

Neighbourhood News

NOVEMBER 2023



Reed Road Trinity Park | PO Box 260 Smithfield QLD
P: 4055 6440 | AMB: 27 072 688 732
E: admin@mcnc.org.au | W: www.mcnc.org.au

The Management Committee and Staff of the
Marlin Coast Neighbourhood Centre Inc.

invites

**Members and Friends
to attend the**

Annual General Meeting

to be held at the Marlin Coast Neighbourhood Centre,
205 Reed Road, Trinity Park on

Thursday, 23 November 2023

commencing at 2 pm

ORDER OF BUSINESS

Welcome

Amendment to Marlin Coast Neighbourhood Centre Constitution

Annual Reports

Adoption of Audited Accounts

Election of Management Committee

Appointment of Auditor

Light refreshments will be provided following the meeting.
For catering purposes RSVP to admin@mcnc.org.au by close of
business by Thursday, 16 November 2023.

Committee Nomination and Proxy Forms are available at Reception.

Please submit Nomination and Proxy forms by 9 November 2023.

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. 1pm - 3pm.
Please call 4055 6440 on previous Thursday or Friday for an appointment.

AI-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: 6.30pm - 8.30pm on Tuesdays of school terms. E: CairnsChess@gmail.com

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 - 3.30pm.

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

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

High Fire Ministries Church Service 12 noon—2pm

Ph: 0428 884 286

SUNDAY

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

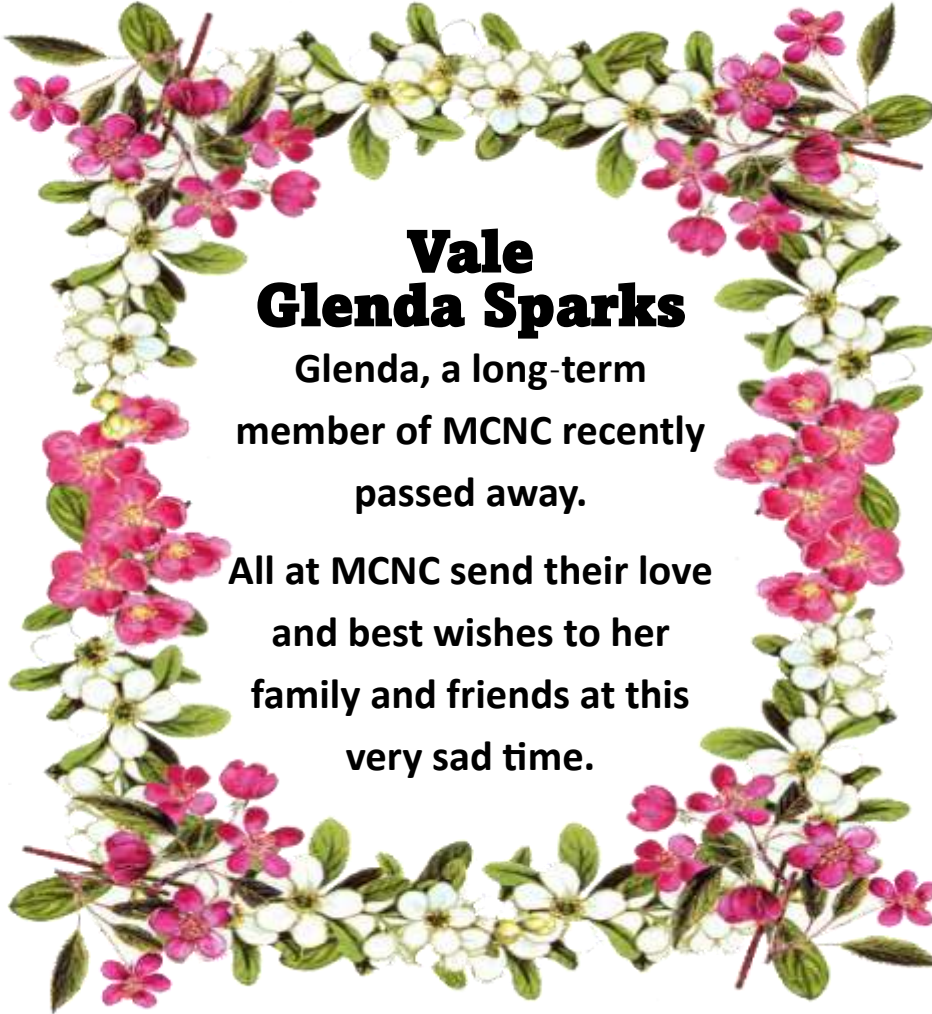
Acknowledgement of Country

'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.'





NOVEMBER 11
REMEMBRANCE DAY
LEST WE FORGET



Vale **Glenda Sparks**

Glenda, a long-term member of MCNC recently passed away.

All at MCNC send their love and best wishes to her family and friends at this very sad time.

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

Bridge
Social Bridge for the experienced player

WEDNESDAYS
9.30AM - 12 NOON
MEMBERS \$3 / NON MEMBERS \$5
Ph: 4055 6440

What's on at The Rondo...

99 Dalmatians - the pantomime
Nov 24 - Dec 9, 2023

99 dalmatians the Pantomime
MUSIC BY
BARRY SHAW
WRITTEN and directed by
CARY WILLIAMS

BOOK NOW
therondo.com.au
or call 0415 822 333

Nov 24 - Dec 09

Show Details » Book Tickets »

Tickets may be available at the Door

Follow us 😊

Morning Melodies



A special Christmas concert from one of Australia’s most popular singers. Star of the musical Big River and lead singer with The Seekers in the early 1990s, Karen started her career on *Young Talent Time*.

Her first smash hit single ‘Why Won’t You Explain’ achieved gold-selling status, and was followed by the Platinum award-winning album ‘You Are the Reason’. Her second album, also gained gold status, making Karen one of Australia’s most successful female recording artists. Karen recently released her 7th studio album *Solid Ground* and 8th studio album *Sanctuary*.



\$22.00 per person

\$20.00 per person for 6+

Companion Card Holder—free

Monday 27 November 2023

11am (doors open 9am)

Duration of show—1 hour 15 minutes

Catered morning tea from 9am

Book your ticket on Ticketlink



MELBOURNE CUP LUNCH

Tuesday 7th Nov from 11.30am

members \$10

@ Marlin Coast Neighbourhood Centre

There will be live streaming of the race, sweeps, prizes for best hat & lucky door prizes.

BOOKINGS ESSENTIAL BEFORE - NOV 6 2023
4055 6440 / ADMIN@MCNC.ORG.AU

DONATE
NEW OR PRE-LOVED SCHOOL SUPPLIES

- Uniforms
- Scientific Calculators
- Stationery Supplies
- School Bags
- School Shoes
- Lunch box
- Math Sets

For more info call or email
(07) 4044 0130
schoolsavvy@centacarefnq.org

School Savvy Facebook

Mayor's Christmas Cheer Appeal

Cairns Regional Council is again supporting the community through the Mayor's Christmas Cheer Appeal 2023, and Marlin Coast Neighbourhood Centre is pleased to be part of the food hamper program.

To be eligible you must reside in the Cairns Region, have a health card Card and be:

- a family with a minimum of 2 adults and 2 children over the age of 1 and under 16
- a single parent with a child/children under 16
- a foster family caring for one or more children under 16
- a carer who cares for one or more children, or adult/s with a disability
- a senior over the age of 65 years with a Concession Card

All individuals and families must have a valid concession card

Contact Marlin Coast Neighbourhood Centre on 4055 6440 for further information on registering for a Mayor's Christmas Cheer food hamper.

APPLICATIONS CLOSE: NOVEMBER 13, 2023



FNQ Family Law Pathways Network Presentation:

Young People and Vaping

Presented by *Dovetail* – Cameron Francis

Dovetail is a Statewide service that provides clinical advice support to workers who engage with young people affected other drug use. The "Young People and Vaping" presentation will cover the very latest in up-to-date information on vaping, how to respond to young people who vape, and harm reduction information. The presentation will close with where to find further vaping resources and an open Q & A session.

1.30 – 4pm Tuesday, NOVEMBER 31, 2023

Cairns Sheridan Hotel 295 Sheridan Street

Cairns North (free parking on-site and on adjacent streets)

1.30: Afternoon Tea/Networking

2.00: Presentation & Q & A.

\$20pp (includes afternoon tea)



and professional
by alcohol and

For **BOOKING FORM** please email mfriganiotis@raq.org.au ASAP Registrations close on 24 NOVEMBER



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:

- 7 Nov: Melbourne Cup
- 14 Nov: Community Engagement Librarian—Mikki Rhoades
- 21 Nov: Being Prepared for Emergencies—Disaster Management Resilience Officer
- 28 Nov: Birthdays

07/11	14/11	21/11	28/11	
<p>Melbourne Cup</p> 	 <p>Mikki Rhoades Community Engagement Librarian</p>	<p>Disaster Management Resilience Officer</p> <p>“Being Prepared for Emergencies”</p> 	<p>Birthdays </p> <p>Alma - 2/11 Jan - 5/11 Noelene - 10/11 Mary - 24/11</p> <p>Christmas Craft with Dee</p> 	
5/12	12/12	19/12	26/12	
<p>XMAS LUNCH</p> 				



Researchers at UNSW are currently conducting a national survey looking into **LGBTQIA+, Brotherboy and Sistergirl experiences of and attitudes towards sexual violence.**

LGBTQIA+ people and Brotherboys & Sistergirls deserve well resourced and specialised services for experiences of sexual violence and this research aims to get us closer to achieving this.

The survey will collect important information on the community's experiences of sexual violence including prevalence, social norms, attitudes, bystander actions, and help-seeking behaviours.

If you are a member of the LGBTQIA+ community, please fill out the survey here: <https://tinyurl.com/lgbtigasurvey>.

T2A transition to adulthood month

This is an event to support young people 15-25 years old moving into adulthood and transitioning to independence.

EVENT INFORMATION

DATE: Thursday, 9th Nov
TIME: 1pm - 5pm
WHERE: PCYC, Manunda

WHAT TO EXPECT?
 Stalls
 Activities
 DIY Workshops
 Music
 Free Food
 Prizes & Giveaways

If you are interested in supporting this event or hosting a stall please email lisa.gibson@create.org.au or call 0411086504

If you are a young person 15-25 and interested in adding your ideas as part of the Youth Advisory Steering Committee please text/call Polly on 0421068254

CREATE Foundation acknowledges the Traditional Custodians of this land and pay our respects to them, their culture & Elders past, present & future.

live up
liveup.org.au

Navigating your healthy ageing journey

support@liveup.org.au
 1800 951 971

Older Persons COVID-19 Support Line
1800 171 866
 8:30am-6pm (AEST) Monday - Friday

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



What a fantastic time we had on our seniors month bus trip to Rainforestation Kuranda, where we enjoyed Devonshire tea, visited the wildlife park, learned about the flora and fauna of the oldest living rainforest in the comfort of an army duck, experienced the Pamagirri Aboriginal Dance Performance and dreamtime walk, and savoured their delicious BBQ lunch.

Thank you to Rainforestation Kuranda for the amazing experience and thank you Kinetic (formerly Sunbus) who looked after us beautifully on the day.



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

Thank you Smithfield Shopping Centre

The Centre is the recipient of a generous donation from Smithfield Shopping Centre after they pledged to donate \$1 for every entry when they launched Cairns Monopoly board with a competition to win some great prizes, including \$5000 cash.



Thank you for your continued support.



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

Find us on **facebook**

PATHWAY TO RETAIL SKILLS

CERTIFICATE II IN RETAIL

LOCATION: MANUNDA

COST: No cost for eligible applicants

COURSE START: 20 Nov 2023

LENGTH: 13 Weeks (2 weeks Work Placement included)

*This qualification is delivered in partnership with the Australian Retailers' Association (RTO registration code 4648)



ARE YOU UNEMPLOYED? or RETURNING TO THE WORKFORCE?

Increase your employment options with this entry level qualification with St Vincent de Paul Society Qld!

- ✓ Complete a SIR20216 Certificate II in Retail Services
- ✓ Complete a First Aid and CPR Certificate
- ✓ Feel supported in your learning with opportunities for work placement and job search assistance

On the job training is provided through face-to-face delivery three days a week and work placements with Vinnies and their partners in retail.

This training is proudly funded by the Queensland Government through its Skilling Queenslanders for Work Initiative.



ELIGIBILITY

Open to those who are unemployed, a resident of Queensland, and who have the right to study and work in Australia.

HOW TO APPLY

- ✓ Email or call qld.cairns@svdpaid.org.au for an initial eligibility check.
- ✓ All applicants will be invited for a further discussion and suitability check.

FOR MORE INFORMATION, PLEASE CONTACT PAULINE AT:

PHONE: 07 4280 8906 MOBILE: 0436 816 587 or

EMAIL: qld.cairns@svdpaid.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.

The Week at a Glance

Monday

Food Relief for individuals and families experiencing financial hardship.

Appointments are limited;

Bookings essential; phone on Thursday or Friday for 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

Ph: 4034 6800

A.A.

5.50 - 7.10 p.m.

Neil Ph 0429 569 512

Tuesday

Line Dancing

10.00am to 11.00am

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

Ph: 4055 6440

Tuesday Luncheon

Guest speakers, activities & lunch from 10.30am

Ph: 4055 6440

**Member \$10

Non-Member \$12

Chess Club

6.30pm - 8.30pm on Tuesdays of school terms.

e: CairnsChess@gmail.com

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.

Shed Mosaics

12.30pm to 3.30pm

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

Ph: 4055 6440

Food Relief for individuals and families experiencing financial hardship.

Appointments are limited;

Bookings essential; phone on Monday or Tuesday for a Wednesday appointment.

Ph: 4055 6440

Yoga with Suzanne

6.00pm - 9.00pm

Ph: 0421 076 244

Marlin Coast Neighbourhood Centre Inc.

OFFICE HOURS : Monday - Thursday 9am to 4pm Friday 9am to 1pm

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.

The Week at a Glance

Thursday

Community Garden

Morning from 9am
Phone the Centre -
4055 6440

Book Club

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

Creative Care for Carers

10.30am - 12.30pm
Art Therapy
Jacki ph: 4044 0130

Cairns Community Changemakers

6.00pm - 8.00pm
2nd & 4th Thursday of each month
Ph: 4055 6440

Toastmasters Club

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

Friday

Saturday/Sunday

Saturday

Fit for Seniors
10.30am - 11.30am
FREE gentle exercise
Tony Ph: 0421 672 284

High Fire Ministries

12noon - 2.30pm
Nev: 0428 884 286

Sunday

Trinity Baptist Church

4.30pm - 7.30pm
Steve: 0407 127 204



Free computer use during business hours
Monday to Thursday 9am - 4pm
and Friday 9am - 1pm

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.