

Neighbourhood News

AUGUST



AUGUST MULTICULTURAL QUEENSLAND MONTH

www.qld.gov.au/multiculturalmonth



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

Community Cuppa - it's all about connecting.

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

Our vision is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being.

Our mission and objectives are to provide a welcoming, safe and inclusive environment open to the community irrespective of race, religion, gender, politics or marital status, and to establish a community service for the relief of poverty, distress, sickness and helplessness.

Acknowledgement of Country

In the spirit of reconciliation, Marlin Coast Neighbourhood Centre acknowledges the Yirrganydji people, the Traditional Custodians of Djabugay country that runs northwards from Trinity Inlet to Port Douglas. We pay our respects to their Elders past, present and future, and honour those whose culture and customs have nurtured and continue to nurture this land.



MARLIN COAST NEIGHBOURHOOD CENTRE

\$15

INCLUDES 3
RAFFLE
TICKETS

TRIVIA NIGHT

supporting people experiencing financial hardship

SATURDAY 24 AUGUST
6.30PM

raffle
prizes

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



The Queensland Government has provided a **\$7,500 Active Women and Girls** grant to **Marlin Coast Bowls Club** to encourage females to participate in sport and recreation. These activities are free of charge to all women and girls who would like to take part.

We invite all female members of the Marlin Coast Neighbourhood Centre to join us in learning how to bowl, and then to take part in ongoing games, all at no cost to participants.

- Weekly on a Tuesday from 9.30 to 11.30am
- Commencing 6 August 2024
- No commitment to attend every week
- Morning tea provided

So that MCBC has an idea of how many participants there may be, please contact the club coach, Christine Scott, and leave your name and commencement date.

- Phone message or text to: **0400 47 22 73**
- Email to: editor1111@bigpond.com

Mothers with young children, who require babysitting, are welcome—but please advise us so that we can accommodate the children.

And if you would like to participate but cannot come on a Tuesday morning, there may be the opportunity to take part in another session. Let Christine know you are interested!



**Queensland
Government**




Get Tax Help your way

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



ARE YOU AGED 50 OR OVER AND INTERESTED IN HELPING US LEARN MORE ABOUT MEMORY?

WE ARE LOOKING FOR PARTICIPANTS TO RESEARCH WHAT IS INVOLVED IN PRESERVING OPTIMAL MEMORY FUNCTION.






WHAT YOU WILL DO.

Participants will complete **memory assessments** and be asked to share their **personal experiences and reflections** related to memory function over the course of a two-week study period.

Two sessions will be held (about 30-minutes in length) via online video or in-person at the start and end of the study. During these sessions, participants will complete a memory-related task and a questionnaire assessing their perceptions and feelings related to memory function. Throughout the study duration, access to a mobile device will be necessary, as participants will be expected to provide text-based responses (a total of 5 responses) pertaining to memory experiences encountered over the course of the day. Such experiences may include instances of forgetfulness or any concerns related to memory performance.

This investigation is predicted to yield valuable insights that will inform future treatment decisions.

Contact the research team on adil.vather@griffithuni.edu.au or call 0494 151 959

Griffith University

Grandparents doing heavy lifting as families struggle with cost of living

They often get a bad rap for inflating today's housing prices, but research shows grandparents are doing plenty of heavy lifting when it comes to financially supporting their families.

New data from *Compare the Market* reveals grandparents are helping to ease the cost-of-living crunch, assisting with the costs of clothes and essentials, as well as household bills, and costs associated with food and childcare.

Almost three-quarters of Australian grandparents surveyed said they had been supporting their families financially, with 31 per cent gifting money and looking after children.

A further 31 per cent said they had purchased clothes, toys and essentials, 20 per cent had cooked for their families, 13 per cent had lent money and 9 per cent had contributed to household bills.

The data also showed 7 per cent had contributed to the cost of school and daycare, and a further 7 per cent had helped children or grandchildren buy a car.

Only a quarter of all grandparents surveyed said they hadn't been helping their families with living costs.

Compare the Market economic director David Koch said the data proved grandparents were unsung heroes of our generation.

"Baby Boomers have been getting a bad rap in the media for aiding inflation and spending up big," Mr Koch said.

"But in reality, 75 per cent of grandparents are helping ease the cost-of-living crisis and are chipping in to help their kids and grandkids in some way.

"Times are tough and many Australian households are really struggling right now, especially with the increased cost of housing, food and fuel."

Why older adults often fall victim to isolation and how to bounce back

The golden years of life are often associated with relaxation, freedom, and enjoyment. However, for many seniors, these years can also bring about feelings of isolation and loneliness. The reasons behind this are multifaceted and often complex, ranging from physical health issues to societal factors. Fortunately, there are numerous ways for seniors to rebound from isolation and rekindle their social lives.

This article will delve into the reasons why seniors may experience isolation and provide practical strategies to help them regain their social footing.

Understanding Senior Isolation

Senior isolation refers to a situation where older adults live alone with minimal social interactions. This can lead to feelings of loneliness and depression, and can have serious implications on their physical and mental health.

Several factors contribute to senior isolation. These include living alone, loss of family or friends, retirement, and health issues that limit their mobility and ability to participate in social activities.

Living Alone

Many seniors live alone due to various circumstances such as the death of a spouse, divorce, or children moving away. Living alone can lead to feelings of isolation, especially if they do not have regular visitors or if they live far from their family and friends.

Moreover, living alone can also lead to a lack of motivation to engage in social activities, further exacerbating feelings of isolation.

Loss of Family or Friends

As people age, they often experience the loss of loved ones. The death of a spouse, friends, or family members can lead to feelings of loneliness and isolation. This is especially true if the senior relied heavily on these individuals for social interaction.

Moreover, living alone can also lead to a lack of motivation to engage in social activities, further exacerbating feelings of isolation.

Retirement

Retirement, while a much-anticipated phase of life, can also contribute to feelings of isolation. Workplaces often provide a sense of community and regular social interactions. When seniors retire, they may lose these social connections, leading to feelings of isolation.

Moreover, the loss of a structured daily routine can also lead to a lack of motivation to seek out new social opportunities.

Health Issues

Health issues that limit mobility can also lead to senior isolation. Conditions such as arthritis, vision loss, or hearing impairment can make it difficult for seniors to participate in social activities. This can lead to a decrease in social interactions and an increase in feelings of isolation.

Moreover, health issues can also lead to a fear of falling or getting injured, further limiting their willingness to leave their homes.

AUSTRALIAN
CARERS GUIDE

SUPPORT, GUIDANCE & ADVICE FOR TODAY'S PRIMARY CARERS



Everything you need to know about
caring for your elderly loved one

Click to claim your FREE digital subscription!

FREE
Digital Subscription!

Rebounding Back to Being Social

While the factors contributing to senior isolation can seem overwhelming, there are several strategies that can help seniors rebound back to being social. These include staying physically active, volunteering, joining social clubs, and using technology to stay connected.

Staying Physically Active

Physical activity is not only beneficial for physical health, but it can also provide opportunities for social interaction. Joining a fitness class or a walking group can provide regular social interactions and a sense of community.

Moreover, physical activity can also improve mood and reduce feelings of depression, further encouraging social interaction.

Volunteering

Volunteering provides a sense of purpose and a way to contribute to the community. It also provides regular social interactions and a sense of belonging. Many organizations and charities are always looking for volunteers and offer a variety of roles that can suit different interests and abilities.

Moreover, volunteering can also provide a structured routine, which can be beneficial for seniors who have retired and lost their daily work routine.

Joining Social Clubs

Joining social clubs or groups can provide regular social interactions and a sense of community. This can include book clubs, gardening clubs, or hobby groups. These groups can provide a sense of belonging and regular social interactions.

Moreover, these groups often provide activities that can keep seniors mentally engaged, further reducing feelings of isolation.

Using Technology to Stay Connected

Technology can play a crucial role in helping seniors stay connected with their family and friends. Video calling platforms, social media, and instant messaging can help seniors stay in touch with their loved ones, even if they live far away.

Moreover, there are several online communities and forums where seniors can interact with others who share similar interests or experiences.

Senior isolation is a serious issue that can have significant implications on the physical and mental health of seniors. Understanding the factors that contribute to senior isolation and implementing strategies to encourage social interaction can help seniors rebound back to being social and improve their overall well-being.

While it can be challenging to overcome feelings of isolation, with the right support and resources, seniors can enjoy their golden years with a sense of community and belonging.



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

1800 818 338



FREE
Professional
Development
Opportunity

Cairns

DATE

14th of August 2024

TIME

9:30am till 1:30pm

VENUE

Rydges Hotel Cairns
Pandanus Room
209-217 Abbott Street

COST

FREE

CONTACT

Shammah Ten Hoorn
0490 799 180 or
shammah@fds.org.au

RSVP

Wednesday the 8th August



Support the Family – Improve the Outcome

Engaging with families & carers of a person who has alcohol and/or other drug dependence

Family Drug Support (FDS) has developed a highly successful model for supporting families affected by someone's alcohol and/or drug use.

This workshop will outline the Family Drug Support model which will assist service providers to work effectively with family members.

The workshop will include an overview of the services FDS offers and various topics impacting on families.

Workshop Outcomes:

- Gain knowledge of successful 'Models of Change' for supporting families affected by someone's substance use.
- Identify the 5 stages that families experience and effective ways to respond.
- Learn how to communicate more effectively with families in a professional situation.
- Develop clearer understanding and gain skills to assist families to build resilience and improve the outcome for both the person using substances and the family.
- Recognise the benefit of psycho-social education for a family in relation to the significant barriers they may face.

BOOKINGS ARE ESSENTIAL

[REGISTER HERE](#)

<https://www.eventbrite.com.au/e/cairns-support-the-family-improve-the-outcome-free-workshop-tickets-943278700987>

Please register via this Eventbrite link.

Sponsored by

Saint Vincent De Paul Society Queensland





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:

- 6 August: Games & Gossip
- 13 August: Audio Health—Hearing and Brain Health
- 20 August: Daffodil Day
- 27 August: ADA Australia—James Knight, Advocate

August 6	August 13	August 20	August 27	
 <p>BBQ</p> <p>Games & Gossip</p> 	 <p>Hearing and Brain Health</p> <p>with Joanna Magee</p>	<p>Daffodil Day</p> <p>dress in yellow</p> 	 <p>James Knight</p> <p>EPOA, Wills, Advanced Health Care Directive, Q Health's Statement of Choices</p>	 <p>Birthdays</p> <ul style="list-style-type: none"> 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
September 3	September 10	September 17	September 24	
 <p>BBQ</p> 	 <p>Who am I</p>	<p>with Gail</p> 	 <p>Birthdays</p> <ul style="list-style-type: none"> Dorothy - 22/9 Rhonda - 26/9 	

Positive Ageing Expo & SENIORS LUNCH

**FREE
LUNCH!**

LIVE SHOW
by Rowly's
Country Combo



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**.

Free Hearing and Brain Health Presentation

Please join Joanna Magee MACAud from AUDiOHEALTH at the Seniors' Group Luncheon for an educational seminar regarding the inter-connectedness between hearing health, emotional health, mental health and physical health.

*Date: Tuesday 13th August 2024
Venue: Marlin Coast Neighbourhood Centre
205 Reed Rd, Trinity Park 4879*





CRAWFORD'S CORNER

August 2024

GRANT - SENIORS ON SAFARI

Thanks to Prue and Phillipa's hard work, The Marlin Coast Neighbourhood Centre has been successful in securing a Seniors Month Grant. The Seniors Group will receive \$1,000 to contribute to your *Seniors on Safari* excursion, with a trip to Hartley's Crocodile Adventures on 22 October 2024.

This sounds like a great trip, and a whole lot of fun. I know many of you really enjoy the bus trips together, and it's great to hear that your grant allocation will also help support a great local tourism business in the region. I'm looking forward to hearing all about the trip and receiving some pics of your adventure!

0.50c BUS FARES START IN AUGUST

Our new Premier, Steven Miles didn't waste any time introducing a trial of 0.50 cent bus fares. From 5 August, all travel on the local bus network will be just 0.50 cents each way.

For those of you who attended the lunch with me after the state budget, you'll remember me saying that it might be a good opportunity to see if any of the local bus routes are convenient for you. The program has been introduced as a trial to help ease traffic congestion and to receive feedback about improvement opportunities for local routes and bus stop locations.

I'm already working with Council and Translink to either place a new bus stop, or relocate a bus stop, near the Caravonica Waters Aged Care facility. This should make it easier for Aged Care residents and also residents at Kamerunga Villas to have a convenient stop closer to home.

MACHANS BEACH SES FUNDING

Huge congratulations to the Machans Beach SES for securing a Queensland Government SES Support Grant. The \$150,000 cash boost will be administered by Cairns Regional Council on behalf of the state government.

This funding will provide a bathroom extension and building refurbishment. I'm popping out to personally congratulate John and the team on their successful funding application.

It will be great to receive a first-hand update about what other support can be provided to the Machans SES, especially as they get back on their feet. The SES have recently moved across into the Police and Community Safety Portfolio, so there will be opportunities explore other funding initiatives for the community.

Christmas in July - So much fun!



Santa, played by Irene



Laurie, Frances and Judy serving the delicious lunch they cooked.



Dee decorated the room for our festive occasion!



May and Judy supporting in the kitchen.



Thank you to all our amazing volunteers!

FREE
Father's Day
FAMILY EVENT

THURSDAY 29 AUGUST 2024
6PM TO 8PM

Hosted inside the Timberyard at
Bunnings Smithfield

BUNNINGS
warehouse

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER
Children's Day
4 August
Strong in Culture, Stronger Together

www.snaicc.org.au

Greetings from Cairns Libraries



Multicultural Queensland Month at Cairns Libraries

We are celebrating Multicultural Queensland Month throughout August in our libraries!

You might be surprised how diverse we are, with 1 in 5 Queenslanders born overseas, and 1 in 10 speaking a language other than English at home (2021 Census).

If you are curious about where Queenslanders come from, check out the website: [Search Diversity Queensland](#). It is an amazing resource of information on cultural heritage across the state.

Our own local community is rich in diversity and we are hosting a number of author events this month to acknowledge this.

Learn about growing up Torres Strait Islander in contemporary Australia, hear the remarkable story of a Maltese sugar industry pioneer to FNQ, or be inspired by one Nepalese-Australian man's vision for a better future.

For more information about these events, check out the 'what's on' tab on our Library Website, follow us on Facebook, or drop into your nearest library branch.

For those of you who can read in another language, your library card gives you access to a selection of **eBooks and eAudiobooks** in over 25 different languages. Use your Cairns Libraries membership number to log into our **CloudLibrary Language Collection**.

Our library shelves are another source of reading materials in language other than English. Drop into one of our branches to ask about our Community Languages section.

If English is your second language, you may be interested in an **AMES English course**. You can access it for free on the public computers in one of our branches, or at home on your own device using your Cairns Libraries membership. You will find this and other multilingual resources in the Languages section of our Cairns Libraries website. If you would like to practice speaking in English, come along to one of our Have a Chat in English sessions. They run at both City and Manunda Libraries every week.

Cairns Libraries is the place to be if you are curious about languages, food, customs, or travels in other countries. We look forward to seeing you soon as you read, learn, and discover your way through Multicultural Queensland Month with us!

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



Social Media

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



www.mcnc.org.au



MARLIN COAST NEIGHBOURHOOD CENTRE

Proudly sponsored by:



SENIORS MONTH BUS TRIP



members
\$50

price includes bus,
admission, tours and
lunch



HARTLEY'S CROCODILE ADVENTURES

TUESDAY 22 OCTOBER, 2024
9.00AM TO 4.00PM



pick up and drop off from Trinity Beach Sports Club
1 Nautilus Street, Trinity Beach

N.B. parking is available for the day under the trees at the club

non-members

\$60

MCNC annual membership is \$10

bookings: 4055 6440
limited seats available

Marlin Coast Neighbourhood Centre

COMMUNITY CUPPA

it's all about connecting

bring your craft...or just a smile for a morning of connecting over a cuppa and some cake.

FRIDAYS
10am to 12pm

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

EVERYONE IS WELCOME!

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

Tuesdays & Thursdays
at the Marlin Coast
Neighbourhood Centre
from 9am

FREE BREAD!

205 REED ROAD
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

A Queensland Police Service Presentation supported by Cairns Regional Council

DON'T GET HACKED

DATA SECURITY

Everything you need to know to limit your risk of being hacked.

TOPICS:

- ✓ Protecting your online data
- ✓ Controlling access to your data
- ✓ Understanding social engineering

WEDNESDAY 7 AUGUST
1PM
SMITHFIELD LIBRARY

Cairns
Regional Council

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

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>Community Cuppa 10am—12 noon It's all about connecting! Bring your craft...or just a smile for a morning of connecting over a cuppa and some cake. Everyone is welcome. Free!</p>	<p>SATURDAY</p> <p>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</p> <p>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*.