

# Neighbourhood News

April 2024



Lake Street Cairns— 1930's

## MCNC has a New Website!

We have updated and modernised our website... check it out [www.mcnc.org.au](http://www.mcnc.org.au)

You can now read our newsletter and keep up to date by clicking [News and Events!](#)

Thank you to Web Coach for your sponsorship.

## 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 future, 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](mailto:admin@mcnc.org.au)

### MONDAY

*Armchair Yoga:* Gentle exercise 9.30 -10.30am. \$8 pp

*Cairns Early Years Centre:* Move Baby Move 1 - 2pm

Free; bookings essential Ph: 4034 6800

*Food Relief:* Support for people experiencing financial hardship; appointments necessary. 1pm - 3pm.

Please call 4055 6440 on previous Thursday or Friday for an appointment.

*Al-Anon:* 6pm - 7pm. Ph Carl 0403 669 893

### 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 am. Free. Bring a piece of fruit to share.

*Bridge:* for experienced players, 9am - 12 noon.

Members \$3 Non-Members \$5

*Shed Mosaics:* Putting Pieces in Place.

12.30pm - 3.30pm. Members \$3 Non-Members \$5

*Food Relief:* Support for people experiencing financial hardship; appointments necessary. 1pm - 3pm.

Please call 4055 6440 on previous Monday or Tuesday for an appointment.

*Yoga with Suzanne:* 6pm—7pm Ph: 0421 076 244

### THURSDAY

*Community Garden:* Enjoy working in the edible, organic garden. Volunteers welcome! From 9am.

*Book Club:* the 1st Thursday of the month.

From 10.30am. 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

### SATURDAY

*Free Seniors Fitness Class* 10.30 - 11.30am

Ph: 0421 672 284

*High Fire Ministries Church Service* 11.30am—1.30pm

Ph: 0428 884 286

*Acting Class for Adults:* 3pm—5pm Free!

Ph: 0447 451 936

### SUNDAY

Trinity Baptist Church: Religious Service

4.30 - 7.30pm Ph: 0407 127 204

# Bluewater Flood Relief Trivia Night



The Bluewater hosted a *Flood Relief Trivia Night* in March. All money raised was donated to MCNC and will be used to support locals who have been affected by the floods.

Thank you Bluewater for supporting us so that we are able to support our community. A big thank you also to all the amazing businesses for donating raffle prizes!





## CRAWFORD'S CORNER

April 2024

### Queensland Women and Girl's Health Strategy 2032

In development since November 2022, this recently announced Strategy has been shaped by the largest response to any government survey in Queensland's history. Almost 12,000 Queenslanders shared their experiences and suggestions on how to improve the health of women and girls.

The most common barriers to healthcare for women and girls were noted as cost, distance, wait times, inability to secure an appointment and feeling dismissed by health care staff. Chronic health conditions such as endometriosis and pelvic pain, maternity care for mums and bubs and sexual and reproductive health were listed as high priorities for women across the state.

The Queensland Government's response has been released with the new Women and Girls' Health Strategy and is all about delivering better healthcare for women and girls, closer to home. This health plan will see Australia's first dedicated women's health phone line, one of four new free walk-in long-hours women's health hubs allocated to the Far North region and over \$42 million to support a state-wide fertility preservation service and expanded access to assisted reproductive technologies like IVF services for people with significant health issues, including those who have cancer or are in recovery.

An additional \$18.2 million will also be rolled out for new endometriosis and pelvic pain initiatives and more therapeutic counselling and support for women's mental health and wellbeing in partnership with community-based providers, including support for miscarriage, stillbirth and neonatal death. Please contact my office if you would like further information about the new Strategy.

### Grant Rounds open for Community Groups

Seniors Month grants are now open for community groups to host inclusive events and activities in October 2024. This year's theme, *'Love Getting Older in Queensland'* will see us celebrating Seniors as the heart and soul of our communities. Applications close 15 April 2024.

The super round of the Gambling Community Benefit Fund is open for applications until 30 April 2024. Up to \$100,000 is available for community, sporting and not-for-profit groups to provide services, leisure activities and opportunities for Queensland communities. As always, please keep me up to date about your groups' goals and aspirations, I would be pleased to be listed as a referee to support your application. My office maintains a grant information distribution list, so please get in touch to be kept up to date with all funding opportunities that become available.

A handwritten signature in black ink that reads "Craig Crawford".

Hon Craig Crawford MP  
State Member for Barron River

# Vale Margaret Cooper

All of us at the Marlin Coast Neighbourhood Centre send our condolences to the family and friends of Margaret Cooper. Margaret was a much loved member of our Centre.



Rest in Peace Margaret.

**Meals on Wheels**  
Marlin Coast

# TRIVIA NIGHT

April 6th

TIME: 6:00 PM

DOORS OPEN 6:00pm with a 6:30pm start

\$15 per person includes 3 raffle tickets, all proceeds go to Marlin Coast Meals on Wheels

HELD AT THE TRINITY BEACH SPORTS CLUB - 1 NAUTILUS STREET, TRINITY BEACH

FOR ALL ENQUIRIES AND BOOKINGS PLEASE CALL WENDY ON 0409392586

Join us for a

## Neighbour Day Morning Tea

on Monday the 8th of April at 10:45 am  
Marlin Coast Neighbourhood Centre  
Reed Road, Trinity Park

RSVP: [mzhao@raq.org.au](mailto:mzhao@raq.org.au)  
by 4th Apr 2024

Belonging doesn't happen alone.  
We must invite others in.

Neighbours Every Day | Relationships Australia.

### Social Media

Give us a thumbs-up and stay connected or check out our website at:  
[www.mcnc.org.au](http://www.mcnc.org.au)

Follow us 😊

Marlin Coast Neighbourhood Centre

# CHILDRENS PLAYTIME

WEDNESDAYS 9-11.30AM

Bring a piece of fruit to share for morning tea

Parents and Carers can participate in children's activities and meet other parents and carers.

**EVERYONE IS WELCOME**

Marlin Coast Neighbourhood Centre offers a safe and friendly Playtime where children can play and learn together.

FOR MORE INFO: 4055 6440 | [admin@mcnc.org.au](mailto:admin@mcnc.org.au)  
205 Reed Road, Trinity Park

MARLIN COAST NEIGHBOURHOOD CENTRE INVITES YOU TO:

## Australia's Biggest Morning Tea

**Cancer Council**

When: Tuesday May 21, 2024  
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 before 14 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.



## Seeking people for a research study to improve hospital food and nutrition

### We invite you to participate if

- you are 18 years or older
- you have stayed in hospital in the last 5 years or someone you care for has been in hospital (e.g. child, family member)



We especially encourage you to participate if you are a **man** or **gender diverse**, live in a **rural or regional area**, or were born outside of Australia or are **from another cultural background**.

### What you will have to do:



- Complete 3 online surveys to tell us what information should be collected to assess the quality of hospital nutrition and food services.
- Each survey will take around 15 minutes to complete.
- The first survey will be sent out in mid-March
- The survey can be completed on a computer, smart phone or on paper. If you prefer, we can do the survey with you over the phone.



### If you want to participate:

Please scan the QR code to leave your contact details, or email/ phone us:

Research team contact details:

 [sarah.mackay@health.qld.gov.au](mailto:sarah.mackay@health.qld.gov.au)  07 3646 8268



**SCAN ME**

This research has been approved by the research ethics committee at Metro North Hospital and Health Service (HREC/2023/MNHB/101381).



### Help people affected by floods in Far North Queensland

Rainfall from **Ex-Tropical Cyclone Jasper** has caused extensive flooding in Cairns, Port Douglas, Wujal Wujal and other towns.

Donate to the floods and make a difference now.

[www.givit.org.au](http://www.givit.org.au)



**DONATE TO FAR NORTH QUEENSLAND FLOOD RELIEF**

100% of publicly donated funds received by GIVIT for this appeal will be used to purchase essential items and services to help people affected by flooding.

# Disaster Recovery & Support Hub



## Marlin Coast Neighbourhood Centre

- INFORMATION, ADVICE & REFERRALS
- FILLING OUT FORMS
- SUPPORT TO REPLACE ID
- FOOD RELIEF
- SOCIAL PROGRAMS - MAKING CONNECTIONS
- HELP EXPLORING FINANCIAL CHALLENGES
- PEER SUPPORT
- COMMUNITY RECOVERY GRANTS

**Available on Tuesdays & Thursdays by appointment**

**4055 6440**  
**205 Reed Rd, Trinity Park**

## Elder abuse crisis as vulnerable seniors fear living with their abusers



Cost of living pressures and the housing crisis has resulted in a shocking increase in the abuse of vulnerable elderly Queenslanders.

Many of the victims are living with their abusers - 63.9 per cent of cases reported to UnitingCare's Elder Abuse Prevention Unit helpline during the 2022/23 financial year.

Yet the victims, who often only report the abuse when they reach breaking point, consistently ask for help for those abusing them, fearing what will happen to the perpetrator (homelessness or financial distress) as a result of the report.

UnitingCare's Elder Abuse Prevention Unit helpline received 2652 abuse reports in the 2022/23 financial year, a 13.4 per cent increase on the previous year.

But what is particularly concerning elder abuse advocates is the steep increase in the number of perpetrators living with their victims - a staggering 69.9 per cent increase over the past five years.

"The double whammy of cost of living pressures and the housing crisis present many challenges for the community," said Luke Lindsay, General Manager of UnitingCare's Wellbeing Services.

"We know from the Year In Review data that key barriers to change are that the older person is fearful of losing that relationship with their son or daughter, or believing the perpetrator could become homeless if they speak up.

### Wanting abuse to stop

"They want the abuse to stop, but are afraid to take action that may result in negative consequences for perpetrators."

Mr Lindsay said elder abuse can go hidden for months or even years, and has devastating repercussions for the victim especially as most victims experience more than one type of abuse at any given time.

The helpline data has shown the most common types of abuse reported were psychological (74.8 per cent), financial (64.7 per cent), and neglect (24.7 per cent) in about 75 per cent of cases the abuser was a son or daughter and the most common age was 50 - 54.

Eight victims was more than 100-years-old, 71 victims were aged 95-100 and 235 were aged 90-94. The age range with the highest number of cases was 80-84 with 425 reports of abuse.

### Neglect grows

Cases of neglect have also steadily increased over the past five years. Signs of neglect can range from poor hygiene, unusual weight loss or malnutrition, unsanitary or unsafe living conditions and a delay between injury or illness and receiving medical care.

The 2022/23 data also shows 13 elderly people were sexually assaulted, including rape, attempted rape, coercion, unwanted touch and unwelcome exposure to pornography.

Among reasons why the abused person is unwilling to report abuse is to protect the perpetrator and the relationship, fear of further harm, impact on the relationships with others, available resources, shame or stigma and individual vulnerabilities.

"Elder abuse is an issue we can't ignore and it takes a whole of community approach to stand up against the issue," said Mr Lindsay.

"Know the signs of elder abuse, check on the wellbeing of older relatives and don't hesitate to contact the Elder Abuse Helpline if there are any concerns."

Seniors Minister Charis Mullen also urged people to report elder abuse suspicions. "You could be a postie, you could be a next-door neighbour. If you have an inkling that something may be wrong-check up on that individual and raise the alarm."

The EAPU Helpline 1300-651-192 is a free support service available to anyone who may be experiencing elder abuse or has concerns about an older person.

For help in a state other than Queensland call the [National Elder Abuse Helpline](https://www.nationalelderabusehelpline.org.au) 1800-353-374.

If you are in immediate danger call triple zero (000).

## Queensland Elder Abuse Prevention Unit

Promoting the right of all older people  
to live free from abuse



## Tuesday Luncheon Group

Line Dancing starts at 9.30 and finishes at 10.30am.

The Lunch Group commences at 10.30am for a cuppa and chat.












Guest Speakers commence at 11.30am

Lunch is served at **12.30pm**

Members **\$10** Non-Members **\$12**

### Tuesday Group Luncheon upcoming events:

- 2 April: *ADA Advocacy Program and ADA Link*
- 9 April: *Games and Gossip*
- 16 April: *Green Space, Our Place—Louisa Grandy*
- 23 April: *Personal Safety —Peter, FN Police District*
- 30 April: *Use It or Lose It with Gail Winters*

APRIL 2	APRIL 9	APRIL 16	APRIL 23	APRIL 30
<p><b>BBQ</b></p>  <p>James &amp; Amy ADA Advocacy program and ADA Link</p> 	 <p>Games and Gossip</p>	<p><i>Green Space Our Place</i></p> <p>Louisa Grand</p> 	 <p><b>Personal Safety</b> with Peter Far North Police District Volunteers in Policing</p> <p><b>Begins at 11am</b></p>	<p><b>Birthdays</b></p> <p>Irene 2/4 </p> <p>Pat 10/4</p> <p>Kay 16/4</p> <p>Marilyn 20/4</p> <p>Mavis 20/4</p> <p>Maureen 29/4</p> <p><b>Use it or Lose It with Gail</b></p> 
May 7	May 14	May 21	May 28	
<p><b>BBQ</b></p>  <p>Mothers Day Celebrations</p> 	<p>Sharon Community Lawyers Community Living</p> <p><b>Begins at 11am</b></p>	<p>Australia's <b>Biggest Morning Tea</b></p> 	<p><b>Birthdays</b></p> <p>Jenny 10/5 </p> <p>Ron 28/5</p>  <p><b>Cyber Crime</b> with Peter Far North Police District Volunteers in Policing</p> <p><b>Begins at 11am</b></p>	



## Enjoy April with Cairns Libraries!

As April rolls around, we know the cooler days are coming! But you don't have to wait until winter with Cairns Libraries; our air-conditioned spaces are free and full of things to do.

Are you interested in Gardening? Our popular Tropical Gardening Circle now runs at both Stratford and Gordonvale. Our two facilitators are highly experienced gardening enthusiasts with so much enthusiasm to share about gardening in the Tropics. Sarah at Stratford works in the Botanic Gardens *Green Space Our Place* program. Carolyn at Gordonvale is a long-standing member of the Cairns Garden Club. Discussion topics vary according to group interest... come along and meet some like-minded people!

- Tropical Gardening Circle
- Monday April 22<sup>nd</sup>, 10.30am  
Stratford and Gordonvale Libraries

Speaking of plants, Earth Day also falls on 22<sup>nd</sup> April. Why not drop in for some environmentally friendly resources such as the book "The Plastic Problem: 60 Small Ways to Reduce Waste and Save the Earth," or the DVD "Earth: one amazing day."

And of course ANZAC Day on 25<sup>th</sup> April is a key date in Australia's calendar of remembrance. Cairns Librarians have many resources available on the topic of Australia's Defence Forces... drop in and see our friendly staff to find out more.

Or, jump on our online catalogue to search in the comfort of your own home.

Let's talk about transport... do you use a car as your main form of transport? Find out everything you need to know to keep driving well into your senior years with our "Safe Driving for Everyone" session with the Qld Police Service.

- Safe Driving for Everyone
- Gordonvale Library  
Tuesday 9<sup>th</sup> April 10am

With Easter comes not only chocolate but also School Holidays! We have a packed program in April with the theme of "After Dark/When Night Falls." Experiment with light and shadow with a huge variety of school holiday workshops across our eight library branches. Check our website or drop into a branch to find out more details.

Until next time... happy reading, learning and discovering with your local library!





# ACTING CLASSES FOR ADULTS

CAIRNS DISTRICT

**IVOR EDWARDS**

PERFORMING FOR THE FUN OF IT.  
CONFIDENCE AND SELF EXPRESSION.

## ACTIVITIES INCLUDE:

Perform a character that you've created.  
Storytelling - tell a story - act it out.  
Improvisation - make it up as you go along.  
Voice and movement work - very important.  
Singing - Dancing - Comedy - Drama.  
"EVEN?" Dabble in some Shakespeare.



## ACTING CLASSES FOR ADULTS IS FREE.

As I get older time is more valuable than money. I teach acting to explore the creativity in the class - and to have fun. I also perform for the children in Cairns hospital - for the same reason.

## WHO DO YOU THINK HE IS?

- |             |   |                    |  |
|-------------|---|--------------------|--|
| <b>1972</b> | Professional musician.  | <b>1996</b>        | 4 years as NSW public speaking finalist.<br>Champion in '97.   |
| <b>1979</b> | 7 years NIDA level studies in theatre.  | <b>1980 - 2011</b> | 31 years working in music and drama<br>with Pre-schoolers, special needs, autism<br>and aspergers clients. |
| <b>1980</b> | Wrote and performed music and drama<br>for theatre-in-education.                              | <b>2011</b>        | Retired in Cairns.   |
| <b>1986</b> | 10 years touring Australia as an accredited<br>NSW Education Dept. performer and<br>educator. | <b>2014</b>        | 7 years performing as paediatric clown in<br>Cairns hospital.  |
| <b>1996</b> | 7 years teaching acting at Nepean<br>Community College.                                       |                    |  |

**Come and have a go at some of the things you've always  
fancied doing, but never had the opportunity.**

**actingclassesforadults@outlook.com 0447 451 936**

**Saturdays at the Marlin Coast Neighbourhood Centre  
3pm - 5pm Ph: Ivor on 0428 884 286**



**Cairns Northern  
Beaches Family Drug  
Support Support  
Meeting**

**4<sup>th</sup> Thursday of each  
month**

**5:30pm – 7:30pm**

**Marlin Coast  
Neighborhood Centre,  
205 Reed Road, Trinity  
Park, QLD**

[www.fds.org.au](http://www.fds.org.au)



**RSVP : Belinda**

**0490536878**

**QLD Online Daytime  
Support Meeting**

**3rd Monday of each month  
8:30am – 11:30am Register  
on the FDS website**

**FAMILY DRUG SUPPORT MEETING**

**MARLIN COAST NEIGHBORHOOD CENTRE**

**FEELING HELPLESS AND ISOLATED AND AT A LOSS AT WHAT TO DO?**

Drug and alcohol use places immense emotional and practical strain on family members. With support, they can improve their own wellbeing, those of other family members, and improve outcomes for everyone

**There are no rights and wrongs – You don't have to do it alone**

Family Drug Support offers a non-religious, open meeting for family members affected by drugs and alcohol.

Open to anyone and providing opportunities to talk and listen to others in a non-judgemental, safe environment.

**Marlin Coast Neighborhood Centre**

**WHEN:** 4<sup>th</sup> Thursday of every month. 25/01/24, 22/02/24, 28/03/24, 25/04/24, 23/05/24, 27/06/24, 25/07/24, 22/08/24, 26/09/24, 24/10/24, 28/11/24, 26/12/24.

**TIME:** 5:30pm – 7:30pm

**WHERE:** Marlin Coast Neighborhood Centre, 205 Reed Rd, Trinity Park QLD 4879

**RSVP Belinda:** [belinda@fds.ngo.org.au](mailto:belinda@fds.ngo.org.au)

**Phone:** [0490536878](tel:0490536878)

**COST:** Free. Refreshment provided.



**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

## VOLUNTEER Maintenance Person Wanted

We are looking for a reliable volunteer maintenance person to keep our Centre looking beautiful inside and out! We need a person to do general maintenance and yard work for approx. 5-hours a day, 3 days per week.

Duties will include (but not limited to):

- Some cleaning
- General tidying
- Leaf blowing
- Sweeping
- Window cleaning
- High pressure cleaning
- Helping to set-up and/or pack-up after group activities

The successful applicant must hold a current Working with Children card or be able to obtain one (MCNC can help you with the application).



### Children's Play Time Volunteer wanted

MCNC runs Children's Play Time each Wednesday morning from 9am to 11.30am. We are looking for a reliable volunteer who holds a current *Working with Children Card* (Blue Card) or is able to obtain one (MCNC can help you with the application).

Duties will include (but not limited to):

- setting up toys
- preparing morning tea
- connecting with parents



For further information call Helen on 4055 6440

Older Persons COVID-19 Support Line  
**1800 171 866**

8:30am-6pm (AEST) Monday - Friday



Australia's first and only aged care publication created specifically for today's primary unpaid carers.



[australiancarersguide.com.au](http://australiancarersguide.com.au)

## communityrecovery

### Regional Community Support Services Far North Queensland District Cairns Region

In the event of a disaster, Community Recovery work with a wide range of organisations to minimise the impact and ensure the recovery of affected communities. If you need assistance or support to assist you and your family, please use this brochure for information and contact details for key community services available in your local area.

#### Department of Treaty, Aboriginal & Torres Strait Islander Partnerships, Communities and the Arts

Community Recovery Hotline ..... 1800 173 349  
General Enquiries ..... 13 74 68

#### Department of Child Safety, Seniors & Disability Services

Disability Services General Enquiries ..... 13 74 68  
Disability Services Regional Office ..... 07 4048 9900

#### General Support

Australian Red Cross ..... 1800 733 111  
Gambling Help Line ..... 1800 858 858  
Seniors Enquiry Line ..... 1300 135 500

#### Accommodation

Cairns Homelessness Service Hub ..... 07 4046 8050

#### Employment / Income

Centrelink – Australian Apprenticeships ..... 13 36 33  
Centrelink – Employment Services ..... 13 28 50  
Centrelink – Older Australians Line ..... 13 23 00  
Employment Services Information ..... 1800 464 800  
Family Assistance Office ..... 13 61 50  
Farmer Assistance Hotline ..... 13 26 16  
Medicare – General Enquiries ..... 13 20 11  
National Customer Service Line ..... 13 62 68  
National Debt Helpline ..... 1800 007 007  
Services Australia Information Services ..... 13 24 68  
UnitingCare Community Financial Care Line ..... 1800 007 007

#### Legal & Advocacy

Australian Financial Complaints Authority ..... 1800 367 678  
Basic Rights Queensland ..... 1800 358 511  
Insurance Council of Australia ..... [insurancecouncil.com.au](http://insurancecouncil.com.au)  
Legal Aid Queensland ..... 1300 651 188  
Office of Fair Trading ..... 13 74 68  
Residential Tenancies Authority ..... 1300 366 311

#### Business / Primary Producer

Department of Agriculture & Fisheries – General Enquiries ..... 13 25 23  
Queensland Rural & Industry Development Authority ..... 1800 623 946

#### Health / Mental Health

Australian Red Cross ..... 1300 554 419  
Beyond Blue Info Line ..... 1300 224 636  
DV Connect Mensline ..... 1800 600 626  
DV Connect Womensline ..... 1800 811 811  
Kid's Help Line ..... 1800 551 800  
Lifeline Telephone Counselling ..... 13 11 14  
Mensline Australia ..... 1300 789 978  
Parentline ..... 1300 301 300  
Queensland Health – 13HEALTH ..... 13 43 25 84  
Relationships Australia ..... 1300 364 277  
St Vincent de Paul Society Queensland – Statewide Assistance ..... 1800 846 643

#### Local Support Agencies

##### Cairns

Act for Kids ..... 13 32 64  
Cairns Community Legal Centre ..... 07 4031 7688  
Centacare FNQ ..... 07 4044 0130  
Centacare Multicultural Services ..... 07 4242 1058  
Hambleton House Community Centre ..... 07 4037 2874  
Manoora Neighbourhood Centre ..... 0414 411 378  
Marlin Coast Neighbourhood Centre ..... 07 4055 6440  
UnitingCare ..... 07 4032 6800  
Wuchopperen Health Service ..... 07 4080 1000

##### Yarrabah

Gurriny Yealamucka Health Service ..... 07 4056 9120

##### Wujal Wujal

Wujal Wujal Community Care ..... 07 4083 9126

##### Hope Vale

Hope Vale Wellbeing Centre ..... 07 4212 8200

##### Douglas

Mossman Gorge Wellbeing Centre ..... 07 4084 4800  
Mossman Support Services ..... 07 4098 2836  
Port Douglas Community Services Network ..... 07 4099 5518  
Women's Centre FNQ ..... 07 4051 9366

##### Cook Shire

Coen Wellbeing Centre ..... 07 4212 7300  
Coen RFDS General Practice Service ..... 07 4060 1166  
Cooktown District Community Centre ..... 07 4069 6098



**Kowanyama**

Atharpuch Family Centre ..... 07 4037 7340

**Pormpuraaw**

Pormpur Paanthu Aboriginal Corporation ..... 07 4060 4260

**Aurukun**

Aurukun Wellbeing Centre ..... 07 4220 6200

**Lockhart River**

Lockhart River Community Services ..... 07 4060 7361

**Weipa**

Weipa Community Care Association ..... 07 4069 9272

**Napranum**

Charkil Om Primary Health Care Centre ..... 07 4037 7310

**Mapoon**

Mapoon Primary Health Care Centre ..... 07 4082 9400

**Northern Peninsula Area**

NPA Family & Community Services Corporation Healing Centre ..... 07 4212 2300

NPA Family Wellbeing Service ..... 07 4212 2200

**Torres Strait**

Mura Kosker Sorority Inc ..... 07 4069 1662

**Council Contacts**

Aurukun Aboriginal Shire Council ..... 07 4060 6800

Cairns Regional Council ..... 07 4044 3044

Cook Shire Council ..... 07 4069 5444

Douglas Shire Council ..... 07 4099 9444

Hope Vale Aboriginal Shire Council ..... 07 4083 8000

Kowanyama Aboriginal Shire Council ..... 07 4083 7100

Lockhart River Aboriginal Shire Council ..... 07 4060 7144

Mapoon Aboriginal Shire Council ..... 07 4082 5213

Napranum Aboriginal Shire Council ..... 07 4090 5600

Northern Peninsula Area Regional Council... 07 4090 4100

Pormpuraaw Aboriginal Shire Council ..... 07 4060 4600

Torres Shire Council ..... 07 4069 1336

Torres Strait Islands Regional Council ..... 07 4034 5700

Weipa Town Authority ..... 07 4030 9400

Wujal Wujal Aboriginal Shire Council ..... 07 4083 9101

Yarrabah Aboriginal Shire Council ..... 07 4056 9120

**Other Support**

Disability & Community Care ..... 13 74 68

NDIS ..... 1800 800 110

Policelink ..... 13 14 44

RSPCA ..... 1300 264 625

SES Flood / Storm Emergency ..... 13 25 00

Telephone Interpreting Service ..... 13 14 50

**Commonwealth Government Assistance**

Australian Government information on help available in an emergency:

[www.humanservices.gov.au/customer/themes/help-in-an-emergency](http://www.humanservices.gov.au/customer/themes/help-in-an-emergency)

**Queensland Government Assistance**

Further information is available at [www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster](http://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster) or by phoning the Community Recovery Hotline **1800 173 349**.

Follow us on Facebook @RecoveryQLD



**Useful Links**

**GIVIT**

[www.givit.org.au](http://www.givit.org.au)

**School Closures**

[closures.qld.edu.au](http://closures.qld.edu.au)

**Disasters & Alerts**

The central hub for the latest information on disasters and alerts in Queensland: [www.qldalerl.com](http://www.qldalerl.com)

**QLD Government Disaster Management Website**

This website contains warning and alerts, get ready information, and key contacts for disasters and emergencies: [www.disaster.qld.gov.au](http://www.disaster.qld.gov.au)

**Current Disasters**

Information about current disasters in Queensland and activated areas: [www.qld.gov.au/community/disasters-emergencies/current-disasters](http://www.qld.gov.au/community/disasters-emergencies/current-disasters)

**Support**

Information about financial, business, and personal and family support available to people affected by a disaster: [www.qld.gov.au/community/disasters-emergencies/support](http://www.qld.gov.au/community/disasters-emergencies/support)

**Recovery after a Disaster**

Information about cleaning up, making an insurance claim, replacing documents, and volunteering: [www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster](http://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster)

**My Useful Contacts**



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# THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p><b>Armchair Yoga</b> Gentle exercise 9.30—10.30am Ph: Rike 0401 164 202 \$8.00 per person</p>	<p><b>Line Dancing</b> 9.30—10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p>	<p><b>Bridge</b> Social Bridge for the experienced player. 9.30am—12 noon Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p><b>Food Relief</b> for individuals and families experiencing financial hardship. Appointments are limited. Bookings essential. Phone 4055 6440</p>	<p><b>Tuesday Lunch</b> Guest Speakers, activities and lunch from 10.30am. Member \$10 Non-Member \$12 Ph: 4055 6440</p>	<p><b>Playtime</b> Each Wednesday morning 9—11.30am for families with children under school age. Free. Phone 4055 6440</p>
<p><b>Cairns Early Years Learning Centre</b> “Move Baby Move” 1.00—2.00pm Ph: 4034 6800</p>		<p><b>Shed Mosaics</b> 12.30—3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
		<p><b>Food Relief</b> for individuals and families experiencing financial hardship. Appointments are limited. Bookings essential. Phone 4055 6440</p>
<p><b>A.A.</b> 5.50—7.10pm Ph: Carl 0403 669 893</p>		<p><b>Yoga with Suzanne</b> 6.00—7.00pm Ph: 0421 076 244</p>

## VENUE HIRE

The Marlin Coast Neighbourhood Centre (MCNC) has wonderful air-conditioned facilities for hire – large function rooms, kitchen facilities, covered patio, children’s playground - so why not hire the Marlin Coast Neighbourhood 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.

# THE WEEK AT A GLANCE

THURSDAY	FRI DAY	SATURDAY/SUNDAY
<p><b>Community Garden</b> Morning from 9am Ph: 4055 6440 Free Morning Tea</p> <p><b>Book Club</b> First Thursday of the month 10.30am to 12 noon Member \$3 Non-Member \$5 Phone 4055 6440</p>		<p><b>Saturday</b> <b>Fit for Seniors</b> FREE gentle exercise 10.30—11.30am Ph: Tony 0421 672 284</p> <p><b>High Fire Ministries</b> 11.30am—1.30pm Ph: Nev 0428 884 286</p>
<p><b>Canasta</b> Card playing group activity. 1pm—4pm Ph: Barb 0400 490 215</p>		<p><b>Acting Classes for Adults</b> 3pm—5pm Free! Ph: Ivor 0447 451 936</p>
<p><b>Toastmasters Club</b> 1st and 3rd Thursday of each month 7.00—9.00pm Ph: 0401 585 767</p>		<p><b>Sunday</b> <b>Trinity Baptist Church</b> 4.30—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. Our vision is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being. 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 Treaty, Aboriginal and Torres Strait Islander Partnerships, Communities and the Arts*.