

MY NEIGHBOURHOOD LINK

MAY - JUNE 2021

LINKING OUR COMMUNITY TO SERVICES
AND PROGRAMS

The Maryborough Neighbourhood Centre in conjunction with
The Cancer Support Program presents

Australia's Biggest Morning Tea 2021

Monday, 31 May 2021 @ The Maryborough Neighbourhood Centre from 10am-12nn

COST:
\$15.00 per person
(includes bottomless tea and coffee & an array of delectable morning tea)

50% of ticket sales will be donated to the Cancer Council Queensland and the rest will help support the centre's Cancer Support Program.

It's Competition Time!
Bring with you your favourite teapot at our Australia's Biggest Morning Tea event to be displayed and win a prize for the "BEST & MOST UNIQUE TEAPOT" on the day!!!
LOOKING FORWARD TO SEEING CLASSIC COLLECTIONS OF TEAPOTS!
GOOD LUCK!

THIS IS A TICKETED AND ALLOCATED SEATING EVENT!!!
Booking is essential for everyone wishing to attend this event and sign-in via the Check-In QLD App QR Code is mandatory!

As per QLD Government guidelines, MASK is encouraged upon entry & exit to the building and while at the foyer area of the centre.

To purchase your tickets to attend this event visit us at the Maryborough Neighbourhood Centre, 25 Ellena Street, Maryborough.

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

RAFFLE PRIZES
To be won!!
AND MORE!

CSP
Cancer Support Program
A program of the Maryborough Neighbourhood Centre

Australia's BIGGEST MORNING TEA
Every cup counts in the fight against cancer

Maryborough Neighbourhood Centre
Linking our Community

A Showcase of Cultural Dances By the Filipino Cultural Group

Friday, 14 May 2021

@ the Maryborough Neighbourhood Centre from 3:30pm to 5:30pm

Come and join us for a night of entertainment and fun as we re-visit the beautiful and colourful dances performed by the Maryborough Neighbourhood Centre's Filipino Cultural Group.

This is a FREE and is a ticketed & allocated seating event.
BOOKING IS ESSENTIAL for everyone wishing to attend this event and sign-in via QR CODE is mandatory.

As per QLD Government guidelines, MASK is encouraged upon entry & exit to the building and while in the foyer area of the centre.

To obtain your tickets to attend this event visit us at the Maryborough Neighbourhood Centre, 25 Ellena Street, Maryborough.

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

Down Memory Lane

Maryborough Neighbourhood Centre
Linking our Community

Queensland Government
Funded under the Thriving Queensland Communities Grant

Asian Women's Development Program
A program of the Maryborough Neighbourhood Centre

From the desk of the Centre Manager

What a year 2021 has been!!! After the difficult lockdowns and closures of 2020, the year 2021 has given us all an opportunity to get back on track and try to return to normal as much as we can. And to that normal we added a little bit of social distancing and QR code sign in to what is now becoming to be the new normal.

2021 began for the centre celebrating International Women's Day, our very first event since the COVID-19 lockdown. We welcomed 50 guests to the centre and for us it was quite an exciting time to see people back in the centre and at the same time it is also overwhelming as we now have more things to consider to ensure we are keeping our patrons safe. Division 5 Councillor Jade Wellings and St. Stephen's Hospital General Manager Katrina Ryan graced our event as our empowering guest speakers.

On the 14th of May 2021 the centre will be hosting a multicultural event entitled "Down Memory Lane: A Showcase of Cultural Dances" performed by the Filipino Cultural Group of the Maryborough Neighbourhood Centre. And on the 31st of May 2021 the centre will be hosting Australia's Biggest Morning Tea. Cost for the event is \$15.00 per person. 50% of ticket sales will be donated to the Cancer Council QLD and the rest will be for the centre's Cancer Support Program. Please call centre reception on 4121 2141 for more information on these events.

I'd like to take this opportunity to thank everyone who have supported us through the tough times. See you again next time!

Cheers ... *Gay*



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 learn and develop opportunities to meet our specific program goals and objectives.

Meeting dates for 2021:

- 9 February
- 13 April
- 10 June (Thursday)
- 10 August
- 12 October
- 14 December

At this stage, meetings for 2021 will be held at the Maryborough Neighbourhood Centre, 25 Ellena Street. Due to current COVID-19 restrictions, booking is essential when attending our interagency meetings in 2021.

If you like to be part of the network or would like to be included in our mailing list, please contact centre reception on 4121 2141 or email us at admin@maryboroughnc.org.

Out & About



The Big Rosella Festival

1st & 2nd May 2021
Petersen's Farm
Woolooga QLD 4570



Adult Community Education Program

A program of the Maryborough Neighbourhood Centre

ENGLISH Mentoring

EXPRESSIONS OF INTEREST

Our English Mentoring Class is the longest running class being offered by the centre. English mentoring offers two tiers of teaching: Basic English and Advanced Grammar and Writing practice.

The program is currently accepting expressions of interest for 2021 from Migrants who would like to take advantage of this FREE mentoring sessions. Students are being mentored by a qualified English as a Second Language (ESL) teacher who is now retired and providing this vital community service free of charge to those who need it. There is no visa requirements for this program and you can register your interest at any time.

To make sure that this program is the right one for you, a pre-assessment is required. English exercises are also available at our website www.maryboroughneighbourhoodcentre.org.

For more information or to book a pre-assessment appointment, give us a call on 4121 2141 or email us at admin@maryboroughnc.org.

computer Mentoring

EXPRESSIONS OF INTEREST

Our Adult Community Education Program also offers Basic Computer Mentoring to anyone who is wanting to learn a little bit more about computers. Basic computer mentoring teaches you the basics of operating a computer and learning about it's programs and simple functions.

Advanced Excel classes are for those excel legends who just want to learn a little bit more about Microsoft Excel.

Expressions of interest are currently being taken for the Basic Computer Mentoring and Advanced Excel for 2021. A minimum of 5 participants are required to commence classes. Cost is \$20.00 per person for 4 sessions and is payable prior to the commencement of the class. Be advised that this fee is non-refundable should you suddenly change your mind.

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

Sewing CIRCLE

Under the Adult Community Education Program (Sewing) of the Maryborough Neighbourhood Centre



For the last few months, the Sewing Circle ladies have been creating environmentally friendly items for the Maryborough Neighbourhood Centre. In 2021 we are hoping to launch our handmade products on our website for the community to purchase.



Money raised from the ZERO Waste Project will support the Maryborough Neighbourhood Centre deliver programs and events that benefits the Maryborough community.

Many thanks to our Sewing Circle ladies: Julie, Andrea, Sandra and Christine and of course to our Volunteer Coordinator extraordinaire Jenni for the hard yards that you put in and for all the beautiful items that you make.

Some of the items that will be on sale:



Please contact centre reception on 4121 2141 or email admin@maryboroughnc.org ATTN: Jenni for details on our 2021 Sewing Program.



The Cancer Support Program started the year with a bang where we had two special demonstrations at our monthly meetings.

At our March 2021 meeting, Barbara and Kaye stopped by and did a beautiful flower arrangement workshop that put a smile on our participants faces.



At our April meeting, the wonderful members of the Maryborough Cake Decorators did a cake decorating workshop. Thank you to Bev, Damien and Helen for baking and decorating the yummy cake.



Meet our
Volunteers



From left: Denise McCarthy (Volunteer Support), Joan Boge (Volunteer Coordinator), Elwyn Garvey (Volunteer Support) and Claire Morgan (Volunteer Support)

Meeting dates for 2021: every 2nd Monday of the month

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

WHERE TO FIND LOCAL SUPPORT???

CANCER CARE SUPPORT TEAM

Cancer Care Centre Level 1,2-4 Medical Place,
Urraween , QLD, 4655

Phone: 1300 090760

Email: neil.brebner@health.qld.gov.au

www.health.qld.gov.au

Guidance for the completion of Advance care planning, provision of community based support and guidance regarding equipment requirements. Maryborough hospital offers inpatient palliative care beds.

Allied Health Services Available:

Social Worker— The Social worker can offer support , counselling and practical assistance to people with cancer, their families and carers.

Physiotherapist— The Physiotherapist aims to enable each patient to reach their optimal function during all stages of their cancer treatment.

Occupational Therapist— The occupational therapist aims to maintain a person's independence in their daily activities.

Dietitian— The Dietitian is able to assess a person's diet to ensure that they are meeting all of their nutritional needs during cancer treatment.

Speech Pathologist— The Speech therapist is involved in providing care to patients with head and neck cancer or other cancers when patients are experiencing difficulty with speech, voice or swallowing.

Psychologist— The Psychologist provides assessment, diagnosis, and treatment of psychological, emotional and behavioural disorders which may be associated with having cancer.

Look Good Feel Better

Look Good Feel Better is dedicated to teaching cancer patients how to manage the appearance-related side-effects caused by cancer treatment. Women, men and teens participate in a practical workshop which covers skincare, make-up and headwear demonstrations, leaving them empowered and ready to face their cancer with diagnosis with confidence.

Website: www.lgfb.org.au

Cancer Council Qld

Queensland's leading cancer charity working across every aspect of every cancer. We support families affected by cancer when they need it most, speak out on behalf of the community on cancer issues, empower people to reduce their cancer risk, and find new ways to better detect and treat cancer.

Phone: 13 11 20

Email: info@cancerqld.org.au

Website: www.cancerqld.org.au

Prostate Cancer Support Group

Meets at 6pm on the first Monday of the month at St Stephens Church Auditorium, Sussex Street, Maryborough.

Nalda Brett - 0407 628 072

Email: nalda.brett@bigpond.com

Breast Cancer Support Group

Meets on the first Tuesday of the month at the Bauer-Wiles Community Health Centre, Neptune Street, Maryborough.

Megan Lynch - 4325 6420

Email: megan.lynch@health.qld.gov.au



D F

Dance to Fitness

A program of the Maryborough Neighbourhood Centre

The Dance to Fitness program of the Maryborough Neighbourhood Centre is one of the most successful social group for women.

DANCE TO FITNESS 2021

As COVID-19 restrictions are still in place, the same booking guidelines will apply in 2021. For those who are unfamiliar with the DTF Booking Guidelines, if you wanted to join any Friday dance to fitness sessions, you will need to ring the centre and book your place on a THURSDAY, a day before the scheduled dance to fitness session.

Be aware that the centre adheres to strict COVID-19 guidelines. Limited numbers of participants are allowed in our venue. Once we reached our numbers, bookings will close.

Call 4121 2141 or email admin@maryboroughnc.org on a Thursday to book your place.

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.



EMBRACING Diversity

A multicultural project of the Maryborough Neighbourhood Centre

COVID-19 and the border

AUSTRALIA TRAVEL DECLARATION

Before you travel to Australia, you should complete the Australia Travel Declaration at least 72 hours before your departure for Australia.

You may also need:

- a valid [visa](#) to enter Australia
- to submit an [exemption](#) to Australia's travel restrictions
- authority to enter Australian [states or territories](#).

The Australia Travel Declaration collects your contact details in Australia, flight details, quarantine requirements and your health status.

This information helps the Australian Government determine your quarantine arrangements (if required) and also allows the relevant health departments to contact you if someone you travelled with tests positive for COVID-19. If you do not complete the declaration you may not be able to board your flight, or you may experience delays when you arrive in Australia.

The Australia Travel Declaration is for the below travellers entering Australia:

- Australian citizens and permanent residents
- people who are automatically [exempt from the travel restrictions](#)
- people who have been granted an individual exemption to the current travel restrictions

Travellers who **do not** need to complete the Australia Travel Declaration include:

- flight crew
- foreign diplomats
- people travelling on military flights
- people arriving by sea (both crew and passengers).

Before you commence your declaration, have the following information ready:

- passport details
- trip information
- destination details
- contact details.

You must use up-to-date Microsoft Edge, Safari, Google Chrome or Firefox. The Australia Travel Declaration does not work in Internet Explorer.

For a more detailed information about the AUSTRALIA TRAVEL DECLARATION, click on this web link: <https://covid19.homeaffairs.gov.au/australia-travel-declaration>

Absolute Beginners

LINE DANCE LESSONS



'Learn How To Line Dance' WORKSHOP

This workshop is for absolute beginners! Participants will be requested to commit to a 4-session learning to make it worthwhile. Each session will run for approximately one & a half hour once a week. Pre-registration is required. Places are limited.

FOR MORE DETAILS AND TO REGISTER PLEASE CALL 41212141

A gold coin donation will be appreciated!

This program is managed by the Maryborough Neighbourhood Centre in collaboration with...



NEVER MISS A CHANCE TO DANCE!



COMMUNITY INFORMATION

Get to know your pelvic floor

Your pelvic floor is a group of muscles in your pelvis. Two ways to try to find your pelvic floor muscles 1. Sit or lie down with the muscles of your thighs, buttocks and stomach relaxed. Squeeze the ring of muscle around the anus (back passage) as if you are trying to stop passing wind. Now relax this muscle. Squeeze and let go a couple of times to be sure you have found the right muscles. Remember, do not squeeze your buttocks. 2. When you go to the toilet and are halfway through emptying your bladder, try to stop or slow the flow of urine. Then, start the flow again. You are squeezing the correct muscles if you can do this. Only try the second method once a week. If you do this too often your bladder may not empty the way it should. You should feel your muscles both squeezing and lifting. It can be hard to know if you've found your pelvic floor muscles on your own. You can find a pelvic floor physiotherapist or nurse continence specialist in your area by phoning the National Continence Helpline on 1800 33 00 66.

New Laws On Single Use Plastics



The Queensland parliament has passed legislation to ban single-use plastic straws, stirrers, cutlery and plates along with polystyrene foam food containers and cups from 1 September 2021. Queensland has become the second state, after South Australia, to ban the sale and supply of the single-use plastic products. We have been a member of the Government's Stakeholder Advisory Group which has discussed options, solutions and alternatives as part of the move to phase out single-use plastic items in Queensland.

Photo by [Volodymyr Hryshchenko](#) on [Unsplash](#)

FEMALE HEART ATTACK SURVIVORS WORSE OFF THAN MEN: NEW DATA

If you're a woman and have a heart attack in Australia you're less likely than a man to receive the same life-saving treatment, be given advice on how to manage your heart health or be referred to and attend cardiac rehabilitation.

A survey of more than 400 heart attack survivors by the Heart Foundation has found that women were less likely than men to receive advice on how to control or reduce their risk factors for heart disease (76% vs. 85%) or be referred to and attend cardiac rehabilitation after leaving hospital (39% vs. 51%).

This lack of advice contributed to more female heart attack survivors being less satisfied with the healthcare they received (44% vs. 57%) and more likely to have their mental health affected because of their heart attack (80% vs. 69%). Heart Foundation Director of Health Strategy, Julie Anne Mitchell, said women face a very real challenge to equality when it comes to their heart health.

"At every step of the patient journey from prevention, to diagnosis, treatment and ongoing care, women often fare far worse than men," Ms Mitchell said. "Women are less likely to have heart health checks, are slower to respond to the warning signs of a heart attack and even when they present to hospital, they are less likely to receive the same life-saving treatments as men. For example, women are significantly less likely than men to have procedures to restore blood flow to the heart, less likely to have heart x-rays known as angiograms and less likely to have bypass surgery. The fact is that heart disease is not just a male problem. Twenty women die of heart disease each day. Our challenge is to ensure every woman knows the warning signs of a heart attack and knows to call Triple Zero (000) if they think something is wrong. Heart disease places a heavy burden on our community but if we can close the gap in how men and women are treated, we can make significant gains for Australian women's heart health."

To read the full article click on the link: <https://www.heartfoundation.org.au/media-releases/Female-heart-attack-survivors-worse-off-than-men>



COMMUNITY INFORMATION

Lupton Park Community Garden

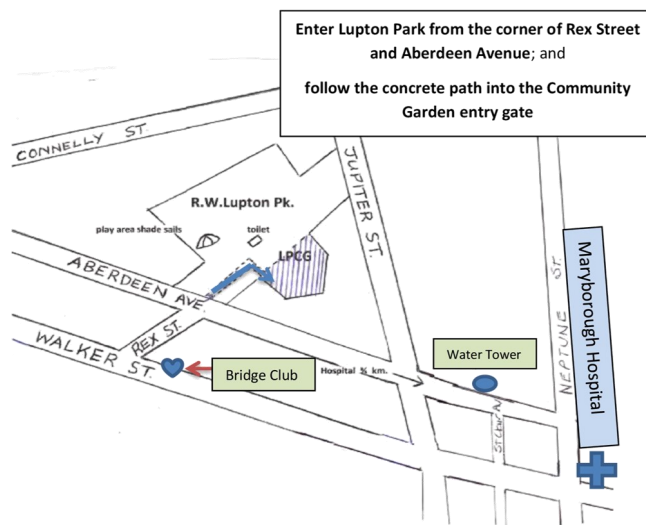


In a corner of Lupton Park, there is a thriving happy place, where healthy, organic garden produce is grown and shared between members. There is much more to the Lupton park Community Garden than just fresh fruit and vegetables.

On any Saturday morning or Wednesday morning a lively group of people of all ages can be found, learning about gardening and sharing skills, while getting some healthy outdoor exercise and later on enjoying a well-earned cuppa, under the shade of the covered area. Most weeks there is fresh picked garden produce available for members to take home

Most of the beds are communal, where we grow produce to be shared, but there are also some beds available for hire, including one that has been especially designed to be wheelchair friendly.

If you are interested in making new friends and learning about growing your own food, or perhaps sharing gardening experience gathered over years, come and Join us at the community Gardens.



Lupton Park Community Garden Opening Hours:

Saturday 8.00am to 11.00am

Wednesday 8.00am to 11.00am

If you are interested in gardening and making new friends, hiring a private bed or buying some plants.

Come and visit us while we are open or ring Darryl 0466938617, Jane 0438387102 or Yvonne 0418456840

luptonparkcommunitygarden@gmail.com

Cr Daniel Sanderson DIVISION 4



Some exciting things happening across and near Division 4

April has been a very good month for progress across Maryborough and the wider region. The Maryborough CBD Revitalisation Works continue, and it is great to see the investment injected into our great city. Not long to go now before the area in between the previous baby clinic and the School of Arts building opens up. This will become a great green space area for people to enjoy and unwind in amidst the hustle and bustle.

The State Government recently announced, in conjunction with Hyne Timber and the contractor, that works will commence on the construction of a brand new fire station in the heart of Maryborough.

It is excellent to see this \$12 million investment occurring. Combined with the CBD works, the new site to be determined for a new administration centre, the new water playground nearing completion, intersection



works about to commence on Alice and Pallas Street led by the State Government, a new pump

track site for Maryborough to be determined and lots more, Maryborough's future and the wider Fraser Coast continues to go from strength to strength.

Play equipment installed at Maryborough Water playground!



Grateful to have been able to check out the progress recently on the Anzac Park Water Playground being built.

A big thank you to our Local Member for Maryborough Bruce Saunders who strongly supported

this project through W4Q funding (Works for Queensland) and helped make this fantastic community facility a reality for our wider community and it's people. I can't wait until it's finished and open for everyone to enjoy!

Lower Kent Street next steps!



I'm very pleased Councilors unanimously supported my motion recently for Council to meet with the owners

of properties along lower Kent Street, to explore opportunities to improve the visual amenity of this corridor.

As the Councillor for this Division, I often have people raise issues about the presentation of this area, which is owned by several different landowners.

Revitalisation Works change sides!



Works on the Adelaide Street Revitalisation Project in Maryborough have swapped over from the western side to the eastern side. This \$3 million project, an initiative of

the Queensland Government as part of the Works for Queensland program, is being undertaken by local company SGQ.

***To obtain Councillor Sanderson's complete e-news, you can subscribe by emailing

Daniel.Sanderson@frasercoast.qld.gov.au

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)

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 for more info or you can also visit our website

www.maryboroughneighbourhoodcentre.org.



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!!!**



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 Café

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 is open from 10:30am - 1:30pm (depending on volunteers)



TAYLOR STREET
Community Legal Service

Managed by Hervey Bay Neighbourhood Centre Inc 

Is the cost of legal advice stopping you from seeking help?

Free, confidential, 15 minutes legal advice sessions are available to residents of Hervey Bay, Maryborough, Tiara, Burrum Heads and Childers through the Taylor Street Community Legal Service. To make an appointment, call 4194 2663.



Centacare - Counselling and Family Relationship Service Fraser Coast is housed within the Maryborough Neighbourhood Centre. They offer Family and Mental Health Support, Counselling Intervention Service, Family Support Program and Domestic and Family Violence Service.

For more information, please contact 1300236 822.