

# NEIGHBOURHOOD NEWS

## FEBRUARY 2025



HAPPY  
**CHINESE  
NEW YEAR!**



**YEAR OF THE SNAKE**  
EMBRACE THE YEAR WITH  
WISDOM, PROSPERITY & JOY

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 9.30 -10.30am. \$8 pp

**Cairns Early Years Centre:** Move Baby Move 1 - 2pm  
Free; bookings essential Ph: 4034 6800

**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

**Strictly Street Salsa** 6.30—7.30 Ph:0423 218 929

### 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

### THURSDAY

**Community Garden:** Enjoy working in the edible, organic  
garden. Volunteers welcome! From 9am.

**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

**Man Kind Project** 2nd & 4th Thursday of month  
7.00—10.00pm Ph: 0421 901 202

### FRIDAY

**Community Cuppa** = it's all about connecting.  
10am—12 noon All are welcome. Free!

### SATURDAY

**High Fire Ministries** Church Service 11.30am—1.30pm  
Ph: 0428 884 286

**Free Acting Class for Adults:** 3pm—5pm 0447 451 936

### SUNDAY

**Trinity Baptist Church:** Religious Service  
9.30—1.00pm and 4.30 - 8.00pm Ph: 0407 127 204

**Our vision** is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being.

**Our mission and objectives** are to provide a welcoming, safe and inclusive environment open to the community irrespective of race, religion, gender, politics or marital status, and to establish a community service for the relief of poverty, distress, sickness and helplessness.

### 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.



Supporting the community since 1990

## Home Care Packages: 7 Steps to Success

To make the most of a Home Care Package you need careful planning, communication, and a proactive approach to your care needs.

Follow these 7 steps to make sure you are living your best life at home, with support from your Home Care Package:



## Home Care Packages 7 Steps to Success



### Understand Your Package

What is your total budget?  
What services & supports can it pay for?



### Identify Your Priorities

What are your daily challenges & needs?  
What services would contribute most to your wellbeing?



### Seek Input From Others

Can your doctor help evaluate your needs?  
Can family and friends provide perspective?



### Choose the Right Provider

Can they meet all your care needs?  
Do they deliver consistently good service?



### An Effective Care Plan

What are your daily living & health goals?  
Is there open and honest communication between you and your provider?



### Speak up for Yourself

Do you understand your right to quality care?  
Can you advocate for yourself if services are unsatisfactory?



### Change If Necessary

Can your care plan adapt as needs change?  
Do you need a higher-level Home Care Package?  
Would a different provider be better for you?



## 'A huge problem': Women not considered in products that help us keep moving

An article from 'The Senior'



Embarrassment, poor design and cost are among the potential reasons mature women in Australia might not be using mobility aids that could help them move and live more independently.

It follows research in the United Kingdom that found females aged over 50 who need walking sticks, frames, wheelchairs and similar aren't getting them as quickly as men do.

Musculoskeletal Health Australia chief executive officer Helen Jentz told *The*

*Senior* that many women her organisation had spoken to found such chronic musculoskeletal diseases isolating, plus the mental health toll of using a device to help you move while already living with pain was not to be underestimated.

"You're walking around with this cane or frame that further embeds that you are no longer able-bodied. And I think the impacts of that are huge," she said.

Ms Jentz echoed the study's findings that products are designed for men, which not only affects effectiveness but also visually - in much the same way a pair of glasses are bought based on how they look on the wearer.

"If we aren't delivering mobility devices that are specifically designed for women and suit the way they move and the way they get around, that's a huge problem," she said.

Cost was another barrier. She said socioeconomically, older women in particular are affected, potentially including as superannuation system was introduced late in their working life. But also, Aboriginal and Torres Strait Islander people, as well as culturally and linguistically diverse, were also disadvantaged.

Using mobility aids can also make a disability visible, which can impact the safety and stigma experienced by women in particular.

She said research had shown people managing chronic conditions do make choices about what to buy, if at all.

"[They think] 'Can I afford it? No, I can't. So I'm just gonna have to deal with the pain and navigate it as best I can'," she said.

Ms Jentz called upon the government to find ways women could be more supported for accessing such devices.

"Being able to encourage people to keep moving because they do have a mobility device of some sort is critical for their longer-term health and wellbeing," she said.

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"The sooner we can get people access to these sorts of things, and they can keep moving, they can keep walking, they can keep working; that's got to be a tick in all the right boxes as far as I'm concerned."

A study published in *The Lancet Public Health* in December 2024 showed women were more likely than men to need a mobility aid but were less likely to use it.

The team, from University College London and London College of Hygiene and Tropical Medicine, analysed survey responses from 12,080 participants aged 50-89 over 13 years (2006-2019), using data from the English Longitudinal Study of Ageing.

Women were 50 per cent more likely than men to go from not needing a mobility aid to needing one during the study, but were 20 per cent less likely to then actually use one.

First author Jamie Danemayer said there was a "clear gender gap in access to mobility aids". While research didn't reveal why participants weren't using mobility aids, other work had shown that women were more likely than men to face obstacles such as cost barriers because of income differences between genders.

Many devices being designed for men were another barrier the researchers considered.

"Using mobility aids can also make a disability visible, which can impact the safety and stigma experienced by women in particular," Ms Danemayer said.

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

Council on the Ageing Queensland



Do you need support to understand Aged Care?

Kate from Council on the Ageing Queensland will be visiting

Marlin Coast Neighbourhood Centre 205 Reed Road, Trinity Park

Tuesday February 11 2025

Drop in anytime between 9am-12 noon. No bookings required.

This program is no cost to seniors and is independent of any service provider

Available for older people in the Cairns Local Government Area. This care finder service is supported by funding from the Northern Queensland Primary Health Network (NQPHN) through the Australian Government's PHN Program

AUSTRALIAN CARERS GUIDE

SUPPORT, GUIDANCE & ADVICE FOR TODAY'S PRIMARY CARERS



Everything you need to know about caring for your elderly loved one

Click to claim your FREE digital subscription!

FREE Digital Subscription!





## Tuesday Luncheon Group

Line Dancing starts at 9.30am, and finishes at 10.30am.

The Lunch Group commences at **10.00am** for a cuppa and chat.








Guest Speakers commence at **11.00am**

Lunch is served at **12.00 noon**  
**(PLEASE NOTE NEW TIMES ABOVE)**

Members **\$10** Non-Members **\$12**

### Tuesday Group Luncheon upcoming events:

- February 4: At Your Service Home Care
- February 11: Home Instead
- February 18: Cultural Day - India
- February 25: Life Without Barriers

February 4	February 11	February 18	February 25
 <p>with Remy Estepa</p>	 <p>with Melanie Strydom</p>	<p>Cultural Day - India</p> 	<p><b>LIFE WITHOUT BARRIERS</b></p> <p>with Rachel Grant</p>
March 4	March 11	March 18	March 25
 <p>celebrations with Lynne Sturrock</p>	 <p>with Julia Moncrieff</p>	<p>Cultural Day - Ireland</p>  <p>St Patricks Day</p>	 <p>with Jesse Kay</p>

## 102-year-old ticks off every continent with bucket list trip

An article from January's 'The Senior'.

A 102-year-old woman has ticked off a very special item on her bucket list by travelling to Australia.

Dorothy Smith had already visited every other continent, including Antarctica in her nineties, leaving Down Under as the last destination on the list.

YouTubers Ammar Kandil and Staffan Taylor from *Yes Theory*, met Ms Smith while filming a video in which they spent 48 hours in the Redwoods Community in San Francisco.

They were moved by the centenarian's energy and also her regret of not having travelled to Australia and decided to help her complete the journey. After a 14 hour flight, Ms Smith arrived in Sydney, which she called "a beautiful city".

"The people are charming, the food is good, the scenery is just wonderful and even the weather is nice," she said.

"We saw the little koala bears, of course.. the lovely Bondi Beach where we got our feet wet and the water was really cold."

The trip also saw Ms Smith and *Yes Theory* cruise Sydney Harbour for an afternoon where the tourists were able to "marvel" at the Harbour Bridge and Opera House.

Ms Smith is more than twice the age of the Opera House and was born in 1922, the same year the NSW Government passed the Sydney Harbour Bridge Act.

Kandil from *Yes Theory* called Ms Smith's story a "powerful reminder that life is meant to be lived to the fullest".

We're incredibly happy to help her achieve this lifelong dream to visit Sydney and tick off Australia, her seventh and final continent."

The video featuring Ms Smith on *Yes Theory's* channel, which has more than 9 million subscribers, has already been watched 173,000 times in the first 10 hours since it was published.



Ammar Kandil, Dorothy Smith and Staffan Taylor visiting Sydney Harbour



Dorothy Smith en route; with Adrienne Smith at Bondi Beach

For those wondering what Ms Smith's secret to a long life is? She said it came down to some simple things —

"You have to exercise, you have to eat lots of fruit and vegetables and stay hydrated," she said.

"Also, fun. You have to have fun—so you'll stay healthy, and you can also enjoy 102 years."

"If there's anything else you want to try, go ahead and try it."

## Happy New Year from Cairns Libraries

February is a good month to get connected with Cairns Libraries.

Would you like to build your confidence and your skills in using technology?

Come to Earlville Library on Tuesday 4<sup>th</sup> February for our next **Building Digital Skills** session.

Bring your own device and get help from our friendly instructors... it's never too late to learn a new skill.

Or maybe you're seeking information about accessing Aged Care services?

Come and chat to your friendly local **Aged Care Specialist Officer Debbie**.

Debbie holds a pop-up information desk at Earlville Library on the 4<sup>th</sup> Wednesday of each month. Catch her this month on 26<sup>th</sup> February between 9am and 10am. Get in-depth information about your Aged Care options and also Services Australia Financial information.

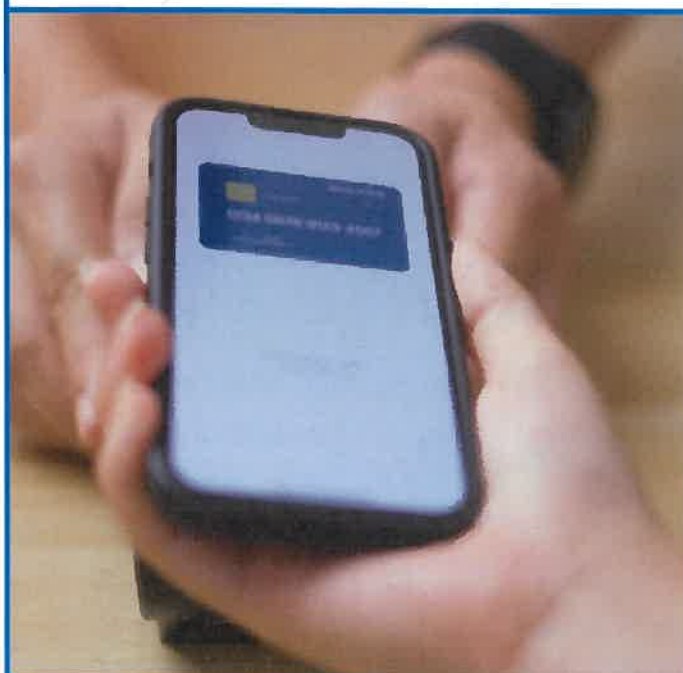
Our popular **Songs in the Library** series kicks off on **Library Lover's Day, Friday 14<sup>th</sup> February**.

Beat the heat with some **Cool Jazz** at City Library. Local performers Andrea Allumay and Ian Lewerissa will fill your cup with soulful tunes. This free concert will happen 10.30am on Friday 14<sup>th</sup> February at our City Library... don't miss it!

Our first Author event of the year is with Megan Formanek on Thursday 13<sup>th</sup> February, where we explore the love and marriage in the Viking age. Megan will talk about her latest release "Of Woven Fates," we'll experience a mock Viking wedding, and customers will be invited on a blind date with a historical fiction book. Join us at 10.30am at Smithfield Library for this unique and fun event!



**We look forward to seeing you at your local library!**



## Tech Help Drop In Smithfield Library

**Free technology help for everyone, no appointment needed.**

- Do you need help with a phone, tablet, or computer?
- Drop into the library to get help with basic tech questions and guidance on everyday tasks.

**Available at Smithfield Library on Mondays  
between 11am and 12pm**

4044 3771



# Tips to Avoid Being Overcharged When Getting Your Car Serviced

An article from Scott Lashmore

With over 30 years in the automotive industry, I've seen a lot of customers fall victim to unnecessary charges or services that provide little value. While most mechanics are honest, staying informed can help you save money and ensure you're getting the right care for your vehicle. Here are some practical tips to keep your wallet in check during your next service visit.



## 1. Know Your Vehicle's Maintenance Schedule

Your car manufacturer provides a maintenance schedule in the owner's manual, detailing what needs to be done at specific mileage intervals. Sticking to this schedule can prevent unnecessary services or upsells. If a shop recommends additional services, ask for an explanation and compare it to your manual.

## 2. Be Sceptical of "Extras"

Some services, like using nitrogen to inflate your tires, are often marketed as superior but might not be worth the extra cost for everyday drivers. While nitrogen can reduce tire pressure loss slightly, regular air works perfectly fine for most vehicles. You can maintain tire pressure with regular checks and adjustments.

## 3. Ask for a Written Estimate

Always request a written estimate before authorizing any work. This ensures transparency and gives you a clear understanding of what you're paying for. If additional work is needed, ask the shop to contact you before proceeding.

## 4. Research the Shop

Before committing to a Service Centre, check reviews and ask for recommendations from friends or family. A reputable shop will have a history of satisfied customers. Look for certifications like IAME (THE INSTITUTE OF AUTOMOTIVE MECHANICAL ENGINEERS), which indicate a high standard of professionalism.

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**AGED CARE NAVIGATOR PROGRAM**

Do you, a family member, or a friend need to know more about Aged Care Services? The COTA Queensland Multicultural Aged Care Navigator can help you. Drop into Manunda Library anytime during the below sessions, no bookings required.

- Tuesday 21 January, 10am - noon
- Tuesday 18 February, 10am - noon
- Tuesday 18 March, 10am - noon

This service is provided for people living in the Cairns Local Government Area. The Core Aged Care service is supported by the North Queensland Primary Health Network (NPHN) through the Australian Government's PHS program.

**4 THE LOVE OF CATS**

**LOW COST CAT DESEXING**

Price on application.

Go to: [www.4theloveofcats.com.au/desex](http://www.4theloveofcats.com.au/desex)

Or scan the QR code below:



## 5. Request Old Parts Back

If your mechanic replaces parts, ask to see the old ones. This ensures that the part was actually replaced and can provide peace of mind about the work done.

## 6. Don't Be Afraid to Get a Second Opinion

If a repair seems expensive or unnecessary, take your car to another shop for a second opinion. Many shops offer free or low-cost diagnostic checks.

## 7. Check Tire and Fluid Recommendations

Services like fluid flushes or tire replacements should be based on your vehicle's specific needs, not a blanket recommendation. For example, your oil change frequency depends on the type of oil your car uses, your driving habits, and your vehicle's manual—not a sticker on your windshield.

## 8. Stay Informed

Educate yourself on common car maintenance tasks and their costs. Knowing the basics of oil changes, brake replacements, and tire rotations can help you understand what you're being charged for and avoid overpaying.

## Conclusion

Taking a proactive approach to car maintenance can save you time, money, and stress. By staying informed and asking the right questions, you'll feel confident during your next service visit. Remember, a good mechanic values your trust and will be happy to explain their recommendations.

**your local dog & cat rescue and boarding facility**

**\$2 per ticket or 3 for \$5**

**draw date: Valentine's Day Friday 14 February 2025**

**Tuesdays & Thursdays at the Marlin Coast Neighbourhood Centre from 9am**

**FREE BREAD!**

**205 REED ROAD TRINITY PARK**

**Lives Lived Well**

**Breakthrough For Families**



Alcohol & Other Drug Information, Education and Support

**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)

1300 727 957



Bree  
**JAMES** MP  
MEMBER FOR BARRON RIVER



Hello and Happy New Year!

I am Bree James and I am deeply honoured to be your new Member of Parliament and represent the residents of Barron River. I come from a small business background; supporting businesses in the Barron River electorate is one of my many priorities. My mission is to ensure our voices are heard and we get our fair share. I know our region needs more investment. One of my big goals is to ensure Cairns becomes the reef, rainforest and bike-riding capital of the world with a mega upgrade to the Smithfield Mountain Bike Park. This is a huge win for tourism as well as for the local mountain-biking and hiking community. This project will get our youth and families out enjoying the trails on the weekends and inject millions of dollars into our local economy with tourists from around the globe. Roads and infrastructure are also a key priority - stay tuned for updates on these.

We have seen an increase in crime over the past few months, so this month we also introduced the Flying Squad – 58 specialised officers who will swoop into crime hot spots across Queensland, including the Barron River area. There is a long way to go with the crime issues in our region, and we are committed to improving the laws, early intervention programs, and effective rehabilitation services.

My office is now open in Redlynch, and I plan on setting up mobile offices very soon. I would love to meet as many Yorkeys locals, organisations and clubs as possible – please send me an email at [barron.river@parliament.qld.gov.au](mailto:barron.river@parliament.qld.gov.au) if you or your organisation would like to meet up. In the meantime, please follow me at @BreeJames MP on Facebook and/or Instagram and stay tuned for our newsletter sign-up, coming in February.

If you'd like to have your say about issues in the region, feel free to email me too.

Happy New Year. Until next time, Bree James



## SALSA AT THE BEACHES

### 6 WEEK COURSE

6:30PM

21 JANUARY 2025

**MARLIN COAST COMMUNITY CENTRE  
205 REED RD, TRINITY PARK**

**COST: \$90 PER PERSON**

Book Now - 0423 218 929  
[strictlystreetsalsacairns@outlook.com](mailto:strictlystreetsalsacairns@outlook.com)



MCNC hosted a School Savvy pop-up shop on 9 January 2025. It was another successful activity of supporting local families with school supplies for the New Year. Approximately 30 families were supported with uniforms, stationery and everything back-to-school at minimal cost. We thank Kumi and her team at School Savvy for their tireless efforts of bringing the School Savvy program to the Northern Beaches and look forward to having them back in 2026.



# THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p><b>Armchair Yoga</b> Gentle exercise 9.30am—10.30am Ph: Rike 0401 164 202 \$8.00 per person</p>	<p><b>Line Dancing</b> 9.30am —10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p>	<p><b>Bridge</b> Social Bridge for the experienced player. 9.30am—12 noon Member \$3 Non-Member \$5 Ph: 4055 6440</p>
	<p><b>Tuesday Lunch</b> Guest Speakers, Activities 11.00am Lunch at 12.00 noon  Member \$10 Non-Member \$12 Ph: 4055 6440</p>	<p><b>Playtime</b> Each Wednesday morning 9.00am — 11.30am for families with children under school age. Free. Phone 4055 6440</p>
<p><b>Cairns Early Years Learning Centre</b> “Move Baby Move” 1.00pm — 2.00pm Ph: 4034 6800</p>		<p><b>Shed Mosaics</b> 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p><b>Alcoholics Anonymous</b> 5.50pm — 7.10pm Ph: Carl 0403 669 893</p>	<p><b>Strictly Street Salsa Cairns</b> Latin dance class 6.30—7.30pm Ph: 0423 218 929</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	FRIDAY	SATURDAY/SUNDAY
<p><b>Community Garden</b> Morning from 9am Ph: 4055 6440 Free Morning Tea</p> <p><b>Book Club</b> First Thursday of the month 10.30am to 12 noon Member \$3 Non-Member \$5 Phone 4055 6440</p> <p><b>Canasta</b> Card playing group activity. 1pm—4pm Ph: Barb 0400 490 215</p> <p><b>Man Kind Project Australia</b> Support group for all kinds of men. 7—10pm 2nd &amp; 4th Thursday of month. Ph: 0421 901 202</p> <p><b>Toastmasters Club</b> 1st and 3rd Thursday of each month 7.00—9.00pm Ph: 0401 585 767</p>	<p><b>Community Cuppa</b> 10am—12 noon It's all about connecting! Bring your craft...or just a smile for a morning of connecting over a cuppa and some cake. Everyone is welcome. Free!</p>	<p><b>SATURDAY</b></p> <p><b>High Fire Ministries</b> 11.30am—1.30pm Ph: Nev 0428 884 286</p> <p><b>Acting Classes for Adults</b> 3.00—5.00pm Free! Ph: 0447 451 936</p> <p><b>SUNDAY</b></p> <p><b>Trinity Baptist Church</b> 9.30am—1.00pm 4.30pm—8.00pm 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*.