

Housing Service Newsletter

www.communityaction.com.au



Autumn 2025



Wellness Group for All

Where:

Gympie Community Place
18 Excelsior Road, Gympie

To book - Ph them on 07 5375 2626 or
07 5482 1147

When:

- Fortnightly on Fridays
- 12.30pm to 2.30pm
- Dates: 14th & 28th Feb - 14th & 28th March & 11th April

What Do They Do:

- Workshops
- Meditation
- Vision Boards
- Card Readings you do yourself
- Crafty things
- Cuppa & Chat
- Colouring
- Discussions of Topics of Interest
- Group Support



In this edition

- Wellness Group
- Office Closing Hours
- Chicken & Sweet Potato Recipe
- Shocks & Tingles
- Navigating Tough Times
- Did You Know...
- Building Blocks for Mental Wellbeing
- Things to do in Gympie

We are closed:

- Good Friday, April 18
- Easter Monday, April 21
- Anzac Day, Friday April 25
- Labour Day, Monday May 5



Monday & Tuesday 9am-4pm
Wednesday 1pm-4pm
Thursday & Friday 9am-4pm

Closed for lunch every day
12:30-1:00pm

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Chicken & Sweet Potato One Pan Recipe

What you need:

- 3 large sweet potatoes (about 900g), peeled and cut into large chunks
- oil for drizzling
- 6-8 Chicken thighs, skin left on
- 2 red onions cut into wedges
- 25g dry piri-piri spice mix (or a mild curry, if you like)
- 300g Broccolini

Instructions:

- Heat oven to 180C (160C Fan). Toss the sweet potatoes with a generous drizzle of oil and some seasoning, and tip into a very large roasting pan. Push the potatoes to one end of the tin, then, in the other end, toss the chicken with the onions, spice mix, a drizzle of oil and some seasoning.
- Roast for 40 minutes, stirring everything halfway through. Add the broccolini to the tin, drizzle with a little oil and season, then roast for 10-15 mins more.
- Remove the chicken, onions and broccoli from pan. Roughly mash the potatoes using a fork, making sure you incorporate all the chicken juices and spices from the pan.
- Spread the mash over the base of the pan then top with the broccolini, chicken and onions and serve from the pan in the middle of the table.

<https://www.bbcgoodfood.com/recipes/piri-piri-chicken-smashed-sweet-potatoes-broccoli>



Shocks & Tingles

Experiencing a shock or tingle isn't normal. It could mean there's an electrical wiring issue in or near your home that might lead to a more dangerous situation.

If you touch something that gives you an electric shock or a tingle, the next thing you touch should be your phone.

If you feel an electric shock or tingle from an electrical appliance or any metal fittings such as a water tap, immediately contact us during office hours or your electricity distributor after hours.

Stay well clear of the location and warn others. It's important not to touch your meter box, switchboard, appliances or metal fixtures such as taps until the property has been made safe.

If you or someone receives an electric shock, seek medical advice to ensure there's no injury.

Energex.....13 19 62
Ergon Energy.....13 16 70

Navigating tough times

If you are in need of emergency relief, financial counselling, homelessness support or tenancy support please reach out to the following community services who may be able to help you out:

Community Action Immediate Housing Response Team (IHR) provide case management & motel accommodation for those experiencing homelessness and who meet the criteria. Call 07 5482 6188 to make an appointment.

Community Action Financial Literacy & Resilience Program (FLARP) can help you create budget & savings plans, support with utility bills, assist with finding options & negotiating payment plans with creditors & more. Call 07 5343 7525.

Community Action Youth Service provides support and Emergency Relief for those aged 12-25 years and who meet the criteria. Call the team on 07 5482 6188 or drop in to 24 Lawrence Street between 1pm-3pm weekdays.

Lifeline 13 11 14

Salvos 07 5482 1710

Vinnies Emergency Relief 07 5481 1525

Gympie Community Place may help with rent arrears, rego and other one-off payments. Call them on 07 5482 1147.

Community Action Housing Service can print a Centrelink Income Statement for you if services need you to have one before attending. Call ahead on 5482 8959 and we will do our best to have it ready for you to pick-up.



Did you know?

Shopping Trolleys are private property!

If you notice shopping trolleys in your complex or around the neighbourhood, you can report them for pickup. Some programs offer compensations for reporting abandoned trolleys. Identify which nearby store they belong to, and you can contact:

For Woolworths and BigW
Trolley Tracker: 1800 641 497

For Coles and Kmart
1800TROLLEY (1800 876 553)



Building Blocks for Mental Wellbeing

Mental wellbeing is essential for overall health, influencing how we handle stress, relate to others and make choices.

Queensland's Mental Well-being Initiatives highlights the key building blocks for fostering mental health.

Get Healthy: A nourished body supports a sharp mind

Keep Learning: Challenge your brain regularly to boost decision-making skills.

Show Kindness: Acts of kindness releases oxytocin, fostering social bonds.

Connect More: Positive interactions enhance mood and build strong relationships.

Stay Present: Mindfulness curbs worry by focusing on the present moment.

Embrace Nature: Time in nature reduces stress and uplifts mood.



things to do in Gympie

1. Memorial Park - Enjoy a coffee and a stroll or have a picnic while enjoying the gardens and heritage listed rotunda.
2. Lake Alford Recreation Park - large parking areas, fenced playgrounds, picnic tables and barbecues set amongst landscaped gardens.
3. If heritage buildings are your thing buildings from the gold rush era such as Gympie's Town Hall built in 1890 is situated on the spot of the original gold strike by James Nash. The Land's Office building (1873) is now the home of the Australian Institute of Country Music. Others include the Court House and the Mount Pleasant Hotel (1870) making it Gympie's oldest pub.
4. Visit a Museum - The Gold Mining & Historical Museum houses memorabilia from the gold mining era, as well as displays of developing Australia. Prior to the gold rush, timber was a major industry for the region. Visit the Woodworks Museum for the full story.
5. Take a ride on the Mary Valley Rattler and experience the charm and beauty of a trip through the beautiful Mary Valley on a fully restored steam train.



contact us

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