

# Neighbourhood News

**MAY 2023**



## COMMUNITY FUN DAY!

**Marlin Coast Neighbourhood Centre**

**205 Reed Road, Trinity Park**

**SATURDAY MAY 13**

**9AM - 1PM**

**FREE KIDS  
ACTIVITIES  
&  
MUCH MORE**

**RAFFLES  
& GREAT  
PRIZES**

VENUE IS WHEELCHAIR  
ACCESSIBLE

GENEROUSLY SPONSORED  
BY:



FACE PAINTING  
LIVE MUSIC  
BARRON VALLEY DRIFTERS  
MAGIC TRICKS & JUGGLING  
BRIC-A-BRAC STALL  
SNO-CONES  
COMMUNITY INDUSTRY  
SUPPORT SERVICES  
FAMOUS DEVONSHIRE TEA

ROAMING WILD CAKE STALL



### 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](mailto: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. 9.30 - 4pm. Please call 4055 6440 on previous Thursday & Friday for an appointment.

*AI-Anon:* 5:50pm — 7.10pm.

Phone 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

#### 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:* 1.00pm — 3.30pm.  
Members \$3 Non-Members \$5

*Emergency Relief:* Support for people experiencing financial crisis: 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.

*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

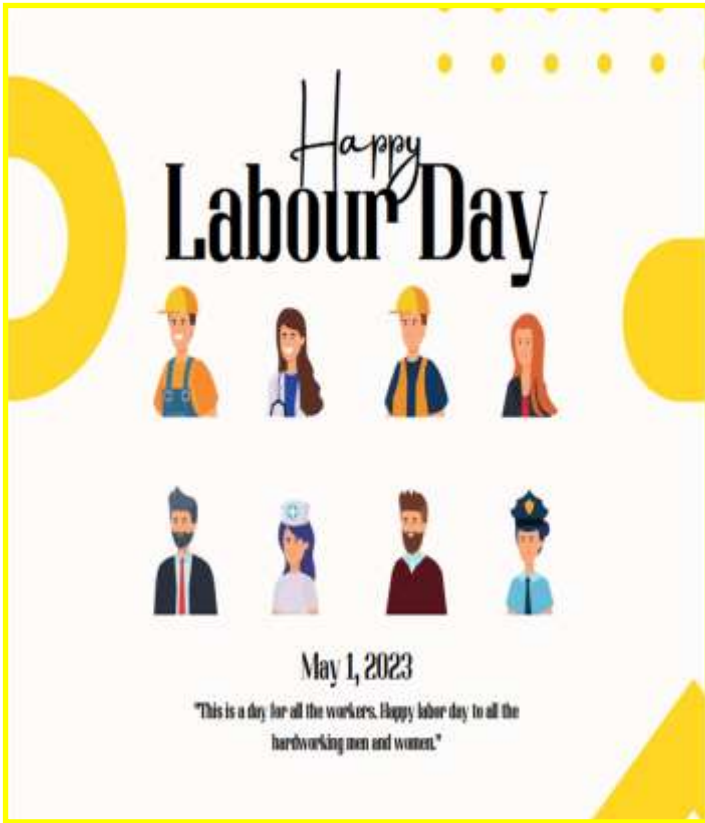
*Tai Chi:* 9am - 10am. Ph Narelle: 0439 747 966

*Toastmasters Club:* 1st and 3rd Thursday of month.  
7pm — 9pm. Ph: 0401 585 767

#### SUNDAY

Trinity Baptist Church: Religious Service  
4.30pm — 7.30pm Ph: 0407 127 204





### Labour Day - History in Pictures

Labour Day has been an official Queensland public holiday, celebrated on the first Monday in May, since 1912 (except for 2013 to 2015 when the holiday was moved to October) and before that as Eight Hours Day since 1901. Before its official recognition as a public holiday, parades and celebrations had taken place in Queensland since the 1860s. The first celebration took place in Brisbane on 16 March 1861 and was essentially a celebration by a small number of skilled building workers who had recently achieved an eight-hour working day. The date of the event was chosen to coincide with the anniversary of the first workers achieving the eight-hour day in Queensland.



Eight Hour Day Procession along Queen Street, Brisbane, ca. 1907.  
Negative number 67346, John Oxley Library, State Library of Queensland.



# Happy Mothers Day



APPRECIATION  
 BEAUTIFUL  
 BREAKFAST  
 CANDY  
 CHARMING  
 COMFORT  
 DEVOTED  
 FLOWERS  
 FORGIVING  
 GIFTS

GUIDANCE  
 HUGS  
 JEWELRY  
 JOY  
 KISSES  
 LAUGHTER  
 LOVE  
 MATERNAL

MOM  
 MOTHER  
 NURTURE  
 PERFUME  
 PROTECTIVE  
 SHARE  
 TELEPHONE  
 TENDER

THE BEST  
 WARM  
 WISE

**DIRECTIONS:**  
 Find and circle the  
 vocabulary words  
 in the grid. Look  
 for them in all  
 directions including  
 backwards and  
 diagonally.



# BE A VOICE FOR GENERATIONS

NATIONAL RECONCILIATION WEEK 2023

27 MAY — 3 JUNE

ACT TODAY FOR A RECONCILED TOMORROW

## National Reconciliation Week 2023

National Reconciliation Week – 27 May to 3 June – 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.

**Keep up the momentum for change: the theme for National Reconciliation Week 2023 is ‘Be a Voice for Generations’.**

The theme encourages all Australians to be a **voice for reconciliation** in tangible ways in our everyday lives – where we **live, work, and socialise**.

For the work of **generations past**, and the benefit of **generations future**, act today for a more **just, equitable and reconciled country for all**.

NATIONAL RECONCILIATION WEEK 2023 27 MAY — 3 JUNE

BE A VOICE FOR GENERATIONS

UNITY FAIRNESS WISDOM  
LEARNING ANTI-RACISM


ACTION CHANGE ALLYSHIP  
TRUTH-TELLING SELF-DETERMINATION

HISTORY JUSTICE RECONCILIATION  
REPRESENTATION DECENCY

SELF-DETERMINATION BRAVERY EQUITY  
RIGHTS EMPOWERMENT



  
*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





**BOOK CLUB!!**


NEW


On the 3<sup>RD</sup> 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**





## Nutella Energy Bites

**INGREDIENTS**

- 1 1/2 cups old-fashioned oats
- 2/3 cup Nutella
- 1/2 cup shredded coconut
- 1/2 cup honey
- 1/2 cup roasted hazelnuts
- 2 Tbsp. ground flax seeds
- 1 Tbsp. chia seeds
- 2 tsp. vanilla extract
- 1/2 tsp. salt

**INSTRUCTIONS**

1. Combine all ingredients together in a food processor and pulse until combined. Cover mixture and transfer to the refrigerator, and let cool for about 30-60 minutes. (This will slightly harden the mixture and make it easier to form into balls.)
2. When mixture is cool, remove and roll into balls of your desired size. Enjoy immediately, or refrigerate in a covered container.

### 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



**Free computer use during MCNC business hours**



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







## 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:



- 2 May: Australian Marine Conservation Society with Tanya Murphy
- 9 May: Morning Tea at Smithfield Library
- 16 May: Poetry with Margaret Lawrence
- 23 May: Australia's Biggest Morning Tea
- 30 May: Queensland Rail Travel with Ivans Andacic

2/05	9/05	16/05	23/05	30/05
 <p><b>BBQ</b></p> <p>Australian Marine Conservation Society</p> <p>with Tanya Murphy</p> 	 <p><b>Morning tea at Smithfield Library</b></p> 	 <p><b>Poetry</b></p> <p>with Margaret Lawrence</p>		<p><b>Birthdays</b> </p> <p>Margaret. G - 19/05 Ron - 28/05</p>  <p>with Ivana Andacic</p>
06/06	13/06	20/06	27/06	
 <p><b>BBQ</b></p>				

Our Pastor  
**STEVE DIACHENKO**

Ph: 0407 127 204

**Trinity**  
BAPTIST CHURCH

*North Cairns*

Every Sunday @ 5pm	Marlin Coast Neighbourhood Centre
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205 REED ROAD  
TRINITY PARK QLD, 4879



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




## 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



## Seniors Legal & Support Service

*(free service)*

- Someone you thought you could trust treating you badly?
- Are you being threatened, intimidated or harassed?
- Not allowed to see your friends?
- Forced to change your Will?
- Has your money been taken?

**Any other issues?**  
Speak about it with our Social Worker or Solicitor

**1800 062 608**  
4031 7688

Home visits available  
All enquiries welcome



For people in the community experiencing disadvantage



www.cclc.org.au




Find us on  
**Facebook**

Follow us 😊








**IRONMAN CAIRNS** **COUCH**

# CHARITY FUN RUN

Join Us!

**FRIDAY 16<sup>TH</sup> JUNE**

ALL PROFITS TO LOCAL CHARITY **COUCH**

**7.35AM START**

## CALLING ALL FUN RUNNERS!

**IRONMAN in Cairns 2023 – COUCH Charity Fun Run on the Cairns Esplanade.**

**Fri 16 June 2023 @ 6:00 am - 8:30 am**

Join us at the newest edition of our festival events, the COUCH Charity Fun Run! This event will take place Friday morning of race week and will be filled with fun and laughter with a bit of exercise on the side. COUCH is a local charity, supporting locals whose lives have been affected by cancer, providing care to enhance the quality of life for clients and their family and friends. The 5km course will lead you up the Cairns Esplanade to soak up the morning rays before heading back the way you came and finishing under the official IRONMAN Finishers Arch in Lagoon Car Park.

**Check-in starts at 6 am – 7:15am / The fun run starts at 7:35am.**

Gather a team of friends, family, workmates, a group from your sporting club, community organisation or school – to participate for a good cause.

**All proceeds from this event will be donated to COUCH – the Cairns Organisation United for Cancer Health.**

The theme is all about COLOUR! Why? There are so many different types of cancer, all represented by a different awareness colour. Because COUCH is all about supporting Far North Queenslanders affected by all types of cancer – we'd love you to wear whatever awareness colour you'd like or wear them all! Every participant is making a difference to the lives of locals living with Cancer and we appreciate you being part of it! Spread the word – we'd love to see your family, friends, community groups, sports teams, schools, and workplaces down on the Esplanade for a great morning. For more information and to Register visit [ironman.com](https://www.ironman.com)



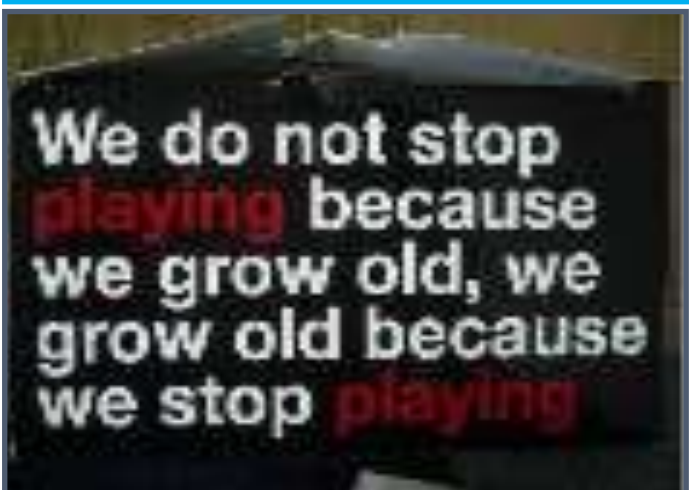
**IT'S LIVE!**

Cairns airport  
**IRONMAN CAIRNS**  
GREAT BARRIER REEF  
ASIA-PACIFIC CHAMPIONSHIP

# SAVE THE DATE

**18 JUNE 2023**

Cairns airport #thisisqueensland Cairns CAIRNS GREAT BARRIER REEF



**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



**HIMALAYAN COMMUNITY CARE SERVICES**

**HIGH QUALITY SUPPORT FOR PEOPLE WITH DISABILITY**

Himalayan Community Care Services Pty Ltd (HCCS) is committed to providing high quality support, to enable people with disability to maximise independent lifestyles and personal growth opportunities. Our experienced Support Workers and Management team provides quality, person-centred care and support, from low to high needs.

**Our Services**  
We work collaboratively with people of all abilities and backgrounds. Our services include but are not limited to:

- ✓ Daily Task/ Shared Living
- ✓ Assist- Life Stage Transition
- ✓ Assist- Personal Activities
- ✓ Development - Life Skills
- ✓ Innov Community Participation
- ✓ Assist - Travel/Transport
- ✓ Participate Community
- ✓ Household Task
- ✓ Group Centre Activities
- ✓ Tenancy/Accommodation
- ✓ Support Coordination

Registered NDIS provider

**CONTACT US**  
Meelan Rana 0402 832 443 info@himalayanccs.com.au  
Saroj Pradhan 0423 044 489 www.himalayanccs.com.au

@himalayanccs  
 #himalayanccs

## Gardening News... May



There is lots happening in the garden this May!

Thanks to the wet weather the garden is looking spectacular for our upcoming annual Community Fun Day! The gardeners will have a plant stand, corn dollies, and home-made cordial made from the citrus grown in the garden!

Diana has also attained this marvellous timber clock which was generously restored by the Marlin Coast Men's Shed!

As a thank you gesture, Diana made a delicious morning tea and delivered it to the Men's Shed.

A big thank you also to Grill'd Cairns Central & Grill'd Esplanade for raising \$100 for the community garden.

Please support the Grill'd stores that support our local community and the Centre.



### Social Media

Give us a thumbs-up and stay connected - or check out our website at: [www.mcnc.org.au](http://www.mcnc.org.au)

Follow us 😊



The MCNC Community Garden Group meets every Thursday morning from 9am. Morning Tea provided — ALL WELCOME!





# 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  
Skillling Queenslander's  
for Work initiative

## APPLY NOW!

Contact Allison on 4055 6440  
or  
[edu.support@mcnc.org.au](mailto:edu.support@mcnc.org.au)

**Starting 13th  
of July 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.



**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](http://www.liveslivedwell.org.au) Ph: 1300 727 957





**MARLIN COAST NEIGHBOURHOOD CENTRE**  
INVITES YOU TO:

 **Cancer Council** | **Australia's Biggest Morning Tea**

**When:** Tuesday May 23, 2023  
**Where:** 205 Reed Road, Trinity Park  
**Time:** 10.30am  
**Cost:** \$10 members / \$12 non-member (food will be catered for)  
**Featuring :** Lucky Door Prize, Games and Raffle Prizes

*Candle-lighting ceremony for those impacted by cancer*

**Bookings essential - phone 4055 6440 before 19 May**

Australia's Biggest Morning Tea brings people together to raise funds that will make a big difference to those impacted by cancer. Proceeds help fund Cancer Council's life-saving research, prevention, support programs, and information.



**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**



Hello from Cairns Libraries!

Welcome to May... let's focus on two of the newest programs available at Cairns Libraries: Tech Talk and Writing Wednesdays.

Tech Talk is a free digital literacy workshop for anyone feeling frustrated with the ever-changing pace of technology. Bring along your own device and your questions for our friendly and flexible instructor.

Here are just a few of the topics that have been covered so far:

- Cyber security and online privacy
- AI
- Podcasts
- Using email
- Google maps
- Translation apps
- Searching on the internet

Everyone is welcome to attend Tech Talk at Earlville Library at 10.30am on the second Wednesday of every month. Why not make a morning of it and do some shopping while you're there.

Are you a writer, or have you ever thought about trying writing as a hobby? Writing Wednesdays may be the program for you. Delivered in partnership with Queensland Writer's Centre, Writing Wednesdays provides a weekly quiet space to practice the craft of writing. Writing is a rewarding skill that can be developed with practice and perseverance... it doesn't matter if you are just beginning, or if you have been writing for years. Our Writing Wednesday room is booked from 9am to 4pm every Wednesday at City Library. So, drop in anytime during those hours to meet other writers and develop your writing skills.

Where there are writers, there are also readers... did you know our friendly library staff can advise you on what to read next? Whether you like romance, historical fiction, or the latest popular fiction release, our knowledgeable staff can advise help you discover your next favourite author. Our newest items are always on display in our libraries, or check out the New Items List on our website [www.cairns.qld.gov.au/library](http://www.cairns.qld.gov.au/library).

Until next time... happy reading!

Kind regards,

Mikki

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.**





### Crankworx Cairns (MAY)

17<sup>th</sup> - 21<sup>st</sup>

Crankworx Cairns is the ultimate experience in mountain biking. | Head to Smithfield Mountain Bike Park for the Crankworx World Tour. The Crankworx festival features elite competition, amateur and CWNEXT generation racing. Crankworx Cairns joined the party in October 2022 at the Smithfield MTB Park, and oh what a party it was! In its first year, the first Australian stop on the Crankworx Tour distinguished itself for sculpted dirt art and rowdy rainforest tracks, wild racing, and arguably the most raucous crowds to ever grace Crankworx. The tropical paradise meets the ultimate experience in mountain biking. Crankworx events bring a vibrant expo and festival vibe to bring mountain bike action sports fans together to experience Aussie hospitality at its finest! That is Crankworx Cairns for you!

### Great Barrier Reef Masters Games (MAY)

The Great Barrier Reef Masters Games was first held in Cairns, Queensland in 2013, and has since been held every second year.

The 2021 games were our biggest and best yet, and we now look forward to the fifth instalment to be held from 25 to 28 May 2023.

Cairns is the ideal location to host the Games, being one of Australia's most popular holiday destinations with a myriad of local attractions, dining, adventure sports, reef activities and entertainment within close proximity to the city centre.



Invitation to remember those who have died and the loved ones left behind because of Domestic and Family Violence with a Candle Lighting Ceremony



**WEDNESDAY 3RD MAY 2023 - 5.30PM**  
**WHARF ONE CAFE | 1 WHARF ST, CAIRNS**

**Vanish the Violence Stand Up & Speak Out!**

**ALL WELCOME TO ATTEND**

FOR FURTHER INFORMATION & ASSISTANCE PLEASE CALL  
 CAIRNS REGIONAL DOMESTIC VIOLENCE SERVICE ON 07 4033 6100



This is a COVID safe event. If you are feeling unwell, join us from home by lighting a candle and sharing on our Facebook page #ChangeTheEnding



Celebrate creativity, play, and our littlest people at The Cairns Children's Festival on Saturday 20<sup>th</sup> and Sunday 21<sup>st</sup> may. The Children's Festival is an annual celebration for children aged 12 years and under. The festival aims to put our youngest creatives in the spotlight whilst also creating a safe and fun environment for families to explore, create and imagine.

Events and activities are held across multiple locations including Cairns Performing Arts Centre, tanks Arts Centre, Cairns botanic gardens and The Court House.

## 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.

## COMMUNITY FUN DAY

**Marlin Coast Neighbourhood Centre**

**205 Reed Road, Trinity Park**

**SATURDAY 13 MAY**

9.00am-1.00pm



**LIVE MUSIC**  
**"BARRON VALLEY DRIFTERS"**





Special moments from the Seniors Easter Luncheon



**THE WEEK AT A GLANCE!**

**MONDAY**

**Emergency (Financial) Relief**  
for individuals and families experiencing financial crisis.  
Appointments are limited.  
Bookings essential; Phone on previous Thursday for a Monday appointment.  
Ph: 4055 6440

**Armchair Yoga**  
Gentle exercise  
10am - 11am  
Ph: Beryl 4055 7603  
\$5 per person



**TUESDAY**

**Line Dancing**  
10.00am - 11.30am  
Member \$3  
Non-Member \$5  
Ph: 4055 6440



**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



**WEDNESDAY**

**Emergency (Financial) Relief**  
for individuals and families experiencing financial crisis.  
Appointments are limited.  
Bookings essential; Phone on previous Monday for a Wednesday appointment.  
Ph: 4055 6440

**Bridge**  
EXERCISE YOUR MIND  
PLAY BRIDGE  
Social Bridge for the Experienced Player  
9.30am - 12 noon  
Member \$3  
Non-Member \$5



**Playtime**  
Each Wednesday morning  
9am - 11.30am.  
Families with children under school age.  
Free!  
Bring a piece of fruit to share.



**Shed Mosaics**  
12.30pm - 3.30pm  
Member \$3  
Non-Member \$5  
Ph: 4055 6440

**Canasta**  
1pm - 3.30pm  
Member \$3  
Non-Member \$5  
Ph: 4055 6440

**Yoga with Suzanne**  
Wednesday evenings  
6pm - 7pm  
Phone: 0421 076 244



**THURSDAY**

**Community Garden**  
Moming from 9am  
Phone the Centre - 4055 6440



**Tai Chi**  
Each Thursday morning  
9am - 10am  
Call Narelle  
0439 747 966



**Book Club No 1**  
1st Thursday of each month  
10.30am - 12 noon  
**Book Club No 2**  
3rd Thursday of each month  
10.30am - 12 noon  
\$3 Member/\$5 Non-Member  
Ph: 4055 6440



**Toastmasters Club**  
1st & 3rd Thursday of each month  
7pm - 9pm  
Ph: 0401 585 767



**SUNDAY**

**TRINITY BAPTIST CHURCH**  
Religious Service  
Every Sunday  
4.30pm - 7.30pm  
Phone: 0407 127 204

**Trinity**  
BAPTIST CHURCH





 **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) .....	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
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) .....	<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>
Reachout (website) .....	<a href="http://www.reachout.com">www.reachout.com</a>
Parentline (website) .....	<a href="http://www.parentline.com.au">www.parentline.com.au</a>
Parentline (8 am—10 pm, 7 days) .....	1 300 30 1300
Headspace (information) .....	<a href="http://www.headspace.org.au">www.headspace.org.au</a>
Headspace (online chat) .....	<a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>
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