



Neighbourhood News March 2026



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
- Trinity of Style Dance Studio:** 4.30pm - 5.30pm Ph: Mayumi 0432 820 579
- 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

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.



Marlin Coast Neighbourhood Centre Community Presentation

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

FINANCIAL INFORMATION FOR CARERS AND PEOPLE WITH DISABILITY

When: Thursday 26 March 2026

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

Time: 10.30am - 1pm

205 Reed Road, Trinity Park
4055 6440



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.



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 March 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

Do you know where your water bottle is?



We appear to be accumulating runaways and strays!

If you recognise one of these water bottles (pictured below), please come forward and claim it. They are feeling very unloved and left on the shelf. Quite frankly, I can not blame them - they deserve better; a family who loves them and will care for them.

As we do not have the resources to care for the water bottles any longer, all those unclaimed by March 31 will be sent to a more suitable home.



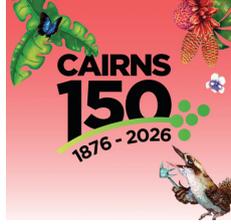


Tuesday Luncheon Group

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 12.00 noon
Members \$10 Non-Members \$12

Tuesday Group Luncheon upcoming events:

- Mar 03: International Women's Day
- Mar 10: Who Am I?
- Mar 17: St Patrick's Day
- Mar 24: Cairns 150 years - The History of Cairns Cemetery
- Mar 31: Easter Celebrations

March 3	March 10	March 17	March 24	March 31
 BBQ International Women's Day 	 Who Am I?	St Patrick's Day 	 The history of Cairns Cemetery	Birthdays  16 - Judy. M 26 - Janette Easter Celebrations 
April 7	April 14	April 21	April 28	
 BBQ Mikki Rhoades Smithfield Library 	 with Darinka Rozanic	Anzac Day 	Birthdays  12 - Irene 10 - Pat 16 - Kay 20 - Marilyn 20 - Mavis 20 - Bob 24 - Maureen 	

Garden News.....



It has been very wet in our garden this month, as to be expected, still our volunteer gardeners show up regardless of the weather and we always find something to do.

We are starting to compost the beds in preparation for the growing season

We have also harvested a bunch of beautiful lady finger bananas, removed and mulched the plant to distribute around the garden as fertilizer.

Our fish pond garden is all planted and doing well; bees are good; Frankie Frog has left home, it may be too hot in the shed.

Did you know Sage tea is good as a mouth wash and gargle if you have a sore throat, however it does have a strong flavour.

Happy Gardening!

Create • Share • Grow
Belonging



We support Neighbours Every Day. Relationships Australia is the home of Neighbours Every Day.

Neighbours Every Day | *Relationships Australia.*

Join us for a



**Neighbour Day
Morning Tea**



on Wednesday the 25th of March at 10:00-12:00noon

Marlin Coast Neighbourhood Centre

Reed Road, Trinity Park

RSVP: support@mcnc.org.au by 20th Mar 2025



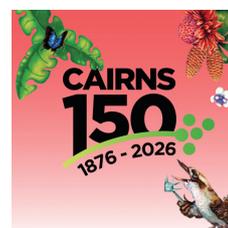
Cairns is 150 years young!

This beautiful city of ours is celebrating 150 years - yes Cairns is officially a city - it was formally granted city status by the Queensland Government in 1923.

Do you have stories, photos, articles etc., particularly from the Cairns North Side, we would love a copy to share with our community.

Please give them to Philippa at the Centre or email - seniors@mcnc.org.au
Further information - 4055 6440

In recognising 150 years since the establishment of the colonial township of Cairns, we acknowledge the Gimuy Walubara Yidinji, Buluwai, Djabugay and Yirrganydji peoples as the traditional custodians, and that their histories extend far beyond 1876.



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 MARCH 2026

9 - 10.30am

SHAC

FRIDAY

27 MARCH 2026

9am - 12 noon

ICAN

THURSDAY

5 MARCH 2026

9am - 12 noon



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

This month has been a whirlwind with student inductions in full swing. Congratulations to all the year's student leaders across the electorate. I had a great time at Smithfield State High School as well as Newman Catholic College for a Free Fruit Fun Day.

During February we had our first Parliament sitting where we passed the Youth Justice (Electronic Monitoring) Amendment Bill. This bill makes electronic monitoring statewide and gives QLD the strongest youth bail monitoring laws in the country. All youth who are fitted with an EMD get wrap around support to ensure they meet their bail conditions.

These reforms give Queensland the strongest youth bail monitoring laws in the country. At the same time, we are investing heavily in early intervention programs across our region because prevention and accountability must go hand in hand. There is still work to do, but this is another important step forward.

On the health front, I am pleased to announce the biggest health funding investment into our region ever with the \$1 billion Cairns Hospital Expansion. Work has already started on the helipad located on the rooftop of D Block with the opening date set to 2031. This is \$750 million dollars more than the former government ever put forward- so this is incredible news for our region.

A big congratulations to the Gambling Community Benefit Recipients of the most recent Super Round. This includes several organisations in Smithfield and the Northern Beaches; Ellis Beach Surf Life Saving Club, Ivanhoe Football Club and Marlin Coast Rangers Football Club. The funds will be used to upgrade the facilities including lighting and grandstands.

The Smithfield Mountain Bike Park Trail design is ready for community feedback. This is the next step in the Crisafulli Government \$15.5 million commitment. To have your say, please Google Smithfield Mountain Bike Park Community Consult. Consultations are open until 13 March and I encourage everyone to take a look and have their say.

There's plenty more to share so if you would like to hear more, please head to my website – bree4barronriver.com.au and follow me on socials @breejamesmp.

Until next month
Ms Bree James, MP Member for Barron River
07 4229 0100
barron.river@parliament.qld.gov.au



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The digital 'shemozzle' no one tells you about: social media after death

An Article from 'The Senior'

While social media is the last thing on people's mind while dealing with the death of a loved one, trying to get access to the account of someone who has died is a "shemozzle" that is worth planning for, experts say.

"Social media is the last thing on the list," Baci Hillyer, end-of-life educator from Caulfield in Melbourne told The Senior.

During and after death, family are often dealing with banks and utility providers and even trying to recoup cash from Bitcoin accounts, she said.

"Social media platforms are left at the end. It's often like, oh my God, what do we do with the Facebook now?"

"But if you need authentication, it's a shemozzle."

But trying to gain access to a loved one's social media account after a death can be a long and difficult process.

In some cases, it can involve providing a death certificate to the phone provider so family members can gain access to the phone of the deceased, in order to access accounts through two-factor authentication.

"It takes a long time to get the death certificate, and proof of death," she said.

To avoid this, Ms Hillyer recommends people make plans with their loved ones about what they will do with their accounts before they die.

While social media is just one element of a person's legacy, it can hold a lot of a person's memories, including photographs, messages, and playlists.

As part of preparing her will, Perth-based business consultant and author Belinda Coniglio is making preparations for what will happen to her own social media accounts after she dies.

Ms Coniglio, who is also a lawyer, told The Senior she has social accounts linked to her businesses, including her boutique wine label.

In the event of her death, she is exploring having another family member manage the platforms.

From my perspective, it is, "Can that legacy live on beyond me if I do go on to publish my next work, who will manage it?"

Tech companies are also urging their users to discuss how they want their social media handled after they die, with platforms including Facebook and Instagram offering services including "memorialised" accounts, and a "Delete when you die" service.

And while many may return to their loved one's old social media pages to enjoy photos and memories, abandoned accounts are at risk of being commandeered by scammers.

Protecting accounts before someone passes

Facebook

On Facebook, if the platform is notified an account holder has died, the account will automatically be memorialised.

Memorial accounts allow friends and family to return to a deceased person's Facebook page and share memories.

They also prevent scammers from gaining access to the account.

What is a memorial Facebook account?

Memorial accounts are a place for friends and family to gather and share memories after a person has passed away," Facebook explains on its website.

Once a memorial account is created, the word "Remembering" will appear next to the person's name on their profile page.

Friends will be able to share memories on their timeline, and content previously on the Facebook page will remain visible to everyone it was previously visible to.

Memorial profiles will not be publicly suggested in "people you may know" and contacts will not receive birthday reminders.

No one can log in to a memorial account, and messages in memorial accounts cannot be viewed.

What is a legacy contact?

Legacy contacts are people chosen by you before you die to manage your memorial account.

If you decide to choose a legacy contact, that person will have access to your memorial page, and will be able to make changes including writing pinned posts, changing your profile photo, and deciding who can post tributes on your page.

'Delete after death'

For those who want their Facebook profile deleted following their death, they can select the Delete After Death option in the Accounts Centre.

Following their death, their account will be deleted when Facebook receives a valid request.

Instagram

Instagram also offers memorial profiles for accounts belonging to people who have died.

People wanting their Instagram removed after they pass away can also select the Delete After Death option, which will be activated if Instagram receives a memorialisation request.

 **Ask Izzy**
askizzy.org.au

FIND THE HELP
YOU NEED, NOW
AND NEARBY.

When you're looking for support, Ask Izzy can help you to find the services you need, now and nearby. It is free and anonymous, and you can search over 360,000 services to find housing, meals, healthcare, counselling, legal advice, addiction treatment and a whole lot more.

4 THE LOVE OF CATS RAFFLE

Congratulations to:

Sharni Whittaker

who won the giant 4 the love of cats raffle

Thank you to everyone for the support of the charity.



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

1800 818 338

Greetings from Cairns Libraries,



Community announcement: Smithfield Library is due to reopen soon

The newly refurbished Smithfield Library is scheduled to open its doors in the second week of April. We are looking forward to welcoming the community back to a revitalised and enhanced library space. The refreshed community space will include updated areas for people of all ages including families, youth, and the wider community.

Coinciding with the re-opening of Smithfield Library, the Stratford Library meeting room will also re-open to community groups and local organisations. Online bookings for the meeting room will open during the second week of April... keep an eye on our library website and Facebook page for more details.

With the re-opening of Smithfield Library, both our children’s and adult programs will recommence at Smithfield from April. We look forward to welcoming you back to the refreshed Smithfield Library and to continuing to provide vibrant, welcoming spaces for children and families across our library network.



BERYL’S BANTER

Greetings All - Welcome to the second quarter of the 21 century!! A distant memory of all the worry about the Y2K bug – the world didn’t end. Yippee.

This year has started off very hot and wet and sooo humid, but this is normal and we still all complain. The wet has not dampened the attendances though as all the events are back in full swing.

The Tuesday Club lunches have been delicious – thank you to the lovely talented ladies who volunteer their time. Gavin and Jeff cooked up a wonderful first BBQ. Jim, one of our newest members had beginners luck at the bingo with two wins. Marilyn also won twice.

Line Dancing has good numbers, as does the Canasta on Thursday and Friday’s Community Cuppa mornings.

Time to light up your creative talents to fashion a winning bonnet for the Easter Bonnet Parade at the end of the month. A mouthwatering basket of Easter goodies will also be raffled off during March.

Till next time - Cheers from Beryl B.



👉👉👉 The biggest of Thank You’s to Janette who made our kitties in care beds. They are fabulous and the cats love them. (As modelled by Petunia - Coming Soon) 🍷🍷



SENIORS FITNESS CLASS

with Imogen

THURSDAYS 9.30AM



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

Join the class and feel the energy

MARLIN COAST NEIGHBOURHOOD CENTRE
205 Reed Road, Trinity Park
4055 6440 or



A WEEK AT A GLANCE

MONDAY

Armchair Yoga

Gentle exercise

- 9.30am - 10.30am
- 11am - 12 noon

ph: Rike - 0401 164 202

\$10 per person

Cairns Early Years Learning Centre

"Move Baby Move"

1pm - 2pm

(during school terms)

ph: 4034 6800

Trinity of Style Dance Studio

Dancing 4.30pm - 5.30pm

ph: Mayumi 0432 820 579

Alcoholics Anonymous

5.50pm - 7.10pm

ph: 0487 192 938

TUESDAY

Line Dancing

9.30am - 10.30am

members \$3

non-members \$5

ph: 4055 6440

Tuesday Lunch

Guest Speakers, Activities and Lunch from 10.30am

members \$10

non-members \$12

ph: 4055 6440

WEDNESDAY

Playgroup

Each Wednesday morning 9am - 11.30am for families with children under school age.

FREE

ph: 4055 6440

Mosaics

12.30pm - 3.30pm

members \$3

non-members \$5

ph: 4055 6440

VENUE HIRE

The Marlin Coast Neighbourhood Centre (MCNC) has wonderful air-conditioned facilities for hire - large function rooms, kitchened facilities, covered patio, children's playground - so why not hire the 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.

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 1st & 3rd Thursday of the month ph: 0487 192 938</p>	<p>Community Cuppa 10am - 12 noon</p> <p>It's all about connecting!</p> <p>Bring your craft...or just a smile for a morning of connecting over a cuppa and some cake.</p> <p>Everyone is welcome.</p> <p>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.

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