

# Brrrrr-ing on Winter

Winter in Central Queensland may not be freezing, but cooler mornings, chilly evenings and winter bugs can still take a toll. A few simple habits can help you stay warm, well and connected through the colder months, *because never leaving the firepit may sound nice, but just isn't practical!*



## Keep warm & comfortable

Dress in light layers so you can add or remove clothing as the temperature changes throughout the day. Warm socks, slippers, a cosy jumper and an extra blanket at night can all help. At home, try to keep out drafts, close curtains in the evening and let the sunshine in during the day.



## Keep moving

Staying active helps with circulation, stiffness and overall wellbeing. Even gentle movement can make a difference. A short walk, some stretching, light housework or simply getting up regularly during the day can help keep your body warm and your joints moving.



## Eat well & stay hydrated

Warm meals like soups, casseroles and porridge can be comforting in winter, but they also help keep your energy up. It is also important to keep drinking fluids, even when you do not feel as thirsty. Warm drinks, water and regular nutritious meals all help support your health.



## Look after your home & health

If you use a heater or electric blanket, make sure it is safe and working properly. Keep regular medications stocked up, and do not wait too long to get help if you start feeling unwell. Winter illnesses can worsen quickly, especially for older people or those with existing health conditions.



## Stay connected

Winter can sometimes feel a bit isolating, particularly when the weather makes it tempting to stay indoors. A phone call, a visit with family or friends, or joining a group activity can make a big difference. Staying connected supports both mental and physical wellbeing.



## Book your flu vaccination

An annual flu vaccine is recommended for everyone aged 6 months and over, and it is one of the best ways to reduce the risk of serious illness from influenza. All Queenslanders aged 6 months and older can get a free flu vaccination under the Queensland Free Flu Vaccination Program which runs from 1 March to 30 September 2026.

You can speak with your GP, pharmacist or health provider about where to get vaccinated and what is right for you. For most people, one flu shot each year is recommended.

Let's help each other stay warm,  
safe and well this winter.



# Are you caught in...

# The Scroll?

Ever found yourself picking up your phone for a quick look, only to realise 40 minutes later you are still scrolling through bad news, heated opinions, or content that leaves you feeling flat?

You are not alone. Doom scrolling and digital overload can quietly affect mood, stress levels, sleep, focus and overall wellbeing.

## ▼ Red flags

- ✱ Feeling tense, flat or overwhelmed after being online
- ✱ Struggling to switch off or put the phone down
- ✱ Checking your phone out of habit
- ✱ Being drawn back to negative content
- ✱ Feeling distracted or finding it hard to focus
- ✱ Sleeping poorly after late-night scrolling
- ✱ Comparing yourself to others online
- ✱ Carrying worry even after logging off

## ▲ Practical steps to help

- ✓ Set time limits on apps
- ✓ Turn off non-essential notifications
- ✓ Put your phone out of reach at meal & bedtime
- ✓ Take regular screen breaks throughout the day
- ✓ Swap some scrolling time for a walk, music, reading or a chat with a friend
- ✓ Spend more time outdoors and away from screens
- ✓ Unfollow accounts that leave you feeling worse
- ✓ Make room for content that feels more positive

Sometimes switching off is not as easy as it sounds. If constant scrolling, stress, worry or emotional overload are starting to affect your daily life, it may help to talk it through with someone outside your immediate circle.

CatholicCare Counselling offers a safe and supportive space to unpack what is going on, build healthy coping strategies, and feel more grounded again. When the world feels loud, a little extra support can make a real difference.

Call: **1300 523 985** or visit: [www.catholiccarecq.com/counselling](http://www.catholiccarecq.com/counselling)

This article was informed by guidance and data from the eSafety Commissioner, Beyond Blue, the Australian Bureau of Statistics, and the Australian Institute of Health and Welfare.



## The CEO's Corner

As we move into May and the cooler months begin to settle in, it is a timely reminder that looking out for one another matters.

For many people, winter can bring added challenges. Colder weather can affect health and wellbeing, increase feelings of isolation, and make everyday life that little bit harder, especially for older people, families doing it tough, and those already facing difficult circumstances. That is why this time of year is such an important reminder of the value of connection, compassion and support.

We see every day how much difference it can make when people feel supported, listened to and not alone. Whether that support comes through aged care, family services, counselling, community programs or simply helping someone take the next step, it is often the steady presence of care that helps people feel safer, stronger and more confident.

May is also Domestic and Family Violence Prevention Month in Queensland, a time to raise awareness, encourage support, and reinforce that domestic and family violence will not be tolerated in our communities. It is an important reminder that for some individuals and families, safety at home cannot be taken for granted, and that support, understanding and early help matter.

As the season changes, I encourage all of us to keep looking out for one another, not only through big gestures, but through simple acts of kindness, understanding and care. These moments of support can and do have a lasting impact.

Until next time,

**Robert Sims**

CatholicCare Chief Executive Officer

Say **NO** to **DV**. Together  
Queenslanders can prevent domestic & family violence.

CatholicCare Supports Domestic & Family Violence Prevention Month

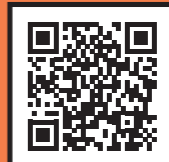
May marks Domestic and Family Violence (DFV) Prevention Month — a time to reflect, raise awareness, and take meaningful action. This year's theme, 'Take positive action today to build a safer Queensland', reminds us that change begins with each of us.

If you or someone you know needs support, help is available. You can contact DVConnect on 1800 811 811 for confidential advice 24/7.

In an emergency, always call 000.

Did you know...

**2026 is Census Year**  
Learn more at: [info.census.abs.gov.au](http://info.census.abs.gov.au)





## RECIPE

# Asparagus & Potato Frittata

*This golden little number is eggs-actly what cooler weather calls for, hearty, comforting and packed with goodness.*

### Ingredients...

- 200g potatoes quartered
- 100g asparagus tips
- 1 tbsp olive oil
- 1 onion finely chopped
- 6 eggs beaten
- 40g cheddar grated
- rocket or mixed leaves, to serve

Source: bbcgoodfood.com

### Just three easy steps:

1. Heat the grill to high. Put the potatoes in a pan of cold salted water and bring to the boil. Once boiling, cook for 4-5 mins until nearly tender, then add the asparagus for a final 1 min. Drain.
2. Meanwhile, heat the oil in an ovenproof frying pan and add the onion. Cook for about 8 mins until softened.
3. Mix the eggs with half the cheese in a jug and season well. Pour over the onion in the pan, then scatter over the asparagus and potatoes. Top with the remaining cheese and put under the grill for 5 mins or until golden and cooked through. Cut into wedges and serve from the pan with salad.



## WONDERWORD

# Transport Words

Hit the go-go peddle and go places with these transport words.

- |            |             |           |            |
|------------|-------------|-----------|------------|
| YACHT      | JET SKI     | GONDOLA   | OIL TANKER |
| MOPED      | BICYCLE     | PEDELO    | FERRY      |
| CAR        | SKATEBOARD  | SPEEDBOAT | VAN        |
| PLANE      | CRUISE SHIP | TRUCK     | MOTORBIKE  |
| HELICOPTER | TRAIN       | SEGWAY    | MONORAIL   |

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



Need a hint or looking for the solution?

Scan the QR code or visit:

[www.catholiccarecq.com/wonderword](http://www.catholiccarecq.com/wonderword)

Wonderword Source: thewordsearch.com

## CatholicCare Central Queensland Compliments, Complaints & Suggestions We hear you...

Visit: [www.catholiccarecq.com/feedback](http://www.catholiccarecq.com/feedback)

Email: [admin@catholiccarecq.com](mailto:admin@catholiccarecq.com)

Call: 1300 523 985

Need to make a disclosure?

We have robust whistleblower protections in place.

Email: [wbpo@catholiccarecq.com](mailto:wbpo@catholiccarecq.com)



You matter