



# Debbie Finds Her Confidence Again with CatholicCare

Photo [left to right]: Support Worker 'angel' Chontal, Debbie, & Gladstone's Community Care Manager Brooke

After years of struggling with her mental health, Debbie is proud to have regained the confidence to get her life back, thanks to the support provided to her by CatholicCare Gladstone's Community Care Manager, Brooke and her support team of CatholicCare 'angels':

Debbie has been receiving CatholicCare services through the Queensland Community Support Scheme (QCSS) for the past two years and says that the help she receives three times a week has completely turned her life around.

*"I had hit rock bottom; I hadn't left the house in 5 years,"* Debbie explained

*"I have bad anxiety and depression, but for years I thought 'why am I like this,' and I didn't see it as a condition.*

*"I kept thinking 'I'll be right, I'll be right.' I've always been very independent.*

*"I have finally, after all of my trips to specialists and doctors, realised that this is a real condition. I can't just 'turn it off' like I thought I could."*

As someone who once worked in the care industry herself, an aged care worker of 30 years, Debbie says that she truly appreciates the outside help that is available.

*"Talking about this is a good opportunity to help others,"* Debbie said.

*"I was lost. I was hiding from a big family.*

*"Sometimes, outside help is just what you need. I needed that outside help."*

Speaking about her first-time meeting Debbie, Gladstone Community Care Manager Brooke recalls just how much of a different place the 64-year-old was in at the time.

*"I get really emotional, because we've achieved a lot together,"* Brooke said.

*"When I first met Debbie, she was chair bound and she wasn't able to do many things.*

*"As soon as we started getting services in place, I would get phone calls from her telling me about how amazing that help for her was."*

Through the support provided by her CatholicCare 'angels' as she called them, Debbie's self-confidence soared.

The remarkable difference that increase in confidence made was especially clear when Brooke spoke fondly about how far she has seen Debbie come in such a short time.

*"It was actually at her six month service review, I went out to visit her and she said to me: 'Brooke, watch this.'" Brooke recalled.*

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Photo [left to right]: Debbie, Brooke & Service Coordinator Denise



**“I’m back thanks to Brooke and her angels...”**

“She could transfer from her chair by herself, and she started helping the girls with the cleaning.”

“I was just so proud.”

“I do, I like working with the girls,” Debbie added.

“The rule is, they’ve also got to have a cuppa with me and have a little chat too, because I need that personally as well.”

“I live out in the country, and we don’t have a lot of visitors.”

Debbie’s newfound confidence has meant that she has even been able to start setting her sights on new goals.

### Cover Story Continued...

“My next aim is to learn to get into the front of my van,” Debbie said.

“I have definitely learned not to give myself goals that are too big to start with, because I don’t want to lose the confidence I have built up.”

“There have been a lot of gradual improvements. I have been on track and I am going to stay on track.”

“Having the confidence now, I’ve gone from ‘I can’t do it, I can’t go anywhere because I can’t walk’ to nearly being like a spoiled brat. I want to go out every day!” Debbie said with a laugh.

If you or someone you know is struggling, Brooke stressed that help is available.

“There’s no need to be afraid or ashamed, we just want to help at the end of the day,” she said.

“Brooke came flying into my life and helped me to get back on my feet. She helped me to get back into ‘Debbie world.’” Debbie added.

“I’m back thanks to Brooke and her angels. If it wasn’t for you coming in, Brooke, I don’t know where I’d be.”

### Staff in focus...

## Niccola

Scheduling, Training & Support Manager



**Q. What does your job at CatholicCare look like?**

I am responsible for ensuring the effective operations of CatholicCare’s individual support service scheduling across our diocese. It is my job to help ensure that we are providing client schedules that meet and exceed quality standards.

**Q. How long have you been working at CatholicCare?**

I have been working at CatholicCare since January 2015. I had been working in a nursing home for a few years prior to 2015 and it was there that I found my passion for aged care through working with clients.

**Q. What aspects of your job bring you the most fulfillment?**

I really value connecting with staff and clients from all across the diocese. You never know what you might have in common with someone or what you might learn by striking up a conversation. It is very interesting to hear other people’s stories and gain an insight into their lives.

**Q. How do you like to spend your time outside of work?**

I enjoy spending time with my husband and our three young children. We often go to the beach, like to bike ride, take walks, and get out in the boat to go snorkeling or fishing.

**Q. What are some of your favourite ways to relax and unwind?**

Taking a walk along the beach, listening to a podcast or having a cuppa while reading a book are my favourite ways to unwind.

**Q. Are there any special places you like to visit or travel to?**

I love North Keppel Island. My family and I enjoy going out in the boat and seeing all of the sea animals like the turtles, dugong, fish, whales and dolphins.

Byfield National Park is also on my list for swimming in the fresh water creeks and spotting wildlife like emu or goanna.

And, New Zealand. I have been once with my husband and we would love to take our family back for a holiday one day.

**Q. Are you currently reading, watching, or listening to anything that you would recommend to others?**

I like listening to podcasts about health and wellbeing and I am currently watching ‘Outerbanks’ on Netflix.

**Q. Do you have any favourite quotes or sayings that provide you with inspiration and motivation?**

I love so many! One that really resonates with me at the moment is:

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

**Q. What are some interesting facts about you?**

I enjoy cooking – specifically trying new recipes.

I have recently started learning yoga and love being outdoors in the sunshine.

**Q. Describe a time when you witnessed the positive influence of CatholicCare services on someone’s life?**

Recently, I had the opportunity to go out with one of CatholicCare’s Data Collection & Entry Officers on an in-home client review.

That direct connection of meeting clients in their homes was really heart warming. Watching the team in action has been really amazing, and hearing and seeing how they have been able to connect clients with other services that they are needing is truly so special.



If you are under 65 years old and are interested in learning more about the QCSS program or how CatholicCare can help to support you, contact our friendly team on 1300 523 985

## Regional Manager’s Message...

### Welcome to the November issue of Chat Monthly.

It does not matter how many times I hear them or see them appearing in issues of Chat, stories of client achievement and success never cease to inspire me.

Reading this month’s cover story about Debbie and how far she has come with the help of our wonderful team has left me with such a sense of pride and purpose.

It is stories like Debbie’s that are the reason we are all so passionate about what we do, and I am certain that there

are many more of you out there with inspiring stories of your own to tell.

If you have an achievement or a story that has been made possible with the help of our CatholicCare team, please do not hesitate to let us know.

We love hearing from you and by sharing your story, you may even be able to help inspire or assist someone else in need.

Until next time,



**Shari Jackson**  
General Manager Health & Wellbeing Services  
CatholicCare Southern Region

**Our Staff in Focus series has been so popular and we love hearing your feedback!**

To share your thoughts with us,

Email us at:  
communications@catholiccarecq.com



# Painters Tape paintings

### You will need...

- Canvas
- Painter's Tape
- Acrylic Paint
- Paint Brushes - sponge or regular
- Clear Gloss Spray (Optional)

Source: [bee-ingmommy.blogspot.com](http://bee-ingmommy.blogspot.com)

### Just four simple steps...

1. Using the painter's tape, create geometric shapes. Triangles look great and dynamic but you can make any kind of shapes or pattern you want. Make sure to push the painter's tape down flat, especially on the edges to keep the paint from going under it.
2. Paint your canvas. You can paint your canvas all one color or paint it a variety of colors. Apply a second coat if needed. Let it dry.
3. Once the paint has dried, carefully pull up the painter's tape. If you are lucky your lines will be straight!
4. **Optional:** Once your paint has dried and you are satisfied with your painting you can add a clear gloss spray to help seal your painting. This will give the painting a shine and help protect it from water and dust.

Hang and enjoy... of gift to a friend!



## WONDERWORD

# Beach Words

Have a whale of a time with this one!

- |              |           |          |
|--------------|-----------|----------|
| OCEAN        | SEAFOOD   | KITE     |
| STARFISH     | WHALES    | SWIMSUIT |
| HAMMOCK      | SUNSCREEN | PIER     |
| SEASHELLS    | WAVES     | PALMTREE |
| BEACH TOWELS | SUNBURN   | SAND     |
| DOLPHINS     | TIDE      | SHARKS   |
| LIFEGUARD    | CRAB      |          |

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Need a hint or looking for the solution?

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