

MY NEIGHBOURHOOD LINK

JANUARY - FEBRUARY 2023

LINKING OUR COMMUNITY TO SERVICES
AND PROGRAMS

MNC & Ladies Friday Dance Christmas Party 2022



Stress ANXIETY Emergencies & You

@ The Maryborough Neighbourhood Centre

Wednesday 22nd of March 2023

1 - 4pm

For individuals who want to increase their own self-awareness and mental health skills in an emergency and for service providers supporting people who are impacted by an emergency.



David Younger is a clinical psychologist and a natural disaster and emergency recovery consultant.

Learn about stress and anxiety in emergencies, and ways to manage it before, during and after an emergency from David Younger who has over 16 years experience in supporting mental health needs in and outside of natural disasters.

This session is FREE with afternoon Tea included.

PLACES ARE LIMITED!!

RSVP by Wednesday, 15th of March 2023

Phone: 4121 2141 or Email: programs@maryboroughnmc.org

This information session is a partnership between:



Australia Day Volunteer Awards 2023



CONGRATULATIONS to our very own Ladies Friday Dance Volunteer, Dance Instructor, Lorna Luff Hardy for her nomination to the Volunteer of the Year Fraser Coast 2023 Australia Day Awards. Lorna was nominated by her Church community, the **Tinana Christian Church** and received the recognition at a special gathering organised by the Fraser Coast Regional Council recently. Lorna has been a volunteer of the centre in different capacities over many years! A recognition well-deserved!

From the desk of... the Centre Manager

Our centre opened a week early this year than usual, and as always we have hit the ground running!

Recently, I have been reminded by one of the staff that this year is the Maryborough Neighbourhood Centre's 35th year Anniversary, the centre opened its door to this community in May 1988 and we had the opportunity to have a grand celebration to commemorate the 30th year in 2018. It will still be special, but it will be a quiet celebration this year, looking forward to celebrating the 40th!

I have probably always said every time I write my New Year article that 'this year will be busy...' and it has always been, but nothing will probably match the busyness we are looking at for 2023...and busy is good and exciting! To start, this year we will be implementing the Community Connect Initiative which we are funded to run until 2026. We are currently recruiting to hire a suitable worker for this program and hoping to actively implement the initiative in the coming weeks. The centre is still in partnership with Red Cross for the Co-Location program, and a lot is being planned towards this collaboration that will see the Community Recovery Worker getting involved actively with centre services and programs. Last year, we ran a pilot under the Youth Network Program and implemented Creative Freedom which saw young people in our community coming together to create amazing artworks. A part two of this project is currently shaping well and details of this will be shared with you all as soon as it is finalised. Creative Freedom was conceptualised side by side with another activity but we just did not have the time to implement this last year. The Out and About Event will finally happen in conjunction with the celebration of Youth Week, preparations are underway and details will be available soon! Regular programs are commencing at the start of February, contact us to find out more!

Until next time! *Gay*

RECOVERY UPDATE...

A co-location partnership with the Maryborough Neighbourhood Centre and the Australian Red Cross

Hi all.

It's Leah here, Recovery Officer with Red Cross in partnership with the Maryborough Neighbourhood Centre. Happy New Year! I hope you all have a safe and calm 2023.

Saturday 7/1/2023 was one year since the flood event caused by Ex tropical cyclone Seth. Some continue to recover, rebuild or have chosen to relocate. Others have built more resilient homes that can withstand future floods with relatively little impact. By far, everyone is prepared for the current storm season, and so far it has been kinder than last year, fingers crossed.

This year we are planning more Information Sessions on responding to and recovering from a weather event, natural disaster or threat of natural disaster and raising awareness of taking care of our emotional and social wellbeing. So watch this space!

If you need anything I can be contacted through the Neighbourhood Centre by either just dropping in, ringing 4121 2141 or sending me an email, lobrien@redcross.org.au.

Take care

Leah



OUT & about 2023

JOIN the FUN

Saturday, 15 April 2023

VENUE: To be advised ☺ WATCH THIS SPACE!!!

JOIN US FOR A DAY FILLED WITH ACTIVITIES, FUN, LEARNING, OPPORTUNITIES & FRIENDSHIP!!!

If you want to be part of the tribe, email us at programs@maryboroughnc.org or call Carla on 4121 2141.

Our partners:

- The Salvation Army
- The Australian Red Cross
- HeadSpace Maryborough



Queensland Government

Our Sponsors:





MEETING DATES

- ♥ 13 February 2023
- ♥ 13 March 2023
- ♥ *17 April 2023
(In place of the 10 April meeting)
- ♥ 8 May 2023
- ♥ 12 June 2023
- ♥ 10 July 2023
- ♥ 14 August 2023
- ♥ 11 September 2023
- ♥ 9 October 2023
- ♥ 13 November 2023
- ♥ December 2023 TBA

The Cancer Support Program is a support group providing a welcoming & supportive environment for people who have survived or going through any type of cancer and their families. Our program also offers our fortnightly social phone call initiative. If you would like to be part of the group or to register for our social phone call initiative or if you just want more information, please contact 07 4121 2141 or email programs@maryboroughnc.org.



Maryborough Neighbourhood Centre Sewing Products for Sale!

SEWING PROGRAM

'Social Enterprise Initiatives'



When the centre started the Sewing Program, its initial objective was just to deliver classes for Beginners at no cost. Since it started more than a year ago, it has evolved to having a more meaningful objective through the creation of The Sewing Circle. Ladies of the sewing circle are participants of the sewing classes who have been recruited to participate in the centre's social enterprise project. Under the supervision of a very capable volunteer coordinator, the group produce sewing projects that the centre sells to support the sewing program and other community projects of the centre. Throughout the duration of the program, the ladies managed to create a variety of items to support its zero waste and 'going green' objectives, including their useful items that are re-usable. Continuity of the project depends largely on recruited volunteers from the sewing class and from more experienced volunteers. All projects created through this program are available to view at the centre's website www.maryboroughneighbourhoodcentre.org. If interested to purchase or order any of the items please contact centre reception on 4121 2141.

The Blooming Kindness Project

What is The Blooming Kindness Project?

- ⇒ The project is about spreading kindness, hope and positivity.
- ⇒ Sending flowers to people who are grieving, those going through rough times and who are isolated or lonely. Through this small act of kindness we want to send a message of hope and do our bit to make a difference in someone else's life.
- ⇒ As this is a pilot project, we are starting small and will focus on spreading kindness to centre clients and participants initially, but hope to spread out as we are able to develop the program and gain resources to spread kindness and caring to other disadvantaged members of our community.

How can you help?

- ⇒ You can support the Blooming Kindness Project by:
 - Becoming a volunteer and assist the project
 - Donate flowering plants and greenery so we can grow these here at the centre (please enquire what type of plants are needed for the floral arrangement.)
 - Donation of flowers and greenery from your garden that we can use for the flower arrangement (please enquire what type of plants are needed for floral arrangement)
 - Cash donations to assist with the purchase of other materials and flowers for floral arrangement.

The project kicks off in 2023, so come and visit us at the centre and have a chat to our volunteers and let them know how you can help the project!

If you are unable to visit us at the centre, then send us an email at programs@maryboroughnc.org or contact centre reception on 07 4121 2141 to find out more or to let us know how you can help.

THIS PROJECT WILL BE MANAGED BY THE MARYBOROUGH NEIGHBOURHOOD CENTRE AND RUN BY VOLUNTEERS

Basic Sewing & Alteration 2023

Hints & Tips

WEDNESDAY Sessions

Supplies and sewing machines provided!

Every Wednesday 9:30am-12:30pm

A SMALL COST TO PARTICIPATE

Commences March 1st 2023

Running for six sessions (6 weeks)

Booking to attend is absolutely essential!

COVID regulations will apply!

For more information or to book your place, contact centre reception on 4121 2141 or email Programs@maryboroughnc.org or visit us at

25 Ellena Street Maryborough.



Cancer Support Program

A program of the Maryborough Neighbourhood Centre

Cancer Support Program Christmas Party 2022

21st November 2022



Movie Days

World Films

Join us for our World Film screening, proudly promoting inclusivity and multiculturalism. Our International films allow you to visit other countries, learn about their landscape, art, architecture, monuments, foods, fashion, language, customs, and culture.

Maryborough Library (07) 4190 5788

3rd Monday of the Month

Hervey Bay Library (07) 4197 4220

3rd Tuesday of the Month

Bookings Essential!

Call to Book and find out more information.
(07) 4190 5788



Tuesday Dance Starts

SIGN UP NOW!!

31st January 2023!



Kiss My Boots Line Dancing
at the Maryborough Neighbourhood Centre

3:45pm—7pm

'Back 2 Back' overlapping sessions. You can choose to attend:

4.00 pm to 6.00 pm session or 5.00 pm to 7.00 pm session

@ \$5.00/session

Go for the two sessions if you're hooked! Stay as long as you like and leave whenever you need to.



Call Maryborough Neighbourhood Centre
(07 4121 2141). Or visit the centre at 25 Ellena Street,
Maryborough QLD.

Or Call or Text Leah Matthews (instructor) 0409 575 472.
Or email Leah at kissmybootslinedancing@gmail.com.



Queensland Government



The Maryborough Interagency Network Meeting is a bi-monthly meeting attended by community service workers in Maryborough and surrounds to discuss current activities and programs and potential ways of working together as a community. Meetings are

informal but with structure and long enough for attendees to develop opportunities to meet our specific program goals.

Meeting dates for 2023

- * 14 February
- * 11 April
- * 13 June
- * 8 August
- * 10 October

Meetings are held at the Maryborough Neighbourhood Centre or via Microsoft TEAMS from 9.15am - 10.30am and booking is essential if you wish to attend. To book your attendance please call 4121 2141 or email admin@maryboroughnc.org.

COVID-19 Rat Test Kit

FREE for concession and health care card holders.

5 x boxes per card holder at any given time.

VERY LIMITED SUPPLY. Available while stocks last.

Visit us @ 25 Ellena Street to get your free RAT test kit.



LADIES Friday Dance Fitness

Starts 3rd February 2023

Learn Free Style dancing with a twist!

Dance routines designed for women

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

TIME: 4pm—5:15pm
COST: Gold Coin Donation

Booking is essential if you wish to attend our Ladies Friday sessions!

Please be advised that this program may be terminated or re-scheduled without prior notice. This program is facilitated by dedicated volunteers of the Maryborough Neighbourhood Centre.

For more information or to book your place to attend, please contact centre reception on 07 4121 2141 or email programs@maryboroughnc.org.



Queensland Government



The delivery of Multicultural programs is one of the many strengths of the service. Through the years, the centre has achieved significantly in the implementation of programs that benefitted members of the migrant community. Through its own initiatives and in partnership with relevant services and programs that support diversity, awareness and understanding of cultures. Activities in the form of cultural events,

multicultural workshops, information sessions and community education were implemented and is continuously being planned and implemented.

The Asian Women's Group formerly known as the Asian Women's Development Program is now part of MDP as a sub-program. MDP continues to accept membership into the program and encourage all migrants to be a member for an opportunity to be part of future activities and projects and provide support to the migrant community.



**ASK AN
EXPERT**

**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 free **BY APPOINTMENT ONLY**



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



Adult Community Education Program

A program of the Maryborough Neighbourhood Centre

English Mentoring - provides the opportunity to newly arrived and settled migrants to learn basic conversational English from a volunteer tutor. The program also offers mentoring for advanced grammar and writing practice. Pre-assessment is conducted to assess the appropriateness of the program to the need of the participant. The delivery of this community program depends highly on the availability of a volunteer tutor.

Literacy mentoring - is provided on a case to case basis. Flexible entry and exit and depends largely on the availability of volunteers. The centre will make the effort to match a client with a volunteer tutor to provide one on one support. Pre-assessment is conducted to assess client need vis-à-vis the resources available and ability of the volunteer tutor to provide the required support. For more information, please contact centre reception on 4121 2141 or email

programs@maryboroughnc.org.

Assistance in Completing & Understanding

Forms - Support Service



The centre is offering assistance in completing and understanding forms on a Friday **BY APPOINTMENT ONLY!!!** We have a volunteer who is willing to have a look and help you complete and understand your forms.

PLEASE be aware that some forms and documents might be too difficult for our volunteer and therefore cannot assist you, but every attempt will be made by our volunteer to refer you on to another organisation or individual who might be able to assist further.

To make an appointment with our volunteer, contact centre reception on 4121 2141 or email admin@maryboroughnc.org.

NOTE: Please be advised that if your need for support in completing forms is urgent, the centre WILL NOT be able to assist you as this FREE service is being provided to you by our kind volunteers at a time that they are available. THANK YOU FOR UNDERSTANDING.



**It's not DANCE, but there's
MUSIC!**

**LET'S MOVE IS A NEW FUN PROGRAM THAT WILL 'GET
YOU MOVING'!**

LEARN HOW TO BE MINDFUL OF SMALL MOVEMENTS INTO YOUR ROUTINE. YOU WILL BE GUIDED BY A VOLUNTEER 'LET'S MOVE' LEADER. IT IS LOW IMPACT & YOU CAN CHOOSE TO SIT, STAND OR BOTH WHEN DOING THE MOVEMENTS!

Sessions will be every **TUESDAY** from 2.30pm to 3.30pm
Commencing 7 March 2023 until 28 March 2023 (4 weeks)
WE ARE NOW ACCEPTING EXPRESSIONS OF INTEREST TO PARTICIPATE.

PLACES ARE LIMITED.

A gold coin donation will be appreciated.

You must be at least 18 years and must have an acceptable level of physical ability to be able to participate in this activity.

For more information or to register your interest, please contact centre reception on 4121 2141 or email programs@maryboroughnc.org.

Disclaimer: This is a community program and is non-accredited. The Let's Move Program is facilitated by a registered volunteer mentor of the Maryborough Neighbourhood Centre.



LOVE YOUR HEALTH

Dear Mind,

Remember to take time for **you**!

Taking some 'me time' is important. And it also helps strengthen your mental wellbeing. Your mental wellbeing is the unique way that you handle your emotions, respond to stress and also your general outlook on life. Having a healthy sense of mental wellbeing has many benefits. It lifts your mood, promotes resilience in difficult situations and helps you get the most out of life. It doesn't matter who you are, where you live or how you're feeling – taking a few moments for yourself each day will help you be a happier and more resilient you.

How can I improve my mental wellbeing?

Being active for 30 minutes each day improves your physical health. The same goes for your mental health. By taking just a few minutes to focus on mental wellbeing activities each day, you'll see big improvements.

It only takes a few small actions, practiced every day, to find a happier you:

1. Take a walk outside
2. Work in the garden
3. Call a friend
4. Listen to music
5. Learn a new skill
6. Try yoga

Some people love yoga, others would rather be at a BBQ with friends. The important thing is that both activities are great ways to make time for you. Because everyone is different, the way you choose to practice mental wellbeing will be different too.

If things are particularly difficult, don't be afraid to seek help.

Lifeline 13 11 14 1800 RESPECT 1800 737 732

Strategies to improve heart health!

A healthy heart is central to overall good health. Embracing a healthy lifestyle at any age can prevent heart disease and lower your risk for a heart attack or stroke. You are never too old or too young to begin taking care of your heart.

True, the younger you begin making healthy choices, the longer you can reap the benefits. But swapping good habits for bad to promote good health can make a difference.

Things that put you at higher risk for heart disease include:

- Smoking
- High blood pressure
- Obesity/being overweight
- High cholesterol levels
- Inactivity (no exercise)
- Family history of heart disease (especially a parent or sibling)

Path to improved heart health:

- ♦ Make healthy food choices
- ♦ Watch your weight
- ♦ Be active
- ♦ Know your numbers
- ♦ Stop smoking
- ♦ Don't take gums for granted
- ♦ Stop stressing

You are in direct control over many things that can influence your heart health. It's up to you to choose how seriously you take this responsibility. Some people find it easy to adopt a healthy lifestyle.

3 Ingredient Lemonade Scones

Ingredients:

- 1 cup pure cream
- 1 cup lemonade
- 3 cups self raising flour
- Pinch of salt
- Extra flour for dusting
- Jam and cream to serve



METHOD

1. Preheat oven to 220°C (200°C fan-forced). Lightly flour a baking tray.
2. Sift flour and salt into a large bowl. Pour in lemonade and cream and mix to a soft sticky dough. Scrape onto a generously floured surface. Knead very lightly and press into 3 cm thick disc. Using a 6cm cutter, cut dough into rounds and place on a baking paper lined oven tray. Gently knead scraps of dough together, repeat pressing and cutting.
3. Lightly brush tops with a little extra cream and bake for 15-20 minutes or until browned and tops are browned.
4. Serve with jam and cream.

 *stay healthy* 

SHARE THE *Dignity*
#ITSINTHEBAG

#ItsInTheBag is [Share the Dignity](#)'s annual event where we encourage everyday Australians to put together bags filled with essential items, to donate to someone in need for Christmas.

The bags are dropped off at Bunnings by generous Aussies, such as yourself, and are distributed to [3,000 Australian charities](#) that have registered with Share the Dignity. These charities then hand out your donated bags to people in need for Christmas. Our 2022 #ItsInTheBag collection points will be open from the 18th to the 27th of November at all Bunnings stores nationwide. In 2021, we were able to donate **100,174** #ItsInTheBag donations to women, girls and those who menstruate bringing our five-year total to over **725,000** #ItsInTheBag donations.

COMMUNITY INFORMATION



WHAT'S ON IN JANUARY

ONLINE COURSES FOR COMMUNITY

	How to Nurture Compassion	WEDNESDAY 9:30AM - 10:30AM 25th JAN 2023		How to have Conversations about Dying and Grief?	WEDNESDAY 9:30AM - 10:30AM 15th FEB 2023
	Your Role in a Compassionate Community	WEDNESDAY 11:00AM - 12:00PM 25th JAN 2023		Talking to Children about Dying	WEDNESDAY 11:00AM - 12:00PM 15th FEB 2023

PalliLEARN aims to build community knowledge, death literacy, compassion literacy and community capacity in relation to serious illness, dying, death and grief, by providing quality and easy to understand education courses.

Who can attend?

The course is for all members of the community and there is no requirement to attend!

Courses include:

knowledge sharing about the topic
relevant key research findings
practical ways to put these into action.

Why attend?

The way we care for our dying reflects our community and society. Through training, we can create resilience, understanding and capacity within our community, helping us care for our loved ones, families and friends.

Cost:

FREE for people living or working in the Central Queensland, Wide Bay and Sunshine Coast areas

General Admission \$10

PCQ Members & Concession Card Holders \$8.

Do you have a question or would you like to register over the phone?

Call 07 3842 3242 or Email hello@palliativecareqld.org.au

FREE WEBINAR FOR COMMUNITY



Topic: Talking to children about serious illness, dying and grief

8 MAR 2023 | 12:00pm - 1:00pm AEST | Zoom Webinar

REGISTER: palliWELLBEINGMAR23.eventbrite.com.au

CALL: 07 3842 3242



Energy & Water Ombudsman Queensland

The Energy and Water Ombudsman Queensland helps resolve disputes between Queensland customers and their energy and water companies. We also provide advice and information to customers, and we can offer you other support services.

Some disputes we can assist with are:

- Unexpected high bills or billing mistakes
- Difficulty with paying your bill
- Debt collection and credit default listing
- Disconnection and restriction of services

P: 1800 662 837 | E: complaints@ewoq.com.au |

W: www.ewoq.com.au



SENIORS LEGAL & SUPPORT SERVICE

FRASER COAST

Managed by Hervey Bay Neighbourhood Centre Inc

**Do you feel your rights are being respected?
Are family members supportive, or do they create stress in your life?
Are any of the following scenarios happening to you?**

- Being told that you can't make any decisions for yourself because you have had a diagnosis of dementia.
- Being pressured into entering a nursing home when you're not ready.
- Being frightened to voice your needs/concerns.
- Carers or family members borrowing money and not paying you back.
- Adult children moving in with you and refusing to pay rent.

The Seniors Legal and Support Service offers a FREE service for

People over 60 whose rights are being compromised.

16 Torquay Rd, Hervey Bay QLD 4655

Phone: (07) 4121 6863



Wide Bay Burnett Community Legal Service

Hervey Bay Neighbourhood Centre
The Heart Of Our Community



Wide Bay Burnett Community Legal Service

Free Legal Advice, Referral and education

The Wide Bay Burnett Community Legal Service provides Free legal advice and referral, aimed at addressing disadvantage throughout the Wide Bay Burnett Region.

Wide Bay Burnett Community Legal Service aim to prioritise people experiencing hardship or vulnerable to disadvantage.

Appointments are required!

Phone: 07 4194 2663

Website: www.wbbcls.com.au

Email: wbbcls@hbncc.com.au

22 Charles Street, Pialba QLD



UnitingCare's Gambling Help Service provides counselling, support and information to individuals who are negatively affected by gambling. We offer

free and confidential services for Maryborough and Hervey Bay.

For more information, please contact UnitingCare on:

Maryborough: 07 4122 9000 - 276 Alice Street, Maryborough.

Hervey Bay : 07 4191 3100 - 94 Old Maryborough Rd. Hervey Bay.

be | informed

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 (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 1 hr hire)

Call 4121 2141 or email bookings@maryboroughnc.org for more information or you can also visit our website

www.maryboroughneighbourhoodcentre.org.

**OFFICE SPACE
FOR RENT**

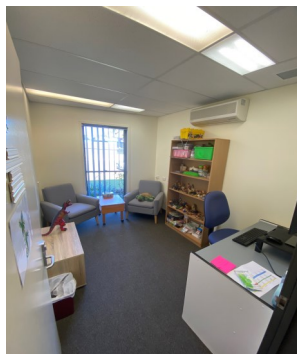
**AVAILABLE
March 2023**



**Office Room 6 w/
outdoor courtyard**

Roughly 3m x 3.5m in size.

(unfurnished)



Office Room 5

Roughly 3m x 2.5m size

(unfurnished)

These offices are currently being rented until the end of February 2023. If you wish to view the offices, please email pfordham@maryboroughnc.org to make an appointment in 2023.



VOLUNTEERS NEEDED

(Receptionist, Kitchen hand, gardener, maintenance, etc.)

If you have 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 send us an email

admin@maryboroughnc.org.

Neighbourhood Cafe
Community Café of the Maryborough Neighbourhood Centre

The Neighbourhood Café is one of the fundraising arm of the Maryborough Neighbourhood Centre.

So if you want a relaxing atmosphere, why not come and support your local community centre.

**CAFÉ hours is 10:30am—1:30pm
(depending on volunteers)**

MNC Newsletter

The Maryborough Neighbourhood Centre publishes our newsletter bi-monthly. A hard copy is available at the centre and a digital copy is sent to our members and networks.

If you would like to have your program/service published at our March/April 2023 edition of the newsletter, please email: admin@maryboroughnc.org

Deadline to receive articles is 4pm Thursday, 9 February 2023.

Please be aware that this is on a "first come first serve" basis and is dependant on the availability of article space.

The Maryborough Neighbourhood Centre proudly supports the not for profit organisation Share the Dignity in providing disadvantaged women and girls in our community access to **FREE** sanitary items.

So next time you need or someone you know needs 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 have hygiene bags available for women and teens. Just come see us at reception and let us know what you need and we are more than happy to provide this for you.

So if you know anyone who might benefit from these free hygiene bags, please send them over at the centre, 25 Ellena Street, Maryborough. **ACCESS TO SANITARY ITEMS IS A WOMAN'S RIGHT!!!**

Thank you for your support!

SHARE THE *Dignity*



**Justice of the Peace
(Qualified)**

A Justice of the Peace (Qual) is available at the Maryborough Neighbourhood Centre **BY APPOINTMENT ONLY!!!**

To make an appointment, please contact centre reception on 4121 2141 or email admin@maryboroughnc.org

If your need for a JP is urgent, a JP is available at MADCOTA Community Hub, 333 Alice Street every Tuesday & Wednesday from 10am-2pm or at the Tinana Post Office, Westside Village Shop 1/201 Gympie Road, Tinana. Phone: 4121 4601