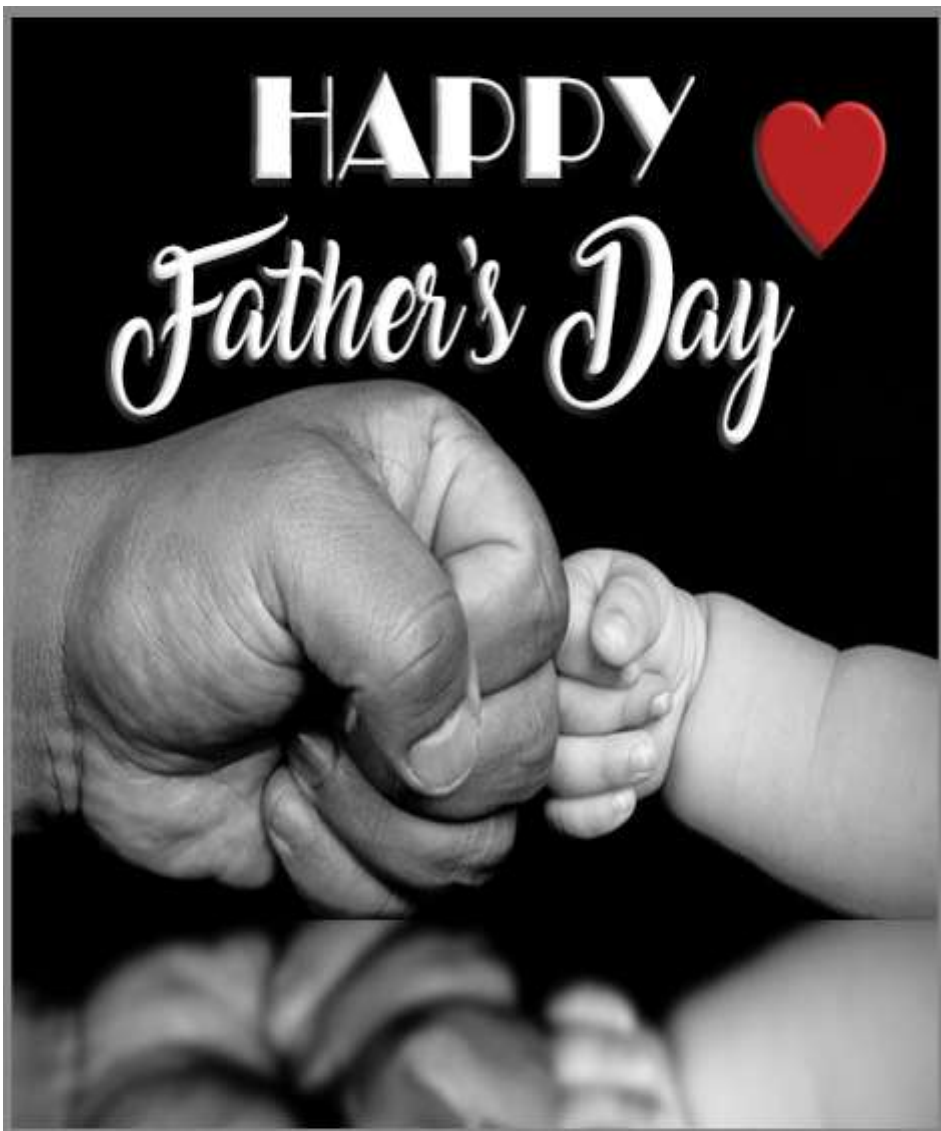


Neighbourhood News

SEPTEMBER 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 - 3.00pm.
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: 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 Art 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

SUNDAY

Trinity Baptist Church: Religious Service
4.30pm - 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.'





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




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!

Work Starts on South Wangetti Trail

On 26th July, I joined with fellow MP's Stirling Hinchliffe, Michael Healy and Cynthia Lui to attend the earth turning ceremony which signalled the beginning of construction on the south Wangetti Trail in the Department of Transport and Main Roads' road corridor. The ceremony was attended by Djabugay nation representatives, project staff from the Department of Tourism, Innovation and Sport (DTIS), Department of Environment and Science (DES) along with staff from the Department of Transport and Main Roads (TMR). The trail is a game changer ecotourism offering for Far North Queensland tapping into one of the fastest growing tourism sectors in the world. The 94 km trail will showcase the stunning coastal and hinterland scenery of the Djabugay Nation country from Palm Cove in Cairns to the Mowbray River in Port Douglas. Once completed, it will span a World Heritage area, three national parks, two local government areas, three separate registered native title claims, and also numerous freehold and reserves held in trust landholdings. The Wangetti Trail has been supported by and co-designed with the Traditional Owners from Djabugay Nation following extensive consultation and collaboration and will create sustainable employment and business opportunities for locals, Traditional Owners and their future generations. In addition domestic and international visitors can look forward to unique cultural experiences while traversing the trail.



2023 theme

This year's Women's Health Week theme is **Grow your knowledge**. It's all about supporting women to make informed decisions about their health with information that's easy to understand.



Grow your knowledge

During the first week of September, thousands of women come together to take part in a week of events and online activities designed to boost the health and wellbeing of women, girls, and gender-diverse people.

Now in its 10th year, the Jean Hailes Women's Health Week celebrates women from all walks of life. Each day focusses on an important women's health topic centred on helping women to make healthier choices. You can get active, join an event, or simply connect with other women. womenshealthweek.com.au.



Connecting People of All Ages, Cultures, and Abilities

Queensland Seniors Month is a celebration that brings people together to connect with others, share experiences, discover supports and services, and create new memories.

Beginning on Sunday 1 October, the United Nations International Day of Older Persons, **Queensland Seniors Month** will include **National Grandparents Day**, on Sunday the 29th before ending on the 31st. We are continuing to celebrate with the theme of **Social Connections**. As we age, our social connections become increasingly important. To enable this, we need communities that foster and support these connections through spaces, places, and activities.

Queensland Seniors Month we aim to:

1. **Change** traditional perceptions on ageing. Advancements in medicine and technology have enabled seniors to live longer with the opportunity to contribute to their communities.
2. **Connect** older Queenslanders to inclusive events and activities by producing culturally inclusive, intergenerational or lifestyle events/activities for Queenslanders in their communities.
3. **Create** opportunities for older Queenslanders to continue to participate in activities beyond Queensland Seniors Month.
4. **Encourage** older Queenslanders to live active and healthy lives with improved physical and mental wellbeing.
5. **Enhance** opportunities for older Queenslanders to continue to learn through community education, lifelong learning, and digital literacy.

From fitness classes, art and craft workshops, technology courses, social events, concerts, excursions, expos and so much more, the activities and events on offer can assist in staying active, engaged, and connected.

Both COTA Queensland and the State Government value the contributions older people have made and continue to make whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates. We take this opportunity to invite you to join in the celebrations!

Big Brother

CALLER: is that Gordon's Pizza?

GOOGLE: No sir, it's Google Pizza.

CALLER: I must have dialled a wrong number. Sorry.

GOOGLE: No sir, Google bought Gordon's Pizza last month.

CALLER: OK. I would like to order a pizza.

GOOGLE: Do you want your usual, sir?

CALLER: My usual? You know me?

GOOGLE: According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on thick crust.

CALLER: OK! That's what I want.

GOOGLE: May I suggest that this time you order a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten-free thin crust?

CALLER: What? I detest vegetables!

GOOGLE: Your cholesterol is not good, sir.

CALLER: How the hell do you know?!

GOOGLE: Well, we cross-referenced your home phone number with your medical records. We have the results of your blood tests for the last 7 years.

CALLER: Okay, but I don't want your rotten vegetable pizza! I already take medication for my cholesterol.

GOOGLE: Excuse me sir, but you have not taken your medication regularly.

According to our database, you only purchased a box of 30 cholesterol tablets once, at Drug RX Network, 4 months ago.

CALLER: I bought more from another drugstore.

GOOGLE: That doesn't show on your credit card statement.

CALLER: I paid in cash.

GOOGLE: But you did not withdraw enough cash according to your bank statement.

CALLER: I have other sources of cash.

GOOGLE: That doesn't show on your last tax return unless you bought them using an undeclared income source, which is against the law.

CALLER: WHAT THE HELL?!!!

GOOGLE: I'm sorry sir, we use such information only with the sole intention of helping you..

CALLER: Enough already! I'm sick to death of GOOGLE, Facebook, Twitter, WhatsApp and all the others.

I'm going to an island without internet, cable TV, where there is no cell phone service and no one to watch me or spy on me.

GOOGLE: I understand sir, but you need to renew your passport first. It expired 6 weeks ago...



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.



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

Made with PosterMyWall.com

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**





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:

- 5 Sept: Women’s Health Week
- 12 Sept: Guest Speakers - Dana & Debbie, Services Australia
- 19 Sept: Colour My World with Gail
- 26 Sept: Gail’s Funnies

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 Your World with Gail</p> 	<p>Birthdays</p>  <p>Dorothy – 22/9 Rhonda – 26/9</p> <p>Gail’s Funnies</p> 	
03/10	10/10	17/10	24/10	31/10
 <p>BBQ</p> <p>Philippa’s Holiday Snaps</p> 	 <p>World Mental Health Day</p>	 <p>Celebrations</p>	 <p>Queensland Seniors Month</p>	<p>Birthdays</p> <p>Gwen - 1/10 Jeff - 27/10</p> <p>Grandparents Day Celebration</p> <p>Movie: The War with Grandpa</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

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

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

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

Greetings from Cairns Libraries!

You're never too old to learn something new, and this September we celebrate **Adult Learner's Week** with lots of opportunities to learn new skills.

Writers of all levels can learn about building their personal author profile with a writer's workshop at City Library:

- *Elevate your Author Brand* with Crystal Leonardi
City Library, 5th September, 10.30am

Or start a new hobby at Earlville Library with the Cairns and District Beekeeping Association:

- *Beekeeping for Beginners*
Earlville Library, 6th September, 10.30am

Listen to local author *Stephen Chong* talk about his latest novel "A Journey To", which explores questions about the afterlife:

Stratford Library, 15th September, 10.30am

Or join us for the next of our popular Queensland Police talks, *Personal Safety for Seniors*. Learn everything you need to know about your personal safety in the community:

- Personal Safety for Seniors
City Library, 21st September, 10am

Would you like more information about our community events and library services? Sign up for our eNewsletter on our website www.cairns.qld.gov.au/library, or follow us on Facebook www.facebook.com/cairnslibraries



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



make renting fair qld.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.

SCAM AWARE

This tax time, we're receiving an increased number of reports about several ATO impersonation SMS and email scams.

These scams encourage people to click on a link that directs them to fake myGov sign-in pages designed to steal their username and password.

Scammers use many different phrases to try and trick recipients into opening these links. These include (but are not limited to):

- 'You are due to receive an ATO Direct refund'
- 'You have an ATO notification'
- 'You need to update your details to allow your Tax return to be processed'
- 'We need to verify your incoming tax deposit'
- 'ATO Refund failed due to incorrect BSB/Account number'
- 'Due to receive a refund, click here to receive a rebate'

The images below are examples of the format these scams can take.

SCAM



Australian Government
Australian Taxation Office

You have an outstanding refund from myGov

Dear Customer,

You have an outstanding refund from myGov, our transaction management system detects that you are entitled to receive this payment.

To accept fast payment online click on the following link and save the refund information:

Your refund is available online : [Access your form](#)

- Registration number : [\[Redacted\]](#)
- Amount : 340.18 AUD
- Details : Completed on the form

The confirmation must take place within the next 48 hours.

SCAM

6:00 pm

< 100



Tax.gov

4G

Text Message
Today 6:00 pm

Australian Taxation Office: We have processed your Tax Return and it is available for you to claim!
Visit [https://](#)

Do not open any links or provide the information requested.

The ATO won't send you an SMS or email with a link to log on to online services. ATO online services can be accessed directly by typing ato.gov.au or my.gov.au into your browser.

While the ATO may use SMS or email to ask you to contact us, we will never ask you to return personal information through these channels.

Report any suspicious contact claiming to be from the ATO to ReportScams@ato.gov.au

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.

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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

Sunday

Trinity Baptist Church

4.30pm - 7.30pm

Steve Ph 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.