

# MY Neighbourhood



Linking our community to services & programs in Maryborough & surround.  
February 2020 ~ March 2020 Vol. 26

Photo: Maryborough Post Office, Cnr Bazaar & Wharf Streets, Maryborough

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# Thank You FOR YOUR SUPPORT

## Pre-Australia Day Bushfire Fundraising Lunch 24 January 2020



### Main Course

Your choice of:  
Roast Lamb with Potato Bake & Mint Sauce served  
with your choice of Salad or Veggies

Roast Beef with Potato Bake & Mushroom Sauce  
served with your choice of Salad or Veggies

### Dessert

Your choice of:  
Pavlova with mixed berries  
Or  
Sticky Date Pudding

Many thanks to  
everyone who  
supported this event.



This event is proudly supported by:



Pre-Australia Day Fundraising

## Menu

The Maryborough Neighbourhood Centre  
Proudly celebrates

## QUEENSLAND Women's Week

Celebrating our diverse community  
of strong women

6-15 March 2020

Join us on Friday, 6 March 2020 from 10am - 11:30am for a morning of inspiration as we celebrate strong, independent, career driven and diverse women in our community.

\*\*\*THIS EVENT IS FREE but booking is essential as places are limited and for catering purposes.\*\*\*

For more information or to book your place, contact centre reception on 4121 2141 or email [admin@maryboroughhnc.org](mailto:admin@maryboroughhnc.org)

\*\*\*NOTE: As we have a set menu for morning tea, unfortunately we are unable to cater to any special dietary requirements.



## What's Inside...

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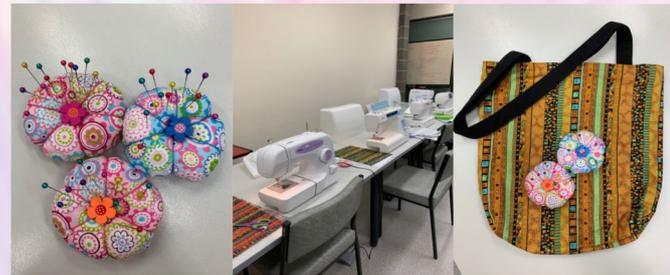
VISIT OUR WEBSITE:  
[www.maryboroughneighbourhoodcentre.org](http://www.maryboroughneighbourhoodcentre.org)

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@maryboroughnc.org](mailto:admin@maryboroughnc.org) or visit us at 25 Ellena Street, Maryborough.



### From the desk of the Centre Manager...

We returned to work in 2020 refreshed, ready and eager to do it all over again! As in the past, we normally kick off the year with the Australia Day Celebration! This one being a tad bit different from past celebrations. We focused on a fundraising effort that saw close to 60 generous and community-minded members of our community seated all together for a scrumptious Australian lunch and raising much needed funds towards the bushfire and drought appeal of St Vincent De Paul Society.

The rest of our regular programs have all commenced in early February. The dance to fitness this year is trialling a 2-day in a week session every Mondays and Fridays and is looking good so far in terms of participation. We had a trial of the Basic Sewing Workshop under our Adult Community Education Program (ACEP) last year and the outcome were so great that we just started another batch of participants who are getting really creative with their sewing at the same time helping the environment by creating reusable items. The Cancer Support Program will have a Mindfulness Workshop for their session in March and the Computer Class filled up really quickly for its first batch of mentoring this year.

We are sad to announce that our hardworking, generous and passionate Volunteer Coordinator for the Cancer Support Program, Jan is leaving us to move closer to family. But luck is still on our side because we are welcoming a new team member Joan. Our Sewing Expert, Jenni who continues to amaze us with her creativity and skills, have joined forces with English Teacher Jean to help out with English mentoring – and what a difference these ladies are making to the participants.

Everything is falling into the right places and it is looking good – so what a great start to 2020! Until next time!

Gay



# C S P

**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@maryboroughnc.org](mailto:admin@maryboroughnc.org) or visit us at 25 Ellena St. Maryborough.

Correspondences: P.O Box 689 Maryborough Qld 4650



2020

# DF 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](mailto: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.

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

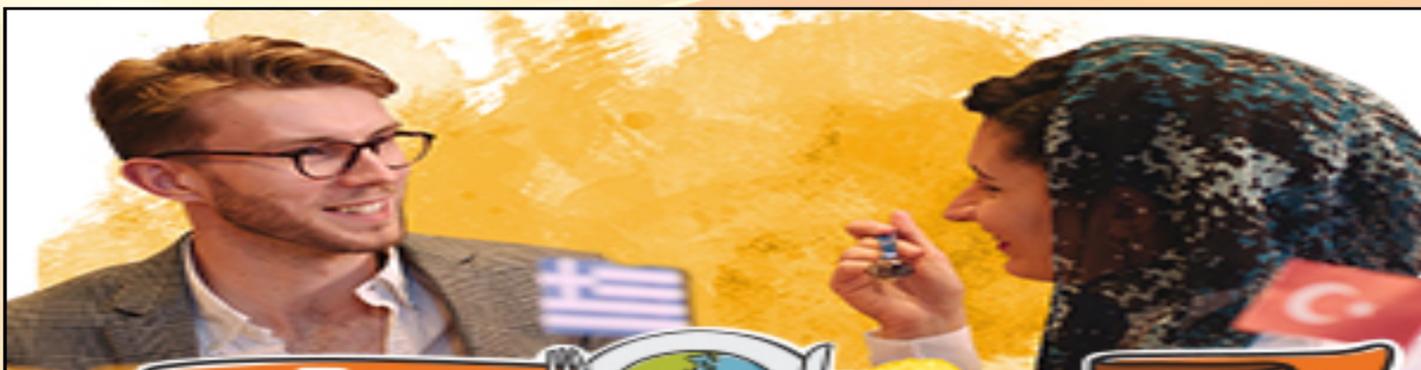
\* 11 February 2020 \* 15 April 2020 (Wednesday)

\* 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](mailto: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](mailto:pfordham@maryboroughnc.org).\*\*



# A TASTE OF HARMONY

## Celebrate cultural diversity at work

### 16 - 27 March 2020

# WHAT'S ON

counselling and support  
For  
**FINANCIAL WELL-BEING**

FRIDAYS FROM 9.00AM-12.00PM  
STARTING 7 February - 26 June 2020.

**Need to talk to us?**  
We're listening...  
Sessions are by appointment only. Please contact  
4121 2141 or email: [admin@maryboroughnc.org](mailto:admin@maryboroughnc.org)

Dealing with debt and having difficulty paying bills?

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

Having issues with your utility providers?



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.



Adult Community Education Program  
A program of the Maryborough Neighbourhood Centre

# BASIC computer Mentoring

## Register Now!

MENTORING CLASSES EVERY FRIDAY  
BASIC COMPUTER  
FROM 10AM - 11AM

**\$20.00 PER PERSON - 4 SESSIONS ONCE A WEEK**  
*PAYMENT IS REQUIRED PRIOR TO COMMENCEMENT - NON-REFUNDABLE*

Learn the basics of operating a computer and learn about it's programs and simple functions.

**\*\*\*Minimum of 3 participants are required to commence a session\*\*\***

For more information or to express your interest, please contact centre reception on 4121 2141 or email [admin@maryboroughnc.org](mailto:admin@maryboroughnc.org).

This program is being delivered through the **Adult Community Education Program**

**Learn & be CONFIDENT**

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

Delivering the NDIS in your community

If you are aged 7 and above, one of our partners may deliver LAC services, which includes linking you to the NDIS and to mainstream and community supports in your area.

Role of Local Area Coordination (LAC): **LACs can help you to:**

- Understand and access the NDIS – This can include workshops or individual conversations about the NDIS.
- Create a plan – If you are eligible for an NDIS support plan, your LAC will have a conversation with you to learn about your current situation, supports, and goals to help develop your plan. It is important to know that LACs cannot approve an NDIS plan, this is done by someone from the NDIA.
- Implement your plan - Your LAC will help you to find and start receiving the services in your NDIS plan. Your LAC can also provide assistance throughout your plan if you have any questions.

**Review your plan – Your LAC will work with you to make changes to your plan through a plan review. This generally occurs 12 months after your plan is implemented.**

Linking you to information and support in your community.

- LACs will help you: Learn about support available in your local community; Understand how the [NDIS works with other government services](#) – this is supports like education, health, and transport;
- Sustain informal supports around you – this is family, friends and local community members.

This is part of [Information Linkages and Capacity Building \(ILC\)](#).

You can ask your LAC about the supports available in your community, even if you're not eligible for an NDIS support plan. Partners delivering LAC services will also work to make your community more welcoming and inclusive.

Local contacts through APM:

1. Cherie Wilkie - LAC, Diverse Communities  
P: 1300 276 522 M: 0455 605 193  
E: [cherie.wilkie@ndis.gov.au](mailto:cherie.wilkie@ndis.gov.au)
2. Sarah Reed - LAC, Community Capacity Building  
P: 1300 276 522 M: 0417 949 396  
E: [sarah.reed@ndis.gov.au](mailto:sarah.reed@ndis.gov.au)

Article from: <https://www.ndis.gov.au/understanding/what-ndis/whos-rolling-out-ndis/lac-partners-community>

# EMBRACING diversity



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.



## NEW!!! All inclusive sessions to MOVE IT! Something for everyone.

We are excited to offer inclusive classes!!!

We are training our staff and purchasing equipment with funds from the Swimming Australia Community Grant.

We would love to hear from people from a Culturally and Linguistically Diverse (CALD) backgrounds and people with disabilities.

**LET US TAILOR A SESSION FOR YOU!!!**  
We offer incentives to get you started.

For more information contact the Maryborough Aquatic Centre on 07 4190 5875 or email [mbaquatic@frasercoast.qld.gov.au](mailto:mbaquatic@frasercoast.qld.gov.au)



## Adult Community Education Program

A program of the Maryborough Neighbourhood Centre



**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](mailto: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](mailto:admin@maryboroughnc.org).

## Step-Up for Dementia Research

StepUp for Dementia Research is a research participation and engagement service, a “one-stop shop” that connects individuals – both with and without dementia – with researchers conducting studies into dementia prevention, diagnosis, treatment, care and cure. COTA Queensland has become a StepUp champion.

If you are interested in finding out more about StepUp or about studies you could be involved in, visit [www.stepupfordementiaresearch.org.au](http://www.stepupfordementiaresearch.org.au).

### Queensland’s Human Rights Act now in force



**HUMAN RIGHTS ACT FOR QUEENSLAND**

#### force

The Queensland Human Rights Act came into force on January 1st. Public entities have a specific obligation to act and make decisions compatible with human rights. An organisation or department is defined as a public entity that delivers services on behalf of the Queensland Government. This act protects:

- recognition and equality before the law;
- right to life;
- protection from torture and cruel, inhuman or degrading treatment;
- freedom from forced work;
- freedom of movement;
- freedom of thought, conscience, religion and belief;

- freedom of expression;
- peaceful assembly and freedom of association;
- taking part in public life;
- property rights;
- privacy and reputation;
- protection of families and children;
- cultural rights—generally;
- cultural rights—Aboriginal people and Torres Strait Islanders;
- right to liberty and security of person;
- humane treatment when deprived of liberty;
- fair hearing;
- rights in criminal proceedings;
- children in the criminal process;
- right not to be tried or punished more than once;
- retrospective criminal laws;
- right to education; and health services

The newly established Queensland Human Rights Commission, which replaces the Anti-Discrimination Commission, will administer the new Human Rights Act. For more information visit [www.qhrc.qld.gov.au](http://www.qhrc.qld.gov.au)

### Thinking of joining a gym for the new year?

Queenslanders looking to kickstart a healthier 2020 by taking out a new gym membership are being reminded of their rights under Australian Consumer Law. Acting Attorney-General and Minister for Justice Dr Anthony Lynham has sent out a reminder that the fitness industry is regulated in Queensland, and gyms and other fitness suppliers must meet certain legal requirements. Here are some tips from the Queensland Government:

- Give some thought to what you want out of a gym membership and do your research to see what’s on offer. Before you sign up, you’re allowed to inspect the facilities.
- Gyms may not make false or misleading claims, including unrealistic weight loss goals.

Both parties must sign an agreement that sets out your rights and responsibilities, as well as those of the gym or fitness club. The contract can be fixed term or ongoing. All contracts also have a 48-hour cooling off period. The contract should detail all the applicable fees you have to pay, including ongoing membership costs and any one-off administrative charges, and clearly define what your rights are for ending the agreement.

You can end the agreement any time in writing but be aware you may have to pay a cancellation fee. The details of this fee must be set out in the agreement you sign.

For more information or to make a complaint, visit [www.qld.gov.au/fairtrading](http://www.qld.gov.au/fairtrading).

### My Health For Life

**My health for life is a free healthy lifestyle program to help Queenslanders live well and reduce their risk of chronic disease, such as heart disease, type 2 diabetes and stroke.**

#### Evaluation of men only groups currently underway



My health for life undertook a major piece of research in August to better understand the beliefs and health behaviours of Queensland men. A lack of available Queensland-specific research was behind the move, coupled with a desire to engage more men in the program. As a result of the findings, a decision was made to undertake a pilot of men-only groups.

Male participants were recruited for five groups across SEQ, including Hervey Bay, and were delivered by male facilitators. To date, 39 men have completed up to session 5 of the program. Early results suggest there is strength in a ‘men only’ group approach with 87% retention rates at session five, compared to 72 % for the mainstream program.

Facilitators report that the men quickly built rapport within the group, were supportive and encouraging of each other and they looked forward to sessions. Goals ranged from weight loss, being more active and simply feeling good.

The pilot evaluation is now focused on participant’s experience of the ‘men only group and analysis of participant outcomes compared to those participating in mainstream groups.



#### Arthritis gets with the program

An estimated 450,000 Queenslanders live with osteoarthritis with three out of four people having at least one other chronic condition. This fact is central to the aims of the partnership – helping to identify Queenslanders living with osteoarthritis who could benefit from the My health for life program. (Osteoarthritis is the most common form of arthritis in Australia.)

Arthritis Queensland now have a page dedicated to the program on its website. <https://www.arthritis.org.au/how-we-can-help/my-health-for-life/>

# Other Services



## 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, Tiaro, Burrum Heads and Childers through the Taylor Street Community Legal Service. Sessions are by appointment only.

For appointments please call 4194 2663.



## Donations Needed

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!!!

## 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](mailto:admin@maryboroughnc.org)



## MNC Christmas Party 2019



"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.

Neighbourhood Cafe   
Community Café of the Maryborough Neighbourhood Centre



## MEETING ROOM HIRE CHARGES

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

**NON-PROFIT ORGANISATIONS**  
\$20.00 per room (1 hr room hire or less)  
\$15.00 per room per hour (more than 1 hour hire)

**BUSINESS/CORPORATE**  
\$30.00 per room (1 hour hire or less)  
\$25.00 per room per hour (more than 1hr hire)

In house catering is available during business hours only. Please contact us to obtain our catering options and prices.

Catering and use of office equipments & kitchen utensils will incur additional charges.

Call 4121 2141 or email [bookings@maryboroughnc.org](mailto:bookings@maryboroughnc.org) for more info or you can also visit our website [www.maryboroughneighbourhoodcentre.org](http://www.maryboroughneighbourhoodcentre.org).



**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 1300 236 822

**WEBLEC TOASTMASTERS CLUB**

*Meets every 2<sup>nd</sup> & 4<sup>th</sup> 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@maryboroughnc.org](mailto:admin@maryboroughnc.org).

**Frequently requested phone numbers**

Hervey Bay Community Centre 4194 3000	-	St. John's Ambulance Community Services - Transport Access Project (TAP) 646	-1300 785
Taylor Street Community Legal Service	-4194 2663	Feros Care Social Transport 256	-1300 090
Lifeline - Maryborough 4122 9000	-	Yoorana Domestic Violence Service	-4122 2218
St. Vincent's de Paul - Welfare Services 4123 5460	-	Legal Aid - Wide Bay 1300 651 188	-4331 7400
Salvation Army -Welfare & Community Services	-4121 0182	Rent Connect 687 74 68	-1800 137 -13
Centacare Community Services (Main Office) 4194 0172	-	Bundaberg Neighbourhood Centre	-4153 1614
Community Health - Maryborough 4122 8777	-	Childers Neighbourhood Centre	-4130 4690
Community Housing Ltd. - Welfare 4121 4515	-	<u>DV Connect</u>	