

Talkabout

Issue No. 190 July-September 2026



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TOPIC 01

CSCI Celebrates Reconciliation Week and Launches its RAP

As part of National Reconciliation Week, Community Support Centre Innisfail (CSCI) hosted a special Movie Day in partnership with Mamu RNTBC and welcomed several special guests. National Reconciliation Week is an opportunity for all Australians to learn about our shared histories, cultures and achievements, and to strengthen relationships between Aboriginal and/or Torres Strait Islander peoples and the wider community.

During the event, CSCI launched its Reconciliation Action Plan (RAP). A RAP is a commitment to taking meaningful actions that promote respect, relationships and opportunities for Aboriginal and/or Torres Strait Islander peoples and communities.

The day included a screening of Satellite Boy, cultural dance performances, and the unveiling of a beautiful artwork created by Selena for CSCI's RAP. Selena shared the meaning behind the artwork to those in attendance. The event was a meaningful celebration of culture and community.



Find us on
Facebook



Talkabout

Upcoming Events

DISASTERS DON'T WAIT

ARE YOU

PREPARED?

DON'T KNOW WHERE TO START?
COMMUNITY SUPPORT CENTRE INNISFAIL
IS HERE TO HELP YOU

**PERSON CENTRED EMERGENCY
PREPAREDNESS**

DISASTER MANAGEMENT PLANS

BUSINESS CONTINUITY

FOR FREE SUPPORT

CONTACT STACEY
0467 242 541
stacey@csci.org.au

Be Ready! Be Resilient! Be Responsible!

 Australian Government

 Queensland Government

 Community Support Centre Innisfail Inc.

Assistance provided by Australian and Queensland Governments through the jointly funded Disaster Recovery Arrangements

Mothers of Neurodivergent Children Support Group

Connection. Understanding. Community

Parenting a neurodivergent child is beautiful, exhausting, joyful, and uniquely challenging – often all at the same time, and no-one understands this better than fellow mothers of neurodivergent children.

Mums, grandmothers, aunts, and mother-figures/caregivers of neurodivergent children can be part of a safe, welcoming space to connect, share, and feel understood and valued by those who truly get it.



What to expect:

- A relaxed, non-judgemental space
- A space for you to feel seen, heard, and valued
- Connection with other mums on a similar journey
- Open conversations (sharing is always optional)
- A place just for you to take a breath

Real conversations, shared experiences, and support. No fixing, no judgement.

Regardless of if your child is formally diagnosed or self-identified, or whether you are starting your journey or been on it for years – **you are welcome here.**

Group details:

Fortnightly from:

Date: Monday 8th June

Time: 9:30 – 10:30am

Location: Community Support Centre Innisfail

Address: 13–17 Donald Street, Innisfail

Following dates:

June 22nd | July 6th and 20th

August 3rd, 17th and 31st

Registration:

To register, or for more information, please contact Alanah or Melissa on:

 4043 8400

 alanah@csci.org.au
melissat@csci.org.au

In collaboration with mothers with lived experience, CSCI has co-designed this peer support group aimed to provide meaningful connection, emotional support, and a safe starting point for mothers and female caregivers of neurodivergent children to connect.



Community Support Centre Innisfail

YOUR FOOD DONATION MAKES A DIFFERENCE.

(FOR ALL DONATIONS, PLEASE SEE RECEPTION)

Donations of non-perishable food and fresh items to the Centre go directly to supporting families and individuals in need, promoting health, wellbeing, and a stronger, more resilient local community.



DONATE TODAY



13–17 Donald St, Innisfail 

07 4043 8400 

<https://www.csci.org.au/> 

Talkabout

CSCI's 2026-2031 Strategic Plan



Strategic Plan 2026 – 2031

OUR VISION
Empowered individuals, children, young people, and families in a thriving connected community shaped by Cassowary Coast community voices.

OUR PURPOSE
To be a community-driven organisation that values children and young people, strengthens families, connects people and advocates for inclusive, practical solutions to local challenges.

OUR ACCOUNTABILITY COMMITMENTS

- > **Reconciliation**
We recognise the enduring cultural authority, resilience and connection of Aboriginal and Torres Strait Islander peoples across the Cassowary Coast.
- > **Human Services Quality Framework (HSQF)**
Sets clear expectations for governance, service quality and client rights in Queensland.
- > **Child Safe Organisation Standards**
The safety and wellbeing of children and young people is fundamental to our work.

OUR VALUES

- We have the community at the centre
- We promote and support reconciliation, belonging and inclusion
- We are committed to upholding and promoting children and young people's rights
- We work through partnerships and connection
- We act with integrity and stewardship
- We have the courage to evolve



OUR STRATEGIC DIRECTION

Priority 1 Strong communities and connected individuals.
We will strengthen reconciliation, belonging, participation and cultural connection across the Cassowary Coast.
We will work to ensure that our spaces, services and relationships value the diversity within community, including Aboriginal and/or Torres Strait Islander peoples, multicultural communities, individuals, children, young people and families.
We will actively foster partnerships with community leaders, faith groups, cultural organisations, and local networks, and create opportunities for people to connect with each other in meaningful ways.

Priority 2 Thriving children and young people whilst empowering families.
We will strengthen children, young people and families through early intervention, integrated services and practical community-based responses.
We will continue to deliver high-quality services while improving coordination across programs, reducing silos and strengthening referral pathways.
We will focus on prevention, early support and family capacity-building to reduce crisis and improve long-term wellbeing.

Priority 3 Organisational sustainability and resilience.
We will ensure CSCI is financially stable, well-governed and equipped for the future.
We will diversify our funding base, strengthen workforce wellbeing and succession, maintain fit-for-purpose systems and facilities, and improve our readiness for climate-related and environmental challenges.
Growth will be carefully planned and aligned with long-term sustainability.

Priority 4 Voice, visibility and influence.
We will strengthen our role as a trusted community leader and advocate.
We will build stronger relationships with local, State and Commonwealth governments, increase public awareness of our work, and advocate for community needs.
We will confidently share our story, demonstrate impact, and contribute to shaping local responses to social challenges.

MEASURING SUCCESS

We will monitor progress through clear objectives, regular reporting, community feedback and outcome measurement. This Strategic Plan is supported by detailed implementation, governance and operational plans that guide how priorities are delivered and resourced.

Delivery of this Strategic Plan is supported by strong governance arrangements, including Committee-led Working Groups that provide focused oversight of finance, risk and governance.

Phone: 07 4043 8400 | Email: info@csci.org.au | Website: www.csci.org.au

Talkabout

Words from our CEO



I've been thinking lately about the way we talk about welfare and community services.

Whether it's aged care, disability support, child protection or domestic and family violence services, there's often an unspoken test being applied. We tend to sort people into categories: those who "deserve" support and those who somehow brought their problems on themselves. The reality is that life is rarely that simple.

Most of us have no trouble supporting an older person who needs help to stay independent, or a person living with disability who needs access to services and opportunities. But things can become murkier when we're talking about families involved with child protection, people experiencing addiction, or someone who stays in a violent relationship. That's often when judgement starts to creep in.

The problem is that we only ever see part of someone's story. We don't see the trauma, grief, poverty, poor health, isolation or lack of support that may have shaped their circumstances. We don't see what happened five, ten or twenty years before the point at which they needed help.

What concerns me is that economic thinking increasingly dominates the welfare conversation. We are encouraged to ask what services cost, whether programs are efficient, or what return we get on investment. These are important questions, public money should be spent wisely, but when economics becomes the only lens, we risk forgetting that people are not balance sheets.

Community is harder to measure than dollars and cents. So is kindness. So is belonging. Yet these things often determine whether people flourish or fall through the cracks.

Social researcher Eva Cox has long argued that while economic growth does not automatically create strong communities, strong communities often create economic benefits. In other words, social capital (the networks, trust, relationships and connections between people) isn't a by-product of prosperity. It's often one of the foundations of it.

That idea resonates strongly with me.

A strong community isn't built on deciding who is worthy of kindness. It's built on recognising that every person will need support at some point in their life.

Most of us are only a few difficult events away from needing help ourselves. A serious illness. A relationship breakdown. Loss of employment. Caring for an ageing parent. The challenges of raising children. Life has a way of humbling us all.

That's why I think we need to shift the conversation away from whether people deserve support and towards what helps people thrive.

When older people receive good care, communities are stronger.

When people living with disability are included and connected, communities are stronger.

When children are safe and families get support before problems become crises, communities are stronger.

When people escaping domestic and family violence can access help and rebuild their lives, communities are stronger.

Much of the community work undertaken across the Cassowary Coast is built on simple ideas: connection matters, inclusion matters, and supporting people early usually leads to better outcomes than responding after a crisis has occurred.

None of this means accepting harmful behaviour or avoiding accountability. Accountability matters. But kindness and accountability can exist side by side.

As a community, I think we're at our best when we lead with curiosity rather than judgement, and compassion rather than assumptions.

The next time we hear someone questioning whether a person or family deserves support or a service has been de-funded perhaps we should ask a different question.

What would happen if nobody helped?

The answer usually reminds us why these services matter.

Because in the end, community isn't about separating people into deserving and undeserving groups. It's about recognising that we're all connected, and that investing in people, relationships and belonging is every bit as important as investing in the economy. In fact, the two are far more closely linked than we often realise.

Talkabout

APM: Employment services

Finding the right job can be a big step, and for many people on the Cassowary Coast, it starts with the right support.

APM Employment Services is helping locals build confidence, develop skills and move toward meaningful work through Inclusive Employment Australia.

With offices in Innisfail, Tully, Wongaling Beach and Cardwell, and outreach support in Babinda, APM is part of the local community.

Support is easy to access, and the team works with people at every stage of their employment journey.

For people living with disability, injury or a health condition, APM's message is simple.

These experiences do not define what you can achieve.

The focus is on your goals, your strengths and what you want for your future.

Support is tailored to each person. This may include help finding the right job, building skills through training, or gaining experience with local employers.

For those who are not ready to start work yet, the focus can be on building confidence, learning new skills and working through any challenges that may be holding them back.

Every journey begins with a conversation. The APM team takes the time to listen and understand your situation before creating a plan that works for you.

Many people in the Cassowary Coast region have already taken that first step and discovered new opportunities along the way.

If you are thinking about making a change or want to explore your options, visit your nearest APM office or call (07) 4061 9750.

Your future should be shaped by your goals, not your barriers.



YASU from Yamagishi is EGGSELLENT!

This month we'd like to give a special shout out to **Yasu No Bu from Yamagishi Happy Egg Farm.**

Since establishing the farm in 1995, Yasu has been a dedicated egg farmer, proudly supplying the Innisfail community with fresh, quality eggs. The farm is a true family effort, with Yasu working alongside his wife and daughter-in-law each day, while his son, Tiger, now manages the farm and continues the family's commitment to the local community.

We are incredibly grateful for Yasu's generosity and kindness. Every three weeks, he donates fresh eggs to the Community Support Centre Innisfail, helping us provide practical support to local individuals and families who need it most.

Thank you, Yasu, for your ongoing generosity and for making a positive difference in our community, one happy egg at a time.



Talkabout

Domestic and family Violence

Domestic and Family Violence Awareness Month is marked each May across Australia, but for many women and children, the fear, control and danger do not sit neatly inside a calendar month. They live in homes where silence feels safer than speaking, where everyday decisions are monitored, and where abuse can exist without a single bruise.

In Australia, the highest risk of homicide for women aged 18 to 44 is being killed by a current or former intimate partner. This is not simply a statistic. It is a devastating reflection of how dangerous domestic and family violence can become when patterns of coercion, intimidation and control escalate over time.

There is still a common misconception that domestic violence is only physical violence. In reality, many victim-survivors experience years of non-physical abuse before any physical assault occurs, and some never experience physical violence at all. Coercive control is now widely recognised as one of the strongest indicators of serious harm and domestic homicide.

Coercive control is a pattern of behaviours used to dominate, isolate and entrap another person. It chips away at autonomy, confidence and safety until the victim-survivor begins living around the perpetrator's moods, expectations and threats. It is often described as "invisible abuse" because, from the outside, the relationship may appear normal.

Research into domestic homicide has consistently identified common patterns of coercive control experienced by women prior to being killed by an intimate partner. While every situation is different, seven commonly identified behaviours include:

- Isolation from family, friends and supports
- Constant monitoring, surveillance or stalking
- Extreme jealousy and possessiveness
- Financial control and restriction of independence
- Threats of harm to the victim, children, pets or self
- Emotional degradation, intimidation and humiliation
- Controlling daily activities, movements and decision-making

These behaviours are not "relationship problems." They are deliberate tactics used to gain power and control.

Often, coercive control escalates after separation. Leaving an abusive relationship is frequently the most dangerous period for victim-survivors, particularly when a perpetrator feels they are losing control. This is why it is so important for communities, services and systems to understand the warning signs early and respond seriously to non-physical abuse.

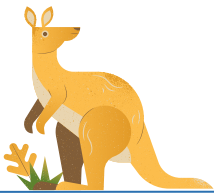
Domestic and Family Violence Awareness Month is not only about raising awareness. It is about challenging the attitudes that minimise abuse, believing victim-survivors when they speak, and understanding that safety is not measured solely by physical injuries.

As a community, we all have a role to play. Listening without judgement, checking in on someone we are worried about, supporting respectful relationships, and understanding the realities of coercive control can help create safer futures for women and children.

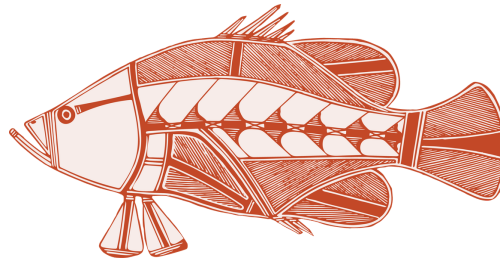
If you or someone you know is experiencing domestic or family violence, support is available through 1800RESPECT on 1800 737 732 or by contacting local support services. No one deserves to live in fear behind closed doors.



CSCI staff wearing purple for domestic and family violence awareness



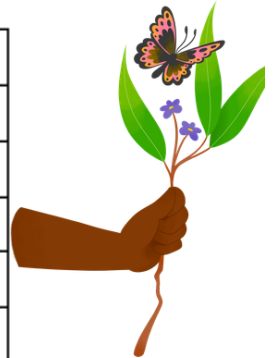
Kids Zone



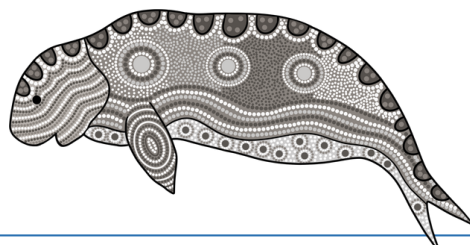
Word Search

Find the words below. Words only go forwards, downwards, or diagonally down-right.

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



Australia	Naidoc	Elders
Family	Culture	Connection
Country	History	Truth
Voice	Together	Community
Heal	Dreaming	Future



Recipes

Cheesy Baked Potatoes

Ingredients:

- 4 large potatoes
- 1 cup grated cheese
- 2 spring onions, sliced (optional)
- Butter
- Salt and pepper

Method:

1. Preheat the oven to 200°C.
2. Pierce the potatoes with a fork and bake for 45–60 minutes, or until soft.
3. Slice the potatoes open and fluff the inside with a fork.
4. Add a little butter, then top with grated cheese and spring onions.
5. Season with salt and pepper and serve warm.



Slow Cooker Beef Stew

Ingredients:

- 500 g diced beef
- 3 carrots, chopped
- 3 potatoes, diced
- 1 onion, sliced
- 2 cups beef stock
- 2 tbsp tomato paste
- 1 tsp dried mixed herbs
- Salt and pepper to taste

Method:

1. Place all ingredients into a slow cooker.
2. Stir to combine and season with salt and pepper.
3. Cook on low for 7–8 hours or high for 4–5 hours.
4. Serve hot with steamed vegetables or crusty bread.

