

# NEIGHBOURHOOD NEWS

## DECEMBER 2025



### Merry CHRISTMAS

from the Management &  
Staff of Marlin Coast  
Neighbourhood Centre



**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)  
[www.mcnc.org.au](http://www.mcnc.org.au)

### WE'RE WRAPPING

*things up for Christmas*

**CLOSING:**  
**FRIDAY**  
**19 DECEMBER, 2025**  
**RE-OPENING:**  
**MONDAY**  
**5 JANUARY, 2026**

Thank you for your support throughout the year.



**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.



### MONDAY

Armchair Yoga: Gentle exercise \$10 pp  
9.30 - 10.30am and 11 - 12 noon  
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.  
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 8.30am.  
Book Club: 1st Thursday of the month.  
From 11am -12.30pm. 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 -10pm Ph: 0421 901 202

### FRIDAY

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

### SUNDAY

Trinity Baptist Church: Religious Service  
9.30—1pm and 4.30 - 8pm Ph: 0407 127 204

GROUPS	CLOSING IN 2025	OPENING IN 2026
Armchair Yoga	8 December	19 January
Cairns Early Years Learning	8 December	2 February
Line Dancing	9 December	13 January
Tuesday Club	9 December	20 January
Emergency Relief	19 December	13 January
Playtime	3 December	14 January
Shed Mosaics	10 December	14 January
Community Garden	18 December	8 January
Fitness for Seniors	11 December	5 February
Book Club	6 November	8 January
Canasta	11 December	15 January
Community Cuppa	12 December	16 January

## MERRY CHRISTMAS EVERYONE



Elfie stick



What happened to the man who stole an Advent Calendar?  
He got 25 days!



Did you hear the forecast for Christmas Eve? They're calling for rain, dear!

**What do you call an obnoxious reindeer? Rude-olph!**



Who is Santa's favourite singer?  
Elf-is Presley!

Why did the Christmas turkey form a band? It had the drumsticks!

What music does Santa's elves like best? Wrap music!

What happens to elves when they behave naughty?  
Santa gives them the sack.



What do you get if you cross a Christmas tree with an apple?  
A pineapple!



Where do you buy a Christmas gift for your pig? Hamazon

What do snowmen eat for breakfast? Snowflakes.

What do snowmen call their offspring?  
Chill-dren

Why was the candy cane so expensive? It was in mint condition.

What did Adam say the day before Christmas?  
"It's Christmas, Eve!"



ALL THEY HAD WAS CARROT CAKE.

# 2025 MCNC Christmas Food & Toy Drive

**Would you like to donate to our Christmas food and toy drive?**

All donations will be given to local families & individuals experiencing financial hardship, ensuring they have a wonderful Christmas day.

**FOOD - TO BE IN-DATE & UNOPENED PACKAGING  
TOYS - NEW & UNWRAPPED FOR ANY AGE GROUP**

**Donations can be dropped off at  
Marlin Coast Neighbourhood Centre  
before 19 December.**

**Your generosity is appreciated.**

## Thankyou!!!

To the following organisations for their support with our food & toy drive:

SEBEL PALM COVE  
TAS KINDERGARTEN  
SMITHFIELD SHOPPING CENTRE  
KEWARRA AGED CARE  
CDC CHILDCARE  
BLUEWATER  
YORKEYS KNOB BOAT CLUB  
PALM COVE TAVERN





The Cairns Community Christmas Lunch is to be held on Christmas Day by a community group that provides a meal and some company for anyone who has nowhere else to go.

- There is **NO CHARGE**
- There is **NO PREACHING**
- There are **NO STRINGS**

### *Just a friendly get together for Christmas*

Lunch will be served from 11.30am on Christmas Day at the dining hall of St Augustines College Draper Street, Cairns.

If you need more information or would like free transport to and from the lunch within 15km of Cairns CBD (book at least 48hrs ahead)

Phone 4059 2478

The success of the event relies on the generosity of community members and sponsors - donations are appreciated.

**SEE YOU AT CHRISTMAS**



**Kirk Kopy** **Star Swift** **coles** **CARNS** **Overseas Bank** **woolworths** **Kentrost Homes**



## TRINITY PARK POP UP SHOP 21 JANUARY 2026



**MARLIN COAST NEIGHBOURHOOD CENTRE**  
205 REED ROAD | TRINITY PARK  
11.00am - 2.00pm

## By Mayor Amy Eden, Chair, Cairns Local Disaster Management Group



Earlier this year I wrote to both Woolworths and Coles after the community again raised concerns about access to food and essentials during severe weather. When the Bruce Highway goes under, supply can become uncertain very quickly. We have lived this many times in Gordonvale and across the southern corridor, and I wanted to make sure our region was firmly on the radar of the national retailers.

In May I met with Woolworths to discuss these issues directly. I asked them to consider practical steps that would strengthen supply reliability for Cairns and surrounding communities ahead of the coming wet season. Last month I received an update on their progress and on 17 November I visited their logistics hub in Cairns to see the measures firsthand.

Six shipping containers filled with essential items such as bottled water, nappies, toilet paper and long life food have been positioned at strategic locations including Cairns. During the visit I was able to

inspect one of the containers and walk through how products will be deployed to stores when transport routes are cut.

We then visited one of their Cairns stores where staff had created an aisle end display featuring emergency kit and post event cleaning products for customers. It included a QR code linking to an emergency kit checklist, along with a clear selection of items to help households prepare early. Small prompts like this make a real difference for families who may be new to the area or unfamiliar with cyclone season.

Woolworths has also increased stock levels in Cairns, prioritised orders ahead of severe weather and worked with suppliers so produce can travel directly from farms to stores where possible. These steps will not eliminate every challenge but they will ease pressure during disruptions.

Food security is a key part of disaster preparedness and I appreciate Woolworths' willingness to collaborate with council. I will continue working with all major retailers so every household in our region can access essentials when the weather turns.

Wishing everyone a safe and peaceful Christmas. May the festive season bring rest, good health and time with the people you love.

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

The French Gnome

## 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:

December 2: Christmas Carols

December 9: Christmas Lunch - Yorkey's Knob Boat Club @ 12 noon

**NB: Tuesday Lunch will return on 20 January 2026**

December 2	December 9
 <p><b>BBQ</b></p> <p>Christmas Carols with Janice McIntyre</p> 	<p><b>Christmas Lunch</b> <b>Yorkey's Knob Boat Club</b></p> 



# JANUARY 2026

MON	TUES	WED	THU	FRI	
12 CNS SHOWGROUNDS 10.00am - 2.00pm	13 CNS SHOWGROUNDS 10.00am - 2.00pm	14 CNS SHOWGROUNDS 10.00am - 2.00pm EDMONTON 11.00am - 2.00pm	15 CNS SHOWGROUNDS 4.00pm - 7.00pm	16 INNISFAIL 11.00am - 2.00pm ATHERTON 11.00am - 2.00pm	
19 CNS SHOWGROUNDS 10.00am - 2.00pm TULLY 11.00am - 2.00pm	20 CNS SHOWGROUNDS 10.00am - 2.00pm MAREEBA 11.00am - 2.00pm	21 CNS SHOWGROUNDS 10.00am - 2.00pm TRINITY PARK 11.00am - 2.00pm	22 MOSSMAN 11.00am - 2.00pm CNS SHOWGROUNDS 4.00pm - 7.00pm	23 MANOORA 11.00am - 2.00pm	
EDMONTON		TULLY		BONUS SATURDAY 10am - 2pm CNS SHOWGROUNDS	
11.00am - 2.00pm Hambleton House Community Ctr 177 Bruce Highway, Edmonton.		11.00am - 2.00pm Centacare FNQ 33 Butler St, Tully			
INNISFAIL		ATHERTON		MAREEBA	
11.00am - 2.00pm Cassowary Coast Regional Council Innisfail Shire Hall 70 Rankin Street, Innisfail		11.00am - 2.00pm VPG 5 Comet Avenue, Atherton		11.00am - 2.00pm Mareeba Sports Hall 183 Walsh Street, Mareeba	
CNS SHOWGROUNDS		MANOORA		MOSSMAN	
10.00am - 2.00pm Thursday 15 & 17 January 4 - 7pm Saturday 17 January 10am - 2pm Cairns Showgrounds Cnr Severin St & Mulgrave Rd		11.00am - 2.00pm Manoora Neighbourhood Centre 29 Merchant Street, Manoora		11.00am - 2.00pm Mossman Shire Hall 6 Mill Street, Mossman	
		TRINITY PARK			
		11.00am - 2.00pm Marlin Coast Neighbourhood Ctr 205 Reed Road, Trinity Park			

Visit the **School Savvy** pop-up shops to find affordable pre-loved uniforms, essential school supplies, and even free haircuts for students!



P: 4044 0130 | E: [schoolsavvyfnq@centacarefnq.org](mailto:schoolsavvyfnq@centacarefnq.org)  
[centacarefnq.org](http://centacarefnq.org)

**centacare**  
MAKING A DIFFERENCE FNQ

## Cairns set to sparkle as Christmas magic lights up the city

- Cairns lights up with a full festive program including the Christmas Tree Light Switch-On, Twilight Markets, Let It Snow activation, Carols in the Park, and New Year's Eve fireworks.
- Free, family-friendly events run from 30 November to 31 December across the Cairns CBD and suburbs.
- Highlights include snow in the tropics, over 20 carols performances, markets, Santa appearances, and fireworks in Cairns, Palm Cove, and Edmonton.

The countdown to Christmas is officially on and Council is set to bring festive cheer across the city all season long, with twinkling lights and bustling markets, snowy surprises, carols and fireworks, the Christmas spirit will be shining brightly right across the region.

The celebrations begin on **Sunday 30 November** with the city's much-loved Christmas Tree Light Switch-On and Twilight Christmas Markets.

Families are invited to gather at Lagoon Plaza for *Dusty the Christmas Beetle and Friends*, a joyful stage play running several shows between 4:45pm and 8pm, before the giant Christmas Tree is illuminated at 7pm.

Over at Shields Street Plaza, the Twilight Christmas Markets will showcase local makers, festive foods, and handmade gifts from 5:00pm to 8:00pm, creating the perfect opportunity to find something special for under the tree.

Adding to the excitement, the *Let It Snow - Tropical Winter Wonderland* will transform the Esplanade into a magical winter wonderland, with flurries of snow falling at 7:00pm and again at 8:00pm.

The *Let It Snow* activation continues to run Thursdays to Sundays, at 7:00pm and 8:00pm, from 30 November to 14 December at Lagoon Plaza Lawn.

Visitors can experience the wonder of snow in the tropics, surrounded by festive carols, twinkling lights, Santa's sleigh, and plenty of holiday cheer under the night sky.

### CAROLS IN THE PARK

The city's Christmas celebrations wouldn't be complete without the annual Carols in the Park at Munro Martin Parklands on **Sunday 14 December**.

Gates open at 4:00pm with the Carols show starting at 6:30pm, featuring more than twenty live performances, a special visit from Santa, and a selection of food trucks to keep families fuelled for a night of festive singing and joy.

For those who prefer to stay cool, the full event will be live-streamed from the Cairns Performing Arts Centre (CPAC), bringing the carols experience indoors for a comfortable and air-conditioned evening of community celebration.

### NEW YEARS EVE

The year will end with a bang at the Cairns Esplanade, where New Year's Eve festivities will also launch Cairns' 150 Years program, a celebration of 150 years of the official founding of Cairns.

Taking place on **Wednesday 31 December** from 5:00pm to 9:30pm at the Western Events Lawn, the free family concert will feature local performers, live entertainment, and two spectacular fireworks displays at 8:30pm and midnight.

Fireworks will also light up Palm Cove and Edmonton at 8:30pm, ensuring families across the region can enjoy the celebrations together.

All events are free, family-friendly, and filled with opportunities to celebrate local this Christmas.

For full event details, visit:

[cairns.qld.gov.au/experience-cairns/events/annual-events/christmas-tree-lights](http://cairns.qld.gov.au/experience-cairns/events/annual-events/christmas-tree-lights)





**BREE JAMES**<sup>MP</sup>  
MEMBER FOR **BARRON RIVER**



Last weekend, the Premier, David Crisafulli, Terry James MP and I hosted our first "Thank You For Your Service" volunteers' event where we welcomed incredible volunteers across the region to thank them for what they do. We had an amazing turnout from organisations, sporting groups and volunteers across our Northern Beaches area including David and Jean from Marlin Coast Bowls Club, Samantha and Ella from Marlin Coast Girl Guides, Eric and Kevin from Marlin Coast Men's Shed, Danielle from Marlin Coast Rangers Football Club and Majella from Northern Beaches Rotary Club.

We are hoping to make this an annual event and look forward to welcoming more volunteers next year.

I also want to thank our local SES for their continued support. SES celebrates 50 years this year, and our regional FNQ SES team recently competed in the state SES Disaster Rescue Challenge and guess what - they came third! What an amazing achievement!

Our veteran family community also has some fantastic news. Land for a Legacy House in Smithfield has been confirmed, thanks to the Cairns Regional Council, and I'm thrilled to share that the Crisafulli Government has committed \$1 million to get this project underway.

Earlier this year, I launched a petition calling for funding for the Legacy House, and over 1,000 locals added their voices to support it. To everyone who backed the campaign, thank you.

As we wrap up the year, I want to thank everyone for their continued support and for sharing with me. We have had a lot of success so far, but there are still plenty more issues that need to be addressed, and I will continue to work hard for our region.

We will never forget the devastation of the Jasper floods two years ago, an event that changed lives, reshaped our region, and left a mark on all of us. It's a powerful reminder to prepare early, stay informed, and stay safe, because resilience begins long before the storm arrives.

Until next year, Merry Christmas and Happy New Year!

Office of Bree James MP

Member for Barron River



# Garden News...

Things are slowing down in our garden now. We do plan to use up any old seeds, and plant a green manure crop to see what comes up. This will be dug-in in the new year along with mustard seed, millet and whatever else we can find.

We are very pleased to see our dragon fruit flowering and the big old mango tree is dropping fruit daily. Green mango is delicious grated in salad—if we can beat the fruit fly.

Our gardening team has grown by two; we are always very pleased to welcome new members.

MCNC community garden is happy to be supporting the Queensland Government Biosecurity team. On a regular basis they conduct surveillance under the National Plant Health Surveillance Program to detect exotic pests and diseases threatening agriculture, gardens, and ecosystems. This early detection helps prevent outbreaks and supports evidence that Australia remains pest-free, protecting market access for agriculture products.

\*\*Did you know Oregano is a very useful tea. It is anti-fungal, anti-bacterial, can reduce cold symptoms and can help nail fungus.



## SENIORS FITNESS CLASS

with Imogen

THURSDAYS 9.30AM



join the class and feel the energy

GREAT FOR:  
BALANCE.  
CO-ORDINATION  
STRENGTH  
FLEXIBILITY  
MEMORY  
WELL BEING  
CONNECTION

MARLIN COAST NEIGHBOURHOOD CENTRE  
205 Reed Road, Trinity Park

4055 6440 or



## Christmas Raffle!

Win a \$100 voucher

to redeem from:

Palm Cove Tavern Trinity Beach Tavern

Barron River Hotel Dunwoody's Hotel

All proceeds go to the emergency relief support program providing local people with food support.

**tickets: \$2 or 3 for \$5**

Drawn: Friday 12th December

purchase tickets at MCNC reception

MERRY  
CHRISTMAS



**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



## Greetings from Cairns Libraries

We are gearing up for school holidays with an amazing jam-packed program full of local authors, animals, music, movies, and creative opportunities.

Check out our website, sign up for our eNewsletter, or call into your local library branch to pick up a school holiday program booklet.

Don't forget our First 5 Forever programs take a break during the school holiday period, but there is always lots available for our youngest customers. The air-conditioning is always on, new books are always arriving on the shelves. And our play spaces are always full with great resources.

### Christmas Closure Notice:

Our library branches will close at 12.30pm on Wednesday 24<sup>th</sup> December 2025 and reopen Monday 5<sup>th</sup> January 2026. There's still time to get ready for holiday reading with a 30 item loan limit on your library card. Of course our eResources don't take a break; you can access them 24/7 all year long. Check out the eLibrary section of our website, or ask your friendly library staff for help next time you visit your local branch.



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

An advertisement for the School Holidays program. It features a young boy smiling at the camera. The text "FREE EVENTS" is visible in the background. The main text "SCHOOL HOLIDAYS" is prominently displayed in large, white, outlined letters. Below it, a list of activities includes "3D ART PENS", "SUMMER READS PARTY", "LEGO®", "MOVIE DAY", and "LEARN TO DRAW". The dates "DECEMBER 2025 - JANUARY 2026" are at the bottom. A QR code and the text "Get all the info" are also present. The Cairns Regional Council Libraries logo is at the bottom right.

Over \$1,000 in prizes to be won!



## CHRISTMAS RAFFLE



\$5 or 3 for \$10

- ♦ Garden Cart Christmas Hamper (value at over \$450)
- ♦ Cairns Colonial Accommodation and Dinner for 2 (value over \$200)
- ♦ Christmas Hamper (value at over \$100)
- ♦ \$100 Bunnings Voucher

- ♦ \$100 Kuranda Pet Resort voucher
- ♦ \$80 in vouchers from Eclectic Hairdresser in Trinity Beach
- ♦ \$50 Roar Pet Food Voucher
- ♦ \$40 Australian Venue Co vouchers (use at

Prizes drawn on 20th December at YAPS Lot 2 Moolgrave Road, North Ward

yaps.org.au/107-4057-6373



**The Lions Traditional Christmas Cakes and Puddings Programme** has been a major fundraising project of Lions Australia since 1965 and has raised more than \$70,000,000 in that time.

The proceeds from this Lion's project are donated back into the community to great causes including Blindness Prevention and Vision Improvement projects, Medical Research, Children's Mobility Foundation, Eye Health Programs, Hearing Dogs, Disaster Relief, Age Care, Drug Awareness and Youth Programmes.

Proceeds are also used by Lions Clubs to support their local communities in times of need such as bushfires and floods.

You can rest assured that should you purchase a product from this programme the proceeds generated will be put to good use in the community.

To obtain the name of the participating Lions Club nearest you, please email [cakes@lions.org.au](mailto:cakes@lions.org.au) remember to include your contact number and suburb/state.

# Library



**Did you know?** MCNC has a **FREE Library** available to all Centre users and members of the local community. It is situated in the Reception/Welcome area of the premises and offers an air-conditioned cosy space with comfy chairs and access to the outdoor patio. Items for loan (and return at your convenience) include a wide range of books: fiction/non-fiction, biographies, nature and wildlife, children's and many more. Games and Jigsaw puzzles are also available.

Our Library operates on an honour system which embodies the spirit of community and connection. Donations of items in good, clean condition are always welcome. We look forward to seeing you soon!

## ArmChair Yoga



HELLO and WELCOME! My name is Rike Kulack and I am delighted to provide ArmChair Yoga Classes at Marlin Coast Neighbourhood Centre every Monday.

Come and join a great group of likeminded people who enjoy improving their health and wellbeing in a calm and gentle guided space.

### What to expect:

#### 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.

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.

**Times** : 1<sup>st</sup> class Monday 9:30am to 10:30am

2<sup>nd</sup> class Monday 11:am to 12noon

**Cost** : \$10

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



(m) 0401164 202  
(n) [rikekulack@gmail.com](mailto:rikekulack@gmail.com)

**NEW CLASSES START Monday 19 January 2026**

# THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p><b>Armchair Yoga</b>  <b>Gentle exercise</b>            • 9.30am—10.30am            • 11am—12 noon  <b>Ph:</b> Rike 0401 164 202  <b>\$10 per person</b></p> <p><b>Cairns Early Years Learning Centre</b>  <b>“Move Baby Move”</b>            1pm — 2pm            (during school terms)  <b>Ph:</b> 4034 6800</p>	<p><b>Line Dancing</b>            9.30am —10.30am  <b>Member \$3 Non-Member \$5</b>  <b>Ph:</b> 4055 6440</p> <p><b>Tuesday Lunch</b>  <b>Guest Speakers, Activities and Lunch from 10.30am.</b>  <b>Member \$10 Non-Member \$12</b>  <b>Ph:</b> 4055 6440</p>	<p><b>Playtime</b>  <b>Each Wednesday morning</b>            9am — 11.30am for families with children under school age.  <b>Free.</b>  <b>Phone 4055 6440</b></p>
<p><b>Alcoholics Anonymous</b>            5.50pm — 7.10pm  <b>Ph:</b> 0487 192 938</p>		<p><b>Shed Mosaics</b>            12.30pm — 3.30pm  <b>Member \$3 Non-Member \$5</b>  <b>Ph:</b> 4055 6440</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><b>Community Garden</b>  <b>Morning from 8.30am</b>  <b>Ph: 4055 6440</b>  <b>Free Morning Tea</b></p> <p><b>Fitness for Seniors</b>  <b>9.30—10.30am      \$10 pp</b></p> <p><b>Book Club</b>  <b>First Thursday of the month</b>  <b>11am to 12.30pm</b>  <b>Member \$3 Non-Member \$5</b>  <b>Phone 4055 6440</b></p> <p><b>Canasta</b>  <b>Card playing group activity.</b>  <b>1pm—4pm</b>  <b>Ph: Barb 0408 609 618</b></p> <hr/> <p><b>Toastmasters Club</b>  <b>1st and 3rd Thursday of each month      7 —9 pm</b>  <b>Ph: 0401 585 767</b></p> <p><b>Man Kind Project Australia</b>  <b>Support group for all kinds of men.      7 —10 pm</b>  <b>2nd &amp; 4th Thursday of month.</b>  <b>Ph: 0421 901 202</b></p>	<p><b>Community Cuppa</b>  <b>10am—12 noon</b>  <b>It's all about connecting!</b>  <b>Bring your craft...or just a smile for a morning of connecting over a cuppa and some cake.</b>  <b>Everyone is welcome.</b>  <b>Free!</b></p>	<p><b>SATURDAY</b></p> <p><b>SUNDAY</b>  <b>Trinity Baptist Church</b>  <b>9.30am—1.00pm</b>  <b>4.30pm—8.00pm</b>  <b>Ph: Steve 0407 127 204</b></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*.



Online Crisis Support Chat



Call  
13 11 14  
(24/7)



[lifeline.org.au](http://lifeline.org.au)



**Lifeline** Saving Lives

Crisis Support. Suicide Prevention.

QLD Health 24 hr Mental Health.....	1 300 64 22 55
Standby (Cairns) (24/7) .....	0407 490 005
Suicide Call Back Service (24/7) .....	1 300 659 467
Lifeline (24/7) .....	13 11 14
Kids Helpline (24/7) .....	1 800 55 1800
Gambling Helpline (24/7) .....	1 800 858 858
Relationships Australia (M-F 9-5 pm) .....	1 300 364 277
Beyond Blue (website .....	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Beyond Blue Ingo Line .....	1 300 224 636
SANE (10 am —10 pm Weekdays) .....	1 800 18 72 63
Q Life (3 pm—12 am, 7 days) .....	1 800 184 527
Mensline (24/7) .....	1 300 789 978
Black Dog Institute (online resources) .....	<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>
Reachout (website) .....	<a href="http://www.reachout.com">www.reachout.com</a>
Parentline (website) .....	<a href="http://www.parentline.com.au">www.parentline.com.au</a>
Parentline (8 am—10 pm, 7 days) .....	1 300 30 1300
Headspace (information) .....	<a href="http://www.headspace.org.au">www.headspace.org.au</a>
Headspace (online chat) .....	<a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>
DVConnect (Womensline—24/7) .....	1 800 811 811
DV Connect (Men's Line—24/7) .....	1 800 600 636
ADIS (Alcohol Drug Info Service—24/7) .....	1 800 177 833
Poison Info Line ( 24/7) .....	13 11 26
Bush Support Service (24/7) .....	1 800 805 391