

Say
NO to
DV.

***Together, we can build
a safer Queensland***



May marks Domestic and Family Violence (DFV) Prevention Month — a time to reflect, raise awareness, and take meaningful action. This year's theme, 'Take positive action today to build a safer Queensland', reminds us that change begins with each of us.

At CatholicCare, we're committed to supporting individuals and families affected by DFV. Our services are available in Rockhampton, Yeppoon, Blackwater, Emerald and Longreach, and include:

- Healing and change programs for perpetrators
- Risk assessment and safety planning
- Counselling and child witness support
- Court support and advocacy

We understand that DFV can take many forms, including coercive control — a pattern of behaviours aimed at dominating and isolating someone. Recognising the forms and signs of DFV, is crucial.

This month, our team has many advocacy and awareness activities planned to mark DFV Prevention Month. In Emerald, we will be leading the March Against Violence and Candlelight Vigil. In Rockhampton, we will be hosting a community event at Kershaw Gardens sharing insights, information, and reinforcing our dedication to DFV education and prevention.

If you or someone you know is affected by DFV, support is available. Contact CatholicCare at (07) 4977 4107 or email referral@catholiccarecq.com.

For 24/7 assistance, reach out to DVConnect at 1800 811 811. In an emergency situation always call 000.

Together, let's take positive action today for a safer tomorrow.

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HEALING PLACE

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The CEO's Corner

In this edition of Chat, there is a key theme of strength — both the kind we build quietly within ourselves, and the kind that grows when we stand together.

Our feature piece on the five pillars of mental wellbeing is very helpful in today's busy world. These small, everyday actions are ones that each of us can take to feel more balanced and steadied. Whether it is sleep, movement, connection or simply doing something you enjoy, these habits can make a real difference to our days.

I'd also like to take a moment to personally acknowledge Domestic and Family Violence Prevention Month. As our cover story encourages, we can all take positive action today to create safer communities tomorrow.

I hope this issue offers you a sense of reassurance and reflection on the fact that you are never truly alone.

Until next time,

Robert Sims

CatholicCare Chief Executive Officer



Crossing the line...

Why Boundaries Matter

CatholicCare is always here to support you with compassion, respect and care. Maintaining professional boundaries helps us do this and is something we take very seriously. Professional boundaries are essential to building safe, trusted and respectful service environments.

What are Professional Boundaries?

Professional boundaries are the clear and respectful limits between a worker and a service recipient. These boundaries make sure that everyone knows what behaviour is acceptable and not acceptable, and make sure care stays professional without expectations becoming confused or inappropriate.

Professional boundaries are part of what makes support fair, consistent and focused solely on your needs.

What do Professional Boundaries Look Like?

You might not always notice them, but respect for professional boundaries is evident in small ways everyday. By not sharing their personal contact details, only visiting you during scheduled service hours, and not communicating with you through social media, our staff are keeping a professional distance and protecting the trust you place in CatholicCare and our values.

Here are a few specific everyday examples of professional boundaries in action:

- Our team members will not buy items from you - even small ones - to avoid unfair situations or conflicts.
- Staff will not invite you to their personal events or offer extra help outside their CatholicCare role (like mowing a lawn or visiting socially) to avoid favouritism, ethical issues and unrealistic expectations.
- Our workers do not accept friend requests or personal messages on social media, to protect privacy.

If you would like to know more or if you are concerned that professional boundaries have been crossed please call our friendly team on 1300 523 985.



What's Holding You Up Today?

Building strong foundations for an even stronger you...

Self-care is more than just bubble baths and quiet time — it's about building daily habits that help us feel steady, supported and well. Sometimes, it's the simple things that make the biggest difference.

One way to care for our mental wellbeing is by **checking in with the five core pillars** that support a healthy, balanced life.

These aren't complicated or expensive — they're small, everyday actions that help us stay grounded, especially during tough times:

- 1 Sleep** – Try to keep to a regular bedtime or wind down with a relaxing evening routine.
- 2 Nutrition** – Eat nourishing meals and drink plenty of water. Your brain and body both need fuel.
- 3 Movement** – Gentle movement matters. Go for a walk, stretch at your chair, or turn up your favourite music and have a dance.
- 4 Social Connection** – Call a friend, have a cuppa with someone you trust, or join a local group. Staying connected helps us feel less alone.
- 5 Have Fun** – Do something that brings you joy — read, garden, paint, fish, bushwalk or simply sit with music that lifts your mood.

Each of these pillars helps us cope with stress, manage emotions, and stay connected to the things and people that matter most.

So... which one could use a little extra care in your life right now?

If one of your five pillars is feeling a little shaky, consider CatholicCare your sixth pillar — we're here to support you when life feels a bit heavy.

Visit www.catholiccarecq.com or Call 1300 523 985 to book a counselling session online. *You don't have to face things alone.*

"Just like how without breath our physical body cannot survive, without focused self-care, our mental health cannot be sustained."

– Prabha, CatholicCare Counsellor



RECIPE



Rachael's... Beef Casserole

As the weather cools, warm yourself with this classic one pot stunner!

Ingredients...

1kg diced beef
2 medium carrots, diced
2 onions, roughly chopped
1 small, sweet potato, 3cm cubes
Small handful fresh thyme & rosemary
3 cloves garlic, sliced finely
1 heaped tablespoon gluten free plain flour
1 teaspoon paprika
½ teaspoon onion powder
½ teaspoon garlic powder
2 cups bone broth (homemade preferred)
1 tin chopped tomatoes
Salt and pepper

Just seven simple steps:

1. Preheat oven to 180°C.
2. Heat a large ovenproof pot on medium heat on the cook top with 2 tablespoons olive oil. Cook the carrots, onions, sweet potato, herbs, and garlic for 10 minutes (stirring occasionally).
3. Add beef and flour and mix through.
4. Add all spices, bone broth, tomatoes, salt, and pepper. Stir well and bring to a simmer.
5. Place in oven with lid on for 2.5 - 3 hours.
6. Remove lid for last 30 minutes of cooking.
7. Serve with creamy mashed potatoes.

CatholicCare offers individual consultations with our qualified nutritionist, Rachael, to help you improve your overall health and wellbeing.

Contact us today
to get started!



WONDERWORD

Types of cat...

Curl up with this purrrrrfect cat themed puzzle that will have you chasing your tail for answers!

OCICAT
MUNCHKIN
KORAT
LAPERM
MANX

BOMBAY
BOBTAIL
TOYGER
SIAMESE
MINSKIN

JAVANESE
SIBERIAN
SPHYNX
BENGAL
CYMRIC

PERSIAN
RAGDOLL
AEGEAN
USSURI

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



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

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