

MY NEIGHBOURHOOD

AUGUST 2020 - SEPTEMBER 2020

LINK

LINKING OUR COMMUNITY TO SERVICES
AND PROGRAMS



Through the years...Seniors Week @ MNC





FROM THE DESK OF THE CENTRE MANAGER

For this issue, we decided to look back and feature the wonderful and colourful celebrations the centre had for Seniors Week from 2014 to 2018! It has been such a pleasure to host and implement an event that was supported very dearly not just by senior members of the community but by everyone! In 2019 we were unable to have this community event due to changes in insurance requirement, and as much as we are happy to continue promoting and implementing events like this on our own, sometimes resources and finances are an issue. We were, if I am not mistaken the first to celebrate Multicultural Seniors Week in this community, so we are quite proud of that achievement! This year, due to restrictions, most celebrations have gone virtual and online and it is a blessing that we are able to use these types of medium to celebrate, but you have to agree with me that it can not replace an event where we can rub elbows, laugh together and just have fun!

Here at the centre, we are almost back very close to the normal we were at before the pandemic...the main difference I suppose is the monitoring of people coming and going to ensure we keep everyone safe. Our Neighbourhood Community Café has kept us busy, having been closed for many months, it was quite a challenge to bring it back to life! Lucky, we have our ever reliable volunteers who just keep on giving and supporting the centre. With enough volunteers, we are now able to run the café from 10 am to 2 pm from Monday to Friday, the reality however is, with no volunteers—the Café will be closed. Our menu is very limited, but we serve some special Filipino dishes alongside the regular and very popular toasties. The addition of the food display cabinets through the Volunteer Grant Funding of the Department of Social Services has made a real difference in opening up the Café once again. Income from the Coffee Shop supports centre programs and services for the Maryborough community.

Our newsletter has a new look, thank you to Paula Fordham for making this happen on top of so many other things that needed to be done. It is also worthwhile to mention here that we are now working on updating our website and for this part, our very own Mark Atkinson has been hard at work on it—we should be able to launch our new look website soon! By the way, have you been to the centre lately? If the answer is yes, then you would not have missed the beautiful flowering patch near the walkway towards the entrance, and indoor plants in the reception/foyer area - for this we thank Ellen Christian, the garden is looking amazing!

Thank you all, keep safe. Till next time! *Gay*





Adult Community Education Program

A program of the Maryborough Neighbourhood Centre

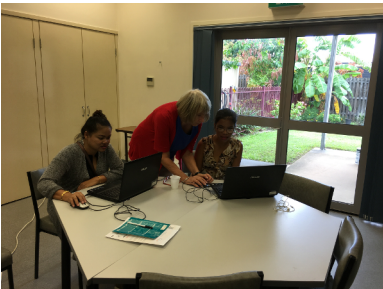
The Adult Community Education Program of the Maryborough Neighbourhood Centre is one of our longest running programs.

Starting off with just our Basic English conversation classes, this program through the years has evolved offering more educational classes for free or at very low cost to our participants.

ENGLISH Mentoring

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

Under the English Mentoring banner of our Adult Community Education Program, we can also support mentoring for Migrants who are planning to take their IELTS (International English Language Testing System) Test. This support, however, is only available on a case to case basis and is based on the availability of the tutor.



Our English Mentoring Classes are on every Thursday, both Basic English and Advanced.

To make sure that this program is the right one for you, a pre-assessment is required.

This program has no visa requirements so you can register to learn with us no matter what visa you hold. English exercises are also available via our website www.maryboroughneighbourhoodcentre.org. For more information or to make a pre-assessment appointment give us a call on 4121 2141 or email us at admin@maryboroughnc.org.

computer Mentoring



Our Adult Community Education Program also offers basic computer mentoring to anyone who is wanting to learn a little more about computers.

Computer mentoring offers Basic and Advanced Excel mentoring classes.

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 wants to learn a little bit more about Microsoft Excel.

Expression of Interest is currently being taken for the Basic Computer Mentoring and Advanced Excel. A minimum of 5 participants is required to commence classes.

Cost is \$20.00 per person for 4 sessions once a week and payment must be settled prior to commencement. This fee is non-refundable should you change your mind.

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

Other places to get support with computers:

- Maryborough Computer Users Group - 07 4123 5931
- Maryborough Library (basic computer, tablet and advanced classes) - 07 4190 5788



The newest addition to the Adult Community Education Program.

Sewing Basics focuses on participants with very little knowledge of sewing. This class will familiarise you with basic stitches, hints and tips in sewing, and create simple projects to incorporate your learning.

To join this class you must at least have basic sewing skills, basic knowledge on how to operate a sewing machine and have the basic tools and materials for sewing.



Sewing Online is designed for the more intermediate sewing legends where projects are posted on our website and you do them at your own pace. There will be a once a month scheduled ZOOM meeting with your sewing volunteer coordinator to give you a chance to ask any questions you might have regarding a particular project that you are creating. To be part of the ZOOM meeting mentoring, you will need to contact us on the details below to register.



If you are interested in any of the sewing classes mentioned, give us a call on 4121 2141 or email us on admin@maryboroughnc.org.

Where to get your sewing tools:

- Patchwork on Pallas - 07 4121 2480
- Bottlebrush Crafts - 07 4122 2533
- Lincraft - 07 4122 2633





The Cancer Support Group started in 2019 to provide a venue for friendship and support, and a welcoming environment for people who have survived or are going through any form of cancer. The support network also hope to assist families, friends and carers who have been impacted by the disease. The program is recognised by the Cancer Council Queensland and facilitated by four (4) very dedicated volunteer coordinators. Joan Boge who is the meeting coordinator for the CSP monthly session has joined the group recently and is such a valuable addition to the team. Joan is not new to this type of community service having been the coordinator of 'Look Good Feel Better' organisation for many years. Denise McCarthy, Claire Morgan and Elwyn Garvey are the wonderful ladies that make up the CSP



The group had its first session post-lock-down and it was wonderful to see the participants back at the center for a 'Music and Chat' event with entertainment provided by the amazing Tip Top Strummers led by Annie Bailey. The next CSP session is the 14th of September from 10 am to 11.30 am, so if you have some time please join us, the ladies will be excited to meet you and have a cuppa!

Daffodil Day 2020

Daffodil Day is Cancer Council's most iconic and much loved annual campaign. Donations collected on **28 August** each year fund world class cancer research that saves lives.



It is more than a fundraising, it is a time of hope. On this day, we come together to show our support for the 29,000 Queenslanders diagnosed with cancer each year. We commit to our mission of working towards a cancer free future.

Due to limitations on group gatherings and physical contact. **Daffodil Day** will continue to flourish by going virtual! We will be in your computer and radio, in your homes and across the state, aiming big and asking for your support to reach \$1million for cancer research. Throughout August, please keep an eye on your mailboxes, inboxes, social media and radio and join us in creating hope for our community in 2020. Find out more by visiting www.daffodilday.com.au

People with a compromised immune system

There are steps you can take to protect yourself and prevent the spread of COVID-19. Anyone could develop serious or severe illness from COVID-19, but those with chronic health conditions or weakened immune systems are at greater risk.

Having a compromised immune system (also called immunocompromised) means a person has a weakened immune system, which reduces the body's ability to fight infections and other diseases. It also reduces a person's ability to recover from infections. Certain diseases or conditions may cause a weakened immune system placing people at greater risk of suffering complications if they become sick from COVID-19.

These include: heart disease, chronic lung diseases, such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis; kidney disease; poorly controlled diabetes; poorly controlled hypertension; and **cancer**. Many conditions and treatments can cause a person to have a weakened immune system, including: cancer treatment, such as chemotherapy and radiation therapy; and other immune system suppressing medication. Because you fall into a vulnerable group, even if you are feeling well it is important to take extra care to protect yourself from COVID-19. You should always maintain good hygiene and stay 1.5 meters away from other people where possible. These are the best defenses for you against COVID-19. We also recommend you talk to your doctor about your individual situation. Call 13 HEALTH (13 43 25 84). If your symptoms are serious and you experience shortness of breath, call 000. Try to: Get plenty of sleep—aim for eight hours every night. Eat a healthy diet that includes plenty of fruit and vegetables. [Take steps to relieve stress](#)—try yoga, meditation or light exercise you can do at home. Find more suggestions on how to stay healthy at home on the [Healthier, Happier website](#).

Wig and Turban Service

If you go to the Cancer Council Queensland website, search for the Wig and Turban Service and phone them to find out more details. This is a free service mostly run by volunteers. The main objective is to support those who are unable to afford the cost of wigs and turbans, and to help patients feel confident again after losing their hair.

Cancer Council Queensland is focused on doing what they can to prevent the spread of COVID-19, therefore they are temporarily ceasing face-to-face wig appointments statewide. The Wig and Turban Service will continue to provide turbans via post to those experiencing hair loss as a result of cancer treatment. If you need headwear, please call the team on 131120 between 9am and 5 pm, Monday to Friday.



Quota International—Maryborough Branch reaches out to help ...

The Maryborough Neighbourhood Centre represented by Gay Cayabyab and Look Good Feel Better represented by Joan Boge are the two lucky recipients of a cash donation from Quota International—Maryborough Branch. Janine Stephensen and Marj Jarvis awarded the cheque on the 10th of August during the Cancer Support Program event.



DF Dance to Fitness

A program of the Maryborough Neighbourhood Centre



EMBRACING Diversity

A multicultural project of the Maryborough Neighbourhood Centre

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

Due to COVID-19, in March 2020, the Dance to Fitness program was put on hold as the centre adheres to COVID-19 restrictions issued by the State and Federal governments.

During lockdown earlier in the year, Centre Manager Gay Cayabyab suggested to reach out to the many members and supporters of the Dance to Fitness program by hosting dance sessions via ZOOM. The idea was to help members, especially those who are living on their own during the lockdown to have a social outlet once a week and keep their minds off of what is happening in the world. With the support of Dance to Fitness volunteer Lorna, on the 9th of April 2020 at the height of the Coronavirus pandemic, Dance to Fitness Virtual was born. For 9 weeks, Lorna and Gay hosted the Dance to Fitness sessions virtually and on the 28th of May 2020, the final session of Dance to Fitness Virtual was hosted.



The centre continued to strive to deliver many of its programs digitally and online. Long time Dance to Fitness volunteer Pilar joined Lorna to video popular dance routines and upload them into the centre's website for members to access while waiting for the program to start again on-site. During this time a total of 20 dance routines were uploaded.



Finally, after months of preparation and ensuring that the centre adheres to current COVID-19 guidelines and restrictions issued by the State Government, the Dance to Fitness commenced on-site on the 14th of August 2020.



As much as the centre is quite elated to have this program back up and running again, there has been some changes that centre management had to implement to ensure that social distancing and hygiene are maintained at all times.

To attend a Dance to Fitness session, participants are required to book their place the day prior to the scheduled sessions. Unfortunately, early booking is not encouraged.

For more information about the Dance to Fitness program, contact centre reception on 4121 2141 or email us at admin@maryboroughnc.org.



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Migration **ADVICE**

Assistance on issues regarding migration and other related matters are available at the centre through advocacy, information and referral.

A volunteer Registered Migration Agent is currently available at the centre offering free 20 minutes migration advice to anyone having immigration issues.

This service is BY APPOINTMENT ONLY!!! To make an appointment or for more information, please contact centre reception on 4121 2141 or email us at admin@maryboroughnc.org.

Become a Member



Membership to the Migrant Development Program (MDP) is FREE & open to all with a migrant background 18 years old and above. But if you also want to be a member of the Maryborough Neighbourhood Centre as well as MDP, 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.

****Membership to the Maryborough Neighbourhood Centre & subscription to the newsletter are only available to individuals who paid to be a member of both MNC and MDP.**

COMMUNITY INFORMATION



Adult Migrant Education Program or AMEP is available to new migrants to Australia who needs to improve their English language skills.

To be eligible to AMEP, you must meet all of the following criteria, register within six (6) months from the date of eligible Visa Commencement Date (VCD) on arrival in Australia, hold a family, skills, humanitarian, spousal or approved temporary visa (**approved temporary visa do not include the work and holiday visa, working holiday visa or visitor visa**), have little or no English speaking, reading and writing skills, be over 18 years of age (some migrant youth aged 15 to 17 may also be eligible.)

In order for TAFE Queensland to check your eligibility you will need to supply us with:

- Your fullname (as shown on your passport)
- Your date of birth (as shown on your passport)
- Your most recent visa documents
- Your passport

If you are not eligible for AMEP, you may still be able to study English at TAFE Queensland through one of our ELICOS Courses. Visit our website for more information.

<https://tafeqld.edu.au/courses/study-areas/general-education-and-training/english-language-courses.html?>

TAFE Queensland Maryborough Campus

89 Adelaide Street

Maryborough QLD 4650



Changes to JobKeeper and JobSeeker Payments

Both the JobKeeper and JobSeeker will be reduced.

Unemployed Australians and workers on the Federal Government's COVID-19 (Coronavirus) wage subsidy program will continue to receive support beyond the planned JobKeeper and JobSeeker September end date.

KEYPOINTS:

- JobKeeper will reduce from \$1500 a fortnight to \$1200 a fortnight in September and reduce again in 2021.
- The JobSeeker payment will reduce from \$1000 to \$800 a fortnight in September.
- The JobKeeper Wage Subsidy will continue until March next year, but payments will be reduced from \$1500 to \$1200 a fortnight in September.
- People working fewer than 20 hours a week will receive \$750.
- The payments will reduce again to \$1000 a fortnight for people working fewer than 20 hours, for the first three (3) months of 2021.
- The JobSeeker Coronavirus supplement will continue for another three (3) months but reduce from \$550 to \$250 a fortnight, meaning people on the program will receive \$815 a fortnight after September.
- Internal discussions at Jobs Australia felt the reduction in JobSeeker would be to a level between \$750 and \$790 a fortnight, and that JobKeeper would be changed to more closely reflect the actual hours worked.

Article source: Jobs Australia

Connecting carers to support services



Carer Gateway gives you access to a range of free services and supports to help you when you are caring for someone else. Services include support planning, counselling, peer support, financial packages and emergency respite.

If you support a family member or friend who has a disability, mental health condition, chronic health condition, terminal illness, or is frail aged these services are for you.

Call 1800 422 737 or visit carergateway.gov.au to find out more.

wellways

Carer Gateway
An Australian Government Initiative

Wellways works with individuals, families and the community to help them imagine and achieve better lives. We have been supporting carers for the past 40 years and continue to do this across Queensland and the New South Wales regions of South West Sydney and Nepean Blue Mountains via Carer Gateway. Carer Gateway is a national service funded by the Australian Government.



If you want to know updates on COVID-19 in Queensland, visit:

<https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions>

COMMUNITY INFORMATION

FREE TELEPHONE SUPPORT

Friendly phone calls in your language



Keeping multicultural Queenslanders connected

I Speak Your Language is a free state-wide telephone support program that connects participants with friendly volunteers who speak their language.

- Enjoy weekly chats in your own language
- Feel supported and make new connections
- Find reliable information on COVID-19

I Speak Your Language is delivered by Multicultural Communities Council Gold Coast and supported by the Queensland Government. It is a free program available to anyone in Queensland.



☎ 1800 95 40 40

✉ ISPEAK@MCCGC.COM.AU

📶 MCCGC.COM.AU



QUEENSLAND CHILD PROTECTION WEEK



Shine a light for children

LANTERN PROJECT 2020



Wherever you live in Queensland you can join in the creative and fun celebrations.

Run your own Lantern Decorating Workshop. Information about running a workshop at handsonart.org.au

Starter lantern packs (makes 30 lanterns) are free for community groups!

Register to receive a pack at handsonart@community.org.au

Create a special paper lantern to shine a light on Child Protection Week

6-12 SEPTEMBER 2020

Protecting children is **EVERYBODY'S BUSINESS**



Funded by



handsonart.org.au

More than 1 in 10 Queenslanders speak a language other than English at home and over 1 million people in Queensland were born overseas.

Multicultural Communities Council Gold Coast has been funded by Multicultural Affairs Queensland to offer a service for your community members or clients for the next year. With many people still feeling isolated or unsure since COVID 19 perhaps they would like a friendly call in their own language?

- We have over 70 trained volunteers who speak the following languages; Russian, Italian, Japanese, Spanish, English, German, Korean, Arabic, French, Tagalog, Bulgarian, Bengali, Tamil, Slovenian, Croatian, Bosnian, Serbian, Gujarati, Punjabi, Farsi, Hindi, Dari, Ukrainian, Bangla, Macedonian, Portuguese, Hungarian, Romanian, Samoan, Cantonese, Mandarin, Hakka, Hokkein, Malay, Chin Hakha, Chin Mizo

For weekly social chats in language call 1800 95 40 40 to join the free 'I Speak Your Language' program or send a referral (see attached) to ispeak@mccgc.com.au and we will let you know once the calls begin.

- If we don't have a volunteer with the language you need we can find one!

If you would like us to join your online meeting to talk about the service to your group – please reply to this email or phone 1800 95 40 40 and ask for Rhee and we can organise a time to connect.

I Speak Your Language is a free state-wide telephone support program supported by the Queensland Government and available to anyone in Queensland

For more information visit

<https://www.mccgc.com.au/mccgc-services/i-speak-your-language/> or email ispeak@mccgc.com.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 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 for more info or you can also visit our website

www.maryboroughneighbourhoodcentre.org.



Share the Dignity Sanitary Items Box



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 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. **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



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.

Open from 10am - 2pm Monday to Friday



**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.



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

For more information, please contact 1300 236 822.