

ind Matters

Everyone is entitled to their say

July 2025

Edition II

THANKS FOR YOUR SUPPORT GETTING OUR MESSAGE OUT!

See our
monthly
calendar for
our fun group
activities

Sign a
Petition to
Help
Momentum!



**MOMENTUM
MATTERS**

Help Us Keep The Doors Open



MESSAGE FROM THE CEO

Dear friends,

This month, I've been deeply moved by the resilience, strength, and courage of our Momentum community. As part of our Momentum Matters campaign, four incredible clients have bravely shared their personal stories to help raise awareness about the vital role Momentum plays in people's lives. Their words have touched hearts and inspired action.

What's just as powerful is knowing that many more clients – at least half a dozen – also offered to share their journeys, but due to timing or other barriers, couldn't take part this time. Your willingness to step forward means more than you know, and I want to say a heartfelt thank you to each and every one of you.

To those who have signed and shared our petition – over 1,000 signatures and counting – thank you! Your voices are helping us make a strong case for the ongoing funding we need to continue walking alongside people on their mental health journeys.

At Momentum, we'll continue to do everything we can to fight for the future of this service, because we believe everyone deserves support, connection, and a place to belong. What you can do is simple, but powerful: keep telling our story. Keep showing up. Keep supporting one another.

From all of us here at Momentum – thank you for being part of this amazing community.




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

Shirley-Anne Gardiner
CHIEF EXECUTIVE OFFICER
MOMENTUM MENTAL HEALTH

Take a Wellbeing Break: Join Us for the Fortnightly “Hour of Tranquility”

In the midst of a busy workweek, taking time to pause and recharge isn't a luxury — it's a necessity for maintaining wellbeing, clarity, and performance. Momentum Mental Health is proud to partner with not-for-profit organisation **Heartfulness** to offer a new wellbeing opportunity for business and community members across Toowoomba.

Introducing: The Hour of Tranquility

 **Momentum Mental Health, 112 Russell Street, Toowoomba**

 **Every second Monday, starting 11 August 2025**

 **12:00pm – 1:00pm**

 **Free and open to all**

This gentle, drop-in session includes:

- **30 minutes of sound bathing** – soothing tones to calm the nervous system
- **30 minutes of guided meditation** – designed to restore focus and emotional balance

Led by the wonderful **Amy from Heartfulness**, these lunchtime sessions are ideal for anyone seeking a moment of stillness and self-care in the middle of the day.

No experience is needed — just bring yourself and a willingness to unwind.

Let's prioritise mental wellness together — one mindful Monday at a time.

Come as you are and leave feeling centred, calm, and recharged. Bring a friend or just bring yourself — all are welcome!



JOIN AMY FOR *an Hour of* TRANQUILITY

Starting Monday

11 August 2025

Every Second Monday

12 - 1pm

FREE

30 minutes of Sound Bathing and 30 mins of Guided Meditation

At Momentum: 112 Russell Street Toowoomba (Free parking via Baty Lane)



The Saver Plus Program – Some Momentum Clients May Qualify



The Saver Plus program is a free, 10-month financial education and matched savings initiative developed by ANZ and the Brotherhood of St. Laurence (BSL). It is delivered in partnership with The Smith Family and Berry Street, and funded by ANZ and the Australian Government Department of Social Services

Program Overview:

- **Objective:** To assist individuals and families on lower incomes in developing financial skills, establishing savings goals, and fostering long-term savings habits.
- **Matched Savings:** Participants who complete the program can have their savings matched dollar-for-dollar by ANZ, up to \$500, to be used for education-related expenses such as school uniforms, textbooks, laptops, and extracurricular activities .
- **Financial Education:** The program includes free online financial education workshops, covering topics like budgeting, saving, and planning for the future

Eligibility Criteria:

To participate in Saver Plus, applicants must:

- Be at least 18 years old.
- Have a current Health Care or Pensioner Concession Card.
- Have a child in school or be studying themselves.
- Have regular income from work (either themselves or their partner).

Impact:

Since its inception in 2003, Saver Plus has assisted over 64,000 participants who have collectively saved more than \$31.5 million, with ANZ matching a further \$26.5 million. The program has been recognized for its effectiveness in building financial resilience among participants .

For more information or to apply, visit The Smith Family's Saver Plus pages:

<https://www.thesmithfamily.com.au/programs/financial/saver-plus>

<https://www.thesmithfamily.com.au/view-clubs/news/national/saver-plus>



Momentum Mental Health has lost **\$640,000 in recurrent federal funding**. The Primary Health Network (PHN) has delayed announcing the outcome of a major mental health tender, leaving Momentum in limbo with only short-term funding. No ongoing support has been provided for Toowoomba, the heart of Momentum's operations.

Each year, Momentum supports over 880 people, delivers 7,400+ sessions, and fills critical gaps for those who can't access clinical care—including 200 people waiting for free psychology services. Without urgent intervention, services will be cut, staff lost, and vulnerable community members left without support.

Please add your name to call on our state and federal leaders to step in and save Momentum.

Please scan the QR Code or go to <https://chng.it/hSHFqJRQLv> (you do not have to donate to change.org and can just sign the petition).

On Demand Sessions

At Momentum we offer flexible on-demand sessions such as gardening, gambling awareness and support (through Lifeline) and financial counselling (through Good Shepherd). 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.

SESSIONS ON DEMAND

Life can be unpredictable – that's why we now offer on-demand sessions, so you can book support at a time and date that suits you

- ✓ Flexible times
- ✓ Personalised support
- ✓ No cost

Already a Momentum member? Speak to your Wellbeing Coach today.

New to Momentum? Get in touch on (07) 4632 4688 or email admin@momentummentalhealth.com.au to find out more.

Because your mental health matters – on your terms.



• Gardening



• Gambling awareness support (through Lifeline)



• Financial counselling (through Good Shepherd)



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-clients/client-newsletters/>



Latest Poem From Jason

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/>

Big BROTHER

*A poem by
Jason Hateley*

Being the youngest son
it is great to look up to someone.
Role models are hard to find
Often leaving me in a real bind.
To find a person with admirable morals
Can often leave me in a boggle.
But instead of looking far and wide
It is a person who has always tried.
A role model was always right in front of
me
To realise that gives me great glee
When they made you they broke the
mould
To find a big brother like you, I don't
need to be told.

Marigolds Support Group

For anyone caring for someone with a mental illness

Marigolds allow the opportunity for confidential group discussion where members can share their own experience and access support.

Presenters and Professionals from various backgrounds are also invited to provide education and resources around Mental illness and how to best look after ourselves in the caring role.

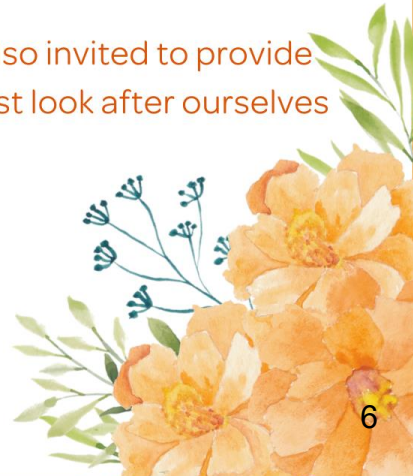
Meetings are held every second Monday @
the Toowoomba City Library
from 9:30am - 12pm.

Attendance is free.

ASK RECEPTION FOR MORE INFORMATION

Supported by


momentum
MENTAL HEALTH



Kindness

Kindness is the clearest path forwards because it builds trust, connection, and resilience — three essential ingredients for solving the challenges we face personally and collectively. Here's why:

1. Kindness fosters cooperation

In a world full of division and uncertainty, kindness makes collaboration possible. People are more willing to listen, compromise, and work together when they feel respected and valued. Kindness doesn't mean weakness; it creates a foundation strong enough to carry real change.

2. Kindness breaks cycles of harm

Hurt people often hurt others. But a single act of kindness can interrupt that cycle, transforming conflict into understanding. It opens the door for healing, forgiveness, and progress.

3. Kindness is universally understood

Unlike complex ideologies or policies, kindness is simple and accessible. It transcends language, age, culture, and belief. No matter who or where you are, kindness resonates.

4. Kindness improves well-being

On both sides, giving and receiving kindness boost physical health, mental resilience, and emotional stability. Happier, healthier people make better decisions and treat others more compassionately — rippling out into stronger communities.

5. Kindness builds the future we actually want

A society shaped by fear, cruelty, or competition is brittle and volatile. But a future built on kindness is inclusive, innovative, and durable. It's not just about being "nice" — it's about choosing the most practical, human-centred way forward.

In short: kindness clears the fog. It aligns us with what matters most — connection, dignity, and hope — and gives us the strength to move forward together.



Warwick's July Calendar of Group Sessions

Great news for our Warwick community — we now have a **dedicated calendar of group sessions running every Wednesday and Friday!**

Whether you're looking to build new skills, connect with others, or simply take some time out for your wellbeing, there's something for everyone on the schedule.



Click here to download the July calendar:

[Warwick Calendar – July 2025](#)



All sessions are held at the **SDEIA Building, 163 Palmerin Street**, from **10:00am to 2:00pm**.

We look forward to seeing you there!

For more information go to:

<https://momentummentalhealth.com.au/whats-on-this-month/>

WARWICK PROGRAM	
momentum MENTAL HEALTH	
SCHEDULE JULY 2025	
SDEIA Building, 163 Palmerin Street, Warwick QLD 4370	
02 Wed 04 Fri	HOPE 10 AM - 12 PM 12 PM - 2 PM Art activities based on 'Hope'. Individual 30 min 1:1 coaching sessions also available.
09 Wed 11 Fri	CONFIDENCE 10 AM - 12 PM 12 PM - 2 PM Art activities based on 'Confidence'. Individual 30 min 1:1 coaching sessions also available.
16 Wed 18 Fri	COMPASSION 10 AM - 12 PM 12 PM - 2 PM Art activities based on 'Compassion'. Individual 30 min 1:1 coaching sessions also available.
23 Wed 25 Fri	CONVICTION 10 AM - 12 PM 12 PM - 2 PM Art activities based on 'Conviction'. Individual 30 min 1:1 coaching sessions also available.
30 Wed	MUSIC APPRECIATION 10 AM - 12 PM 12 PM - 2 PM Art activities based on 'Music'. Individual 30 min 1:1 coaching sessions also available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>10am - 12pm HAACK Your Wellbeing <i>Dysregulation and Regulation</i> @ LIBRARY 1pm - 3pm Art Therapy</p>	<p>9:30am - 11:30am Journaling & Storytelling 1:30pm - 3:30pm Art Therapy</p>	<p>1 Gambling & Finance Session @ Lifeline 1pm - 2pm Financial Counselling & Budgeting Session @ Momentum 1pm - 4pm Dungeons & Dragons @ LIBRARY 2pm - 4pm Coffee & BYO Crafts Angel/Earring Making (RSVP)</p>	<p>2 9:30am - 11:30am Art Therapy Basics 11:30am - 12pm FEEDBACK 2 ACTION MEETING 12PM - 1PM OPEN HOUSE BBQ All welcome 1:30pm - 3:30pm Journaling & Storytelling Basics</p>	<p>3 1pm - 1:45pm Tai Chi 2pm - 3:30pm Trivia!</p>
<p>7 10am - 12pm HAACK Your Wellbeing <i>Grief and Loss</i> @ LIBRARY 11:15am - 12:15pm TASC Legal Advice 1pm - 2pm Sound Bathing @ LIBRARY 2:30pm - 3:30pm Meditation @ LIBRARY 1pm - 3pm Art Therapy</p>	<p>9:30am - 11:30am Journaling & Storytelling 1:30pm - 3:30pm Art Therapy</p>	<p>8 10am - 12:30pm Baking 1pm - 3pm Basic Macrame</p>	<p>9 9:30am - 11:30am Art Therapy Basics 1:30pm - 3:30pm Journaling & Storytelling Basics</p>	<p>10 1pm - 1:45pm Tai Chi 2pm - 3pm Coffee @</p>
<p>14 10am - 12pm HAACK Your Wellbeing <i>Anger - Why we do it & how to diffuse it</i> @ LIBRARY 10:30am - 11:30am TASC Legal Advice 1pm - 2pm Sound Bathing @ LIBRARY 2:30pm - 3:30pm Meditation @ LIBRARY 1pm - 3pm Art Therapy</p>	<p>9:30am - 11:30am Journaling & Storytelling 12pm - 2pm Good Shepherd 1:30pm - 3:30pm Art Therapy</p>	<p>15 Gambling & Finance Session @ Lifeline 1pm - 2pm Financial Counselling & Budgeting Session @ Momentum 1pm - 4pm Dungeons & Dragons @ LIBRARY 2pm - 4pm Coffee & BYO Crafts Necklace Making (RSVP)</p>	<p>16 9:30am - 11:30am Art Therapy Basics 1:30pm - 3:30pm Journaling & Storytelling Basics</p>	<p>17 Employment Opportunities Session 11am - 12pm Vanguard Laundry 1pm - 1:45pm Tai Chi 2pm - 3pm Coffee @</p>
<p>21 10am - 12pm HAACK Your Wellbeing <i>Thriving</i> @ LIBRARY 1pm - 3pm Art Therapy</p>	<p>9:30am - 11:30am Journaling & Storytelling 1:30pm - 3:30pm Art Therapy</p>	<p>22 10am - 12:30pm Baking 1pm - 3pm Basic Macrame</p>	<p>23 9:30am - 11:30am Art Therapy Basics 1:30pm - 3:30pm Journaling & Storytelling Basics</p>	<p>24 1pm - 1:45pm Tai Chi 2pm - 3pm Coffee @</p>
<p>28 10am - 12pm HAACK Your Wellbeing <i>Anger - Why we do it & how to diffuse it</i> @ LIBRARY 10:30am - 11:30am TASC Legal Advice 1pm - 2pm Sound Bathing @ LIBRARY 2:30pm - 3:30pm Meditation @ LIBRARY 1pm - 3pm Art Therapy</p>	<p>29 9am - 12pm ADA Link 9:30am - 11:30am Journaling & Storytelling 1:30pm - 3:30pm Art Therapy</p>	<p>30 Gambling & Finance Session @ Lifeline 1pm - 2pm Financial Counselling & Budgeting Session @ Momentum 1pm - 4pm Dungeons & Dragons @ LIBRARY 2pm - 4pm Coffee & BYO Crafts Card Making (RSVP)</p>	<p>31 9:30am - 11:30am Art Therapy Basics 1:30pm - 3:30pm Journaling & Storytelling Basics</p>	

A Massive Thank You to Michelle Hillman and Allison Goldman for Their Bunnings BBQ Fundraising

A huge thankyou to Michelle Hillman and Allison Goldman for giving up their Sunday to run a fundraising BBQ in support of the Kokoda trek. Although the event took place after the trek itself due to booking requirements, it was an incredible success— raising over \$2,000!

All of the funds raised will go towards Allison's Kokoda fundraising tally, which means she has officially exceeded her \$7,000 fundraising target — an outstanding achievement! This also means Kokoda's fundraising now sits at \$160,000 raised to support Momentum! Well done to Allison, Michelle, and everyone who supported the event. Your hard work, generosity, and community spirit are truly inspiring.

