

# Highways and Byways

A Community of Service  
and

## Chandra Yoga and Wellbeing

would like to invite you to the launch of

# Seeds of Connection

a grassroots program of community inclusion,  
support and welcome

To be officially launched by  
**Emeritus Bishop Bill Morris**

When: Tuesday 10<sup>th</sup> March 2020

Time: 10.00am

Place: Chandra Yoga and Wellbeing,  
151 McDowall St, Roma QLD

RSVP by 3<sup>rd</sup> March:

E: [chandrawellbeing@gmail.com](mailto:chandrawellbeing@gmail.com)

Megan Brown on 0439 726 952 or

<https://www.facebook.com/chandrawellbeing>

<https://highwaysandbyways.org.au/>



**Highways** and **Byways** A Community of Service  
In the spirit of the Missionary Sisters of Service and Fr John Wallis



## Roma, South Central Queensland, 2020

*Highways and Byways* – A *Community of Service* will develop grass-roots programs in Roma working with local community organisations. We are delighted to be partnering with Megan Brown of Chandra Yoga and Well Being who will co-ordinate and manage the programs on the ground in Roma and surrounding districts.

*Highways and Byways* seeks to support people and projects which express the particular character and spirit that has inspired the work of **the Missionary Sisters of Service (MSS)** since 1944. The MSS have lived and worked across vast expanses of Queensland since 1964, always responsive to the needs of the times with a particular concern for people on the margins, geographically, culturally, spiritually or socially.

This is a program in the same spirit - supporting those on the margins, plugging the gaps where needed and helping to build a thriving and resilient community. In 2020 it will be a 10-month pilot program and we hope to be able to continue this into the future. Below and opposite are the initial programs developing or already up and running in early 2020.



### Life Skills

A life skills program for local young people between the ages of 12 and 21 with a range of challenges such as autism, social anxiety and isolation, and learning difficulties.



### Indigenous Community

Working with the Indigenous Community to address areas of local concern



### Community garden

Developing a Community garden – Working with community groups to involve locals in the maintenance and daily running of gardens. Young adults that are having trouble engaging with others will be the main focus in partnership with the local youth officer.



### Isolated Seniors

Programs for isolated seniors in the township: Organizing activities in health & well-being for seniors to participate in, such as, gentle exercise, dance, gardening or cooking activities that are of low cost.



### Drought Assistance

Support of those struggling with the ongoing grind of drought and lack of income.

For further *Highways and Byways* information contact Liz McAloon, Executive Officer, on 03 9873 5520 or [liz.mcaloon@highwaysandbywaysltd.org.au](mailto:liz.mcaloon@highwaysandbywaysltd.org.au) or go to <https://highwaysandbyways.org.au/>

For further Roma 'Seeds of Connection' Program information please contact Megan Brown on 0439 726 952 or [chandrawellbeing@gmail.com](mailto:chandrawellbeing@gmail.com) or Jenny Coggan on 0427 261 175 or [jenna.jeff@bigpond.com](mailto:jenna.jeff@bigpond.com)