



Neighbourhood News August 2026

celebrating Multi Cultural Month



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

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! 9.15am - 10.15am
Members \$3 Non-Members \$5

Tuesday Club: Guest speakers, activities and lunch.
Members \$10 Non-Members \$12

Connections: A drop-in space for teens aged 13 - 17
2.30pm - 5.30pm. Free!

WEDNESDAY

Playtime: For families with children under school age,
9am - 11.30 am. Free. Bring a piece of fruit to share.

Tech Help: on-on-one tech help 10am - 12 noon.

Mosaics: Putting Pieces in Place.
12.30 - 3.30pm. Members \$3 Non-Members \$5

THURSDAY

Fitness for Seniors: 9.45am - 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: 1pm - 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 4.30pm - 7.30pm
Ph: 0407 127 204



Greetings from Cairns Libraries!

There are lots of reasons to drop into your local library this month.

Our popular *AI for Everyone* workshop will be at Stratford Library on Monday 3 August at 10.30am. Bring your questions and your curiosity to learn how different AI tools can be helpful in personal and professional life. Bring along your own device or just come to listen... everyone is welcome at this fun and informative session.

For something artistic, try weaving a ribbon lei, or learn to draw in coloured pencil. No experience is required for either of these creative workshops:

- *Ribbon Lei Weaving Workshop*, Stratford Library, Monday 17 August 10.30am
- *Drawing in Colour* with Cindy Wider, City Library, Thursday 3 September 10.30am

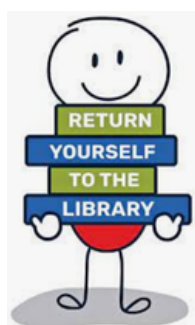
Or perhaps you are looking to enjoy some live music? Join us for "*Showtime Songs with Andrea Allumay*" on at City Library on Thursday 13 August.

For Seniors interested in finding out about aged care services and supports, drop into Smithfield Library to our *Aged and Disability Advocate* information desk.

Get friendly and free information for seniors facing challenges due to ageing, health, finances, or social isolation. No appointment is necessary, drop in anytime on the 4th Thursday of each month, 10am – noon.

And if you are heading to *Council's Positive Ageing Expo* on 21 August at CPAC, make sure you come and find us at the Library Stall... we'd love to say hello!

We look forward to seeing you soon!



Membership

*It's that time of year when
Membership is due...*



**For just \$10 a year, membership of the
Neighbourhood Centre offers you**

- The opportunity to connect with other people and make new friends;
- Laughter and fun times;
- The chance to be involved in Centre activities and learn new skills;
- Up-to-date information and interesting newsletters;
- The right to give input into who is responsible for overseeing the operations of the Association through the election of a Management Committee.

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**

**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 9.15am, and finishes at 10.15am.

The Lunch Group commences at 10.30am 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:

Aug 4 Life of an International Flight Attendant

Aug 11 Art Therapy

Aug 18 Market Day

Aug 25 Guide Dogs & Birthdays

August 4	August 11	August 18	August 25	August 25 cont.
 BBQ <i>Life of an International Flight Attendant from beginning to end -</i> James Lumb 	 Art Therapy with Sarah Ayache	Market Day "Your trash is someone else's treasure!" Bring along those unused & unwanted items to swap 	 Guide Dogs with Bernardine McKean	Birthdays  Pat.B – 3rd Janice – 6th Elsa – 7th Ishbel - 13th Judy.H - 14th Vee – 16th Dee – 18th Laurie – 19th Di – 25th Liz – 26th Robyn – 27th
September 1	September 8	September 15	September 22	September 29
 BBQ  with Gail	Women's Health Week Do it Anyway with Beryl Broadbent 	 Where am I?	Stroke Foundation with Letisha (online) 	Birthdays  Dorothy – 22 Rhonda – 26  Cultural Day Malta

TECH HELP

FREE Device Help For Everyone

Phones, Tablets & Laptops

Wednesdays - 10 am to 12 noon

By Appointment only

☎ 4055 6440 ✉ admin@mcnc.org.au 📍 205 Reed Road, Trinity Park



Do you have a tech question, or need help with your device?



Marlin Coast Neighbourhood Centre

MCNC Mosaics

There is some amazing talent in our mosaic group.

Jenny from the group has just completed "her house".



The mosaic group will be displaying their work (which can be purchased) at the Community Fun Day on Saturday August 1.

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 11 August 2026

9.00 am to 12.00 pm

**To book your appointment please call
Marlin Coast Neighbourhood Centre on 07 4055 6440**

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

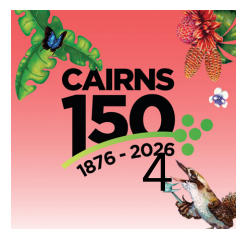
Cairns is 150 years young!

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.





Marlin Coast Neighbourhood Centre

celebrates

SENIORS MONTH

MEMBERS
\$60

A history tour through
150 years of the
establishment of the
colonial township of Cairns

- Cairns Gallery
- Court House
- Cairns Post
- Boland Centre
- Central Hotel
- St Monica's Cathedral
- Cairns Pioneer Cemetery
- Herrie's House
- Freshwater Station
- Red Beret (Lunch)
- Smithfield Village
- Cairns Indigenous History
- Kuranda Range
- Early Explorers



Cairns
150 yrs

WITH LUNCH AT THE RED BERET

TUESDAY 27 OCTOBER 2026
9.15 AM TO 2 PM

non-members

\$75

pickup and drop off from Trinity Beach Sports Club
1 Nautilus Street, Trinity Beach

N.B. parking is available for the day under the trees at the club

BOOKINGS - 4055 6440 | LIMITED SEATS AVAILABLE



Marlin Coast Neighbourhood Centre

Outreach Services

Do you know about our onsite outreach services?

Services Australia (Centrelink Support)

Services Australia staff visit once a month to help people navigate, access, and manage Centrelink and Medicare services. They can assist with educating about the agency's payments and services, provide an understanding of letters and decisions, connect and guide with online services via MyGOV and answer questions about entitlements.

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 negotiation 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.

AT MARLIN COAST NEIGHBOURHOOD CENTRE:

Services Australia

Monday

3 August 2026

11.30am - 1.30pm

0459 914 180

SHAC

Friday

28 August 2026

9am - 12 noon

4080 7400



2026 Census

Tuesday 11 August 2026

The 2026 Census of Population and Housing will be held on 11 August 2026 and will provide an opportunity for Australians to tell us about themselves and help make a difference for their community. The Census is the largest statistical collection undertaken by the Australian Bureau of Statistics (ABS), providing rich and valuable insights into the lives of Australians.

Census data supports decision-making across government, business, and community sectors. It informs the allocation of billions of dollars in Commonwealth funding, guides infrastructure planning, and helps determine electoral boundaries. From schools and hospitals to roads and aged care facilities, Census data underpins the services Australians rely on every day.

The Census collects information on demographic characteristics such as age and sex, types of housing, and on other topics such as education, participation in the labour force, occupations and industries, marital status, and family size. The range of topics enables analysis across multiple dimensions, offering a unique and comprehensive view of Australian society. While some of the topics are covered by other data sources, only the Census provides consistent, standardised data for the whole country, including small geographic areas and population groups.

The 2026 Census will continue to provide great value to the Australian community, enhanced by updates to several questions, the addition of one new topic, and improved data products for users.

Following a comprehensive review, the Census will now include new questions on sexual orientation and gender for individuals aged 16 years and over. These additions will provide valuable data to complement existing Census information and support more inclusive policy development and service delivery for Australians.

For more information - <https://info.census.abs.gov.au/about/doing-census>

Free tax help at MCNC

**Do you earn \$70k or less and
need a hand with your tax return?**

Marlin Coast Neighbourhood Centre (MCNC) is again partnering with the Australian Taxation Office (ATO) to offer Tax Help appointments with an ATO-trained volunteer.

Appointments are free and confidential

Available July–October
To book, contact MCNC on 4055 6440

Learn more: ato.gov.au/taxhelp





BREE JAMES MP

MEMBER FOR BARRON RIVER

This month has been another busy one across Barron River, with exciting announcements supporting local families, strengthening communities and investing in our region's future.

I was pleased to welcome Premier David Crisafulli to Far North Queensland to formally announce the commencement of works on the Cairns Western Arterial Road upgrade. This significant investment will help support growth and improve transport connections across our region.

We also recently delivered our election commitment of three new SES emergency communication trailers for Far North Queensland through local Smithfield company Airbridge Networks, owned by Speewah local Doug. These state-of-the-art trailers can restore communications within minutes during disasters and deliver essential supplies when communities become isolated. The Jasper floods showed us firsthand how challenging dealing with a natural disaster is, let alone with a lack of communications that occurred in impacted areas. That's why I knew we needed to do something, and I am so proud of this election commitment that is providing a real solution for the region. Who knew that a chance meeting at the Speewah Tavern would lead to rolling out a statewide solution that's now being looked at by other states? Well done, Dougie and your team. You are creating incredible technology to help our first responders. Big news for Cairns Airport and our community! The new Route 100 bus service will provide Cairns' first direct public transport connection between Cairns Airport and the CBD, with convenient stops including Cairns Hospital, Fogarty Park and the Lake Street Bus Stop.

I would also like to sincerely thank everyone who signed my petition and supported the campaign for a direct airport bus service. Your voices helped highlight the need for this important connection, and this outcome is a fantastic win for Cairns and our growing region.

Families continue to benefit from the Play On! Sports Vouchers program, with 2,125 vouchers redeemed across Barron River. The vouchers are helping local children participate in sport while easing pressure on family budgets. I encourage local families to keep an eye out for the next round opening soon.

Finally, I encourage everyone to get involved in the many community events taking place across the Northern Beaches. I look forward to seeing many local families at the Marlin Coast Community Fun Day on Saturday 1 August, from 9am to 1pm.

Until next month

Ms Bree James, MP Member for Barron River

07 4229 0100

barron.river@parliament.qld.gov.au





IN SUPPORT OF

MARLIN COAST MEALS ON WHEELS

Bring the whole family and grab a bargain!
Stalls, food, drinks, and fun for all!

SUNDAY 2ND AUGUST ♦ 11AM - 2PM ♦ 2 PECTON CLOSE, TRINITY BEACH

**MOW
FOOD
STALL**

Burgers
Sausage Sizzle
Tea & Coffee
Cold drinks
Cakes & Biscuits



RESERVE A CAR BOOT SPACE - \$40 PER SLOT

Bob Stranger 0402 868 080
Cathy Cairns 0408 415 297



Garden News.....

We're all looking forward to the Community Fun Day on Saturday 1st August; come along and say hi to the garden group. We will have lots of lovely plants for sale and you can have a walk through our garden.

Our trash & treasure has grown so there should be something for everyone - hopefully.

Also the accessible garden will be open for viewing. It has been designed to cater for people with special needs who have an interest in gardening. So come along and enjoy a fun day with us.

Ginger tea soothes an upset stomach, reduces nausea, and lowers inflammation. 1-2 cups of warm tea per day - add honey to taste.

Happy Gardening!

marlin coast neighbourhood centre

supporting community

FOOD DONATIONS

supporting people experiencing financial hardship

We ACCEPT:

- canned food & pantry items
- personal care products
- baby care products
- pet food

ALL PRODUCTS MUST BE UNOPENED & IN DATE



Contact Us

☎ 4055 6440
✉ support@mcnc.org.au

Donations can also be made at our Centre: 205 Reed Rd, Trinity Park

Christmas in July

Wow! what a fabulous Christmas in July we had again this year.

A delicious three-course meal from Laurie, Judy and Beth; piano playing and sing along from Janice; and of course a visit from Santa - you know who you are!

Thank you to all our amazing people who supported, helped and showed up for MCNC Christmas in July.



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

Tuesday 4th August

Kitchen Chaos: Pizza Edition

Sauce, toppings, cheese, and a little bit of chaos.

Create your own pizza masterpiece, experiment with flavours, and see whose creation comes out on top.



Tuesday 11th August

Tye Dye It

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

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

Tuesday 18th August

Speed Bingo & Trivia

Fast rounds, random facts, and plenty of chances to win.

Test your knowledge, trust your luck, and compete for some fun prizes along the way.

Program initiative proudly supported in partnership by MCNC & QIFVLS. For further information please contact MCNC on 4055 6440 or support@mcnc.org.au



Tuesday 25th August

Badge Making

Design it. Create it. Wear it.

Make your own badges - use what we provide or bring your favourite quotes, memes or artworks.

Perfect for bags, jackets, and showing off your style.

Can this fix the housing crisis? Merryn's radical co-housing solution

Merryn Woodcock knows how quickly life can unravel.

After surviving domestic violence, housing insecurity and periods of homelessness, the 56-year-old from Queensland is now turning her experience into a solution for other women.

She's in the process of developing *The Rent Collective* - a project that would bring older women together through coffee catchups, games nights and social gatherings so they can get to know one another before deciding whether to share a home.

While the initiative is in her hometown of Hervey Bay, just south of Bundaberg, Woodcock is hopeful the concept will be translated to other parts of Australia.

Homelessness is a growing issue for older women

The idea comes as women over 55 have become Australia's fastest-growing group experiencing homelessness.

While men still make up the majority of the overall homeless population, the rate of growth among women is dramatically outstripping that of men.

According to official Australian Bureau of Statistics data, homelessness among older women grew by nearly 40 per cent between the 2011 Census and 2021 Census.

The 2021 Census identified at least 7,325 women aged 55 and over actively experiencing homelessness.

Relationship breakdowns, lower lifetime superannuation balances, time spent out of the workforce raising children, the gender pay gap and soaring rents have all contributed to the growing crisis.

The situation is so severe that *The Senior* has spoken to grandmothers who have been forced to sleep in their cars.

When *The Senior* interviews Woodcock she is happily settled in a private rental, surrounded by neighbours she proudly calls her "community".

The women regularly share meals, check in on one another and provide the support she once desperately needed.

But life was very different just a few years ago.

"There are so many people like me," she said.

"I've come out of a domestic violence situation and, when you get older and you don't have children, you can find yourself almost living in your car.

"I'm in that boat where you've lost your super, you've got a disability, and there's no program for you."

How one has nowhere to live

After leaving her marriage, Woodcock said she struggled to find secure accommodation and later found herself in another abusive relationship.

"I met someone ... who also wasn't a very nice person," she said.

"When you've had a traumatic childhood, you end up choosing the same kind of person."

She said finding a rental on her own was one of the biggest hurdles.

"It's not easy when you're on your own," Woodcock said.

"You haven't got a rental history because you've owned your own home all your life, and you haven't got a steady income. It's really difficult. It's impossible."

A community helping each other

The turning point came through the support of friends, a woman she affectionately calls her "guardian angel", Sonya, and the housing support program *Harmony Pathways*.

"I always believed there was a better life," she said.

"It was my faith and my determination not to give in."

Now Woodcock wants to make that journey easier for others.

The *Rent Collective* would help older women build friendships before becoming housemates, allowing them to establish trust before jointly applying for larger rental properties.

"When you're on the pension, how can you afford a \$600-a-week house on your own?" she said.
"You're never going to get it."

An article from 'The Senior'

Line Dancing

TUESDAYS 9.15 - 10.15 AM

MEMBERS \$3
NON-MEMBERS \$5

4055 6440
adminemcnc.org.au




Do you have an article, something funny, a family recipe etc. you would like to share in our newsletter.

Please bring it into the Centre and give it to Philippa or email it to seniors@mcnc.org.au



ADA Australia

Your aged and disability advocates

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

1800 818 338

A WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
Armchair Yoga Gentle exercise 9.30am - 10.30am 11am - 12 noon (this 11am class finishes on 10 Aug) 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	Line Dancing 9.15am - 10.15am 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 Connections Youth Engagement A space to make, hang and be! A drop-in space for teens aged 13 - 17 years 2.30pm - 5.30pm ph: 4055 6440	Playgroup Each Wednesday morning 9am - 11.30am for families with children under school age. FREE ph: 4055 6440 Tech Help Bring your phone, tablet or laptop. FREE device help for everyone. 10am - 12 noon. 4055 6440 for an appointment 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
Community Garden Mornings from 8.30am ph: 4055 6440 free Morning Tea Fitness for Seniors 9.45 - 10.45am \$10 pp Book Club First Thursday of the month 11am - 12.30pm members \$3 non-members \$5 ph: 4055 6440 Canasta Card playing group activity. 1 - 4pm ph: Barb 0408 609 618 Toastmasters Club 6pm - 7pm 1st & 3rd Thursday of the month ph: 0487 192 938	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	SATURDAY SUNDAY Trinity Baptist Church Religious Service 9.30am - 12.30pm 4.30pm - 7.30pm ph: Steve 0407 127 204

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