

### 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.

#### **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

#### **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

FRIDAY

Yarning and Darning — have a yarn while you darn.....

10am—12 noon All are welcome. Free!

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

Free Acting Class for Adults: 3pm—5pm 0447 451 936 SUNDAY

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



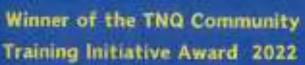


# CHC33021

CERTIFICATE III IN INDIVIDUAL

SUPPORT

(Ageing & Disability)



This program is fully supported and funded!

#### And includes:

- Goal setting
- Resume writing
- Job application skills
- AFP police check
- First Aid & CPR
- VET qualification
- Blue Card & NDIS Screening (Yellow Card)

#### 16 weeks of training

- Face-to-face training each Wednesday & Thursday
- (S) 120 hours of placement
- Fully subsidised under the QLD Government Skilling Queenslander's for Work initiative

#### CONTACT ALLISON: 4055 6440

EMAIL: EDU.SUPPORT&MCNC.ORG.AU

Eligibility criteria will be discussed at first point of contact.

Starts Wednesday 24th July 2024

This training opportunity is subsidised by the Queensland Government with training, assessing and certificates awarded and delivered by Millaven Training: RTO Code 40928 & organised, recruited and supported by the Marlin Coast Neighbourhood Centre situated in the northern beaches of Cairns.

APPLY NOW!

#### MARLIN COAST NEIGHBOURHOOD CENTRE



11.30AM TUESDAY 30 JULY 2024 205 REED RD, TRINITY PARK RSVP: TUESDAY 23 JULY 4055 6440 MEMBERS \$15 NON-MEMBERS \$20

**FESTIVE ATTIRE IS A MUST** 





# Get help with your aged care options

Whether you're looking for help at home or thinking about aged care, we can help.

Our Aged Care Specialist Officers can give you in-depth information about your aged care options.

Come and meet Debbie, your local Aged Care Specialist Officer from the Cairns Service Centre who is available to answer your

At: Earlville Library - Information Stall
On: Wednesday - 24th July 9am -10am

Wednesday - 28th August 9am - 10am Wednesday - 25th September 9am - 10am

Wednesday - 23rd October 9am - 10am Wednesday - 27th November 9am - 10am

Assisted by: Services Australia Financial Information Service.

To book an appointment with an Aged Care Specialist Officer:

@ call 1800 227 475

📚 ask at your local Services Australia service centre.





servicesaustralia.gov.au

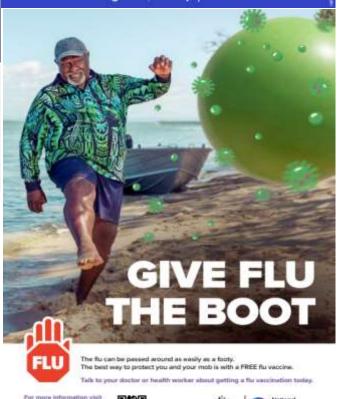


Free help with your tax return – online, in person or by phone. There have never been so many ways to talk to a Tax Help volunteer.

Where: Marlin Coast Neighbourhood Centre 205 Reed Road, Trinity Park When: Tuesdays 9am to 3pm

Call for an appointment: 4055 6440

ato.gov.au/taxhelp | 13 28 61





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

1800 818 338



**Happiness** is a positive and pleasant emotion, ranging from contentment to intense joy. Moments of happiness may be triggered by positive life experiences or thoughts, but sometimes it may arise from no obvious cause.

Scientists have found that the three things that make people most happy are

PLEASURE (doing things you enjoy),

**ENGAGEMENT** (feeling interested in your activities and connected to others), and

**MEANING** (feeling like what you do matters).

Try our 6 tips to help you be happier, more in control, and able to cope better with life's ups and downs.

- Manage your stress levels. ...
- Enjoy yourself. ...
- Boost your self-esteem. ...
- Have a healthy lifestyle. ...
- Talk and share. ...
- Build your resilience.



MONEY IN YOUR POCKET

#### Centrelink payments boost from 1 July



Age pensioners, carers, and other people receiving social benefits could receive more income when indexation limits are lifted from 1 July.

Limits on the amount of income you earn and assets you have before this affects your payments will increase to reflect changes to the Consumer Price Index (CPI).

Some 2.4 million Australians are expected to benefit and can expect marginally bigger payments.

The complete list of payments increasing on 1 July 2024, including income and asset limits, can be found on the Department of Social Services website: ww.dss.gov.au

#### **Cairns Early Years Centre** "Move Baby Move"

Enjoy time with your baby in a supportive environment and make new friends.

Monday's

Marlin Coast Neighbourhood Centre 1.00pm to 2.00pm

> Bookings Essential 4034 6800





FOR MORE INFO: 4055 6440 | admin@mcnc.org.au

205 Reed Road, Trinity Park



are visiting TNQ!



Central - Southside - Northern Beaches

Remuneration provided (tax free)

Flexible drop off / pick up times Training and support provided

Cultural exchange and a lifetime of memories for all the family!









INCLUDES 3
RAFFLE
TICKETS

supporting people experiencing financial hardship

# SATURDAY 24 AUGUST 6.30PM

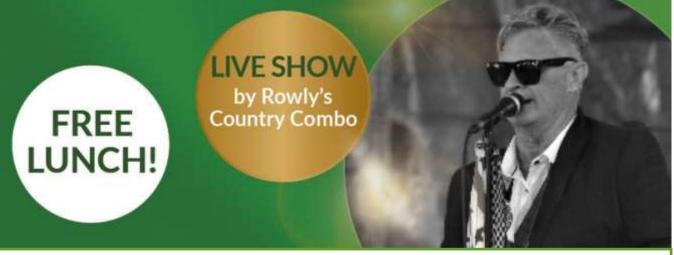
TRINITY BEACH SPORTS CLUB
1 NAUTILUS STREET, TRINITY BEACH

tickets are available at:

https://events.humanitix.com/trivia-night-qmmfrf7d

for information: 4055 6440 / admin@mcnc.org.au

# Positive Ageing Expo & SENIORS LUNCH



Celebrate seniors by spending the day at the Positive Ageing Expo.

This is a free, one-stop event where seniors can meet service providers, businesses and community groups that focus on seniors. Stallholders will provide information and services relevant to ageing seniors.

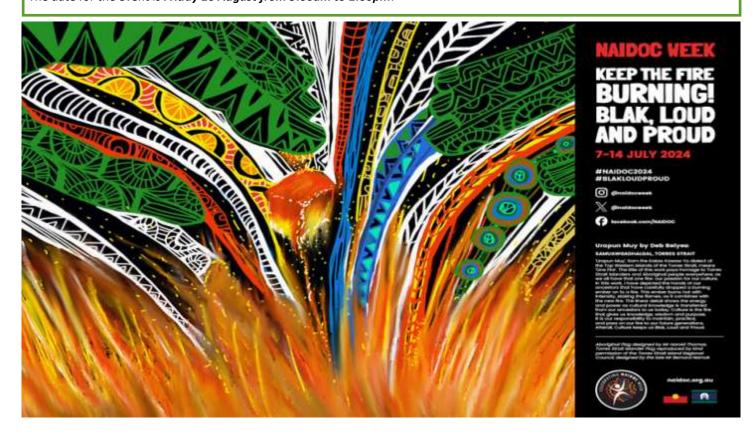
There will be live entertainment and a sit-down lunch for local seniors.

The expo and live entertainment are free to seniors and their carers to attend, and the lunch is for seniors only.

The venue offers friendly access for wheelchairs and walkers.

There will be free parking available on site, but there is a variety of on-street and off-street parking, both paid and unpaid, available around the area.

The date for the event is Friday 16 August from 9:00am to 1:00pm.





#### Queensland State Budget

There are some great cost of living measures announced in the Queensland Budget that will help every single household. Especially as we rebuild and recover here in the Far North, new cost saving measures will help ease the household budget and keep more money in your pockets.

Cost of living is one of the primary concerns for communities right across the state. Here are some of the highlights:

- \$1,300 off every Queensland household's power bill, with a combination of \$1000 direct support from our Miles Government and \$300 from the Albanese Federal Government. Eligible Concession Card holders will receive an additional \$372 – bringing their total rebate to \$1,672.
- 50 cent fares for public transport across the state
- A 20 per cent rego reduction for cars and utes
- 200,000 Fair Play vouchers (\$200) to reduce the cost of kids' sport
- Abolishing stamp duty for first home buyers on homes up to \$700,000
- Freezing all government fees and charges including driver licences and fishing licences
- Free TAFE
- Free Kindy (up to 15 hours per week for 40 weeks)

#### Cairns Water Security

The Queensland Government will contribute an additional \$87.5 million to Caims Regional Council's Water Security Stage 1 project. This is in addition to the previous allocation of 107.5 million, bringing the total State Government contribution to \$195 million. This means that less of a burden will be imposed on rate payers to ensure Caims has enough clean drinking water into the future.

You can access the full Queensland State Budget to find other contributions to Heath, Education and Community Safety, here: www.budget.gld.gov.au



#### **Tuesday Luncheon Group**

Line Dancing starts at 9.30am, 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 July: Top End Wedding (Movie)

9 July: Social Isolation and Loneliness - Cairns Community Legal Centre

16 July: Carers Payments - Debbie and Diana, My Aged Care

23 July: Cairns Libraries—Mikki Rhoades, Community Engagement Librarian

30 July: Christmas in July

July 2	July 9	July 16	July 23	July 30
Movie  Movie	Cairns Community Legal Centre "Social Isolation and Loneliness" with Tracey	Services Australia My Aged Care "Carers Payments" with Debbie and Dana  Services Australia	Birthdays  Catros LIBRARIES  Mikki Rhoades Community Engagement Librarian	Christmas in July
August 6	August 13	August 20	August 27	
BBQ Games & Gossip	TRIVIA	Who am I	James Knight  EPoA, Wills, Advanced Health Care Directive, Q Health's Statement of Choices	Birthdays Janice – 6/8 Elsa – 7/8 Judy H – 14/8 Ishbel 15/8 Vee – 16/8 Dee – 18/8 Laurie – 19/8 Di – 25/8 Robyn – 27/8

#### **Greetings from Cairns Libraries**



There is always so much happening at your local library! July is packed full of fun and engaging events so make sure that you mark the dates on your calendar so you don't miss a thing.

National NAIDOC Week is held across the country from 7-14 July and is an annual celebration of the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. This year's theme is *Keep the Fire Burning! Blak, Loud & Proud*! To celebrate we are hosting a screening of '*The Last Daughter*', a powerful and inspiring documentary about Brenda Matthew's journey to unearth the truth after being raised by a white family and then later returned to the Aboriginal family she doesn't know, and her journey to reconcile the two sides of her family. We are also very honoured to have Brenda visit us to discuss her book that the film is based on "*The Last Daughter: a story of love, loss and reconnection*'.

If you are more hands-on and want to join in the celebrations, come along and discover *Coconut Weaving* from the Torres Strait and Pacific Island regions, where you can learn a new skill and create something beautiful with the support of two proud First Nations women, Lia and Johannah.

We are also bringing the library to *NAIDOC* in the *Park*! Come on down to Fogarty Park and celebrate NADIOC with us in our gorgeous Pop Up Library filled with stories, craft and play. We will be creating a group *Burnie Bean* mobile – designed by local artist Delissa Walker, so make sure you stop in and create your very own Burnie Bean to add to our mobile. Sessions run from 10am -12pm & 1pm – **3pm. We can't wait to see you all there!** 

Do you want to learn how to protect your online data? Worried about keeping your home and belongings safe? Need a refresher about keeping safe on the road or while you are out at night? We are bringing our *Community Safety Series* which is proudly presented by Queensland Police Service to Smithfield Library. Join us every Wednesday for this five-part workshop where you can learn tips, tricks and ask questions on how you can keep safe and ask any questions that you may have!

• Cyber Crime: Identity Theft: Wednesday 10 July

• Home Security for Everyone: Wednesday 17 July

• Safe Driving for Everyone: Wednesday 24 July

• Don't get Hacked: Protect yourself from Cybercrime: 7 August

We can't wait to see you at your library in July!

#### Social Media

Give us a thumbs-up and stay connected or check out our *new* website at:



YOURSELF

www.mcnc.org.au



# 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?

1972 Professional musician.

1979 7 years NIDA level studies in theatre.

1980 Wrote and performed music and drama

for theatre-in-education.

1986 10 years touring Australia as an accredited NSW Education Dept. performer and educator.

1996 7 years teaching acting at Nepean Community College.

1996 4 years as NSW public speaking finalist. Champion in '97.

1980 - 2011

31 years working in music and drama with Pre-schoolers, special needs, autism and aspergers clients.

2011 Retired in Caims.

2014 7 years performing as paediatric clown in Cairns hospital.

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





# MAMU TROPICAL SKYWALK

The Mamu Rainforest Canopy Walkway is a spectacular walk through the canopy of World Heritage rainforest. It is an iconic tourist attraction in the heart of the Wet Tropics. With a 350-metre-long elevated walkway through the canopy, a cantilever, a 37-metre observation tower and more than 1200 metres of walking tracks, this attraction is a must do for anyone visiting the region.

The cantilever provides tantalising views over the North Johnstone River gorge. The 37metre observation tower emerges high above the canopy, offering sweeping views over a pristine rainforest-clad mountainous landscape, homeland of the Mamu Aboriginal people.

Located within Wooroonooran National Park, the attraction was built in natural clearings in the rainforest caused by cyclone Larry in March 2006 and constructed from durable unpainted galvanised steel and recycled plastic. It is located close to other National Park walking tracks and picnic areas, making a day visit to the area, armed with a picnic hamper and walking shoes, a must-do experience!

#### 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

9 4055 6440

support@menc.org.au

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

#### 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





Surround yourself with people who light you up

Jenny, Redcliffe



qldmentalhealthweek.org.au





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



## THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
Armchair Yoga Gentle exercise 9.30am—10.30am Ph: Rike 0401 164 202 \$8.00 per person	9.30am —10.30am Member \$3 Non-Member \$5 Ph: 4055 6440	Bridge Social Bridge for the experienced player. 9.30am—12 noon Member \$3 Non-Member \$5 Ph: 4055 6440
Food Relief for individuals and families experiencing financial hardship. Appointments are limited. Bookings essential. Phone 4055 6440	Tuesday Lunch Guest Speakers, Activities and Lunch from 10.30am. Member \$10 Non-Member \$12 Ph: 4055 6440	Playtime Each Wednesday morning 9.00am — 11.30am for families with children under school age. Free. Phone 4055 6440
Cairns Early Years Learning Centre  "Move Baby Move"  1.00pm — 2.00pm Ph: 4034 6800		Shed Mosaics 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440
		Food Relief for individuals and families experiencing financial hardship. Appointments are limited. Bookings essential. Phone 4055 6440
A. A. 5.50pm — 7.10pm Ph: Carl 0403 669 893		Yoga with Suzanne 6.00pm — 7.00pm Ph: 0421 076 244

### 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	FRIDAY	SATURDAY/SUNDAY
Community Garden	Yarning & Darning	SATURDAY
Morning from 9am	10am—12 noon	Fit for Seniors
Ph: 4055 6440	Have a yarn while you darn	FREE gentle exercise
Free Morning Tea	Bring your craft for a morning of connecting while enjoying morning tea! All are welcome.	10.30—11.30am
	tea! All are welcome.	Ph: Tony 0421 672 284
Book Club	Free!	,
First Thursday of the month		High Fire Ministries
10.30am to 12 noon		11.30am—1.30pm
Member \$3 Non-Member \$5		Ph: Nev 0428 884 286
Phone 4055 6440		
		Acting Classes for Adults
		3pm—5pm Free!
Canasta		Ph: Ivor 0447 451 936
Card playing group activity.		
1pm—4pm		
Ph: Barb 0400 490 215		
		SUNDAY
Toastmasters Club		
		Trinity Baptist Church
1st and 3rd Thursday of each month		9.30am—12.30pm 4.30pm—7.30pm
7.00—9.00pm		4.30pm—7.30pm Ph: Steve 0407 127 204
Ph: 0401 585 767		FII. SIEVE 040/ 12/ 204
313233757		

#### 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.*