



Central Queensland MUSIC THERAPY

Newsletter August 2026

NDIS Updates

On the 19th of August, the **NDIS Bill passed Parliament**. This is going to show in the coming months, as **cuts to the NDIS**, which may affect your **funding** and **therapist availability**.

It can feel scary now as we enter a period of **unknown before change**. Although you may feel isolated, we at CQ Music Therapy, and the greater disability community, **are all in this together** – you are not alone!

Please remember that together, the **disability community of Australia** was able to rally and **advocate fiercely for our rights** these last few months. So much so that the **Bill** added some **inclusions**:

- An appeals pathway for large-scale cuts imposed by the Minister.
- A clearer definition of parental responsibility, recognising disability supports are different from ordinary parenting responsibilities.
- Whistleblower protections for people who report fraud within the NDIS.
- Stronger protections around debts raised against participants by the NDIA.
- Expanded rights to request re-assessment from the NDIA.

For now, everything is the same, and so we shall continue as we have been doing; offering **supportive programs for all who come to our door**. If you have any **questions or concerns**, we are always happy to answer them as the best we can, and will continue to provide **updates when we have further information**.

Free Holiday Swimming Lessons at Boyne Tannum Bullets Swim Club

The Boyne Tannum Bullets Swim Club, in partnership with Boyne Smelter and Rio Tinto, is offering a **free “learn to swim” program**. This **10-lesson program**, held in the **September school holidays**, is aimed at **children aged 5 to 12** who may not otherwise have access to swimming lessons due to financial or social barriers. It is open to **non-members of the Boyne Tannum Swim Club**, with preference given to those who have not already participated in a holiday program with the club.

For **more details**, please see the **flyer** below. Register via the QR code or by clicking [here](#).

Boyne Tannum **BULLETS**

FREE LEARN TO SWIM PROGRAM

IN PARTNERSHIP WITH  **Boyne Smelters**
Operated by **RioTinto**

The Boyne Tannum Bullets proudly invite children in our community to attend a week of FREE learn to swim classes at our swim club these upcoming September school holidays with our fully qualified coaches.

This program is a 10 Lesson commitment - attendance at both morning and afternoon sessions is required daily, during week 1 or 2 of the school holidays. These classes are carefully designed to teach water safety and confidence, all while having fun and learning new skills!

Group Timetable:

7-10y/o - 7:30am to 8:15am & 4:15pm to 5:00pm (45minute class)

5/6y/o group 1 - 8:15am to 8:45am & 3:15pm to 3:45pm (30minute class)

5/6y/o group 2 - 8:45am to 9:15am & 3:45pm to 4:15pm (30 minute class)

Program Dates:

Week 1 = 21st to 25th September

Week 2 = 28th September to 2nd October

Location:

Tannum Sands State School Pool



**REGISTER
NOW!**



Music Therapy and StoryTime Collaboration at the Library

StoryTime is part of the Queensland Government's "**First 5 Forever**" initiative – an early literacy program which aims to provide strong foundations for children's **language and literacy development**, as well as connecting families to information, resources and support.

The Gladstone Library recently welcomed one of our Registered Music Therapists, **Eliza**, to **include music** in this program, alongside the usual **stories, rhymes and movement**. Eliza will be joining the StoryTime program twice more this year, with the **next session** being Father's Day themed.

Date: Thursday 3rd September 2026

Time: 10:30 to 11.30am

Location: Gladstone City Library, 39 Goondoon Street, Gladstone

What to expect: Music, stories, and a craft activity to take home to Dad

For more information about StoryTime, and the other "First 5 Forever" programs across Gladstone Regional Libraries' various locations, visit their [website](#).



Neuro-Affirming Mental Health Resources

Therapy Near Me Psychology and Counselling Services have published a **free guide** to provide practical information about **neurodiversity-affirming mental health support**, including choosing an appropriate provider, preparing referrals, adapting therapy, autism assessment, consent, Medicare, NDIS pathways, crisis planning and reasonable adjustments.

It is **designed for autistic and neurodivergent people**, families, carers, general practitioners, support coordinators, schools, mental health professionals, disability services and mainstream health organisations. The guide includes practical **checklists**, **referral prompts**, service **self-audit tools** and printable **worksheets**.

Download the **guide** [here](#), or visit their [website](#) for more **mental health** research, reports and **resources**.

Thank you!

If you have any questions, please reach out – contact details below.

From **Jess and Eliza**

Central Queensland Music Therapy

Contact Central Queensland Music Therapy

Mobile: 0493 294 405

SMS Only: 0483 980 903

Admin email: admin@cqmusictherapy.com.au

Jess' email: jessthemusictherapist@gmail.com

Address: Shop 3, 111 Toolooa Street
South Gladstone, QLD, 4680

Open: Mon, Wed, Thurs & Fri
by appointment only

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