



A REGULAR community event to empower adults and children around their health and wellbeing is being launched in North Burnett.

“Coffee in the Park” is a joint initiative of IWC, which delivers health and wellbeing services across the region, and North Burnett Regional Council.

The information and activity-filled event will kick off in Eidsvold on 5 October and Gayndah on 6 October. Once launched, it will be held every two months.

We, the IWC Nth Burnett Multidisciplinary Team are calling it ‘Coffee in the Park’ because it’s an open invitation to everyone in our community to come along and have a chat about any health and wellbeing matter.

There will be a whole range of information and activities available, and this is a real whole-of-community event. Schools, Medical Practices, Community Health and Allied Services, Ambulance, Police, Aged Care, Employment and Educational organisations, Qld Mental Health, Lifeline, Anglicare and Bridges are among organisations being invited to get involved in these regular community events.

The fun will run from **10am-1pm at Apex Park in Eidsvold on 5 October**, and then be repeated from **10am-1pm on 6 October, at the Lions Park in Gayndah**. There will be a fundraising sausage sizzle and coffee will be available to purchase.

To tie in with the event, IWC is launching a “Swap One” passport which will help people to improve their personal health and wellbeing.

The passport concept is simple – just come along to one of the Coffee in the Park events and we can check your blood pressure, blood sugar levels and weight.

Then, swap just one eating, drinking or exercise habit – it doesn’t matter how small – and we can help you monitor how that change is improving your health and wellbeing. This is for everyone, young and old, and it’s a way of building understanding in our community that we all have the ability to be healthier and happier.

North Burnett Mayor Rachel Chambers said the council was pleased to get behind the initiative, which was focused on the whole community and building pathways to local health and wellbeing services.

“This is a way of bringing people together regularly to have a chat with health professionals about anything that interests or concerns them,” she said.

IWC urges everyone in the community to get involved. Anyone requiring Transport, please contact the Gayndah IWC Office on 07 4161 4800 to organise.

“This will be a fun event, with giveaways, balloons and, of course, coffee, and it will be held on the first Wednesday and Thursday every two months in Eidsvold and Gayndah. This will bring our health organisations, community groups, schools, aged care services and much more together regularly to share information that will benefit families and individuals.”

For more information go to the IWC website at www.iwc.org.au/events