

Neighbourhood News

AUGUST 2023



The Cooktown Orchid Queenslands State Flower

Painted by:
Darlene Lavett



Acknowledgement of Country

'In the spirit of reconciliation the Marlin Coast Neighbourhood Centre acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to elders past and present and extend that respect to all First Nations Peoples today.'



The Marlin Coast Neighbourhood Centre

205 Reed Road Trinity Park

P: 4055 6440

PO Box 260 Smithfield Q LD 4878

E: admin@mcnc.org.au

MONDAY

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

Cairns Early Years Centre: Move Baby Move 1 - 2pm

Free; bookings essential Ph: 4034 6800

Food Relief: Support for people experiencing financial hardship; appointments necessary. 9.00 - 12pm.

Please call 4055 6440 on previous Thursday & Friday for an appointment.

Al-Anon: 6pm - 7pm. Ph Neil: 0429 569 512

TUESDAY

Line Dancing: Fun for everybody! 10am - 11am

Members \$3 Non-Members \$5

Tuesday Club - Guest speakers, activities and lunch.

Members \$10 Non-Members \$12

Cairns Chess Club: 6pm - 9pm.

Ph Doug: 0435 733 482

WEDNESDAY

Playtime: For families with children under school age, 9 - 11 am. Free. Bring a piece of fruit to share.

Bridge: for experienced players, 9am - 12 noon.

Members \$3 Non-Members \$5

Shed Mosaics: Putting Pieces in Place.

12.30pm - 3.30pm. Members \$3 Non-Members \$5

Food Relief: Support for people experiencing financial hardship; appointments necessary. 1pm-3pm.

Please call 4055 6440 on previous Monday or Tuesday for an appointment.

Yoga with Suzanne 6pm-7pm Ph: 0421 076 244

THURSDAY

Community Garden: Enjoy working in the edible, organic garden. Volunteers welcome! From 9am.

Creative Care for Carers: Free art therapy for carers.

Ph: 4044 0130

Book Club

: The 1st Thursday of the month.

From 10.30am. Members \$3 Non-Members \$5

Tai Chi: 9am - 10am. Ph Narelle: 0439 747 966

Toastmasters Club: 1st and 3rd Thursday of month.

7pm - 9pm. Ph: 0401 585 767

SATURDAY

Free Seniors Fitness Class 10.30 - 11.30am

Ph: 0421 672 284

SUNDAY

Trinity Baptist Church: Religious Service

4.30pm - 7.30pm Ph: 0407 127 204

marlin coast neighbourhood centre

TRIVIA NIGHT

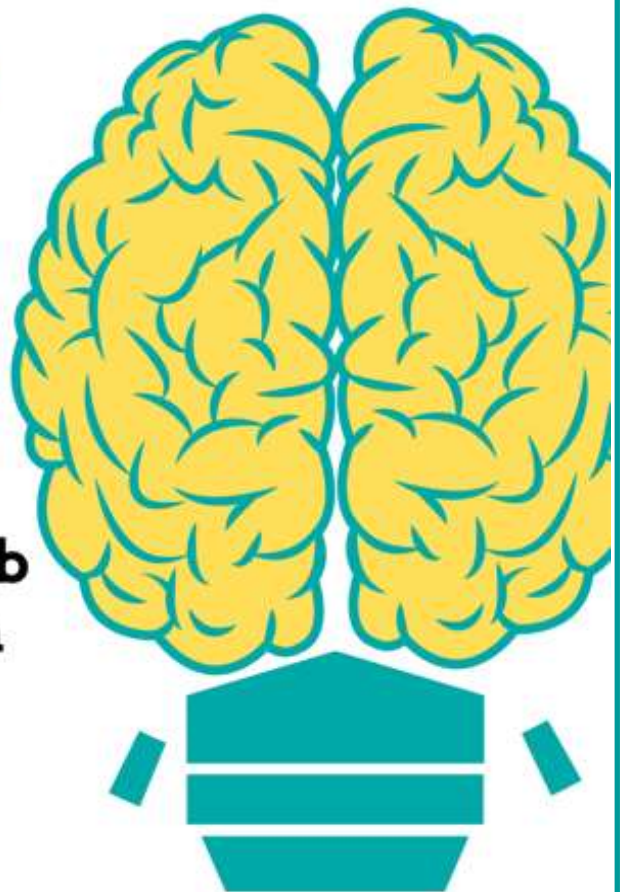


Supporting those experiencing
Financial Crisis and Homelessness

Raffle prizes to be won
Lucky Door Prize

SATURDAY
AUGUST 19, 2023
6 pm

Trinity Beach Sports Club
1 Nautilus St, Trinity Beach



Tickets available from:

eventbrite -

<https://www.eventbrite.com.au/e/trivia-night-tickets-664322856547>
or at the Centre - 4055 6440

All proceeds will go to the Centre's Food Pantry to help those experiencing Financial Crisis & Homelessness.




Get Tax Help your way

Free help with your tax return – online, in person or by phone. There have never been so many ways to talk to a Tax Help volunteer.

Where: Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park
When: Tuesdays 9am to 3pm
Call for an appointment: **4055 6440**
ato.gov.au/taxhelp | 13 28 61

ELECTRICITY REBATE FOR QLD HOUSEHOLDS & SENIORS

Every Queensland household will get a \$550 electricity rebate as part of the Queensland Government’s 2023 Budget, with seniors and other concession holders seeing an additional rebate of up to a massive \$1,072. Call Ergon to find out if you're eligible!

You'll start to see these rebates on your electricity bills from the beginning of this financial year.



For more information on this and other savings, head to queenslandsavers.qld.gov.au

Come along to the Marlin Coast Neighbourhood Centre on Wednesdays from 9am for some FREE BREAD!



205 REED ROAD TRINITY PARK DONATED BY **Baked @TRINITY**



Find us on Facebook

COMMUNITY GARDEN

Do You:

- Enjoy gardening?
- Delight in the taste of fresh fruit/ vegetables?
- Like meeting new people and making friends?
- Volunteering?



Come along and join the Community Garden Group - learn organic gardening of fruit and vegetables in a tropical climate.

Thursday mornings from 9am
For more information - 4055 6440



Lost Property



Two separate pairs of glasses have been sitting at the Centre’s Reception Area for a long time.

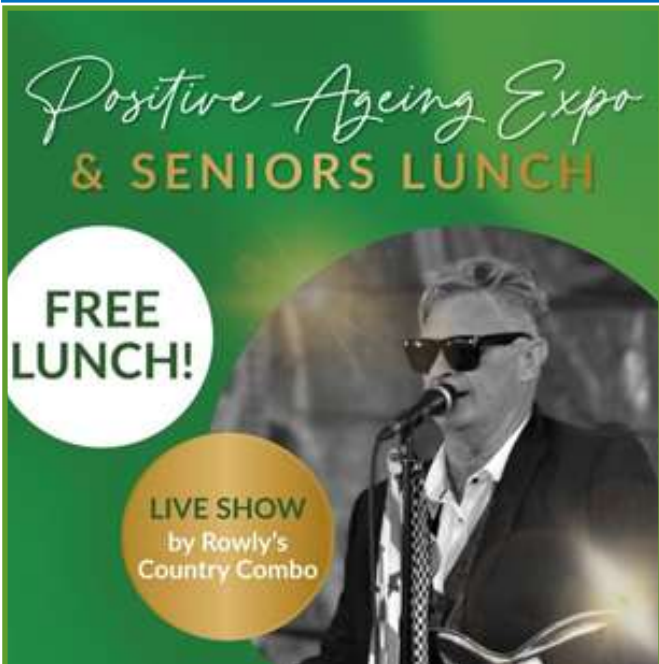
If they belong to you, please collect them— they are lonely!



There are also other items in Lost Property looking for their owners. Check the Lost Property box at the front door!

Christmas in July





Cairns Regional Council's Positive Ageing Expo is back in 2023.

When: Wednesday 2 August

Positive Ageing Expo - 9am to 1pm
 Golden Melodies - 11am to 12pm
 Seniors Lunch - from 12pm

Where: Cairns Performing Arts Centre

Cnr Sheridan & Florence St, Cairns

This is a free event and tickets can be obtained via Ticketlink: <https://www.ticketlink.com.au/ticketlinkEvents/community-events/positive-ageing-expo>

The Centre has also obtained a limited number of tickets for our members. Call us on 4055 6440



When: Every Saturday morning
Where: Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park
Time: 10.30—11.30am



FREE FITNESS CLASSES

STAY ACTIVE AND MEET NEW FRIENDS

Fit For Seniors is a Local not-for-profit organisation providing FREE fitness classes for Seniors in the community. If you or someone you know would like to participate, get in touch and find a class near you. Sessions are 30 minutes long and are suitable for all fitness levels with seated and standing variations of every exercise.



Fit For Seniors
 Free Fitness For Life

- ✓ Improve Balance
- ✓ Improve Circulation
- ✓ Improve Joint Mobility
- ✓ Improve Memory

FIND A CLASS NEAR YOU

PH: 0421 672 284
fitforseniors.com.au

Fit For Seniors. For the Community.
 Find us on: **facebook**

FROM NOWHERE TO GO. TO KNOW WHERE TO GO.

AN INFORMATION AND SERVICE DIRECTORY FOR QUEENSLAND WOMEN IN NEED
 THE HANDY GUIDE OF WOMEN'S SUPPORT SERVICES

The Handy Guide has now been made available as an online resource with a services directory for women in crisis, older women at risk of homelessness, and women experiencing domestic and family violence.

This online resource gives Queensland women access to up-to-date information and tools so they are able to better understand their relationship and housing situation; as well as search for community organisations and services that can support them. It combines the information available in the hard copy Handy Guides, and is regularly updated.

Thehandyguide.com.au



Free computer use during MCNC business hours



Monday to Thursday
9am - 4pm
and
Friday 9am - 1pm



marlin coast neighbourhood centre
supporting community

FOOD DONATIONS

supporting people experiencing financial hardship

WE ACCEPT:

- canned food & pantry items
- personal care products
- baby care products
- pet food

ALL PRODUCTS MUST BE UNOPENED & IN DATE



Contact Us

- ☎ 4055 6440
- ✉ support@mcnc.org.au

Donations can also be made at our Centre: 205 Reed Rd, Trinity Park

HELPING PET OWNERS IN CRISIS

Since 2005, DV Connect and the RSPCA have partnered to provide emergency boarding, veterinary care and health services for pets whose owners are experiencing domestic and family violence.

Providing safe and emergency accommodation for pets gives victims greater comfort that they can leave the dangerous situations they are facing. The Queensland Government is committing another \$1.04 million over the next 5 years to support animal owners to leave domestic and family violence situations, in addition to the \$200,000 provided in 2022.

For those who need to seek refuge, but who are unable to find care for their pets, they can contact the DVConnect 24-hour crisis line on 1800 811 811 for women and 1800 600 636 for men.



HOME SECURITY FOR SENIORS

A QUEENSLAND POLICE SERVICE PRESENTATION

Supported by Cairns Regional Council

FREE EVENT

Everything you need to know about keeping your home safe.

TOPICS INCLUDE:

- Home Security Basics
- Preventative Measures
- Alarms & CCTV Technology
- Property Identification

Thursday
17 August
10am

Cairns City Library
151 Abbott Street

Cairns REGIONAL COUNCIL

Queensland Government myGov

Download the new myGov app now!

A new secure and convenient option to use myGov on your mobile.

For more info and to download the app, go to **my.gov.au/app**

myGov

Download on the App Store

GET IT ON Google Play



Tuesday Luncheon Group

Group commences at 10am for Line Dancing or a cuppa and chat.




Guest Speakers commence at 11.30am

Lunch is served at **12.30pm**

Members **\$10** Non-Members **\$12**

Tuesday Group Luncheon upcoming events:

- 1 August: Bingo with Gail
- 8 August: Guest Speaker - Helen Talbot, Climbing Everest
- 15 August: Guest Speakers - Dana & Debbie, Services Australia
- 22 August: Guest Speaker - Tracey Ashton, Cairns Community Legal Centre
- 29 August: Games & Gossip

| 01/08 | 08/08 | 15/08 | 22/08 | 29/08 | | | | | | | | |
|---|---|--|---|--|------------|----------|----------|-------------|-------------|-------------|-------------|------------|
|  <p>BBQ</p> <p>BINGO with Gail</p>  |  <p>Helen Talbot Climbing Mt Everest</p> | <p>Dana and Debbie Services Australia Carers Eligibility and payments/allowances</p> <p>My Aged Care Questions</p>  |  <p>SCAM BINGO Tracey Ashton Cairns Community Legal Centre</p> | <p>Birthdays</p>  <table border="0"> <tr> <td>6th Janice</td> <td>16th Vee</td> </tr> <tr> <td>7th Elsa</td> <td>19th Laurie</td> </tr> <tr> <td>13th Ishbel</td> <td>25th Dianne</td> </tr> <tr> <td>14th Judy H</td> <td>27th Robyn</td> </tr> </table> <p>GAMES & GOSSIP</p>  | 6th Janice | 16th Vee | 7th Elsa | 19th Laurie | 13th Ishbel | 25th Dianne | 14th Judy H | 27th Robyn |
| 6th Janice | 16th Vee | | | | | | | | | | | |
| 7th Elsa | 19th Laurie | | | | | | | | | | | |
| 13th Ishbel | 25th Dianne | | | | | | | | | | | |
| 14th Judy H | 27th Robyn | | | | | | | | | | | |
| 05/09 | 12/09 | 19/09 | 26/09 | | | | | | | | | |
|  <p>BBQ</p> <p>Celebrate</p>  |  <p>Dana and Debbie Services Australia Estate Planning</p> <p>My Aged Care Questions</p> | <p>Colour My World with Gail</p>  | <p>Birthdays</p>  <p>Dorothy – 22/9 Rhonda – 26/9</p> <p>Gail's Funnies</p>  | | | | | | | | | |




Conversation Corner

Join us for some good company each month, where we have interesting conversations on a variety of topics. Everyone welcome!

4th Wednesday of the month
10.30am
Smithfield Library

 cairns.qld.gov.au/library 

Queensland Government concession information and contact details



The Queensland Government provides a range of concessions to eligible concession card holders. These concessions help you save on your household costs, energy, medical, travel and leisure costs.

This information sheet highlights some of the principal concessions. Further information is available at www.qld.gov.au/concessions

The information was correct at the time of printing and is subject to change. Please check the website for the most up-to-date information.

LEARN TO COOK EASY, CHEAP, & HEALTHY MEALS



NUTRITION EDUCATION & SKILLS TRAINING (NEST)

is a free cooking and nutrition program designed to help you make lasting changes for better health!

TOGETHER WE'LL LEARN:

- How to save money on your food budget
- How to store food safely
- How to understand food labels
- New food knowledge and cooking skills
- How to plan meals to reduce food waste



JOIN OUR PRIVATE NEST FACEBOOK GROUP
www.facebook.com/groups/OzharvestNEST

NICE. EASY. SIMPLE. TIPS.



Line Dancing

TUESDAYS 10 - 11:30 AM

MEMBERS \$3
 NON-MEMBERS \$5

4088 8440
admin@mqds.org.au



Celebrating Queensland Seniors

Important contacts

| | |
|---|--|
| Queensland Government, Seniors Card and Concession enquiries 13 QGOV (13 74 68) | Seniors Enquiry Line 1300 135 500 |
| Police, fire, ambulance or emergency 000 (Triple zero) | Elder Abuse Prevention Unit 1300 651 192 |
| Policelink 131 444 (to report non-urgent incidents) | DV Connect Womensline Call 1800 811 811 |
| Services Australia (Centrelink) Seniors services 13 23 00 | DV Connect Mensline Call 1800 600 636 |
| | My Aged Care 1800 200 422 |

www.qld.gov.au/seniors



Older Persons COVID-19 Support Line

1800 171 866


8:30am-6pm (AEST) Monday - Friday



Lives Lived Well

Breakthrough For Families

Alcohol & Other Drug Information, Education and Support



Concerned about a family member's drug or alcohol use?

Want to play a more supportive role?

Families can access **FREE** support through attending information sessions or **individual counselling** (online and phone counselling available). No referrals required.

www.liveslivedwell.org.au Ph: 1300 727 957

Helping seniors secure their homes



A new \$15 million initiative will be trialled in Cairns, Townsville and Mount Isa to help seniors with the cost of securing their homes.

The initiative will help subsidise practical home security improvements such as:

- strengthening window locks and shutters
- installing CCTV cameras
- addressing other security weaknesses.

Assistance of up to \$10,000 (GST exclusive) per household will be available to eligible customers to undertake security works.

For more information

visit <https://www.chde.qld.gov.au/about/initiatives/helping-seniors-secure-their-homes>

Trust your instinct – call the Elder Abuse Helpline
1300 651 192

Cairns Early Years Centre
“Move Baby Move”

Enjoy time with your baby in a supportive environment and make new friends.
Monday’s

Marlin Coast Neighbourhood Centre
1.00pm to 2.00pm

Bookings Essential
4034 6800

Armchair
YOGA CLASS

incorporates quiet time, breathing practices, joint mobility and balance awareness

JOIN SESSION:
Mondays
10 - 11 am

\$5 per class
 carers free

Beryl - 4055 7603

LITTLE VOICES LOUD FUTURES

Children’s Day
4th August 2023

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER
www.saboriginalchildrensday.com.au

August is packed full of great events at Cairns Libraries!

Can you recognise a scam when you see one? Join us for Scam Bingo to learn how to recognise and protect yourself from scams, Friday 4th August, Stratford Library, 10.30am.

How about ChatGPT... what is it, and can it be trusted? Join us for a friendly and informative session at Manunda Library, 31st July, 10.30am.

August is Multicultural Queensland Month where we are celebrating the diversity of our multicultural community:

- A Taste of Sicily: learn to make traditional pasta while chatting about all things Sicilian, at Babinda Library on 7th August, 10am
- Drop In and Weave: learn traditional coconut palm weaving and take home a useable creation, at Manunda Library on 9th August 1.30pm
- Songs in the Library: Andean Pan Flute. Enjoy indigenous music from the South American Highlands, at City Library, 29th August 10.30am

If author events are more your style, you have several options during August:

- Ali Hooker on ghost writing: Ali will share her experiences as an expat. and ghost writer in Saudi Arabia, Earlville Library, 16th August 10.30am
- Carla Francis on Zen of Cat: learn about cats, Japan, and Zen philosophy, Smithfield Library, 24th August
- Nathan Best on his action-adventure novel Battle Born: hear how Nathan draws on his own military experiences to write exciting military fiction: Earlville Library, 25th August 1pm.

Find out more about these programs and all the other great services provided by Cairns Libraries on our website www.cairns.qld.gov.au/library.



Do you or someone you know have an interesting personal story to tell? We are seeking expressions of interest for volunteer storytellers in our new Cairns Living Library program.

Cairns Living Library program will provide community members with an opportunity to listen to the knowledge and lived experiences of their fellow community members.

It will promote diversity, connection, and compassionate listening in a friendly small group situation. We are seeking expressions of interest from community members who have an engaging story to share.

Sound interesting?

Contact us: www.cairns.qld.gov.au/library/using-the-library/volunteers, or call 4044 3399.

TECH TALK
FREE Digital Literacy Workshop

Overwhelmed by the ever-evolving pace of technology? Develop skills and confidence in using computers, smart phones, and tablets with our helpful technology instructor.

Second Wednesday of the month
Earlville Library
10.30am

Writing WEDNESDAY

Writing Wednesday is a free, volunteer-led program for writers at all levels. Come and finish your story, while connecting with other writers in your community.

Every Wednesday
City Library Meeting Room
Drop in anytime 10am - 4pm

Free Legal Services

For people in the community experiencing disadvantage

4031 7688 | 1800 062 608

MyTransLink app

Everything you need to plan your journey



Download the MyTransLink app. visit translink.com.au or call 13 12 30



makerentingfairqld.org.au

IT'S TIME TO MAKE RENTING FAIR.

HELP US TAKE ACTION AND FIGHT FOR TENANTS' RIGHTS!

Social Media

Give us a thumbs-up and stay connected - or check out our website at:

www.mcnc.org.au

Follow us 😊



WEDNESDAYS

9.30AM - 12 NOON

MEMBERS \$3 / NON MEMBERS \$5

Ph: 4055 6440



If you can't wait to vote – you don't have to wait to enrol.

If you've turned 16 or 17 you can provisionally enrol to vote now. This means, when you turn 18, you'll be ready to go.

Enrolling is easy and only takes a few minutes.

Head to www.aec.gov.au to get the ball en-rolling!



Scan this QR code to enrol online!



Marlin Coast Neighbourhood Centre Inc.

OFFICE HOURS : Monday - Thursday 9am to 4pm and 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, Child Safety and Disability Services.



MARLIN COAST NEIGHBOURHOOD CENTRE

SENIORS MONTH



**MEMBERS
\$80**

NON MEMBERS \$100

**RAINFORESTATION NATURE PARK,
KURANDA**

**TUESDAY 24 OCTOBER, 2023
9.00AM TO 4.00PM**

pick up and drop off from Trinity Beach Sports Club
1 Nautilus Street, Trinity Beach

N.B. parking is available for the day under the trees at the club

price includes bus,
admission, morning
tea, tours and lunch

bookings: 4055 6440
limited seats available

The Week at a Glance

Monday

Food Relief for individuals and families experiencing financial hardship.

Appointments are limited.

Bookings essential; phone on Thursday for a Monday appointment.

Ph: 4055 6440

Armchair Yoga

Gentle exercise

10am to 11am

Ph: Beryl 4055 7603

\$5 per person

Cairns Early Years Centre

"Move Baby Move"

1pm - 2 pm

Bookings essential

Ph: 4034 6800

A.A.

5.50 - 7.10 p.m.

Neil Ph 0429 569 512

Tuesday

Line Dancing

10.00am to 11.30am

** Member \$3/Non-Member \$5

Ph: 4055 6440

Tuesday Luncheon

From 10.30am

Ph: 4055 6440

**Members \$10

Non-Members \$12

Cairns Chess Club

6.00 - 9.00pm

Doug Ph: 0435 733 482

Wednesday

Bridge

Social bridge for the

Experienced Player

9.30am to 12 noon

**Member \$3/Non-Member \$5

Playtime

Each Wednesday morning

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

Bring a piece of fruit to share.

Food Relief for individuals and families experiencing financial hardship.

Appointments are limited.

Bookings essential; phone on Thursday for a Monday appointment.

Ph: 4055 6440

Shed Mosaics

12.30pm to 3.30pm

** Member \$3/Non-Member \$5

Ph: 4055 6440

Yoga with Suzanne

6.00 - 9.00pm

Ph: 0421 076 244



The Week at a Glance

Thursday

Community Garden

Morning from 9am
Phone the Centre -
4055 6440

Tai Chi

Each Thursday morning
9am to 10am
Call Narelle - 0439 747 966

Book Club

First Thursday of each month
10.30am to 12 noon
** \$3 Member \$5 Non-Member
Ph: 4055 6440

Creative Care for Carers

10.30am to 12.30pm
Art Therapy
Jacki Ph: 4044 0130

Cairns Community Changemakers

6.00—8.00pm
2nd and 4th Thursday of each
month
Ph: 4055 6440

Toastmasters Club

1st & 3rd Thursday of each month
7pm to 9pm
Ph: 0401 585 767

Friday

Saturday / Sunday

Saturday

Fit for Seniors

10.30 - 11.30am
FREE Gentle exercise
Tony Ph: 0421 672 284

Sunday

Tangerine Support Services

12.30—3.30pm
Youth Social Group
Anime/ Manga
Pip Ph: 0466 992 431

Trinity Baptist Church

4.30—7.30pm
Steve Ph: 0407 127 204

Follow us 😊



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.