



Neighbourhood News

February 2026

Welcome to 2026

The Management Committee and Staff at MCNC welcome you back to the Centre for a fun-filled, activity-packed 2026.



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 emerging, 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 11am - 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 - 11.30 am. Free. Bring a piece of fruit to share.
Mosaics: Putting Pieces in Place.
12.30 - 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. 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

FRIDAY

Community Cuppa: - it's all about connecting.
10am - 12 noon All are welcome. Free!

SUNDAY

Trinity Baptist Church: Religious Service
9.30-12.30pm and 4.30 - 7.30pm Ph: 0407 127 204

Marlin Coast Neighbourhood Centre Community Presentation

A Services Australia Financial Information Services (FIS) Officer will be providing an information session on:

AGED CARE FEES AND CHARGES

When: Thursday 26 February 2026

Where: Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park

Time: 10.30am - 1pm

205 Reed Road, Trinity Park
4055 6440



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 10 February 2026

**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

EXPRESSIONS OF INTEREST

Calling for Italian Speakers

James (a current member of the Marlin Coast Neighbourhood Centre) speaks Italian, but unfortunately he is losing the language due to inactivity. He would like to make contact with people who could meet on a regular basis for Italian conversation.

If you are looking to enjoy a conversation in your native tongue, or if you can speak Italian and would like to practice, why not get in touch with James. If you ring the Marlin Coast Neighbourhood Centre on 4055 6440, we will pass on your details to James.



Marlin Coast Neighbourhood Centre is celebrating Valentine's Day with
4 the love of cats

On Tuesday 10 February Sarah, founder of **4 the love of cats**, will attend our Tuesday Luncheon as the guest speaker, to tell us all about her charity. Hopefully she brings a friend or two with her.

If you would like to donate, please choose from the list below:

Fussy grain free tins
Fussy cat crunchers
Dine creamy treats
bleach
litter

towels (second hand is good)
tuna in spring water
cat toys
detergent
washing gloves



4 the love of cats is also holding a raffle which is situated at reception.



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

The Fresh Quotes

Tuesday Luncheon Group

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

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

Guest Speakers commence at 11.00am

Lunch is served at 12.00noon

Members \$10 Non-Members \$12

Tuesday Group Luncheon upcoming events:

- Feb 03: Bingo
- Feb 10: Valentine Celebrations - 4 the love of cats
- Feb 17: Shrove Tuesday
- Feb 24: Birthdays



February 3	February 10	February 17	February 24	
 BBQ  BINGO!	 Valentine Celebrations For the love of cats	Shrove Tuesday 	Birthdays 15 - Lorraine 16 - Mignon 20 - Frankie 23 - Beryl 	
March 3	March 10	March 17	March 24	March 31
 BBQ International Women's Day 	 Who Am I?	St Patrick's Day 	 Games & Gossip	Birthdays 16 - Judy. M 26 - Janette  Easter Celebrations 

Youth Mental Health First Aid

DESIGNED FOR VOLUNTEERS, YOUTH WORKERS AND PARENTS THIS COURSE EQUIPS ADULTS WITH PRACTICAL SKILLS TO RECOGNISE MENTAL HEALTH CHALLENGES IN YOUNG PEOPLE (AGED 12-18), RESPOND EARLY AND SAFELY, AND GUIDE THEM TO APPROPRIATE SUPPORT.

JANUARY 17 & 23
FEBRUARY 4 & 7

\$25 FEE

SPONSORED BY ROTARY
CAIRNS NORTHERN
BEACHES CLUB



Rotary Cairns Northern Beaches is pleased to offer caregivers and parents the opportunity to participate in Youth Mental Health First Aid training provided by licensed instructor Mrs Yuliya Brandt.

The course is 14 hours and is delivered face to face over two days. Participants must attend both days to become an accredited Mental Health First Aider.

Course 1: Saturday 17 AND Saturday 23 January – 8:30 am–5:00 pm; OR

Course 2: Friday 4 AND Saturday 7 February – 8:30 am–5:00 pm

To register your interest in this training, please email Yuliya at: yuliyabrandt@gmail.com



Outreach Services

Do you know about our onsite outreach services?

Services Australia (Centrelink Support)

Services Australia staff visit once a month to help people access and manage **Centrelink** services. They can assist with payments and claims, updating personal details, reporting income, understanding letters and decisions, and answering questions about entitlements. They can also help guide people to the right services and supports, including Medicare and other government assistance.

Financial Counselling & NILS (No Interest Loan Scheme)

SHAC - provides free, confidential **financial counselling** to help people manage money worries and improve their financial wellbeing. Financial Counsellors can assist with budgeting, debt issues, bills, fines, credit problems, and negotiating with creditors. Their service is independent, non-judgemental, and focused on supporting you to understand your options. Financial counselling is available to anyone experiencing financial difficulty.

SHAC - also offers **NILS (No Interest Loan Scheme)** applications. NILS loans are small, safe loans with no interest, no fees, and no charges, designed to help people on low incomes pay for essential items such as household appliances, medical costs, education expenses, or car repairs. Who is eligible? NILS is generally available to people on a low income, including those receiving Centrelink payments or earning below a set income threshold, who can show an ability to repay the loan.

ICAN - helps people understand their consumer rights, make informed financial choices, and access fair and safe products and services. They provide free, confidential **financial counselling, consumer advocacy services and support, and financial literacy**.

AT MARLIN COAST NEIGHBOURHOOD THE CENTRE:

Services Australia

FRIDAY

27 FEBRUARY 2026

SHAC

FRIDAY

27 FEBRUARY 2026

ICAN

THURSDAY

5 FEBRUARY 2026



Get help with your aged care options

Whether you're looking for help at home or thinking about aged care, we can help.

Our Aged Care Specialist Officers can give you in-depth information about your aged care options.

Come and meet Debbie, your local Aged Care Specialist Officer from the Cairns Service Centre to answer your questions.

At Earlville Library - Information Stall, Wednesday

- * 21st January 2026, 9 - 10am
- * 18th March 2026, 9 -10am
- * 20th May 2026, 9 -10am

Assisted by: Services Australia Financial Information Service

To book an appointment with an Aged Care Specialist Officer:

 call **1800 227 475**

 ask at your local Services Australia service centre.



BREE JAMES MP

MEMBER FOR BARRON RIVER

Welcome to 2026. I hope everyone enjoyed a relaxing and restful Christmas and New Year and you are ready for another big year ahead!

My team and I have been busy planning ahead and have several community events coming up including Free Fruit Fun at local schools in the Barron River electorate, mobile offices at Shopping Centres, small business shout outs and community clean-up days. There are plenty of exciting events coming to Cairns as well including the 2026 Oceania Continental Series Finale set to take place at Smithfield Mountain Bike Park from 16 to 19 April 2026.

My Sporting Survey has now wrapped up, and I will be using the data to determine where I push for funding for sporting infrastructure. I want to thank everyone who shared their thoughts, especially those who have advocated for the Northern Beaches and the local sporting clubs.

As we send our kids back to school and back to sport, I want to remind families of the Back to School Boost as well as the Play On! Vouchers. Every primary school student benefits from the \$100 Back to School Boost credit on their school account which helps cover the cost of school essentials including books, excursions, sports fees and uniforms. The \$200 Play on Sports Vouchers are also now available which can be used across a range of sporting clubs.

I also want to congratulate the Ellis Beach Surf Life Saving Club and Marlin Coast Rangers Football Club on their successful Gambling Community Benefit Fund grants to upgrade their facilities.

For more information about these and other state announcements, please visit my website: Bree4BarronRiver.com.au or sign up to my newsletter.

Ms Bree James, MP Member for Barron River

07 4229 0100

barron.river@parliament.qld.gov.au



Garden News.....



It's February again and a New Year has started. Happy New year to all!

Not too much growing in our garden at this time of year.

We had a donation of eggplant and capsicum seedlings and they are growing well. The sweet potato bed is also doing well.

We are now renovating an area where we had the fish pond and block garden. So far the area has been cleared and road base put down as it tended to get boggy during the wet. Citrus trees are very heavy with fruit this year.

Frankie Frog was in residence last week and the bees were busy as usual.

Did you know lemongrass makes a very refreshing tea - either hot or cold with ice. Good for oral health, relieves anxiety and reduces bloating. In a diffuser, lemongrass will help repel mossies in your home.

Happy Gardening!

\$700m in unclaimed cash: Why you might be sitting on a secret windfall

Governments around Australia are encouraging residents to check if they have unclaimed cash sitting in a reserve pool, as nearly \$700 million goes begging in NSW.

The NSW government currently holds \$298 million in unclaimed funds for its residents, and an additional \$394 million for people with an address outside of NSW.

Unclaimed money is cash you are legally entitled to - like overpayments from bills, uncashed cheques, dividends and refunds - but is held by Revenue NSW (or similar in other states when businesses are unable to locate you for payment).

Held by Revenue NSW indefinitely, funds can be claimed using the NSW government's - www.revenue.nsw.gov.au/unclaimed-money

When making a claim, be prepared to provide paperwork, including proof of your identity, and a connection to the money you are claiming.

This might include utility notices, bank statements, rental agreements, or government correspondence connecting you to a former address linked to the claim.

"Last financial year, Revenue NSW returned more than \$21 million to its rightful owners," Courtney Houssos, NSW minister for finance said.

"We're encouraging everyone to take a few minutes to check online - you might be surprised with what you find."

How to check if you have unclaimed money in other states and territories

All state and territory governments hold unclaimed money, including from salaries and wages, unclaimed cheques, and overpayments, according to Moneysmart. To check if you have unclaimed funds, use the free resources below.

ACT

In the ACT, people searching for unclaimed money can search and make a claim with the Public Trustee and Guardian, using their online portal.

www.ptg.act.gov.au/unclaimed-money

Northern Territory

Residents of the Northern Territory can apply for unclaimed money through the Territory Revenue Office.

treasury.nt.gov.au/dtf/territory-revenue-office/unclaimed-money



CHC33021

CERTIFICATE III IN INDIVIDUAL SUPPORT (Ageing & Disability)

**Industry Recognised
Training**

Winner of the FNQ Community Training Initiative Award 2022

This program is fully-supported and funded!

And includes:

- Goal setting
- Resume writing
- Job application skills
- AFP police check
- First Aid & CPR
- VET qualification
- Blue Card & NDIS Screening (Yellow Card)



18 weeks of training



Face-to-face training each Wednesday & Thursday



120 hours of placement



Fully subsidised under the QLD Government Skilling Queenslander's for Work initiative

**CONTACT ALLISON
0407 141 069**

OR

EMAIL: EDU.SUPPORT@MCNC.ORG.AU

- Eligibility criteria will be discussed at first point of contact.

**Starts Wednesday
25th February 2026**

This training opportunity is subsidised by the Queensland Government with training, assessing and certificates awarded and delivered by MiHaven Training: RTO Code 40928 & organised, recruited and supported by the Marlin Coast Neighbourhood Centre situated in the northern beaches of Cairns.

APPLY NOW!

Queensland

Queenslanders can search for unclaimed money using the Public Trustee of Queensland's website, before making a claim.

www.pt.qld.gov.au/other-services/unclaimed-money/search-unclaimed-money

South Australia

Residents in South Australia can search the state Treasury's register for unclaimed money before submitting a claim for their funds.

www.treasury.sa.gov.au/Our-services/unclaimed-money

Tasmania

In Tasmania, unclaimed money listings are updated quarterly where amounts are more than \$50. Residents can view the searchable listings at the link below, and if they believe they are the legal owner of the money, are encouraged to make a claim through Unclaimed Money Tasmania.

www.treasury.tas.gov.au/budget-and-financial-management/guidelines-instructions-and-legislation/unclaimed-money

Contact Unclaimed Money Tasmania

Phone: 03 6145 5443

Email: unclaimed.money@treasury.tas.gov.au

Victoria

Victorians can search for unclaimed money using the Unclaimed Money Register, which can include rent and bonds, proceeds from a sale, and money from lost or closed bank accounts.

www.sro.vic.gov.au/unclaimed-money/search-your-unclaimed-money

Western Australia

WA residents can also check for unclaimed money using the government's online search form.

search.unclaimedmonies.dtf.wa.gov.au

Moneysmart

The federal government's Moneysmart service offers a free service to search for unclaimed money in shares, bank accounts, and life insurance.

To search for any money you may be owed, go to moneysmart.gov.au/find-unclaimed-money



A WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p>Armchair Yoga Gentle exercise <ul style="list-style-type: none"> • 9.30am - 10.30am • 11am - 12 noon ph: Rike - 0401 164 202 \$10 per person</p>	<p>Line Dancing 9.30am - 10.30am members \$3 non-members \$5 ph: 4055 6440</p>	<p>Playgroup Each Wednesday morning 9am - 11.30am for families with children under school age. FREE ph: 4055 6440</p>
<p>Cairns Early Years Learning Centre "Move Baby Move" 1pm - 2pm (during school terms) ph: 4034 6800</p>	<p>Tuesday Lunch Guest Speakers, Activities and Lunch from 10.30am members \$10 non-members \$12 ph: 4055 6440</p>	<p>Mosaics 12.30pm - 3.30pm members \$3 non-members \$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, kitted facilities, covered patio, children's playground - so why not hire the Centre for your next gathering; whether is 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.

A WEEK AT A GLANCE

THURSDAY	FRIDAY	SATURDAY & SUNDAY
<p>Community Garden Mornings from 8.30am 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 - 12.30pm members \$3 non-members \$5 ph: 4055 6440</p> <p>Canasta Card playing group activity. 1 - 4pm ph: Barb 0408 609 618</p> <hr/> <p>Toastmasters Club 5.50pm - 7.10pm ph: 0487 192 938</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> <hr/> <p>SUNDAY</p> <p>Trinity Baptist Church Religious Service 9.30am - 12.30pm 4.30 - 7.30pm 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 Families, Seniors, Disability Services and Child Safety*.

Supporting the community since 1990