

# Wind Matters

Everyone is entitled to their say



## April 2025

View the latest edition online!



Great artwork inside from Pickles!

## Warwick

## Art Fun



# MESSAGE FROM THE CEO

Hello everyone,

Did you know that Momentum is now offering services from seven different locations across regional Queensland? Our main sites in Toowoomba, Warwick, and Chinchilla continue to thrive, and we're also proud to support communities through our satellite sites in Kingaroy, Dalby, Miles, and Tara. This regional growth means we're connecting with more people than ever—bringing support, hope, and wellbeing tools to those who need it most, closer to home.



You may have noticed this month's cover features our incredible Warwick team and members celebrating the vibrant vision boards they created through our partnership with Gateway to Training. These sessions weren't just a lot of fun—they were powerful exercises in goal setting, self-reflection, and planning for a positive future. We're proud of the creativity and courage our members continue to show in their wellbeing journeys.

Momentum's activity remains strong, with double the number of individuals attending services so far this financial year—a huge milestone that reflects the impact of our programs and the trust you place in us. Thank you for continuing to show up for yourselves and for one another.

A real highlight last month was our March Mental Health Symposium, which went ahead despite the rain and attracted over 140 attendees. The energy in the room was inspiring as community members, professionals, and people with lived experience came together to share, learn, and spark new ideas for mental wellbeing in our region.

Looking ahead, we're excited to continue deepening partnerships, listening to your feedback, and co-creating programs that reflect what matters to you. Whether it's through art therapy, wellbeing coaching, group sessions, or a chat over coffee, our team is here for you.

Thank you for being a part of the Momentum family. Together, we are building stronger, more connected communities—one step at a time.

A handwritten signature in black ink that reads "Shirley-Anne". The script is fluid and cursive, with a long horizontal line extending from the end of the name.

Shirley-Anne Gardiner  
CHIEF EXECUTIVE OFFICER  
MOMENTUM MENTAL HEALTH



# Wellbeing Symposium



At the end of March, Momentum proudly hosted our Wellbeing Symposium—a dynamic and engaging event that brought together over 140 attendees, despite the rainy weather! The day featured a rich mix of 13 speakers, panel discussions, and had over 30 stall holders, all focused on strengthening mental health and wellbeing across our communities.



It was a fantastic opportunity for collaboration, connection, and shared learning between service providers, community leaders, and people with lived experience. The feedback was overwhelmingly positive, with many attendees highlighting the genuine sense of hope, innovation, and momentum in the room.





# HELP SUPPORT

MENTAL HEALTH



Hi, I'm Alli!

I am one of twenty trekkers who will be completing the Kokoda trail in PNG in June 2025. We are hoping to fundraise \$300,000 for Momentum Mental Health so they can continue to provide free mental health and wellbeing support to our communities in Toowoomba, Warwick, Chinchilla, Dalby and Kingaroy.

PLEASE HELP ME  
TO RAISE FUNDS  
TO SUPPORT  
THIS CAUSE  
BY DONATING  
HERE



**My fundraising goal  
is \$7,500.**



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





# Great Cartoon Art from Pickles

We are so proud and impressed to feature the beautiful original artwork of our talented Warwick member, Pickles, in this month's edition! Pickles has kindly shared a special Easter-themed piece, along with two stunning artworks inspired by their dreams. Each piece is full of creativity, colour, and personal meaning—and we know you'll love them as much as we do. Thank you, Pickles, for sharing your amazing talent with the Momentum community!



# AUSSIE EASTER

WITH THE BILBY!



CELEBRATE OUR NATIVE SPECIES





Our Warwick members recently had a fantastic time creating vision boards as part of a special workshop in partnership with Gateway to Training. These colourful and creative boards were more than just an art project—they were a powerful tool for goal setting, helping members reflect on their hopes for the future and visually map out what matters most to them. The energy in the room was uplifting, and the final boards were full of inspiration, positivity, and personal meaning. It was a great reminder that setting intentions can be both fun and empowering!











**Chris Bester**  
**Gold Star**  
**100% Attendance**



Congratulations Chris Bester! Since our "Cooking with Nisha" sessions have begun, Chris has attended every session! Well done Chris!!



# RESILIENCE TREK FUNDRAISER

## *Donate Here*

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





# COMMUNITY CONNECT EVENT



**FREE BBQ LUNCH!**



Connect with local  
organisations

Learn about  
community safety

Discover tips for  
personal wellbeing

**12NOON - 1PM**  
**@ MOMENTUM MENTAL HEALTH**  
**112 RUSSELL STREET, TOOWOOMBA CITY**

NO RSVP REQUIRED | Contact us for more information (07) 4632 4688  
[admin@momentummentalhealth.com.au](mailto:admin@momentummentalhealth.com.au)





# Why the World Desperately Needs More Kindness!

The world needs more kindness because it acts as a counterbalance to the negativity, stress, and division that seem to be increasing in society. Here's why kindness is more essential than ever:

**Mental Health Crisis** – Anxiety, depression, and loneliness are at all-time highs. Small acts of kindness can uplift someone's day and provide emotional relief.

**Social Division** – Political and ideological divisions are tearing communities apart. Kindness fosters understanding and human connection, even when people disagree.

**Overwhelming Negativity** – News and social media often focus on disasters, conflicts, and scandals. Kindness shifts the focus to what is good and hopeful in the world.

**Stress and Burnout** – People are overworked, exhausted, and constantly on edge. A kind word, a helping hand, or a simple smile can make a difference in someone's day.

**Kindness is Contagious** – One act of kindness can inspire another, creating a ripple effect that spreads positivity far and wide.

**It Strengthens Communities** – Whether in neighbourhoods, workplaces, or schools, kindness fosters a sense of belonging and cooperation.

**We All Need It** – No one is immune to hardship. Everyone has struggles, and kindness can be a lifeline, reminding people they are valued and not alone.

Small acts of kindness—listening to someone, showing patience, offering help—can transform the world, one person at a time. What's one kind thing you've experienced lately?

**DAVID FREDERICKS**

**Computer Training**

**For Senior Citizens®**





# THE RESILIENCE LUNCHEON

75% SOLD!

## Tickets Selling Fast!

**We warmly invite you to join us at the upcoming  
Alpine Refrigeration & Air Conditioning Resilience Luncheon,  
supporting The FKG Group Resilience Trek: Kokoda 2025  
and Momentum Mental Health.**

Featuring guest speaker – world-record-holding explorer  
James Castrission. Known for his world-first kayak from Australia to New  
Zealand and the longest unsupported polar expedition in history.

As well as a premium two-course meal, drinks, Raffles & exciting Auction prizes.



Fitzy's Toowoomba  
Friday 2 May, 2025  
11:00 AM – 3:00 PM  
\$195 per person  
(\$1,750 table of 10)



# *Surely, Trust* **IS A MUST**



*A poem by  
Jason Hateley*

Surely trust is a must

Without trust, you have a bust

No matter the nature of the relationship

Trust forms the basis of friendship

You need to feel that you are there for each other

Just like a son or daughter is with their mother

You need to know that you have each other's back

Without trust relationships lack

Trust is the essential ingredient to life

Be it between family, friends, husband or wife

In an intimate relationship, there can only be lust with trust

Surely, trust is a must



## 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



LEGAL  
SERVICES



ADVOCACY &  
SOCIAL JUSTICE

## Warwick

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