

Do you know someone looking for work?

Be sure to cut this out and pass it onto them. NQ Employment are always taking on new clients.



Join NQ Employment and Unlock New Possibilities!

Are you currently receiving services from another Disability Employment Services provider or have an NDIS package?

It's time to discover the NQ Employment difference and take your journey to success to the next level.



Why Choose Our Services?

- **Personalised Support:** We understand your unique needs and aspirations. Our dedicated team creates tailored plans to help you achieve your goals.
- **Access to Opportunities:** Our strong network of employers and community partners opens doors to exciting job prospects.
- **Comprehensive Services:** From vocational training to job placement support, we offer a wide range of services to empower you.
- **Inclusive Community:** Join our supportive community of clients where every individual's unique contributions are valued and respected.

Register with NQ Employment today and open the doors to a brighter future!

Townsville fares, zones and tickets

*** Information taken from <https://translink.com.au/tickets-and-fares/fares-and-zones/townsville> as at 06.02.2024 ***

From **Monday 26 June**, three new bus routes will be servicing Townsville suburbs.

View our [info page](#) for more details.

Adult fares

Ticket type	Single	Daily	Weekly
1 zone	\$2.40	\$4.80	\$19.20
2 zone	\$3.00	\$6.00	\$24.00
3 zone	\$3.60	\$7.20	\$28.80
4 zone	\$4.20	\$8.40	\$33.60

Concession fares

Ticket type	Single	Daily	Weekly
1 zone	\$1.20	\$2.40	\$9.60
2 zone	\$1.50	\$3.00	\$12.00
3 zone	\$1.80	\$3.60	\$14.40
4 zone	\$2.10	\$4.20	\$16.80



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.



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.



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





At NQ Employment we believe that support comes in many forms!

While we are here to provide support to finding employment we have some amazing contacts with other companies. We have recently been in contact with a lovely team member from Neami National in Townsville. She sent the following information so our wonderful clients know that they are able to receive funded support in these area's.

Be sure to reach out if this is something that you may benefit from. Also, if you are needing assistance with something that is not employment related but is preventing you from being ready for work, don't hesitate to discuss this with your Employment Consultant. We have many different services we are linked in with and may be able to provide a referral for you.



Townsville Women's Health and Wellbeing Service

Trauma-informed counselling, coaching, groups, and case management following experiences of domestic, family and gender-based violence.

Townsville Women's Health and Wellbeing Service offers support for women over 16, who have experienced domestic, family and gender-based violence.

Tailored and holistic support helps women to achieve better wellbeing through:

- trauma-informed counselling
- case management
- capacity-building supports.

Support is confidential and free.

Our approach

We acknowledge the broader cultural context of disrespect towards women as a precursor to gender-based violence and the pervasive impacts of violence across various elements of wellbeing, including self-esteem, sense of identity and emotional avoidance.

Our services are underpinned by the Collaborative Recovery Model (CRM), a person-centered, strengths-based recovery approach that supports collaboration and autonomy.

This approach sees staff and clients working in close collaboration to identify hopes and strengths and develop capability to achieve goals across physical and mental health, housing, employment, education, and financial security needs.

About Neami National

Neami National is a not-for-profit, community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values, and goals.

Eligibility

The Townsville Women's Health and Wellbeing Service is free and available to:

- women and young women 16 yrs. and over
- those who are recovering from experiences of domestic, family and gender-based violence.
- those living in the Townsville and surrounding area.

Referrals

To make a referral to Townsville Women's Health and Wellbeing Service, please complete and return the Referral Form via email.

Referral form: www.neaminational.org.au/whws

Email: whws@neaminational.org.au

Available supports.

Townsville Women's Health and Wellbeing service offers a range of support to women, including:



Trauma-informed counselling

Using a trauma-informed approach to minimize re-traumatization and promote healing and recovery, our Wellbeing Coaches work with clients to identify individual strengths, increase healthy coping strategies, and make positive changes.



Individual case management

Working with women to identify strengths and collaboratively develop individual wellbeing goals and plans, while also helping to connect women with relevant local services based on their needs.



Health and Wellbeing group programs

A holistic approach to wellbeing in a group setting supporting people to identify stresses and vulnerabilities, as well as strategies to promote safety, self-efficacy, resilience, and wellbeing.



Contact us.

Neami TWHWS

Unit 2/56 – 58 Thuringowa Drive
KIRWAN Q4817

07 47 668 415

whws@neaminational.org.au

neaminational.org.au

ACN 105 082 460 ABN 52 105 082 460

Interpreter and translations



If you need help to understand this information, contact Neami on 03 8691 5300.

Nếu bạn cần một thông dịch viên liên hệ với chúng tôi

如果你需要一个解释给我们打电话

Haddii aad u baahan tahay turjumaan nala soo xiriir

Αν χρειάζεστε διερμηνεία επικοινωνήστε μαζί μας

إذا كنت بحاجة إلى مترجم اتصل بنا

Funded by



Townsville Women's Health and Wellbeing Service is a Neami National service funded by the Office for Women and Violence Prevention Department of Justice and Attorney-General



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 healthy, 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](#)

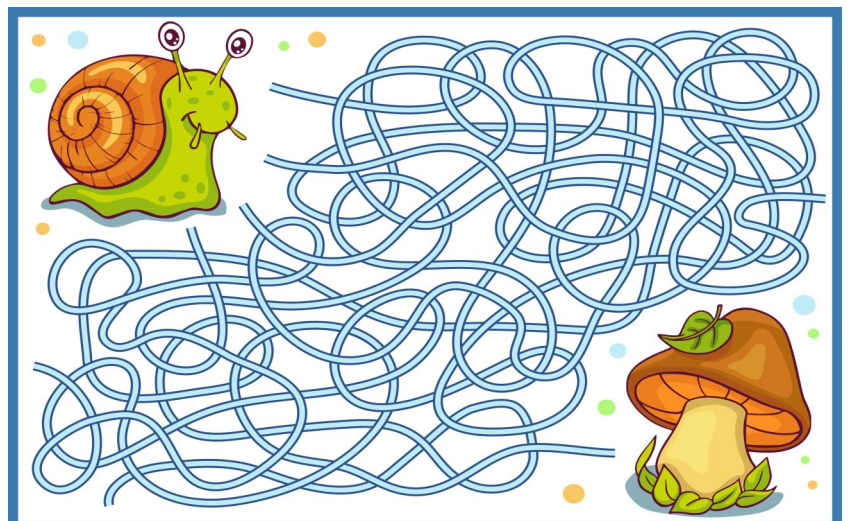
Method:

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