

NEIGHBOURHOOD NEWS

APRIL 2025



April 25, 2025

ANZAC DAY

We Will Remember Them



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.



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

www.mcnc.org.au

MONDAY

Armchair Yoga: Gentle exercise 9.30 - 10.30am. \$10 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

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

Fitness for Seniors – starts 24 April 2025

9.30—10.30am \$10 pp

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

Book Club: 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

SUNDAY

Trinity Baptist Church: Religious Service

9.30—1.00pm and 4.30 - 8.00pm Ph: 0407 127 204



We want to give out a big Thank You to everyone who donated to the Centre's **Dignity Pack Drive**. It was a huge success with hundreds of products received.

Thank you to our Community Cuppa Art & Craft Group for making the Tote bags.

The Dignity Packs will be distributed to women experiencing hardship from April onwards through the Centre's Emergency Relief program.

The Centre is always accepting donations of personal care products, as well as food items.



The Centre would also like to acknowledge and thank **Natio** for donating \$150 worth of Personal Care products to the drive.



NATIO
NATURAL AUSTRALIAN BEAUTY



Calling all Green Thumbs to Smithfield Library!

Join our Tropical Gardening Circle for a community-based gathering where plant enthusiasts of all levels can connect, share tips, and learn about growing thriving tropical gardens. Whether you're new to gardening or an experienced green thumb, this is the perfect space to exchange knowledge and explore techniques tailored to our tropical climate.

Meet fellow gardeners, discover new plant varieties, and get practical advice on everything from soil care to pest management. It's a great way to expand your gardening skills, and perhaps even bring home a few new ideas for your own tropical oasis!

Bring your questions, enthusiasm, and a love for all things green!

**10.30 - 11.30am
Monday April 14, 2025**

Marlin Coast Neighbourhood Centre
COMMUNITY CUPPA
it's all about connecting
bring your craft...or just a smile for a morning of connecting over a cuppa and some cake.

**FRIDAYS
10am to 12pm**

**Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park
p: 4055 6440 w: mcnc.org.au**

EVERYONE IS WELCOME!
a cup of tea is an excuse to share great thoughts with great minds



SATURDAY 10 MAY 2025
9AM TO 1PM

MARLIN COAST NEIGHBOURHOOD CENTRE

Community Fun Day

205 Reed Rd, Trinity Park

4055 6440

**LOTS OF FUN FOR THE
WHOLE COMMUNITY**

LOCAL COMMUNITY SERVICES

BBQ DEVONSHIRE TEA

SUPER SLIDE FACE PAINTING

BALLOON TWISTING PETTING ZOO

CHILDREN'S ACTIVITIES PLANT SALES

AND MUCH MORE!





What a busy month it's been! This month I met with several sporting communities in the area to discuss the multiple sporting opportunities that our youth in Far North Queensland deserve. Under the former government our sporting communities were ignored, and this is one of the things I am advocating to change up here.

We have an incredible group of up-and-coming sporting stars in Far North Queensland. In fact, 64 students in the Peninsula region represented Queensland at a national level last year in School Sport across 19 sports. We deserve national-level facilities for all of our sporting stars.

For those sporting clubs in the Marlin Coast area who haven't already applied for a Gambling Community Benefit Fund and/or the Sport and Recreation Disaster Recovery grant, please do so. Please email my office for assistance or a letter of support.

Last month I also met with the wonderful team at Trintiy Beach State School to discuss several projects to ensure safety and security for this school. I am also pleased to share that the Queensland Government has secured fair funding for all state schools, ensuring our students receive the additional support they need while also providing initiatives that support wellbeing for learning – including greater access to health professionals and initiatives that improve the attraction and retention of teachers and reduce teacher and school leader workload.

Another wonderful incentive on the education front is that all C&K Kindergartens will be receiving funding to support our educators with additional training and teaching. This is especially great news for our C&Ks in the Barron River area including Yorkey's Knob Community Kindergarten and Preschool, C&K Holloways Beach Community Kindergarten and Trinity Beach Community Kindergarten.

April will be another big month as the kids enjoy their first break of the year and we celebrate the Easter Long Weekend and ANZAC Day. I look forward to seeing as many Barron River residents as possible over the next few weeks.

Please reach out to my office if you have anything you would like to discuss. My team and I are always happy to help in any way we can.

Until next month,

Bree James, Member for Barron River

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 6140
support@mcnc.org.au

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

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

FREE BREAD!

205 REED ROAD
TRINITY PARK

Facebook & Instagram

Visit us on Facebook & Instagram and stay connected!

You can also check out our website at:

www.mcnc.org.au





100,000 temporary jobs

Register now to work at the federal election
You can work before, on and after election day.



All jobs
are paid



No election
experience is
needed



Training is
provided

Register now ➔ aec.gov.au/electionjobs

If you registered before July 2024, you need to re-register.

Authorised by the Electoral Commissioner, Canberra



Why did the
Easter egg hide?

Because he was
a little chicken!



MARLIN COAST NEIGHBOURHOOD CENTRE
INVITES YOU TO:



**Cancer
Council**

**Australia's
Biggest
Morning
Tea**

When: Tuesday May 20, 2025
Where: 205 Reed Road, Trinity Park
Time: 11.00am
Cost: \$15 p/p (food will be catered for)
Featuring: Lucky Door Prize, Games and Raffle Prizes

Candle-lighting ceremony for those impacted by cancer

Bookings essential - phone 4055 6440 before 13 May

Australia's Biggest Morning Tea brings people together to raise funds that will make a big difference to those impacted by cancer. Proceeds help fund Cancer Council's life-saving research, prevention, support programs, and information.

International Womens Day

Cairns RSL Sub Branch held International Women's Day High Tea at Pullman International Hotel on Sunday March 9. The Marlin Coast Neighbourhood Centre Management Committee purchased a table and gifted a seat to some of our amazing volunteers. Nanette,

Gail, Mavis, Judy M, Laurie, Frances, Frankie, Margaret W, Judy H, and Janette enjoyed high tea and champagne.

Thank you for all everything you do for and at the Centre!



Playgroup

Welcome back to Playgroup for 2025! What a great start we have had to the year. There are several wonderful families attending, building lovely friendships.

The playgroup meets every Wednesday morning and all parents, grandparents and carers with their children (aged 0-5 years) are most welcome. There is a morning tea provided for the children and parents to share. There is no cost, but bring a piece of fruit if you can. The Centre provides a safe and welcoming space where babies and children can learn and develop through play, with support of their families. We celebrate birthdays and special events, with hands on crafts and activities. We also have a beautiful Children's Community Garden, where children can learn the fun of gardening with Diana.

Come along—over the next few weeks we will be celebrating Easter, with fun Easter crafts and activities.



Council on the Ageing
Queensland



**Do you need support to
understand Aged Care?**

Kate from Council on the Ageing will be visiting:

Marlin Coast Neighbourhood Centre

Tuesday 8th April

Drop in anytime between 9.00 am to 12.00 pm
No booking required

For more info: 1800 716 696

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 (NQPfPHN) through the Australian Government's PHN Program.

Elderly can benefit from \$400 exercise vouchers, says former Olympian

An Olympic gold medallist believes the way to combat chronic disease in Australia's elderly is through exercise, and wants the government to chip in.

Ahead of the impending federal election, ex-competitive swimmer Duncan Armstrong, 57, is campaigning for a \$400 "Healthy Living Voucher" to be handed out to one million of the nation's most vulnerable to see an exercise scientist, in a bid to save money on healthcare costs overall.

Mr Armstrong, who is also the spokesman for Exercise and Sports Science Australia (ESSA), said one of the barriers for older people turning to exercise to treat ailments like diabetes, mental health, obesity, cancer or even mental health was their existing attitudes towards it.

"Exercise often gets a bad wrap ... and one of the biggest barriers with our ageing population, is if you've never done it, you don't know the benefits of it," he told *The Senior*.

"A beneficial program [by a university-trained exercise physiologist] is going to allow you to live longer, stay out of hospital longer, play with the grandkids, go on holidays and do the things that you enjoy for longer."

Many Australians in their 60s and 70s were realising the benefits of exercise - physically and mentally - Mr Armstrong said, though many people aged above 80 still had the view of—if it ain't broken then why fix it.

He said exercise physiologists (EP) and exercise scientists (ES) were "experts" in their field, having trained at university for at least four years, with knowledge far beyond a personal trainer at the gym.



Duncan Armstrong was joined by a group of Masters swimmers at Brisbane's Yeronga Park Memorial Swimming Pool on February 26. Mr Armstrong is pushing for 'healthy living vouchers' for older people in order to reduce ballooning healthcare costs.



Want to be a Community Safety Champion?

Play a vital role in fostering safer and resilient neighbourhoods.



The Queensland Police Service is calling on community-minded residents from Cairns, Rockhampton, Toowoomba, and the Sunshine Coast to participate in a new program that promotes community safety and crime prevention.

The program invites trusted, locally connected individuals who are actively engaged in their communities through paid work, volunteer roles, or their social activities, to participate.

The program will start in April, 2025 and run for 8 weeks.

A Community Safety Champion will:

- Receive online learning resources to enhance their crime prevention and community safety knowledge and skills.
- Engage in community safety conversations with their networks through the sharing of knowledge and resources
- Navigate people to information and support that promotes community safety.



For more info and to express your interest, scan the QR code or visit:
bit.ly/CommunitySafetyChampions

Safer Together

Working together for a safer and more resilient community.



Vision impaired Support group

★★ MEETS MONTHLY ★★

- Information
- Understanding
- Handy Hints
- Lunch & Laughs

Contact:

Pam: 4038 3366

Beth: 4038 3958

Helen: 0408 772 298



**Women 45+ Are you
Ready to Skill Up and
Return to Work?**



The MaraWay is here to support you on your journey back into the workforce.

◆ Starting in April 2025– Gain a CHC30121 Certificate III in Early Childhood Education and Care through a qualified RTO* – at no cost to participants

- ✓ We cover your student fees and textbooks
- ✓ We help with job placements
- ✓ Financial assistance for essential cards and tickets
- ✓ Dedicated support mentor to help you gain confidence and plan your career
- ✓ Pre- and post-employment support to help you succeed before, during, and after you start work

This is your chance to gain new skills, build confidence, and step into a rewarding career where you can make a real difference in the lives of children, and the community.

Email us to find out if you are eligible! info@themaraway.org.au

This Skilling Queenslanders for Work project is proudly funded by the Queensland Government.

*This qualification is delivered in partnership with



Thank you Grill'd

A massive thank you to Grill'd and their Local Matters Program for the donation of \$100 which will go towards our Kids Garden.

Diana, pictured above collecting the cheque from Grill'd, nominated us for this program.

Thank you Diana



Happy Mother's Day

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



Helping Queensland seniors and people with disability speak up for their rights and needs.

1800 818 338

**Beautiful
Young
People
Are Acts
Of Nature,
But Beautiful
Old People
Are Works
Of Art.**

The Fresh Quince

Tuesday Luncheon Group

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

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





Guest Speakers commence at 11.00am

Lunch is served at **12.00pm**

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

Tuesday Group Luncheon upcoming events:

April 1: *At Your Service* Home Care
April 8: Ozcare
April 15: Easter Celebrations
April 22: Seniors Exercise with Imogen
April 29: Blue Care and Birthdays

April 1	April 8	April 15	April 22	April 29
 <p>At Your Service HOME CARE <small>HOME CARE DONE RIGHT</small></p> <p>Remy Estepa Executive Community Manager/ RN</p>	 <p>Donna</p>	<p>Easter Celebrations</p> 	 <p>Seniors' Exercise with Imogen</p>	<p>Birthdays </p> <p>02 - Irene 10 - Pat. S 16 - Kay 20 - Marilyn 20 - Mavis 29 - Maureen</p> <p>BlueCare</p> <p>Anita Moran Neighbourhood Leader</p>
May 6	May 13	May 20	May 27	
 <p>Happy Mother's Day</p> <p>Craft with Jo</p>	 <p>WITH GAIL</p>		<p>Birthdays </p> <p>10 - Jenny 28 - Ron</p>  <p>Cultural Day GREECE</p>	

Continued from page 7

In an ideal world, whichever government wins the election would make the Healthy Living voucher available to the elderly, those living with a chronic health condition, or experiencing a mental illness, he said.

ESSA also wants the government to make it cheaper to see an EP or ES by removing GST, and boost funding to integrate these allied health professionals into hospitals and community settings.

"A lot of our elderly have got so much life to live," Mr Armstrong said.

"It's all about squeezing as much life as we possibly can, in a responsible and sustainable way so you can enjoy life."

Living with chronic conditions can have a substantial impact on an individual's health and requires considerable investment in Australia's health system, according to the Australian Institute of Health and Welfare (AIHW).

The AIHW found in 2023 Australians lost "an estimated 4.4 million years of healthy life due to chronic conditions, equivalent to 85 per cent of the total disease burden in that year".

Last September, a Monash University study of 7000 people aged over 65 revealed more people would sign up for exercise classes if they were subsidised by the government.

ESSA CEO Danielle Smith said enhancing public access to accredited exercise services would help address the unsustainable demand on Australia's health system. "This election is a crucial opportunity for this country to focus on preventive health and slow down the rapid increase in public healthcare expenditure," she said.

An article from 'The Senior'

**Older Persons
COVID-19 Support Line
1800 171 866**

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



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

1300 727 957

Far North Queensland Peer Support Group



An inclusive place for people with
disability to get together.



QDN

QUEENSLANDERS WITH DISABILITY NETWORK
NOTHING ABOUT US WITHOUT US

Meet on the first
Wednesday of each
month

12:30pm - 2:00pm

Online with Zoom

Contact QDN for the link

Queenslanders with Disability Network (QDN) is
an organisation by and for people with disability.

☎ 1300 363 783

🌐 Queenslanders with Disability Network

✉ peersupport@qdn.org.au

🌐 www.qdn.org.au

Please contact QDN for information about how to join a Peer Support Group!



Greetings from Cairns Libraries

April is often a time of extra rain for us here in the Far North, but your local library will always have a dry spot to sit and relax, read, visit or learn. Keep reading to find out some of the things that will be happening in April:

Our library branches will be closed over the Easter period from Friday 18th April, reopening on Tuesday 22nd April. But remember our **eLibrary** never closes with free access to eBooks, eAudiobooks, eMagazines, eNewspapers, eLearning sites, and even free movies. Go the "ELIBRARY" page on our website, and have your membership number ready to access all our digital resources. For more information drop into your nearest branch and ask our friendly staff.

Speaking of eLearning, do you need assistance with technology on your own device? Drop into the following branches for help with basic tech questions and guidance on everyday digital tasks:

- City & Smithfield Libraries Monday mornings 11am – noon
- Manunda & Earlville Libraries Friday mornings 11am - noon

Want to go more in-depth? Come along to our **Tech Talk classes** at Earlville library on the 2nd Wednesday of each month, 10.30am. Our knowledgeable and friendly instructor will develop your skills and confidence in using computers, smart phones, and tablets. Bring your own device and your questions.

School holidays are just around the corner again, so don't forget the great resources for young people at your local library. Did you know we have puzzles and boardgames free to use at the library? Just ask your friendly library staff. You will also find toys, books, magazines, and STEM kits to keep active minds busy. Check out our website for our school holiday program, including a very special author event just for kids!

Have you read any good books lately? Come along to our **Page Turner Bookclub** to share and learn from fellow readers. Talk about what you've read recently and what you'll read next. Walk away with a list of new authors to try! Page Turner Bookclub runs at both Earlville and Smithfield Libraries at 10.30am on the following days:

- 2nd Wednesday each month at Smithfield Library
- 3rd Thursday each month at Earlville Library



We look forward to seeing you at your local branch soon!



Inquiry into Elder Abuse in Queensland

EDUCATION, ARTS AND COMMUNITIES COMMITTEE



What's it about?

The Education, Arts and Communities Committee is conducting an inquiry into Elder Abuse in Queensland.

The Committee wants to learn about:

- the nature and extent of elder abuse
- how effectively current systems support older Queenslanders
- opportunities to improve responses to elder abuse in Queensland.

The Committee is especially interested in hearing from:

- people who have experienced elder abuse
- other stakeholders including families and support providers.

Have your say

The Committee invites submissions on any aspect of the inquiry, from all interested parties.

At public hearings, the Committee will hear from invited witnesses and interested members of the public.

Key dates

Closing date for submissions

10 April 2025

Public hearings commencing

February 2025

Reporting deadline

12 December 2025

For further information and to make a submission visit the [Inquiry webpage](#).

Contact the secretariat to discuss alternative means of submission, for example via audio or video.

Scan QR code



07 3553 6623



secret@parliament.qld.gov.au



parliament.qld.gov.au/elderabuse

THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p>Armchair Yoga Gentle exercise 9.30am—10.30am Ph: Rike 0401 164 202 \$10.00 per person Cairns</p> <p>Early Years Learning Centre “Move Baby Move” 1.00pm — 2.00pm Ph: 4034 6800</p>	<p>Line Dancing 9.30am — 10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p> <p>Tuesday Lunch Guest Speakers, Activities and Lunch from 10.30am. Member \$10 Non-Member \$12 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>Playtime Each Wednesday morning 9.00am — 11.30am for families with children under school age. Free. Phone 4055 6440</p> <p>Shed Mosaics 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p>Alcoholics Anonymous 5.50pm — 7.10pm Ph: Carl 0403 669 893</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>Fitness for Seniors Starts 24 April 2025 9.30—10.30am \$10 pp</p> <p>Book Club First Thursday of the month 10.30am to 12 noon Member \$3 Non-Member \$5 Phone 4055 6440</p> <p>Canasta Card playing group activity. 1pm—4pm Ph: Barb 0408 609 618</p> <hr/> <p>Man Kind Project Australia Support group for all kinds of men. 7.00—10.00pm 2nd & 4th Thursday of month. Ph: 0421 901 20</p> <p>Toastmasters Club 1st and 3rd Thursday of each month 7.00—9.00pm Ph: 0401 585 767</p>	<p>Community Cuppa 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>SATURDAY</p>  <p>SUNDAY</p> <p>Trinity Baptist Church 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*.