



50 Years of Care

As 2024 draws to a close and the festive season begins, we also conclude CatholicCare's 50th Anniversary celebrations. This is a perfect time to reflect on our journey and 50 years of care for our community.

Back in 1974, we started as The Christian Family Centre. It was a modest beginning with a heartfelt mission: to provide practical support to those in need and help families and communities thrive. That first name reflected our focus on family wellbeing and the strong sense of social connection we hoped to foster.

By the 1980s, as the needs of our communities evolved, so did we. **Our name changed to Centacare,** marking a new chapter of growth and a broader reach. Centacare became synonymous with **care and support**, offering services with compassion and dignity to people from all walks of life.

Then, **in 2022,** we took the next step in our journey by becoming **CatholicCare Central Queensland.** This change wasn't just about modernisation; it was about reaffirming our Catholic identity while highlighting our inclusivity and dedication to serving everyone in our communities.

These name changes tell **a story of growth and adaptability**, but through it all, one thing has remained constant: our commitment to offering hope, dignity, and support to those who need it most.

Our real **strength lies not in our name** but in the people who bring our mission to life—our dedicated staff,

volunteers, and supporters like you. You have been the heart and soul of CatholicCare, ensuring we remain a place of care and connection for so many.

At CatholicCare, we live by three simple yet powerful values: **Create Connection, Be Kind, and Work Together.** These values aren't just words on paper for us – they're the core principles that guide everything we do. They remind us to **build trust, treat everyone with dignity,** and **collaborate with others** to make a real difference in people's lives.

Looking to the future, we're more determined than ever to build a stronger, more inclusive community for everyone. Our **incorporation** this year was another important step forward, giving us a **strengthened foundation** to meet changing needs and continue this vital work for decades to come.

As we close our 50th year, I want to thank each of you for being part of this journey. Whether you've trusted us with providing your care, shared your prayers, or supported us in other ways, you've played a crucial role in shaping who we are today.

Together, we've built a legacy of compassion and care that will continue to inspire and serve for generations to come.

Here's to the next 50 years. Wishing you all a joyful and peaceful Christmas filled with love, connection, and cheer.

Best wishes from



Robert Sims

CatholicCare Chief Executive Officer



Wheelie Good Vibes

Isaiah, one of our wonderful Support Workers, helps June stay safe and active during outings with her new wheelie walker.

But it's not always easy for Isaiah's ankles!

"I'm not very good at it yet, but it's the best thing I ever got," says June.

"You've had it since the start of the year, and you've only run over my ankles twice," laughs Isaiah.

Isaiah also helps June with things like paying bills and finding the perfect birthday card, making sure she can enjoy her community safely.

It's these simple yet personal experiences that make our services and our team something special.

If you're looking for personalised support and connection like June and Isaiah, get in touch with us today by calling **1300 523 985** or by visiting **www.catholiccarecq.com**



Helping families be back-to-school ready

Rockhampton | Bundaberg | Mackay
Gladstone | Childers | Gin Gin | Mount Morgan
Gracemere | Yeppoon



Find us on Facebook at
www.facebook.com/schoolsavvyqc


**school
savvy**
by CatholicCare
CENTRAL QUEENSLAND
**POP-UP
SHOPS
2025**

Have a HEART SMART Christmas

The festive season is here, bringing with it the joy of carols, gatherings, and delicious Christmas feasts.

As we dive into the warmth and merriment of the holidays, let's not forget to take care of our hearts – both literally and figuratively! This Christmas, make your celebrations not just merry, but heart-healthy too, *with these six great tips...*



Savour the Season: Portion Control with a Twist

Holiday feasts are a time-honoured tradition, but it's all about balance. Instead of piling up your plate, take a moment to savour smaller portions of festive delights. Fill your plate with a colourful mix of fruits, veggies, and lean proteins. For a heart-smart twist, add foods like nuts, berries, and omega-3-rich fatty fish to your menu – they're as delicious as they are nutritious.



Raise a Glass (Responsibly): Toast to Moderation

A holiday toast with wine or a festive cocktail is a lovely tradition, but moderation is the magic word. Excessive alcohol can put strain on your heart, so sip mindfully and stay hydrated by alternating drinks with water. Enjoy every moment of the festivities while keeping your heart's well-being in check.



Dance, Stroll, and Stay Active

This season, why not move to the rhythm of the holidays? Whether it's a walk after dinner or dancing to your favorite Christmas tunes, staying active helps your heart and keeps stress at bay. Plus, it's a joyful way to bring everyone together!



The Gift of Sleep: Rest for Your Heart

Late-night celebrations are part of the holiday fun, but don't skimp on rest. Sleep is one of the greatest gifts you can give yourself – aim for 7–9 hours a night to wake up refreshed and ready to enjoy the day. Your heart will thank you!



Cherish Connections: The Heart of the Holidays

Christmas is all about togetherness! Spend quality time with others, share meaningful conversations, and laugh freely. Strong social bonds do wonders for your heart health, so make time for people.



Listen to Your Heart: Prioritise Your Wellbeing

Amid the joy and celebrations, pay attention to your body. If you notice symptoms like chest pain or shortness of breath, don't brush them off. Your heart health is always a priority, so seek medical advice promptly if needed.

By embracing these simple tips, we can ensure the holidays are not only festive but also a time to nurture our wellbeing! **This Christmas, let's celebrate with a heart that's full of joy and good health!**

Adapted from: auscardio.com.au



RECIPE

Candy Cane Crush Christmas Cookies

Get into the Christmas spirit and *finally* find a use for all those broken candy canes you can't hang on the tree!

Ingredients...

- 250g butter, softened
- 3/4 cup (165g) caster sugar
- 3/4 cup (165g) brown sugar
- 1 tsp peppermint essence
- 1 free range egg
- 2 cups (300g) plain flour
- 1/4 cup (25g) cocoa powder
- 1 tsp bicarbonate of soda
- 250g dark choc chips
- 375g white chocolate melts
- 3 peppermint candy canes, crushed

Source: taste.com.au

Just five simple steps:

1. Preheat oven to 180°C. Line two baking trays with baking paper. Use an electric mixer to beat the butter, caster sugar, brown sugar, peppermint essence and egg in a bowl until light and fluffy.
2. Add flour, cocoa powder and bicarbonate of soda in two batches, stirring after each addition. Stir in choc chips. Roll tablespoonfuls of the dough into balls.
3. Place half the balls on lined trays, 5cm apart. Bake for 12 mins or until just firm. Set aside on trays to cool. Repeat with the remaining cookie dough balls.
4. Place white chocolate in a medium heatproof bowl over a saucepan of simmering water (make sure the bowl doesn't touch the water). Stir until the chocolate melts and is smooth.
5. Line a baking tray with baking paper. Dip one-half of each cookie in the chocolate and transfer to the lined baking tray. Sprinkle with the crushed candy canes. Set the cookies aside for 20 mins or until set.



WONDERWORD

Visiting Santa's Wordshop

This Christmas, why not take Elf off the shelf and enjoy a festive classic while solving this Elf inspired Wonderword!

FAKE SANTA
WORK
MICHEAL
NEW YORK
ICE BERGS

BUDDY
ADVENTURE
WALTER
MILES
SNOWMAN

JOVIE
TOY MAKING
EMILY
MISSION
FORGIVING

KINDNESS
NORTH POLE

W	M	D	E	K	W	A	L	T	E	R	E	R	O
G	N	I	V	I	G	R	O	F	E	R	S	L	N
E	L	S	A	D	T	E	M	K	I	F	N	A	N
Y	O	G	T	S	N	N	I	H	V	A	O	G	Y
E	E	R	F	I	O	H	C	G	O	K	W	N	Y
A	K	E	L	B	I	U	H	K	J	E	M	I	M
D	I	B	W	U	S	N	E	W	N	S	A	K	I
V	N	E	M	D	S	K	A	P	E	A	N	A	L
E	D	C	S	D	I	N	L	Y	W	N	E	M	E
N	N	I	S	Y	M	O	A	W	Y	T	B	Y	S
T	E	M	I	L	Y	W	E	O	O	A	T	O	W
U	S	A	I	Y	U	N	N	R	R	A	S	T	A
R	S	O	O	O	E	F	L	K	K	L	K	S	A
E	O	R	A	A	E	L	O	P	H	T	R	O	N



Need a hint or looking for the solution?

Scan the QR code or visit:

www.catholiccarecq.com/wonderword

Wonderword Source: thewordsearch.com | Background Image: wallpapers.com