



Neighbourhood News May 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:** 9.45 - 10.45am \$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.



QiGong

for vitality

Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park

Friday, 15 May 2026
9am - 10am

Call 4055 6440
to book your spot

POP UP CLASS

Designed for individuals of all ages and fitness levels QiGong uses slow flowing movements to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.



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:

- May 5 COTA Qld
- May 12 Community Garden Group
- May 19 Australia's Biggest Morning Tea
- May 26 Margaret Lawrence 1%

May 5	May 12	May 19	May 26	
 <p>BBQ</p> <p>COTA QLD Digital Literacy Maria Katsabanis and Mary Swift</p> 	 <p>MCNC Garden Group with Jo</p>	<p>Australia's Biggest Morning Tea</p> 	<p>Birthdays </p> <p>8 - Margaret W 10 - Jenny 28 - Ron</p> <p>Margaret Lawrence</p> <p>1%</p>	
June 2	June 9	June 16	June 23	June 30
 <p>BBQ</p> <p>Queensland Day Celebrations</p> 	<p>Guide Dogs with Bernardine McKean</p> 	 <p>Cultural Day Iceland</p>	<p>with Gail</p> 	<p>Birthdays </p> <p>04 - May 15 - Gail</p>

Garden News.....



Hello Everyone,

At last - time to start planting! Our seedlings are ready to plant and we're all looking forward to a productive season. The seedlings have been started in a 'seed snail' which is a new concept and quite successful.

Unfortunately the white cockatoos have raided some of the citrus trees so we are trying to keep ahead of them. Pruning of the citrus trees will continue as we harvest the fruit from various trees.

The leaves of the soursop tree make an interesting tea. It may boost immunity, reduce headaches, is anti inflammatory, and helps with blood pressure and insomnia. Use in moderation - 1 cup per day only.

Frankie Frog is back in his ceramic pot in the shed. Our little sunbirds are nesting - bees are busy - Willy Wagtail is noisy. What a delight to have our little friends in our garden!

Happy Gardening!

COMMUNITY PRESENTATION

ACCOMMODATION OPTIONS

- Staying in your current home
- Downsizing
- Renting
- Living in a Retirement Village
- Living with family

A Services Australia Financial Information Service (FIS) Officer will be providing this information

**205 Reed Road,
Trinity Park**

Thursday 25 June

10.30am - 1pm

Marlin Coast Neighbourhood Centre

4055 6440

admin@mnc.org.au



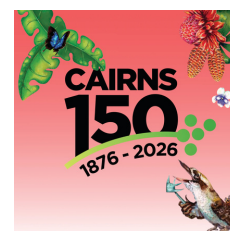
Cairns is 150 years young!

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@mnc.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.



Community consultation

Placemaking Strategy



Shaping better parks and public spaces

Council is excited to announce the development of a new plan focused on improving and activating our region's recreation park and public space network.

How to provide feedback:

Scan the QR code to share your feedback via a short survey and interactive map. Tell us what matters to you, what needs improvement, and where you see opportunities to create great places.

Your input will help shape a plan that reflects our community's needs and aspirations for a more liveable region.



Help create spaces which are:



IDENTIFIABLE

Offering something different



DIVERSIFIED

Supporting a range of uses



ACTIVATED

Events, day & night vibrancy



FIT FOR PURPOSE

Comfortable enabled spaces



SOCIABLE

Encouraging you to stay



ACCESSIBLE

Connected and easy to get to

For more information visit www.cairns.qld.gov.au

Email: CommunityProjects@cairns.qld.gov.au

Phone: 1300 692 247

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
11 JUNE 2026
9am - 12 noon
1800 369 878

SHAC
FRIDAY
29 MAY 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?

Our new after school program has commenced!

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

Tuesday 5 May

Custom Gear

Low effort. Personal style.
A creative session to customise a tote bag or pencil case your way. Keep it simple, go bold, or just hang out and watch. Sit, create a little (or a lot), and leave with something that's a little bit of you.



Tuesday 19 May

Tye Dye It

Need some colour in your world? Come tye dye with us!

Bring your own item or use what we provide, the choice is yours!

Tuesday 12 May

Board Games

Good company, easy rules, zero pressure.
A relaxed hangout with easy board games, casual conversation, and zero expectations.
Come with friends or show up solo – there's always a seat at the table.

Tuesday 26 May

Kitchen Chaos

How are your cooking skills?

Let's upskill and create dinner for you to take home and feed your family.... free brownie points with Mum for sure!



Earlier this month, I met with key stakeholders to discuss youth engagement and share insights from our Youth Survey. Nearly 140 young people have responded so far, offering valuable feedback on what they want to see across the Northern Beaches. Increased sporting infrastructure and more opportunities for youth participation were clear priorities and I will continue advocating for these, alongside Federal Member Matt Smith. Thank you to the Marlin Coast Neighbourhood Centre for hosting this important discussion.

Youth crime in Far North Queensland continues to remain a huge concern across Cairns.

We've put more police on the ground than ever before - over 200 new officers in our region. We've backed them with the Flying Squad and Operation Forge, and they are doing an outstanding job. We've strengthened the laws. Courts now have the power to hand down tougher sentences, exactly what the community expects.

Unfortunately, many youth offenders are getting bail and then breaching it within hours, and this is why I am pushing hard for bail reforms. While crime numbers are decreasing slightly in our region, it is nowhere near where it needs to be. Everyone deserves to feel safe in their own home. I will continue to fight until we have stronger laws and safer streets. We have also invested \$17 million dollars into early intervention programs in Far North Queensland to help redirect youth who without early intervention, could be the next generation of criminals.

If you agree we need tougher bail laws, scan the QR code below.

Legacy House in Smithfield is also taking shape, thanks to the land from Cairns Regional Council, countless fundraisers through FNQ Legacy and the \$1 million funding commitment from the LNP Crisafulli Government I was proud to announce a few months ago. Located in Smithfield near the library, the site has now been mapped out, with the concept design positioned to maximise space, accessibility, and long-term impact. The next critical step is securing Federal Government funding to make this a reality.

Another important election commitment in our region is the upgrade to the Smithfield Mountain Bike Park. This \$15.5 million investment will secure Smithfield as the reef, rainforest and riding capital of Australia. The design works have now been completed by local trail designers, *World Trail and Contour Works*. A Register of Interest is now open for businesses to share their input on what they would like to see commercially for this precinct. I encourage all local businesses with an idea to register their interest and become part of the park.

Congratulations to several Barron River community organisations who received funding through the latest round of the Gambling Community Benefit Fund, including the *Queensland Country Women's Association*, *Marlin Coast Netball Coaches Association*, *Northern Beaches Mudcrabs Rugby Union*, and *4 the Love of Cats*.

It's also great to see the Smithfield Library reopen after its renovation. I encourage everyone to visit and enjoy this welcoming community space.

If you agree we need tougher bail laws, scan the QR code.



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



The 'silent' mobility killer affecting thousands, and the way to fight back

An Article from The Seniors

A 79-year-old grandmother has bounced back from the depths of sarcopenia and now "fitter than a lot of my age group".

Losing your strength as you age does not have to be the norm, but research shows thousands of Australians don't understand how to boost their health and combat this common condition.

"Despite all my attempts to get fit and build strength, muscle tone and balance, I was constantly faced with obstacles to overcome," Philippa Harrington told The Senior.

The Sydney grandmother was diagnosed with osteoarthritis and sarcopenia after having multiple surgeries, including operations on both her feet, her shoulders, and a procedure on her spine to relieve her back aches.

As she recovered from surgeries to reduce her pain, the long periods of rest and recovery accelerated her loss of strength, ironically leaving her with even less mobility, she said.

How Philippa got her life back

"Every time you have an operation, you're laid up for a significant amount of time and so you have to build all your muscle strength up again," Ms Harrington said.

"I had very little muscle tone."

Ms Harrington decided to take control, and over the last year focused on Pilates, gym training and one-on-one training sessions with a physiotherapist to rebuild her strength.

"I wanted to do normal activities with no pain," she said.

Focusing on building her upper body strength, Ms Harrington hit the gym to use weight equipment, and made regular visits to a Pilates studio, where she practiced on a reformer machine.

She also focused on exercise recommended by her physio, including side bends (holding your hands over your head and gently leaning to the side) to strengthen her core, and gentle neck rotations to help ease stiffness.

She's also adopted a more active lifestyle, making sure she doesn't allow herself to sit for extended periods, and remains active.

"Now, I am a lot fitter than a lot of my age group," she said.

I started to see significant changes, particularly in rebuilding strength and confidence, especially when using stairs."

The 79-year-old also gained a deeper understanding of her own muscular structure, and after seeing results, she is "starting to love exercise".

According to results from the [National Muscle Health Survey from Deakin University](#), while half of people over 50 are concerned about muscle loss, or sarcopenia, a large cohort still lack an understanding of the risk factors.

While more than 90 per cent of respondents said it was important to retain muscles as you age, only nine per cent had talked to a professional about it.

Less than half understood losing strength also put them at increased risk of muscle loss, which can increase the rate of infections, reduce immunity and exacerbate other chronic conditions, according to the research commissioned by healthcare company Abbott.

What is sarcopenia?

Muscle loss from ageing, or sarcopenia, is one of the most common health conditions, affecting one in five people over 60, and commonly starting in people's 30s.

Warning signs of sarcopenia, or muscle loss

- You may notice your existing muscles have become smaller
- Your muscles may also feel less powerful
- A feeling of overall weakness
- A loss of your previous endurance
- Poor balance
- Difficulty climbing stairs
- Source: Australian Institute for Musculoskeletal Science

Anyone concerned they may be losing their strength should speak to their doctor, and consider asking for a muscle health screening, Dr Jeremy Keh told The Senior.

"Early warning signs that are often dismissed include frequent minor falls or longer recovery times after inactivity," the GP said.

Patients with sarcopenia also often find it difficult to open jars, lift themselves out of their chairs, and walk up stairs.

Dr Keh said GPs can help patients find a physiotherapist to help them with training, or refer to a dietitian for help with nutrition.

Fad diets and confusing messaging about food are one of the biggest challenges for dietitians working to help people over 50 stay strong, according to dietitian Louise Murray.

"There's a lot of misinformation coming from less reliable sources," Ms Murray told The Senior.

"That's why it's so important to focus on the quality of the evidence behind nutrition advice."

Don't make this mistake

One of the most common mistakes people make trying to stay healthy as they mature is eating less as they try to control their weight, she said.

The first step to increasing strength is increasing your protein intake, and where the appetite is low, oral supplements can also be helpful.

Many women also experience muscle loss as a result of perimenopause, and health professionals should begin having conversations about muscle loss with people in their 40s, she said.

"The earlier we focus on maintaining muscle through adequate nutrition and strength-based exercise, the better the long-term outcomes will be."

Celebrate the life of BEV BUCKLEY

A special Morning Tea will be held at the Marlin Coast Neighbourhood Centre to mark the life of our friend Bev Buckley



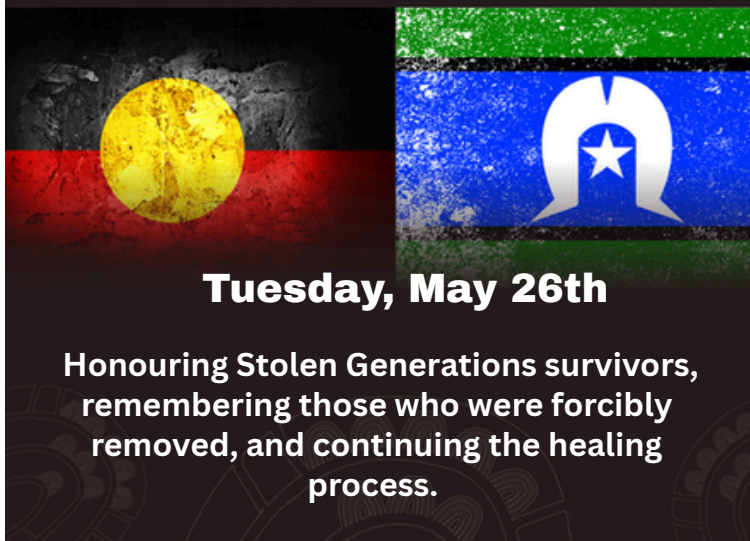
Date: Friday 15 May 2026

Time: 10.30am – 12 noon

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

RSVP: 4055 6440 or admin@mcnc.org.au

SORRY DAY



Tuesday, May 26th

Honouring Stolen Generations survivors, remembering those who were forcibly removed, and continuing the healing process.

Greetings All – March was busy with great lunches prepared by our lovely kitchen volunteers. The *Easter Bonnet Parade* was won by Irene, with Kay and Janet in 2nd and 3rd places. The Easter Raffle was won by May.

Colleen gave an informative talk about mosaics and displayed some of her wonderful pieces. Jeff handled both the monthly BBQs with ease and enjoyed his well-earned desserts. In April I read (from the RSL Newsletters) the *History of the Cenotaph* which turns 100 this year, and also about the *Catalina Monument* on the Esplanade. Therese from the *SheShed* gave a great insight into the hard work in the establishment of that Centre, and also a very informative talk about the activities and set up of the venue.

We have actually seen the sun a few times and stars still exist. Oh well! those April showers should bring great May Flowers.

Cheers till next time from Beryl B.



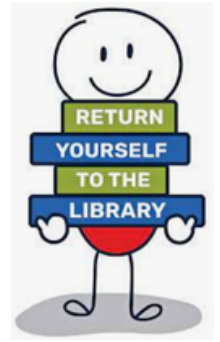
Helping Queensland seniors and people with disability speak up for their rights and needs.

1800 818 338

Greetings from Cairns Libraries,



Smithfield Library is well and truly open and wow, our community has embraced this new space. There is more space for people of all ages to browse, explore and discover everything the library has to offer. If you are looking for technology help, don't forget our Tech Help drop-in sessions every Monday at 11am. Bring your device, drop in for a chat and let our staff help you. No bookings necessary - drop in any time between 11am and noon.



For a bit more in-depth technology support, mark your calendars for our upcoming June sessions:

AI for Beginners, Monday 8th June at Smithfield Library

Building Digital Skills, Wednesday 24th June at Smithfield Library

No bookings required, bring your questions and your curiosity!

With our Stratford Library Meeting room open again, our monthly Qi Gong for Everyone sessions have also returned. Join us for gentle movements and breathing techniques to improve health and enhance well-being. These sessions are free with no bookings required, on the second and last Friday of every month, 9.30am at Stratford Library Meeting Room.

Do you, or someone you know, have a skill they'd like to share? We are currently seeking Expressions of Interest from Event Facilitators who would like to share their passion and knowledge with our community. If you have an idea to contribute to our library programming, jump on our website and fill in the Event Facilitators Expression of Interest Form. You'll find it under "Using the Library."

With school holidays finished, our regular children's programming is running again with after-school activities and a full schedule of First Five Forever programs for our youngest customers.

Check out our library website or grab a "*What's on Booklet*" from the library.. you'll be amazing at how much is happening at your local library. We look forward to seeing you soon!

Kind regards,

Mikki

Mikki Rhoades | Community Engagement Librarian
Creative Life | Cairns Regional Council
P: 4044 3399

E: m.rhoades@cairns.qld.gov.au | W: cairns.qld.gov.au
Mail: PO Box 359, Cairns Q 4870

Cairns Regional Council acknowledges and pays our respects to the Traditional Custodians of our region, the Djabugay; Yirriganydji; Bulawai, Gimuy Walubara Yidinji; Mandingalbaj Yidinji; Gunggandji; Dulabed and Malanbarra Yidinji; Wanyurr Majay; Mamu and Ngadjonjii peoples. We extend this respect to all elders past, present and future, and other First Peoples within our region.

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

6pm - 7pm

ph: 0487 192 938

TUESDAY

Your paragraph text

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 9.45 - 10.45am \$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