



Neighbourhood News April 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



25 April

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.



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

Easter Celebrations

Congratulations to May who won our Easter Raffle.



A great turn out for our Easter Bonnet parade again this year.

Congratulations goes to both Irene and Janette who won the judges choice.



MARLIN COAST NEIGHBOURHOOD CENTRE INVITES YOU TO:



**Cancer
Council**

**Australia's
Biggest
Morning
Tea**

- When:** Tuesday May 19, 2026
- Where:** 205 Reed Road, Trinity Park
- Time:** 11.00am
- Cost:** \$15 p/p (food will be catered for)
- Featuring :** Lucky Door Prize, Games and Raffle Prizes

Candle-lighting ceremony for those impacted by cancer

Bookings essential - phone 4055 6440 by 12 May

Australia's Biggest Morning Tea brings people together to raise funds that will make a big difference to those impacted by cancer. Proceeds help fund Cancer Council's life-saving research, prevention, support programs, and information.



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


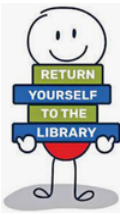









Tuesday Group Luncheon upcoming events:

April 07: Smithfield Library updates

April 14: Dementia Australia

April 21: Anzac Day

April 28: She Shed and Birthdays

April 7	April 14	April 21	April 28	
 <p>BBQ</p> <p>Mikki Rhoades Smithfield Library</p> 	 <p>Dementia Australia</p> <p>with Darinka Rozanic</p>	<p>Anzac Day</p> 	<p>Birthdays </p> <p>12 - Irene 10 - Pat 16 - Kay 20 - Marilyn 20 - Mavis 20 - Bob 24 - Maureen</p> 	
May 5	May 12	May 19	May 26	
 <p>BBQ</p> <p>MCNC Garden Group with Jo</p> 	 <p>Neighbourhood Centre Week Celebration</p>	<p>Australia's Biggest Morning Tea</p> 	<p>Birthdays </p> <p>8 - Margaret W 9 - Margaret D 10 - Jenny 28 - Ron</p> <p>Margaret Lawrence</p> <p>1%</p>	

Garden News.....



Hello Everyone, there is not too much happening in our garden at the moment. It has been so wet underfoot – which is to be expected at this time of year.

Our compost bins have been emptied and moved to a different spot, so now the beds have had a top-up of compost and sugar-cane mulch. We are pruning the citrus trees as they have grown so much with all the rain. This year we should have a good harvest as the trees are laden with fruit.

We now have a pair of beautiful little kingfishers visiting the garden, as well as our resident Willy Wagtail, and the sunbirds. Frankie Frog is not at home at present.

I would like to stress the importance of drinking water when living in the tropics; I know some people don't "like" the taste of water, but you can add a slice of cucumber or some fresh mint sprigs, or a slice of lemon/orange – or all three to make it more interesting. Try it – you might just like it!

Happy Gardening!

Marlin Coast Neighbourhood Centre Outreach Service

Do you know that **Services Australia** visits the Centre each month?

Staff onsite can help people access and manage Centrelink Services, assist with updating personal details, MyGov app and online issues.

They can also help guide people to the right services and supports, including Medicare and other government assistance.

**Services Australia will be at
Marlin Coast Neighbourhood Centre on:**
Your paragraph text

**Friday 24 April 2026
9am - 10.30am**

**Call the Centre for an
appointment on:
4055 6440**



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

Please give your items of interest 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.



Expert hearing care comes naturally to us.

Get expert advice and the right device at a **fair price** from Australia's **most trusted** hearing services provider, 5 years running.



We're coming to:
Marlin Coast Neighbourhood Centre

Tuesday 7th April
10.00am - 12.00noon

Join us and get your FREE 15-minute adult hearing check

To book your appointment call:
4055 6440

 134 432  hearing.com.au

Outreach Services

Do you know about our onsite outreach services?

Financial Counselling & NILS (No Interest Loan Scheme)

SHAC - Shelter Housing Action Cairns 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 - Shelter Housing Action Cairns 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 - Indigenous Consumer Assistance Network 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:

ICAN
THURSDAY
2 APRIL 2026
9am - 12 noon
1800 369 878

SHAC
FRIDAY
24 APRIL 2026
9am - 12 noon
4080 7400



Marlin Coast Neighbourhood Centre

CONNECTIONS

A space to make, hang and be

Are you looking for an after-school hang-out space?

Join us for an activity or just hang with your phone charging and headphones on, its up to you.

A drop-in space for teens aged 13 - 17 years old

An opportunity to make some connections and break the routine of heading home and being bored!

TUESDAYS: 2.30 - 5.30PM



Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park
4055 6440



BREE JAMES MP

MEMBER FOR BARRON RIVER

Another big month in Barron River! I had the pleasure of attending the sod-turning for the new Woolworths Trinity Beach development, a \$60 million investment that will bring convenient local shopping, support local businesses, and create around 150 ongoing jobs for the Northern Beaches community. I look forward to seeing this project take shape and welcoming this new community hub when it opens in June 2027.

We are also heavily investing in health in our region because people deserve access to care when they need it - not months or years down the track. A record \$1 Billion is being invested, and a new helipad is currently being built. We are also investing \$31.9 Million into our Queensland Ambulance Service 000 Operations Centre and Regional Office.

This is a long-overdue investment for Far North Queensland that will strengthen emergency response capability across the region and support the highly skilled Emergency Call Takers and Dispatchers who answer some of the most critical calls in our community. Every year, these teams respond to more than 1.2 million 000 calls across Queensland including tens of thousands from Far North communities.

We are stabilising elective surgery waitlists and investing in the hospital infrastructure FNQ deserves.

Nation-leading reforms to e-mobility are underway, including an age limit of 16+ and penalties for parents if children fail to follow the rules. E-scooters and e-bikes remain a concern for residents in Barron River, particularly around community spaces. Thank you to everyone who shared feedback through my survey.

I also want to congratulate the James Cook University-led trial testing an AI-powered, camera-based system to detect crocodiles in Far North Queensland waterways in real time. Led by Dr. Tao Huang, the technology aims to improve public safety at boat ramps and swimming spots by distinguishing crocodiles from other objects, with potential for permanent installation. The Crisafulli Government has committed \$359,000 to a JCU-led trial.

As we head into the Easter long weekend, I want to wish everyone in our community a safe and happy Easter. Take the time to relax, enjoy family and friends, and get out and support local sports and businesses in our area! A big thank you to AFL Centrals for hosting their Open Day – it was fantastic to see the community come together and celebrate local sport.

I've also got something special just for mums. I've teamed up with Terry James, MP for Mulgrave, for a Mother's Day Hamper Giveaway! One lucky Mum from will receive a hamper and a voucher to the Crystalbrook Collection, redeemable for a stay, spa, or meal at any of their hotels. Make sure to enter and celebrate the wonderful mothers in our community.

Until next month

Ms Bree James, MP Member for Barron River

07 4229 0100

barron.river@parliament.qld.gov.au



**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!



Unwell? Why tens of thousands are side-stepping the GP for the pharmacy

An Article from The Senior

Tens of thousands of Australians are skipping the doctor and heading directly to pharmacies to seek treatment when they are sick, in a shift that has been labelled dangerous by doctors, as treatments for more than 20 conditions are rolled out across the country.



"Pharmacists are enjoying the ability to be able to treat patients, especially when they can't find a doctor in the first instance," Mario Barone, NSW branch president of the Pharmacy Guild of Australia told The Senior.

"Pharmacists are enjoying the ability to be able to treat patients, especially when they can't find a doctor in the first instance," Mario Barone, NSW branch president of the Pharmacy Guild of Australia told The Senior.

Across the country, antiviral treatments for shingles are now available at community pharmacies, with NSW, Queensland and Victoria pharmacies offering the treatment permanently, while other states and territories carry out trials.

"Shingles is one of those things that you need to get treated really quickly, within the first 72 hours," Mr Barone said.

"If you can't find a doctor, you can go to your pharmacist, and they're accessible, and it just means that the patient can get access to treatment much quicker, with the same quality."

Pharmacists also treated more than 80,000 non-complex urinary tract infections (UTIs) in 2025, providing care for an infection that is one of the most common causes of hospitalisation, with 274 in every 100,000 Australians attending hospital due to the infection.

Pharmacies are the most-visited part of the primary healthcare system, with the average Australian going to their local pharmacy 18 times a year, according to recent report from the guild.

The Royal Australian College of GPs (RACGP) has criticised the expanded prescribing powers being handed to pharmacists, calling the decision to allow new oral contraceptive pill scripts in pharmacies a "lobbyist-led" call that ignored expert advice.

Dr Ramya Raman, RACGP vice president, warned hormonal contraceptive use, while generally safe for most patients, also carries "increased risk of stroke and blood clots", adding pharmacy prescription had not been recommended by the Therapeutic Goods Administration.

The doctors' group also criticised a recent advertising campaign by the Victorian Department of Health promoting pharmacy prescribing, saying "there is no such thing as a 'simple' health condition, and pharmacists are not trained to diagnose".

But Mr Barone said pharmacists are "well-trained" and those writing prescriptions must have undertaken additional education, including guidance on clinical notetaking and examining patients, which can mean returning to university for up to a year.

Continued on page 11

FREE ONLINE ARMCHAIR YOGA

PILOT CLASS

STARTING ON WEDNESDAY 1ST APRIL AT 9AM

Email : beryljef@tpg.com.au

with your expression of interest, and I will forward the info needed to join.

The class is for 30 minutes - in your own home - no need to dress up - get wet or use your expensive fuel !!

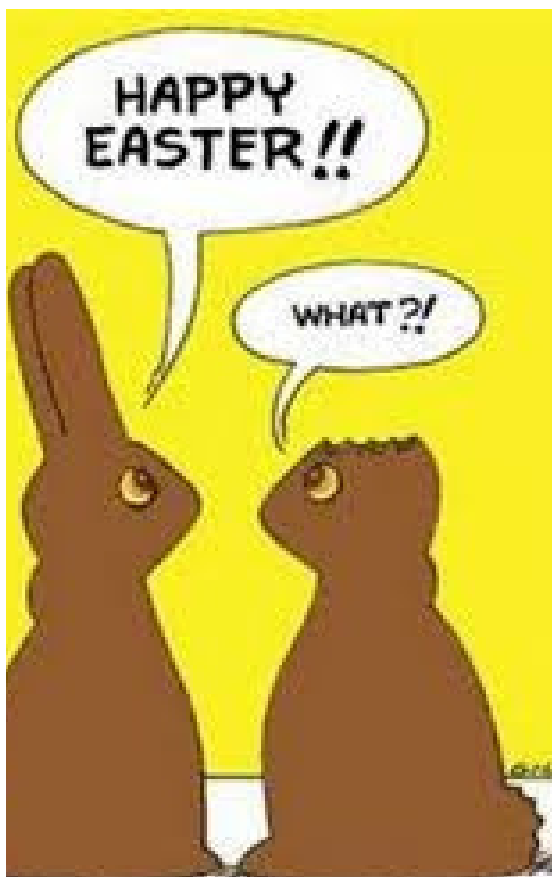
Join me in the 21st Century by entering the techno world of zoom on line classes.

Want to chat first ?? call me on 4055 7603 or text 0403 644 166

Why was the Easter Bunny exhausted come April?



It had just finished a 31-day-long March!



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



Continued from page 9

What medications can you access at a pharmacy?

Across Australia, all pharmacists can treat uncomplicated urinary tract infections (UTIs) for people under 65, vaccines that are part of the National Immunisation Program, and can resupply the oral contraceptive pill for women.

Pharmacists can also administer long-acting Buprenorphine injections in all states and territories, which is used to treat addiction to heroin and other opioids.

The federal government has also recently announced a new trial which will allow concession card holders aged between 18 and 55 to access UTI treatments and contraceptive pills at pharmacies for the concession rate of \$7.70, beginning from 2027.

From there, states and territories are governed by different regulations, with some medicines being offered at pharmacies permanently, while others are being rolled out on a trial basis.

Queensland

Permanent services: psoriasis, minor wound management, nausea and vomiting, inflammation of the external ear, middle ear infections, rhinitis, reflux, shingles, commencing hormonal contraception, school sores, musculoskeletal pain, acne, atopic dermatitis, risk assessments for oral health and fluoride application, quitting smoking, and management for being overweight or obese.

Trial basis: asthma medications, cardiovascular disease risk reduction, Chronic Obstructive Pulmonary Disease (COPD).

DVCQCONNECT
Be heard. Be safe.

Helping you escape domestic and family violence

Providing emergency transport and accommodation, as well as crisis counselling and safety planning to help Queensland women, men, children and pets to find pathways to safety, away from domestic, family and sexual violence. Call 24/7.

24 hour Domestic Violence Hotline - 1800 811 811



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

1800 818 338

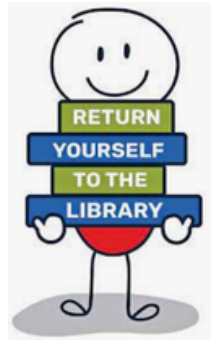
Greetings from Cairns Libraries,



As you may be aware, Smithfield Library has been closed since September 2025 while undergoing a refurbishment.

It's been exciting to see the space transform, and anticipation is continuing to build as the library nears completion, with a planned reopening on 7 April 2026.

To celebrate this milestone, we are delighted to invite you to our official Grand Opening Event on Friday 17 April at 11:00am at Smithfield Library. This will be a fantastic opportunity to come together, explore the refreshed space, and celebrate what this revitalised library will offer our community.



For those who would like to make a day of it, we have some wonderful activities planned. Prior to the opening, a special guest storytime will be held at 9.30am.

Following the storytime, local author David Raymond will present 'Canine Heroes: Stories from the Dog Squad' at 10:00am.

Later in the afternoon, we will continue the celebrations with a Youth Week Open Mic Event kicking off at 3:00pm, showcasing local young talent.

We would love to see you there to help us mark this exciting new chapter for Smithfield Library.

Join Us For Our

Grand Opening

Come and celebrate the official opening of the new refurbished Smithfield Library community space where people can Read, Learn, Create and Discover together!

 FRIDAY 17 APRIL 2026	 TIME 11AM - NOON	 SMITHFIELD LIBRARY 70 CHEVIOT STREET SMITHFIELD
--	--	--



A 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>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> <hr/> <p>Trinity of Style Dance Studio Dancing 4.30pm - 5.30pm ph: Mayumi 0432 820 579</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 6pm - 7pm ph: 0487 192 938</p>		

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 6pm - 7pm 1st & 3rd Thursday of the month 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 Trinity Baptist Church Religious Service 9.30am - 12.30pm 4.30pm - 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