

NEIGHBOURHOOD NEWS OCTOBER 2025



Get ready to party!
Queensland Seniors Month
returns in October 2025.
qldseniorsmonth.org.au

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 \$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 9am.

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



Marlin Coast Neighbourhood Centre

MELBOURNE CUP

4 November, 2025

- *Live horse racing*
- *2 course lunch*
- *Fashions on the Field*
- *Sweeps*
- *Raffles & Prizes*

members

\$15

non-members
\$20

Doors open at 11:30 am
Race begins at 2:00pm

205 Reed Road, Trinity Park
Bookings Essential - 4055 6440



TAX HELP IS BACK

Need assistance completing your tax return? The Australian Taxation Office (ATO) can help.

The ATO's community-based Tax Help program is a free and confidential service open to people earning \$70,000 or less each year.

From mid-July to the end of October, ATO-trained volunteers can help you lodge your return, claim a refund of franking credits, submit a non-lodgement advice or lodge an amendment. They can also help you create a myGov account and link to the ATO.

Tax Help volunteers are available in person at Tax Help centres across Australia, online and by phone, so you can get help no matter where you are located.

For more information about the Tax Help program, visit ato.gov.au/taxhelp or call 13 28 61.

Tax Help at Marlin Coast Neighbourhood Centre:

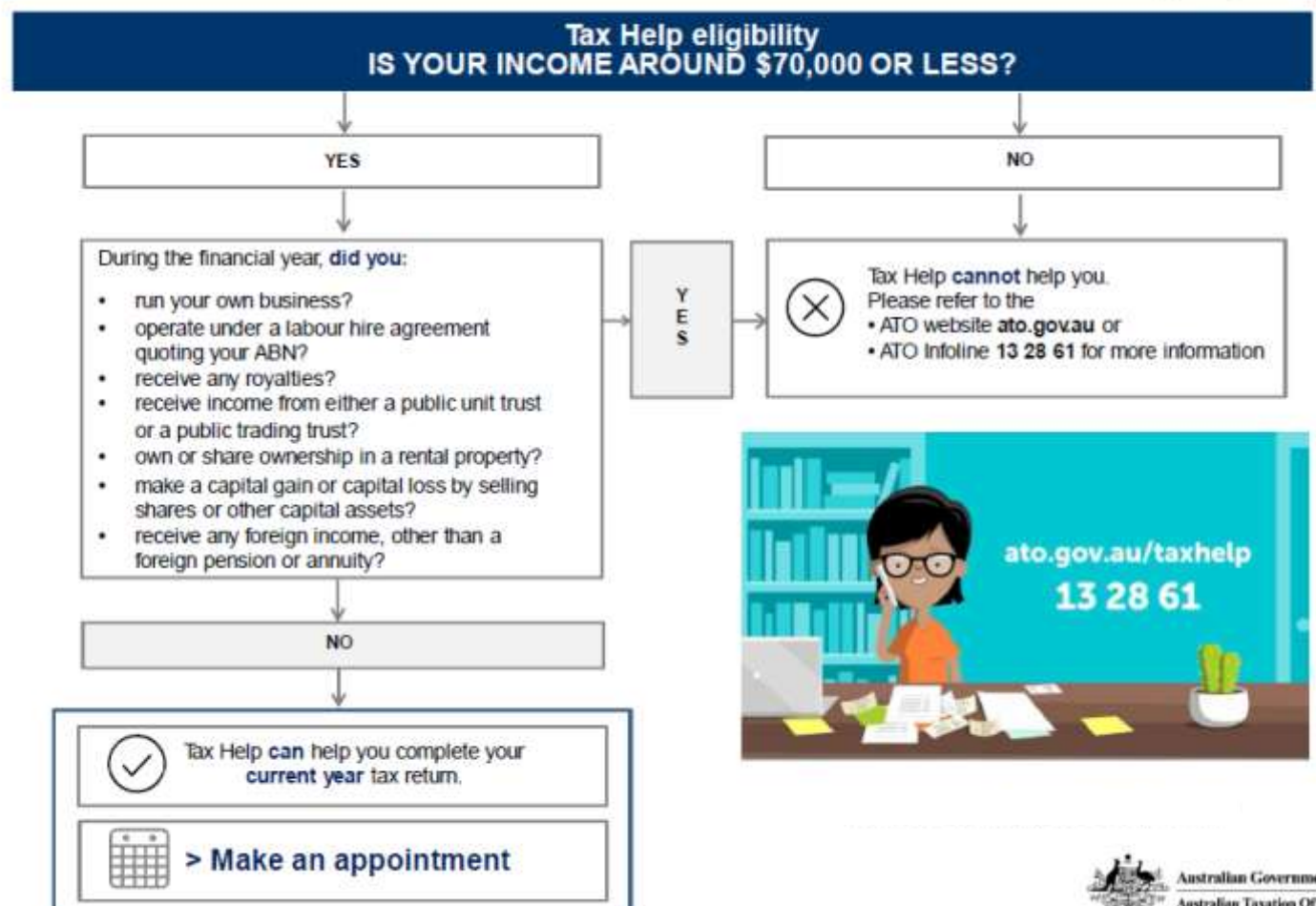
October

Book your Appointment: 4055 6440

205 Reed Road, Trinity Park

Use the below flow chart to determine Tax Help eligibility

ato.gov.au/taxhelp





Bloom



A FREE Wellbeing & Empowerment Program for Teen Girls



Bloom

a three-week program designed to help teen girls build confidence, healthy relationships and practical life skills.

Benefits:

- Boost self-esteem and body confidence
- Recognise healthy vs unhealthy relationships
- Learn simple self-defence and boundary skills
- Create a personal self-care plan
- Meet new friends in a safe and supportive space



Marlin Coast
Neighbourhood Centre
SUPPORTING COMMUNITY



UNIQUE HEALING JOURNEYS



Saturdays 9am - 12noon
November 15th 22nd 29th 2025



205 Reed Road, Trinity Park
Marlin Coast Neighbourhood
Centre

**Registration required for the limited spaces available. Must be aged between 13 - 17 yrs.

This workshop is part of Queensland Women and Girls' Health Promotion Community Seed Funding program supported by Queensland Health and Neighbourhood Centres Queensland

Contact the friendly MCNC team on:
P: (07) 4055 6440 E: support@mcnc.org.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:

- October 7: Get Online Week with Nicky Jurd
- October 14: Dementia Awareness
- October 21: Annual General Meeting of Marlin Coast Neighbourhood Centre
- October 28: Seniors Month—Bus Trip

October 7	October 14	October 21	October 28	
 BBQ  Celebrations with Nicky Jurd	 Dementia Awareness	AGM Free Lunch following for all registered members attending the meeting 11.30 am 	MCNC Seniors Month Bus Trip 	
November 4	November 11	November 18	November 25	
Melbourne Cup 	 with Gail		Birthdays  Tropical North Learning Academy Trinity Beach State School & Smithfield State High School Band 	

Council on the Ageing **Queensland**



Do you need support to understand Aged Care?

Council on the Ageing will be visiting:

Marlin Coast Neighbourhood Centre

Tuesday 14 October

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

Positive Steps to Wellbeing

Be kind to yourself



Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.

Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

Exercise regularly



Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity you enjoy doing, and just do it.

Take up a hobby and/or learn a new skill

Increase your confidence and interest, meet others, or prepare for finding work.



Have some fun and/or be creative

Having fun or being creative helps us feel better and increases our confidence.

Enjoy yourself!



Help others



Get involved with a community project, charity work, or simply help out someone you know.

As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.

Relax



Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.

Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)

Eat healthily

Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.



Balance sleep

Get into a healthy sleep routine – including going to bed and getting up at the same time each day.



Connect with others



Stay in touch with family and friends – make regular and frequent contact with them.

Beware drink and drugs



Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.

See the bigger picture

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')



What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?

Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.



Some situations we just can't change. We can surf those waves rather than try to stop them.

Allow those thoughts and sensations just to be – they will pass.



BREE JAMES MP
MEMBER FOR **BARRON RIVER**



There are so many exciting announcements happening in the Northern Beaches area this month!

I attended Matilda Jr the Musical at Trinity Beach State School, which was absolutely sensational. I was blown away by the talent of these future Broadway stars. Well done to the staff, students, P&C and all volunteers for putting together a show the community loved.

It was also wonderful to attend the Skilling Queenslanders for Work Graduation Ceremony at the Marlin Coast Neighbourhood Centre. Congratulations to the 18 graduates and to the whole team at MCNC for putting on another fantastic community-focused event.

I also want to thank the Far North Region Scouts for inviting me to attend the Scout Investiture last month. It was great to meet these future leaders and be given my honorary scarf. Some really impressive young leaders, and wonderful adults that invest significant time into these programs. Thank you for what you do, and I encourage you to volunteer or even better- encourage young people to join up. Children as young as five can become Joey Scouts with programs for youth up to 26 years old.

Speaking of future leaders, I also want to congratulate all the candidates of the Cairns Youth Council. The elected 12 representatives will officially take their seats in October 2025.

Roads in our region will also be getting upgrades as part of the Betterment Fund. The betterment works will be delivered along with current reconstruction projects and aim to minimise future damage from severe weather and reduce road closures during and after disasters. Roads in our region that are set for improvement include the Kuranda Range Road, Captain Cook Highway and Stratford Connection Road.

The betterment projects are targeted to commence from late-2025/early 2026 and will be completed simultaneously with the ongoing reconstruction works.

On a state level, we have seen a decline in motor vehicle thefts across the state and are continuing to ensure victims' rights are put first, ahead of the offenders. This includes the new Penalties Amendments that ensures offenders cannot use "good character" to reduce their sentences for sexual violence crimes. For more information about these laws and other state announcements, please visit my website, www.Bree4BarronRiver.com.au or sign up for my newsletter.

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



Garden News...

September has gone and the weather is still being very kind to us. Some of the tomatoes didn't do very well at all so we have removed them. One that did do well and is still going strong is the little yellow golf ball tomato. This one will definitely grow again next year. We have transplanted a blue pea flower plant into a fresh bed—this one has double flowers so hoping it does well.

Frankie frog is in house at present and doesn't seem to mind as we crash about in the shed getting our tools.

Did you know you can make a nice cup of tea with cloves. It is a warm and soothing tea with calming properties. The steam can help clear congestion and provide soothing relief for your airways. One small teaspoon in hot water & steep till ready to drink.

Happy Gardening!



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

**FREE
BREAD!**

**205
REED ROAD
TRINITY
PARK**



The Victor by C. W. Longnecker

If you think you are beaten, you are.
If you think you dare not, you don't.
If you like to win but think you can't,
It's almost a cinch you won't.
For out in the world we find
Success begins with a fellow's will.
It's all in the state of mind.
If you think you are outclassed, you are.
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win the prize.
Life's battles don't always go
To the stronger or faster man.
But sooner or later, the man who wins
Is the man who thinks he can.



MAJOR MOMENTS

16-25 years old is a period in life where a lot of change is happening. You might be starting a new school, university/ TAFE or job, moving to a new city or country, entering a new relationship or welcoming your first child. Both exciting and difficult changes can bring about feelings of loneliness, as well as opportunities for connection.

STARTING NEW

Whether it's a new school, university/TAFE or a job - vulnerability will be high due to new dynamics and unfamiliar culture. Small gestures like remembering someone's name or asking about their weekend build trust. Accepting an invitation to coffee or lunch can help you get to know people better and steer a course to new relationships.



MOVING

A fresh start can feel isolating - even exciting change needs anchoring! Casual conversation with neighbours and creating new rituals (e.g daily walks) can build belonging. Joining online local community groups (e.g Facebook) can alert you to free events where you can meet new people.



LOSS

Losing a loved one is incredibly difficult. These moments strip away pretense and invite raw honesty. Connection here often comes through presence, not platitudes - having people checking in weeks later or offering practical help. Shared experience can also strengthen existing bonds.



BECOMING A PARENT

Equal parts exciting and uncertain, being a new parent can come with social challenges. Friends may be on different paths, and the sudden shift in identity and responsibility can leave you feeling lonely. Joining local parent groups to connect with others enables story and experience sharing, which can build belonging. Inviting existing friends into your world can help them understand and celebrate your new chapter.



NEW RELATIONSHIPS

Shared rituals like cooking together, inside jokes or even conflict resolution, can help deepen connection. It's not just about romance; it's about co-creating emotional safety. It's also important to continue to make time for your friends - a relationship should grow your circle rather than shrink it.



Greetings from Cairns Libraries,

October is Queensland Seniors Month where we celebrate how our seniors enrich our communities! Your local library is the perfect place for seniors to learn new skills, meet with friends, get online, or simply read and relax. For those of you with a box full of memories, come along to our Digitising Memories Workshop at Gordonvale Library on Thursday 9th October. Preserve your old photos, letters and keepsakes by learning how to use scanners, cameras, apps and other digital tools. This is a beginner friendly workshop with no experience required. Just bring along a USB and 2 – 3 physical items (like photos, postcards, or letters). Or just come to listen, watch and learn.

For those of you interested in wartime history, check out Earlville Library's event with local author Mila Douglas. Her book "Yours As Ever, Sam" is based on the true story of Samuel Solonosch, a sometime conman and sometime war hero. Mila will share her journey into family research, her decision to write the story, and of course the wonderful details of the colourful character that was Sam.

Did you know there are affordable print, copy and scan services available at your local library? Copying and printing services are available for 20 cents per page (EFTPOS or credit card only) at all our branches for both members and visitors. Scanning services are also available, free for members and visitors at every library branch. Bring along a USB, or you can scan directly to your pre-existing email address. For more information on our copy, print and scanning services, drop into your local library branch where our staff are always happy to help.

Tell us how YOU library, and win!

No matter your age, there is something for everyone at your local library. So, how do YOU Library? Is it by joining a free workshop or class? By using services like wi-fi, computers, scanning, or print? Or maybe to enjoy the air conditioning, clean bathrooms, and a comfy place to sit? Or by enjoying the many books, magazines, newspapers, or other resources? Or perhaps you make great use of our online resources like free movies, learning opportunities, or eResources? Come in and tell us how YOU library.... and go into the draw to win two double passes to the upcoming Aussie film The Travellers. See our friendly library staff for an entry form.



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



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

1800 818 338



BreastScreen is coming to

Smithfield

7 - 24 October 2025

Marlin Coast Recreation Centre

Leisure Park Drive

- ☒ Free breast screening for women over 40
- ☒ No doctor's referral needed

Women aged 50-74 are especially encouraged to attend



Call 13 20 50 or visit
breastscreen.qld.gov.au



Queensland
Government

THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p>Armchair Yoga Gentle exercise</p> <ul style="list-style-type: none"> 9.30am—10.30am 11am—12 noon <p>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>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	FRIDAY	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 11am to 12.30pm Member \$3 Non-Member \$5 Phone 4055 6440</p> <p>Canasta Card playing group activity. 1pm—4pm Ph: Barb 0408 609 618</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>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>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*.