

Neighbourhood News

May 2024



SPENCE STREET 1930'S



SPENCE STREET 1950'S

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

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

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.



Supporting the community since 1990



**SATURDAY 4th MAY
9AM TO 1PM**

MARLIN COAST NEIGHBOURHOOD CENTRE

Community Fun Day

205 Reed Rd, Trinity Park

4055 6440

**LOTS OF FUN FOR
THE COMMUNITY**

LOCAL COMMUNITY SERVICES

BBQ DEVONSHIRE TEA SUPER SLIDE

FACE PAINTING ROAMING WILD

CHILDREN'S ACTIVITIES PLANT SALES

AND MUCH MORE!





COTA Conversations "That Won't Happen to Me"

Join Council on the Ageing (COTA) Queensland for an engaging discussion, 'COTA Conversations - That Won't Happen to Me'. The interactive workshop will help seniors navigate life planning and understand essential support available. It will also cover unforeseen events, and an overview on how to mitigate the risks of elder abuse. Proudly supported by the Public Trustee, this face-to-face community workshop series aims to foster dialogue, enhance awareness of critical issues and vulnerabilities, and empower participants to proactively safeguard themselves with available resources.

Featuring a panel from leading organisations such as the Public Trustee, ADA Australia, The Public Guardian, Palliative Care Queensland, Footprints Community, and The Statewide Office of Advance Care Planning, the workshop will delve into various pertinent topics, including:

- Understanding the dynamics of decision-making capacity and its implications
- Exploring the significance of Enduring Powers of Attorney
- Clarifying the roles of the Public Trustee, Public Guardian, and Public Advocate
- Identifying risk factors associated with elder abuse
- Emphasising the importance of Advance Care Planning, Statement of Choices, and Will preparation
- Addressing challenges in transitioning to care and strategies for effective management
- Offering guidance on accessing relevant information and support networks

The session will include morning tea and lunch, and will provide attendees the opportunity for further discussion.

Wednesday 5th June 2024

9am to 12pm

Rydgcs Esplanade Resort

209-217 Abbott St Cairns City, QLD 4870

People can sign up for it here <https://www.eventbrite.com.au/e/cota-conversations-that-wont-happen-to-me-cairns-tickets-856690413087>



COTA Conversations "That Won't Happen to Me"

Being Prepared for Life Changes and Unexpected Events

FREE WORKSHOPS

| | | |
|------------------|--------------------------------|----------|
| BRISBANE | Aspley Hornets | 15 April |
| MACKAY | Ocean International Hotel | 30 April |
| TOOWOOMBA | Burke & Wills Hotel | 23 May |
| CAIRNS | Rydges Esplanade Resort Cairns | 5 June |



RESERVE YOUR FREE TICKET NOW:

Visit – bit.ly/49JXcl4

Morning Tea and Lunch included, and off-street parking available at all venues.

1300 140 050

www.cota.org.au



**MARLIN COAST NEIGHBOURHOOD CENTRE
INVITES YOU TO:**

 **Cancer Council** | **Australia's
Biggest
Morning
Tea**

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.

Marlin Coast Neighbourhood Centre

Bring a piece of fruit to share for morning tea

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 Neighbourhood Council | cairms.qld.gov.au/library 



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!

FREE

CYBER CRIME

Social Engineering

WHEN: Tuesday, May 28, 2024, at 11:00am

WHERE Marlin Coast Neighbourhood Centre

MOST IMPORTANT

Topics include:

- A method of protecting what is put into cyber space
- A method of protecting who sees what
- A method of control

**IMPORTANT
TOPIC**
**WORLD'S
FASTEST**
**GROWING
CRIME**
**PROTECT
YOURSELF**



Presented by

Queensland Police Service

Far North Region Crime Prevention Unit

Subscribe today!

Receive **FREE** information on crime alerts for
your area and community news!



www.myPolice.qld.gov.au
Far North



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



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



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:

- 7 May: Mothers Day Celebrations
- 14 May: Sharon, Community Lawyers
- 21 May: Australia's Biggest Morning Tea
- 28 May: Cyber Crime —Peter, FN Police District

| MAY 7 | MAY 14 | MAY 21 | MAY 28 | |
|---|---|--|--|--|
|  BBQ Mothers Day Celebrations  | Community Lawyers Community Living with Sharon Begins at 11am |  Begins at 11am |  CYBER CRIME with Peter Far North Police District Volunteers in Policing Begins at 11am Birthdays  Jenny 10/5 Ron 28/5 | |
| 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  | |

Understanding memory decline with age and strategies for mental agility

Discover the interesting reasons behind memory decline as we age and explore effective strategies for maintaining mental agility.

As we journey through life, our bodies undergo various changes, and our brains are no exception. One of the most noticeable changes is the decline in memory function. This article delves into the reasons behind this phenomenon and offers practical strategies to maintain mental agility as we age.

The Science Behind Memory Decline

Memory decline is a natural part of aging, but what exactly causes it? To understand this, we first need to understand how memory works. Our brains store information in various forms, such as facts, experiences, skills, and concepts. This storage process involves multiple brain regions, with the hippocampus playing a crucial role in forming and retrieving memories.

As we age, several changes occur in our brains that can affect memory function. These changes include the shrinking of the hippocampus, a decrease in blood flow to the brain, and a reduction in the production of certain neurotransmitters. These factors can lead to difficulties in encoding new information and retrieving old information.

Neurological Changes

Neurological changes are a significant factor in memory decline. The brain's volume and weight decrease with age, leading to a loss of nerve cells. This loss affects the brain's ability to process and store information. Additionally, the production of neurotransmitters, which facilitate communication between nerve cells, also decreases. This can lead to slower processing speeds and difficulties in memory recall.

Another neurological change is the accumulation of proteins in the brain. These proteins can form plaques and tangles, which are characteristic of Alzheimer's disease. While not all memory decline is due to Alzheimer's, these proteins can still affect memory function in healthy aging brains.

Health-Related Factors

Various health conditions can also contribute to memory decline. Conditions such as diabetes, heart disease, and stroke can affect blood flow to the brain, impairing its function. Additionally, mental health conditions like depression and anxiety can also impact memory.

Furthermore, lifestyle factors such as lack of physical activity, poor diet, and inadequate sleep can negatively affect brain health and memory function. Chronic stress can also have detrimental effects on the brain, leading to memory problems.

Strategies to Maintain Mental Agility

While memory decline is a natural part of aging, there are several strategies that can help maintain mental agility. These strategies involve maintaining a healthy lifestyle, engaging in mental exercises, and managing stress.

Healthy Lifestyle

Maintaining a healthy lifestyle is crucial for brain health. Regular physical activity increases blood flow to the brain, improving its function. A balanced diet rich in fruits, vegetables, whole grains, and lean proteins can provide the nutrients necessary for brain health.

Getting adequate sleep is also essential. During sleep, the brain consolidates memories, making it easier to recall information. Avoiding harmful substances like tobacco and excessive alcohol can also protect the brain and preserve memory function.

Continued on page 14.

Social Media

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

www.mcnc.org.au





CRAWFORD'S CORNER

May 2024



Household Resilience Program – Now Open

Round 4 of the Household Resilience Fund is now open. The Household Resilience Program provides funding for eligible homeowners to improve the resilience of their homes against cyclones and severe weather events.

Eligible homeowners with builds completed prior to 1984 can apply to receive a grant of up to **\$15,000** to put towards building upgrades, including upgrading (retrofitting) existing roof structures, protecting windows, strengthening doors, and ensuring that their home is well maintained and more resilient. This fund may be of particular benefit to people who experienced roof leaks etc during the recent weather event, or for those who may not have been insured, or were under insured. Applications are assessed on a first come, first served basis, so I would really encourage anyone considering applying for this grant to get their application in as soon as possible. More information, including eligibility criteria, is available here:

<https://www.qld.gov.au/housing/buying-owning-home/financial-help-concessions/household-resilience-program> It is important to note that this program is separate to the Resilient Homes Fund that I am still advocating for.

Upcoming Queensland Budget

Balancing the household budget is becoming increasingly difficult for many families. I know that increased everyday expenses including household bills, groceries and the price of petrol are making it harder to make ends meet. I wanted to let the community know that I've met with the Premier and Treasurer to keep our priorities for Barron River high on their agenda. I've lobbied my Parliamentary colleagues to push for even more cost of living measures to be announced in the upcoming budget.

Every household should already be receiving automatic rebates on their electricity bill. If you have a Pension Card, Services Australia (Centrelink) or DVA Card make sure you get in contact with Ergon so that you can also receive the additional **\$372** reduction of your yearly bills.

Vehicle Immobiliser Subsidy Trial

Vouchers are still available through Queensland Police to receive a **\$500** voucher for a vehicle immobiliser. This will reduce the risk of theft of your vehicle. More information about the scheme is available here: <https://www.police.qld.gov.au/initiatives/vehicle-immobiliser-subsidy-trial>

Cairns is one of the test sites, and I'd encourage all community members to take advantage of this offer. As always, please feel free to contact my office if there is anything myself or my team can assist with.

Hon Craig Crawford MP
Member for Barron River



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**

Department of Transport and Main Roads

Queensland
Department of Transport and Main Roads



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 783 031 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

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Mental Exercises

Just like physical exercise keeps the body fit, mental exercises can keep the brain sharp. Activities that challenge the brain, such as puzzles, reading, writing, and playing musical instruments, can improve memory and cognitive function. Learning new skills or languages can also stimulate the brain and enhance memory.

Staying socially active can also benefit the brain. Social interactions stimulate our brains, keeping them active and engaged. Participating in group activities, volunteering, or simply spending time with loved ones can provide mental stimulation.

Stress Management

Chronic stress can have detrimental effects on the brain, leading to memory problems. Therefore, managing stress is crucial for maintaining mental agility. Techniques such as meditation, yoga, deep breathing, and mindfulness can help reduce stress and improve brain health.

Professional help, such as therapy or counselling, can also be beneficial for managing stress and improving mental health. Medication may be necessary in some cases, and should always be taken under the supervision of a healthcare professional.

Memory decline is a natural part of aging, but it doesn't have to be inevitable. By understanding the causes of memory decline and implementing strategies to maintain mental agility, we can protect our brains and preserve our memory function as we age.

Remember, it's never too late to start taking care of your brain health.

*Article courtesy of 60+ Club
<https://www.60plusclub.com.au/>

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

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>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>Acting Classes for Adults 3pm—5pm Free! Ph: Ivor 0447 451 936</p> |
| <p>Canasta Card playing group activity. 1pm—4pm Ph: Barb 0400 490 215</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*.