

Neighbourhood News

MAY 2020

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

In line with the Governments direction, and to protect the community and staff, the Centre will remain closed through May due to the COVID-19.

This includes activities such as playgroups, craft groups and social groups. It also includes any courses that have been on offer in the coming months. We will continue to engage with vulnerable people over the phone, Facebook posts, and update everyone with community information via newsletters and/or Facebook and or email.

The Centre will continue to provide essential services such as community information, support, referrals and emergency relief. For access to the above services or support please contact us by phone on 4055 6440 or email admin@mcnc.org.au

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

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, Wednesday and Friday by appointment for people living in the Cairns Local Area.

Appointments can only be made every 3 months.

Depending on our resources, family food parcels are available for those who can't secure an appointment.

Fighting food wastage

Australian households throw away approximately 3.1 million tonnes of edible food a year. This food wastage not only costs households up to \$3,800 a year, it has environmental costs too. The energy, water, and other natural resources used to grow, transport and sell food are wasted when food is wasted. We can help reduce food waste and make a difference to the environment with simple changes to how we shop, store and cook food, while still following a heart healthy eating pattern.

What are some tips to reduce food waste at home?

- Plan meals before you shop. Use leftovers and food you already have.
- Check your freezer, fridge and cupboards before you shop. Write a shopping list and stick to it.
- Don't put too much food on your plate.
- Freeze leftover meals for when you don't have time to cook.
- Get creative to use up leftover ingredients.
- Store food correctly to keep it safe and fresher for longer.
- Keep track of use-by-dates. Freeze food that you won't use before it expires.
- Add food scraps and spoiled fruit and vegetables to a compost bin or worm farm. Check your local council website for more information.



food files
with
Jaclyn Coffey
HEART HEALTH COORDINATOR
HEART FOUNDATION

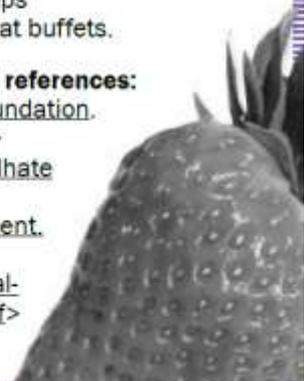
Visit the Heart Foundation website for heart healthy meal ideas and recipes.

How can food waste be reduced when eating out?

- Share meals or ask for smaller portions
- Say no to items you won't eat, like onion in a salad or a side of chips
- Watch your portions at buffets.

More information and references:

<<https://www.heartfoundation.org.au/healthy-eating>>
<<https://www.lovefoodhatewaste.nsw.gov.au/>>
<<http://www.environment.gov.au/system/files/resources/.../national-food-waste-strategy.pdf>>



DVCCONNECT
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**

MOTHERS DAY

10th May 2020



Wishing all Mums a very happy and safe Mothers Day from all of us at MCNC....

EASY FIVE CUP LOAF

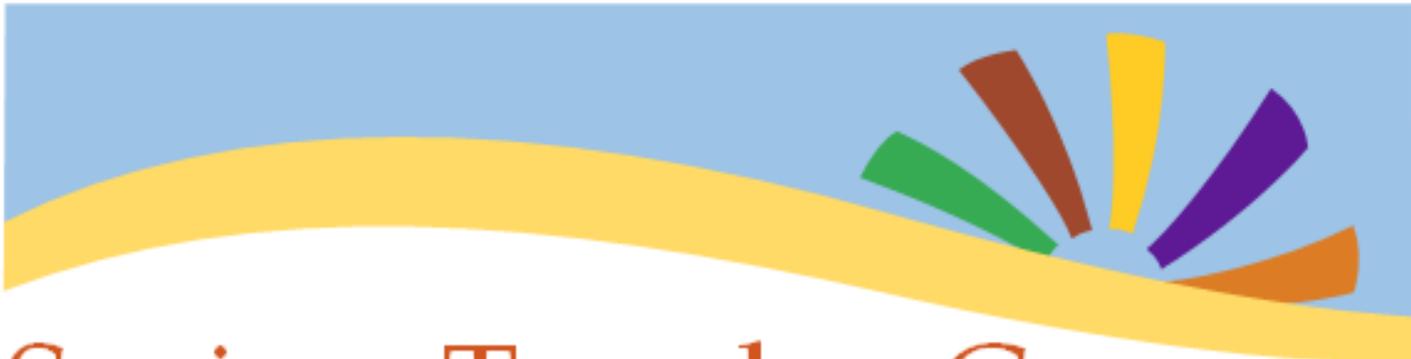
Ingredients:

- 1 cup self-raising flour
- 1 cup brown sugar
- 1 cup desiccated coconut
- 1 cup sultanas
- 1 cup milk



Method:

- Preheat oven to 180°C. Line a loaf tin with baking paper and set aside.
- Mix all ingredients together
- Pour into lined tin
- Bake for 40-45 minutes until cake springs back when lightly touched in the centre.



Seniors Tuesday Group

What are you doing to look after your wellbeing during this time?

Sharing is one of the most helpful ways we can support one other and having a conversation can be a simple but important way to stay connected.

So, with the suspension all of our recreation programs, we have decided to reinstate the Chat Line program for those members who are interested in reconnecting with other members in a regular social catch-up telephone conference call.

The Chat Line has opened on Tuesday 28th April 2020 and will operate twice weekly for one hour on Tuesdays from 10.0am to 11.00am, and Thursdays from 2.00pm to 3.00pm.

To participate in the conference call:

1. Conference bridge number 07 40492224 - This is the number every participant calls to join conference
2. Your meeting ID 62634442 - This is the unique meeting ID number which you will be prompted to enter once connected.
3. Participant PIN 4879 –This is the PIN for participants to join the telephone conference. You will be prompted to enter this number followed by the hash key (#) to enter the conference call.

Looking forward to a social catch-up with you all.



Media release

Queensland's electricity retailers must pass wholesale power price reductions to consumers, QCOSS says

Wholesale electricity prices have substantially fallen from January to March 2020, resulting in price decreases of up to 49 per cent from 2019, a [quarterly report](#) out today by the Australian Energy Market Operator has shown.

The AEMO report indicated that the low cost of renewable energy like wind and solar, and the falling price of gas contributed to these large decreases.

It is urgent these substantial price reductions are passed on to Queensland consumers by their electricity retailers, says Queensland Council for Social Service (QCOSS) CEO Aimee McVeigh.

"We are seeing the lowest wholesale energy prices since 2016 – it is crucial that these low costs are reflected in people's electricity bills.

"People are at home more than ever before and are using more electricity than they would usually do – if there were ever a time for bill relief from energy retailers, it is right now.

"We know from our [QCOSS Living Affordability in Queensland report](#) that Queenslanders were already experiencing major cost-of-living pressures before the COVID-19 crisis, and that energy costs are a key issue across the state.

"For people experiencing vulnerability, energy bills and bill shock are some of the most stressful parts of their lives. Energy companies must do all they can to reduce financial stress for their customers – especially during the COVID-19 crisis.

"The report also acknowledges the significant impact bushfires had on the national electricity grid and its reliability at the beginning of the year, something which illustrates why we should rapidly and fairly move to sustainable and resilient energy sources.

"We welcome all the work the Queensland government has done to date in regard to COVID-19 financial relief for residents.

"We call on the state government to continue their work with Queensland's energy retailers to pledge that their consumers will benefit from these lower wholesale prices. The government and retailers can be national leaders in this space," said Ms McVeigh.



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.

Our counsellors are ready to listen, support and encourage.



Are you concerned about yours or a family members drug or alcohol use?

Lives Lived Well is still providing support – online and over the phone

Isolation and restrictions may lead to emotional, financial, social and psychological stress, which can lead to increased problematic substance misuse as well as other serious impacts.

If concerned about your use of drugs or alcohol, get in touch. Lives Lived Well's free alcohol and drug counselling and support is still available online and over the phone.

P: **1300 727 957**

E: info@liveslivedwell.org.au

W: www.liveslivedwell.org.au



QUEENSLAND WOMENS HEALTH NETWORK

Connecting Women, Our Health, Our Lives, Our Worlds

qwhn.asn.au

Yoga with Beryl....

Hi Ladies and some Gentlemen too – Hope you all had a happy Easter – quiet but safe.

Following on from last time with a few more postures and moves to add to your repertoire –

Keeping active increases oxygen intake which is good for the whole body, warms and loosens joints and muscles, improves our circulation, and helps to reduce tension and tiredness.

Begin once again with some warming up moves like:

CIRCLE BREATH SHOULDER ROLLS each way SITTING MARCH

Some Chest Openers : Sitting with hands to knees ::: **Inhale** and raise both arms upwards to shoulder height—

Exhale now as you open the arms out to the sides ::: close them to the front again as you **Inhale**, then on an

exhale lower both palms to the knees once again. Do this move as a continuous movement with awareness to the breath x 5 times.

Hip Rocks: Come forward to the front of your chair, feet are firm on the floor and hip-width apart ::: **Inhale** the arms up from the knees ::: **Exhale** gently all the way out as you tilt the torso forward from the hip joints :::

Inhale back to the upright ::: **Exhale** tilting back ever so slightly from the hip joints. **Inhale** back to upright sitting.

Take care to only move back and forth a small amount until you know what your comfortable limit is – remember we **never** force or strain in our yoga practice. Repeat several times. Have a little sideways wriggle of the hips to get some circulation into the buttocks, followed by the **Sitting March** we did last Newsletter.

Knee Lifts: Sitting forward on the chair still with feet flat on the floor and palms on the thighs ::: **Inhale** ::: now

Exhale as you lift the right knee ::: **Inhale** as the right foot goes back to the floor ::: Repeat with the left leg.

When you have done a couple on each side ::: Inhale with the mouth closed, and as you Exhale open the mouth and **AARRR** the breath out. This is a good way to relieve tension and frustration. The more tense or frustrated you are, can be judged by how loud and long you AAAAAARRRRRRRRR the breath out.

Make sure your final breath-in finishes with a big smiley breath out!!

Finally let us do some ankle and wrist rotations each way and finish with a BIG Circle Breath each way.

Keep Smiling – this makes people wonder what you have been up to!!

Cheers from Beryl B. Armchair Yoga.



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

National Reconciliation Week 2020

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The dates for NRW remain the same each year 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.



National Sorry Day

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Aboriginal and Torres Strait Islander peoples who were forcibly removed from their families and communities.



AFTER HOURS YOUTH DIVERSION SERVICE



SUPPORT FOR YOUNG PEOPLE AGED 10-15 YEARS OLD



WEDNESDAY TO SUNDAY

YETI After Hours Youth Diversion Service aims to reduce the number of young people who have come to the attention of the Queensland Police Service who are engaging in high risk behaviours that may result in them being remanded in custody and/or arrested. The YETI After Hours Youth Diversion Service is:

- Providing street based outreach
- Immediately responding to young people
- Providing rapid assessments
- Transporting young people to a place of safety
- Providing responsive, practical interventions that support young people
- Engaging and collaborating with families and other people of significance to the young person
- Linking young people and their families to supports, activity programs and cultural mentoring that can assist.

Contact YETI Youth Response Officers on:

☎ 0448 769 169 ☎ 0438 410 412

☎ 07 4051 4927 ✉ afterhours@yeti.net.au

 yeti.net.au



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

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.

THE BOOK EXCHANGE IS BACK!

We are so excited to announce we will open the book exchange from Monday 4th May!

Opening times are:

Monday to Thursday: 9 am to 3 pm

and

Friday: 9 am to 12 noon



- Please remember to adhere to the Social Distancing Rules and only one person will be permitted to enter the Centre at a time. **Happy Reading!**

IN THE GARDEN



A big thank you to all our amazing, dedicated community volunteers in our Community Garden Group who are, through a social distancing roster, maintaining the garden.

Your continued work and support is greatly appreciated.

Friends of the Reef Associates...

are collecting approved Colgate items for recycling. Items can be taken to Holloways Beach Community Garden (Oleander St, Holloways Beach QLD 4878) each Monday and Friday afternoon from 3:30pm-6:30pm. For more information pop down and talk to Chelsea Scanlan (Director of Friends of the Reef Association).



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

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:



Reed Road Trinity Park | PO Box 260 Smithfield 4878
P: 4055 6440 | ABN: 27 072 698 710
E: admin@mcnc.org.au | W: www.mcnc.org.au