

# Neighbourhood News

April 2018

## Anzac Day



ANZAC Day is the day we remember all Australians who served and died in all wars, conflicts and peacekeeping operations.

The spirit of ANZAC, with its human qualities of courage, mateship, and sacrifice, continues to have meaning and relevance for our sense of national identity. *Lest We Forget.....*

### SERVICES IN CAIRNS:

**Trinity Beach** 5:30am Dawn parade (assemble adjacent to Memorial) followed by commemorative address and wreath laying

**Road closures - 5am to 8am** / Vasey Esplanade from Trinity Beach Road to Possum Street

**Yorkeys Knob** 8:30am Commemorative service at the Boat Club Marina

Stratford 6:50am Parade assembles at Stratford Post Office  
6:55am Commemorative march to Stratford Cenotaph, followed by service and wreath laying

**Road closures - 6:55am to 7:15am** Stratford Parade from Dalgely Street to Greenbank Road, Tully Street entrance onto Stratford Parade Magazine Street from Greenbank Road



**Welcome to the Marlin Coast Neighbourhood Centre**

**205 Reed Road Trinity Park**

**P: 4055 6440**

**PO Box 260 Smithfield Q 4878**

**E: [admin@mcnc.org.au](mailto:admin@mcnc.org.au)**

**[www.mcnc.org.au](http://www.mcnc.org.au)**

### Calendar of events

#### Monday

*Armchair Yoga:* Gentle exercise 10 to 11am. \$5 pp

*Emergency Relief:* Support for people experiencing financial crisis; appointments necessary.

#### Tuesday

*Ukulele class:* Lots of fun for experienced players, 8.30 to 10.30am

*Line Dancing:* Fun for everybody! 10.30 to 11.30am

*Seniors Day:* Guest speakers, activities and lunch. \$6 per person

#### Wednesday

*Playtime:* For families with children under school age, 9 to 11am

*Social bridge:* card game 9.30am to 12

*Shed Mosaics:* putting the pieces together. **You'll be surprised at your skills 12.30pm**

#### Thursday

*Community Garden:* Enjoy working in the edible, organic garden. Volunteers welcome!

*Book Club:* The first Thursday of the month 10.30am (First meeting February 1)

#### Friday

*Tai Chi:* Great for balance and health. 9.30 to 10.30am \$12.50pp

### Marlin Coast Neighbourhood Centre Inc.

OFFICE HOURS: Monday to Thursday 9am to 4pm Friday 9am to 1pm

#### OUR MISSION STATEMENT

The Marlin Coast Neighbourhood Centre is an incorporated community-based organisation. Our vision is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being.

We operate within the Social Justice Principles of equity, access, equality and participation through professional support, a friendly safe and inclusive meeting place, respect for the individual, a commitment to the community and integrity throughout the organisation. The Centre receives core funding through the Queensland Government's Department of Communities.

**Coming Soon to the Centre...**

**ANGLICARE**  
NORTH QUEENSLAND LIMITED

## COMMUNITY FOOD STORE

Cairns Community Outreach Support Services

**“A HAND UP WHEN YOU NEED IT “**

Anglicare North Queensland in collaboration with the Marlin Coast Neighbourhood Centre is bringing the Helping hand Community Food Store and the Community Outreach Store to the Centre

## Emergency Relief

The Centre receives limited funding through the Australian Government's Department of Social Services to deliver limited assistance to people experiencing financial crisis.

Support is available each Monday morning by appointment. People living in the area bounded by the Barron River and north to Ellis Beach, as well as Smithfield, Caravonica, and Lake Placid, are eligible. Phone on Wednesday for an appointment on the following Monday. Appointments are available every 3 months.....

Appointments can only be made every 3 months. Depending on our resources, family food parcels are available for those who cannot secure an appointment.

## Financial Literacy Education

**Free service to help you with:**

- ◇ Basic money management skills
- ◇ Budgeting
- ◇ Access to hardship programs (eg. Ergon, Telstra, Optus, etc)
- ◇ Referrals to other services (e. financial counsellors, gambling help, etc)



- “One on One” appointments available every Friday morning from 9.30am.
- *Please reserve your one hour appointment by ringing the Centre on 4055 6440*

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# Senior's Program Information

## Tuesday Older Person's Group Luncheon

Group commences 10.30 a.m. for Line Dancing or cuppa and chat. Guest Speakers commence 11.40 a.m. Admission is free – You are welcome to join us for luncheon (approx. 12.30 p.m.) at a cost of \$6.

### Guest Speakers:



**10 April Kylene Evans, CDO, Dementia Aust.**

*"Dementia—Know the Facts / Living with Dementia"*



**17 April Cairns Regional Council**

**"Resource Recovery" (Recycling)**

Group commences 10.30 a.m. for Line Dancing or just a cuppa and chat. Guest Speakers commence 11.40 a.m.

Admission is free – You are welcome to join us for luncheon (approx. 12.30 p.m.) at a cost of \$6.

### Tuesday Club April/May 2018 Calendar:

3/04	10/04	17/04	24/04	
 BBQ  Games	 Kylene Evans, CDO, Dementia Aust.	 Cairns Regional Council "Resource Recovery" (Recycling) Australian Hearing free hearing test 10.30 am.– 1 pm 	 Birthday Celebrations Singalong 	
1/05	8/05	15/05	22/05	29/05
 BBQ  Games	"Great Things Happen at Your <b>Library!"</b> Smithfield Librarian - Sivan Bolger 	Enduring Power of Attorney / Advanced Health Directives Gail Winters J.P. 	Biggest Morning Tea 	 Birthday Celebrations

## COMMUNITY NOTICEBOARD

### children's playtime



The Centre's Playtime group has grown! There are great friendships forming for young and old. It is a real pleasure to see the children laughing and playing and Mums chatting together. If you have small children from birth through to around 4 years, why not come along? No need to book - just turn up for some well-deserved social therapy for you and your children.

**Every Wednesday from 9am**

### Palm Cove Markets

Date: Sun 1 Apr  
Time: 8:00am - 2:00pm  
Location: Williams Esplanade,  
Palm Cove  
The Palm Cove markets offer quality handmade goods, local produce and great family entertainment.



### Holloways Beach Markets

Beach front not-for-profit markets 2nd Sunday of the month, 8am to 1pm on the foreshore...All money raised goes towards supporting this years' Christmas Carols on the beach. Phone Jenny on 0473 397 823



### Free Guided Birdwatching Tour

Date: Tue 9 Jan  
Time: 8:30am - 10:30am  
Location: Meet at Friends House in the Flecker Garden.  
Free bird watching guided walk every Tuesday commencing at 8.30am. Bring binoculars and wear walking shoes

**Exercise Classes for Cairns Aboriginal and Torres Strait Islander Community** at the Wucchopperen Gym . Free with referral form Wucchopperen GP, 6 Moignard St Manoora..

## Gold Coast Commonwealth Games Festival 2018

As part of the Gold Coast 2018 Commonwealth Games, Cairns will host Festival 2018, a bold arts and cultural 12-day program designed to galvanise the region, inspire audiences and celebrate the games. A key element of the program will be a Live Site on the Cairns Esplanade where residents and visitors can watch the games live on big screens and enjoy free live performances. The Live Site will reflect the region, beautiful natural environment, cultural diversity and unique Indigenous history.



A calendar of events is available on the official [Commonwealth Games Festival 2018 website](#).

Or pick up a copy of events from the Centre



## CULTURES IN HARMONY

HARMONY DAY 2018 EVENT

**SUNDAY 29 APRIL**

**Tanks Arts Centre 9am—2pm**

Harmony Day celebrates Australia's cultural diversity, and a sense of belonging for everyone.

# ManUp!

For Prostate Cancer

**"IT'S A BLOKE THING"**

Prostate Cancer Roadshow

Man Up! Queensland

It's time to tackle prostate cancer.

**Smithfield Library, Wednesday 4 April  
10.30am—11.30am**

ManUp! To help raise awareness about prostate cancer, its early detection, treatment, and build a community of support for men living with this disease.

**Get involved. Together we can make a difference!**

## techKNOW

@CairnsLibraries

### FREE technology training

Learn new skills, get connected and take the first step to better tech knowledge!

**Bookings essential: Ph 4044 3727**

### Smithfield Library

\* Introduction to iPads

Wednesday 18 April

10.30am—1.00pm

\* Get to know your device

Wednesday, 2 May

10.30am—1.00pm



# Let's Garden

**Thursday Morning from 8.30 - everyone is welcome!**

Did you know ...In Autumn in the tropics you can plant just about everything from asparagus to bean sprouts to egg-plant to lettuce to tomatoes to cucumbers to all types of herbs.... Whatever your heart desires .

([www.organicgardener.com.au/planting-guides](http://www.organicgardener.com.au/planting-guides))

Come and join our Organic Garden group and see how it's done.....

<https://www.facebook.com/uniladmag/videos/3725009717522060/>

The pineapple plant produces oxygen and improves air quality....giving you a better and quieter sleep. It takes 21 months to develop the small pineapple at the top...



# The Week at a Glance

## Monday

### *Emergency Relief*

Financial Relief for individuals and families experiencing financial crisis.

Appointments are limited; Bookings are essential; phone after noon on Wednesday to make the appointment.

Ph: 4055 6440

### *Armchair Yoga*

Gentle exercise

10am to 11am

Ph: Beryl 4055 7603



### *Early Years Learning Centre*

12.30—1.30 pm

Move Baby Move

Ph: 4034 6800

### *Early Years Learning Centre*

2.00 — 3.00 pm

Infant Massage (5 week block)

Starting 22 January

Ph: 4034 6800

### *Kewarra Kundalini*

*Yoga* 6.00 — 7.00 pm

Ph: Danielle 0456 487 908

## Tuesday

### *Ukulele class*

8.30am to 10.30am

\$2 per person

Ph: 4055 6440



### *Line Dancing*

10.30am to 11.30am

Gold coin donation

Ph: 4055 6440 \$2 per person

### *Seniors' Day*

Guest Speakers, Morning Tea,

Lunch and Activities

10.30am to 2pm

Ph: 4055 6440

### *Weight Watchers*

4.30 to 7pm

[www.weightwatchers.com.au](http://www.weightwatchers.com.au)



## Wednesday

### *Bridge*

Social bridge for the Experienced Player

9.30am to 12 noon

### *Playtime*

Each Wednesday morning

9am to 11.30am. Families with children under school age.

\$2 per family

### *Shed Mosaics*

12.30pm to 3.30pm

Cold coin donation

Ph: 4055 6440

### *Kewarra Kundalini*

*Yoga* 6.00 — 7.00 pm

Ph: Danielle 0456 487 908

## Marlin Coast Neighbourhood Centre Inc

OFFICE HOURS - Monday—Thursday 9am to 4pm Friday 9am to 1pm

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The Centre receives core funded through the Queensland Government's Department of Communities, Child Safety and Disability Services.

# The Week at a Glance

Thursday	Friday	Saturday/Sunday
<p><i>Community Garden</i> Morning from 9am Phone the Centre - 4055 6440</p> <p><i>Book Club</i> First Thursday of each month 10.30am to 12 noon Ph: 4055 6440</p> <p><i>Tai Chi</i> Each Thursday evening 6pm to 7pm Call Yoshie on 0407 341 916</p> <p><i>Narcotics Anonymous</i> Each Thursday evening 7.30pm to 8.30pm Phone: 0478 078 456</p>	<p><i>Tai Chi</i> Each Friday morning 9.30am to 10.30am 12.50 per class Call Julie on 0427 054 132 for further information \$12.50</p> <p><i>Al-Anon</i> Support for families And friends 6.00-7.30 Phone Emma 0422 235 280</p>	<p><i>Northern Beaches Seventh-Day Adventist Church Group</i> Every Saturday 9am to 2.30pm Ph 0421 856 790</p> <p><i>Cairns Free Reformed Church</i> Sunday Services 9.30am to 2.30pm Julie and Mathew: 4034 3475 Email: mcbyl@westnet.com.au</p>



**Free computer for use during business hours Monday to Thursday 9am to 4pm and Friday 9am to 1pm**

**VENUE HIRE    VENUE HIRE    VENUE HIRE**

We have wonderful air-conditioned facilities for hire -

large function rooms, kitchen facilities, computer room, covered patio, children's playground - so why not hire the *Marlin Coast Neighbourhood Centre* for your next gathering, whether it be a one-off celebration eg Birthday, Christening, Anniversary Party or for an ongoing regular activity – club or church meetings, craft, sporting and leisure activities.

## The Marlin Coast Skills Development Program

**Proudly offers:**

**CHC33015**

### **Certificate III in in Individual Support** *“Building Your Future”*

Providing a career pathway into Aged Care, Community Care, and Disability Support

Commences:

**Wednesday**

**1 August 2018**

**Please phone Allison on  
4055 6440 for further  
Information**



**This FREE project is proudly funded and supported by the Queensland Government through its ‘Skilling Queenslanders for Work’ initiative.**

**Where:** The Marlin Coast Neighbourhood Centre

205 Reed Road,

Trinity Park

**Phone:** 4055 6440

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\* Training is fully-funded and includes uniforms, goal setting, resume and job application skills, security checks, First Aid and CPR Training and placement experience.

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\* If you are over 15 years of age, are unemployed, not currently studying and are eligible to work in Australia, you are eligible to enrol.

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\* This project runs over 16 weeks and is industry recognised.

### **Congratulations!!!**

To our previous students who will be graduating at the Centre on 27 April 2018. All the very best in their future endeavours, from all the staff and volunteers at the Centre.



Delivery of training by an Industry-leading, Government-recognised, Healthcare Training Organisation: RTO ID 31994