

Neighbourhood News

DECEMBER 2024

No matter what you do or where you end up, we wish you a joyous festive season and a safe and prosperous New Year.

MERRY CHRISTMAS

from the Marlin Coast Neighbourhood Centre Management and Staff



WE'RE WRAPPING
things up for Christmas

CLOSING:
FRIDAY
20 DECEMBER, 2024

RE-OPENING:
THURSDAY
2ND JANUARY, 2025

See you next year!



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.



GROUP	CLOSING DATE FOR 2024	OPENING DATE FOR 2025
ArmChair Yoga	9 December 2024	13 January 2025
Move Baby Move	9 December 2024	3 February 2025
Line Dancing/Tuesday Club	10 December 2024	14 January 2025
Bridge	11 December 2024	5 February 2025
Playtime	11 December 2024	15 January 2025
Shed Mosaics	11 December 2024	15 January 2025
Book Club	7 November 2024	9 January 2025
Community Garden	12 December 2024	2 January 2025
Emergency Relief	18 December 2024	7 January 2025
Acting for Adults	2 November 2024	25 January 2025
Community Cuppa	13 December 2024	17 January 2025
Music Jam	13 December 2024	17 January 2025
Canasta	12 December 2024	16 January 2025



PLEASE DONATE TO OUR CHRISTMAS TOY DRIVE



AT THE SMITHFIELD TAVERN AND THE SMITHFIELD SHOPPING CENTRE



Toys will be distributed to Northern Beaches families registered to collect their Mayoral Christmas Hamper from Marlin Coast Neighbourhood Centre

MERRY CHRISTMAS

All toys must be unwrapped and brand new for children of all ages.

Thank you for your generosity

DONATIONS ACCEPTED UNTIL THURSDAY 5 DECEMBER





Free Christmas Lunch



The Cairns Community Christmas Lunch is to be held on Christmas Day by a community group that provides a meal and some company for anyone who has nowhere else to go.

- There is **NO CHARGE**
- There is **NO PREACHING**
- There are **NO STRINGS**

Just a friendly get together for Christmas

Lunch will be served from 11.30am on Christmas Day
at the dining hall of St Augustines College
Draper Street, Cairns.

If you need more information or would like free transport to and from the lunch within 15km of Cairns CBD (book at least 48hrs ahead)

Phone 4059 2478

The success of the event relies on the generosity of community members and sponsors - donations are appreciated.

SEE YOU AT CHRISTMAS



Armchair Yoga



Led by well-respected Yoga Instructor Rike Kullach, the Armchair Yoga class is held each Monday morning. Classes apply principles of yoga and qigong flow to maintain and improve vitality of body and mind. Each class begins and ends with a short quiet time, and consists mainly of:

- Breath awareness;
- Seated activities with a focus on maintaining and improving movement and strength of muscles and joints;
- Standing coordination sequences for balance, stability, mobility and flexibility.

Mondays 9.30—10.30am

Cost: \$10 pp (starting 13 Jan 2025)



There is much fun, laughter and community spirit!

For more information phone Rike 0401 164 202



SANTA PAWS

IS COMING TO LIMBERLOST

Bring your fur family for a pet portrait with Santa Paws, among the Limberlost Gardens.

SUNDAY, 15 DEC • 9AM-12PM

\$10 PER FAMILY PAWTRAIT

Photos will be provided as a digital download after the event.
All proceeds will be donated to YAPS. Timeslot booking is recommended.

(There will be multiple bookings in the same 30 min timeslot, so we ask for your patience while waiting your turn to see Santa.)

www.limberlost.com.au/whats-happening



SCAN TO BOOK NOW!





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:

December 3: Christmas BBQ with Music
by *Trinity Beach State School, and
Smithfield State High School*

December 10: Seniors Christmas Lunch
12.30pm at Trinity Beach Sports Club

December 3	December 10
<p>Christmas BBQ with music by:</p> <p>Trinity Beach State School & Smithfield State High School</p>	<p>Seniors Christmas Lunch</p> <p>Trinity Beach Sports Club</p> <p>1 Nautilus Street Trinity Beach</p> <p>12.30pm</p>

January 14	January 21	January 28
<p>Welcome Back!</p> <p>Share your Christmas / New Year stories</p>	<p>Cultural Day</p> <p>Australia Day Aussie BBQ</p>	<p>Margaret. L - 14/12 Frances - 20/12 Lani - 2/1 Joan - 25/1</p> <p>Service Providers: Comlink Australia</p>

LAST DAY OF CLASS



Trainer and Assessor, Chanakan Crichton from MiHaven Training with Education Support Coordinator, Allison Smith from Marlin Coast Neighbourhood Centre

Our CHC33021 Certificate III in Individual Support (Ageing and Disability) students on their course completion day, under the Queensland Governments' Skilling Queenslanders for Work (SQW) initiative through the Marlin Coast Neighbourhood Centre.



Ever wanted to work as a Carer?

Contact Allison at Marlin Coast Neighbourhood Centre

-  4055 6440
-  edu.support@mcnc.org.au
-  www.mcnc.org.au



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



TRINITY PARK

pop-up shop

THURSDAY 9 JANUARY 2025 10AM - 2PM
MARLIN COAST NEIGHBOURHOOD CTR
205 Reed Road, Trinity Park

Visit the **School Savvy pop-up shop** to find affordable pre-loved uniforms, essential school supplies, and even free haircuts for students!

Make sure your kids are back-to-school ready with everything they need for the year ahead!



WE NEED:

- Pre-loved /new uniforms for high school & primary
- Backpacks in good condition
- Primary school size shoes
- High school size shoes
- Scientific calculators
- New lunchboxes
- New water bottles



Phone: 4044 0130 | Email: schoolsavvyfnq@centacarefnq.org | centacarefnq.org



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Greetings from Cairns Libraries

Have you noticed some earthworks in the hills along the Cairns southern corridor? The *Cairns Water Security Stage 1 (CWSS1)* is underway. You can find out more about it at your local library. Pick up a project newsletter, grab an annotated map, or scan the QR code on the information poster to go straight to the website. Keep up-to-date with the biggest infrastructure project ever undertaken by Cairns Regional Council. Speaking of planning, the holiday season is just around the corner. All Cairns Library Branches will close for the holidays at 5pm on Tuesday 24th December, re-opening at 9am on Thursday 2nd January. Keep reading over the holiday break with up to 30 loan items available on your library card! Of course our eResources don't take a break; you can access them 24/7 all year long. Ask your friendly library staff for help if you don't know how.

Engage your brain at Cairns Libraries this December with two stimulating events. Meet Dr Valerie Keenan at Stratford Library to explore the rich cultural history of human interactions with the spectacular tropical landscape of the Herbert Gorge Region. Valerie is a Tully-based artist, curator, historian, and the author of *Drawing You In – Carl Lumholtz in the Herbert*. View original ink drawings, landscape photographs, and learn about this fascinating creative, historical, scientific, environmental and cultural research project. You can meet Valerie on Monday 2nd December, 10.30am at Stratford Library.

Then visit Smithfield Library to meet local artists Garth Murgha and Estelle Tranby. Collectively working as *Native Creations Australia*, Garth and Estelle will share their passion for cultural storytelling and identity through contemporary arts practice. Their vibrant works have featured in numerous exhibitions, most recently the prestigious *Cairns Indigenous Art Fair (CIAF)*. Enjoy the works on display at Smithfield Library while you share cultural storytelling with Garth and Estelle, Wednesday 4th December, 10.30am at Smithfield Library.

For more information on library services check out the Cairns Libraries website, follow us on Facebook, sign up for our eNewsletter, or drop into your local library branch.



We look forward to seeing you soon at Cairns Libraries!



THANK YOU

BERYL BROADBENT!

At the 2024 Annual General Meeting this year, Beryl Broadbent decided to step down from the Management Committee of the Marlin Coast Neighbourhood Centre. Beryl has been a stalwart of this Centre for many, many years; we are so grateful to Beryl for her dedication, loyalty, and ongoing effort and commitment she has demonstrated towards this organization

Beryl, we hope to see your smiling happy face around the Centre for many years to come.

Beryl showing her latest mosaic effort

Did you hear the forecast for Christmas Eve? They're calling for rain, dear!

What music does Santa's elves like best? Wrap music!

What do snowmen eat for breakfast?
Snowflakes.

What do you call an obnoxious reindeer?

Rude-olph!



What do snowmen call their offspring? Chid-dren.

Where do you buy a Christmas gift for your pig?
Hamazon!

A poster for the Marlin Coast Neighbourhood Centre Open Pantry. It features an illustration of various food items like bread, milk, juice, and vegetables. Text includes: "Marlin Coast Neighbourhood Centre 205 Reed Rd, Trinity Park", "OPEN PANTRY fresh food", "Open Thursdays from 2pm to 3pm (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", and the phone number "4055 6440".

A poster for food donations at the Marlin Coast Neighbourhood Centre. It features a list of accepted items and contact information. Text includes: "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", and "Donations can also be made at our Centre: 205 Reed Rd, Trinity Park".



Online Crisis Support Chat

Call
13 11 14
(24/7)

lifeline.org.au

Lifeline Saving Lives
Crisis Support. Suicide Prevention.

QLD Health 24 hr Mental Health.....	1 300 64 22 55
Standby (Cairns) (24/7)	0407 490 005
Suicide Call Back Service (24/7)	1 300 659 467
Lifeline (24/7)	13 11 14
Kids Helpline (24/7)	1 800 55 1800
Gambling Helpline (24/7)	1 800 858 858
Relationships Australia (M-F 9-5 pm)	1 300 364 277
Beyond Blue (website)	www.beyondblue.org.au
Beyond Blue Ingo Line	1 300 224 636
SANE (10 am —10 pm Weekdays)	1 800 18 72 63
Q Life (3 pm—12 am, 7 days)	1 800 184 527
Mensline (24/7)	1 300 789 978
Black Dog Institute (online resources)	www.blackdoginstitute.org.au
Reachout (website)	www.reachout.com
Parentline (website)	www.parentline.com.au
Parentline (8 am—10 pm, 7 days)	1 300 30 1300
Headspace (information)	www.headspace.org.au
Headspace (online chat)	www.eheadspace.org.au
DVConnect (Womensline—24/7)	1 800811 811
DV Connect (Men's Line—24/7)	1 800 600 636
ADIS (Alcohol Drug Info Service—24/7)	1 800 177 833
Poison Info Line (24/7)	13 11 26
Bush Support Service (24/7)	1 800 805 391

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>		



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>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>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*.