

Neighbourhood News

FEBRUARY 2024



The Management and Staff of the Marlin Coast Neighbourhood Centre look forward to working with you to ensure our Centre continues to provide a safe, accessible and resourceful service to all the people in the Marlin Coast Region.

MCNC has a new website!

We have updated and modernised our website...
check it out www.mcnc.org.au

You can now read our newsletter and keep up to date
by clicking news and events!

Thank you to Web Coach for your sponsorship

Acknowledgement of Country

In the spirit of reconciliation, Marlin Coast Neighbourhood Centre acknowledges the Yirrganydji people, the Traditional Custodians of Djabugay country that runs northwards from Trinity Inlet to Port Douglas. We pay our respects to their Elders past, present and future, and honour those whose culture and customs have nurtured and continue to nurture this land.



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.
Al-Anon: 6pm - 7pm. Ph Carl 0403 669 893

TUESDAY

Line Dancing: Fun for everybody! 9.30am - 10.30am
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 - 3pm.
Please call 4055 6440 on previous Monday or Tuesday for an appointment.
Yoga with Suzanne 6pm—7pm Ph: 0421 076 244

THURSDAY

Community Garden: Enjoy working in the edible, organic garden. Volunteers welcome! From 9am.
Creative Care for Carers: Free art therapy for carers.
Ph: 4044 0130
Book Club The 1st Thursday of the month.
From 10.30am. Members \$3 Non-Members \$5
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



CHC33021

CERTIFICATE III IN INDIVIDUAL SUPPORT

(Ageing & Disability)

**Industry Recognised
Training**



**Winner of the TNQ Community
Training Initiative Award 2022**

This program is fully supported
and 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
training



Face-to-face training
each Wednesday &
Thursday



120 hours of
placement



Fully subsidised under
the QLD Government
Skilling Queenslanders
for Work initiative

**CONTACT ALLISON:
4055 6440**

OR

EMAIL: EDU.SUPPORT@MCNC.ORG.AU

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

**Starts Wednesday
14th February
2024!**

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

APPLY NOW!



Tuesday Luncheon Group

Line Dancing starts at 9.30 and finishes at 10.30am.

The Lunch Group commences at 10.30am for 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:

- 6 February: Jenny Brown Qstars (QLD Statewide Advice and Referral Service)
- 13 February: Bingo
- 20 February: Mikki Rhoades, Community Engagement Librarian
- 27 February: Identity Theft—Peter, FN Police District

February 6	February 13	February 20	February 27	
 BBQ  Jenny Brown		 Mikki Rhoades Community Engagement Librarian	Birthdays  Margaret. C – 11/2 Pam. B – 16/02 Beryl. B – 23/2  Identity theft with Peter Far North Police District Volunteers in Policing.	
March 5	March 12	March 19	March 26	
 BBQ  International Women's Day Celebrations	 Celebrating Hearing Month Free hearing checks	St Patricks Day Celebrations 	Birthdays  Judy. M – 16/3  Road Safety with Peter Far North Police District Volunteers in Policing.	

FREE

CYBER CRIME IDENTITY THEFT

WHEN: Tuesday 27 February 2024 at 11.30am

WHERE: Marlin Coast Neighbourhood Centre

Topics include:

- What is Identity Theft
- Why Identity Crimes are increasing
- Tips on how to protect yourself



*Presented by
Queensland Police Service
Far North Region Crime Prevention Unit*

Subscribe today!
**Receive FREE information on crime alerts for
your area and community news!**



www.myPolice.qld.gov.au

Far North

Make eye care a priority for the new year

An increase in eye health issues in Australia has optometrists worried.

Despite Optometry Australia's 2022 Vision Index research finding that 75 percent of Australians value vision as their most important sense many are not treating their eyes with the care they deserve.

Yet according to Optometry Australia, 90 per cent of blindness or vision is preventable or treatable.

The new research has shown the number of people reporting issues with their eyes has gone up by three per cent since similar research in 2020.



According to the research, more than one in 10 Australians have never seen an optometrist and just over a quarter have had an eye examination within the past two years, which is the recommended frequency for taking a trip to the optometrist for a routine eye health check.

"The earlier people start looking after their eyes, the better chance of them maintaining good vision," said Sophie Koh, optometrist and National Professional Services Advisor at Optometry Australia. So, as we set our sights on 2024 it's the perfect time to reflect on current health habits and routines to identify positive changes that can be made for better eye health.

According to Optometry Australia there are a few simple ways to take care of our eyes.

Visit an optometrist

Start the year off on the right foot by scheduling a comprehensive eye examination with your local optometrist. Regular eye check-ups can detect potential issues early, allowing for timely intervention. Optometry Australia recommends having a complete eye examination every two years to be sure any early signs of serious disease are identified.

Slip on those sunnies

Invest in a pair of high-quality sunglasses that block both UVA and UVB rays and wear them consistently, especially on sunny days.

The southern hemisphere experiences approximately seven percent higher levels of UV radiation compared to the northern hemisphere, primarily due to lower pollution levels and clearer air. This is largely attributed to the comparatively lower population densities in the southern hemisphere.

Failing to prioritise UV protection in your youth increases the likelihood of developing eye conditions such as cataracts and pterygiums as you age. Pterygiums, pronounced 'te-ri-gi-um', are fleshy pinkish-white tissue at the corner of your eye that grows because you have been exposed to too much UV, possibly since childhood.

Get that green time

Researchers from China and Australia have discovered that spending about an extra 1.25 hours per day outside reduces the risk of developing myopia (short-sightedness) by 50 per cent.

The 2022 Vision Index Report found that over half of parents surveyed said their children were spending at least four hours in front of screens every day.

You can't beat what you eat

Fuel your eyes with the nutrients they need by incorporating a diet rich in omega-3 fatty acids, zinc, lutein, zeaxanthin, antioxidants and vitamins A, C and E.

"Research has found that foods rich in these essential vitamins and minerals help lower risk for age-related macular degeneration (AMD), cataract and perhaps even dry eye later in life. Boosting your intake of foods like salmon, spinach, strawberries, capsicum, sweet potato and nuts like almonds and hazelnuts can only serve your eyes well."

H2O is the go

We all know proper hydration is crucial for overall health, and your eyes are no exception. Staying well-hydrated helps maintain the fluid balance in your eyes, preventing dryness and irritation.

As a rule, adult males need to drink around 2.6 litres of fluids every day, while adult females need around 2 litres of fluids a day. Children's daily intake of water should sit around 1 litre while teenagers should aim for 1.75 litres per day.

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**Cairns Northern
Beaches Family Drug
Support Support
Meeting**

**4th Thursday of each
month**

5:30pm – 7:30pm

**Marlin Coast
Neighborhood Centre,
205 Reed Road, Trinity
Park, QLD**

www.fds.org.au



RSVP : Belinda

0490536878

**QLD Online Daytime
Support Meeting**

**3rd Monday of each month
8:30am – 11:30am Register
on the FDS website**

FAMILY DRUG SUPPORT MEETING

MARLIN COAST NEIGHBORHOOD CENTRE

FEELING HELPLESS AND ISOLATED AND AT A LOSS AT WHAT TO DO?

Drug and alcohol use places immense emotional and practical strain on family members. With support, they can improve their own wellbeing, those of other family members, and improve outcomes for everyone

There are no rights and wrongs – You don't have to do it alone

Family Drug Support offers a non-religious, open meeting for family members affected by drugs and alcohol.

Open to anyone and providing opportunities to talk and listen to others in a non-judgemental, safe environment.

Marlin Coast Neighborhood Centre

WHEN: 4th Thursday of every month. 25/01/24, 22/02/24, 28/03/24, 25/04/24, 23/05/24, 27/06/24, 25/07/24, 22/08/24, 26/09/24, 24/10/24, 28/11/24, 26/12/24.

TIME: 5:30pm – 7:30pm

WHERE: Marlin Coast Neighborhood Centre, 205 Reed Rd, Trinity Park QLD 4879

RSVP Belinda: belinda@fds.ngo.org.au

Phone: [0490536976](tel:0490536976)

COST: Free. Refreshment provided.



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



RESPECT

DEFINITION

Respect is a fundamental value that encompasses acknowledging the worth and dignity of others. It involves treating individuals with kindness, fairness, and consideration, regardless of their differences or opinions.

Respecting others means actively listening to their perspectives, valuing their autonomy, and refraining from actions that may cause harm or undermine their rights and boundaries.



Welcome to the upside of ageing

LiveUp is a free online healthy ageing guide that can be accessed from the comfort of your own home.

SCAN TO FIND OUT MORE



1800 951 971 support@liveup.org.au liveUpAus

Be part of Hearing Australia's
Hearing the Nation Tour 2024

At Hearing Australia, we make it easy for every Australian to receive the expert hearing care they deserve...



And to make it even easier, we're visiting over 1,000 locations during late February and March as part of our 'Hearing the Nation Tour', conducting FREE* 15-minute hearing checks for adults.

Marlin Coast Neighbourhood Centre

Tuesday 12 March 2024

10am to 12pm

Appointments: 4055 6440



Build your
money skills
with Saver Plus

saverplus saverplus.org.au



Older Persons
COVID-19 Support Line
1800 171 866

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





Help people affected by floods in Far North Queensland

Rainfall from **Ex-Tropical Cyclone Jasper** has caused extensive flooding in Cairns, Port Douglas, Wujal Wujal and other towns.

Donate to the floods and make a difference now.

www.givit.org.au



[DONATE TO FAR NORTH QUEENSLAND FLOOD RELIEF](#)

100% of publicly donated funds received by GIVIT for this appeal will be used to purchase essential items and services to help people affected by flooding.

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Ditch the cigs

If you're a smoker, make 2024 the year you quit. Smoking is linked to an increased risk of developing age-related macular degeneration (AMD), cataracts and other eye conditions such as dry eye. Smoking can increase your risk of developing AMD by up to four times and some studies indicate that those individuals who smoke tend to exhibit reduced levels of the macular pigments lutein and zeaxanthin. These pigments play a crucial role in shielding the macula from UV radiation, presenting yet another risk factor for age-related macular degeneration.

Create eye-friendly living and working environments

There are easy changes you can make at home and work in the new year to encourage better eye health. Be sure that your home and office space is fitted out with adequate lighting. When it comes to toiling away at your desk, it's important that your computer monitor is positioned at eye level and any glare is reduced to minimise eye strain.

Count those sheep and get enough sleep

Quality sleep directly impacts your eye health, with a lack of it leading to dry eyes, eye twitching and other vision problems.

"While you sleep, your body undertakes the essential process of repairing and rejuvenating the cells in your eyes, contributing to their overall health and proper functioning. Aim for seven to nine hours of sleep each night to give your eyes the ideal amount of rest they need.

An Optometry Australia initiative, *Good Vision for Life* is aimed at helping Australians to better understand and care for their eyes and the *Find an Optometrist* search tool can be used to book an appointment with a nearby optometrist.

Thank you

Elaine Sutherland at Regis Home Care (RHC) is due a huge THANK YOU from Allison Smith, the Education Support Coordinator of the Skilling Queenslanders for Work training Project here at the MCNC. Elaine nominated Allison for a community recognition award on STAR Radio in the week before Christmas 2023— through this amazing gesture, Allison received a \$200 prize.

Elaine was a participant in the SQW project in 2022; immediately following the completion of her Certificate III in Individual Support, she found employment with RHC and is loving her new role.

Allison Smith says "I feel humbled and deeply appreciative of this thoughtful gesture by Elaine; I wish to acknowledge Elaine's wonderful work in supporting the Cairns aged care community. "

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



Purchase tickets via QR code or from
Marlin Coast Neighbourhood Centre, 205 Reed Road, Trinity Park



\$2 EACH
3 for \$5

Raffle Hamper:
Ferrero Rocher, Lavosh dry biscuits, nuts, nougat, butter and macadamia shortbread biscuits, chocolate sauce, Grisini plus a bottle of sparkling wine.

Pet Raffle Hamper:
Bag of black hawk dog food, cat dry biscuits, dental sticks, greenies, doggy treats, and lots of toys.

Two Hampers to be won as one prize
valued over **\$240!**

ALL proceeds go towards the YAPS rebuild after the flood damage.

Raffle Drawn 5 March 2024 @ 6pm

At Stratford Library, 11 Kamerunga Road, Stratford
The Winner will be notified via phone & announced on Friends of Yaps Facebook Page
www.yaps.org.au | 07 4057 6373 | Old McGregor Road, Smithfield



Fee Free TAFE for Nursing students

Now is the perfect time for people who are looking to kick-start a career in nursing to get job-ready in 2024 for free.

The Queensland Government is boosting Fee Free TAFE for Nursing students, with an extra 3,500 *Diploma of Nursing* placements set to be available for free in 2024.

The fee-free Diploma of Nursing will be available through TAFE Queensland, CQ University, and Mater Education.

TAFE Queensland is committed to providing Queenslanders with the high quality, hands-on training they need to succeed in their chosen career.



Childrens Play Time Volunteer wanted

MCNC runs Childrens Play Time each Wednesday morning from 9am to 11.30am. We are looking for a reliable volunteer who holds a current Working with Children Card (Blue Card)

Your duties will include but not limited to:

- Setting up toys
- preparing morning tea
- connecting with parents



Further information call Helen on 4055 6440

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.


Communityrecovery


Support services Cairns



For assistance please call the 24/7
Community Recovery Hotline: 1800 173 349

Emergency relief and psychological support

Lifeline crisis support.....	13 11 14
Australian Red Cross.....	1800 733 111
13 Yarn.....	13 92 76
Babinda Taskforce.....	07 4067 2900
Wuchopperen Health Service.....	07 4080 1000

Children and youth services

Kids helpline	1800 55 1800
Act for Kids.....	07 4033 8500

Financial services

Centacare FNQ.....	07 4044 0130
Rural Financial Counselling Service NQ.....	07 4652 5669

Other support services

Cairns Regional Council.....	1300 69 22 47
Kuranda Neighbourhood Centre.....	07 4093 8933
Hambledon House Community Centre Cairns.....	07 4037 2874
Manoora Community Centre	07 4044 0105
Marlin Coast Neighbourhood Centre.....	07 4055 6440
Birch Street Community Hub (UnitingCare).....	07 3253 4000
NDIS Customer Service.....	1800 800 110
Translating & Interpreting Service.....	13 14 50
Policelink.....	13 14 44
Queensland Health 13 HEALTH.....	13 43 25 84

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

\$8 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

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 - 7.00pm

Ph: 0421 076 244

Marlin Coast Neighbourhood Centre Inc.

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

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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

High Fire Ministries

12noon - 2.30pm

Ne: 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.