

**MEDIA RELEASE**  
**13 February 2023**

## **Valentine's self-care day for those struggling with the cost of living**

Wesley Mission Queensland's Elorac Place Community Centre in Ellen Grove is hosting a free 'Love Yourself' pamper day this Valentine's Day (Tuesday, February 14<sup>th</sup>) for anyone in need of a little self-care.

Wesley Mission Queensland Community Coordinator Tania Kelsey said there's no doubt people in our local community are struggling with the rising costs of groceries, bills and housing.

"Most people we see coming into the centre are solely focused on feeding their families and keeping a roof over their heads and there's little if any money to spend on themselves," Ms Kelsey said.

"Our team decided to create a Valentine's Day that was all about loving yourself and pampering, so we've organised hair stylists, beauticians, and massage therapists to set up on site and really create an indulgent experience.

"We've certainly noticed a huge increase in demand for our discounted grocery store, second hand clothes and requests for housing assistance.

"People in the community, particularly families are facing so much stress and anxiety over cost of living.

"Many have had to deal with recent rent increases, return to school financial pressures and huge rises in food costs and are living well below the poverty line," Ms Kelsey said.

"We hope the day goes some way to providing a moment of retreat, relaxation and pampering for people in our community.

The Love Yourself day will run from 10:00 am to 1:30 pm at Elorac Place Community Centre at Ellen Grove. Guests can enjoy a neck and shoulder massage or foot massage, hair styling and facial waxing appointments are also available. An indulgent morning tea of cakes and treats will also be provided. Bookings are essential, contact [mdaley@wmq.org.au](mailto:mdaley@wmq.org.au) to secure a place.



For more than 25 years, Wesley Mission Queensland's Elorac Place has been at the heart of the Ellen Grove community, offering care and support to people in need. The staff and volunteers at Elorac Place are committed to their vision of working towards creating a strong and healthy community. Services offered at Elorac Place include a food shed which provides heavily discounted groceries and clothing - open each Tuesday from 9:30am to 11:30am, playgroup and kids club.

-ENDS-

**MEDIA OPPORTUNITIES AVAILABLE**

Interviews with Wesley Mission Queensland coordinator Tanya Kelsey at any time & participants (on the day of event)

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**WESLEY MISSION QUEENSLAND**

Wesley Mission Queensland (WMQ) is a not-for-profit community service provider that offers community support, mental health services, aged, disability and palliative care, and retirement living across Queensland. WMQ operates as a mission activity of the Albert Street Uniting Church to provide accessible and flexible services to older people, those living with a disability or mental illness, Aboriginal and Torres Strait Islanders, and vulnerable children and families.

Visit [www.wmq.org.au](http://www.wmq.org.au) or call 1800 448 448.