

Neighbourhood News NOVEMBER 2026



Our vision is to be widely-recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being.

Our mission and objectives are to provide a welcoming, safe and inclusive environment open to the community irrespective of race, religion, gender, politics or marital status, and to establish a community service for the relief of poverty, distress, sickness and helplessness.

Acknowledgement of Country

In the spirit of reconciliation, *Marlin Coast Neighbourhood Centre* acknowledges the Yirrganydji people, the Traditional Custodians of Djabugay country that runs northwards from Trinity Inlet to Port Douglas. We pay our respects to their Elders past, present and emerging, and honour those whose culture and customs have nurtured and continue to nurture this land.






The Marlin Coast Neighbourhood Centre
205 Reed Road Trinity Park
P: 4055 6440
PO Box 260 Smithfield QLD 4878
E: admin@mcnc.org.au
www.mcnc.org.au

MONDAY

Armchair Yoga: Gentle exercise $10 pp
9.30 - 10.30am
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: one-on-one technical help for phones, laptops and tablets 10am - 12 noon.
Mosaics: Putting Pieces in Place.
12.30 - 3.30pm. Members $3 Non-Members $5

THURSDAY

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!

SATURDAY

Tai Chi: 11am - 12 noon $10 pp Ph: 0428 846 799

SUNDAY

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

MELBOURNE CUP

THE RACE THAT STOPS THE NATION

3 NOVEMBER 2026 | 11.30am

Live horse racing | Two-Course Lunch
Fashions on the Field | Sweeps

Members $15
Non-members $20



Bookings Essential - 4055 6440

Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park

The Management Committee and Staff of the

Marlin Coast Neighbourhood Centre Inc.

invites

Members and Friends

to attend the

Annual General Meeting

to be held at the Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park at

11.00am Tuesday 17 November 2026

ORDER OF BUSINESS

Welcome
Annual Reports
Adoption of Audited Accounts
Election of Management Committee
Appointment of Auditor

Lunch will be served after the meeting.
For catering purposes, you must RSVP to *admin@mcnc.org.au* or 4055 6440 by close of business on Wednesday 11 November 2026.

4 the love of cats
CAT RESCUE

Christmas RAFFLE

Support our rescue – change a cat's life

1ST PRIZE $2,000



1 x DEEBOT MOP & VAC
$900 by heart photography voucher
1 x Cat enclosure 1.6x1.6m

TOTAL VALUE
$2,000

2ND PRIZE



12 bottles of wine
+ $200 Early Settler Voucher

TOTAL VALUE
$500

3RD PRIZE



Cat basket

TOTAL VALUE
$200

Drawn December 19th

Tickets $2 each or 3 for $5

Must be 18+ to claim the wine pack.
Funds raised will help with cat vet bills and rescue efforts.

FOR TICKETS & MORE INFO
www.4theloveofcats.com.au

BANK DETAILS
4 The Love of Cats Limited
BSB: 084034
Account number: 823616965
Reference: phone number

SCAN TO ENTER



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.

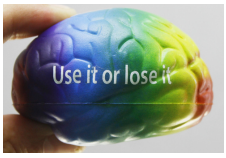
Guest Speakers commence at 11.00am

Lunch is served at 12.00 noon

Members $10 Non-Members $12

Tuesday Group Luncheon upcoming events:

November 3	Melbourne Cup
November 10	Disaster Management
November 17	MCNC - Annual General Meeting
November 24	Use It or Lose It

NOVEMBER 3	NOVEMBER 10	NOVEMBER 17	NOVEMBER 24	
Melbourne Cup 	 Disaster Management with Centacare	Marlin Coast Neighbourhood Centre AGM Marlin Coast Neighbourhood Centre SUPPORTING COMMUNITY	Birthdays  Jan - 5 Jill - 17 Margaret L - 14/12  with Gail	
DECEMBER 1	**DECEMBER 8**	**DECEMBER 15**		
 BBQ  Clogging with Roslyn	Christmas Craft 	 Trinity Beach Sports Club Break-Up Christmas Party		

Marlin Coast Neighbourhood Centre
SUPPORTING COMMUNITY

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.

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 CENTRE:

Services Australia
Monday
23 November 2026
11.30am - 1.30pm

SHAC
by appointment
4080 7400

ICAN
by appointment
1800 369 878

THE FUTURE IS EVERYONE

INTERNATIONAL MENSDAY

November 19

www.internationalmensday.com



International Men's Day celebrates the positive value men bring to the world, their families and communities, highlighting positive role models and raising awareness of men's well-being. Our theme for 2026 is "The Future is Everyone".

Join us for a BBQ breakfast to celebrate International Men's Day

- Marlin Coast Neighbourhood Centre
- 205 Reed Road, Trinity Park
- Thursday 19 November 2026
- 9am - 11am

Marlin Coast Neighbourhood Centre
SUPPORTING COMMUNITY



Jo's Jokes

Just sold my homing pigeon on Ebay for the 32nd time.

I want to grow my own food, but I can't find bacon seeds.

This is my step ladder, I never knew my real ladder.

Having a dog named Shark at the beach was a mistake.

A man who fell into an upholstery machine is fully covered.

Whenever I try to eat healthy, a chocolate bar looks at me and snickers.

Life is short, if you can't laugh at yourself, call - I will.



Beryl's Banter

October started with our last BBQ of the year – thanks Jeff (we will be back in 2027, once the weather cools down)! We also heard the second part of *Greg's travels through Russia*, which we all found very interesting.

The most informative slide show presentation for *Mental Health Week* was excellent and this was followed with a game of Noodle Hockey enjoyed by eight feisty participants. Noodle Hockey is a "no prisoners taken" game which was the best laugh most of us have had in years - really good for stimulating the brain and lifting one's mood.

After the great *Getting Online* information session, *a* great lunch of Spaghetti and Meatballs was followed by the best Fruit Salad. We were introduced to the benefits of glasses with cameras, and also smart watches - and the million and one things they can do to help the elderly!!

Our last lunch for October was at *The Red Beret* after our bus trip to celebrate the 150th Anniversary of Cairns. Saint Monica's Cathedral was the first stop of the day - to view the wonderful stained glass windows; a tour of Cairns city followed, with Steve telling us about various historical buildings. We also had a stroll around the Pioneers' Cemetery.

October was a great month for activities. Next month we start with the Melbourne Cup Luncheon; it's always great to dress up and have a bit of a flutter. Good Luck!

Cheers from Beryl B.



Marlin Coast Neighbourhood Centre
SUPPORTING COMMUNITY

CONNECTIONS CALENDAR

Are you looking for an after school hang out space?

Every Tuesday, 2.30 - 5.00pm we welcome you to use ours! Join in the activity or just hang with your phone charging and headphones on, its up to you.

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

Marlin Coast Neighbourhood Centre
205 Reed Road, Trinity Park.

A drop-in space for teens aged 13 - 17 years old— not a sign-in, sign-out babysitting service. Parental consent is required for awareness of attendance and activities. Appropriate behaviours will be expected, inappropriate behaviours will be asked to leave. Not operating in school holidays.

Tuesday 3rd November

Tye Dye.

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 10th November

Dinner!

Is it your shout for dinner?

Come along, create a tasty dinner to take home and give yourself some serious bonus points with the family.

Tuesday 17th November

Frame It.

Make it. Snap it.
Take it home!

Create a clay fridge magnet or choose and fill a magnetic photo frame to jazz up your fridge.

Tuesday 24th November

Lets get our Christmas on!!!!!

Help us set up the centres Christmas trees and decorate Christmas baubles to take home for your own tree.

Ho Ho Ho Merry Christmas!

Program initiative proudly supported in partnership by MCNC & QIFVLS with funding donation support from Marlin Coast Lions Club.
For further information please contact MCNC on 4055 6440 or support@mcnc.org.au

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 November 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

Jo's Riddles

I am always running, but never move.

What am I?

Answer:

A Fridge

Marlin Coast Neighbourhood Centre

COMMUNITY CUPPA

it's all about connecting

bring your craft...or just a smile for a morning of connecting over a cuppa and some cake.

FRIDAYS
10am to 12pm







Marlin Coast Neigbourhood Centre
205 Reed Road, Trinity Park
p: 4055 6440 w: mcnc.org.au

EVERYONE IS WELCOME!

a cup of tea is an excuse to share great thoughts with great minds

WE WANT YOUR FEEDBACK!

Cairns Libraries is planning for the future, and we want to hear from you! Have your say between 7 August and 4 September and help shape the future of your libraries.



LET US KNOW WHAT YOU THINK!

Cairns Regional Council | LIBRARIES





BREE JAMES MP
MEMBER FOR BARRON RIVER

Hello Northern Beaches Community,

There's plenty happening across our community, with exciting investments in tourism, sport and local infrastructure helping to secure a strong future for the northern beaches and surrounding suburbs.

One exciting milestone recently reached was the completion of Stage One of Skyrail's gondola replacement program. Skyrail continues to play a vital role in our visitor economy, attracting tourists from around the world while showcasing the beauty of our World Heritage rainforest right on our doorstep.

I'm also pleased to share that the Cairns Surf Life Saving Club at Palm Cove has secured funding through the Queensland Government's Games On! program. This $500,000 investment will support shed upgrades that help the club continue its important work keeping locals and visitors safe while providing opportunities for young people to get involved in surf lifesaving and community sport.

Music lovers will also be thrilled to hear that Australian rock legends Powderfinger have reunited and will perform a special regional show in Cairns. Through a targeted bid, the Crisafulli Government secured the only regional stop on their Australian tour, delivering a boost for local tourism, hospitality and businesses. My Happiness is overflowing about this one!

Community safety also remains a key priority. Last week, the Crisafulli Government took *Breach Bail, Go to Jail* reforms to Parliament, delivering some of the toughest bail laws in the country. These laws have passed, and they are about putting victims first and ensuring serious offenders who commit serious crimes while on bail face serious consequences.

My office is taking part in the 12-Week *Hamper Challenge* to help create hampers for local families in need. I encourage individuals, workplaces, sporting clubs and community groups to consider getting involved as well. Your Hamper can be dropped off at Marlin Coast Neighbourhood Centre.

My Power On, Aussie Strong Generator Giveaway is back. Entries open 1 November, with the winner drawn on Australia Day - it's a great opportunity to share what's on your mind.

It's encouraging to see projects and investments that continue to strengthen our local economy, support community organisations and create opportunities for residents right across the Barron River electorate.

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

Vision loss in our community

Vision loss has a way of touching more lives than most of us realise. It might be someone who's quietly stopped showing up to bowls, a neighbour who's finding it harder to pour a cup of tea confidently, or spending time worrying about what happens to her independence if her driver's licence comes into question. Perhaps it's something on your own mind, or somewhere in your family.

Low vision is more common than you'd think - often the result of conditions like macular degeneration, glaucoma or diabetic eye disease, among other conditions - not the kind of vision loss glasses can fix, and often not severe enough to come with access to the disability supports built for more advanced sight loss. Low vision sits in a middle ground: real enough to change how you live, but invisible enough that most people around you would never know.

That's the thing about low vision, it can hide in plain sight, and many Australians are carrying this burden alone.

An estimated 70,000 Australians are living with permanent low vision, severe enough to affect daily life, yet not severe enough to qualify for the funded supports designed for more advanced sight loss. Many people are also managing the ordinary business of getting older – perhaps other health worries, a partner who needs a hand, or financial stresses. Life rarely hands us one thing at a time, and navigating vision loss might be something that's sitting alongside everything else life is already asking of you.

Did you know, practical lifestyle and emotional support can complement the clinical care from your eyecare professional? Because daily life asks questions that go beyond the clinic. How do you keep reading if the print keeps shrinking? How do you stay social when recognising faces or getting from A to B gets harder? How do you explain to family why some days are simply more tiring than others? How do you stay connected on the group chat when using your mobile phone is harder than ever? How do you process this emotional adjustment of change? These are common questions with vision loss. Many people, men especially, tend to carry these adjustments alone rather than mention them, simply because there's rarely an obvious place to take them.

This is exactly why SeeWay was created. SeeWay is a free, national service for any Australian living with some vision loss, and for their loved ones. It's not a replacement for your eye care team, but support for everything that sits alongside it: practical guidance for daily life, information that is written by humans who work in this space, access to no-gap emotional counselling (*GP mental healthcare plan required), and simple help making technology work for you. If vision loss is affecting your life in any way, support is available and deserved.

You don't need a referral. You don't need to wait until things get harder. If any of this sounds familiar for you, or for someone you know, please visit **SeeWay.com.au** or give us a call, and we'll help you work out what might be useful for you.

Don't miss our free upcoming online skills training course, starting soon!

Getting active around Cairns

Active travel includes cycling and walking, and any transport that relies on human-power. Pedestrian walking paths and community footpaths provide an important part of the active travel network around Cairns, particularly given the outdoor lifestyle.

Benefits of Council's Active Transport Strategy (containing the Active Travel Program) include increased social behaviour, improved health, and reduced road congestion, among others.

This week, Council approved the *2026/27 Active Travel Program (New Footpaths)*, with an overall Project Launch Budget of $1,500,000 (ex GST) and a completion date estimated for June 2027.

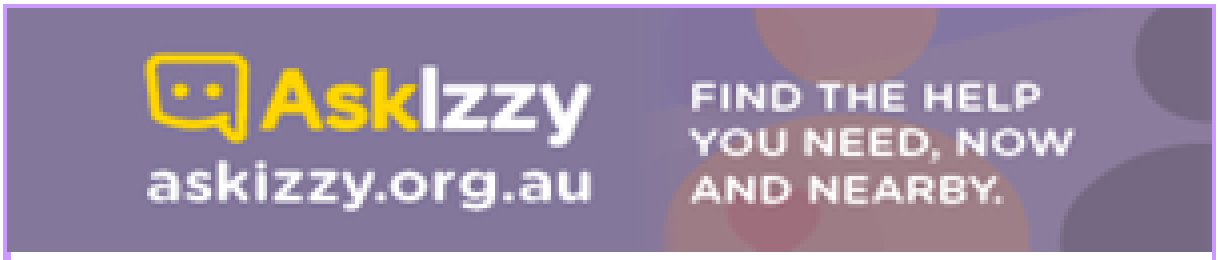
The Program will complete up to 11 routes across the Cairns LGA.

The Strategy encourages more people in Cairns to develop a more active and connected lifestyle and promote healthy living in Cairns communities. By committing to these new footpath works, Council is supporting the community by encouraging more people to walk and cycle more often, enhancing the quality of life in their neighbourhoods.

The Program includes new footpaths to be constructed in:

- Mount Peter
- Manoora
- Bungalow
- Westcourt
- Manunda
- Machans Beach
- Clifton Beach Road/Arlington Esplanade
- Smithfield

More information can be found about the Cairns Regional Council *Active Transport Strategy* on their website.



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.

Jo's Riddles

I jump when I walk and sit when I stand.

What am I?

Answer:

A kangaroo

Sailability Cairns

Our Sailability Cairns community makes sailing inclusive and fun, giving people of all ages and abilities the opportunity to experience the freedom and joy of sailing!

Welcoming people with physical, sensory and intellectual disabilities — no sailing experience necessary.

Supported by passionate volunteers, with Hendo pontoon cruises and a fleet of specially adapted boats.





Sailing is free
Tuesdays & Saturdays, 12–4 pm

To learn more and get involved please visit:
www.sailabilitycairns.com.au
Come sail with us!

Cairns Cruising Yacht Sqaudron, Tingira St, Portsmith



Garden News.....



Last month i mentioned how lovely the cooler weather was for gardening - but the humidity has arrived at last, unfortunately!

The tomatoes are just about finished, and we will be harvesting pumpkins to share with our team. Pineapples will be ready very soon, as will the bananas.

The soursop tree has lots of fruit, and on one we found the larvae of the ladybird busily feeding on mealy bugs.

As the weather warms up and if you have any sunbirds visiting your garden, it's a good idea to spray water on any broadleaf shrubs or trees; the sunbirds love to shower on the leaves, particularly in the afternoon. It's such a delight to have them share our spaces.

An organic weedkiller can be made by using:

4 litres vinegar
1 cup salt
1tblsp dish soap

Dissolve the salt in a little warm water first and put in a spray bottle. Only use on pathsways and driveways - never on soil or garden beds as the salt will affect the soil.

Happy Gardening!



A WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
Armchair Yoga Gentle exercise • 9.30am - 10.30am ph: Rike - 0401 164 202 $10 per person	**Line Dancing** 9.15am - 10.15am members $3 non-members $5 ph: 4055 6440	**Playgroup** Each Wednesday morning 9am - 11.30am for families with childern under school age. FREE ph: 4055 6440
Cairns Early Years Learning Centre "Move Baby Move" 1pm - 2pm (during school terms) ph: 4034 6800	**Tuesday Lunch** Guest Speakers, Activities and Lunch from 10.30am members $10 non-members $12 ph: 4055 6440	**Tech Help** Bring your phone, tablet or laptop. FREE device help for everyone. 10am - 12 noon. 4055 6440 for an appointment
Trinity of Style Dance Studio Dancing 4.30pm - 5.30pm ph: Mayumi 0432 820 579	**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	**Mosaics** 12.30pm - 3.30pm members $3 non-members $5 ph: 4055 6440
Alcoholics Anonymous 6pm - 7pm ph: 0487 192 938		

VENUE HIRE

The Marlin Coast Neighbourhood Centre (MCNC) has wonderful air-conditioned facilities for hire - large function rooms, kitched 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

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

FRIDAY

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

SATURDAY

Tai Chi

with Renee
11am - 12 noon $10 pp

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