



Why you do not need a new year to start new resolutions!

At this time of year many people try to start new resolutions. But why?

Here are some benefits to starting resolutions anytime and not waiting for a new year.

Starting many new tasks or resolutions at once creates a lot of pressure, by changing one thing at a time it increases the chances of maintaining the new change and reduces the rate of failure. Instead we should select 1 task at a time to focus on, when this becomes routine and easier then introduce something else.



As humans we tend to value immediate pleasures/success than look towards the future. By setting resolutions more frequently than yearly this increases self satisfaction and in turn encourages ongoing resolutions.

If you look back at recent events or situations and realise something isn't working or you didn't get the desired result, you can take immediate action and get positive changes sooner. Why wait for couple of months or year to start change that will bring positives to you sooner?



Welcome Mat!

We would like to introduce and welcome Mathew to the team of Employment consultants. Mat started with NQE in November 2022 and has fitted in really well with both staff and his clients. We asked Mat a few questions and these were his answers.

Favourite footy team: Cowboys

Favourite Musician: Morgan Wallen

Favourite thing about your job so far: Helping people

Client Computer Access

NQ Employment have 2 client computer rooms that can be accessed during business trading hours. These can be used for job search/employment related purposes. These computers have access to a printer and web cam for training purposes.

There is no need to pre-book, just be sure to let reception know and remember to sign in upon arriving.



Did you get a new device over the holidays?

Be sure to notify your EC and Centrelink if any of your details have changed since we seen you last.



Do you know your job search reporting date?

To avoid any unnecessary or unexpected payment suspensions be sure to discuss your job search reporting requirements with your EC. These can be recorded on the appropriate form provided or be uploaded directly into your my.gov.au account in the Workforce Australia link.

If you need additional support with learning how to report your job search efforts, be sure to let your EC know.

NQ Employment Website

The team have been working behind the scenes to develop and update the NQ Employment website. This was completed towards the end of last year and is now fully operational.

The website is now device friendly and can be accessed on any device with ease. You can see all new announcements and breaking news, along with reading the most current newsletters.

The website address is:

www.nqemployment.org.au



**Find us on
facebook**



Are you looking for work? How do you do it?

Marketing is the term used when job searching, there are many different ways to market yourself and look for employment. By using multiple strategies you increase your chances of securing employment.

Reverse Marketing: Is approaching business's that have not yet advertised a position and submit your resume. This is a very successful form of marketing as many employers can see your keen interest in working and your willingness to think outside of the box. Many of the jobs we secure at NQ Employment are through reverse marketing. You never know, the employer may be about to advertise and you will get in first.

Phone Marketing: Phone marketing is similar to reverse marketing but done via the phone. This is an effective form of marketing for business's that are not easily accessible such as big department firms etc.

Mass mail outs: You can print out your resume and attach a cover letter. Mail this out to the companies you wish to apply for. This form of marketing is usually used to express your interest in working within an organisation.

Online Marketing: There are many ways to market online. There are the usual job search engines or you can look up companies websites and search for vacancies or submit an expression of interest.

Looking for a job in Australia? Here are the best job sites!

Y A XIS



Contact

📍 Gurambilbarra 118 Charles Street, Aitkenvale
(Cnr Charles and Nathan Sts)

📞 (07) 4775 7555

✉️ nqcws@thewomenscentre.org.au



Sexual Assault Support Service

The Sexual Assault Support Service is a free and confidential 24hr service to support you following a sexual assault. Crisis and ongoing counselling is available to those who have experienced or been impacted by sexual assault.

Self-referrals are accepted for women 15 years and above. The service is flexible and holistic within a safe environment.

Special interest and therapeutic support groups are offered throughout the year.

An outreach sexual assault counselling service is provided to

- Charters Towers
- Ingham
- Ayr
- Townsville Women's Correctional Centre

Sexual Assault Community Education and Primary Prevention information sessions can be delivered to businesses, community groups and schools on request.



Women's Health

The Women's Health Service provides free counselling in a space that is confidential, non-discriminatory, safe and accessible for women 15 years and above.

Formal and informal referrals are accepted for issues related to women's emotional and mental health which may include

- Depression
- Anxiety
- Effects of trauma
- Domestic and family violence
- Relationship issues
- Eating disorders
- Pregnancy options
- Sexual identity issues
- Grief and loss

The Health Counsellor may provide:

- Health information and advocacy
- Referral to appropriate services
- Education and information to groups and services in the community

The Women's Health Service facilitates therapeutic groups and wellness activities on a regular basis at the centre.

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Specialist Homelessness Service

The homelessness service aims to provide support for women over 18 to transition out of homelessness into housing, or to provide support to prevent homelessness through providing emotional support and practical assistance to access and maintain housing. The homelessness service also provides support to women escaping domestic and family violence.

Activities for women to reduce social isolation and build community connections are provided.

A flexible service responding to the current needs of women and their children which includes service delivery within the women's centre, as well as mobile support.

Opening Hours

Monday	9:00am - 4:45pm
Tuesday	9:00am - 4:45pm
Wednesday	9:00am - 12:30pm
Thursday	9:00am - 4:45pm
Friday	9:00am - 4:45pm
Saturday	CLOSED
Sunday	CLOSED

Thursday
5:00pm - 8:00pm late nights open by appointment only.

Senior Women's Group

With Donna

Every Monday from 1:30pm-3:00pm. Commencing Monday 31st January 2022, at The Women's Centre.
All women welcome

Support and information about:

- Your health and wellbeing
- Legal issues
- Other topics you suggest

To book in please call The Women's Centre on 4775 7555 or let reception know.

Legal Services

Each Tuesday, various legal clinics visit The Women's Centre to offer free legal advice.

Visiting Services:

- Aboriginal and Torres Strait Islander Legal Service—Every first Tuesday of the month.
- Townsville Community Law—Every second Tuesday of the Month.
- Legal Aid— Every third Tuesday of the Month.
- North Queensland Women's Legal Service—Every last Tuesday of the month.

**Bookings are required. Please phone reception on* 4775 7555 to make a booking.*

118 Charles Street, Aitkenvale Qld 4814, Gurambilbarra, Queensland | nqcws@thewomenscentre.org.au | www.thewomenscentre.org.au | Ph: 07 4775 7555 Fax: 07 4779 2959



Creamy tomato risotto

By [Angela Boggiano](#)

★★★★★ 236 ratings [Rate](#) [56 comments](#)

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Prep: 5 mins Easy Serves 4
Cook: 35 mins

A budget rice dish flavoured with rosemary, basil and sweet cherry tomatoes. It's healthv. filling and simple to make – an ideal midweek supper

Healthy Low calorie Low fat

Nutrition: per serving

low in	low in	low in					low in
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
381	10g	4g	61g	9g	4g	13g	1.1g

Ingredients

400g [can chopped tomato](#)

1l vegetable stock

[knob of butter](#)

1 tbsp [olive oil](#)

1 [onion](#), finely chopped

2 [garlic cloves](#), finely chopped

1 [rosemary](#) sprig, finely chopped

250g [risotto rice](#)

300g [cherry tomato](#), halved

[small pack basil](#), roughly torn

4 tbsp [grated parmesan](#)

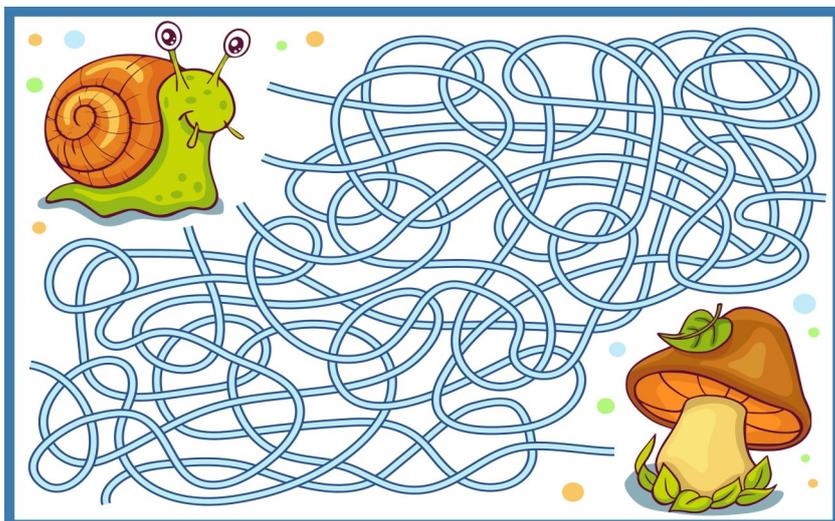
Method:

- 1) Tip the chopped tomatoes and half the stock into a food processor and pulse until smooth. Pour into a saucepan with the remaining stock, bring to a gentle simmer and keep over a low heat.
- 2) Meanwhile, place the butter and oil in the base of a large saucepan and heat gently until the butter has melted. Add the onion and gently cook for 6-8 mins until softened. Stir in the garlic and rosemary, then cook for 1 min more. Add the rice and cook, stirring, for 1 min.
- 3) Start adding the hot stock and tomato mixture about a quarter at a time. Let the risotto cook, stirring often, adding more stock as it is absorbed. After you have added half the stock, add the cherry tomatoes. After 20-25 mins, the rice should be creamy and tender, the cherry tomatoes softened and all of the stock should be used up.
- 4) Cover and leave for 1 min, then stir in the basil. Serve sprinkled with Parmesan and a good grinding of black pepper.



1	5		7					9
3			9	1				6
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	4				3			8
								9

Solution on back page





← Find 10 differences

Solution is on the back page

What do french fries do when they meet after a long time?



They ketchup!

Finding Nemo Word Search

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

Bubbles

Marlin

Water

Bruce

Nigel

Ellen

Mine

Nemo

Bloat

Ocean

Squirt

Squishy

Chum

Darla

Peach

Gurgle

Anchor

Sheldon

What do kids play when they can't play with a phone?

Bored games.

Why did the God of Thunder need to stretch his muscles so much when he was a kid?

He was a little Thor.



24/7 Mental Health Services



Is it an emergency?

If you or someone you know is at immediate risk of harm, call triple zero (000)

Suicide Call Back Service

Anyone thinking about suicide

- suicidecallbackservice.org.au
- 1300 659 467

Lifeline

Anyone having a personal crisis

- lifeline.org.au
- 13 11 14

Beyond Blue

Anyone feeling anxious or depressed

- beyondblue.org.au
- 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25

- kidshelpline.com.au
- 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

- mensline.org.au
- 1300 78 99 78

Open Arms

Veterans and families counselling

- openarms.gov.au
- 1800 011 046

healthdirect



National Standards for Disability Services

Making sure that people with disability receive good quality services.



Standard 1: Rights

You have the right to be treated fairly when you use disability services.



Standard 2: Participation and Inclusion

You can take part in the community and feel included when you use disability services.



Standard 3: Individual Outcomes

Your service supports you to make choices about what you want to do. You can work toward your goals.



Standard 4: Feedback and Complaints

You can tell people what you think about the services you receive.



Standard 5: Service Access

Finding and using services is fair. You can access the services you need.



Standard 6: Service Management

Disability services should be managed well.

dss.gov.au

We have a qualified JP on site. To make an appointment for work related purposes contact the office on (07) 4775 1113.

1	5	6	7	3	8	2	9	4
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2	9	3	8	6	7	1	4	5
6	1	5	3	4	2	9	7	8
9	3	2	4	8	6	7	5	1
5	6	8	1	7	9	4	3	2
7	4	1	2	5	3	6	8	9



How to use the my.gov.au site

How to agree to a job plan

- Sign into my.gov.au
- Click on the job active link
- Click on job plan button at top of the page
- Click on green box that says I agree

How to report job search

- Click on job search effort
- Click on Add a job
- Enter the details
- Click submit and the job has been recorded
- Make sure your number in the circle is 0 before the due date

How to apply for a job in my.gov.au

- Scroll to the bottom of your dashboard page
- Enter criteria into the find a job box and click search
- Click on the view more information/apply
- Follow the instructions

How to exit the Jobactive/my.gov.au sites

- Click on account
- return to my.gov
- click on sign out



You may have seen that we have a suggestions box in the reception. This box is there for our participants and visitors to write down any suggestions that they think can help us better the service we deliver.

Alternatively if you would like to provide a suggestion in person please always feel free to advise our friendly staff.