



LINK

LINKING OUR COMMUNITY TO SERVICES AND PROGRAMS

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From the Desk of...
Desk of...

From the Desk of the Centre Manager

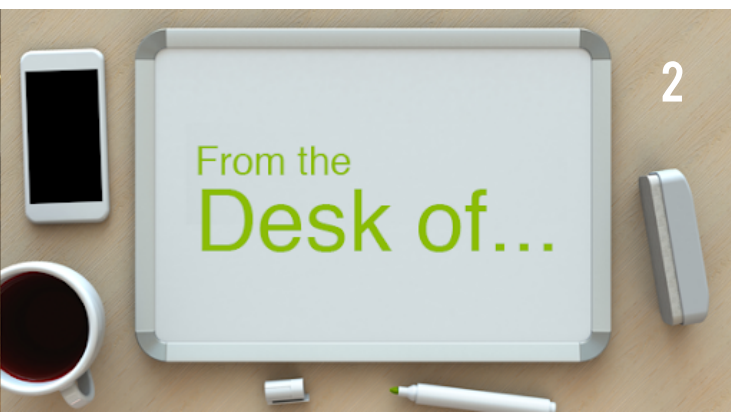
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WHAT'S ON?

What's on at the Centre!

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Embracing Diversity News



FROM THE DESK OF THE CENTRE MANAGER

This has been for me, the greatest test of my working life! I was thinking while in the office and on lockdown, for the last 32 years of its service, this organisation has never closed its doors (except for the Holiday shutdown of course), and it was so surreal! It has been quite an experience, but we have all done well. What a relief that we are now easing back to some form of normality, but we must not of course keep our guards down, hygiene and social distancing should continue to be front and centre!

CREATIVITY has taken most of our waking hours, with so much time in our hands..., it was only a matter of time! The inspiration, imagination and resourcefulness that were developed during lockdown has been put to good use. This issue will show how we have managed to re-invent our programs and services in order for us to continue supporting and serving our community during these very challenging times. A BIG THANK YOU TO ALL MY 'LOCKDOWN COLLEAGUES' (Lorna, Jenni, Jean, Julie, Denise, Mark and Paula) who I spent a lot of time creating and imagining and being inspired to find out ways of reaching out to participants, clients and friends of the centre and keeping that connection!

From 1 June 2020 we opened our centre Monday to Friday from 9 am to 4 pm offering limited services, we are trialling to commence with some face to face programs, but the ones that cater to bigger groups are still on hold and will likely commence as soon as a positive Stage 3 easing of restrictions are announced mid-July, so watch this space!

Keep Safe!

Gay



WHAT'S ON AT THE CENTRE



Sewing For beginners BACK TO BASICS



LESSONS WILL INCLUDE:

- ⇒ Introduction to basic stitches.
- ⇒ Hints and tips in sewing
- ⇒ Create simple projects that incorporate your learning.

To join, you MUST have:

- Basic sewing skills (beginner level)
- Basic knowledge on how to operate a sewing machine.
- Basic tools and materials for sewing.

THERE IS NO COST TO JOIN BUT BOOKING IS ESSENTIAL!!!

Classes will commence as soon as number of participants are met.

Classes run for 6 sessions and places are very limited!!

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

 Adult Community Education Program

 Queensland Government

A program of the Maryborough Neighbourhood Centre



This is designed for the intermediate sewing legends where you learn different projects online.

This program is open to existing sewing participants and to new ones who would like to brush up on their skills. Learn at your own pace, at home, and at your own convenience.

Support and mentoring is available via ZOOM and is scheduled once a month if you have any questions about particular projects. **YOU MUST REGISTER** to be able to access the virtual support and mentoring.

Projects can be accessed through our website www.maryboroughneighbourhoodcentre.org/sewing-online.html

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

 Queensland Government

 Adult Community Education Program
A program of the Maryborough Neighbourhood Centre



We continue to offer support to all our Cancer Support Program (CSP) participants through our

Social Phone Call Initiative

WE CAN NOT MEET YET AS A SUPPORT GROUP, BUT WANT TO CONTINUE CONNECTING WITH YOU!

- ♥ We want to say 'hello' and ask if you are ok.
- ♥ We may be able to refer you to a service or program.
- ♥ Update you on what is 'on' at the centre.
- ♥ Just chat and catch up!

OUR VOLUNTEER COORDINATOR CONDUCTS SOCIAL PHONE CALLS TO ALL CSP PARTICIPANTS EVERY FORTNIGHT TO CATCH UP!

IF THERE IS ANYONE YOU KNOW WHO MIGHT BENEFIT FROM THIS SERVICE. LET US KNOW!

 Maryborough Neighbourhood Centre
Linking our Community

For more information, please contact centre reception on 4121 2141 or email admin@maryboroughnc.org or visit us at 25 Elena St. Maryborough. Correspondences: P.O. Box 689 Maryborough Qld 4650

 Queensland Government

WHAT'S ON?



Maryborough Interagency Network MEETING

Be Connected. Be Heard. Be Informed.

2020

Welcome to 2020!!!

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

MEETINGS DATES FOR 2020 (Tuesdays 9:15am - 11am)
via ZOOM and ON-SITE @ the Maryborough Neighbourhood Centre

* 11 February 2020 * 15 April 2020 (Wednesday)

* 9 June 2020 * 11 August 2020

* 13 October 2020 * 8 December 2020

**REGISTRATION IS ESSENTIAL IF YOU ARE ATTENDING ON-SITE AND ZOOM MEETING
ID BE EMAILED CLOSER TO THE DATE OF THE NEXT MEETING.**

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

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



Adult Community Education Program

BASIC

A program of the Maryborough Neighbourhood Centre

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.

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.



Queensland
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2020 Online

DAF

Dance to Fitness

A program of the Maryborough Neighbourhood Centre

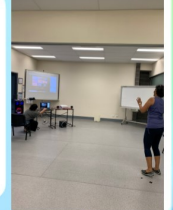
Dance routine designed for women.
Learn line dancing and freestyle dancing with a modern twist!!!

DANCE VIDEOS ON OUR WEBSITE
WWW.MARYBOROUGHNEIGHBOURHOODCENTRE.ORG



The Maryborough Neighbourhood Centre has recorded some popular dances and made it available for you to watch, just visit our website!

Practice your moves and learn the dance at your own pace. We'll be 'DANCE READY' when we meet together again!



For more information or if you are interested to join, please contact centre reception on 4121 2141 or email admin@maryboroughnc.org.

To be updated with what's happening with our DANCE, register and provide your email to be part of the network!
SO WHAT ARE YOU WAITING FOR, CALL NOW AND JOIN IN THE FUN!!!



A program coordinated by volunteers of:



Queensland
Government

While in Lockdown...



EMBRACING DIVERSITY NEWS

Migrant Development Program

Membership 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 centre, 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.



The Shopping List

READ THE CONVERSATION BETWEEN AMY AND HER MUM. WRITE THE LIST OF FOOD AMY AND HER FATHER ARE GOING TO BUY IN THE SUPERMARKET ON THE PAPER BAG.

Mum: Hello?
Amy: Hi, Mum. It's Amy. Dad and I are here at the supermarket. We've got your list, and we're doing the shopping, but we've got some questions.
Mum: No problem. Amy: What do you want to know?
Amy: We've got the crisps and biscuits for my school picnic, but Dad and I don't know what type of oil to buy.
Mum: Get olive oil. I always cook with olive oil because it's the healthiest type of oil.
Amy: Right, olive oil. Now, should we get orange juice or soft drink?
Mum: Get juice. We'll have orange juice for breakfast and soft drinks with dinner tonight.
Amy: Drinking of dinner... you're eating beer with baked beans, right?
Mum: Yes, that's right. Beer with baked beans is your dad's favourite meal. It will be ready in half an hour, so please hurry. And don't forget the carrots. I want carrots for the salad. In fact, get about half a kilo of carrots.
Amy: Right. Carrots and peppers are on the list and Dad's getting them right now. What about dessert? What's for dessert?
Mum: Would you like fruit salad or waffles?
Amy: Waffles is a great idea! Oh, Mum, I love waffles but I don't know how to choose a good one.
Mum: Ask your dad to show you. He knows how to choose a perfect waffle.
Amy: Dad, can you help me choose a waffle?
Mum: Well, we're getting the waffles now. We'll just eat and come right home.
Mum: Get some popcorn, too, so we can have popcorn and watch a film on TV after dinner.
Amy: OK. See you soon.
Mum: Bye.

SHOPPING LIST

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

NOW ANSWER THE FOLLOWING QUESTIONS. WRITE COMPLETE SENTENCES.

1. What is Mum cooking for dinner?
2. When will dinner be ready?
3. What vegetable does Mum need for the salad?
4. What desserts does Mum mention?
5. What is the family going to do after dinner?

Conversation

Read the conversation and fill in the gaps using the words in the box.

Jack: _____ My _____ is Jack. _____ your name?
Rose: My name _____ Rose and this is my _____, Tia.
Jack: Nice to _____ you.
Rose: _____ to meet you too.
Jack: _____ are you from?
Rose: I'm _____ England and Tia is from Singapore. How about _____?
Jack: I'm from the Philippines but now I'm here _____ Computing. What are you studying?
Rose: I'm _____ studying Accounting and Tia is studying Tourism.
Jack: Where do you have _____?
Rose: We _____ lunch in the school cafeteria. _____ you want to come too?
Jack: I'd like to but I can't. I have guitar practice at 12 _____ you play guitar?
Rose: No. I _____ play guitar but I can play the _____.
Jack: Maybe we could have lunch _____.
Rose: Sounds _____ What's your _____ number?
Jack: My _____ is 0439865378. Do you have _____?
Rose: Yes I do. It's _____ 3210@hotmail.com
Jack: Great. What _____ is it?
Rose: _____ 11:45.
Jack: I'd better hurry. I can't be _____ for my guitar practice.
Rose: OK - Do you have a _____?
Jack: Yes I _____ I'll pick you up tomorrow if you want.
Rose: That would be great. See you tomorrow.
Jack: Yeah _____ for now.

name	do	What's
studying	is	friend
meet	o'clock	Nice
Where	from	am
lunch	have	Do
Can	bye	can't
tomorrow	you	email
number	It's	time
Hello	piano	late
telephone	good	motorcycle

The shopping list

A conversation

Click on the pictures to print!!!

For answers to the exercises, please click on the link below:

<http://www.maryboroughneighbourhoodcentre.org/english-a.c.e.p.html>

Adult Community Education Program
A program of the Maryborough Neighbourhood Centre

learn english
study school education
knowledge lesson information training

Motivation Direction Success Coaching Training Advice
MENTORING

Activities and lessons are available for download via our website
Visit www.maryboroughneighbourhoodcentre.org

REGISTRATION FOR NEW PARTICIPANTS NOW OPEN! This is a free program for migrants.

WHAT WE OFFER?

Basic English Mentoring
Advanced English, Grammar & Writing Practice
Class mentoring (limited number): Thursdays, 1.00-2.00 pm

Participants will be assessed to ensure the program being offered will suit their particular need. CONTACT us for an appointment!

TO LEARN AT YOUR OWN PACE, activities and lessons will be uploaded on our website regularly. The exercises online will benefit those who are on intermediate level for English learning, and a good refresher exercise. If you need some mentoring on the online exercises contact us and register to access this support.

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

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

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

Maryborough Neighbourhood Centre
Linking our 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.

BY APPOINTMENT ONLY

This service is free

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

Queensland Government

COMMUNITY INFORMATION



KEEP ON MOVING: How to stay active during a pandemic

Exercise is great for physical health but can also have a positive effect on well-being.

Regular physical activity is a good way to help prevent or manage mild anxiety and depression. Keeping active can help you stay physically fit and mentally healthy, which is particularly important as people deal with the effects of COVID-19. Research shows that keeping active can:

- Help lift mood
- Help improve sleeping patterns
- Increase energy levels
- help block the negative thoughts and/or distract people from daily worries.

The current recommendation is at least 30 minutes of moderate intensity physical activity on most, and preferably a days of the week. While this is slightly more complicated than usual with the closure of gyms and sporting clubs, it is vital that people are exercising regularly in whatever ways they can.

TIPS TO GET STARTED

“**Start simple**- build your confidence with basic activities such as walking, gardening or small household tasks.

“**Do what is enjoyable**- given the current climate, people may lose interest and pleasure in doing things they once enjoyed. Plan activities that are enjoyable, interesting, relaxing or satisfying where possible.

“**Include other people**- staying connected with friends and family is tricky at the moment but you can still do so virtually, which helps increase wellbeing and confidence.

“**Make a plan**- planning a routine can help people become more active—make sure some form of exercise is included each day. Try to stick to the plan as closely as possible, but be flexible.

REMEMBER:

- *Keep Fit
- *Pamper yourself
- *Socialise
- *Read a book
- *Entertain yourself
- *Do some chores around the house

Article obtained from:

<https://coronavirus.beyondblue.org.au>

COVID-19 and the gut

DID YOU KNOW.... The virus that causes COVID-19 is named SARS-CoV-2. A study in China that tested COVID-19 patients found this virus in their faeces (poo). While this is interesting, Dr Vincent Ho reminds us that “just because the virus is found in faeces, it doesn’t mean it’s necessarily infectious when shed from the faeces,” and more research is needed. In the same study, nearly a quarter of patients tested positive for COVID-19 in their faeces after their respiratory (throat and nasal) tests were no longer showing a positive result.

Dr Ho explains the theory on why this may be: “Researchers believe the main reason that stool [faeces] tests can still test positive for coronavirus well after respiratory samples have tested negative is because of ongoing growth of the virus in the gut.” Worldwide, researchers have been testing sewage and wastewater to locate SARS-CoV-2 virus hotspots.

Article from:

https://www.continence.org.au/data/files/Bridge_2020/Bridge_Winter_2020Final_WEB.pdf

Mindset Shift During a Pandemic

I'm stuck at home →

I get to be SAFE in my home and spend time with my family

I will get sick →

I will self-isolate and wash my hands, this will significantly DECREASE my chances of getting sick

I will run out of items at home during self-isolation →

I have prepared for this and I will use my items wisely. I have everything I NEED for now

Everything is shutting down, I'm panicking →

The most IMPORTANT places, such as medical centers, pharmacies and grocery stores, remain open

There is too much uncertainty right now →

While I can't control the situation around me, I CAN control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time


Sumairaz.com

For more information on Queensland's Road Map to Easing Restrictions, visit:

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

VIDEO GALLERY



Dance to Fitness

A program of the Maryborough Neighbourhood Centre



Rivers of Babylon



This and That



Mandolins in the Moonlight

For more dancing videos visit our website:

[www.maryboroughneighbourhoodcentre.org/
dance-to-fitness.html](http://www.maryboroughneighbourhoodcentre.org/dance-to-fitness.html)



Bowl Cozy & Casserole Carrier

For more sewing video, visit our website:

[www.maryboroughneighbourhoodcentre.org/
sewing-online.html](http://www.maryboroughneighbourhoodcentre.org/sewing-online.html)



Kitchen Towel & Pot Holder

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



Community Café of the Maryborough Neighbourhood Centre

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.

Watch this space for opening times!



**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.