



5 FUN WAYS...

to spend time with your loved ones



WELLNESS

If you close your eyes and take a moment to look back upon your memories, is there anything more precious than the ones you have of spending time with your loved ones?

Do you remember times when things got tough and you needed someone to turn to? Your loved ones may have been there to ease your pain, to improve your confidence, or to generally pick you back up.

Do you remember moments of celebration, when your loved ones shared the joy and happiness of your achievements?

As the years roll by, we look back on those memories as a vital part of our lives.

We hold onto them tightly as constant reminders of what's really important to us in the busy world we live in today.

Whether a parent, grandparent, aunt, uncle, daughter, son, or friend, spending time with the ones you love is a wonderful way to connect, strengthen relationships and improve your mental wellbeing.

CentacareCQ Family Relationship Educator, **Pauline Watkins**, says that the bond we share with the ones we love is precious.

"These bonds can lead to beautiful and rewarding relationships that will last a lifetime," Pauline says.

"Every person has the ability to provide positive, encouraging, and unconditional love to one another."

With Pauline's help, we've put together a list of five fun ways to spend time with your loved ones that you might like to try!

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1. Read a book together

Story time is the place where imagination blooms at the turn of each page.

Sharing your favourite book with your loved ones, particularly your young family members, is a great way of building that relationship.

There are no screens for distraction, just you and the words on the page.



2. Bring out the photo albums

It's time to crack open the history vault and revisit the special times with those nearest and dearest to you.

Enjoying old photo albums or even videos together can be a fun conversation starter, and is a great way to reminisce and re-explore your past experiences and life stories.



3. Cook up a storm

As the saying goes "Life happens in the kitchen"
– Andrew Zimmern

Some people have a particular food or recipe that they just can't get enough of.

Quality time in the kitchen, with a sprinkle of love, a dash of patience, and seasoned with the shared experience of enjoying the delicious reward at the end, can be a great way to spend time together and make new memories along the way!



4. Get out in the garden

Whether you have a green thumb or not, bonding in the garden can be a magical experience.

Whether it's planting something new or simply tending to what you already have, spending time together in the garden carries the additional benefits of getting some fresh air and sunshine.



5. Try something the other person enjoys

Make the most of time with your loved ones 'lucky dip' style.

Exploring hobbies and passions with others can strengthen your relationships significantly. Who knows? You may even enjoy your newly attempted activity just as much as your loved one does!



February's focus is all about 'you'..

Welcome to the February edition of Chat Monthly!

It's been a massive couple of weeks for CentacareCQ as we launched into the new year by helping hundreds of local families to prepare for the 2022 school year.

Our annual School Savvy CQ pop-up shops saw more than 1,000 school children receive the uniforms, booklist stationery, and fresh haircuts that they need to start the school year confidently and successfully.

From all of us here at CentacareCQ, we want to wish all school students a great year of learning and growth ahead.

This issue also includes some great ideas for how you can spend some quality time with your loved ones. Each activity listed has wonderful potential for some valuable memory-making moments, so we hope that you can make use of the provided inspiration.

Until next time,

Shari Jackson

General Manager Health & Wellbeing
Southern Region

Donna totally wrapped with her new quilt!



You couldn't wipe the smile off Donna's face after receiving her beautiful, new hand-made quilt.

CentacareCQ recently received a generous donation of several hand-made quilts from the Bundaberg Quilters Group.

The quilts were distributed to several clients including Donna, who was fortunate enough to receive one in her favourite colour: pink!

Donna's mother, Brenda, said the pink Holly Hobby quilt is being put to good use on Donna's bed.

"We were over the moon and very grateful to receive this gift," Brenda said.

"It might be summer, but Donna had made the most of the quilt – she's quite proud of it!"

"We are very thankful to the Bundaberg Quilters – you've made our day!"



COMMUNITY



At CentacareCQ, we believe that every child deserves to have a positive and successful experience at school.

We are passionate about giving local families the opportunity to access affordable back-to-school resources, such as school uniforms and essential stationery supplies, so that children can feel confident and excited from the moment they take their first steps back into the classroom.

With the help of local business, we deliver the School Savvy CQ program to our region annually, through convenient and affordable back-to-school pop-up shops.

The spirit of School Savvy and making a difference in the lives of children is something that CentacareCQ feels very strongly about.

We thank everyone for their support in January 2022, and we look forward to another bright and successful year of School Savvy in January 2023.

To find out more about CentacareCQ's School Savvy program, visit centacarecq.com/schoolsavvy or speak to our friendly team by calling 1300 523 985.

School Savvy 2022 by the numbers



SOCIAL GROUPS CALENDAR

Scan the QR code to download this month's social group calendar or visit: www.centacarecq.com/bsg



Your COVID-19 safety is our top priority

Our team adhere to strict infection control protocols at all times, including the use of personal protective equipment and the regular sanitisation of all our facilities. These measures are specifically designed to keep both you and our staff safe, so as you can continue to receive the quality services that you know and love.



Movie Actors

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| JAVIER BARDEM | LEONARDO DICAPRIO | JEREMY IRONS | KURT RUSSELL |
| JACK BLACK | MICHAEL DOUGLAS | HUGH JACKMAN | JASON STATHAM |
| JEFF BRIDGES | MICHAEL CLARKE | JAMES EARL JONES | JOHN TRAVOLTA |
| MICHAEL CAINE | DUNCAN | JUDE LAW | JOHN VOIGHT |
| JIM CARR | HARRISON FORD | MATTHEW | MARK WAHLBERG |
| JACKIE CHAN | JAMIE FOXX | MCCONAUGHEY | HUGO WEAVING |
| GEORGE CLOONEY | MEL GIBSON | IAN MCKELLEN | ELIJAH WOOD |
| KEVIN COSTNER | JEFF GOLDBLUM | LIAM NEESON | |
| JOHN CUSACK | HUGH GRANT | JOE PESCI | |
| MATT DAMON | JAKE GYLLENHAAL | JOAQUIN PHOENIX | |
| JEFF DANIELS | GENE HACKMAN | KEANU REEVES | |



Weet-Bix Slice with Lemon Icing

Enjoy this fun and nutritious snack any time!

Ingredients

- 395g condensed milk
- 125g butter
- 1 tablespoon cocoa
- 10 Weet-Box biscuits crushed
- ½ cup desiccated coconut
- 1 cup chopped mixed dried fruit (dates, nuts, ginger etc)

Method

Mix condensed milk, butter and cocoa into a saucepan. Heat gently until well-blended and melted. Remove the saucepan from the stove and add Weet-Bix, coconut and fruit. Mix thoroughly and pour the mixture into a well-greased slice tin. Put into the fridge and leave to set for at least two hours. Ice with lemon icing once cooled.

Lemon Icing

- 1 cup powdered sugar
- 1 tablespoon lemon juice (freshly squeezed)
- 2 tablespoons lemon zest (freshly grated)
- 1 tablespoon milk

Method

Combine powdered sugar, lemon juice, lemon zest and milk into a medium bowl. Vigorously stir until the mixture is smooth. Drizzle over the slice once the slice has set.



REFLECTION

Show yourself some LOVE by



Don Butler
General Manager Human Resources

Wow, February already I hear you say!

February always reminds me of Valentine's Day, that special day where we buy flowers and chocolates or have a romantic dinner with the one we love, right?

I'm all for that, but during these stressful times, I want to remind you to take the time to care about the most important person in your whole world... You!

We all care about our loved ones, but we often forget to care about ourselves.

Ask yourself: *Am I getting enough sleep? Am I eating correctly? Am I doing enough exercise? Do I drink enough water? Am I able to take a break from the stresses of daily life?*

Having a happy and healthy body and mind is important, and the reality is that most of us simply don't take the time to stop and put a self-care plan into place.

Here are some helpful ideas to get you started:

1. Have a consistent sleep schedule. Go to bed and wake up at the same time each day.
2. Eat a balanced diet.
3. Drink enough water.
4. Relax – watch a favourite movie, read a book, listen to some music, or take a bath.
5. Go for a walk.
6. Connect with a friend.
7. Bake a cake or a tray of biscuits.
8. Buy yourself a small treat that is just for you.

I hope these ideas help you to create your own self-care plan.

Above all, I'd like you to remember, that yes, it is important to love others, but it is more important to love yourself. *Enjoy!*