

Talkabout

Issue No. 189 April/May 2026



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TOPIC 01

Flu season

As April / May rolls in, it's the perfect time to get ahead of the flu season. Cooler months can bring an increase in flu and other respiratory illnesses. Protecting yourself and your family doesn't have to be complicated. Small steps can make a big difference.

- Wash hands regularly with soap and water, especially before meals and after being outdoors.
- Teach children fun ways to remember washing their hands, like singing a short song while washing.
- Annual flu shots are the best protection against seasonal influenza.
- Encourage healthy routines: balanced meals, plenty of water, and adequate sleep.
- Look out for neighbours, especially the elderly or those living alone.
- Seek medical advice if you experience high fever, difficulty breathing or if symptoms worsen.

By taking these simple steps, you can help protect your family, support your neighbours, and reduce the impact of flu in our community.



Find us on
Facebook



Talkabout

Upcoming Events

The community Support Centre Innisfail is currently seeking donations or foods at a reduced cost for our community harvest box, these foods are used to help support our community.



Community Support Centre Innisfail
13-17 Donald street
PH: (07) 4043 8400



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BUILDING THE BABY BRAIN

A free workshop to support
parents and caregivers to
learn how to encourage baby
development and learning

**Friday 12th June
10am to 11:30am**

To register please
phone or scan QR
code



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Talkabout

Words from our CEO



Planning Our Future Together: Your Voices Are Shaping CSCI's Next Chapter

Over the past four months, our CSCI Management Committee, staff, and volunteers have been busy working on the 2026–2031 Strategic Plan for the Community Support Centre Innisfail Inc. And at the heart of this work is something really important: you.

Our updated vision says it beautifully:

“Empowered individuals, children, and families in a thriving connected community shaped by Cassowary Coast community voices.”

We want local people to have a genuine say in how services are planned and delivered. After all, no one understands the Cassowary Coast better than the people who call it home.

Thank You for Speaking Up

You may have seen our recent survey shared on Facebook or through our services and partners. The response was incredible far more than we expected and we're so grateful to everyone who took the time to share their experiences.

Here's what you told us:

Many families in our region face real challenges accessing health, housing, education, legal, family support, and employment services.

Families who are already dealing with extra pressures whether related to ability, culture, gender, ethnicity, or financial stress often face even more barriers.

When services are delayed or too far away, people miss out. And missing out often leaves families feeling unheard, unsafe, or not respected.

Your honesty helps us understand what life is really like for families across the Cassowary Coast.

Ideas for Change Are Already Emerging

The best part? You didn't just share the challenges you also shared thoughtful, practical ideas for how things could improve.

People suggested changes at every level:

How services are delivered

How organisations operate

How systems could better support regional communities

We'll be taking these ideas directly to decision-makers at the local, regional, state, and federal levels. Your voices will be heard.

We're Committed to Advocating for You

CSCI is dedicated to pushing for positive change so that children and families in our region can truly thrive. Your time, your stories, and your ideas are deeply valued.

If you'd like to keep being a voice for your community, here are a few simple ways to get involved:

Fill out feedback forms when you use a service

Take part in future surveys

Volunteer with a local group

Come along to community forums

Or stop me in the street, on the golf course or at work to have a chat.

Every contribution big or small helps build a stronger, more connected Cassowary Coast.

I promise we will listen.

Get to know our staff and volunteers

Corrina is currently studying a Certificate IV in Mental Health with TAFE Qld and completing her student placement here at Innisfail Community Support Centre (CSCI).

Mental health is an important part of everything we do here at the Innisfail Community Support Centre (CSCI) and Corrina is gaining valuable hands-on experience supporting our team and the local community.

Corrina chose to study mental health because she is passionate about helping others and bringing a lived-experience perspective to her work. She believes her skills and understanding can make a meaningful difference and hopes to further develop her experience working with remote communities in the future.

We are proud to support students like Corrina as they build skills, confidence and a strong foundation for a future in mental health and community services.

Talkabout

Road Map to Stronger Futures Community Survey

Road Map to Stronger Futures is a collective impact initiative led by the Community Support Centre Innisfail (CSCI), bringing together community, government, sector services and local leaders to strengthen outcomes for children and families across the Cassowary Coast region from Aloomba to Cardwell. The initiative espouses Accountability Commitments to Reconciliation, Child Safe Organisational Standards and the Human Services Quality Standards.

As part of a vision to develop a Cassowary Coast Child and Family Hub on the Cassowary Coast, we invite partners from all sectors to walk this road with us, aligning effort, sharing responsibility, and building stronger futures together.

Community Support Centre Innisfail (Inc) is asking people from Aloomba to Cardwell to share their experiences on local service delivery, including services like housing, health care, mental health support, counselling, childcare, education, transport and domestic and family violence support.

We know that living outside major cities can make it harder to get the right support at the right time. We want to understand what is working well, what is missing, and what needs to change.

Your participation is completely voluntary, and you may choose to stop or withdraw at any time. By continuing with the survey, you are providing your consent to participate.

This survey does not collect any personal identifiable information, and all responses will be kept anonymous. The information you provide will be used to strengthen services for children, families, individuals and communities.

Your voice is important.



Healthy Screen time habits for children and young people

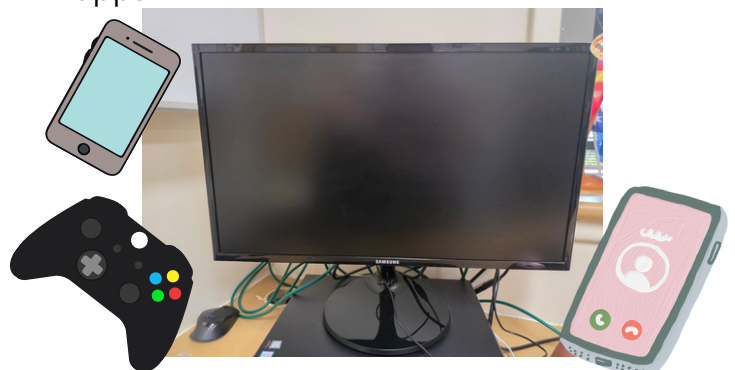
Technology is an important part of life for many children and young people; however, it can be really challenging for parents and caregivers to support children to develop healthy screen time use and habits. For optimal child health, the Australian 24-Hour Movement Guidelines recommend the following screen time limits for children and young people:

- no screen time for children younger than two years
- no more than one hour per day for children aged 2–5 years
- no more than two hours of sedentary recreational screen time per day for children and young people aged 5–17 years (not including schoolwork).

Screen time habits can develop for a variety of reasons such as accidentally rewarding problem behaviour with screen time or using technology to entertain children.

Having some rules around technology in the home is crucial for children to develop healthy habits. Rules could be put into a family media plan. Some suggestions include:

- How your child can use screen time – what can they do - for example, for making animations or checking a netball shooting technique
- Where they can use technology – such as only in open spaces
- Daily screen-time hours; including weekends – agree on an acceptable amount of daily screen-time and how long for one sitting – for example 40 minutes.
- When children can use screens – such as only after homework, or not during mealtime.
- Does your child need to ask permissions before using technology and that they need your consent before downloading any apps.



Kids Zone

Easter colouring in



Recipes

Chocolate cornflake nests

Ingredients

- 200g milk chocolate
- 100g cornflakes (or shredded wheat)
- 2 tbsp butter
- Mini chocolate eggs (for topping)

Method

1. Melt chocolate + butter together (microwave in 30-sec bursts).
2. Gently fold in cornflakes until fully coated.
3. Spoon mixture into cupcake liners.
4. Use a spoon to create a small “nest” dip in the centre.
5. Add mini eggs on top.
6. Chill in fridge for 1–2 hours until set.



Glazed baked ham

Ingredients

- 1 pre-cooked leg ham (2–4kg)
- ½ cup honey
- ¼ cup brown sugar
- 2 tbsp Dijon mustard
- Whole cloves (optional)

Method

1. Preheat oven to 180°C.
2. Remove ham rind, leaving fat layer intact.
3. Score fat in a diamond pattern.
4. Push cloves into intersections (optional).
5. Mix honey, sugar, mustard → brush over ham.
6. Bake for ~45–60 mins, basting every 15 mins.
7. Finish when golden and caramelised.

