

Momentum Member Newsletter

wind Matters

Everyone is entitled to their say

**Christmas Party
Photos Inside**

**In-reach and out-reach
services to continue in
2025**

**New “Cooking with Nisha”
Program starting 16 January!**

**JANUARY
2025**



WWW.MOMENTUMMENTALHEALTH.COM.AU

MESSAGE FROM THE CEO



December was an amazing month, and what a way to close out 2024! I'm thrilled to share that Momentum achieved over 6,300 attendances this year, with more than 630 individuals seeking advice, support, or help from our services. This is an outstanding milestone and a true testament to the strength of our community.

I want to express my deepest gratitude to all the members who attended Momentum throughout the year. Your courage and compassion in facing challenges and striving for growth are truly inspiring. 2024 was a difficult year for many in our community, and I am personally thankful that you entrusted Momentum to be part of your journey. We wouldn't exist without you, and we remain committed to walking alongside you in 2025 and beyond.



A handwritten signature in black ink that reads 'Shirley-Anne'. The script is elegant and fluid, with a large, stylized 'S' and 'A'.

Shirley-Anne Gardiner
CHIEF EXECUTIVE OFFICER
MOMENTUM MENTAL HEALTH

MOMENTUM'S MEMBER CHRISTMAS PARTY A

Success

Momentum Mental Health's annual Member Christmas Party was a resounding success, bringing festive joy and a sense of connection to over twenty attendees. The event featured an engaging charcuterie board-making workshop involving members Chris, Scott, and Dave, who showcased their creativity and shared tips for crafting delicious spreads. The festive atmosphere was heightened when "Santa" arrived, delivering thoughtful presents to every attendee, adding a special touch to the celebration.

We would like to extend heartfelt thanks to everyone who joined us and embraced the Christmas spirit. The party was more than just a celebration—it was an opportunity for members to connect, share stories, and strengthen their bonds as a community.



CHRISTMAS

Photos









PROUDLY SUPPORTED BY



Come join us for **Fortnightly Cooking Classes**

with Nisha!



EVERY SECOND THURSDAY 3:30PM – 5PM

JANUARY 2025

Thursday, 16 January

Thursday, 30 January

3:30 PM – 5:00 PM

FEBRUARY 2025

Thursday, 13 February

Thursday, 27 February

3:30 PM – 5:00 PM

MARCH 2025

Thursday, 13 March

Thursday, 27 March

3:30 PM – 5:00 PM

What to Expect

- ✓ Making fusion food from scratch
- ✓ 100% free to attend
- ✓ Take food home to enjoy afterwards
- ✓ Experience the thrill of learning to cook new recipes
- ✓ Recipes available to take home



No RSVP required










More Information

07 4632 4688

112 Russell Street, Toowoomba

www.momentummentalhealth.com.au

Momentum Mental Health - What's On JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6 HAACK Your Wellbeing 10am - 12noon Music Appreciated AT LIBRARY Cooking 10am - 12:30pm Gardening 2:00pm - 4:00pm 13 HAACK Your Wellbeing 10am - 12noon Boundaries AT LIBRARY Cooking 10am - 12:30pm TASC 10:30am - 11:30am AT Momentum Gardening 2pm - 4pm Sound Bathing 1pm - 2pm AT LIBRARY Meditation 2:30pm - 3:30pm AT LIBRARY 20 HAACK Your Wellbeing 10am - 12noon Resilience AT LIBRARY Cooking 10am - 12:30pm Gardening 2:00pm - 4:00pm 27  Australia Day: Public Holiday	 7 Journaling & Storytelling 9:30am - 11:30am Art Therapy 1:30pm - 3:30 pm 14 Journaling & Storytelling 9:30am - 11:30am Art Therapy 1:30pm - 3:30 pm 21 Journaling & Storytelling 9:30am - 11:30am Art Therapy 1:30pm - 3:30 pm 28 Journaling & Storytelling 9:30am - 11:30am ADA Link 9am - 11:30am Art Therapy 1:30pm - 3:30 pm	1  New Year: Public Holiday 8 Baking 10am - 12:30pm Basic Macrame 1pm - 3pm 15 Baking 10am - 12:30pm Dungeons and Dragons 1:00pm - 4:00pm AT LIBRARY Coffee and BYO Crafts 2pm - 4pm 22 Baking 10am - 12:30pm Basic Macrame 1pm - 3pm 29 Baking 10am - 12:30pm Dungeons and Dragons 1:00pm - 4:00pm AT LIBRARY Coffee and BYO Crafts 2pm - 4pm	2 Art Therapy Basics 9:30am - 11:30am Journaling & Storytelling Basics 1:30pm - 3:30pm 9 Art Therapy Basics 9:30am - 11:30am Journaling & Storytelling Basics 1:30pm - 3:30pm Cooking with Nisha 3:30pm - 5pm 16 Art Therapy Basics 9:30am - 11:30am Journaling & Storytelling Basics 1:30pm - 3:30pm Cooking with Nisha 3:30pm - 5pm 23 Art Therapy Basics 9:30am - 11:30am Journaling & Storytelling Basics 1:30pm - 3:30pm 30 Art Therapy Basics 9:30am - 11:30am Journaling & Storytelling Basics 1:30pm - 3:30pm Cooking with Nisha 3:30pm - 5pm	3  Cooking 10am - 12:30pm Trivia 1pm - 3pm Tai Chi 3:00pm - 3:45pm 10  Cooking 10am - 12:30pm Coffee @ 1:00pm - 2:30pm Tai Chi 3:00pm - 3:45pm 17  Cooking 10am - 12:30pm Momentum Mental Health Book Club 10am - 12:30pm Tai Chi 3:00pm - 3:45pm 24  Cooking 10am - 12:30pm Coffee @ 1:00pm - 2:30pm Tai Chi 3:00pm - 3:45pm 31  Cooking 10am - 12:30pm Trivia 1pm - 3pm Tai Chi 3:00pm - 3:45pm



WRITE AN ARTICLE



Starts 5 Feb 2025

A Momentum Mental Health and Drugarm Collaboration

FAMILY AND CARERS PROGRAM

Labour of Love



Presented by
Momentum Mental
Health and Drug Arm



A safe space to connect with others who understand your
journey as a carer.

Learn, develop and share practical skills and tips for managing
mental health, healthy relationships and positive parenting.



Contact Us!  07 4632 4688



www.momentummentalhealth.com.au
cheryl@momentummentalhealth.com.au



Wednesdays, 10am - 12pm,
Toowoomba library (Level 3)



RESILIENCE TREK FUNDRAISER

Donate Here

<https://the-resilience-trek-kokoda-2025.raiselysite.com>



The Resilience Trek Kokoda 2025

The Resilience Trek | Kokoda 2025 : Make a donation today to support The Resilience Trek | Kokoda 2025

raiselysite.com



COMPLIMENTS, COMPLAINTS AND FEEDBACK

Our electronic Complaints, Compliments and Feedback Form is designed to provide you the opportunity to provide us feedback. For example, to draw our attention to a staff member who did something great, or feedback on how we can improve. It can also be used if there is a specific example of something we did not do well.

Hard copy versions are also available. Just ask one of our friendly staff for a hardcopy version if you prefer.





Did you know that Momentum Mental Health offers a range of in-reach and outreach services to ensure members and the broader community have access to vital supports?

In-Reach



Legal and Social
Justice Services



Through in-reach services, Momentum collaborates with external providers to bring specialised support directly to its sites. TASC visits Momentum fortnightly in Toowoomba and Warwick, offering legal and advocacy assistance. ADA Link also provides monthly support at Momentum's Toowoomba site, helping members aged over 65 navigate My Aged Care and NDIS services. These partnerships ensure members can access targeted expertise in familiar and supportive settings.

Out-Reach



SUNRISE WAY
Rebuilding Lives | Drug & Alcohol Rehabilitation

Momentum's outreach services extend its impact into the wider community. Staff members actively engage with various organizations to support individuals in need. Brian attends Footprints at the Housing Hub in Toowoomba every second Friday, assisting individuals with housing challenges in accessing mental health support. He also facilitates group programs weekly at the Salvation Army's Bridge Street campus. Ashi leads weekly Tai Chi sessions at Sunrise Way for individuals dealing with drug and alcohol addiction, promoting relaxation and recovery. Sharyn provides weekly wellbeing sessions for long-stay residents at Sunrise Way, Tiddelac campus and engages with the Men's Shelter in Toowoomba every Tuesday, fostering mental and emotional resilience. These outreach efforts reflect Momentum's commitment to creating accessible, inclusive, and meaningful connections for individuals facing diverse challenges.





Free Legal Advice and Support

DISABILITY
ADVOCACY

TENANCY
ADVOCACY

SENIORS
LEGAL &
SUPPORT

NATIONAL
REDRESS
SCHEME
SUPPORT

MENTAL
HEALTH
ADVOCACY

Toowoomba and Warwick!

Toowoomba

Onsite at Momentum Toowoomba
Every Second Monday 10am - 11am

Monday:

- 13 January
- 10 February
- 24 February



LEGAL
SERVICES



ADVOCACY &
SOCIAL JUSTICE

Warwick

Onsite at Momentum Warwick
Every Second Friday 10am - 11am

Friday:

- 10 January
- 24 January
- 7 February
- 21 February

Generalist Legal Services

- Family law and parenting matters
- Family law property matters
- Divorce
- Child Protection
- Civil debt claims
- Advice around QCAT applications
- Motor Vehicle accidents and claims (NOTE: not personal injury claims)
- Enforcement of proceedings
- Tenancy
- Peace and good behaviour orders
- Council by-law issues
- Guardianship

Minor Criminal:

- Breaches of Domestic Violence Orders (initial breaches only)
- Minor traffic offences
- Willful damage
- Minor drug possession
- Common assault
- Public nuisance and,
- Minor theft



Every
Fortnight!

TASC brochures are on the table in the dining room.

Visit the TASC website for more online fact sheets: <https://www.tascnational.org.au/resources/fact-sheets/>

Member feedback

We love getting feedback from members so that we can continually improve our services. We have a Feedback to Action meeting on the first Thursday of every month from 11:30am to noon. We also have a hard copy and electronic Member Satisfaction Survey to rate our programs to better meet your needs.

please
rate us
★★★★★



Life is a Roller Coaster

Life has its ups and downs
It is a roller coaster not a merry go round
Life is all about perspective
To do this you need to be a little reflective
Life's situations are the same
It all comes down to how you name
Sure, it is natural and easy to be negative
Yet with a little effort you can be very positive
Your mental outlook and mood are infectious
With effort on your part, you can lift us
Doing this might be difficult in the start
But with practice you will perform off the chart
Just remember you are never doing this alone
Life is a roller coaster it is not a merry go round



By Jason Hateley

GENEROUS DONATIONS

Momentum Mental Health is incredibly grateful for the generous donations and support received from the community, which help sustain and enhance our programs for individuals experiencing mental health challenges. These contributions reflect the kindness and commitment of local organizations and individuals to improving mental wellbeing across our region.

In 2025, the Toowoomba Orchid Society has chosen Momentum as their Charity of Choice, a testament to their belief in our vision. This partnership will provide a significant boost to our efforts, with Momentum receiving a \$1,000 donation at the start of the year and an additional \$1,000 at year's end. Their support not only helps fund our programs but also underscores the value of strong community connections in promoting mental health.

In December, we were humbled to receive a \$673 donation from Darling Downs Rotaract, a group of young adults aged 18 and over who are dedicated to making a positive impact. Their contribution reflects the collective effort of individuals united by a shared goal to serve the community, and we are deeply thankful for their generosity.

The Carols at Candlelight event in Toowoomba, where Momentum was the Charity of Choice, was another highlight of December. This community event raised a staggering \$5,100 for Momentum through proceeds from donations. The overwhelming support we received is a testament to the festive spirit and generosity of the Toowoomba community.

In addition to financial contributions, we also received a heartfelt donation of craft supplies from the CEO's mother, who is passionate about scrapbooking. Her incredible donation of 40 kilograms of supplies, including scrapbooking materials, art tools, stamps, and other craft items, will enrich our creative programs, providing members with opportunities for self-expression and connection.

These acts of generosity remind us of the power of community in creating positive change. We are deeply appreciative of the support we have received and look forward to working together to build brighter futures for all.



Finalist Certificate ARRIVED

Momentum has received our finalist certificate for the Prevention Excellence Award nomination at the QCOSS Community Impact Awards held in November 2024. Momentum was the only organisation from the Darling Downs to be a finalist! This has pride of place, framed, in the Toowoomba office!



FUNRAISING IN *Warwick!*

A big thank you to Cynthia and our incredible Warwick volunteers, Bev, Mike and Peter for hosting a Bunnings BBQ stall last month! Despite the challenging weather, the team's dedication and positive energy shone through, helping Momentum raise funds to support our programs and increase our presence in the Warwick community. Your hard work and commitment make a real difference—thank you for being such an integral part of the Momentum family!



GETTING CREATIVE IN *Warwick!*

Warwick members recently attended a festive Christmas wreath-making workshop in at Bunnings, bringing joy and creativity to our members. The workshop was a fantastic opportunity for members to come together, share laughter, and embrace the holiday spirit while creating beautiful, personalized wreaths. Guided by the Bunnings team, participants explored their creativity and took pride in crafting unique decorations to brighten their homes. The event was filled with smiles, connection, and a sense of accomplishment, leaving everyone in high spirits as they celebrated the season in a fun and supportive environment.



Last Tuesday of the Month

ADALink

9:30am - 12pm

Onsite at Momentum

112 Russell Street, Toowoomba



ADALink's Services:

- Available to members over the age of 65 (or over 50 if indigenous)
- Support with My Aged Care
- Discuss supports within the community that you may be able to be supported by, ie., NDIS, hoarding, etc



Aged Care
Advocacy



Elder Abuse
Advocacy



Disability
Advocacy



Legal
Services



Care Finder
Service



Systemic
Advocacy

FREE ADVICE

FREE TOOL *available to assist members seeking jobs*

The Harrison Work Preference Questionnaire is a cutting-edge career guidance tool designed to help individuals discover career paths best suited to their unique skills, preferences, and personality traits. Available on the TAFE website for a standard cost of \$45 per person, this tool is highly regarded for its ability to provide tailored insights through comprehensive reports. These reports enable job seekers to align their strengths, interests, and work preferences with potential career opportunities, offering invaluable guidance for making informed decisions about their professional futures.



Momentum Mental Health is thrilled to announce a new partnership with the Department of Trade, Employment and Training (DTET), which makes this resource available to Momentum members **FREE OF CHARGE**. This exciting collaboration underscores Momentum's commitment to empowering members with the tools they need to enhance their personal and professional wellbeing. Through this partnership, Momentum staff can request the questionnaire for members by sending an email to DTET that includes the member's first and last name along with their email address.

Once the request is made, members can complete the online questionnaire, with the assistance of Momentum staff. Upon completion, the tool generates a personalized report that identifies jobs and industries that align with the member's profile. These insights can be instrumental in guiding members toward meaningful employment opportunities that match their strengths and aspirations.

The Harrison Work Preference Questionnaire is particularly valuable because it focuses on more than just qualifications. It delves into personality traits, work styles, and personal preferences, providing a holistic view of what drives an individual's satisfaction and performance in the workplace. By leveraging this tool, members gain clarity about their potential career pathways, enabling them to pursue roles where they can thrive both personally and professionally. By removing the cost barrier for this valuable resource, Momentum and DTET are making career exploration accessible and empowering members to take meaningful steps toward achieving their goals.

To complete a Harrison Tool report, speak to your Wellbeing Coach to arrange this.



TRIVIA TIME

Bring yourself and your brain power for an
unforgettable hour of trivia with Brian!

FIRST AND LAST FRIDAY
OF THE MONTH

3 JANUARY
31 JANUARY



1PM - 3PM

112 Russell Street,
Toowoomba

PRIZES AVAILABLE!