

MY Neighbourhood LINK

Linking our community to services & programs in Maryborough & surround.
December 2019 ~ January 2020 Vol. 25

Merry Christmas & a Happy New Year

The Maryborough Neighbourhood Centre will be closed for the Christmas holidays starting 12nn on Friday, 20 December 2019.

The Centre will re-open to the public @ 9am on Monday, 13 January 2020.

On behalf of staff, volunteers and Management Committee of the Maryborough Neighbourhood Centre, we wish you all a very Merry Christmas and a Prosperous and Happy New Year!!!

THANK YOU for your support throughout 2019 and we look forward to seeing you again in 2020!

Merry Christmas!!!

What's Inside...

Page

2	Message from Centre Manager
2-3	What's on at the centre
4	Embracing Diversity News
5-6	Community Information
7	Other Services at the Centre
8	Community Information & Frequently asked numbers

Pre-Australia Day 2020

Bushfire Fundraising LUNCH

The Maryborough Neighbourhood Centre will be celebrating Australia Day by hosting a Pre-Australia Day fundraising luncheon to raise some much needed funds for victims of the recent QLD bushfires and for families still suffering in the on-going drought. Proceeds from this fundraiser will be forwarded to the St. Vincent De Paul Society QLD's Disaster appeal.

Pre-Australia Day Lunch Menu

Your choice of:

MAINS

Rosemary & Garlic Roast Lamb with Mint Sauce and potato bake

OR

Roast Beef with Mushroom Sauce and potato bake

SIDES

Salad OR Vegies

DESSERT:

Pavlova with berries
OR

Sticky Date Pudding



Friday, 24 January 2020

From 11:30am - 1:30pm @ the Maryborough Neighbourhood Centre
(Guests are expected to be seated by 12nn for service)

COST:

\$35.00 per person

(Proceeds go to the St. Vincent De Paul Society Disaster Appeal)

PRE-SOLD TICKETS ONLY!!!

NO TICKETS WILL BE SOLD ON THE DAY!!! Tickets must be purchased before 4pm on Wednesday, 22 January 2020.

DON'T MISS OUT AS PLACES ARE VERY LIMITED!!!

Tickets can be purchased at the Maryborough Neighbourhood Centre reception,
25 Ellena Street, Maryborough.

For more information, contact 4121 2141 or email admin@maryboroughnc.org.



Find us on:
facebook

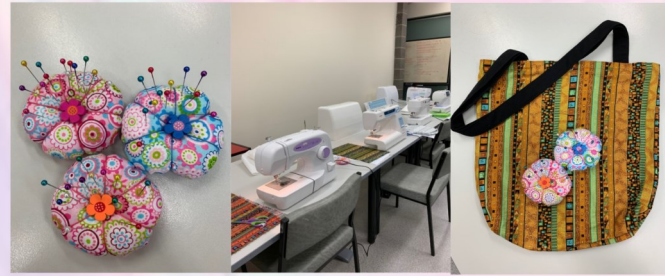
VISIT OUR WEBSITE:
www.maryboroughneighbourhoodcentre.org



Funded by: Queensland Government

WHAT'S ON

At the centre



SEW YOUR WAY TO A PLASTIC FREE LIFE!!!

Learn how to sew and create re-usable environmentally friendly items!!!

Register now!!!

FEBRUARY 2020 & MARCH 2020 CLASSES

Classes will run for four (4) sessions every Wednesday from 1pm-4pm.

PLACES ARE FILLING UP FAST!! For more information, contact centre reception on 4121 2141 or email admin@maryboroughinc.org or visit us at 25 Ellena Street, Maryborough.



From the desk of the Centre Manager...

I suppose the right time has come to greet you all A Very Merry Christmas and A Happy New Year! We here at the centre are all wrapping up and getting ready to enjoy a long and deserving Holiday Break! We have been working so hard the whole year that we all now look forward to taking it easy, spending more time with family, enjoy Christmas and re-charge for 2020.

While finishing with activities and projects for 2019, we are at the same time gearing up for things that will be happening when we return in the New Year. As always, our first will be the Pre-Australia Day Event, this time with lesser pomp and extravaganza compared to previous ones...we have decided to focus on a fund raising campaign to do our bit to help raise funds for bushfire victims and those who are affected by this overstaying drought! Last Christmas we did a fundraising Christmas Carol, so this time for Australia Day we will serve a very Australian Lunch and proceeds will go to St. Vincent De Paul Society Qld's Disaster Appeal. I encourage everyone to support this campaign and join us for a very Australian lunch on Friday, 24 January 2020. Please call us at 41212141 for tickets and more details.

In spite of the hustle and bustle of this season, we have managed to put together information for what programs are continuing in the New Year and some important community information, so enjoy our newsletter and until next time...

Gay



CSP

Cancer Support Program

A program of the Maryborough Neighbourhood Centre



Our support group is a

welcoming environment for people who survived or going through any form of cancer and their families.



Meeting dates for 2020 (every second Monday of the month)

- | | | | |
|---------------|--------------|---------------|----------------|
| ♥ 10 February | ♥ 9 March | ♥ 20 April | ♥ 11 May |
| ♥ 8 June | ♥ 13 July | ♥ 10 August | ♥ 14 September |
| ♥ 12 October | ♥ 9 November | ♥ 14 December | |

Meeting starts @ 10am at the Maryborough Neighbourhood Centre, 25 Ellena Street.

Meeting Coordinator— Ms. Jan Eycken, mobile: 0408 343456

- ♥ We are hoping we can provide friendship, support, and some information through invited guest speakers and health professionals.
- ♥ We are volunteers who understand and has been through a similar experience, we care and we want to help, and will be happy to just have a chat over a cup of coffee.
- ♥ We meet once a month for approximately two hours, and there will always be morning tea!
- ♥ We are an open group, flexible entry and exit.
- ♥ Our group is run under the guidance of the Maryborough Neighbourhood Centre, and supported by Cancer Council Qld.



For more information, please contact centre reception on 4121 2141 or email admin@maryboroughinc.org or visit us at 25 Ellena St. Maryborough.

Correspondences: P.O Box 689 Maryborough Qld 4650



2020 D F

Dance to Fitness

A program of the Maryborough Neighbourhood Centre

Dance routine designed for women.
Learn line dancing and freestyle dancing with a modern twist!!!

EVERY MONDAY & FRIDAY
COMMENCING 3 FEBRUARY 2020 @ 4PM

Participants must be at least 18 years of age & physically fit to join in this type of activity.

Cost: GOLD COIN DONATION

*** Program may be terminated or schedule changed without prior notice. Due to venue limitation, participation is on a 'first come, first serve' basis. ***

OUR DANCING INSTRUCTORS ARE TALENTED VOLUNTEERS AND MEMBERS OF THE CULTURAL DANCE GROUP OF THE MARYBOROUGH NEIGHBOURHOOD CENTRE'S MIGRANT DEVELOPMENT PROGRAM!!!

The Dance to Fitness group meets on the last Friday of the month at 3pm for afternoon tea socials. Give us a call to find out more!!!

For more information, please contact centre reception on 4121 2141 or email admin@maryboroughnc.org



A program coordinated by volunteers of:

Maryborough Interagency Network MEETING

Be Connected. Be Heard. Be Informed.

2020

Welcome to 2020!!!

Come and join us for our bi-monthly Maryborough Interagency Meeting and discuss our current activities and potential ways of working together as a community. Meetings are informal but with structure and long enough for attendees to learn and develop opportunities to meet our specific program goals and objectives.

MEETINGS DATES FOR 2020 (Tuesdays 9:15am - 11am)
@ the Maryborough Neighbourhood Centre

- * 11 February 2020 * 14 April 2020
- * 9 June 2020 * 11 August 2020
- * 13 October 2020 * 8 December 2020

For more information or if you want to be included in our mailing lists, please contact centre reception on 4121 2141 or email admin@maryboroughnc.org.

If you would like to be a guest speaker at any of our scheduled Maryborough Interagency Network Meetings, please email pfordham@maryboroughnc.org.



Light up the Fraser Coast 2019

#	STREET DISPLAY	ADDRESS
1	✓	2-3, 8, 12, 17, 19-20, 23-24, 26, 28, 32 Kingfisher Dr, Oakhurst
2		165 Showgrounds Rd, Maryborough West
3		88 Gayndah Rd, Maryborough
4		8 Katherine St, Maryborough
5		733 Kent St, Maryborough
6		14 Stafford St, Maryborough
7		2 Jaye Cr, Maryborough
8		162 Neptune St, Maryborough
9		53 Thursht St, Maryborough
10		17 Victory St, Maryborough
11		57 Gallipoli St, Maryborough
12		189 Cheapside St, Maryborough
13		34 Milton St, Maryborough
14		269 Ellena St, Maryborough
15		82 Pallas St, Maryborough
16		69 Plesasant St, Maryborough
17		30 Tulipwood Dr, Tinana
18		10 Chapman St, Tinana
19		308 Ann St, Maryborough
20		10 March Ln, Maryborough
21		228 Adelaide St, Maryborough
22		208 John St, Maryborough
23		18 Hillcrest Ave, Granville
24		8 Carmen Ct, Granville
25		42 Annie St, Howard

Proudly produced by Festive Fraser Coast

Join or Renew Your Membership

Migrant Development Program

Membership is open to all with a migrant background 18 years old and above. Membership fees are as follows:

- * \$5.50 p/p a year for concession/health/pension card holders
- * \$11.00 p/p a year for non-concession card holders

As a member, you are expected to:

- * Uphold the Migrant Development Program's Mission Statement and Objectives.
- * Support the promotion of multicultural events, programs and services of the centre.
- * Share your culture and participate in activities and attend meetings if required and when available.
- * Refer or recruit membership into the program if there is an opportunity.
- * Contribute to the positive image of an Australian Migrant and support endeavours towards this goal.

Benefits of being a member.

- * Membership to the program and the Maryborough Neighbourhood Centre.
- * Subscription to the centre's newsletters.
- * Update on information about multicultural news and activities and other relevant information.
- * Invitation to community events and other programs.
- * An opportunity to be involved in a small but dynamic organisation that has served the community of Maryborough since 1988.

Social Groups in the Fraser Coast

- * **Asian Women's Group** - Maryborough Neighbourhood Centre. Call 4121 2141 for more info.
- * **Australian Group Latino Fraser Coast Inc.** - meets at the Hervey Bay Community Centre. Phone 4128 8359 for more info.
- * **Filipino Australian Community Association of Fraser Coast** - For more information about the group, contact the president on 0457 767 072.
- * **Hungarian Friendship Club** - Meets at the Hervey Bay Community Centre. For more info, contact Endre on 4124 9925
- * **Learn French through French Business Services** - offers French lessons in Maryborough. For more info, phone 0438 195 443

* Please note that information printed on this column is correct at the time of printing. Be aware that information can change without prior notice.

Embracing Diversity



One of the main projects of the Maryborough Neighbourhood Centre is to create a welcome package for migrants or a multicultural resource folder. Within that folder is a wealth of brochures and information that can assist our migrant community should they require any support.

This folder will be available at the centre and will continually be improved as the year progresses. If you know of any migrant who might benefit from this resource folder please encourage them to visit the centre.

Adult Community Education Program

A program of the Maryborough Neighbourhood Centre

ENGLISH Mentoring FOR Migrants 2020

EVERY THURSDAY @ the Maryborough Neighbourhood Centre
2020 classes begin February 6th

This is a free program to eligible participants.

WHAT WE OFFER?

1pm
Basic English Mentoring

2pm
Advanced English, Grammar & Writing Practice

PRE-ASSESSMENT IS REQUIRED!!!

This is to identify program suitability to the needs of participants.



To register or for more information, please contact centre reception on 07 4121 2141 or email admin@maryboroughnc.org. Limited places are available.

* This is a non-accredited mentoring program run by volunteer tutors and mentors of the Maryborough Neighbourhood Centre.

* This program is free to eligible participants. Please contact us for more information.



Migration ADVICE

A registered Migration Agent offers professional advice in a voluntary capacity on issues relating to visas and other immigration and citizenship matters.



This service is **BY APPOINTMENT ONLY**



For more information on session dates for 2020 and for appointments, please contact centre reception on 4121 2141 or email admin@maryboroughnc.org.



Office Closure:

Wednesday, 25 December 2019
Thursday, 26 December 2019
Friday, 27 December 2019
Wednesday, 1 January 2020

Reporting & Payments dates if you need to report

The dates you need to report to us have changed for the Christmas 2019 and New Year 2020 public holidays.

If you report early during your assessment period, you need to estimate your earnings. You must do this for your full period. You must also do this for any other changes that may affect your payment. If you make a mistake, you can correct your estimate within 14 days or when you next report.

If you report after your assessment period, we'll pay you after you report to us. You may want to do this so you can be sure of your earnings or changes to your circumstances.

For more information, visit <https://www.humanservices.gov.au/individuals/public-holiday-reporting>.

Anglican Parish of Maryborough QLD

Blue Christmas Service

Thursday, 19 December 2019 @ 5:30pm
At St. Paul's Maryborough

Christmas Afternoon Tea

Sunday, 15 December 2019 @ 2pm at the
St. Paul's Memorial Hall
Wear a Christmas outfit and bring an afternoon
tea to share



Join the Intrepid Carol Singers as they wind their way around the parish bringing joy to people in their homes.
Friday, 20 December &
Sunday, 22 December 2019



Maryborough Corps

100 Bazaar Street
Maryborough QLD 4650
Phone: 07 4121 3643

WELFARE

Wednesday 10am - 12nn
Corps (Church) / Centre Facility
Assistance for people in crisis.
To access this service, phone the local office or 1300 371 288. **Last welfare for 2019 is on 18/12/2019.**

CHRISTMAS HAMPERS

Dates for referrals and intake ⇨ 6/11/2019 - 11/12/2019
The Salvos prefer clients to come in and talk with them which can be done between 11am-1pm for a coffee and chat. Contact local office for details.

MEN'S FELLOWSHIP

Saturday varies
Corps (Church) / Centre Facility.
A social program for men.
Every second month. Contact the local office for more information.

COMMUNITY DINNER

Wednesday @ 5pm
Corps (Church) / Centre Facility
Doors open @ 4:30pm. Contact the office for more information.

As per website: <https://www.salvationarmy.org.au/locations/queensland/gmbc/maryborough-corps/>



St Vincent de Paul Society

good works

ASSISTANCE HELPLINE

1800 846 643

(food, clothing, furniture & household items)



COMMUNITY SERVICES

1300 236 822

(Aged care, counselling, disability support,
housing support, mental health support)

DON'T BE BY YOURSELF FOR CHRISTMAS

Come join us at THE DOOR OF HOPE in Kent Street for **CHRISTMAS LUNCH** on the 25th of December 2019 @ 12nn

RSVP by 20 December 2019

YOU NEED TO BOOK!!!

Please contact 0423 455 532 to book your place!!!

Surviving the holiday season: Safety tips for Christmas

It's one life's paradoxes that, during the Christmas and New Year holidays, when we're relaxing and having fun in the bosom of our families, the risk of accidents and injuries increases.

Though we're off work and school-related duties, we get busy and stressed shopping and attending school engagements; we're confronted with more road congestions; we tend to eat and drink to excess; and we're more exposed to the dangers lurking in our homes. While one of these things in isolation might not be noteworthy, in combination they can set us up for a fall - literally and figuratively.

CLIMBING LADDERS

Falls from ladders, tables and other raised services are more prevalent during Christmas when householders put up lights and decorations.

- Avoid furniture and table to stand on. Use a step stool or ladder instead.
- Make sure the ladder you use is structurally sound.
- Wear footwear with good grip and move slowly and carefully up and down the ladder.
- Don't drink and decorate as alcohol impairs your motor skills and increases your risk of falling.

BUYING PRESENTS

Christmas presents are designed to bring children excitement and joy, but be careful the presents they receive don't end in tears and heartache.

- Choose age-appropriate presents for children.
- Visit Product Safety Australia's Recalls web page to check whether the present that you bought or will buy has not been recalled.
- Be careful with small, coin-sized lithium batteries as these are choking hazards for smaller children.

DRINKING ALCOHOL

Christmas and New Year sees a spike in work lunches, family get-togethers and late night parties.

- If you are a teetotaler, you won't need to worry. But if you do indulge, the Australian Government's Department of Health recommends you drink no more than 4 standard drinks on a single occasion.
- Eat before, and while you are drinking.
- Consider drinking low alcohol beverages on a night out and switch to drinking water which will keep you hydrated.
- Drink responsibly.

CHRISTMAS LIGHTS

Many fires are triggered by some failure or malfunction in an appliance or a piece of equipment including Christmas lights.

- Before buying Christmas lights, check the Australian Government's product recall safety website.
- Check the lights you buy have an Australian Approval number.
- Add a safety switch to your switchboard.
- If you plan on your house being visible to outer space, then consider getting an additional power points installed instead of overloading existing circuits.
- Turn off Christmas lights when you're not home or before you go to bed.

HITTING THE ROAD

Australia's road toll invariably during Christmas and New Year.

- Ensure you are well rested before going on a long trip.
- Avoid driving at odd hours of the day or night when you would normally be asleep.
- Stick to the speed limit.
- Make sure your car has been serviced before going on a long trip.

GOING AWAY?

Christmas holidays are not only a high-season for tourism but also for burglars.

- Secure all windows and doors
- Ask a friend, neighbour or family to collect your mail.
- Use lights with a timer.

STAF SAFE THIS FESTIVE SEASON! Merry Christmas!!!

Article from: <https://www.budgetdirect.com.au/blog/safety-tips-halloween-christmas.html>

SENIORS REGISTER AND SAFELY HOME REGISTER

Queensland Police Service currently offers an initiative where people who have family members who are elderly and/or living with dementia can register them through Queensland Police Service's Seniors Register and Safely Home Register.

Currently, our area is not electronic as of yet so to register a loved one who is elderly or living with dementia, you will need to visit your local police station and request to register them in the Seniors Register or the Safely Home Register.

For more information, contact QPS General Inquiries on 131 444 or the Maryborough Station on 07 4123 8111

Your local police station is at:



204 Lennox Street
Maryborough QLD 4650

QUEENSLAND LAUNCHES FIRST FRAME WORK TO PREVENT SEXUAL VIOLENCE

Excerpt from Media Statement by Minister for Child Safety, Youth and Women and Minister for Prevention of Domestic and Family Violence, The Honourable Di Farmer

The Palaszczuk Government has listened to victims and survivors to create Queensland's first ever Sexual Violence Prevention Framework.

Minister for Prevention of Domestic and Family Violence Di Farmer said *Prevent.Support.Believe. Queensland's Framework to address Sexual Violence* committed to a Queensland where everyone lives free of fear, threat or experience of sexual violence.

"For the first time we have a framework which builds on our progress so far, brings together the evidence and advice of survivors with the expertise and experience of the people who are there to support them - and establishes an overarching framework for all Government policy and programs addressing sexual violence," she said.

"While community attitudes are changing thanks to social movements like #metoo and #timesup, and the committed advocacy of survivors and Governments, evidence, shows experiences of sexual violence are widespread.

One in five women over the age of 15 and one in 20 men have experience sexual assault—which means we all know someone who's been affected."

For more information on the new framework, go to:

<https://www.csyw.qld.gov.au/violence-prevention/sexual-violence-prevention/sexual-violence-prevention-framework>

Other Services



MEETING ROOM HIRE CHARGES

(Rates are for room use only and subject to an annual review)

NON-PROFIT ORGANISATIONS

\$20.00 per room per hour (1 hr room hire or less)
\$15.00 per room per hour (more than 1 hour room hire)

Catering and use of office equipments & kitchen utensils will incur additional charges. Call 4121 2141 or email bookings@maryboroughnc.org for more info.



Volunteers Needed

(Receptionist, Kitchen hand, Gardener, Maintenance, etc.)

If you have these skills and would like to share them with your community, come in and see us at the Maryborough Neighbourhood Centre, 25 Ellena Street or phone us on 4121 2141 or email admin@maryboroughnc.org

Donations Needed



“NEIGHBOURHOOD CAFE”
NOW OPEN FROM MONDAY TO FRIDAY
(10.30 TO 1.30)

So if you want a good coffee and a great atmosphere why not come and visit us and support your local Community centre.



The Maryborough Neighbourhood Centre proudly supports the not for profit organisation Share the Dignity in providing disadvantaged women in our community with free sanitary items. So next time you visit the centre and you are in need of sanitary items, just before you get to the ladies lavatory, there is a small green box where you can help yourself with items that you need. You don't even have to let us know.

We also rely heavily on our community to ensure that the little green box remains full. So if you can help, please leave your donated items at centre reception or if you want to remain anonymous, please feel free to place your items in the green box. **Access to sanitary items is a woman's right!!!**

Thank you for your support!!!

counselling and support
For
FINANCIAL WELL-BEING

FRIDAYS FROM 9.00AM-12.00PM
Please contact centre reception for 2020 session dates

Need to talk to us?

We're listening...

Sessions are by appointment only. Please contact 4121 2141 or email: admin@maryboroughnc.org

Dealing with debt and having difficulty paying bills?

Having issues with your utility providers?



We can direct and refer clients to services and other organisation that offer support in relation to financial well-being.



Referral to services that provides or support with small loans, personal loans or NILS.

Information on where to get further assistance.



We can assist with filling out forms for loans or related financial documents and help with understanding terms and conditions.



Support in creating and maintaining a budget, including follow-up sessions, if required.



TAYLOR STREET
Community Legal Service

Managed by Hervey Bay Neighbourhood Centre Inc

FREE LEGAL ADVICE

Is the cost of legal advice stopping you from seeking help? Free, confidential, 15-minute legal advice sessions are available to residents of Hervey Bay, Maryborough, Tiara, Burrum Heads and Childers through the Taylor Street Community Legal Service. Sessions are by appointment only.

For appointments please call 4194 2663.





Share the Dignity
"It's in the Bag"
Drive



We still have a few more bags from Share the Dignity "It's in the bag" drive to give away to women and girls who could use a little helping hand with hygiene products.

So if you know of any women and girls who you think might benefit from these free hygiene bags, please send them over at the

Maryborough Neighbourhood Centre, 25 Ellena Street.



Family Mental Health Support

- Supports children and young people with mental health and wellbeing concerns
- Provides support to child and young person's family
- Options available to transport and home visit
- Supports Maryborough and Gympie area

Counselling Interventions Service

- Supports children and young people in out of home care
- A therapeutic support program aimed to support children and young people with experience of trauma, trauma responses, mental health and wellbeing and placement stability
- Provides support to child or young persons carer's and support network

Family Support Program

- Provides counselling supports support to adult's children and young people to improve their relationships and mental health and wellbeing
- A generalist counselling program
- Supports Maryborough and Hervey Bay area

Domestic and Family Violence Service

- A crisis intervention services
- Support for women and children who are experience domestic and family violence (as the aggrieved in the relationship)
- Provides support with DVO applications, safety planning, connections with support services, short term counselling specific to DFV experiences and safety upgrades

For more information contact Centacare on 07 4194 0172

WEBLEC TOASTMASTERS CLUB

*Meets every 2nd & 4th Thursday at
the Maryborough Neighbourhood
Centre
6.30 pm for 7.00 pm*



*Phone Richard Gilbert on 0428
980 078 for more information.*

Other groups meeting at the centre...

- * **Cake Decorators** - meets every 2nd Saturday of every month from 9am - 12nn.
- * **Heritage Combined Crafts** - meets every 3rd Monday of each month from 7:30pm
- * **Combined Lodge Meeting**
- * **Maryborough Correctional Centre Community Advisory Committee Meeting**
- * **Wide Bay Burnett Multicultural Services Meeting**
- * **JP's in the Community Meeting**

For more information about these groups please contact centre reception on 41212141 or email admin@maryboroughne.org.

Frequently requested phone numbers

Hervey Bay Community Centre	4194 3000
Taylor Street Community Legal Service	4194 2663
Lifeline - Maryborough	4122 9000
St. Vincent's de Paul - Welfare Services	4123 5460
Salvation Army -Welfare & Community Services	4121 0182
Centacare Community Services (Main Office)	4194 0172
Community Health - Maryborough	4122 8777
Community Housing Ltd. - Welfare	4121 4515
Blue Care	
METS - Maryborough Escorted Transport Service	4121 0898

St. John's Ambulance Community Services Transport Access Project (TAP)	1300 7856 46
Feros Care Social Transport	1300 090 256
Yoorana Domestic Violence Service	4122 2218
Legal Aid - Wide Bay	4331 7400 1300 651 188
Rent Connect	1800 137 687 13 74 68
Bundaberg Neighbourhood Centre	4153 1614
Childers Neighbourhood Centre	4130 4690
DV Connect	
Womensline -	1800 811 811
Mensline -	1800 600 636
Sexual Assault Line -	1800 010 120
Pets in Crisis -	1800 811 811