

# ind Matters

Everyone is entitled to their say

## June 2025

See our monthly calendar for our  
fun group activities

See more of the great cartoons from  
member Pickles



View the latest  
edition online!



Momentum's amazing partnerships  
can provide support for other areas  
of your life

# MESSAGE FROM THE CEO

As we approach the end of the financial year, I've been reflecting on the remarkable growth and impact we've achieved together. Over the past year, we've seen a significant increase in both the number of individual members accessing our services and the total number of attendances across all our sites. This speaks volumes about the value of our programs and the strength of our community.



In this edition of Mind Matters, we're proud to showcase some of the incredible partnerships we've developed with local organisations. These partnerships allow us to support our members in a truly holistic way—addressing not just mental wellbeing, but also a range of social determinants of health. Through these collaborations, members have easier access to supports such as housing and homelessness services, drug and alcohol support, financial and budgeting advice, gambling awareness resources, free pet food packs, and even legal advice.

We're now working with over 60 community partners—and counting! These connections are at the heart of what we do, and we're excited to keep building on them to support you even better.

I hope you enjoy this latest edition of Mind Matters.

A handwritten signature in black ink that reads "Shirley-Anne". The script is fluid and cursive.

Shirley-Anne Gardiner  
CHIEF EXECUTIVE OFFICER  
MOMENTUM MENTAL HEALTH

# Welcoming New Faces to the Team

We're excited to introduce three new team members who have recently joined the Momentum Mental Health community. Each brings a unique set of skills, experience, and passion to support our vision of improving mental, physical, and social wellbeing.



## **Amy – Wellbeing Coach, Warwick**

Amy has recently joined our Warwick team as the new Wellbeing Coach, stepping into the role following Cynthia's resignation. A proud Warwick local, Amy brings strong community knowledge and a genuine passion for supporting others. She'll be working from the Warwick site on Wednesdays and Fridays, and is already looking forward to building connections with our members. Her warm nature and commitment to empowering others make her a fantastic addition to the team.

## **Nicola – Wellbeing Coach Intern**

Nicola is our new Wellbeing Coach intern and is currently completing her placement as part of the Psychological Therapies Partnership with Mindware Psychology. Nicola works at Momentum on Tuesdays and Wednesdays and also spends one day a week with Mindware as a provisional psychologist. She brings valuable experience and insight to the team and is passionate about learning how to support clients in a strengths-based and trauma-informed way. Her professionalism and thoughtful approach have already made a positive impact.

## **Mel – Art Therapy Placement Student**

Mel is completing her art therapy placement alongside our talented Art Therapist, Sarah Hazelhurst, during art therapy classes in Toowoomba. With a background as a psychiatric nurse in both the UK and New Zealand, Mel brings a wealth of knowledge and practical experience to her placement. Her compassionate nature and creative energy are a wonderful fit for our therapeutic art sessions, and we're thrilled to have her on board.

Please join us in giving a warm welcome to Amy, Nicola, and Mel. We are so grateful to have them as part of the Momentum team and look forward to the positive contributions they'll bring to our community.

# Kokoda for a Cause: Stepping Up for Mental Health

In an incredible show of courage, resilience, and community spirit, 19 passionate supporters of Momentum Mental Health have embarked on the journey of a lifetime—trekking the historic Kokoda Track in Papua New Guinea.

This extraordinary adventure is far more than a physical challenge. It's a heartfelt mission to raise awareness and vital funds to support people doing it tough with their mental health and wellbeing. Together, our inspiring trekkers have already raised over **\$157,000**—a phenomenal achievement that will directly support Momentum's work in regional communities across Queensland.

Among the brave group was our very own member **Allison Goldman**, whose story continues to inspire us all.

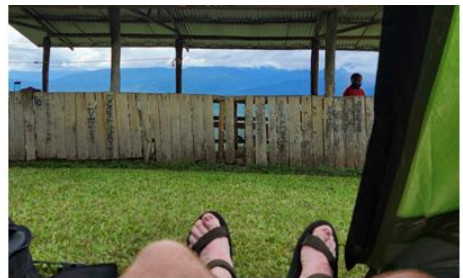
You may remember Allison's remarkable climb up Mount Everest in 2023 to fundraise for Momentum—this year, she's taken on Kokoda with just as much grit and determination. Allison personally raised over **\$6,600** by pushing well outside her comfort zone: approaching local businesses for sponsorship, waking at 5am for a community garage sale at PCYC, baking cupcakes for open houses, and selling raffle tickets at our March Wellbeing Symposium. Allison truly embodies what it means to be resilient, passionate, and purpose-driven. Her dedication—along with the efforts of all 19 trekkers—will have a lasting impact, helping more people access the support they need to improve their mental, physical, and social wellbeing. **Thank you, trekkers—we are beyond grateful!**



Scan the QR code above to donate to the trekkers



To donate to the trek fundraiser, go to: <https://the-resilience-trek-kokoda-2025.raiselysite.com/>



# Sailing into New Experiences with Sailability



Back in April, a group of Momentum members had the incredible opportunity to take part in a sailing adventure with our wonderful partners at **Sailability Toowoomba**. Held at the peaceful Cooby Dam, the outing was a fantastic chance to enjoy the fresh air, connect with others, and try something new in a safe and supportive environment.



Whether you're completely new to boating or have sailed before, Momentum's partnership with Sailability makes it easy for you to give it a go. The Sailability team are friendly, experienced, and passionate about making sailing accessible and enjoyable for everyone—no matter your experience or ability level.

If you're interested in joining a future sailing outing, we'd love to help make that happen. Simply contact the main Momentum office on **(07) 4632 4688**, and our team can help arrange your own sailing experience at Cooby Dam.



Don't miss the boat—get in touch and give it a try!

# Get Connected – Join a Group Program!

One of Momentum's core *5 Ways to Wellbeing* is **Connection**—and what better way to connect than by joining one of our group activities?

Group programs are a fun, relaxed way to build friendships, learn something new, and improve your social wellbeing. Whether you're into creativity, cooking, movement, or mindfulness, there's something for everyone. And the best part?

**There's no cost to attend!**

Take our **Baking Group**, for example—here's a snapshot from one of our recent sessions!



Held **every second Wednesday**, the baking group brings members together to whip up delicious treats, share stories, and enjoy the simple pleasure of cooking in company. But did you know that group baking has real mental health benefits too?

**second Wednesday)**

Research shows that baking in a group can:

- Reduce stress and promote relaxation
- Boost self-esteem through hands-on achievement
- Encourage mindfulness and focus
- Strengthen social bonds and reduce feelings of isolation

On the right is a photo from the **BYO coffee and craft group** (also held every second Wednesday).



## “On Demand” Options – Tailored for You

We also offer flexible on-demand sessions such as gardening. So, if there's a group you'd love to join but the timing doesn't suit, just speak with a Momentum team member. We'll do our best to arrange a special session that works for your schedule.

Your wellbeing journey doesn't have to be walked alone. Join a group, get involved, and rediscover the joy of connection. To find out more or register for a group, chat with your Wellbeing Coach or contact the main office on **(07) 4632 4688**.

Let's connect and grow—together.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10am - 12pm HAACK Your Wellbeing <b>2</b> Managing Stress, Worry &amp; Negative Thoughts @ LIBRARY</p> <p>10:30am - 11:30am TASC Legal Advice <b>tasc Legal Services</b></p> <p>1pm - 2pm Sound Bathing @ LIBRARY</p> <p>2:30pm - 3:30pm Meditation @ LIBRARY</p> <p>1pm - 3pm Art Therapy</p>	<p>9:30am - 11:30am Journaling &amp; Storytelling <b>3</b></p> <p>1:30pm - 3:30pm Art Therapy</p>	<p><b>Gambling &amp; Finance Session</b> @ Lifeline <b>4</b></p> <p>1pm - 2pm Financial Counselling &amp; Budgeting Session @ Momentum</p> <p>1pm - 4pm Dungeons &amp; Dragons @ LIBRARY</p> <p>2pm - 4pm Coffee &amp; BYO Crafts Beaded SunCatcher Making (RSVP)</p>	<p>9:30am - 11:30am Art Therapy Basics <b>5</b></p> <p>11:30am - 12pm FEEDBACK 2 ACTION MEETING</p> <p>12PM - 1PM OPEN HOUSE BBQ All welcome</p> <p>1:30pm - 3:30pm Journaling &amp; Storytelling Basics</p>	<p>1pm - 1:45pm Tai Chi <b>6</b></p> <p>2pm - 3:30pm Trivia!</p>
<p>10am - 12pm HAACK Your Wellbeing <b>9</b> Resilience @ LIBRARY</p> <p>1pm - 3pm Art Therapy</p>	<p>9:30am - 11:30am Journaling &amp; Storytelling <b>10</b></p> <p>1:30pm - 3:30pm Art Therapy</p>	<p>10am - 12:30pm Baking <b>11</b> Aurizon</p> <p>1pm - 3pm Basic Macrame</p>	<p>9:30am - 11:30am Art Therapy Basics <b>12</b></p> <p>1:30pm - 3:30pm Journaling &amp; Storytelling Basics</p>	<p>1pm - 1:45pm Tai Chi <b>13</b></p> <p>2pm - 3pm Coffee @</p>
<p>10am - 12pm HAACK Your Wellbeing <b>16</b> Change and Attachment @ LIBRARY</p> <p>10:30am - 11:30am TASC Legal Advice <b>tasc Legal Services</b></p> <p>1pm - 2pm Sound Bathing @ LIBRARY</p> <p>2:30pm - 3:30pm Meditation @ LIBRARY</p> <p>1pm - 3pm Art Therapy</p>	<p>9:30am - 11:30am Journaling &amp; Storytelling <b>17</b></p> <p>12pm - 2pm Good Shepherd Financial Counselling Good Shepherd Australia New Zealand 100 years</p> <p>1:30pm - 3:30pm Art Therapy</p>	<p><b>Gambling &amp; Finance Session</b> @ Lifeline <b>18</b></p> <p>1pm - 2pm Financial Counselling &amp; Budgeting Session @ Momentum</p> <p>1pm - 4pm Dungeons &amp; Dragons @ LIBRARY</p> <p>2pm - 4pm Coffee &amp; BYO Crafts Beaded Bracelet Making (BYO Beads or use Momentum's)</p>	<p>9:30am - 11:30am Art Therapy Basics <b>19</b></p> <p>1:30pm - 3:30pm Journaling &amp; Storytelling Basics</p>	<p><b>NEW!</b> Employment Opportunities Session <b>Vanguard</b> <b>20</b></p> <p>11am - 12pm Vanguard Laundry</p> <p>1pm - 1:45pm Tai Chi</p> <p>2pm - 3pm Coffee @</p>
<p>10am - 12pm HAACK Your Wellbeing <b>23</b> Managing Your Expectation @ LIBRARY</p> <p>1pm - 3pm Art Therapy</p>	<p><b>Seniors Support</b> <b>24</b> 9am - 12pm ADA Link ADA Australia The aged and disability services</p> <p>9:30am - 11:30am Journaling &amp; Storytelling</p> <p>1:30pm - 3:30pm Art Therapy</p>	<p>10am - 12:30pm Baking <b>25</b> Aurizon</p> <p>1pm - 3pm Basic Macrame</p>	<p>9:30am - 11:30am Art Therapy Basics <b>26</b></p> <p>1:30pm - 3:30pm Journaling &amp; Storytelling Basics</p>	<p>1pm - 1:45pm Tai Chi <b>27</b></p> <p>2pm - 3pm Coffee @</p>
<p>10am - 12pm HAACK Your Wellbeing <b>30</b> Connection @ LIBRARY</p> <p>10:30am - 11:30am TASC Legal Advice <b>tasc Legal Services</b></p> <p>1pm - 2pm Sound Bathing @ LIBRARY</p> <p>2:30pm - 3:30pm Meditation @ LIBRARY</p> <p>1pm - 3pm Art Therapy</p>	<p><b>momentum</b> MENTAL HEALTH</p>	<p><b>5 Ways To Wellbeing</b></p>	<p><b>TRIVIA TIME</b></p>	<p>I'm trekking Kokoda for Mental Health in 2025!</p> <p><b>momentum</b></p>

## View Previous Newsletter Editions

Did you know you can view and download PDF versions of the member newsletters? Just scan the QR code or visit our website at <https://momentummentalhealth.com.au/for-our-members/member-newsletters/>



Momentum Member Newsletter

**mind Matters**

Everyone is entitled to their say

**FEBR**

QR code

Momentum Member Newsletter

**mind Matters**

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**June 2025**

See our monthly calendar for our fun group activities

See more of the great cartoons from member Pickles

Join Nisha's new cooking program

na's oking am

View the latest edition online!

QR code

WWW.MOMENTUMMENTALHEALTH.COM.AU

Join Nisha's new cooking program

na's oking am

H.COM.AU

# Monthly Pickles Cartoon

A big thank you to our talented Warwick member Pickles for this month's *Mind Matters* cartoon contribution! This adorable illustration is a gentle reminder that company doesn't always have to come in human form—sometimes a dog, a cat... or even a washing machine can be the perfect companion.

Pickles, your sense of humour and creativity always bring a smile to our faces. Thank you for sharing your art with us—Keep the cartoons coming—we love them!



## Latest Poem From Jason

**Did you know Jason now has his own poetry page?**

If you've missed a past edition or are simply curious to explore more of his amazing poems, you can now access them all online!

<https://momentummentalhealth.com.au/for-our-members/poems-by-member-jason/>



## Poetry is My PERSONAL THERAPY

Poetry is my personal therapy  
Surely, that is pretty clear to see  
I really didn't speak until I was about five  
I kept to myself and lived in a world inside  
I created my own little fantasy world of my own  
A world where I could create a smile for every face upside down  
We moved around a lot growing up  
It was really quite hard as I felt like a vulnerable little pup  
The bullies found that I was a convenient target  
Always being the new kid in school, they had a captive market  
But what the bullies did not realize  
Is that they never got the best of me as I was safe inside  
I am sure that you can in somehow relate to me  
Poetry is my personal therapy

# Stronger Together: How Momentum's 60+ Community Partnerships Support You

At Momentum Mental Health, we know that wellbeing isn't just about mental health—it's also about having access to the right support across all areas of life. That's why we've worked hard to build strong, trusted partnerships with **over 60 local organisations** that help us support members across the social determinants of health—including housing, food security, legal assistance, financial wellbeing, and more.

These partnerships allow us to walk alongside you and connect you with the services you need, when you need them. Here are just some of the ways our community partners can help:

## Struggling with the cost of living?

Through our partnership with Angel's Rescue, we can provide free cat and dog food packs that will last several weeks. These high-quality packs can ease the financial burden while ensuring your furry friends are well fed. Just let your coach know if you'd like one.



## Need financial or budgeting advice?

We work with **Lifeline** and **Good Shepherd** to offer practical, compassionate support with managing your money, saving on essentials, and building a realistic budget.



## Looking for legal advice or support with an NDIS appeal?

Our good friend **Nic Dawson from TASC** is available for free drop-in legal sessions:

- Toowoomba**: Every second Monday, 10:30–11:30am

- Warwick**: Every second Friday, 10:00–11:00am



**Legal and Social Justice Services**

## Seeking domestic violence support?

We can refer you to Protea Place, a safe, welcoming space for women in need of support including a hot meal, clothing or a shower.



## Over 65 and navigating My Aged Care?

**Nicki from ADA Link** attends Momentum's Toowoomba site on the **last Tuesday of each month (9am–12pm)** and can help you understand aged care services like housing and personal support.



## Want help cutting back on gambling?

**Lifeline Darling Downs** visits Toowoomba **fortnightly on Wednesdays (1–2pm)** and can assist with financial help and **gambling awareness support**.



## Looking for paid work?

Our partnership with **Vanguard Laundry** offers opportunities for employment through their supportive work placement program. They visit Momentum on the **third Friday of every month**, or your coach can help arrange a one-on-one chat at another time.



## Need urgent accommodation as a male?

We can refer you to **St Vincent de Paul's Men's Shelter** on James Street, which offers emergency accommodation and support.



## Seeking help with alcohol or other drugs?

We can connect you with two fantastic free services:

- **Terri from Drug ARM** supports families and carers affected by drug and alcohol use
- **Sophie and Skye from Lives Lived Well** provide direct Alcohol and Other Drug (AOD) support programs



**Lives Lived Well**

## Need access to basic medical care?

We can refer you to **OneBridge**, a new provider with trained **mobile nurses** who bring medical support to you.



These partnerships are here to make your life easier, connect you to support that fits your needs, and help you focus on your wellbeing journey. If you'd like to access any of the above services, **speak to your Wellbeing Coach** or contact our office on **(07) 4632 4688**.

Because at Momentum, you're never alone—we're in this together.

# The Power of Colour

## Dave Shares His Thoughts on Colour Psychology

This month, we're excited to feature a fascinating contribution from Dave, a long-serving Momentum member with a keen interest in colour psychology. Dave has a real passion for how colour influences mood, emotions, and wellbeing—and in this edition, he's sharing some insights on two of the happiest colours around: yellow and orange.

Yellow and orange are frequently cited as the two happiest colours.

Yellow is often associated with positivity, optimism, and cheerfulness, while orange is linked to warmth, energy, and excitement.

Here's a little more about why these colours lift our spirits:

- **Yellow** With its bright, sunny hue, yellow is reminiscent of sunshine and is strongly associated with joy, spontaneity, and happiness. It's a colour that can instantly brighten a space—and a mood!
- **Orange** A blend of red and yellow, orange combines the warmth and passion of red with the optimism and cheer of yellow. The result? A colour that brings feelings of enthusiasm, energy, and excitement.



Thank you, Dave, for sharing your knowledge with us! Your ongoing contributions and thoughtful reflections always brighten our day—much like the colours you write about.

# RUOK?

A conversation could change a life.

## R U OK? Breakfast 6 June 2025

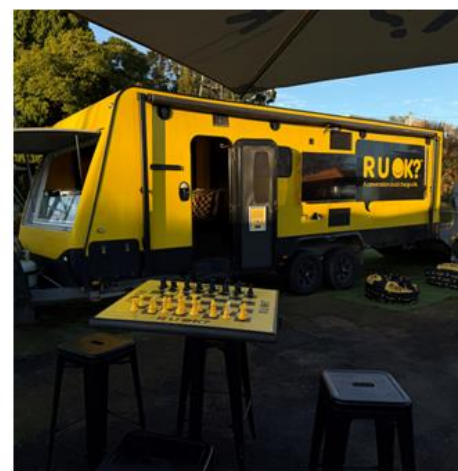
A huge thank you to our Services and Communications manager Ellen for her fantastic efforts in helping arrange the R U OK? Breakfast on Friday, 6 June 2025.

This event was a great opportunity for Momentum to strengthen our partnership with the RU OK? team and support them by connecting with our local networks.

Thanks to Ellen's hard work, the event featured ten stallholders on the day, including Momentum, Mercy Community, Life Without Barriers, Lives Lived Well, Top Blokes, TASC, Hike to Heal, One Bridge, and Goolburri. It was a great showcase of collaboration and community spirit.

Special thanks also go to Wellbeing Coaches Cheryl and Brian for braving the freezing morning to represent Momentum at our stall. Their support was invaluable, and their warmth (despite the cold!) didn't go unnoticed. Well done and thank you to everyone involved!





## R U OK? Breakfast 6 June 2025





# Momentum Achieves Strong Growth Across All Sites

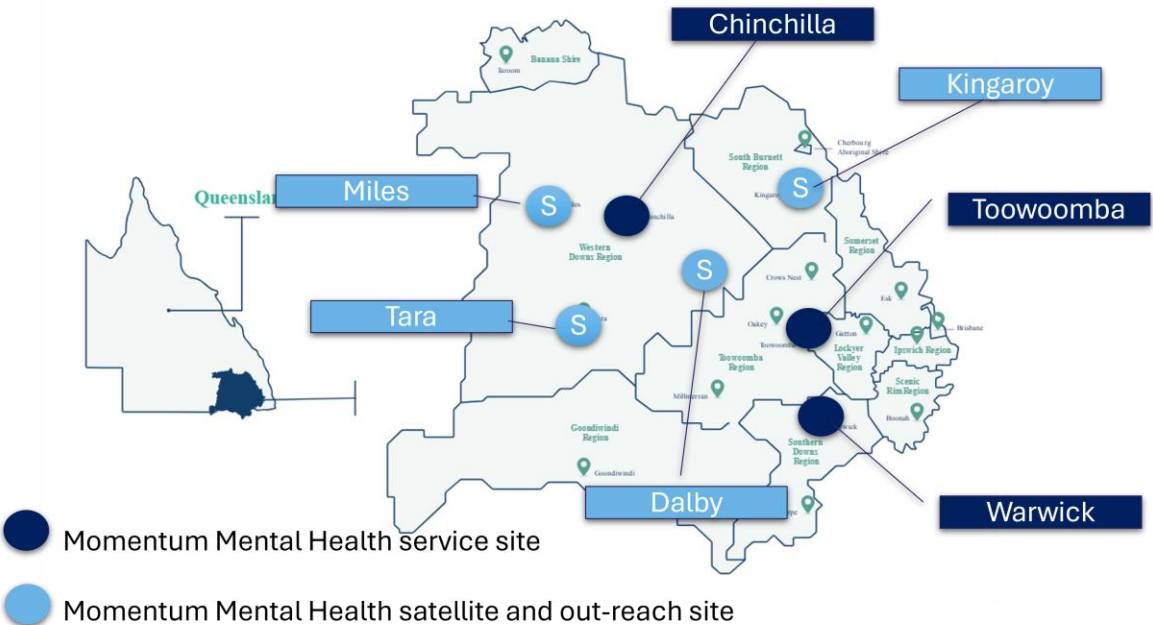
Momentum Mental Health continues to go from strength to strength, with financial year to date (FYTD) results showing remarkable growth in both attendance and individual engagement across our programs.

So far, this financial year, attendances for all programs have increased by 43% compared to the same period last year—an additional 2,062 visits—bringing the total to an impressive **6,829 attendances across our seven sites**. This growth reflects increasing community awareness of our services and our unwavering commitment to delivering high-quality, person-centred mental health and wellbeing support. The majority of activity (81%) continues to take place at our main Toowoomba site, followed by 11% in the Western Downs (Miles, Tara, and Chinchilla), 7% in Warwick, and the remaining 1% across Dalby and Kingaroy.

Not only are people attending more frequently, but significantly more individuals are accessing our services. To date, **816 unique individuals** have engaged with Momentum this financial year—a **109% increase** compared to just 391 at the same time last year. This remarkable growth highlights the life-changing work of our small, passionate team and the trust our community places in our peer-led, recovery-oriented approach.

Our core funding from the Darling Downs and West Moreton Primary Health Network (PHN) has also seen outstanding results. PHN-funded attendances for the Commonwealth Psychosocial Support Program (CPSP) and Continuation of support (COS) for long-term chronic mental health members have increased by **35%**, with **4,124 attendances FYTD**—1,062 more than the previous year. So far, **351 people have accessed psychosocial support or COS through this funding and attended a total of 4,124 times**.

In line with national benchmarks, the gold standard for CPSP funding is \$3,000 per person, per complete episode of care. Momentum is currently achieving **\$2,934 per person**, demonstrating excellent alignment with expectations and efficient, impactful service delivery. Across all our programs, the average number of attendances is **8.3 visits per person**, with an average of **11 visits per person** for those in the psychosocial support/COS cohort—highlighting meaningful, ongoing engagement that supports recovery and wellbeing. These results are a testament to the power of connection, kindness, and peer-led support—and to the dedication of every team member who makes our work possible.





# 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:

- 2 June 2025
- 16 June 2025
- 30 June 2025



LEGAL  
SERVICES



ADVOCACY &  
SOCIAL JUSTICE

### Warwick

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

#### Friday:

- 13 June 2025
- 27 June 2025

#### 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/>