

July 2026

Small Supports, BIG Difference

Staying independent does not always mean doing everything on your own. Sometimes, it is the small supports around us that make daily life feel easier, safer and more enjoyable.

A little help with the everyday things can make a big difference. It might be support to get to an appointment, help around the home, personal care, nursing support, a lift to the shops, or joining a social activity with friendly faces.

Support can look different for everyone. For you, it may help keep routines on track, make it easier to stay connected, manage your health needs, or keep doing the things you enjoy.

The right support should feel like it fits your life, not takes over your life.

Small supports that can help



Help at home

A little help with cleaning, laundry, meals or home tasks can make your daily routines easier to manage.



Getting where you need to go

Transport support can help you with appointments, shopping, social outings and other important trips.



Staying connected

Social groups and activities can help you build friendships, confidence and routine.



Support for your health

Nursing and personal care can help you feel safer and more supported at home.



Keeping things manageable

Yard and home maintenance support can help you keep your home safer and more comfortable.



How CatholicCare can help

CatholicCare Central Queensland provides a range of support services to help you live well, stay independent and remain connected to your community.

Our team can talk with you about your needs, explain what support may be available, and help you find options that suit your situation.

Whether you need a little help now, or your needs have changed over time, CatholicCare is here to help you take the next step.

Visit www.catholiccarecq.com

Find us on

Time for a Check-In

Life moves quickly. Between family, appointments, work, caring roles, home life and everyday routines, it can be easy to keep going without taking a moment to pause.

July marks the halfway point of the year, which makes it a good time to check in with yourself, your family, or someone you care about.

A check-in does not need to focus on what is wrong. It can simply be a chance to notice what is working well, what has changed, and what might make life feel a little easier, more connected or more supported.

It might be a conversation over coffee, a quiet moment to reflect, or a chance to ask, “What would help right now?”

Support for different seasons of life

Everyone needs support at different times and in different ways. For one person, it may be counselling or help with a family conversation. For another, it may be parenting support, mediation, help at home, transport, social connection, NDIS support, or aged care services.

Gentle questions to ask...



What is going well?

Start with the good things. What routines, people, activities or supports are helping at the moment?



Who have I connected with lately?

A phone call, visit, group activity or friendly chat can make a big difference to how supported we feel.



What would make home life easier?

Sometimes small changes or extra support can help daily routines feel more manageable.



Are there conversations worth making time for?

Families often have important things to talk about, from parenting and relationships to care needs, ageing parents and future plans.



Do I know what support is available?

Knowing where to start can make it easier to ask questions, explore options and feel more confident about the next step.



What is one small thing that could help?

Support does not always need to be big. One small step can help create more breathing room.

CatholicCare offers a wide range of services for individuals, couples, families, older people, carers and people living with disability.

If you are unsure where to start, CatholicCare can help you talk through your situation, understand what support may be available, and find the option that best suits your needs.

A simple check-in can be a positive first step toward feeling more connected, confident and supported.

For service details and availability in your area
visit: www.catholiccarecq.com
or call 1300 523 985



The CEO's Corner

Across our services, we continue to look for better ways to support you, your families and your carers with services that are practical, respectful and responsive.

In disability services, we are keeping a close eye on upcoming NDIS reforms and what they may mean for you. As these changes take shape, our focus remains on being prepared, informed and ready to support you through the next steps.

Change is not new to CatholicCare. Our programs and services continue to evolve, but our purpose remains steady. We are here to create connection, show kindness and work together with the people and communities we serve. Whether through aged care, disability support, counselling or family support our work is about walking alongside you in ways that make everyday life feel more supported.

As we move through the second half of the year, CatholicCare remains ready to listen, learn and respond with care.

Until next time,

Robert Sims

CatholicCare Chief Executive Officer

New Email

Subject **Invoices & Statements Via Email**

We've listened to your feedback that you would like the option to receive statements more regularly and conveniently.

Over the next 12 months, we'll be encouraging everyone to provide an email address so invoices and statements can be sent directly to your inbox. This will help us deliver information faster and more regularly.

If you would prefer to continue receiving postal invoices and statements, this option will still be available. A small charge may apply in the future to help cover increasing postage and printing costs. Any additional charges will be communicated before this happens.

If you would like to start receiving your statements electronically now, please email:

remittance@catholiccarecq.com
to confirm your details and make the switch.

Send



CatholicCare: Pillars of Care

CatholicCare offers support that's local, personal, and built around you.



Aged Care



Disability Care



Family & Relationship



Wellness & Personal



For service details and availability in your area visit: www.catholiccarecq.com



RECIPE

Leek & Potato Soup

This soup is warm, hearty and perfect for a cosy meal. It is also a great way to use those potatoes before they start giving you the side-eye from the pantry.

Ingredients...

35g unsalted butter
2 leeks sliced
1 onion medium finely chopped
2 garlic cloves crushed
600g potatoes peeled chopped
3 cups chicken stock (liquid)
375ml light & creamy evaporated milk
1 pinch salt and pepper to taste

Source: bestrecipes.com.au

Just six easy steps:

1. Melt the butter and sauté leeks, onion and garlic for 5-10 minutes.
2. Add potatoes and cook for an extra 5 minutes.
3. Add stock and simmer uncovered until potatoes are tender.
4. Puree mixture.
5. Return to heat and add evaporated milk, salt and pepper.
6. Bring to the boil and then serve and enjoy!



WONDERWORD

Metals

A solid shiny metallic puzzle this month, no silver medals for second place... only gold for those who find them all!

COPPER	TITANIUM	LEAD	NICKEL
MAGNESIUM	ZINC	IRON	SILVER
COBALT	CADMIUM	MANGANESE	GOLD
IRIDIUM	LITHIUM	MERCURY	
PLATINUM	TUNGSTEN		



Need a hint or looking for the solution?

Scan the QR code or visit:

www.catholiccarecq.com/wonderword

Wonderword Source: thewordsearch.com

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

CatholicCare **Compliments, Complaints**
CENTRAL QUEENSLAND **& Suggestions** *We hear you...*

Visit: www.catholiccarecq.com/feedback

Email: admin@catholiccarecq.com

Call: 1300 523 985

Need to make a disclosure?

We have robust whistleblower protections in place.

Email: wbpo@catholiccarecq.com

You
matter