

Neighbourhood News

June 2024



Membership

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

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



**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.

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





Celebrate Queensland Day 2024

This Queensland Day, Thursday 6 June 2024, we celebrate 165 years since the state officially separated from New South Wales to become an independent colony in 1859.

Queensland Day is an important celebration of our state’s culture and heritage, and an opportunity to reflect on what we love about Queensland and being a Queenslander – whether it be our people, places, opportunities, or lifestyle.

#MaroonIt this Queensland Day

To help us celebrate Queensland Day, share what you love most about Queensland on Facebook or Instagram and you could win tickets and vouchers to great Queensland Experiences. Tag your post with the hashtag #MaroonIt or include it in the copy for your chance to win.

Hear from Queensland Day Ambassadors like celebrity chef, Alastair McLeod, and contemporary Aboriginal artist, Chern’ee Sutton, sharing what they love most about Queensland.

Visit the [Queensland Day website](#), follow Queensland Day on [Facebook](#) or contact us via [email](#) to find out more about the 2024 Queensland Day activities.

It's your state. It's your day. Maroon It!



FRESHWATER QCWA PRESENTS:

TRIVIA Night

Compete for spot prizes, have some fun, and show off your smarts! Bring your friends and your brain power for an unforgettable night of trivia while you support local charities

SATURDAY 1ST JUNE
6.00 PM FOR A 6.30PM START
\$15 PER PERSON - SUPPER INCLUDED
BOOK WITH SUE - 0477 523 344
FRESHWATER QCWA HALL
253 KAMERUNGA ROAD

GIVE FLU THE BOOT

The flu can be passed around as easily as a footy
The best way to protect you and your mob is with a FREE flu vaccine.
Talk to your doctor or health worker about getting a flu vaccination today.

For more information visit health.gov.au/flu



CHC33021

CERTIFICATE III IN INDIVIDUAL SUPPORT

(Ageing & Disability)

**Industry Recognised
Training**



**Winner of the TNQ Community
Training Initiative Award 2022**

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



120 hours of
placement



Fully subsidised under
the QLD Government
Skilling Queenslanders
for Work initiative

**CONTACT ALLISON:
4055 6440**

OR

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 MiHaven 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

INVITES you TO

A VERY MERRY CHRISTMAS IN JULY



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

Our annual Community Fun Day was held on 4 May this year.



Australia's Biggest Morning Tea 2024

Australia's Biggest Morning Tea was held on Tuesday 21 May. Thank you to Dee who decorated the room beautifully; thank you also to Laurie, Judy and Frances for the delicious food, and thank you to all our amazing volunteers who



helped make the day a huge success. Together we raised \$395.00 for the Cancer Council.



Cancer Council
Australia's Biggest Morning Tea



JUNE 15

WORLD ELDER ABUSE AWARENESS DAY

#WEAAD

elderabuseawarenessday.org.au | seniorsrights.org.au



Together, we can **stop elder abuse.**

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



Armchair YOGA CLASS

incorporates quiet time, breathing practices, joint mobility and balance awareness

JOIN SESSION:

Mondays
9.30 - 10.30 am

\$8 per class
carers free

Rike - 0401 164 202

Marlin Coast Neighbourhood Centre

CHILDRENS PLAYTIME

WEDNESDAYS
9-11.30AM

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
205 Reed Road, Trinity Park



Conversation Corner

Join us for some good company each month, where we have interesting conversations on a variety of topics. Everyone welcome!

4th Wednesday of the month
10.30am
Smithfield Library



cairns.qld.gov.au/library





Newsflash: attractiveness doesn't have an age limit

Young is not the only way to be gorgeous. Ageism is rampant and the cult of youth thrives. But writer Carolyn Tate says our eyes need to find the beauty in all ages to celebrate and honour the richness of everyone.

By Carolyn Tate

What do you think of when you think of natural beauty? Is a sapling tree more beautiful than a centuries-old Moreton Bay fig?

Is a tiny stream more beautiful than an established waterfall that's been carving its way through rock through the ages?

No, because there is beauty in what blossoms over time, wonder in ancient wisdom, and beauty in nature - including human beings who have the privilege to grow older.

Finding beauty in all ages means finding the beauty in ourselves, too.

Yet the human brain seems hardwired to discriminate against grey hair, wrinkly skin and frailer bodies, even though the greatest gift of life is to live long enough to experience such signs of ageing.

It can be easy to be unconsciously swept up in the narratives fed to us by mass and social media, especially when it comes to attractiveness and ageing. In a recent study, more than half of the women surveyed said the way they're portrayed in the media makes them feel 'bad about ageing', and a massive 88% in the over-50 category feel like they are represented 'poorly' in films, TV shows and advertisements.

"Young is beautiful" is the overarching message, but what does that mean for us as we age?

Step back: no-one decides beauty has an expiration date

It can be helpful to take a big step back and take a more critical look at these stories that so insidiously seep into our brains and influence our self-perception.

Who gets to decide that beauty has an expiration date? Not only is this concept profoundly flawed, but it also serves a specific agenda: to sustain an industry that capitalises on insecurity.

Lucky for us, something else that comes with age is wisdom.

If you'd like some inspiration, check out the [#ILookMyAge](#) movement on Instagram, designed to question the "compliment" we've all paid at some point, where we've told someone they don't look their age.

Why is that a good thing? What does that say about us if we do look our age?

Looking at the broad media landscape, you might notice a stark pattern. From commercials showcasing models in their 20s to advice columns that glorify youthful aesthetics, the message is clear: ageing is a battle that we all must fight it to stay attractive and relevant.

This is a strategy employed by thousands of brands designed to make us feel "less than" so that we'll buy that serum, moisturiser, fitness product, face mask, skin treatment, makeup...you get the picture. And it's a lucrative one, with the beauty industry in Australia alone being worth \$8.6 billion in 2022.

The reality of what makes someone attractive will always be subjective, but it's definitely not confined to those narrow parameters.

Commercial juggernauts won't stop with their ageist marketing messages in our lifetimes, urging us to do what we can to stay young, but we can decide not to buy into them.

Embrace your own attractiveness

We can resist ageism by first noticing the attractiveness in ourselves and each other.

That doesn't mean we stop caring, of course. Feeling well put-together and groomed is linked with greater wellbeing, and it feels good to be able to put your best foot forward – and that will mean different things to different people: Botox, treatments, fitness regimens, surgery – whatever works for you. But it's important to embrace the best version of who you are right now.

Continued on page 14



CRAWFORD'S CORNER

June 2024

QUEENSLAND DAY 6 JUNE 2024

Queensland will celebrate its birthday and official separation from New South Wales in 1859 on 6 June 2024. I accepted an invitation from Marlin Coast Neighbourhood Centre to attend the Seniors Group on Tuesday 4 June as a guest speaker. I'm looking forward to hearing about what Queensland means to you and what makes you proud to be a Queenslanders.

It's also a great opportunity to share with the community a range of cost-of-living measures that have been released ahead of the upcoming state budget. I personally met with the Premier and Treasurer ahead of the state budget and strongly advocated for additional cost of living relief for Far North Queensland families.

\$1,300 POWER BILL REBATE

Ahead of the upcoming state budget, the Queensland Treasurer has released additional cost of living relief for every household. From 1 July 2024, every Queensland household will receive a \$1,300 credit on their power bill. \$1,000 of this will be provided from Queensland's new Miles Government, with an additional \$300 being provided by the Federal Government.

Seniors, pensioners and concession card holders will again be eligible for an additional \$372 rebate, which means their total rebate in 2024 – 2025 will be \$1,672. If Ergon don't already know that you have one of these concession cards, just give them a call so you'll receive this additional rebate.

Because we've made multinational mining companies pay their fair share, and kept electricity assets in public hands, we can deliver these measures to reduce your household bills. Programs like Free Kindy, Free TAFE and freezing car rego are all made possible by our coal royalties and because Queenslanders own our energy assets.

0.50 CENT BUS FARES

From 5 August this year, all TransLink Bus Services across Cairns will be just 50 cents. We're launching this as a six-month trial to help take the pressure off household budgets. This will be welcome news for Marlin Coast Neighbourhood Centre (MCNC) patrons who are able to catch a bus and make the short walk to the centre from the nearby stop. The MCNC offer some terrific programs and staying connected to community is key to looking after our own emotional wellbeing, especially after the devastating wet season we've had.

IGEM SUBMISSIONS OPEN

Residents are still encouraged to submit feedback for the Inspector-General of Emergency Services (IGEM) review into the flooding event. I understand that re-living some of these memories may be difficult, but it is important for you to have your say to help inform future disaster responses and planning across the Barron Delta. More information is available here www.igem.qld.gov.au/submissions. The report should be ready for release by August this year.



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:

- 4 June: **Queensland Day Celebrations**
- 11 June: **Elder Abuse and Scams**
Trivia with Tracey
Cairns Community Legal Centre
- 18 June: **Bingo with Gail**
- 25 June: **My Europe Trip** - Diana Pettersen

JUNE 4	JUNE 11	JUNE 18	JUNE 25	
 BBQ Queensland Day Celebrations 	 Cairns Community Legal Centre Elder Abuse and Scams Trivia with Tracey	 with Gail	Birthdays  May 4/6 Gail 15/6 My Europe Trip with Diana 	
July 2	July 9	July 16	July 23	July 30
 BBQ Movie 	 Cairns Community Legal Centre Social isolation and loneliness with Tracey	Services Australia My Aged Care Carers Payments with Debbie and Dana 	Birthdays   Mikki Rhoades Community Engagement Librarian	

Greetings from Cairns Libraries



Did you know that community groups can use our library spaces as a **meet up place**? Your local library is a convenient place to meet with free air-conditioning, free wi-fi, toilets on-site, and plenty of space for small groups to sit round a table for a chat. For groups with bubs and young children, you will find a play area with high-quality educational toys and, of course, a vast selection of books for readers of all ages. Want to bring food and snacks into the library with you? No problem... pick up a coffee on the way, bring your snacks, and make yourself at home. Discover your local library as a convenient place for your next group meeting... call your local branch if you have any questions!

It is June and finally our tropical winter is here! Want some tips for getting the most out of your tropical garden during the winter months? Come along to our **Tropical Gardening Circle** to meet with fellow gardening enthusiasts. Our June Tropical Gardening Circle meets at 10.30am on June 17th, Gordonvale and Stratford Libraries.

If gardening isn't your thing, how about trying a book club? We have two to choose from:

- Page Turner Book Club Earlville Library, 10.30am on Thursday 20th June
- Page Turner Book Club Smithfield Library, 10.30am on Wednesday 12th June

The assigned book for Smithfield is ***The Beekeeper of Aleppo*** by Christy Leftari. You can borrow it in print, as an e-book, or as an e-audiobook. Our Earlville book club has no assigned reading list. Come along and share what you've been reading, and what you'll be reading next.

If you love books and reading, you'll love our Page Turner book clubs.

Have you heard about our **Cairns Living Libraries Program**? Each month a guest speaker shares their personal story in a small group setting. Our June storyteller is a local author who will share her fascinating story of living for 16 years as an ex-pat in the Kingdom of Saudi Arabia. Come and hear Alison's story at Smithfield Library, 10.30am on Wednesday 26th June.

Finally, don't miss our next **community safety session** at Gordonvale Library —

"Don't Get Hacked!" will teach you everything you need to know about protecting yourself from hackers and cyber criminals.

- **Don't Get Hacked – Protect Yourself from Cybercrime**
- Gordonvale Library
- 10am Tuesday 11th June



Social Media

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



www.mcnc.org.au

New internet radio station aims to teach tips and tricks with IT



A new online Australia-wide not-for-profit radio station for seniors is entertaining listeners with a unique combination of timeless music and top tech tips.

MITE Radio - it stands for Making IT Easy - is where music, memories and technology unite.

Based in Perth, founders of the station, Kay and Tony Maccione, want to empower people to enhance their lives with technology.

But they want to do it while entertaining with a soundtrack that transports listeners from the golden age of rock'n'roll to 80s synth-pop.

"Our primary passion is to make IT easier for people," Kay said.

"Listeners can ask tech questions via email, text, or on our socials."

"Tony is our tech guru. He is a whizz and has been in the industry a long time so very few questions challenge him."

"He knows how frustrating it can be for older people who didn't grow up in the tech age to finally get the hang of their phone, only to find it gets updated and they don't know what to do."

Between 11am and 12noon weekdays WST, (2 and 4pm AEST) listeners can hear answers to all their tech questions plus a series of cyber snippets.

"We cover various categories and talk about things like what you can get for nothing on the Internet and tips and tricks, such as how to increase the size of text on your mobile phone and how to avoid scams," Kay said.

"There are also fun things like the fact you can sit on the beach with a solar powered bikini on, plug your phone in and charge it on the beach."

The snippets are played twice in the hour 24/7 and also go to other outlets MITE has a partnership with - including The Senior.

"Our radio station is easily accessible, you just go to a smart device and press play," Kay said.

"It's a familiar medium, particularly to people who didn't grow up in a digital age."

"You can be entertained and amused, hear great music and learn a bit."

MITE Radio, which launched in February, is building its local content and will have more programs coming on board covering areas like finance, photography and social media.

www.Miteradio.com.au

Article with thanks from The Senior



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



Interested in becoming a school crossing supervisor?

Make a difference to the lives of school children at

- ✔ Generous casual pay-rate starting at \$34.88 per hour
- ✔ Long-service leave entitlements
- ✔ Queensland Government superannuation

To apply, contact your local Road Safety Officer on 0404 783 001 or visit tmr.qld.gov.au/SafeSchoolTravel.

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

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



Continued from page 7

“As I get older, I find that my idea of beauty has changed,” says Martin, a 64-year-old married man from Sydney. “I see my wife as a whole person, not just a two-dimensional image – and, man, is she beautiful!

“My wife is 60, and all I see is beauty in her. In her strength, in her love for me and our family, and in all she brings to the world. And yes, in her face. I still get a little thrill sometimes when I look at her.”

Anna, a 72-year-old divorcee from Brisbane agrees: “When my husband left after 40 years of marriage, I thought that part of my life was over, but then I met my new partner through friends and he has such a kind face – I think he’s the most handsome man I’ve ever seen!”

Buying into that “attractiveness is youth” narrative cannot serve you.

Your age is something that you can’t change, and is a waste of energy at best – and it can have seriously detrimental effects on your mental health at worst.

Making peace with who you are now and finding the beauty in who you are inside and out is a much better use of your time (and, most likely, your money).

So let’s redefine what beauty really is and celebrate our stories, our compassion, our community, and all that we’ve achieved. What could be more attractive than that?

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

THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p>Armchair Yoga Gentle exercise 9.30am—10.30am Ph: Rike 0401 164 202 \$8.00 per person</p>	<p>Line Dancing 9.30am — 10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p>	<p>Bridge Social Bridge for the experienced player. 9.30am—12 noon Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p>Food Relief for individuals and families experiencing financial hardship. Appointments are limited. Bookings essential. Phone 4055 6440</p>	<p>Tuesday Lunch Guest Speakers, Activities and Lunch from 10.30am. Member \$10 Non-Member \$12 Ph: 4055 6440</p>	<p>Playtime Each Wednesday morning 9.00am — 11.30am for families with children under school age. Free. Phone 4055 6440</p>
<p>Cairns Early Years Learning Centre “Move Baby Move” 1.00pm — 2.00pm Ph: 4034 6800</p>		<p>Shed Mosaics 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
		<p>Food Relief for individuals and families experiencing financial hardship. Appointments are limited. Bookings essential. Phone 4055 6440</p>
<p>A.A. 5.50pm — 7.10pm Ph: Carl 0403 669 893</p>		<p>Yoga with Suzanne 6.00pm — 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>Community Garden Morning from 9am Ph: 4055 6440 Free Morning Tea</p> <p>Book Club First Thursday of the month 10.30am to 12 noon Member \$3 Non-Member \$5 Phone 4055 6440</p>	<p>Yarning & Darning 10am—12 noon Have a yarn while you darn..... Bring your craft for a morning of connecting while enjoying morning tea! All are welcome. Free!</p>	<p>Saturday Fit for Seniors FREE gentle exercise 10.30—11.30am Ph: Tony 0421 672 284</p> <p>High Fire Ministries 11.30am—1.30pm Ph: Nev 0428 884 286</p>
<p>Canasta Card playing group activity. 1pm—4pm Ph: Barb 0400 490 215</p>		<p>Acting Classes for Adults 3pm—5pm Free! Ph: Ivor 0447 451 936</p>
<p>Toastmasters Club 1st and 3rd Thursday of each month 7.00—9.00pm Ph: 0401 585 767</p>		<p>Sunday Trinity Baptist Church 9.30am—12.30pm 4.30pm—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*.