0558 3.02 TU 1249 0.91 1856 2.96	
12 0541 3.13 1233 1.01 TU 1815 2.84		27 0115 1.40 0630 2.92 WE 1316 0.89 1932 3.09	
13 0019 1.32 0607 3.22 WE 1258 0.82 1851 3.14		28 0157 1.43 0700 2.80 TH 1336 0.89 2006 3.18	
14 0100 1.22 0636 3.27 TH 1322 0.64 1930 3.42		29 0234 1.48 0727 2.67 FR 1351 0.89 2038 3.22	
15 0144 1.16 0709 3.25 FR 1350 0.50 2013 3.64		30 0309 1.53 0753 2.55 SA 1406 0.90 2108 3.22	
		31 0344 1.58 0817 2.43 SU 1427 0.93 ○ 2138 3.19	

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Datum of Predictions is Lowest Astronomical Tide

Times are in local standard time (Time Zone UTC +10:00)

Moon Phase Symbols ● New Moon ○ First Quarter ○ Full Moon ● Last Quarter

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Eathorne's Tide Times



138 Queen Street, Ayr Q 4807

Ph: 4783 5744



Future Fields Agriculture Inspirations and Horticulture Immersion Program.

SCHOOL NAME: Home Hill State High School

TEACHER NAME: Mrs Louise Nicholas

LOCATION: Home Hill, Burdekin, North Queensland

SCHOOL CONTEXT: Regional farming community, strong links to sugarcane, horticulture and irrigated agriculture, four secondary schools with students from diverse regional and rural backgrounds.

ABOUT THE PROGRAM/ACTIVITY/EVENT:

The Ag Inspirations and Horticulture Immersion Program in the Burdekin is a collaborative, industry-connected learning pathway that gives secondary students real experience in modern agriculture while earning one QCE point through an accredited short course. The program is hosted through Home Hill State High School's agricultural precinct and is open to students from a number of local schools, creating a shared hub for food and fibre education across the district.

Students take part in hands-on learning within the school's protected cropping greenhouse, propagation areas and packing facilities, working through the full production cycle—from seed selection and planting to crop management, harvesting and post-harvest handling. The program blends practical skills with classroom learning in areas such as plant nutrition, irrigation systems, biosecurity, workplace safety and the use of emerging ag technologies.

A key strength of the immersion model is its strong industry partnership approach. The AgForce School to Industry Partnership Program SIPP, Local growers, agribusinesses, researchers and organisations support delivery through guest workshops, site visits and mentoring, helping students see clear links between school learning and real careers in horticulture, agronomy, ag tech and supply chains.

Students also develop employability skills such as teamwork, communication and problem solving in authentic workplace contexts.

By opening the program to multiple schools in the Burdekin, the initiative ensures that young people who may not have agriculture at their own campus can still access high-quality training and facilities.

Article contributed by Louise Nicholas
Teacher Agricultural Science | Certificate II
Production Horticulture



TEACHER QUOTE:

“The program will transform how students see agriculture—from “just farming” to a high-tech, innovative industry full of opportunity.”

STUDENT QUOTE:

“I am really looking forward to being a part of Future Fields Ag Inspirations and Horticulture Immersion Program. There are some great field trips and interesting activities planned”.



5-ingredient Easter marshmallow bubble slice

Ingredients (5)

- 1 10g jar unicorn confetti sprinkles
- 5 cups puffed rice cereal
- 125g packet speckled milk chocolate Easter eggs, chopped (see notes)
- 100g butter, chopped
- 200g vanilla marshmallows (see notes)

Method

- Step 1** Grease a 20cm x 30cm slice pan. Line base and sides with baking paper, extending paper 2cm above edges of pan on all sides.
- Step 2** Reserve 2 tablespoons of the confetti. Place puffed rice, chopped chocolate eggs and remaining confetti in a large bowl. Stir to combine. Place butter in a medium saucepan over low heat. Heat until butter is melted. Remove from heat. Stir in marshmallows, returning to low heat until smooth and combined. Stir marshmallow mixture into puffed rice mixture. Stir to coat well.
- Step 3** Press mixture firmly and evenly into prepared pan. Scatter with reserved confetti. Refrigerate for 2 hours or until set
- Step 4** Cut into 16 bars. Serve.

Recipe notes

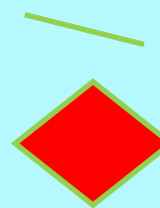
Prep Time: PLUS REFRIGERATION Be extra careful when cutting the Easter eggs as they are slippery.

You will need a 520g packet of pink and white marshmallows to get 200g of vanilla.

Recipe Sourced from <https://www.taste.com.au>



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Tuna mornay

Ingredients

- 500g Coles Simply Pasta Spirals
- 1 tbs olive oil
- 1 brown onion, finely chopped
- 2 tsp Coles Minced Garlic
- 1/4 cup (35g) Coles Plain Flour
- 2 cups (500ml) milk
- 425g can Coles Simply Tuna in Spring-water, drained
- Frozen Peas, thawed
- 1 1/2 cups (180g) coarsely grated Coles Simply Cheddar Cheese
- 2 tbs chopped flat-leaf parsley

Recipe sourced from <https://www.coles.com.au/recipes>

Method

- Step 1** Cook the pasta in a large saucepan of boiling water following packet directions or until al dente. Drain well, reserving 1/2 cup (125ml) cooking liquid.
- Step 2** Preheat grill on high. Heat the oil in a large, deep ovenproof frying pan over medium-high heat.
- Step 3** Add the onion and garlic and cook, stirring, for 3 mins or until onion softens.
- Step 4** Add the flour and cook, stirring, for 1 min or until grainy. Gradually add the milk, stirring well after each addition. Bring to the boil. Reduce heat to low and simmer, stirring, for 5 mins or until the sauce thickens slightly.
- Step 5** Add the pasta, reserved cooking liquid, tuna, peas and 1 cup (120g) cheese and stir to combine.
- Step 6** Remove from heat and sprinkle with the remaining cheese.
- Step 7** Cook under the grill for 5 mins or until the cheese is golden. Sprinkle with parsley to serve.



Cooking is part creativity, part practicality and sometimes the recipe does not match what's in your pantry. Ingredient swaps, due to missing a key ingredient, catering to dietary needs, or perhaps simply feeling adventurous in the kitchen, knowing some basic ingredient swaps can make for cooking relief in the kitchen.

Common Ingredient Alternatives

Here's a list of ingredients and their substitutions that you may already have in your kitchen:

- **Whole milk:** If your recipe calls for a cup of whole milk that you don't have, don't fret. Mix $\frac{1}{2}$ cup of evaporated milk and $\frac{1}{2}$ cup of water to get the same flavor and consistency.
- **Butter:** Whether you want to make your recipe a little healthier or you used the last of your butter the night before, margarine is an easy alternative. If you need a cup of butter, use a cup of margarine instead.
- **Sugar:** Honey and maple syrup are excellent sweeteners when you finish your white sugar. As a bonus, they can add a subtle flavor other than sweetness to your recipe.
- **Vinegar:** Lemon juice is a great substitution when your recipe calls for vinegar, but you don't have any. The lemon juice adds the perfect amount of sourness and acidity your dish may need.
- **Garlic clove:** If you need a garlic clove but don't have any fresh garlic, consider using garlic powder. Use $\frac{1}{4}$ teaspoon of garlic powder for one garlic clove. Garlic powder is made from ground, dehydrated garlic cloves, so you can use the same ingredient but in a different form.
- **Sour cream:** You can substitute a cup of sour cream with a cup of yogurt or crème fraiche. Both ingredients are cultured and provide a slightly acidic taste.
- **Soy sauce:** If you need the umami flavor of soy sauce but can't find it in your house, Worcestershire sauce is an excellent alternative. It provides the tangy, savory and sweet taste you need for your dish.
- **Breadcrumbs:** When you need to add some crunch or use a binding agent for part of your dish, consider crushing crackers or corn flakes. They make wonderful alternatives for breadcrumbs when you don't have any.
- **Yogurt:** While yogurt is an excellent substitute for sour cream and vice versa, another ingredient that works well is buttermilk. You can replace a cup of yogurt with a cup of buttermilk to have the same tanginess and creaminess in your recipe.
- **All-purpose flour:** You can use cake flour if you ever run out of all-purpose flour while baking. Use 1 cup and 2 tablespoons of cake flour to every cup of all-purpose flour called for in your recipe.
- **Honey:** Just like replacing sugar with honey, you can use sugar as a honey substitute. For every cup of honey, use a mixture of 1 $\frac{1}{4}$ cup of sugar and $\frac{1}{4}$ cup of liquid

Sourced from <https://www.feesers.com/>

Cooking on a budget

- Cook in batches in freeze for later meals
- Add herbs and spices for flavour instead of costly sauces
- Plan meals ahead to reduce waste
- Make a list of items needed at the store
- Choose store brand ingredients and watch weekly specials
- Load up your meals with rice, legumes and vegetables
- Frozen fruit and vegetable can be just as cheap and good for you as fresh
- Take a calculator on your shop to add up your spending as you go
- Compare catalogue prices to see where you can save money buying items on sale.

EASTER

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

T H E E C U M E N I C A L E E A
 S T V E R E G G S Y M B O L I Z
 G E I S I N S P I R A T I O N O
 U O T B A S K E T R A B I L I A
 T T S Y T O B R E Y E A R K O S
 R U E P S G G E R G T E O D D S
 A F F T E H E E R H V A P E R E
 D D E B N L N E E E D H V S P M
 I B R U O I M T L E E O P I C B
 T T O N F E I A V N T E I A S L
 I H H N E L T L O E G W H R E E
 O H T Y N I A M D N E S S P U R
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 Q N R N V S M C L L L S T A H R

By Jimmy and Evelyn Johnson - www.qets.com

- | | | |
|------------|-------------|-------------|
| Assemble | Emerge | Lent |
| Basket | Faith | Phenomenon |
| Bonnet | Festive | Praised |
| Bunny | Finery | Revelation |
| Devoted | Gospel | Spring |
| Ecumenical | Hats | Traditional |
| Eggs | Inspiration | Worship |



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- Fax: 4783 5178



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www.burdekinfloorcoverings.net.au

DEAF OR HARD OF HEARING

Queensland Fire Department provides funding through the Deaf Connect Smoke Alarm Subsidy Scheme to help Queenslanders who are deaf or hard of hearing to purchase specialty smoke alarms.

To find out if you are eligible contact:
Deaf Connect

Phone: 07 3892 8500
TTY: 07 3892 8501

Information sourced from <https://www.fire.qld.gov.au/>

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Burdekin Community Association (BCA) Membership

BCA membership is only \$5.50 per year. By becoming a member you are showing that you support us when we apply for funding and grants for services and new programs. Membership entitles you to vote at the Annual General Meeting and helps support our not-for-profit association to fulfill the unmet social, welfare and health needs of the Burdekin community.

BCA's Purpose is "to assist the aged, families, children and individuals who are suffering hardship and distress: and to improve the health and wellbeing of people in the region."

If you would like to become a member see the friendly staff at BCA.



GROVES AND CLARK SOLICITORS

- ◆ Powers Of Attorney
- ◆ Wills
- ◆ Retirement & Estate Planning
- ◆ Conveyancing

AYR
Ph: 4783 1577



Burdekin Community Association Inc.

Homeless Hotline

A phone information and referral service for people who are experiencing homelessness

1800 47 47 53

Community Bank
Home Hill and Ayr

Building better communities

Find out more. Search Bendigo Bank near me.
📍 Home Hill 4782 2249 · Ayr 4783 3288



Bendigo Bank

Bendigo and Adelaide Bank Limited ABN 11 068 049 176, AFSL (1556974-1556972) EXPIRES 31/08/2023



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Pharmacy Roster

MARCH 2026

1st- Julies Pharmacy, Ayr
8th- Amcal Pharmacy, Ayr
15th- Complete Health Pharmacy, Home Hill
22nd- Terry White Chemmart, Ayr
29th- Julies Pharmacy, Ayr

APRIL 2026

3rd-6th April Amcal Pharmacy, Ayr
12th- Burdekin Plaza Pharmacy, Ayr
19th- Terry White Chemmart, Ayr

25th&26th- Julies Pharmacy, Ayr

MAY 2026

3rd- Amcal Pharmacy, Ayr
10th- Alliance Pharmacy, Home Hill
17th- Terry White Chemmart, Ayr
24th- Julies Pharmacy, Ayr
31st- Amcal Pharmacy, Ayr
*Roster may be subject to change

Courtesy Buggy Service

Townsville Hospital

A free buggy service is available for patients, their families and hospital visitors. Courtesy buggies are available between 8am and 4 pm each weekday and provide transport to paid car parks, Palliative Care, the Birth Centre, Ronald McDonald House and Red Cross. Buggies can be found at the main entrance of the hospital or call 4433 3174 to arrange pick up.

Burdekin Medical Clinic

Ayr Medical Group

2A Chippendale St, Ayr
Phone 47 83 9100

Family Practice

10 Cameron St, Ayr
Phone 47 83 3888

Home Hill Surgery

67-69 Eighth Avenue Home Hill
Phone 47 82 1479

Outback Family Medicine

140 MacKenzie St, Ayr
47 83 7999

Medicines Line:

1300 633 424
(1300 MEDICINE).

Connects you with registered pharmacists for information on prescription and over-the-counter medicines (Monday to Friday, 9 am to 5 pm AEST)

Queensland Health-Patient Travel Scheme (PTSS)

Ayr Health Service can provide financial assistance through the Patient Travel Subsidy Scheme to eligible patients, who need to travel more than 50kms away from their nearest hospital. Application Forms/Claims submitted at the main reception.

National Relay Service:

For people with hearing or speech impairments, call 1800 555 677 and ask to be transferred to the required

13 HEALTH (Queensland Residents Only):

13 43 25 84.

Similar to Healthdirect, this is a 24/7 phone service where Queensland residents can talk to a registered nurse for qualified health advice and

Poisons Information Centre
Advice on poisoning and toxic exposures

13 11 26

ELDER ABUSE PREVENTION UNIT

1300 651 192

Relationships Australia
Provider of relationship support

1300 063 232

MY AGED CARE

1800 200 422

Information and access to Australian Government-funded aged care services (Monday-Friday 8am-8pm, Saturday 10am-2pm)

Please note Pharmacy days and times were correct at time of printing, but are subject to change.

Support Numbers

TRIPLE ZERO	000
13 YARN	13 92 76
1800 RESPECT	1800 737 732
ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)	1800 177 833
BEYOND BLUE	1300 224 636
DV CONNECT WOMENSLINE	1800 811 811
DV CONNECT MENSLINE	1800 600 636
HEAD TO HEALTH PHONE SERVICE	1800 595 212
HEADSPACE	1800 650 890
KIDS HELPLINE	1800 55 1800
LIFELINE AUSTRALIA	13 11 14
MULTICUTURAL CONNECT LINE	1300 079 020
QLIFE	1800 184 527
RAIINBOW SEXUAL, DOMESTIC & FAMILY VIOLENCE	1800 497 212
STANDBY SUPPORT AFTER SUICIDE SERVICE	1300 727 247
SUICIDE CALL BACK SERVICE	1300 659 467



Burdekin Community Association Support Centre in Queen Street, will be closed from 4pm Thursday 2nd April 2026 for the Easter break , reopening 9am Tuesday 7th April 2026.

Burdekin Centre for Rural Health in Chippendale Street, will be closed from 4.30pm Thursday 2nd April 2026 and reopen 9am Tuesday 7th April 2026.

