

NEIGHBOURHOOD NEWS

JUNE 2025



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 \$10 pp
9.30 - 10.30am and 11—12noon
Cairns Early Years Centre: Move Baby Move 1 - 2pm
Free: bookings essential Ph: 4034 6800
Al-Anon: 6pm - 7pm. Ph 0487 192 938

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 - 11.30am. 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 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

High Fire Ministry Church meeting 4.30—6.30pm
Ph: 0428 884 286

SUNDAY

Trinity Baptist Church: Religious Service
9.30—1pm and 4.30 - 8pm 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

Membership

***It's that time of year when
Membership is due...***



**For just \$10 a year, membership of the
Neighbourhood Centre offers you**

- **The opportunity to connect with other people and make new friends;**
- **Laughter and fun times;**
- **The chance to be involved in Centre activities and learn new skills;**
- **Up-to-date information and interesting newsletters;**
- **The right to give input into who is responsible for overseeing the operations of the Association through the election of a Management Committee.**

Community Fun Day

Marlin Coast Neighbourhood Centre celebrated *Neighbourhood Week 2025* with a *Community Fun Day* on May 10th. The event aimed to foster community connection, commitment, and growth.

The Centre thanks local organisations for their support: FNQ Wildlife Rescue, YAPS, Babinda Springs for their donation of bottled water, Relationships Australia, Parent Pathways, Disaster Management Unit – Cairns Regional Council, and the Benevolent Society. Activities included face painting from Nikki the Clown and Rachel Bradley, balloon twisting from Kazumi Kelly, a jumping castle from Barrier Reef Jumping Castles, and Party Animals FNQ Petting Zoo. YAPS managed the BBQ (all monies raised from the BBQ went to YAPS). There was also Devonshire teas, a cake stall, and the Community Garden group showcased their flourishing garden products.

The day raised awareness about the Centre's activities, with local Support Services providing information and giveaways.

Special thanks go to our dedicated volunteers whose efforts made the day possible. Hundreds of families attended, enjoying the community experience.





More pictures (above) from the Community Fun Day

Garden News...

May in our garden is a hive of activity! Our tomatoes, beans and sweet corn are growing well. We have planted egg plant, kale, cucumber, leeks, pumpkin and a large variety of flowers for our bees - who are very busy and Frankie, our frog is currently in residence; and our members have been working hard mulching the fruit trees.

Thank you all for your support at The Community Centre Fun Day, it was a huge success and we sold lots of lovely plants which continues to fund our garden.

Did you know there are many varieties of mint. Right now we have common mint, ginger mint, peppermint, lime mint, lemon mint and berries & cream mint, which sounds delicious! Mint makes a refreshing cup of tea and is soothing to the stomach.

Happy gardening!





BREE JAMES ^{MP}
MEMBER FOR **BARRON RIVER**



Did you know that June 6th is Queensland's birthday? We've got plenty of things happening to celebrate this big event including the "ALL the Best" Campaign.

Vote for the best pie, event, beach, Parmi, coffee, local legend and many more. It would be amazing to have a local Northern Beaches company or landmark on the winner's list. You can also vote for a Local Legend in the community – I'm sure we all know a few people who deserve to win this one!

Vote for the Best by searching **QLD Day** on Google. Winners will be announced on Queensland Day (June 6).

On the funding front, I am pleased to share that eleven (11) Barron River organisations received funding through the Gambling Community Benefit Grant.

Our community grant recipients include Young Animal Protection Society (Yaps), Cairns Amateur Radio Club Inc, Rotary Cairns Northern Beaches, Earthy Inc, Far North Queensland Restorers Car Club, Holy Cross Catholic School and Yorkey's Knob Community Kindergarten and Pre-School Association. We also had five sporting groups achieve success in this round of grants - Pace Running and Multisport Inc, Radars Netball Club, Stratford Bowls Club and Stratford Dolphins Football Club.

The funds will assist these organisations with equipment, vehicles, training and facility upgrades including amenities, shade sails and solar systems.

I encourage all community clubs in the Northern Beaches to apply for the next funding round which opens on 9 June. This includes schools, sporting groups and hobby clubs. Search for *Gambling Benefit Community Fund* for more info.

I also wanted to thank everyone who was involved in the Palm Cove Dog Show last month, especially Rhonda who organised the event and Palm Cove Tavern for hosting us. What a paw-esome morning with much-needed funds raised for YAPS.

Outside of our community, it's been a big month in Parliament. Last week the second tranche of the *Making Queensland Safer* reforms passed, expanding Adult Crime Adult Time from 13 to 33 offences.

The Minister for Transport Brett Mickelberg also shared some great news about the Barron River Bridge which you can read about on my website – bree4barronriver.com.au.

Stay tuned for additional updates on Facebook, or through the website, and make sure you've signed up for our monthly newsletter to receive updates directly to your inbox.

Until next month,

Member for Barron River

Tenancy 2.2, 2 Chelsea Lane, Redlynch QLD 4870

P: 07 4229 0100

E: barron.river@parliament.qld.gov.au



**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 noon**

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

Tuesday Group Luncheon upcoming events:

JUNE 3: Queensland Day Celebrations
JUNE 10: Changes to My Aged Care — James Keightley
JUNE 17: Bree James, State Member for Barron River
JUNE 24: Cultural Day—Philippines

June 3	June 10	June 17	June 24	
 BBQ 	 James Keightley "Changes to My Aged Care"	Bree James, MP State Member for Barron River 	Birthdays 04 - June 15 - Gail  Cultural Day Philippines	
July 1	July 8	July 15	July 22	July 29
 BBQ Gail – EPOA talk Enduring Power of Attorney	GAMES & GOSSIP 		Cultural Day Mexico 	Birthdays 



Greetings from Cairns Libraries

Have you heard about the **Stella Prize**? A major literary award celebrating Australian women's writing, the winner of this year's Stella Prize was announced on 23 June (yet unknown at the time of writing of this article!). Check out their website www.stella.org.au to see the winner and outstanding shortlisted authors including Melanie Cheng, Inga Simpson, Emily Maguire, and Michelle De Kretzer. Find out for yourself why these authors are significant... the friendly staff at your local library can help you locate these and other contemporary writers in our library collection.

Speaking of contemporary women writers, City Library will be hosting emerging Brisbane author **Angie Faye Martin** on Thursday 5 June at 3.30pm. Join us for an entertaining event where Angie will talk about her debut crime fiction novel **Melaleuca**. Don't miss this chance to hear an exciting new voice in crime fiction!

If you are seeking assistance with technology, don't miss our next **Building Digital Skills** session on Tuesday 3 June at Smithfield Library. Bring your own device to this hands-on workshop and build your confidence in using online tools, staying connected, and using the internet safely. No bookings necessary, the workshop runs from noon to 2pm.

The cooler months are finally here, but the rising cost of living remains a hot topic for all of us. Would you like to know more about energy concessions, rebates, and tips on cutting down your energy bills? Come to Gordonvale Library on Thursday 12 June at 10.30am for an informative session with the **Energy for Seniors Program**. Meet with a local volunteer 'Energy Champion' for advice on reducing daily costs by becoming more energy efficient. No bookings required... everyone welcome.

Perhaps you, or someone you know, is having trouble meeting their housing or accommodation costs? The **'My Money Program'** is a free and confidential financial support service providing information, support and advocacy to help people sustain their tenancy. Want to know more? Visit the My Money Program pop-up information desk at City Library on 24 June. No bookings necessary, drop in anytime between 10 am and noon. Suitable for anyone who is renting, in crisis accommodation, or experiencing homelessness.

Your local library has so much more than books. Drop in and see us today to find out about the many free services and opportunities available to the community!



We look forward to seeing you soon!

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

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



Department of
Employment, Small Business and Training

Skilling Queenslanders for Work

Skill Up is a VET funded program under the Queensland Government's *Skilling Queenslanders for Work* initiative, which provides \$80 million annually to help around 15,000 people into employment. For 2025–26, Skill Up has \$4 million available to support up to 1,250 adults aged 25 and over in gaining entry-level skills in high-priority industries. The program delivers tailored, industry-focused training to help disadvantaged job seekers start new careers or retrain for better job prospects. It is managed by the Department of Trade, Employment and Training (DTET).

Next opportunity: A *Certificate III in Individual Support (Aging & Disability)* course begins on Wednesday, July 24, 2025. Interested individuals should contact Allison on 0407 141 069 to check eligibility.

The 18-week course is held on Wednesdays and Thursdays each week; the class has a maximum of 20 participants and is funded to provide a *Working with Children Blue Card*, a *NDIS Workers Screening Card (Yellow Card)*, an *AFP Police Check* and *First Aid & CPR*.

PLAYGROUP

During the past month, Playgroup has continued successfully. Sue, our new volunteer, visits every Wednesday morning and brings extensive experience in

working with young children. The Centre is very fortunate to have her join us.

In May we celebrated *Mother's Day* with a delicious morning tea, and some special crafts were created for Mum on her day. Thank you to our families for celebrating with us.

The Playgroup welcomes all children under school age. There is a community garden, crafts, and activities for children—all at no cost. Parents, grandparents and carers are welcome to join in every Wednesday from 9am to 11:30am.



Sue – Playgroup Volunteer

Hi, I'm Sue, a proud Navy Veteran. After my time in uniform, I found purpose and joy in working in childcare, nurturing young minds and creating safe and loving spaces for children to thrive.

After retirement, I'm now involved in our playgroup where I'm attempting to bring energy and creativity to little ones' lives.

I'm most at peace in my garden or exploring new places. The companionship of my beloved dog (who is both my sidekick and my sunshine) makes me at peace.

I look forward to meeting your family at Playgroup.





Consent Can't Wait



And it starts with us.

The first step is for adults to get on the same page about sexual consent.

By talking with other adults first and sharing experiences, we'll feel more confident and informed about the topic. Then it will be easier to equip the young people in our lives with skills to have safe, healthy relationships.

Talking about consent may be triggering for some people. If you or someone you know need support, call **1800RESPECT** (1800 737 732) or go to 1800respect.org.au.

Want to know how? For more on consent and starting the conversation, visit consent.gov.au

Australia's Biggest Morning Tea

The Seniors' Tuesday Luncheon Group held **Australia's Biggest Morning Tea** on May 20, 2025. Fund-raising activities included Tea-rivia, coin tossing, and raffles. The day was a huge success with a total of \$607.00 being raised for the for Cancer Council.

A huge thank you, as always, goes to our amazing volunteers: Laurie and Judy M for preparation of the delicious food, May and Judy H for their support in the kitchen, Dee for the 'Breakfast at Tiffanys' themed decorations and prize donations, and to Dan Murphys, WholeLife Healthfoods Smithfield, Lindy van Slooten, Malcolm and Jan for donating the raffle prizes.



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

**FREE
BREAD!**

**205
REED ROAD
TRINITY
PARK**



Social Media

Give us a thumbs-up
to stay connected.

Follow us 📱



visit us at -

www.mcnc.org.au

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

Emergency Relief

Our Emergency Relief (ER) program aids individuals and families who reside in the Northern Beaches of Cairns (from north of the Barron River to Ellis Beach) Area and are experiencing financial crisis.

Food parcels are available to the community once per 2 months/per household.

Appointments are now necessary to receive a food parcel.

Referrals for further assistance are also available to eligible persons.

Appointments are necessary and you must have current photo ID with your Cairns address to receive financial assistance. (3 times per financial year). Emergency Relief appointments are held on Tuesday and Wednesday afternoons.

For an appointment, call the Centre: 4055 6440

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

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

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



ADA
Australia

Your aged and disability advocates

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

1800 818 338

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 10 June

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 (NQPHN) through the Australian Government's PHN Program

THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p>Armchair Yoga Gentle exercise 9.30am—10.30am 11am—12 noon Ph: Rike 0401 164 202 \$10 per person</p> <p>Cairns Early Years Learning Centre “Move Baby Move” 1pm — 2pm (during school terms) 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 9am — 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: 0487 192 938</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 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>Toastmasters Club 1st and 3rd Thursday of each month 7 —9 pm Ph: 0401 585 767</p> <p>Man Kind Project Australia Support group for all kinds of men. 7 – 10 pm 2nd & 4th Thursday of month. Ph: 0421 901 202</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>High Fire Ministries Church service 4.30pm —6.30pm Ph: 0428 884 286</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*.