

# ind Matters

Everyone is entitled to their say

## July 2025

19 TREKKERS RAISED OVER  
**\$158,000!**

See our  
monthly  
calendar for  
our fun group  
activities

View the latest  
edition online!

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Help  
Momentum!



# MESSAGE FROM THE CEO

This month, I want to shine a light on the truly inspiring achievement of our 19 amazing Kokoda trekkers, who recently completed over 90km of tough terrain in Papua New Guinea—all to raise funds and awareness for Momentum.

Together, this determined group raised a record-breaking \$158,000 to support mental health and wellbeing across the Darling Downs. Their commitment, courage, and generosity are nothing short of remarkable.



One of these trekkers was our very own Allison Goldman. Many of you know Allie as a long-time Momentum member—and now, a two-time adventurer! In 2023, Allie conquered Mount Everest Base Camp, and this year, she's tackled Kokoda. Allie's story is a powerful reminder of the resilience, strength, and growth that can come with the right support and community.

We are so proud of Allie and each of our trekkers, who gave ten days of their lives to walk in the footsteps of history while helping pave a stronger path forward for others.

Thank you to everyone involved—you are all true champions of mental health.

Momentum also needs your help because we are at risk of losing vital funding that supports our mental health and wellbeing services – and we need your help. We're calling on our members and community to spread the word and let the Federal Government know just how devastating these cuts would be. Your voice matters. More details are inside this edition.

With gratitude,

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



# We Need You!

Momentum Mental Health is at risk of collapse due to **\$600,000 in lost 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 **800 people**, delivers **7,000+ 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.**



## Don't Let Vital Services Disappear!

Scan the QR code and sign our online petition to save Momentum Mental Health



Online petition available at: <https://chng.it/Ddv8S9QwX2>

## National Disability Insurance Scheme (NDIS) Price changes



The NDIS has recently released a new [Price Guide](#) that is to be implemented by providers from 1st July 2025. The changes will affect Momentum's NDIS clients attending group sessions. The price has increased for:

- Group activities from \$22.52 to \$23.41.
- Capital costs will increase from \$2.53 to \$2.59.



# Spotlight on Our Amazing Trekker Allie!

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 **\$158,000**—a phenomenal achievement that will directly support Momentum's work in regional communities across Queensland. Among the brave group was our very own client **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.



# Do people tend to wear the colours that they are subconsciously feeling?

People's clothing choices do often reflect, even if only subconsciously, their current moods and emotional states. Here's how it tends to work:

## 1. Mood–Clothing Congruence

Mood-congruence theory suggests that we prefer stimuli that match our internal state. If you're feeling calm or down-to-earth, you might gravitate toward blues, greens, or earthy neutrals; if you're feeling energised or extroverted, you might choose reds, oranges, or bright patterns.

This alignment happens both consciously ("I feel cheerful, so I'll wear yellow") and unconsciously ("I didn't think about it, but I'm in a playful mood, so I ended up in florals").

## 2. Research Findings

**Seasonal affective patterns:** Some studies have found that in winter — when people often feel lower in mood — they select darker hues (navy, charcoal, black), whereas in spring/summer, lighter and brighter colours prevail.

**Daily mood trackers:** Small-scale surveys have shown participants reporting higher happiness on days when they wear brighter or more saturated colours, though causality can run either way (bright clothes → better mood, or better mood → bright clothes).

## 3. Other Influencing Factors

While mood plays a role, it's intertwined with:

- **Context & social norms:** Workplace dress codes or cultural expectations may override personal mood (e.g., uniforms, formal events).
- **Personal style & identity:** Long-standing style preferences can be so ingrained they feel automatic rather than mood-driven.
- **Practicality & season:** Weather, practicality (stains/hiding wear), and availability in your wardrobe also guide choices.

## 4. Practical Implications

**Self-awareness:** Noticing your colour choices can help you track your moods over time ("I wore all grey this week — maybe I need a pick-me-up").

**Mood enhancement:** Deliberately choosing uplifting colours (e.g., bright pink or yellow) on tough days can create a feedback loop, boosting mood through visual stimulation.

## Bottom Line:

Yes — people do, to a significant extent, wear colours that mirror their subconscious feelings. But this tendency is moderated by practicality, social context, and ingrained personal style, so it's only one of several factors shaping what ends up in your wardrobe each morning.

Check out Dave's action figure of himself!  
A great likeness and the colour look fabulous!!





# HAACK Your Wellbeing – Free Sessions !

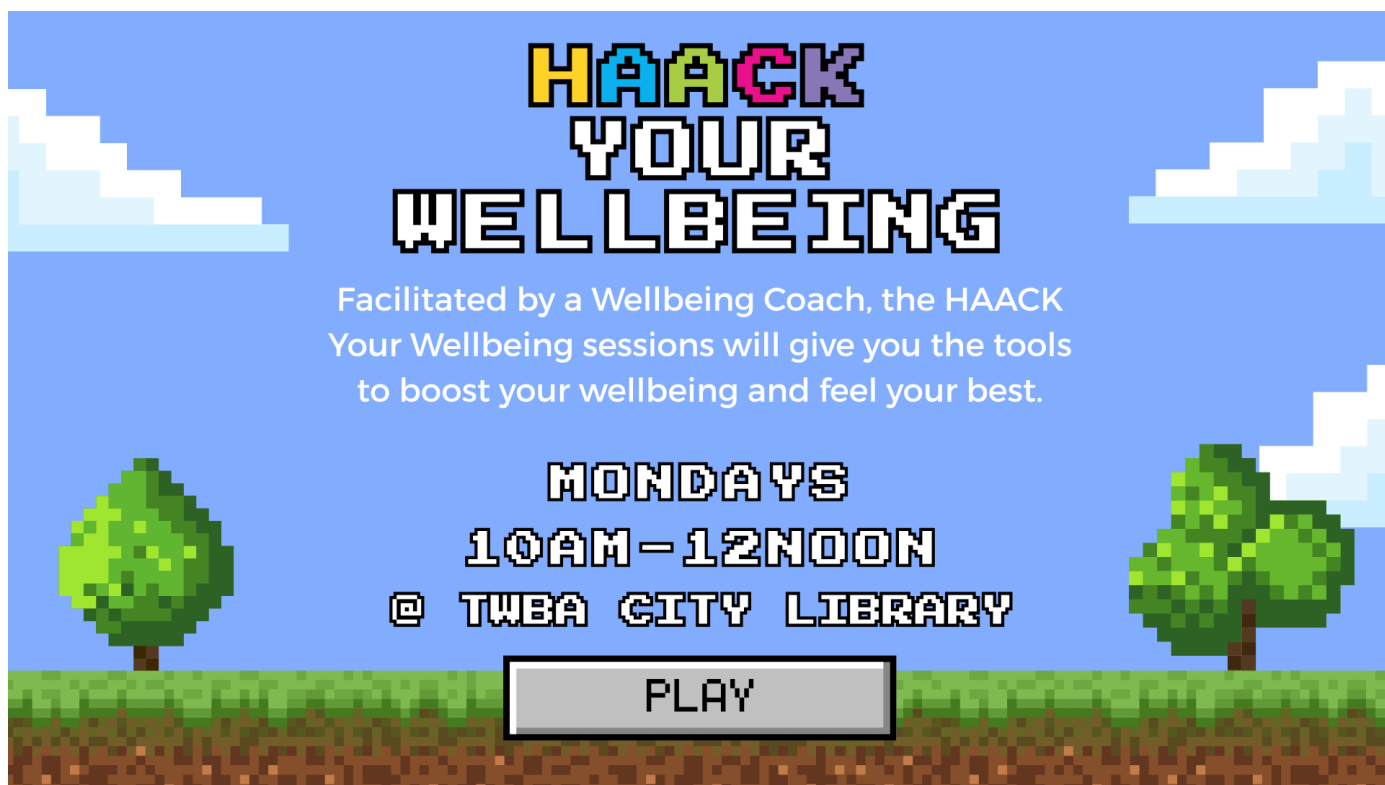
Momentum Mental Health is excited to offer **free “HAACK Your Wellbeing” sessions** designed to boost mental, physical, and social wellbeing in our community. Based on the internationally recognised **5 Ways to Wellbeing**, HAACK is an easy-to-remember acronym that stands for:

- **H**elp others
- Be **A**ctive
- Be **A**ware
- **C**onnect
- **K**eeP learning

These interactive, practical sessions are open to all and explore how simple, everyday actions can improve mood, build resilience, and create stronger, more connected communities. Whether it's through mindful awareness, meaningful connection, movement, volunteering, or personal growth, each HAACK session offers tools people can use right away.

With no cost to attend, these sessions reflect Momentum’s ongoing commitment to preventative mental health care and community wellbeing. For more information visit [momentummentalhealth.com.au](https://momentummentalhealth.com.au).

Let’s HAACK our wellbeing—together!












## “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
 <b>7</b> 10am - 12pm HAACK Your Wellbeing <i>Dysregulation and Regulation</i> @ LIBRARY 1pm - 3pm Art Therapy	9:30am - 11:30am Journaling & Storytelling 1:30pm - 3:30pm Art Therapy <b>8</b> 9:30am - 11:30am Journaling & Storytelling 1:30pm - 3:30pm Art Therapy	 <b>1</b> Gambling & Finance Session 1pm - 2pm Financial Counselling & Budgeting Session @ Momentum 1pm - 4pm Dungeons & Dragons @ LIBRARY 2pm - 4pm Coffee & BYO Crafts Angel/Earring Making (RSVP) <b>2</b> 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	<b>3</b> 1pm- 1:45pm Tai Chi 2pm - 3:30pm Trivia!	
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 <b>14</b>	9:30am - 11:30am Journaling & Storytelling 12pm - 2pm Good Shepherd 1:30pm - 3:30pm Art Therapy  <b>15</b> 9:30am - 11:30am Journaling & Storytelling 12pm - 2pm Good Shepherd 1:30pm - 3:30pm Art Therapy	 <b>16</b> Gambling & Finance Session 1pm - 2pm Financial Counselling & Budgeting Session @ Momentum 1pm - 4pm Dungeons & Dragons @ LIBRARY 2pm - 4pm Coffee & BYO Crafts Necklace Making (RSVP)	9:30am - 11:30am Art Therapy Basics 1:30pm - 3:30pm Journaling & Storytelling Basics <b>17</b> Employment Opportunities Session  11am - 12pm Vanguard Laundry 1pm - 1:45pm Tai Chi 2pm - 3pm Coffee @ <b>18</b>	
10am - 12pm HAACK Your Wellbeing <i>Thriving</i> @ LIBRARY 1pm - 3pm Art Therapy <b>21</b>	9:30am - 11:30am Journaling & Storytelling 1:30pm - 3:30pm Art Therapy <b>22</b>	10am - 12:30pm Baking 1pm - 3pm Basic Macrame <b>23</b>	9:30am - 11:30am Art Therapy Basics 1:30pm - 3:30pm Journaling & Storytelling Basics <b>24</b> 1pm- 1:45pm Tai Chi 2pm - 3pm Coffee @ <b>25</b>	
10am - 12pm HAACK Your Wellbeing <i>Anger - Why we do it &amp; 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 <b>28</b>	 9am - 12pm ADA Link  9:30am - 11:30am Journaling & Storytelling 1:30pm - 3:30pm Art Therapy <b>29</b>	 <b>30</b> Gambling & Finance Session 1pm - 2pm Financial Counselling & Budgeting Session @ Momentum 1pm - 4pm Dungeons & Dragons @ LIBRARY 2pm - 4pm Coffee & BYO Crafts Card Making (RSVP)	9:30am - 11:30am Art Therapy Basics 1:30pm - 3:30pm Journaling & Storytelling Basics <b>31</b> 	

# 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/>





**FEBR**



**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

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WWW.MOMENTUMMENTALHEALTH.COM.AU



# 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/>

## Put the Past Down

It is best to put the past down.

If not you will always frown.

Looking backwards doesn't help yourself.

Box things up and store them on a shelf.

It is not that you forget the past.

It just makes it manageable so you last.

Learning from the past is great.

So long as you don't ruminate.

Spiraling down hurts everyone.

It is so very important to look after number one.

That way you can get the most out of life.

You can also avoid a lot of strife.

You can turn that frown upside down.

It is best to put the past down.

*A poem by  
Jason Hateley*

## 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

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MENTAL HEALTH

