

Neighbourhood News

JUNE 2020



What's on at the Marlin Coast Neighbourhood Centre for June 2020

The Community Centre's doors at reception are open and we welcome you to come and talk to us. Please be aware that we will continue to respond to a number of challenges that have arisen in response to COVID – 19. One of these is that our social groups are not yet back using our spaces.

To protect the community and staff we are continuing to practice safe distancing and this is making it difficult to have the larger numbers of people in the building.

Activities such as playgroup, craft groups and social groups are on hold until the allowed number increases and we are able to recommence using safe distancing practices. This also includes any courses that have been offered in the coming months. We will continue to engage with people over the phone and face to face at the Centre, and will continue to update everyone with community information via the monthly newsletter and/or regular Facebook posts.

The Centre will continue to provide essential services such as community information, support and referrals, Family Support and emergency relief. There is staff at the Centre every week day to take your phone inquires and at reception, please ring us or come in if you are needing support through this very strange time. We are here to listen and provide support where we can.

Access to the above services or support please contact us by phone 4055 6440 or email admin@mcnc.or.au

Please take care of yourselves and each other, this is the time to be our best



Location Location Location!!!

Your vote is so important!

Marlin Coast Neighbourhood Centre is excited to announce that we have been awarded a grant through the Ergon-Energex Community Fund to help us purchase and install a LED billboard.

With your help, we could receive an additional \$5,000 towards this project!

The LED Billboard will be used to promote centre activities, for community notices to raise awareness about local issues, and to support local events and activities. Billboard messages will be free of charge to the broader community.



We are at the perfect location, being at the nexus of 2 major roundabouts just off the Cook Highway at Trinity Park, Cairns.

Your vote is so important!

**Not just for the Marlin Coast Neighbourhood Centre,
it is a vote for the whole community!**

Please go to the website below and vote for us by the 7th June!

<https://www.talkingenergy.com.au/ergon-energy-and-energex-community-fund-peoples-choice/brainstormers/peoples-choice-2020/ideas/28844>

#NorthernBeachesCommunity #MCNC #Ergon-Energex
#VoteForus #Billboard #CommunitySpirit #ErgonEnergy



Emergency Relief

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

Support is available each Monday, Wednesday and Friday for people living in the Cairns Local Area.

Appointments can only be made every 3 months.

Food parcels may be available for those who can't secure an appointment.

For an appointment call the Centre on: **4055 6440**

Friends of the Reef Associates...

are collecting approved Colgate items for recycling.

During the competition period, Chelsea-Friends of the reef Associates will earn Garden Points by sending oral care waste to TerraCycle for recycling, and by earning online votes from the community.

1 unit of oral care waste = 10 Garden Points

1 online vote = 1 Garden Point



Located in: Raintree Park

Holloways Beach Community Garden

Oleander Street, Holloways Beach QLD 4878

Monday & Friday afternoon 3.30pm to 6.30pm

Donate and vote for Chelsea - Friends of the reef Associates to win

- 1- Start collecting oral care waste. Collect used oral care products in any old box or bag.
- 2- Drop off, attach your name or organisation label to the waste being donated at the location and time above.
- 3- Vote for us to win-<https://www.terracycle.com/en-AU/contests/colgategardenvoting-au>
- 4- We arrange labels, postage and shipping of the material through the competition management program.
- 5- The more votes and material we collect, the more we have a chance of winning materials for the creation of community garden projects across the Cairns Marlin Coast.

DVCQCONNECT
Be heard. Be safe.

Helping you escape domestic and family violence

Providing emergency transport and accommodation, as well as crisis counselling and safety planning to help Queensland women, men, children and pets to find pathways to safety, away from domestic, family and sexual violence. Call 24/7.

24 hour Domestic Violence Hotline - **1800 811 811**

Yoga with Beryl....

Hi Ladies and some Gentlemen too – The cold spell at the moment requires some more dynamic movements which are better done standing – always keeping safety in mind.!

So standing behind your chair, beside the kitchen table or in the hallway – being mindful to move anything that you may kick or hit with legs or arms.

Start with a gentle **CIRCLE BREATH** each way x 4 times. Follow with **SHOULDER ROLLS** each way x 4 times.

Down to the feet. If your balance is not so great then hold onto some support for a **FLAT FOOT**

MARCH: Keep the toes on the floor as you lift only the heels – left, right, left right x 4 each foot.

Some **LOOSE ARM SWINGS** now. Just allow the arms to swing around the lower abdomen and buttocks with a gentle twist to the upper body and shoulders...as many as you like. Come back to a steady standing position and be aware of your breath and heart rate... both should be a little raised now and hopefully you feel a little warmer.

Keeping the warming up going, lets do a good **MARCH ON THE SPOT**. Holding onto your support again, just mark time slowly, lifting the **feet** about 4 inches – left, right, left right several times. Pick up the pace now by focusing on lifting the **knees** a little higher – as many times as you like.

Notice how you swing your arms higher. Slow down to standing and check the heart and breathing rate.

Repeat the whole sequence going back to MARCH ON THE SPOT, LOOSE ARM SWINGS, FLAT FOOT MARCH, SHOULDER ROLLS.

Finally do several Circle Breaths bringing your awareness to the breath.

Inhale as the arms rise up thru the centre to slightly parted and out to the sides above shoulder level , then exhale as the arms move down below the navel and wrists cross again to inhale up thru the centre once more. A slight knee bend

on the exhalation seems to happen automatically – again being aware of your balance.

Keep smiling – this keeps the twinkle in ones eyes – then nobody will notice the double chin !!

Cheers from Beryl B. ArmChair Yoga. - back soon.



family and child connect

13-FAMILY 13-32-64

You love your kids but sometimes things get tough and you need a bit of help.

Every family faces challenges at some point. We connect you to the support you need to make things better for you and your family. It's confidential, free and worth the call.

Family and Child Connect can help with a range of family and parenting challenges. We'll talk with you about your situation and work out the type of support you might find helpful.

familychildconnect.org.au



Imagine being in a foreign country with no family or friends to support you through COVID-19. International students in Cairns contribute \$166M to the economy each year. However many are now stranded. They've lost their jobs, do not qualify for government support and are struggling to afford basic necessities such as food. They are feeling unwanted and very alone.

CAIRNS: PLEASE HELP US HELP THEM!

- 1) Drop-off non-perishable food to Cairns Student Hub, 1-3pm Mon-Fri (or ask for Northern Beaches address)
- 2) Contact us to pay for nutritious pre-made meals for students to enjoy
- 3) Contact us to offer food to students from your own restaurant

CAIRNS STUDENT HUB, SHOP 2/93-105 LAKE ST
 E: STUDENTHUB@STUDYCAIRNS.COM.AU
 T: 0455 521 077 W:CAIRNSSTUDENTHUB.COM.AU

an initiative by



Is an older person you know at risk?

Phone the Elder Abuse Helpline — anyone can make the call.
 1300 651 192 www.qld.gov.au/knowthesigns

Being alert to elder abuse in our communities is always important, especially now during the COVID-19 pandemic.

Research shows family violence often increases during major crises and disruptions, which means some older Queenslanders may be at increased risk of abuse at this time. Social and physical isolation, or shared living space with a person who may behave abusively, could heighten the risks.

Elder abuse is a single or repeated act — of lack of appropriate action — occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. Most cases of elder abuse occur within family relationships.

Elder abuse can be perpetrated in various forms — as physical, emotional/psychological, financial or sexual abuse, or neglect.

Now is a time when we need to look out for each other, particularly those who are most vulnerable.

If you suspect that an older person you know is being abused, or are experiencing elder abuse yourself, phone the **Elder Abuse Helpline on 1300 651 192 — anyone can make the call.** The helpline provides confidential information, advice and referrals. For more information about elder abuse, visit www.qld.gov.au/knowthesigns

Marlin Coast Neighbourhood Centre Inc.

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.

BOOK EXCHANGE

at the Centre

Opening times are:

Monday to Thursday:

9 am to 3 pm

and

Friday:

9 am to 12 noon



Happy Reading!

Need to talk
to someone?

Call 1300 059 625

nqconnect.com.au

Supporting clients

24/7 support for the everyday pressures of life

NQ Connect delivers free phone and online counselling to support people who are experiencing the pressures and stresses of everyday life. It is available to anyone living, working or studying in northern Queensland.

If you, or someone you know has a worry or concern, they can call **1300 059 625** to speak to a professionally trained counsellor without a referral.



Carer Gateway aims to make your life easier.

By calling Carer Gateway, you will be connected with a new Australia-wide network of Carer Gateway service providers. They will talk through what you need and help you to find local services and support to help you.

Carer Gateway Services has a range of new free services and supports available for you when you are caring for someone. The services on offer can help you in your caring role, increase your skills and reduce the day-to-day strain of caring.

These services can be accessed at the Carer Gateway website:

carergateway.gov.au

For more information on how to access services in your local area, call:

1800 422 737

Caring for you, while you care for someone.

We're here for you.

A huge thankyou to **L & L Tree Lawn and Garden** who donated their time and services to trim down some large trees and shrubs here at the Centre. Your kindness and generosity doesn't go unnoticed.

L & L

TREE LAWN AND GARDEN

Ph 0477 643 806

E lloydsjoint@gmail.com

COMMERCIAL & DOMESTIC

- LAWN & GARDEN CARE
- CYCLONE PREPARATION
- TREE PRUNING & REMOVAL
- STORM DAMAGE CLEAN UP



Free Legal Advice & Assistance

Cairns Community Legal Centre will continue to provide assistance via phone appointments.

- ◆ Information and Referrals
- ◆ Confidential Consultations
- ◆ Free Admission

For appointments contact Cairns Community Legal Centre Inc. directly on 4041 3220.



**Welcome to the Marlin Coast
Neighbourhood Centre**

P: 4055 6440

E: admin@mcnc.org.au

qcross Equality, opportunity and wellbeing



Managing debt: Keeping the vultures at bay

In this webinar, learn how banks, payday lenders, consumer leasing companies, Buy Now Pay Later and debt collection agencies are responding to COVID-19,

including more information about hardship programs they are offering, as well as No Interest Loans (NILS).

Additionally, you can find out where to get help if you are struggling, what your rights are, and COVID-19 scams you should be aware of.

This webinar is open to everyone, so register now. Be quick! We expect spots to fill quickly!

When: 9th June 12noon to 1pm

Register: www.qcross.org.au/events/managing_debt_keeping_the_vultures_at_bay/

DONATIONS.....

Lisa, one of our invaluable committee members and volunteers, is fund raising for good will.

Lisa makes amazing fly stoppers to go over beer and soft drink cans out of hair spray and spray paint lids (as pictured) and is asking for lid donations.



If you have a lid or two at home that you would like to donate, please drop by on your essential shopping drive. We will have a box outside for you to drop them in.

Thank you for your generosity.

CHC33015 Certificate III in Individual Support

The Marlin Coast Skills Development Program: Building Your Future

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

This project is proudly funded and supported by
the Queensland Government through its
'Skilling Queenslanders for Work' initiative



The Skilling Queenslanders for Work Project aims to upskill people
who address the SQW criteria: [desbt.qld.gov.au/___data/assets/pdf_file/0016/8422/sqw-participant-eligibility-factsheet.pdf](https://desbt.qld.gov.au/__data/assets/pdf_file/0016/8422/sqw-participant-eligibility-factsheet.pdf)

Training is fully funded and includes; goal setting, resume and job
application skills, AFP police check, First Aid and CPR Training and
placement experience.

This project runs over 18 weeks and is industry recognised.

Next Project begins; July 2020



For more information call Allison:



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P: 4055 6440 | ABN: 27 072 698 710
E: admin@mcnc.org.au | W: www.mcnc.org.au