CatholicCare chat MONTHLY
December 2026

Christmas SORTED!

Christmas is almost here! With shops, pharmacies and other services operating on different schedules, a little preparation can help you enjoy the holidays without any last-minute surprises.

✅ Stock the pantry, not just the stockings!

Christmas Day is a closed trading day for major retailers in Queensland, and some businesses may have reduced hours across the holiday period.

Before the festive rush, check your supplies of everyday essentials. Think beyond Christmas lunch and make sure you have enough food for the days that follow. Pantry staples, long-life milk and a couple of easy meals in the freezer can be especially handy. And don't forget the everyday necessities, like toilet paper, toiletries and pet food!

✅ A healthy dose of preparation

Running out of regular medication over Christmas is one surprise nobody wants.

Check your prescriptions and medication supplies well before the holidays. It's also worth checking when your usual pharmacy and medical centre will be open. Having their holiday contact details handy can save some unnecessary worry if you need advice or assistance.

✅ Check what's open and what's not

It's not just the shops that may have different hours. Medical appointments, transport, home deliveries and other regular services may operate differently during the festive period.

Take a moment to check any arrangements you rely on, particularly between Christmas and New Year.

✅ Be ready for a Queensland Christmas

December falls within our storm season, so it's worth having a few essentials on hand in case the weather interrupts your plans. Drinking water, non-perishable food, a torch, batteries and a charged mobile phone or power bank are all useful things to have ready.

✅ A little connection goes a long way

Whether you're expecting a house full of visitors or enjoying a quieter Christmas, staying connected is another part of being prepared.

It's worth having the contact details of family, friends or neighbours close by, just in case you need a helping hand.

✅ Now, enjoy Christmas!

Getting organised isn't about expecting things to go wrong. It's about giving yourself fewer things to worry about.

Your Christmas Checklist

- ☐ Check pantry, fridge & freezer essentials
- ☐ Organise prescriptions & medications
- ☐ Confirm holiday opening hours & services
- ☐ Stock up on summer & storm essentials
- ☐ Plan a catch-up with family or friends



Sources: Queensland Government, Queensland Health, Get Ready Queensland

MERRY CHRISTMAS

From CatholicCare
CENTRAL QUEENSLAND

As another year draws to a close, Christmas offers us an opportunity to reflect on the moments, connections and experiences that have shaped the past twelve months.

For many of us, this time of year brings opportunities to reconnect with family and friends, enjoy familiar traditions and take a well-earned break. It is also a time to appreciate the people who make a difference in our lives, often through the smallest acts of kindness.

Throughout 2026, I have been continually reminded of the strength of our CatholicCare community. Every day, our teams work alongside individuals and families, offering practical assistance, encouragement and genuine care. Whether helping someone maintain their independence, supporting a family through a challenging time or simply being there when someone needs a friendly face, these everyday moments can have a lasting impact.

To everyone who has welcomed CatholicCare into their lives this year, thank you. Your trust means a great deal to us, and it is a privilege to be part of your journey.

I would also like to acknowledge our dedicated staff and volunteers, whose compassion, professionalism and commitment help bring our values to life. Many will continue supporting people throughout the festive period, and I am especially grateful for their efforts during this busy time of year.

While Christmas can be a joyful occasion, we also recognise that it can bring challenges or feelings of loneliness for some. A friendly conversation, a thoughtful gesture or taking the time to check in on someone can mean more than we realise. These small moments of connection remind us that kindness is one of the greatest gifts we can share.

As we look ahead to 2027, CatholicCare remains committed to walking alongside our communities, supporting people to live with dignity, independence and a sense of belonging.

On behalf of everyone at CatholicCare, I wish you and your loved ones a safe, peaceful and happy Christmas, and all the very best for the New Year.



Robert Sims
CatholicCare Chief Executive Officer



Staff in FOCUS

Robyn – Support Worker

Support Workers make a meaningful difference every day, bringing kindness, compassion and genuine connection to help people. This month, we're shining the spotlight on Robyn.

Q. Tell us about your job at CatholicCare.
My role as a Support Worker is to encourage clients and help them with day-to-day challenges, which includes assisting with everyday living, domestic assistance tasks, and supporting clients while accessing the community, communicating effectively, and to assist them with independent living confidently and comfortably in their own homes.

Q. How long have you been working at CatholicCare, and what inspired you to join the organisation?
I have been at CatholicCare for eight years. I have a caring and friendly personality. I enjoy helping people, and opportunities to meet new people and to become more confident while doing a job I enjoy.

Q. What aspects of your job do you find the most rewarding?
The most rewarding aspect is seeing clients achieve their goals and seeing them socialising and being positive within the community.

Q. Outside of work, what hobbies, activities or interests do you have?
I enjoy going for walks, swimming, gardening, shopping, spending time with my family and grandkids, going to bingo, coffee with friends, having a chat, and listening to music.

Q. Are there any special places you like to visit or travel to? If so, what makes them special to you?
I am looking forward to visiting a place where there is snow. I'm not a fan of the cold weather, but seeing it in person and being able to feel/touch it would be a great experience.

Q. Are you currently reading, watching, or listening to anything that you would recommend to others?
I am not much of reader, but I do enjoy a good thriller or action movie.

Q. What are some interesting facts about you or your life that you are comfortable to share?
I was born at the Lady Goodwin Hospital. I grew up with four brothers and was the eldest sibling. I was a bit of a tomboy growing up and would venture up the highest trees and keep climbing 'til I reached the top. At present, I'm not a big fan of heights.

Q. Can you share an example of a time when you witnessed the positive influence of CatholicCare services and/or staff on someone's life?
During a service, a client had an incident and needed help and support. Being in the right place at the right time, an ambulance was called and the client was given the medical assistance needed, with their family by their side.

To find out more about our home care services visit: **www.catholiccarecq.com/homecare**

RECIPE

Festive Pav

Can't decide between the pavlova or fruit mince pies? You don't have to with this festive dessert fusion!

Ingredients...

4 mandarins or clementines, peeled, pith removed and cut into thin rounds crosswise
25g shelled pistachios, chopped
25g dark chocolate, grated
small handful of mint leaves
1 orange, zested
4 egg whites
275g caster sugar
1 tsp vanilla extract
2 tsp cornflour
1 tsp white wine vinegar
400ml thickened cream
2 tbsp icing sugar plus extra to serve
2 tbsp rum or brandy
6 tbsp vegetarian mincemeat

Source: bbcgoodfood.com

1. Preheat the oven to 120°C fan-forced or 140°C conventional. For the meringue, whisk the egg whites to stiff peaks in the bowl of a stand mixer fitted with the whisk attachment. With the motor running at a medium-high speed, add the sugar, 1 tbsp at a time, making sure it's well combined and stiff again before adding more. Whisk until all the sugar has been incorporated and the meringue looks stiff, glossy and holds tall peaks when the beaters are lifted. Briefly whisk in the vanilla, cornflour and vinegar.
2. Spoon the meringue onto a baking sheet lined with baking paper, and smooth out into a roughly 21cm circle that's about 4-5cm deep.
3. Bake for 1 hr 30 mins, then turn off the oven and leave the meringue inside with the oven door closed to dry out and cool completely, about 2 hrs.
4. For the cream, whip the cream, sugar and rum or brandy together until just starting to thicken. Fold in the mincemeat gently to create a marble effect, then spoon over the cooled meringue.
5. Top with the mandarin slices, chopped pistachios, grated chocolate, mint leaves and orange zest. Dust with a little icing sugar to finish.

WONDERWORD

Christmas Words

Have a holly-jolly time finding these Christmas words!

PRESENTS
MANGER
JOLLY
GRINCH
NATIVITY
JACK FROST
JINGLE BELLS
TREE
SNOWFLAKE
GIFTS
SANTA CLAUS
CRACKERS
FRIENDS
MERRY CHRISTMAS
SCROOGE
ANGEL
FAMILY
CANDY CANES

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

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