

Neighbourhood News

SEPTEMBER 2024



HAPPY 
Father's Day



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
AI-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
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.



Supporting the community since 1990



Reed Road Trinity Park | PO Box 260 Smithfield 4578
Ph: 4055 6440 | ABN: 27 072 688 710
E: admin@mcnc.org.au | W: www.mcnc.org.au

Invitation

The Management Committee and Staff of the
Marlin Coast Neighbourhood Centre Inc.

invites

Members and Friends
to attend the

Annual General Meeting

to be held at the Marlin Coast Neighbourhood Centre,
205 Reed Road Trinity Park on

Tuesday, 29 October 2024

commencing at 11.00 am

Lunch will be provided following the meeting for all registered members attending the AGM.

For catering purposes RSVP to 4055 6440 by close of business Thursday, 24 October 2024.

MANAGEMENT COMMITTEE NOMINATION FORMS
ARE AVAILABLE AT RECEPTION



FREE
ENTRY

THURSDAY 5TH SEPT
9.30AM TO 12.00PM

JOIN US FOR OUR 2024 CHILD PROTECTION WEEK

FAMILY FUN DAY



YORKEYS KNOB COMMUNITY CENTRE AND PARK
WATTLE ST YORKEYS KNOB

FREE FUN FOR THE WHOLE FAMILY
JUMPING CASTLE • FACE PAINTING •
ROAMING WILD • CHILDRENS ACTIVITIES •
SAUSAGE SIZZLE • SCAVENGER HUNT



Protecting children is

EVERYBODY'S

BUSINESS



QUEENSLAND
CHILD
PROTECTION
WEEK



MCNC Charity Trivia Night was held on Saturday 24 August; the money raised will help support people, living in the Northern Beaches community, who are experiencing financial hardship . Thank you to everyone who came along on the night, to Trinity Beach Sports Club who hosted the trivia at the Club, and to all the amazing businesses that supported us generously by donating wonderful raffle prizes.



Going halves with your kids or taking up village life can help retirement finances

article from **The Senior**

As the housing crisis plus the cost of living cripple Australian budgets and people live longer, finding solutions to stay self-sufficient and in your own home gets trickier. Among the ideas are property co-ownership and retirement living communities.

In January 2022, Susan Putnam, aged 70, moved in with her daughter Arianne Endrizzi, 35, and her family in Palm Cove, Cairns to help with the grandkids. Previously, Susan lived in a two-bedroom unit she owned in Hornsby, Sydney, and paid for herself with superannuation, a part pension, and a redundancy package from the university she'd worked at for 30 years.

About 15 per cent of home purchases involve family members co-owning properties, a 2023 Australian Bureau of Statistics report found.

After her elderly mother passed away, Susan sold her property, then used the money to buy a cheaper investment property for herself plus went halves with Arianne on another and moved in with her. This allowed Susan to stay self-sufficient, particularly as the pension stopped with her unit's sale. The new houses could also later be used to help with the grandchildren's education.

Arianne said it was always planned to have her mother move in to look after her, just as Susan and her siblings kept their mother out of a care home for as long as possible.

James Kirkland, head of sales at Little Real Estate, has observed an increase in multigenerational home purchases among people aged 55 and over due to life changes like divorce or the loss of a spouse, leading to fewer financial resources.

"Families are coming together to navigate the expensive property market, pooling resources to secure homes that might otherwise be out of reach. It makes economic sense," he told *The Senior*.

"We also see families planning for the future, with children preparing to take on caregiver roles or older parents wanting to provide their adult children with a financial foothold in the property market."

Retirement living units have been praised for their wellbeing benefits and lower purchase costs. PwC/Property Council Retirement Census 2023 data showed the average cost of a two-bedroom Independent Living Unit in a retirement village was \$559,000 compared to the \$986,000 median house price in the same postcodes.

Speaking on Ryman Healthcare's *Pod of the 3rd Age* podcast, Retirement Living Council executive officer Daniel Gannon said three quarters of people aged 75 or older - 1.4 million people - live in homes oversized for their needs.

He said living in a family home that's not designed for ageing "comes with all sorts of risks", including falls and social isolation.

"Compared to people not living in a retirement community, residents are 41 per cent happier, 15 per cent more physically active, they're twice as likely to catch up with family and friends and they've got reduced levels of loneliness and depression," he said.



Australian Government
Australian Taxation Office

TAX HELP

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



Older Persons COVID-19 Support Line

1800 171 866

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



Lives Lived Well

Breakthrough For Families

Alcohol & Other Drug Information, Education and Support

Concerned about a family member's drug or alcohol use?
Want to play a more supportive role?

Families can access FREE support through attending information sessions or individual counselling (online and phone counselling available).

No referrals required

www.liveslivedwell.org.au 1300 727 957



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 September 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**



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

COLLEEN BLUNT — CAIRNS SHOW CHAMPION

Colleen Blunt, the previous manager of the Marlin Coast Neighbour Centre, has found a new career path since her retirement—making beautiful items from mosaics. Her talent has been recognised—see below — **2024 QCWA CHAMPION HARD CRAFT** awarded at this year's Cairns Show.

Colleen, along with a regular group of dedicated mosaic workers, meet every Wednesday from 12.30pm to 3.30pm at the Marlin Coast Neighbourhood Centre. Why not join the group? and see what beautiful mosaic items you can create!



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!

Marlin Coast Men's Shed

Nautilus Street, Trinity Beach

Family Open Day

September 14th, 8am - 12.30pm

Come and see what we do!

You'll be amazed **AND** You'll love it!

We make things. We fix things. We grow things.
And we sell things.

Guided Site tours

Sausage sizzle (\$2) Drinks (\$1)

Coffee/Biscuit (\$5)

Supporting the local community in so many ways!
See you there!!!

Enquiries : Hugh 0409 033 708



Grandparents pleas' for help are heard with state review into lack of informal care support services.

article from **The Senior**

Pleas from grandparent carers for government assistance have been heard, with a review led by a top-level bureaucrat into the extent and quality of supports available to informal kinship carers well under way.

Former state service management director Frank Ogle is consulting widely for the Informal Kinship Care Review that is designed to improve services and develop the first care and liaison program specifically for informal carers.

Kin Raising Kids have long called for greater government support for informal kin carers who save children from the out of home care system, with the group continuing to raise awareness about the inequities that exist between foster, formal kinship and informal kinship care.

Secretary Frank Tyers said the review would hopefully address deficiencies in the state system, and was a move welcomed by its grandparent and other family kin carers.

One deficiency includes foster children receiving government funded medical funds and assistance, and education extras, whilst children in informal care receive none.

Also foster carers and some kinship carers, depending on whether they are "formal" or not, receiving funding allowances for daily expenses and caring of the children in their care.

"We have been pursuing this for a while and supporting Minister [Roger] Jaensch for enabling it to happen," Mr Tyers said.

"He is obviously trying to get something going to support the need but others are still saying 'we've never done it this way'," he said.

"There is still skepticism about the review, because how many reviews within Child Safety have happened over the last five years and to what end."

Mr Tyers said a likely outcome might be a more suitable support service for informal carers, instead of the currently existing Strong Families Safe Kids Advice and Referral Line.

"Many informal carers are fearful of child safety [department] and are not interested in approaching that service to seek advice," he said.

"They don't know where they can get legal assistance, don't know of any avenues for financial support. Many get the kiddies dumped on them and they just don't know where to turn for help."

It is understood that in March 2020 Human Services Minister Roger Jaensch provided \$200,000 to the department for the review, with \$70,000 of this funding received by Foster and Kinship Carer's Association of Tasmania.

The review will determine how a new support pilot would work and meet the needs of carers.

Mr Ogle is receiving feedback from interested parties who would like to share their experiences of being an informal kinship carer and would like to contribute to the review.

They have until September 30 and can contact Mr Ogle by phone or email frank.ogle@inet.net.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:

- 3 September: BBQ, Women's Health Week
- 10 September: Who Am I?
- 17 September: Bingo with Gail
- 24 September: Games & Gossip

September 3	September 10	September 17	September 24	
 <p>BBQ</p> 	<p>Who Am I?</p> 	<p>Bingo with Gail</p> 	<p>Birthdays </p> <p>Dorothy - 22/9 Rhonda - 26/9</p>  <p>Games & Gossip</p>	
October 1	October 8	October 15	October 22	October 29
 <p>BBQ</p> <p>International Day of Older Persons</p>		 <p>Celebrations with Nicky Jurd</p>	<p>BUS TRIP</p> <p>Queensland Seniors Month</p> 	<p>Birthdays </p> <p>Gwen - 1/10 Jeff - 27/10</p> <p>Annual General Meeting (AGM)</p> <p>Commencing at 11am</p> <p>Free Lunch following AGM for registered members attending the AGM</p> <p>(Members \$10 or Non-Members \$12)</p>

COTA AGED CARE NAVIGATOR SERVICE

QUEENSLAND

Are you overwhelmed or struggling to understand My Aged Care and Aged Care services? Don't have anyone who can help you with this?

Our team of Aged Care Navigators are here to support you to access the Aged Care services you need. Our service is free and independent and can be provided at a location that suits you.

Call us for more information or to make an appointment for us to assist you.



Contact Us

☎ 1800 716 696

✉ agedcarenavigator@cotaqld.org.au

Greetings from Cairns Libraries



September at Cairns Libraries kicks off with Adult Learners Week, when we celebrate lifelong learning for every age and every stage of life. Your library has a wealth of adult learning resources. Check out the "Learn and Research" page on our website... you'll find it under the eLibrary link. You can learn a language, search your family history, or access a national database from State Library Queensland or National Archives Australia.

Why not learn a new skill or hobby to keep your hands busy and your brain active? From gardening to woodwork, sewing to craft, cooking to sailing... the non-fiction section of your local library has something for everyone. If we don't have the resource you're looking for, speak to our staff about an inter-library loan from another library in Australia. For a small fee you have access to resources from any public library in Australia!

For some hands-on learning, join us at City Library on September 7th to learn the art of Urban Sketching. Cairns Urban Sketchers will teach a workshop of perspective and then support you to try your hand at urban sketching in and around our beautiful City Library. Beginners welcome, all materials supplied.

Or perhaps you would like to learn the art of Performance Poetry? On Thursday 19th September you can discover your inner poet at City Library. Explore the art of the spoken word with facilitated writing time and guidance from two local experienced performance poets. Beginning to experienced poets are welcome, no experience necessary.

If community healing is more your thing, listen to local author Alan Blackshaw launch his book *Finding Strength in Numbers*, at City Library on Monday 23rd September. With over 30 years experience working with local community groups and organisations, Alan has written a book exploring the role of community as a place for healing trauma, with many anecdotes from Far North Queensland.

For more details, check out our website or follow us on Facebook. Or drop into your local library branch where our friendly staff can help you find everything you need. We look forward to seeing you soon!



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

THANK YOU

The team at MCNC would like to say a huge **THANK YOU** to the kind and generous Marlin Coast couple for their donation to the Centre's Emergency Food Pantry.

DONATION DONATION DONATION

VOLUNTEERS WE NEED YOU!

PORT DOUGLAS
GRAN FONDO Festival
6 - 8 SEPTEMBER 2024

The Port Douglas Gran Fondo Festival will see over 1,200 participants come from all over Australia to visit our region. We want to make a great impression so they want to keep coming back and spending money in our communities and supporting all our wonderful local businesses.

We simply can't do this without the support of our volunteers. We hope you can help and to say a little thank you, we will donate \$50 per shift to your nominated community group, charity or sporting club.

We are seeking over 200 volunteers to join us across the weekend of 6 - 8 September, 2024 in various areas including:

- Start/Finish
- Course build
- Registration/Bag Drop
- Course Marshals
- Aid Stations
- Logistics

Join the Team, we would love to hear from you!

CONTACT US volunteers@portdouglasgranfondo.com.au Call Tony 0401 922 478

Social Media

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

www.mcnc.org.au





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




Marlin Coast Neighbourhood Centre
205 Reed Rd, Trinity Park



OPEN PANTRY

fresh food

Open Fridays from 11am to 12noon
(while food lasts)

FREE fresh produce from OzHarvest & Second Bite.
FREE bread from local bakeries.

PEOPLE WHO USE THIS SERVICE MUST:

- live on Cairns Northern Beaches
- show ID with address
- have a Health Care Card

4055 6440

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>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>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>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</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*.