



December 2025

M E R R Y

Christmas

from everyone at **CatholicCare**

As we come to the end of 2025, I want to extend my sincere thanks to everyone across Central Queensland who has been part of CatholicCare's story this year.

Whether you connected with us for support, partnered with us through your workplace or parish, volunteered your time, or helped a neighbour who needed a hand, thank you. You continue to show us what genuine community looks like.

Across our regions, we've seen countless moments that remind us why our work matters. Moments of reassurance for someone navigating a difficult day. Moments of relief for families juggling pressures at home. Moments of connection for people who simply needed to feel seen and valued. These everyday interactions are at the heart of CatholicCare, and they are only possible because of the trust you place in us.

This year also brought its share of challenges for many individuals and families. Cost-of-living pressures, health concerns, isolation, and increasing care needs continue to affect people right across CQ. Through it all, our team members have remained committed to providing compassionate, practical support in the places it's needed most.

From aged care and disability services to counselling, family support, social groups, and community programs, our focus has been on walking alongside people with respect, dignity, and hope.

Looking ahead to 2026, our commitment remains the same. We will continue strengthening the services people rely on, deepening our partnerships with local organisations, and finding better ways to support wellbeing in every community we serve. Most of all, we will keep showing up with kindness, with integrity, and with a belief in the dignity of every person.

To our clients, volunteers, supporters, and the wider CQ community, thank you for your trust this year.

From all of us at CatholicCare, I wish you a peaceful Christmas and a hopeful New Year. And as always, if you or someone you know needs support over the holidays, we are here.



Best wishes

Robert Sims

CatholicCare Chief Executive Officer

Cut the **COST** & not the **joy** this Christmas

As the festive season fast approaches, now is the perfect time to start thinking about how you intend to spend it – *literally*.

Christmas can be an expensive time of year and it can be easy to slip into overspending. *But, it doesn't have to be!* Here we have some suggestions that will help to keep the Christmas spirit alive *without* breaking the budget!



Set a budget & track your spending:

If your goal is to curb your Christmas spending, make a budget, and stick to it.

Make sure you account for **ALL** of the expenses that you anticipate to have, including everything you **NEED** to pay for. Monitor your Christmas spending against your budget to make sure that you stay on target and don't overstretch yourself.

It's very easy to get carried away!



Set a per person spending limit:

Working within the budget you have created, set a spending limit to apply to all of the people you choose to buy gifts for.

Remember; it's the thought that counts, not the price tag.

Gifts don't need to be expensive to be appreciated, and more often than not, the simple act of gift giving is what brings people the most joy.



Don't buy... make presents instead:

Are you a whiz in the kitchen? Put your culinary skills to work and cook up a storm. Bake cookies, make jams, chocolates, fudge or any other edible delights that can be packaged and will keep well.

Aspiring artist? Create and gift one of your own masterpieces. Perhaps a scrapbook of moments from the year, or a beautiful handmade quilt, the options here are endless and may be a great way to keep your spending down.



Buy gifts for the children only:

When families and friendship groups continue to grow, so too can the Christmas spending. It is easy for things to become expensive, **VERY** quickly.

By deciding to buy gifts only for the children in your life, you can potentially reduce your spending while keeping a little of that Christmas gift giving magic alive. For some people, there is also a little extra magic in watching the kids unwrap their gifts!



Shop online:

Shopping online brings the benefit of being able to compare prices across different shops more easily. You can take advantage of special online offers and even avoid the stress of navigating the large Christmas crowds.

Just remember to keep the postage costs in mind!

The perfect present doesn't necessarily have to be new, either. Facebook Marketplace or eBay can be great places to find wonderful secondhand gifts that people will love!



Spend time, not money:

Above all else, Christmas is a time for appreciating your loved ones and hopefully, being able to spend some time with them. Perhaps you prefer to focus on **being** present, rather than **giving** presents. That is perfectly fine too.



CatholicCare's Counselling and Psychology service offers confidential, professional care to help you navigate life's challenges, big or small.

Our qualified team takes time to listen, understand, and share practical strategies tailored to your needs. Support is available for individuals, couples, families, and children, so you can feel more in control and better equipped to cope.

CatholicCare welcomes everyone in our community. We proudly care for, employ, and engage with people from all walks of life, regardless of religion, culture, age, or background.

Our services are local and practical, with counsellors available for in-person appointments across Central Queensland, **including** Rockhampton, Mackay, Bundaberg, Gladstone and Yeppoon.

Booking is easy online, or you can speak with our friendly team on 1300 523 985

Find out more at: www.catholiccarecq.com/counselling

People come to us for many reasons that affect daily life.

These can include:

- Stress and anxiety
- Grief and loss
- Trauma
- Relationship changes
- Parenting challenges
- Family challenges

Whatever you are facing, we work at your pace, focus on your strengths, and help you take the next step toward feeling better.

Book Online



Changes to aged care are here... but so is CatholicCare...



Start your journey with CatholicCare today.



www.catholiccarecq.com/supportathome



CRAFTS

New Year's Eve Spectacular Spectacles

Be New Year's Eve party ready with these sparkly spectacular spectacles!

You will need...

Gold + silver tinsel pipe cleaners
Standard pipe cleaners
Hot glue gun
Scissors

Source: bakerross.co.uk

Just six easy steps...

1. Twist together two sets of tinsel and black pipe cleaners, then join the ends to make one long, stripey pipe cleaner.
2. Begin shaping the sides of the glasses by bending the corners over to form the ear pieces. Create the lens section by curving the pipe cleaner into two bowl-like shapes, leaving a bridge in the middle.
3. Twist another black and tinsel pipe cleaner together. Attach it to one side of the lenses by folding it over.
4. Wrap this pipe cleaner around the bridge of the glasses twice, then secure it by folding over the other end of the lenses.
5. Form the numbers using another tinsel pipe cleaner, trimming away any excess.
6. Use hot glue to attach the numbers to the top of the glasses to finish!



WONDERWORD

Festive Words

Ho Ho let's go! Can you find all the Christmas words in this puzzle before New Years?!

CANDY CANES GINGERBREAD CHRISTMAS NATIVITY
TREE SNOWFLAKE MERRY SANTA CLAUS
JOLLY CRACKERS FRIENDS FAMILY
JACK FROST MANGER DECORATIONS ANGEL

Bonus Cryptic Word: You'll find them under the tree, but only if you've been good boys and girls. (Five letters)



Need a hint or looking for the solution?
Scan the QR code or visit:
www.catholiccarecq.com/wonderword

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

Wonderword Source: thewordsearch.com