

Neighbourhood News
OCTOBER 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: on-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

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

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



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:

October 06	My travels through Russia continue
October 13	Mental Health Week
October 17	Get Online Week
October 24	Seniors Month Bus Trip

OCTOBER 6	OCTOBER 13	OCTOBER 20	OCTOBER27	
 BBQ My travels through Russia continues with Greg Tate 	Mental Health Week  with Diana Pettersen	 with Nicky Jurd	Seniors Month Bus Trip 	Birthdays Jeff - 27 
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   with Gail	

Marlin Coast Neighbourhood Centre
SUPPORTING COMMUNITY

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



WITH LUNCH AT THE RED BERET

non-members $75

TUESDAY 27 OCTOBER 2026

9.15 AM TO 2 PM

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



Jill's Jokes

A customer walks into a coffee shop and asks the barista for the wifi password.
"You need to buy coffee first," the barista says.
"Okay, I'll have an espresso," the customer says.
After paying, the customer asks, "Can I have the password now?"
The barista replies, "Of course! It's 'youneedtobuycoffeefirst'. All lowercase, no spaces."



Thread Together joined us for a morning of free clothing assistance for the for the community.

The spectacular weather was enjoyed by all browsing the racks. There were many happy faces with their new outfits.

Thanks to Thread Together for providing this opportunity to our community members, it was appreciated by all who attended.

If you need any form support please reach out to our Support Coordinator Kristy for a chat at the centre on 4055 6440 or support@mcnc.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@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

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
23 November 2026
11.30am - 1.30pm

SHAC
Friday
23 October 2026
9am - 12 noon
4080 7400
by appointment only

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 13 October 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

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



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

Queensland Seniors Month

From 1-31 October we're celebrating older Queenslanders and their ongoing contribution to the state—whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates.

Every day older Queenslanders make a significant contribution in our communities and each one deserves recognition for these strengths and the opportunity that ageing well provides to participate fully in our communities.

Seniors Month is all about increasing the social connectedness of older people and their communities because we all want to be:

- **Connected to our communities and the important people in our lives.**
- **Cared for and supported if care and support are needed.**
- **Celebrated as valued community members.**

From MCNC thank you for your contribution to the Centre



BREE JAMES MP
MEMBER FOR BARRON RIVER

Hello Northern Beaches Community,

Can you believe it's already October? This month marks almost two years since the Crisafulli Government was elected, and I'm incredibly proud of what we've achieved so far. While there is still plenty of work ahead, it has been an honour to represent our region and see key election commitments becoming a reality for the Northern Beaches and Far North Queensland.

One of the highlights this month was attending the official opening of the new Ellis Beach Surf Life Saving Club. This is a fantastic outcome for our community and a project that local members have advocated for over many years. Most importantly, young nippers will no longer need to cross the highway to access the club, making the area safer for local families. The new clubhouse is a wonderful facility, and I'm proud to be part of a government that has delivered this important piece of community infrastructure.

The Wangetti Trail continues to take shape, with construction now underway on the next stage of the project. Early works have also commenced on the Cairns Western Arterial Road upgrade, a major investment that will support our region's future growth and strengthen essential infrastructure. In healthcare, construction is set to begin on the new youth mental health ward, while the Cairns Hospital expansion remains on track. The recent opening of 32 additional beds is already helping to increase capacity and improve services for Far North Queensland families.

Another significant milestone is the return of two-way traffic near the Henry Ross Lookout on the Kuranda Range Road. For the first time since Tropical Cyclone Jasper devastated the region in December 2023, motorists will once again be able to travel through this section of the range in both directions. The recovery effort has been enormous, with crews overcoming one of the most complex landslip sites in Queensland to safely restore this critical transport link.

Community safety also remains a key priority.

Thank you to everyone who attended the recent Parliamentary Committee hearing in Cairns & Mareeba on the proposed Breach Bail, Go to Jail laws.

It was important that victims, families, business owners, frontline workers and community members could share their experiences directly with the Committee.

I've spoken with many locals frustrated by repeat offending and wanting stronger consequences for those who continue to break the law while on bail.

The proposed reforms target serious repeat offenders, including a new high degree of confidence bail test and a mandatory minimum 12-month sentence for serious offences committed while on bail.

The feedback from Cairns and Mareeba will now help inform the Committee's report and recommendations before the Bill returns to Parliament for debate later this year.

As always, thank you for your support, and I look forward to continuing to work hard for our Northern Beaches community.

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



Its Official.... Tai Chi and Qigong are coming!

Starting Saturday October 10

we welcome Renee to the Centre

Classes are on Saturdays
11am - 12 noon - **$10**

205 Reed Road, Trinity Park



Tenants Queensland 40 YEARS Qstars Funded by Queensland Government

Jo's Riddles

I am always running, but never move.
What am I?

Marlin Coast Neighbourhood Centre
SUPPORTING COMMUNITY

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



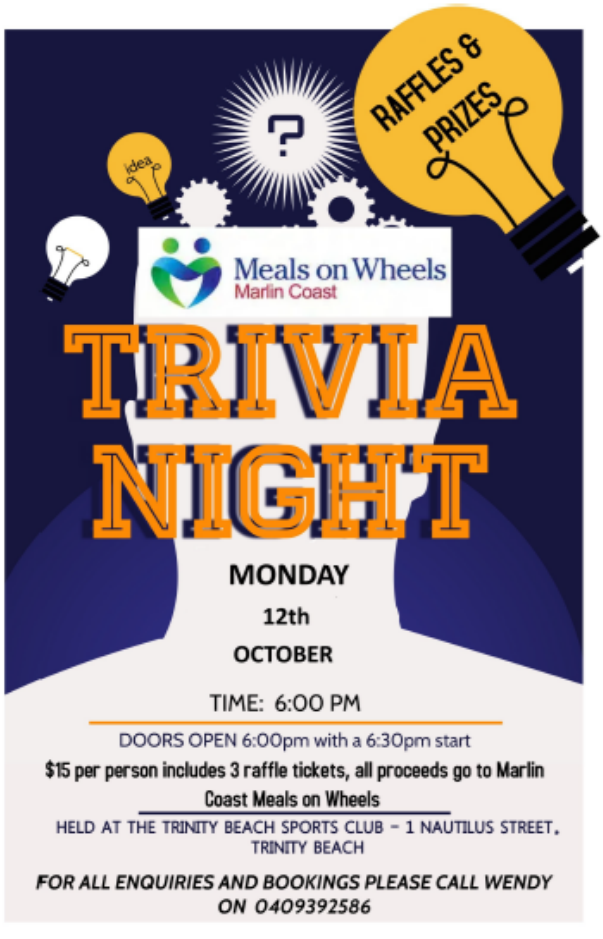




Marlin Coast Neigbourhood Centre
205 Reed Road, Trinity Park
p: 4055 6440 w: mcnc.org.au

EVERYONE IS WELCOME!

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



Marlin Coast Neighbourhood Centre
SUPPORTING COMMUNITY

CONNECTIONS CALENDAR

QIFVLS

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 6th October

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 13th October

Pizza Making.

A crowd favourite returning to satisfy the pizza lovers of the region.

Are you vegetarian or a carnivore with your pizza making skills???

Tuesday 20th October

Crafty Critters!

Pick your favourite animal and get creative!

Build your own cute animal mirror from a ready-to-make craft kit — then take your creation home to show it off.

Tuesday 27th October

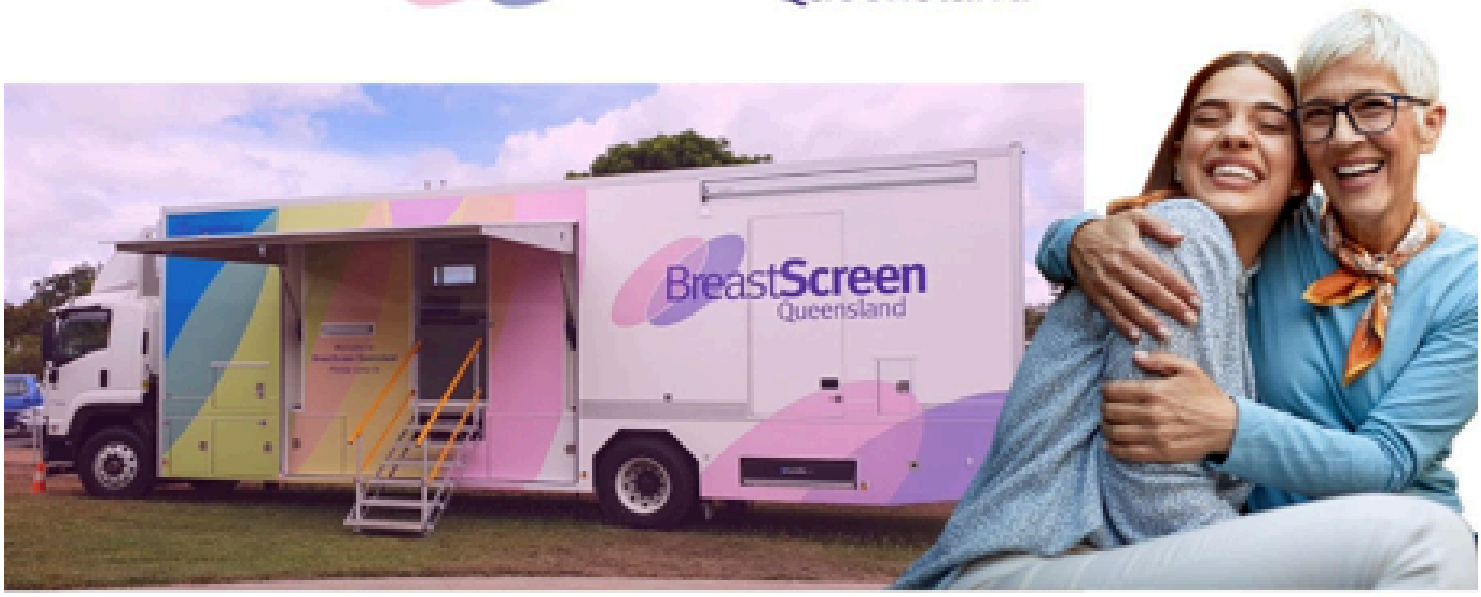
Ice Cream Anyone?

Ever made your own ice cream? Now's your chance!

Come along for some hands-on fun and discover a quirky way to create your own delicious frozen treat.
Mix it, make it and enjoy it!

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

BreastScreen Queensland



BreastScreen is coming to

Smithfield

28 Sept - 22 Oct 2026

Located at the Marlin Coast
Rec Centre, Leisure Park Drive

- ☑ Free breast screening for women aged 50-74
- ☑ No doctor's referral needed

Women aged in their 40s and over 75 also eligible for free breast screening

Scan to book

Call **13 20 50** or visit
breastscreen.qld.gov.au

DELIVERING FOR QUEENSLAND

Queensland Government

Celebrating our first intake for 2026 - Certificate III in Individual Support Graduates!

On Friday, 18 September, Marlin Coast Neighbourhood Centre proudly celebrated the graduation of the first 2026 intake of participants from our Skilling Queenslanders for Work-funded Certificate III in Individual Support training program.

It was a fantastic turnout, with 15 graduating participants coming together to celebrate this significant achievement. We were also pleased to welcome two participants who are currently undertaking their training, along with three industry representatives from ILSA and Right at Home, four representatives from our Management Committee, and many family members and friends who came along to support and celebrate the graduates.

The graduation was a wonderful opportunity to recognise the hard work, commitment and dedication of our participants throughout their training. Completing a Certificate III in Individual Support is an important achievement and can open the door to rewarding employment opportunities within the community and care sector.

We are incredibly proud of our graduates and wish them every success as they take the next step in their careers. We also look forward to supporting our current participants as they continue their training.

A huge congratulations to everyone involved in making 2026 first intake such a success!



Queensland Government

Marlin Coast Neighbourhood Centre
SUPPORTING COMMUNITY

AskIzzy
askizzy.org.au

FIND THE HELP YOU NEED, NOW AND NEARBY.

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

Jo's Riddles

I jump when I walk and sit when I stand.

What am I?

See the answer is next month's newsletter

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 Squadron, Tingira St, Portsmith



BERYL'S BANTER

Greetings All,

September was a busy month with Gail back calling Bingo at our first lunch, and Jeff cooking up a wonderful BBQ of chicken skewers and sausages to go with the lovely salad.

I was guest speaker at our second weekly luncheon celebrating Women's Health Week with a talk about mobility, the need for connection, and a few ArmChair Yoga moves – just reminding all to "Just Do It". The lovely ladies had cooked up a great Shepherds Pie and veg. We also said goodbye to Fran who was leaving for Victoria.

Last week we were introduced to Zoom with a great informative session about strokes. This week is Birthdays.

October brings the last BBQ for the year as the weather heats up, and Seniors Month Celebrations with our seniors bus trip.

Finally, our annual Melbourne Cup Lunch is happening in the first week of November; so get all those ensembles dusted off for a few great Tuesdays as the year draws to a close.

Until next time,
Cheers from Beryl B.



JCU Dentistry students joined the Playgroup and spoke with the children about healthy food and drink choices, how to clean your teeth, when and how to access dentist services for kids, and everyone excitedly received a new toothbrush!

If you are interested in accessing JCU Dentistry services, please ask staff MCNC for further information.

Playgroup is held at the centre every Wednesday, 9am – 11.30am. It is a free play space for people to meet and make connections with other parents and children in their local community and everyone is welcome.









Garden News.....



Well, this cooler weather and rain has been making our gardening efforts easy.

Havesting tomatos now and still fruit fly free thanks to our bait stations.

We also have the Cape Gooseberry plant popping up in a few beds. Once planted, it self sows easily. They grow little orange fruit the size of a small cherry and are pleasently tart. We are happy to have them popping up here and there for a little snack as we wander through the garden.

A new sweet potato bed has been started and as we have a sweet potato growing in the fish pond it gives us our slips to plant. We are also in the process of creating another fish pond and moving most of the fish from the existing pond as it would be the perfect froggie pond. We would love some tadpoles to nurture.

Frankie Frog is still hibernating in the shed so we hope he/she makes use of our pond this year.

Cucumber water makes a lovely cooling drink, high in potasium and will alkalise the body. Put sliced cucumber, skin and all, in a jug of water; let sit for 4hrs and enjoy. Great on our hot FNQ days.

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	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** **Tai Chi** with Renee 11am - 12 noon 10pp **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