

Neighbourhood News

OCTOBER 2024



Love getting older
in Queensland



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.



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
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

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

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



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



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

How Chair Yoga can improve your wellbeing

A gentle form of yoga done while seated or using a chair for balance is giving a boost to seniors' physical and emotional health.

"The students say they love the classes, and their bodies feel lighter and a lot better afterwards," one teacher said. "It helps lift their mood and they leave feeling calm and relaxed." One participant said seated yoga was better for her due to injuries. Another, suffering from the side effects of the drugs used to treat cancer, reported feeling invigorated after a session and better able to manage pain. Chairs can be used to provide stability during yoga classes.

Over time gentle yoga can improve flexibility, strength, posture and balance. "It helps to counteract the effects of ageing by gradually increasing range of motion and strengthening core muscles," she said. "This, in turn, enhances overall stability and reduces the risk of falls and injuries."

Emotionally, gentle yoga can foster a sense of community and connectedness. Participants in chair yoga classes have reported health benefits. "Participating in group classes provides social interaction and support, relieving feelings of isolation. "The practice encourages mindfulness and self-awareness, helping seniors to cultivate a positive relationship with their bodies and embrace ageing with grace and acceptance. "The meditative aspects, combined with controlled breathing techniques, help calm the mind and lower stress hormones. "This can lead to improved mood, better sleep, and a greater sense of peace and well-being."

Rike teaches a chair yoga class each Monday morning from 9.30am to 10.30am at Marlin Coast Neighbourhood Centre. Everyone is welcome and bookings are not required.



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



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

1800 818 338



MARLIN COAST NEIGHBOURHOOD CENTRE

Connection & Purpose Healthy Mind Healthy Body

A fun interactive workshop to achieve positive mental health with:

- ★ Mindfulness session
- ★ Fit for Seniors
- ★ Qi Gong
- ★ Holistic Wellness
- ★ and a nutritious Lunch

sponsored by:



**FREE
EVENT**

**TUESDAY
8 OCTOBER 2024
11 am - 2pm**

205 Reed Road, Trinity Park

**LUCKY
DOOR
PRIZE**



**RSVP: 3 October 2024
4055 6440**

Mayor's Christmas Cheer Appeal

Cairns Regional Council is again supporting the community through the Mayor's Christmas Cheer Appeal 2024, and Marlin Coast Neighbourhood Centre is pleased to be part of the food hamper program.

To be eligible you must reside in the Cairns Region, have a health card Card and be:

- a family with a minimum of 2 adults and 2 children over the age of 1 and under 16
- a single parent with a child/children under 16
- a foster family caring for one or more children under 16
- a carer who cares for one or more children, or adults with a disability
- a senior over the age of 65 years with a Concession Card

All individuals and families must have a valid concession card

Contact Marlin Coast Neighbourhood Centre on 4055 6440 for further information on registering for a Mayor's Christmas Cheer food hamper:

**APPLICATIONS OPEN: END OF OCTOBER, 2024
AND CLOSE: END OF NOVEMBER, 2024**



Paint AND CHAT

MISSION AUSTRALIA

FREE, easy guided paint on canvas activity for Seniors aged 55+

**Thursday 17 October OR
Thursday 24 October
1:00 pm to 3:00 pm
Call 4037 2874 to RSVP**



Hambleton House Community Centre
177 Bruce Highway, Edmonton

Funded by the QLD Government and supported by COTA Queensland

Podcast reveals the courage and triumphs of people living with dementia

What must it be like to get a diagnosis of Alzheimer's Disease when you are in your 50s and you have the world at your feet, a great career, great life, a loving partner, children and grandchildren?

It's not much of a stretch to imagine that it's shocking, unreal, terrifying, and isolating, and it happened to Queensland journalist Jim Rogers.

The diagnosis came after Jim experienced difficulties with problem-solving, retaining new information, recognising people he'd recently met, and changes to his mood and personality.

While Jim felt relief to receive clarification about his symptoms, the truth was still hard to come to terms with.

However, the help of his supportive and encouraging husband and his family, helped him to realise he had to live in the present and there was no time to waste.

Which is why witty, intelligent and articulate Jim agreed to cohost a podcast *Hold the Moment* with broadcast journalist and

Dementia Australia ambassador Hamish Macdonald whose father has dementia with Parkinson's.

Hold the Moment is a podcast by people living with dementia, exploring the question 'when you or someone you love is diagnosed with dementia, what happens next?'

Throughout seven episodes Jim and Hamish explore with people living with dementia, carers and health experts the experiences of being diagnosed, managing sleep disturbance and hallucinations, travelling, staying active and managing relationships.

Their stories are honest, raw, sometimes harrowing, heartwarming and at times heartbreaking.

"I felt very lonely after my dementia diagnosis. It's pretty scary, scary territory," Jim said.

"When I was diagnosed two years ago it was devastating because if you're diagnosed with cancer for example there's some hope from all the treatments these days, but with Alzheimers there's nothing. It's a terminal disease and nothing right now can stop it."

"When you hear this sort of news, it just stops you in your tracks."

Jim said the other podcasters were amazing people and included a woman who was still running marathons, a man who has found love since his diagnosis and a woman who has taken control by buying her own coffin.

Recent survey results back the need for the podcast, finding a third of respondents suggest people avoid or exclude their loved one with dementia, while nearly half the survey respondents perceive people don't keep in touch as they used to.

An estimated 421,000 Australians are living with dementia and more than 1.6million people are involved in their care.

"As a journalist, I've met many people living with dementia, but all of this hit close to home a few years ago when my dad was diagnosed with dementia," Hamish said.

"The stories shared by all the people living with dementia will help to break down barriers that discourage people seeking help and reduce the impact of social isolation.

"Receiving news of a diagnosis is huge and at every step of this project I've been in awe of all of the people living with dementia willing to share about their often intensely personal experiences to help others."

Jim and Hamish are joined on the podcast by Heather Cooper, Catherine Daskalakis, Pam Eade, Juanita Hughes, Ann Pietsch, Anthony Pollock and Kevyn Morris - who all live with different forms of dementia, and Dom O'Leary, who cared for her father with dementia.



Jim Rogers and Hamish Macdonald co-host the raw and thought-provoking podcast 'Hold the Moment' developed by people living with dementia.

Continued on page 8



*The Mayor's
Christmas Charity
2024*

Make a donation

"Locals helping locals"

The annual Mayor's Christmas Charity is a vital initiative that raises funds to buy food hampers for local families and older community members who need help making their Christmas festive.

Your extremely generous contributions are crucial in spreading Christmas joy to our community members who need it the most. Your support is greatly appreciated. Donating is easy and convenient.

You can donate online at <https://www.cairns.qld.gov.au/experience-cairns/events/annual-events/mayors-christmas-charity/make-a-donation>

You can also donate:

- over the counter with cash, credit card, cheque or money order at Council's customer service offices
- by posting a cheque or money order to Council at PO Box 359 Cairns QLD 4870. All cheques should be made to the Mayor's Christmas Cheer Appeal

Please note that NO FOOD OR TOYS can be accepted for the Mayor's Christmas Charity.

Note: Any donations received after 1 December each year will be added to the following year's Mayor's Christmas Charity target.



Connect for mental health



www.qldmentalhealthweek.org.au



This QMHW we want to encourage everyone to come together for mental health, foster connections and enhance inclusivity for those living with mental health challenges, their families, carers, and support people.

Connect for mental health



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 8am 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

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

Continued from page 6

They are also joined by Professor Nola Ries, from the Faculty of Law at the University of Technology Sydney and co-founder of the Dementia Law Network, Associate Professor Stephanie Rainey-Smith, a neuroscientist from Murdoch University and Kristin, an advisor from the National Dementia Helpline.

Dementia Australia chief executive Professor Tanya Buchanan said: "In Hold the Moment, you'll share the podcasters' struggles and triumphs as they rise to the challenges that come with a diagnosis of dementia.

"It is a powerful example of people continuing to live well while experiencing daunting changes and upheavals to their lives."

Through candid interviews with other Dementia Advocates and experts, the podcast tackles a range of topics such as talking about a dementia diagnosis and getting your affairs in order, as well as tips and strategies for areas of life such as relationships, exercise, travel and sleep.

Episodes one and two of the seven-part series went live on August 20, with further episodes dropping weekly. The podcasts are available from all the usual podcast sites and from dementia.org.au/podcast. If you have been diagnosed with dementia there is support at Dementia Australia which also has a 24/7 helpline where no question is too small. 1800 100 500.



School Student Broadband Initiative

An Australian Government initiative
powered by nbn[®]

SCHOOL STUDENT BROADBAND INITIATIVE

We can support your child's education with **free home internet**.

This is an Australian Government program for families and carers with school age children who are struggling with bills.

Eligible parents and carers have until 31 December 2024 to register for School Student Broadband Initiative and sign up with a participating internet provider.

Contact our team to see if you qualify and for help getting your house connected Student NBN enquiry form <https://forms.monday.com/forms/embed/270b584c392994760f63849bc81b358a?r=apse2>

The goal is for all School Student Broadband Initiative households on Fibre to the Node (FTTN), Fibre to the Basement (FTTB) and Fibre to the Curb (FTTC) technology, to be provided with a broadband service based on **nbn's** 50/20 wholesale speed tier.

What's included in the School Student Broadband Initiative offer?

- ✓ Free nbn home internet via a participating School Student Broadband Initiative internet provider until 31 December 2025 - with no lock in or rollover contract
- ✓ Free Wi-Fi router - (that does not have to be returned)
- ✓ Unlimited data
- ✓ 50/20 plan

Supported by

For more information contact the initiative provider directly on:

1800 954 610 or check out the FAQs:

<https://www.anglicarevic.org.au/student-internet-faqs/>



Australian Government

Department of Infrastructure, Transport,
Regional Development, Communications and the Arts



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:

- 1 October: BBQ, International Day of Older Persons
- 8 October: Connection & Purpose - Healthy Mind, Healthy Body
- 15 October: Get Online Week
- 22 October: Games & Gossip
- 29 October: MCNC AGM

October 1	October 8	October 15	October 22	October 29
 <p>BBQ</p> 	 <p>Connection & Purpose</p> <p>Healthy Mind Healthy Body</p> 	 <p>Celebrations with Nicky Jurd</p>	<p>BUS TRIP Queensland Seniors Month</p> 	<p>Birthdays 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>
November 5	November 12	November 19	November 26	
<p>Melbourne Cup</p> 	 <p>With Dr Sandi Robb and Dr Clive Skarott</p>	<p>BINGO with Gail</p> 	<p>Birthdays Alma 2/11 Jan 5/11</p>  <p>Christmas Craft with Dee</p> 	

Marlin Coast Neighbourhood Centre

MELBOURNE

Cup



Join us to celebrate the Race that stops the nation

- 3-Course Lunch
- Live Streaming of the Race
- Sweeps
- Best Dressed Prize
- Lucky Door Prize

members

\$15

non-members

\$25



Tuesday, 5 November 2024 / 11.30am
205 Reed Road, Trinity Park



Bookings - 4055 6440





Join Tenants Queensland to celebrate

INTERNATIONAL TENANTS' DAY

Thursday 3rd October 9am
9:00am – Noon

Uniting Care Community Hub
127 Anderson Street, MANUNDA

Coffee sponsored by Uniting Care and served by Mission Australia Cafe One.



**Free coffee
and doughnuts**

For free advice call

1300 744 263

www.qstars.org.au

This event is proudly sponsored by



Funded by



Greetings from Cairns Libraries



Follow your heART at your local library

Calling all creatives... we are seeking donations of Little Art Works! We will be hosting a Little Free Art Gallery at our Edmonton Library for the month of November. The community will be invited to enjoy art, make art, give art, and take art from the display. Maximum size for artworks is about A5, but there is no minimum size requirement. Miniatures are welcome! We also welcome all mediums from print to paint, paper to pottery, sculpting to sketching, fibrecraft to fabrication. You are limited only by your imagination. You don't have to be a professional artist to contribute. Please note that artworks will be donated to the community and will not be returned to the original artist. We just can't wait to see our Free Little Art Gallery come together!

October is Queensland Seniors Month and this year's theme is "Love Getting Older in Queensland." Throughout October we have a variety of activities across our eight branches encouraging our seniors to get active, get connected, and 'love being older.' You can try your hand at crochet at either Stratford Library (14th October) or Smithfield Library (17th October) at 10am. Or turn your feet to clogging. Part tap-dancing and part line-dancing, clogging is a fun way to get moving and have fun. No special shoes or partner required. Come see for yourself at Stratford Library on 3rd October, 4.30pm.

We are holding a special "Stories for all Ages" story time at Smithfield Library where grandparents, carers, and community friends are invited to play, learn, and share with some of our youngest library customers. All ages are welcome... join us at 10am on the 24th October.

Stories from our older community members can make history come alive. We are partnering with the Cairns and District Family History Society to provide a workshop on How to Interview Elderly Relatives on 29th October, 10am, at Gordonvale Library. Learn to prepare for, and conduct, a successful oral history interview. Capture those precious memories while you still can.

On the subject of interviewing, are you seeking to re-enter the workforce or switch industries? Our popular jobseeker's workshop series is running from City Library over the first three Thursdays in October. Learn to write a winning resume, cover letter, and selection criteria that will help you stand out in any applicant pool. Join us at 11am on the 3rd, 10th, and 17th October.

And finally, we are excited to welcome back our local Viking enthusiast Megan Formanek as she launches her new book ***Serve the Worthy***. The third in Megan's Viking Tradelands Series, this book promises more authentic adventures steeped in the Viking era. Megan will treat us with authentic dress and authentic food, so join us for a Viking Feast at Stratford Library on 8th October, 10am.

We have so much to offer for free at Cairns Libraries! Stay updated by signing up for our eNewsletter or following us on Facebook. Or, drop into your local library to catch up on all the latest library news.



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



Social Media

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

www.mcnc.org.au



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



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 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

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>		

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>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*.