

Neighbourhood News



Golden Penda, one of the tropical north's splendid flowering trees, is the floral emblem of Cairns. The bright Penda (*Xanthostemon chrysanthus*) bursts into yellow bloom several times a year and is a prolific grower.

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 9.30 -10.30am. \$8 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

Canasta: 1 - 4 pm 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

FLOOD RELIEF TRIVIA NIGHT

PROUDLY SUPPORTING MARLIN COAST COMMUNITY CENTRE

BRING COINS
TO PLAY FOR
Bonus Points

**BOOK YOUR
TICKET NOW**
and receive a voucher
for 20% off your Dinner!
CALL SIMONE
4057 6788



MAR
9TH
FROM 7PM

JOIN US FOR A NIGHT OF THRILLING TRIVIA!

 Tickets are \$20 each, and tables seat 8.

 Don't have a full team? No problem – we'll match you up!

 Raffles & exciting prizes await!

Food or medicine - a choice some Aussies need to make after drug price-hike

Australians needing vital medications will be doing it tougher this year as the cost of PBS medications rose from January 1, prompting outrage from the Pharmacy Guild of Australia.

The maximum co-payment for PBS listed medicines went up by \$1.60 to \$31.60 for general patients and up by 40 cents to \$7.70 for concessional card holders.

The increase was in line with inflation but will only add to the pain faced by many low income Australians who are already reporting not filling scripts or cutting back on the amount of medications they take as they face massive cost of living hikes.

"Instead of the Commonwealth Government putting the price of medicines up they should be doing in fact the complete opposite and easing the cost-of-living burden on Australians," said Pharmacy Guild national president, Professor Trent Twomey.

The organisation is campaigning to reduce the maximum co-payment for PBS medicines from \$31.60 to \$19.

"Australia has the third highest out-of-pocket expenses for essential medicines in the developed world", Professor Twomey said.

"The Australian Bureau of Statistics shows that 1.1 million Australians are delaying, deferring or going without their essential medicines on a weekly and monthly basis.

"We have been calling on this government to reduce the out-of-pocket expenses when it comes to essential healthcare."

The PBS has a petition www.affordablemedicines.com.au/home/ calling for government action on the cost of PBS medications.

In a positive move, patients will no longer have to pay an administration fee to a community pharmacy for National Immunisation Program vaccination.

Professor Twomey said the change would see more pharmacies be able to administer more vaccines which would free up appointments at doctors' surgeries.

"All Australians will be able to ask their pharmacist for all vaccinations on the Commonwealth Government's National Immunisation Program," he said. "This is great news for Australians, great news for Australian families because it means they no longer have to wait up to four days in a capital city or even four weeks in a rural or regional area to secure an appointment with the general practitioner."

VOLUNTEER Maintenance Person Wanted

We are looking for a reliable volunteer maintenance person to keep our Centre looking beautiful inside and out! We need a person to do general maintenance and yard work for approx. 5-hours a day, 3 days per week.

Duties will include (but not limited to):

- **Some cleaning**
- **General tidying**
- **Leaf blowing**
- **Sweeping**
- **Window cleaning**
- **High pressure cleaning**
- **Helping to set-up and/or pack-up after group activities**

The successful applicant must hold a current Working with Children card or be able to obtain



ArmChair Yoga - with Beryl

Greetings All - Happy New Year and welcome back; after some of our wonderful tropical weather; cyclone, floods, power blackouts and much hardship and heartbreak for many of our members and the wider Northern Beaches community. Many more months of hardship will need the volunteer organisations and general public for continued support. I urge all members to practice 'Karma Yoga - unselfish work or action to contribute to the welfare of others, with no expectation of payment or reward'.

I finally had the long -anticipated hip replacement operation two weeks ago and am recovering well. I have given myself permission to take as long and slowly as needs be, without the pressure of returning to teaching for the time being. I have handed the classes over to Rike Kullack - my long-time student and qualified ArmChair Yoga Instructor of some 5 years.

Please continue to support this class and the wonderful services the staff of MCNC offers its members.

As Arnie says - "I will be back!"soon as a student and also to enjoy the Tuesday lunches.

**Cheers from Beryl Broadbent
(Yoga Instructor - Retired)**





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.

Disaster Recovery & Support Hub



Marlin Coast Neighbourhood Centre

- INFORMATION, ADVICE & REFERRALS
- FILLING OUT FORMS
- SUPPORT TO REPLACE ID
- FOOD RELIEF
- SOCIAL PROGRAMS - MAKING CONNECTIONS
- HELP EXPLORING FINANCIAL CHALLENGES
- PEER SUPPORT
- COMMUNITY RECOVERY GRANTS

Available on Tuesdays & Thursdays by appointment

4055 6440
205 Reed Rd, Trinity Park

ARMCHAIR YOGA with Rike

HELLO and WELCOME! My name is Rike Kullack and I am delighted to be asked by Beryl Broadbent to take over her long and much-loved ArmChair Yoga class at the Marlin Coast Neighbourhood Centre. Beryl has decided the time is right for her to retire and pass the baton on.

I wish Beryl all the very best for a long and happy retirement.

Some of you will know me as the Relief instructor, over several years, when Beryl was unable to take the class.....and I was always happy to accommodate and enjoyed taking her class at MCNC.

What to expect and a little about myself:

BREATH, MOVEMENT, RELAXATION

My aim is to provide a safe and inclusive, non-threatening environment for people of all abilities to participate without judgement or competition.

My ArmChair Yoga class combines principles of Yoga, Qigong and Left/ Right Brain Strengthening sequences to support and allow you to live your best life.

Each week I will guide you through your Practice to maintain adequate mobility, strength, balance and wellbeing, at your own pace.....and have fun!

Yoga:

Breathing Techniques, Asanas/Poses (modified), Meditation

Qigong:

Tapping, (medical qigong) including slow and profoundly strengthening Flow Sequences

Brain Enhancement:

Left/Right Brain exercises, sequences to boost Memory.

You are invited to join the wonderful Armchair Yoga class each

Monday morning 9:30am to 10:30am

@ Marlin Coast Neighbourhood Centre

Enjoy your week and be well. I look forward to welcoming you to my ArmChair Yoga Class.

Namaste. Rike





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:

- 5 MARCH: International Women’s Day Celebrations
- 12 MARCH: Hearing Australia
- 19 MARCH: St Patrick’s Day Celebrations
- 26 MARCH: Road Safety —Peter, FN Police District

March 5	March 12	March 19	March 26	
 <p>BBQ</p>  <p>International Women's Day</p> <p>Guest Speaker: Allison Smith</p>	 <p>Hearing Australia</p> <p>Celebrating Hearing Month</p> <p>Free hearing check</p>	<p>St Patricks Day Celebrations</p> 	<p>Birthdays</p> <p>Judy M – 16/3 </p>  <p>Road Safety with Peter Far North Police District Volunteers in Policing</p> <p>Easter Baskets</p>	
April 2	April 9	April 16	April 23	April 30
 <p>BBQ</p> <p>James & Amy ADA Advocacy program and ADA Link</p> 	 <p>Games & Gossip</p>	<p><i>Green Space Our Place</i></p> <p>Louisa Grandy</p> 	 <p>Personal Safety with Peter Far North Police District Volunteers in Policing</p>	<p>Birthdays </p> <p>Irene – 2/4 Pat – 10/4 Kay – 16/4 Marilyn – 20/4 Mavis – 20/4 Maureen – 29/4</p>  <p>Use it or Lose It with Gail</p>

FREE

ROAD SAFETY PRESENTATION

WHEN: Tuesday 26 March 2024 at 11:00am

WHERE: Marlin Coast Neighbourhood Centre, Trinity Park

Topics include:

- Road Rules
- Fatal Five
- Safe Driving



Presented by
Queensland Police Service
Far North Region Crime Prevention Unit
Department of Transport and Main Roads
Subscribe today!

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



www.myPolice.qld.gov.au

Far North



Mind your heart health without breaking the bank

Heart disease is the leading cause of death in Australia, but in the midst of the cost of living crisis, budgeting to maintain health can seem like a luxury.

As the nation marks heart health awareness month REDFEB during February, leading cardiovascular experts are spreading a simple message - it is possible to look after your heart health without breaking the bank.

Senior cardiologist and researcher Avedis Ekmejian has offered four key tips on how to look after your heart on a budget:

Heart-Healthy Foods: A heart-healthy diet doesn't have to be expensive.

"Focus on affordable staples such as beans, lentils, whole grains, and vegetables," Dr Ekmejian said.

"These foods are not only nutritious but also easy on your wallet."

Avoiding excessive consumption of processed foods, sugary snacks, and fast food is also beneficial, while eating five or more vegetables a day reduces the risk of cardiovascular disease by almost 17 per cent.

Staying Active: Four in five Australians don't do enough exercise, but physical activity is essential for heart health.

Dr Ekmejian said an expensive gym membership isn't necessary to stay fit, with free or low cost options such as walking, jogging or home workouts much more cost-effective options.

"Gardening and household chores can also help you stay active while saving money.

"Try to be physically active for at least 2.5 hours every week, spreading it out over five or more days."

Managing Stress: Chronic stress can be taxing on the heart, so cost-effective management techniques can be vital.

Heart Research Australia recommends techniques such as deep breathing, meditation, or yoga, which can be done at home or with minimal expense.

Dr Ekmejian said spending time in nature or with loved ones can also provide emotional support.

Regular check-ups: While some may be reluctant to spend money on regular doctor visits, they can help detect issues early and save a considerable amount of money in the long run.



Thank you Grill'd...

for your continued support of Marlin Coast Neighbourhood Centre's Community Garden.

With your generous gift we have been able to purchase seedlings and mulch which provides the Neighbourhood Centre with fresh vegetables and herbs.

Children's Play Time Volunteer wanted

MCNC runs Children's 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)

Duties will include (but not limited to):

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



Welcome Jennifer...

We are very happy to welcome Jennifer to our Centre!

Jennifer is in her 3rd year at JCU studying Social Work and is on placement with us until June 2024.





**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: [0490536878](tel:0490536878)

COST: Free. Refreshment provided.



digital skills - get more joy from your devices

The latest data from the *Australian Digital Inclusion Index* reveals that 11 percent of Australians are "highly excluded" from digital services, meaning they lack access to affordable internet, or lack the confidence to use it. This includes individuals living with disabilities, including low vision and blindness.

In an increasingly online world, digital skills are crucial, particularly for those navigating sight loss. Whether it's enlarging text on a mobile phone or utilising accessible technology, learning to navigate the online space safely can empower people with vision loss and allow them to remain independent and to stay socially connected.

Angela Allan, who has Aniridia, a rare genetic eye disorder affecting the iris, emphasizes the significance of technology in her life.

"I would be lost without technology," says Angela.

"My phone is now my third hand, and it helps me to stay independent. If you are living with sight loss, go and get digital skills training. It was scary at first, but you will get the value out of it."

Smithfield Library is now holding a 'Tech Help Drop In' each Monday at 11am.



Tech Help Drop In

- Smithfield Library**
- Monday 26 February**
- 11:00 am**
- Adults & All Ages; Special Events**

Coming to the Centre soon!

WHO DO YOU THINK HE IS?	
1972 Professional musician.	1996 4 years as NSW public speaking finalist. Champion in '97.
1979 7 years NIDA level studies in theatre.	1980 - 2011 31 years working in music and drama with pre-schoolers, special needs, autism and caregivers clients.
1980 Wrote and performed music and drama for theatre-in-education.	2011 Retired in Cairns.
1988 10 years touring Australia as an accredited NSW Education Dept. performer and educator.	2014 7 years performing as paediatric clown in Cairns hospitals.
1998 7 years teaching acting at Nepean Community College.	

Come and have a go at some of the things you've always fancied doing, but never had the opportunity.

actingclassesforadults@outlook.com 0447 451 936



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



liveup.org.au



☎ 1800 951 971 ✉ support@liveup.org.au 📘 LiveUpAus

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@mcnic.org.au

Donations can also be made at our Centre: 205 Reed Rd, Trinity Park

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  **Hearing Australia**

Older Persons COVID-19 Support Line
1800 171 866

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



Australia's first and only aged care publication created specifically for today's primary unpaid carers.



australiancarersguide.com.au


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	TUESDAY	WEDNESDAY
<p>Armchair Yoga Gentle exercise 9.30—10.30am Ph: Rike 0401 164 202 \$8.00 per person</p>	<p>Line Dancing 9.30—10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p>	<p>Bridge Social Bridge for the experienced player. 9.30am—12 noon Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p>Food Relief for individuals and families experiencing financial hardship. Appointments are limited. Bookings essential. Phone 4055 6440</p>	<p>Tuesday Lunch Guest Speakers, activities and lunch from 10.30am. Member \$10 Non-Member \$12 Ph: 4055 6440</p>	<p>Playtime Each Wednesday morning 9—11.30am for families with children under school age. Free. Phone 4055 6440</p>
<p>Cairns Early Years Learning Centre “Move Baby Move” 1.00—2.00pm Ph: 4034 6800</p>		<p>Shed Mosaics 12.30—3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
		<p>Food Relief for individuals and families experiencing financial hardship. Appointments are limited. Bookings essential. Phone 4055 6440</p>
<p>A.A. 5.50—7.10pm Ph: Carl 0403 669 893</p>	<p>Chess Club 6.30—8.30pm on Tuesdays of school terms E: CairnsChess@gmail.com</p>	<p>Yoga with Suzanne 6.00—7.00pm Ph: 0421 076 244</p>

VENUE HIRE The Marlin Coast Neighbourhood Centre (MCNC) has wonderful air-conditioned facilities for hire – large function rooms, kitchen facilities, 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, Family Party, or for an ongoing regular activity—club or church meetings, craft, sporting and/or leisure groups.

THE WEEK AT A GLANCE

THURSDAY	FRI DAY	SATURDAY/SUNDAY
<p>Community Garden Morning from 9am Ph: 4055 6440 Free Morning Tea</p> <p>Book Club First Thursday of the month 10.30am to 12 noon Member \$3 Non-Member \$5 Phone 4055 6440</p>		<p>Saturday Fit for Seniors FREE gentle exercise 10.30—11.30am Ph: Tony 0421 672 284</p> <p>High Fire Ministries 12 noon—2.30pm Ph: Nev 0428 884 286</p>
<p>Canasta Card playing group activity. 1pm—4pm Ph: Barb 0400 490 215</p> <p>Creative Care for Carers 10.30—12.30pm Art therapy Ph: Jacki 4044 0130</p>		
<p>Toastmasters Club 1st and 3rd Thursday of each month 7.00—9.00pm Ph: 0401 585 767</p>		<p>Sunday Trinity Baptist Church 4.30—7.30pm Ph: Steve 0407 127 204</p>

Marlin Coast Neighbourhood Centre Inc.

Office Hours: Monday—Thursday 9am—4pm Fridays 9am—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 Treaty, Aboriginal and Torres Strait Islander Partnerships, Communities and the Arts*.