

Neighbourhood News

February 2023



Welcome
to 2023!

we hope this year will be amazing

The Management and Staff of the
Marlin Coast Neighbourhood Centre
extend a warm welcome to the local community and we
look forward to working with you to ensure that the
centre provides a safe, accessible, and resourceful service
to all the people in the Cairns region in 2023!

CAIRNS
FLASHBACK
1963-2023!

This image was taken of
the Cairns Esplanade in
1963.



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
Emergency Relief & Financial Counselling with Salvation Army:

Support for people experiencing financial crisis; appointments necessary. 9.30am to 4pm.

Please call for an appointment on:

4055 6440

Al-Anon: 5:50—7.10pm. Phone Neil: 0429 569 512

TUESDAY

Line Dancing: Fun for everybody!

10—11am Members \$3 Non-Members \$5

Tuesday Club - Guest speakers, activities and lunch.

Members \$10 / Non-Members \$12

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

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

Canasta: 1.30pm — 3.30pm.

Members \$3 Non-Members \$5

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

THURSDAY

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

Book Club No 1: The 1st Thursday of the month

Book Club No 2: The 3rd 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

FRIDAY

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

Please call for an appointment on: 4055 6440



Supporting the community since 1990

GROUP STARTING DATES FOR FEBRUARY 2023

Most groups have already started in January 2023 —

Book Club No 1

Thursday 2 February 2023

Book Club No 2

Thursday 16 February 2023

Armchair Yoga

Monday 20 February 2023



Tai Chi

Thursday mornings - 9am to 10am
 Phone Narelle - 0439 747 966

 A silhouette of a person in a Tai Chi pose, standing on a dark surface against a bright, hazy sunset background.

 The logo for the Young Animal Protection Society (YAPS) features a grey cat on the left and a brown dog on the right, both looking towards the center. The text "Young Animal Protection Society" is written in a colorful, playful font across the middle.

Lot 2/McGregor Rd, Smithfield
Tel: 4057 6373
www.yaps.org.au

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.



**STARTS
20th FEBRUARY**

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

A WORD FROM ARMCHAIR YOGA

Greetings All - It was great to see lots of your lovely faces at the members' Christmas Party. There were wonderful carols, great conversation and yummy food, plus heaps of door prizes.



A big thank-you to all the staff and volunteers who cooked and prepared the treats, the setting up and of course the cleaning up.

I am writing this before Christmas, so I trust all have had a happy time and a great entry into 2023. At least we got the long-awaited rain to clear the dust and freshen up all the parched lawns after the extreme heat experienced prior to Christmas.

DATE CHANGE: My return to Cairns has been delayed, and the start of Armchair Yoga is now **Monday 20th February, 2023**; so keep up with the homework – break out a few march-on-the-spots while the kettle is on, a few loose arm swing and circle breaths when hanging out the washing, the odd squat – you all know when!

Looking forward to seeing you all on Monday 20th February at 10 am.

Until then: "Follow your Dreams – They know the way."

Beryl Broadbent – Armchair Yoga Instructor.



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

benevolent SOCIETY

**STARTED
30th
JANUARY!**




BOOK CLUB!!

NEW

On the 3RD Thursday of the month 10.30am to 12.00 noon

Interested in reading and discussing books?
Come along to Book Club to share opinions and meet new people.
Book selection ensures a wide range of titles and lively discussion.

Call the Centre on: 4055 6440



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**



- 7 February: Mikki Rhoades, Community Engagement Librarian
- 14 February: Valentines Day Celebration
- 21 February: Frankie Bayly, Nth Qld Animal Rescue
- 28 February: Nanette Hickenbotham, Benefits of Hydrotherapy

Tuesday Group Luncheon upcoming events:

7/02	14/02	21/02	28/02	
 <p>BBQ</p>  <p>Mikki Rhoades Community Engagement Librarian</p>	<p>Valentine's Day</p> 	 <p>with Frankie Bayly</p>	<p>Birthdays</p> <p>Margaret C—11/2</p> <p>Pam B—16/2 </p> <p>Beryl B—23/2</p> <p>Benefits of Hydrotherapy with Nanette Hickenbotham</p>	
7/03	14/03	21/03	28/03	
 <p>BBQ</p> <p>International Women's Day #EmbraceEquity</p>	<p>St Patrick's Day Celebrations</p> 	 <p>Meditation with Diana Pettersen</p>	<p>Birthdays </p> <p>Judy M—16/3</p> <p>Hearing Australia Luncheon with Jayne Martin</p>	



Fun for Seniors

Senior's Luncheon

Tuesdays
from 10.30am

members \$10

4055 6440
admin@mcnc.org.au



TRINITY BEACH BULLDOGS NETBALL CLUB



2023 SIGN-ON DAY

SUNDAY 5 FEBRUARY 2023

TRINITY BEACH SPORTS CLUB

1 Nautilus Street, Trinity Beach

10AM - 1PM




follow us on facebook

Train locally
Make new friends
A fun way to get fit
Be part of a team
Be part of a club

JOIN OUR FAMILY FUN DAY

INFORMATION / MERCHANDISE / JUMPING CASTLE
SAUSAGE SIZZLE / RAFFLES / AND MORE



When you're looking for support, **Ask Izzy** can help you to find the services you need. It is free, anonymous, and you can search over 360,000 services to find housing, meals, healthcare, counselling, and a whole lot more.



askizzy.org.au

FIND THE HELP YOU NEED, NOW AND NEARBY.



provides a nurturing and supportive environment where the over 50's can enjoy a wide selection of activities, learn new skills, share their knowledge with others and have social interaction with other members. U3A offers an experience to new learning opportunities, to make new friends and meet like-minded people, free access to lectures at James Cook University (subject to acceptance) and an opportunity to teach your skills to others.

University of the Third Age Cairns Inc

Located at: 129 Mulgrave Road.

Office Hours: Mon-Tues-Wed-Thu 9am-4pm & Fri 9am-12.30pm.

Email: u3acairnsinc@gmail.com

Website: www.cairnsu3ainc.u3anet.org.au

Welcome to the Marlin Coast
Neighbourhood Centre

P: 4055 6440

E: admin@mcnc.org.au

www.mcnc.org.au

EMERGENCY RELIEF

Our Emergency Relief (ER) program aids individuals and families who reside in the Cairns Local Area and are experiencing financial hardship.

Eligible clients can access ER up to 3 times per calendar year for Food Vouchers and/ or Food Parcels, with a minimum of 3 months between visits.

Appointments are necessary and you must have current photo ID with your Cairns address to receive financial assistance.



FOR AN APPOINTMENT
CALL THE CENTRE ON:

4055 6400

For more info: www.mcnc.org.au



Marlin Coast Rangers FC
Nautilus Street, Trinity Beach

We are looking for a
Canteen Manager
to oversee and operate
our canteen for the
2023 season
Remuneration to be discussed

Contact secretarymcrfc@gmail.com
for more information!




Ready for a laugh and to have some fun?

CANASTA CLUB

BEGINNERS WELCOME
NO EXPERIENCE NECESSARY

Wednesdays 1pm - 3pm
Marlin Coast Neighbourhood Centre
members \$3 non-members \$5

to register: 4055 6440



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




Find us on
Facebook

Follow us 😊






CHC33015 CERTIFICATE III IN INDIVIDUAL SUPPORT

(Ageing & Disability)

Industry Recognised Training

This program is fully funded and includes:

- Goal setting
- Resume writing
- Job application skills
- AFP police check
- First Aid & CPR
- VET qualification
- Blue Card & NDIS Screening (Yellow Card)



16 Weeks of classes



Face-to-face training
2 days a week



120 hours of
placement



Fully subsidised under
the QLD Government
Skillings Queenslanders'
for Work initiative

APPLY NOW!

Contact Allison on 4055 6440

or

edu.support@mcnc.org.au

Starting 22nd
of February
2023!

- **eligibility criteria will be discussed at first point of contact.**

This training opportunity is subsidised by the Queensland Government with training, assessing and certificate awards delivered by MiHaven Training: RTO Code 40928 & organised, recruited and supported by the Marlin Coast Neighbourhood Centre situated in the northern beaches of Cairns.



Learn to Play Bridge

Are you looking for a challenging, rewarding and interesting pastime to exercise your grey matter??
Why not learn to play bridge - the ultimate card game!
Lessons will be beginning on:



Thursday 2nd February at 10am or 7pm

**Venue: Cairns Bridge Club,
85-91 Greenslopes St, Edge Hill**

For more information, call:

10am classes: Brian - 0401 261 899

7pm classes: Lesley - 0404 427 857

**Free computer use
during MCNC
business hours**



Monday to Thursday

9am - 4pm

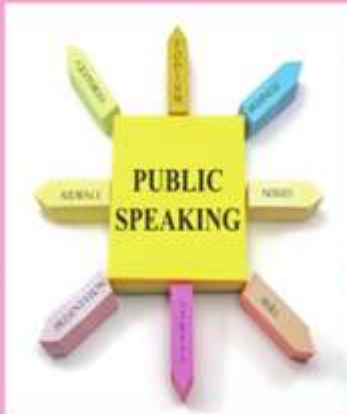
and

Friday 9am - 1pm



MARLIN COAST TOASTMASTERS

Hi! Would you like to brush up your **Public Speaking Skills?**



- If you ever need to:
- present ideas to groups at **work**
 - give presentations at **uni**
 - give spiels about your **business**
 - speak at big **family events**

...you need Toastmasters!

Toastmasters exists to help people practise public speaking, to conquer their fears and even learn to enjoy it! None of us are experts, but all of us have improved since we joined. We support and coach each other, sharing tips, and there are online "pathways" that we can follow at our own pace.

Best of all, we now meet right **here** - at the Marlin Coast Neighbourhood Centre!

**1st & 3rd Thursdays of each month
7pm till 9pm.**

Come a little early and have a cuppa as we set up.
For info, text Isobel: 0451 766 381.

Bridge

Social Bridge for the experienced player



**WEDNESDAYS
9.30AM - 12 NOON**

MEMBERS \$3 / NON MEMBERS \$5

4055 6440

**Older Persons
COVID-19 Support Line
1800 171 866**

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



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 - no special skills required, simply the itch to be a part of a fun group of people and the want to learn organic gardening of fruit and vegetables in a tropical climate.

WHEN: Thursday mornings from 9am

For more information - 4055 6440



Gardening News... February

The MCNC gardeners have managed to stay afloat and have been busy in the garden pruning and weeding after the abundance of rain we have had in Queensland. The new security cameras have now been installed in the garden. Due to a few things going missing in the garden, the gardeners are looking for fencing materials to reinforce the fencing and security to the garden. If anyone has any unused fencing materials, panelling etc that could be used please contact the MCNC centre on Ph: 4055 6440.

The Community Garden Group meets every Thursday morning from 9am



E-SCOOTER PENALTIES

Exceed speed limit by:

- 1-13km/h = \$143
- 14-20km/h = \$215
- 20-30km/h = \$359
- >30km/h = \$575
- Not wearing a helmet = \$143
- Doubling (two or more people) = \$143
- Mobile phone use while riding = \$1078
- Drink driving = \$431
- Use on prohibited road = \$172

Social Media

Give us a thumbs-up and stay connected -
or check out our website at:
www.mcnc.org.au

Follow us 😊



Happy Valentine's Day

"FLOWERS CANNOT BLOOM WITHOUT SUNLIGHT, AND HUMANS CANNOT LIVE WITHOUT LOVE"

Vale Robert (Bob) Stemp

“It started with an art class and ended up with a new building”



Bob has been an invaluable member of the Marlin Coast Neighbourhood Centre for over 15 years. He came to the Centre at its previous location in Cumberland Avenue Smithfield, to join an art class, quickly joined the Management Committee, and was integral in the planning, building and development of our current Centre. He was the driving force behind securing the suitable location where the Centre stands today. Bob has been a dedicated committee member ever since and his efforts were tireless in support of our local community.

Bob was a charismatic leader who was committed to supporting the staff in achieving the vision of the Centre. His presence and contribution to the Centre will be greatly missed by the Management Committee and staff of the Marlin Coast Neighbourhood Centre. **Bob's dedication and support to the Centre and the community was immeasurable and second to none.** The Centre is very fortunate to have this opportunity to acknowledge Bob and all the great work he has contributed to the Centre and the local community.

In memory of Bob

a celebration of Bob's life will be held at the

Marlin Coast Neighbourhood Centre

on Saturday 4th February at 2pm.



centa
care
FNQ

MAKING A DIFFERENCE



Overnight Respite

Your home away from home

Overnight Respite

Our overnight respite program offers carers a short-term break from their care giving responsibilities and clients the opportunity to socialise with other guests in a friendly, homely environment. Our employees are on site 24 hours a day, all support services are delivered by qualified and experienced support staff and all meals are freshly prepared.

Located at the Social Wellbeing Hub in a quiet residential area of Holloways Beach. We have made every effort to provide a home from home experience for our guests to maintain regular routines.

Not sure what respite care is about?

Perhaps overnight respite is new to you or you are not sure if it's right for you. Why not contact us to arrange a viewing.

For more information, visit the Centacare FNQ website or call 07 4055 0890 or email swh@centacarefnq.org.



Centacare FNQ

22-34 Aplin Street, Cairns QLD 4870

T: 07 4044 0130 | E: admin@centacarefnq.org



centacarefnq.org

EVENT CINEMAS Cairns SENIORS NEWSLETTER

Your guide to what's happening at your local cinema
EVENT CINEMAS CAIRNS CENTRAL - EVENT CINEMAS SMITHFIELD - EVENT CINEMAS EARLVILLE

MUSIC CORNER & Andre Rieu in Dublin



4TH + 5TH FEBRUARY 2023

TICKETS ON SALE NOW!
VISIT THE EMERALD ISLE IN STYLE WITH ANDRE RIEU AND HIS JOHANN STRAUSS ORCHESTRA. SOPRANOS, TENORS AND SPECIAL GUESTS. THIS WHIMSICAL CELEBRATION IS EXCLUSIVE TO CINEMAS!

Happy New Year!

EVENT EARLVILLE IS NOW OPEN WITH V-MAX, DAYBEDS AND RECLINERS!



COFFEE AND MUFFIN DEAL



SENIORS SCREENINGS AND SENIORS MORNING TEA WILL BE BACK IN 2023



HOW TO JOIN CINEBUZZ AND SAVE ON SESSIONS EVERY DAY

- 1) GO TO CINEBUZZ.COM.AU
- 2) CLICK 'JOIN'
- 3) COMPLETE THE FORM - DON'T FORGET YOUR D.O.B.
- 4) SCREEN SHOT OR WRITE DOWN YOUR CINEBUZZ NUMBER

IF YOU NEED ASSISTANCE PLEASE ASK ONE OF OUR FRIENDLY STAFF

AVATAR: THE WAY OF WATER MUST SEE IN 3D

SET MORE THAN A DECADE AFTER THE EVENTS OF THE FIRST FILM, AVATAR: THE WAY OF WATER BEGINS TO TELL THE STORY OF THE SULLY FAMILY (JAKE, NEYTIRI, AND THEIR KIDS), THE TROUBLE THAT FOLLOWS THEM, THE LENGTHS THEY GO TO KEEP EACH OTHER SAFE, THE BATTLES THEY FIGHT TO STAY ALIVE, AND THE TRAGEDIES THEY ENDURE.

"A worthy sequel that is dazzling and hypnotic"



NEW RELEASES JANUARY / FEBRUARY

- | | |
|-----------------------------------|-----------------------------------|
| THE FABELMANS | ANT-MAN AND THE WASP: QUANTUMANIA |
| OPERATION FORTUNE: RUSE DE GUERRE | WE ARE STILL HERE |
| BABYLON | WOMEN TALKING |
| THE WHALE | AFTERSUN |
| KNOCK AT THE CABIN | COCAINE BEAR |
| TITANIC (RE-RELEASE) | FISHERMAN'S FRIENDS 2 |
| CORSAGE | |
| MAGIC MIKE'S LAST DANCE | |
| SPOILER ALERT | |
| THE SON | |



FOR SESSION TIMES VISIT: WWW.EVENTCINEMAS.COM.AU

THE PERFECT GIFT FOR ANY OCCASION

EVENT



Save the date

CHICKS AT THE FLICKS
MAGIC MIKE'S LAST DANCE
JOIN US ON WEDNESDAY 8TH FEBRUARY FROM 6PM WITH LIVE MUSIC, STALLS AND EDDIE BAGS



Dr Lisa Bridle

Neil Barringham

How can we respond & nurture friendships & relationships?

Webinar Series Replay with live discussion

Webinar 1: The Grass is Greener Where You Water It
Tuesday 21st February 2023

Webinar 2: How to Find People Who Will Be There
Thursday 23rd February 2023

About the Webinar Series

CRU is presenting a series of two webinars on How can we respond and Nurture Friendships and relationships in the lives of people with disability.

Event Details

Webinar 1:

Date and Time

- Tuesday 21st February 2023
- The webinar runs from 2.00PM to 4.00PM
- RSVP by Thursday 16th February

Webinar 2:

Date and Time

- Thursday 23rd February 2023
- The webinar runs from 2.00PM to 4.00PM
- RSVP by Thursday 16th February

Venue details

- The webinars will take place online and the link to join will be sent to your registered email address prior to the event.

Cost

Each webinar costs:

- \$35 per ticket for people with a disability and family members
- \$75 per ticket for workers, friends, and allies
- This event is partly subsidised by the Commonwealth Department of Social Services grant. If cost is a barrier to attending, please contact CRU to discuss.

Tickets

Please register and book your tickets through the following link:

<https://events.humanitix.com/tours/how-can-we-respond-and-nurture-series-replay-with-live-discussion>

Line Dancing

TUESDAYS 10 - 11:30 AM

MEMBERS \$3
NON-MEMBERS \$5

4055 6440
admin@menc.org.au



FOOD — FOR THOUGHT

In Australia alone we waste 7.6 million tonnes of food each year, 70% of this is perfectly edible and majority of this comes from our homes. Throwing out food is not only a waste of produce and your money, but also, it's actually harmful to the environment. That's because when food breaks down, it creates methane gas. Food rotting in landfill releases methane - 28x stronger than carbon dioxide.

Do what you can to reduce food waste.

THIS MONTHS TIP: UNDERSTAND THE DIFFERENCE ON FOOD LABELS.

Best Before = When product is at its 'best' and can still be eaten after this date.

Use By = Guide to when the product should be consumed for food safety reasons.

Learn how you can adopt more sustainable food habits and food saving tips at: ozharvest.org/use-it-up

HOW TO SPOT A SCAM CALL

At least one in four unwanted calls to your home phone are thought to be from scammers. Stay one step ahead with our tips.



Contacted out of the blue

Unsolicited calls should always be treated with caution. If you're in any doubt, hang up, wait for a few minutes and call back on a number you trust.



No time to think

Professionals don't pressure you into making a decision quickly, or create a sense of panic, telling you that your broadband will be disconnected or that your bank accounts are under threat.



Asked to share personal details

Your bank will never ask you to move money to a 'safe' account or share your full online banking password, four-digit card Pin or security codes, such as those generated on a card reader.



Asked to go to your computer












Never let someone access your computer, or other devices such as a phone or tablet, unless you know the caller and their intentions.



Asked to keep quiet

Any attempt to stop you talking about the call to someone you trust (a friend, family member or independent adviser) is a red flag. Seek support before making a decision.

WHAT IS ON IN FEBRUARY AT MARLIN COAST NEIGHBORHOOD CENTRE.
THE WEEK AT A GLANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Emergency (Financial) Relief for individuals and families experiencing financial crisis. Appointments are limited. Bookings essential; Phone on previous Thursday for a Monday appointment.</p> 	<p>Line Dancing 10.00am - 11.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p> 	<p>EXERCISE YOUR MIND  PLAY BRIDGE</p> <p>Bridge Social bridge for the Experienced Player 9.30am - 12 noon Member \$3 Non-Member \$5</p>	<p>Community Garden Morning from 9am Phone the Centre - 4055 6440</p> 	<p>Emergency (Financial) Relief for individuals and families experiencing financial crisis. Appointments are limited. Bookings essential; Phone on previous Wednesday for a Friday appointment. Ph: 4055 6440</p> 
<p>Armchair Yoga Gentle exercise 10am - 11am Ph: Beryl 4055 7603 \$5 per person</p> 	<p>Tuesday Luncheon From 10.30am for morning tea and chat From 11.30am for guest speaker and lunch Ph: 4055 6440 Members \$10 Non-Members \$12</p> 	<p>Playtime Each Wednesday morning 9am - 11.30am. Families with children under school age. Free! Bring a piece of fruit to share.</p> 	<p>Book Club No 1 1st Thursday of each month 10.30am - 12 noon</p> <p>Book Club No 2 3rd Thursday of each month 10.30am - 12 noon \$3 Member/\$5 Non-Member Ph: 4055 6440</p> 	<p>Follow us  </p>
<p>Yoga with Suganne Tuesday evenings 6pm - 7pm 0421 076 244</p> 	<p>Yoga with Suganne Wednesday evenings 6am - 7am Phone: 0421 076 244</p> 	<p>Yoga with Suganne Wednesday evenings 6am - 7am Phone: 0421 076 244</p> 	<p>Toastmasters Club 1st & 3rd Thursday of each month 7pm - 9pm Ph: 0401 585 767</p> 	<p>Marlin Coast Neighbourhood Centre SUPPORTING COMMUNITY</p> 

MARLIN COAST
NEIGHBOURHOOD CENTRE

Children's Playtime

All welcome - bring a piece of fruit to share



Session:

Every Wednesday
9 - 11.30 am



More Information:

4055 6440
admin@mcnc.org.au



MOSAICS

putting pieces in place

Marlin Coast
Neighbourhood Centre

Wednesdays: 12.30 to 3.30pm

members \$3 /non members \$5

4055 6440
admin@mcnc.org.au



EVERYONE WELCOME

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.



MCNC 2022 Christmas MEMBERS PARTY SNAPS



Win a months FREE rent on us

Are you looking to move out of home soon or struggling to be approved for a rental property? Competition for rental properties has never been so fierce. Learn what every tenant needs to know to get approved for a rental property and enjoy a trouble-free tenancy. Complete our free face-to-face or online course on or before 31 January 2023 and go into the draw for a cost of living bonus of one month's rent on us.

1

ENROL

For our free online or face-to-face tenancy skills course

2

GRADUATE

Successfully complete the course by 31 January 2023

3

ENTER

Go into the draw to win one months free rent on us

The winner will be announced on

FEBRUARY 17, 2023

tenancyskills.com.au

Ts & Cs Apply

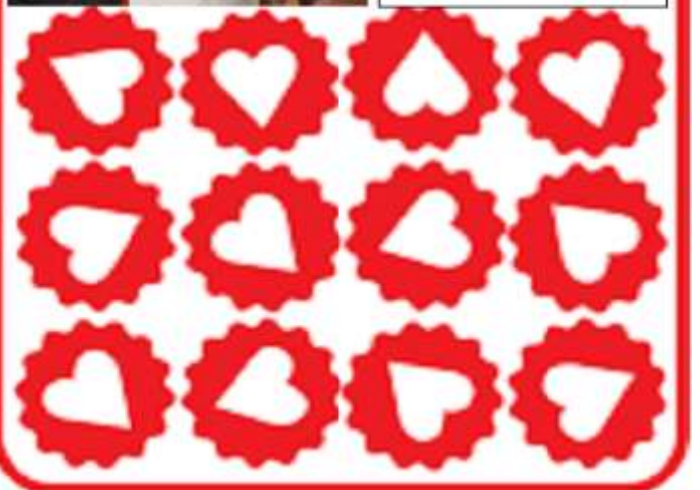


Enrol today

THANK-YOU GRILL'D CAIRNS CENTRAL!
LOCALS SUPPORTING LOCALS!



The Marlin Coast Neighbourhood Centre and the Community Garden Group would like to thank Grill'd Cairns Central for spreading the love and supporting our local community garden group at the MCNC.






Lifeline Saving Lives
 Crisis Support. Suicide Prevention.

Networks and Helplines

QLD Health 24 hr Mental Health.....	1 300 64 22 55
Standby (Cairns) (24/7)	0407 490 005
Suicide Call Back Service (24/7)	1 300 659 467
Lifeline (24/7)	13 11 14
Kids Helpline (24/7)	1 800 55 1800
Gambling Helpline (24/7)	1 800 858 858
Relationships Australia (M-F 9-5 pm)	1 300 364 277
Beyond Blue (website)	www.beyondblue.org.au
Beyond Blue Ingo Line	1 300 224 636
SANE (10 am —10 pm Weekdays)	1 800 18 72 63
Q Life (3 pm—12 am, 7 days)	1 800 184 527
Mensline (24/7)	1 300 789 978
Black Dog Institute (online resources)	www.blackdoginstitute.org.au
Reachout (website)	www.reachout.com
Parentline (website)	www.parentline.com.au
Parentline (8 am—10 pm, 7 days)	1 300 30 1300
Headspace (information)	www.headspace.org.au
Headspace (online chat)	www.eheadspace.org.au
DVConnect (Womensline—24/7)	1 800811 811
DV Connect (Men's Line—24/7)	1 800 600 636
ADIS (Alcohol Drug Info Service—24/7)	1 800 177 833
Poison Info Line (24/7)	13 11 26
Bush Support Service (24/7)	1 800 805 391