

Congratulations to winners and runners-up of the 2019 Youth Achievement Awards



Congratulations to the newly elected Management Committee of the Maryborough Neighbourhood Centre for 2019-2020



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Support us to Go Green!

We are taking 'baby steps' to reduce environmental impact. You will see small changes in how our centre operates.

Our goal is to be able to reduce our impact on the environment, lower our carbon footprint, and reduce waste to contribute to environmental sustainability.

Go Green 102:

- The centre have stopped using plastic plates and have replaced our disposable items with sugar cane made paper plates and paper cups.
- We are having an inventory of all our plates and kitchen utensils and through the support of Councillor Paul Truscott's discretionary fund, the centre will be able to purchase a new dishwasher to even help us lessen our use of disposable items.

This 'Go Green' Initiative is a project of the Management Committee of the Maryborough Neighbourhood Centre.



Christmas Closure

Please be advised that the Maryborough Neighbourhood Centre will be closed for 3 weeks during the Christmas holidays.

Dates for centre closure during the festive season will soon be announced once everything has been finalised.

To all our regular users, please ensure that you have given reception staff dates for 2020 as soon as you can.

You can also email your bookings to bookings@maryboroughnc.org.





From the desk of the Centre Manager...

Welcome to our October – November 2019 edition of My Neighbourhood Link. We have now reached the “ber” months, which means that we are not far off from Christmas. In fact, as of this writing, we only have 74 days before Christmas and we have 12 Mondays left before the end of 2019.

In this edition, we welcome the newly elected Management Committee members for the Financial Year 2019-2020, I am excited and look forward to working with my newly elected committee for the rest of the year through to 2020.

On the 20th of September 2019, the centre once again hosted the 2019 Fraser Coast Youth Achievement Awards at the Broлга Theatre and Convention Centre. The centre received over 60 nominations from young people from different schools in the Fraser Coast and as usual, the quality of nominations received were unbelievably impressive. Congratulations to all winners and runners-up of the eight award categories and a BIG THANK YOU to all the sponsors and donors who have supported the 2019 Fraser Coast Youth Achievement Awards.

As 2019 comes to a close, I would like to remind all our users that the centre will be closed for three weeks during the Christmas holidays. Dates of closure will be advised as soon as we get confirmation. To all our regular users, please ensure that you provide reception with dates for your 2020 bookings as soon as possible as our 2020 diary is getting rather busy.

Hope you enjoy our newsletter!!! Till next time...

Gay

WHAT'S ON At the centre

Sewing for Beginners BASICS 1



Sew your way to a plastic free life! gogreen



Learn how to sew and create re-usable environment friendly items!

Register now! Classes starts Wednesday 6 November 2019!

This will run for four (4) sessions every Wednesday from 1 to 4 pm. Class size is limited, call us now to secure a spot and for more details!



Call us at 41212141, Email us at admin@maryboroughnc.org or visit us at 25 Ellena Street Maryborough.



CSP

Cancer Support Program
A program of the Maryborough Neighbourhood Centre



Our support group is a welcoming environment for people who survived or going through any form of cancer and their families.



- ♥ We are hoping we can provide friendship, support, and some information through invited guest speakers and health professionals.
- ♥ We are volunteers who understand and has been through a similar experience, we care and we want to help, and will be happy to just have a chat over a cup of coffee.
- ♥ We meet once a month for approximately two hours, and there will always be morning tea!
- ♥ We are an open group, flexible entry and exit.
- ♥ Our group is run under the guidance of the Maryborough Neighbourhood Centre, and supported by Cancer Council Qld.

Meeting dates for 2019 (every second Monday of the month)

♥	12 August 2019	♥	9 September 2019
♥	14 October 2019	♥	11 November 2019
	♥		9 December 2019

Meeting starts @ 10am at the Maryborough Neighbourhood Centre, 25 Ellena Street.

Meeting Coordinator— Ms. Jan Eycken, mobile: 0408 343456

Supported by: The Lioness Club of Maryborough



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



2019 LOVE DANCE

dance to fitness

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

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

Cost: GOLD COIN DONATION

*** Program may be terminated or schedule changed without prior notice. Due to venue limitation, participation is on a 'first come, first serve' basis.***

OUR DANCING INSTRUCTORS ARE TALENTED VOLUNTEERS AND MEMBERS OF THE CULTURAL DANCE GROUP OF THE MARYBOROUGH NEIGHBOURHOOD CENTRE'S MIGRANT DEVELOPMENT PROGRAM!!!

The Dance to Fitness group meets on the last Friday of the month at 3pm for afternoon tea socials. You don't have to be a Dance to Fitness participant, everyone is welcome!

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

A program coordinated by volunteers of:



Australian Government
Australian Taxation Office



Get free help with your tax return from a Tax Help volunteer

- > Are your tax affairs simple?
- > Do you earn around \$60,000 or less?

The Maryborough Neighbourhood Centre is offering FREE Tax Help to eligible individuals.

To find out if you're eligible or to make an appointment, you can visit the centre on 25 Ellena Street, Maryborough or phone 07 4121 2141 or you can email us at admin@maryboroughnc.org

myTax



Take Time for Mental Health

music & mental health

Friday, 11 October 2019, 10 am

How do you value your mental health?
Information Session and Mini Concert.

Guest speakers:

Ms. Leah O'Brien
Coordinator, CFRS Centacare Fraser Coast

Ms. Ruth O'Sullivan
Consumer Engagement Facilitator
Wide Bay Mental Health & Specialised Services
Wide Bay Hospital and Health Service

The day will feature cultural dances, music videos, guest speakers, line dancing and more...

featuring
John Corowa



This is a FREE event & morning tea is provided!!!

BOOKING IS ESSENTIAL as places are limited and for catering purposes!!! To book your place or for more information, contact centre reception on 4121 2141 or email admin@maryboroughnc.org



Maryborough Interagency Network MEETING

Be Connected. Be Heard. Be Informed.



Welcome to 2019!!!

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 2019 (Tuesdays 9am - 11am)
@ the Maryborough Neighbourhood Centre

* 12 February 2019 * 9 April 2019

* 11 June 2019 * 13 August 2019

* 8 October 2019 * 10 December 2019

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.***



EMBRACING diversity



Join or Renew Your Membership

Migrant Development Program

Membership is open to all with a migrant background 18 years old and above. Membership fees are as follows:

- * \$5.50 p/p a year for concession/health/pension card holders
- * \$11.00 p/p a year for non-concession card holders



As a member, you are expected to:

- * Uphold the Migrant Development Program's Mission Statement and Objectives.
- * Support the promotion of multicultural events, programs and services of the centre.
- * Share your culture and participate in activities and attend meetings if required and when available.
- * Refer or recruit membership into the program if there is an opportunity.
- * Contribute to the positive image of an Australian Migrant and support endeavours towards this goal.

Benefits of being a member:

- * Membership to the program and the Maryborough Neighbourhood Centre.
- * Subscription to the centre's newsletters.
- * Update on information about multicultural news and activities and other relevant information.
- * Invitation to community events and other programs.
- * An opportunity to be involved in a small but dynamic organisation that has served the community of Maryborough since 1988.

Social Groups in the Fraser Coast

- **Asian Women's Group** - Maryborough Neighbourhood Centre. Call 4121 2141 for more info.
- **Australian Group Latino Fraser Coast Inc.** - meets at the Hervey Bay Community Centre. Phone 4128 8359 for more info.
- **Filipino Australian Community Association of Fraser Coast** - For more information about the group, contact the president on 0457 767 072.
- **Hungarian Friendship Club** - Meets at the Hervey Bay Community Centre. For more info, contact Endre on 4124 9925
- **Learn French through French Business Services** - offers French lessons in Maryborough. For more info, phone 0438 195 443

* Please note that information printed on this column is correct at the time of printing. Be aware that information can change without prior notice.

Embracing Diversity



One of the main projects of the Maryborough Neighbourhood Centre is to create a welcome package for migrants or a multicultural resource folder. Within that folder is a wealth of brochures and information that can assist our migrant community should they require any support.

This folder will be available at the centre and will continually be improved as the year progresses. If you know of any migrant who might benefit from this resource folder please encourage them to visit the centre.

Adult Community Education Program
A program of the Maryborough Neighbourhood Centre

ENGLISH Mentoring FOR MIGRANTS 2019

EVERY THURSDAY @ the Maryborough Neighbourhood Centre

WHAT WE OFFER?

1pm
Basic English Mentoring

2pm
Advanced English, Grammar & Writing Practice

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 free program to eligible participants.

PRE-ASSESSMENT IS REQUIRED!!!

This is to identify program suitability to the needs of participants.



* 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.



A registered Migration Agent offers professional advice in a voluntary capacity on issues relating to visas and other immigration and citizenship matters.

This service is by appointment only, please call centre reception at 41212141 or e-mail admin@maryborough.org for more details.





UNDERSTANDING DECISION MAKING WORKSHOPS



Guardianship and administration matters can be complicated. You may be asked to provide support for a person to make a decision, or to work with their decision maker. This often requires a solid understanding of Supported Decision making, Enduring Power of Attorney (EPOA) documents, Queensland Civil and Administrative Tribunal (QCAT) orders and working with decision makers.

ADA Australia offers individual and group based training sessions on "Understanding Decision Making" to help people understand the intricacies of guardianship and administration issues.

Our courses are designed to increase knowledge, build understanding and provide an informative overview of guardianship and administration matters. Training typically address issues related to:

- Supported decision making and Substitute decision making, particularly for health matters.
- How to access support when a person's decision making capacity is impaired or questioned, and when decision makers are not acting in a client's best interest.
- Enduring Power of Attorney (EPOA) and Advanced Health Directive (AHD) documents, their powers, limits and how they relate to everyday decisions.
- The roles of the statutory agencies: Queensland Civil and Administrative Tribunal (QCAT), Office of the Public Guardian and the Public Trustee.

This workshop provides a comprehensive overview of guardianship and administration matters. It is best suited to workers who support people with questionable, impaired capacity.

The key concept of capacity is addressed and how it relates to decision-making in aged care, disability, mental illness, and health. It is delivered in an interactive way, facilitating applied knowledge to common work practices and real life scenarios.

This training provides workers with a crucial understanding of legal and ethical considerations to best support clients whose decision making capacity is substituted, diminished, or being questioned. It equips workers with the skills to ensure the rights of their clients are upheld and their choices protected. The course also covers how to make informed professional decisions and safeguard the client's rights and organisations through improved practice.

For dates and location of workshops and other details go to: <https://adaaustralia.com.au/education/understanding-decision-making-training>. If you or your staff are unavailable to come to one of our workshops, we do offer In-House Workshops where we come to you. Email guardianship@adaaustralia.com.au for more information.



This October, Sexual Violence Awareness Month activities are spreading a clear message: to believe and support victims and survivors of sexual violence. This year's theme is inspired by the '[Start by Believing](#)' global campaign transforming the way we respond to people who have experienced sexual violence.

Sexual Violence Awareness Month is held in Queensland each October to raise community awareness about sexual violence, promote the support options available to people affected by sexual violence, and continue to uphold the message that sexual violence will not be tolerated.

We are fortunate in Queensland to have a strong, passionate sexual violence support sector, working together through the Queensland Sexual Assault Network, who have been active in promoting and coordinating Sexual Violence Awareness Month activities.

Throughout Sexual Violence Awareness Month, activities and events are happening across Queensland to celebrate and recognise efforts to support victims and survivors. Brisbane's Parliament House and Kurilpa Bridge will be the first of many landmarks around the state to be lit up in teal, a colour symbolising healing and trustworthiness.

We encourage you to get involved by creating an event, sharing information, or joining in the activities. An [online calendar](#) is live. If you or an organisation you know would like to promote how you are raising awareness about sexual violence, you can [register](#) your event or activity on that site. You can also spread the word by using the hashtags [#startbybelieving](#) [#webelieveyou](#) [#believemeto](#) [#svam2019](#)

The Queensland Government has committed to developing a new sexual violence prevention framework for Queensland. We look forward to the launch of the framework in the near future.

More information about Sexual Violence Awareness Month and resources are available at www.qld.gov.au/svamonth.



OUR WATCH - NEW RESOURCES FOR RESPECTFUL RELATIONSHIPS

Our Watch has developed a new suite of [The Line resources, tools and information](#), designed to support those who work with, and for, young people to promote positive, equal and respectful relationships.

This includes youth workers, support workers, sexual health nurses and educators, domestic and family violence workers, GPs, legal professionals, and youth-focused advocates and policy advisors.

Available on [The Line website](#), the new content includes information, practical guidance and activities on a range of themes.

counselling and support
For FINANCIAL WELL-BEING

FRIDAYS FROM 9.00AM-12.00PM
 STARTING 1 February-28 June 2019.

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

Dealing with debt and having difficulty paying bills?
 Having issues with your utility providers?
 Information on where to get further assistance.
 We can assist with filling out forms for loans or related financial documents and help with understanding terms and conditions.

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

Referral to services that provides or support with small loans, personal loans or NILS.

Support in creating and maintaining a budget, including follow-up sessions, if required.

Introducing Disability Connect Queensland

Disability Connect Queensland (DCQ) is focused on creating inclusive communities which provide equal access to opportunities for Queenslanders with disability. This includes:

- continuing to action the [All Abilities Queensland](#) State Disability Plan 2017-2020, to create equal access to everyday services, communities, lifelong learning and leadership opportunities, and employment opportunities.
- increasing the knowledge and motivation of employers to employ people with disability and removing perceived barriers - DCQ will lead by example with a goal of 20% of employees with a disability.
- engaging and partnering with disability sector networks, alliances and peak organisations to deliver jobs and quality services in the regions.
- continuing to fund advocacy supports for Queenslanders with disability and implement strategies to improve access to and coordination of advocacy services.
- monitoring and managing the Queensland Government investment in the NDIS to ensure it delivers the jobs and economic benefits promised for Queenslanders.
- maintaining Guide, Hearing and Assistance Dogs services.

developing a seamless system of safeguards with the NDIS Quality and Safeguards Commission and the Queensland Public Guardian, and streamlining the Queensland safeguard functions - criminal history screening, approvals for restrictive practices and positive behaviour support and related complaints and compliance activities.

MEN'S ONLY HEALTH GROUP BEING TRIALLED IN QLD - RECRUITS WANTED

After identifying a major gap in available research into men's health in Queensland, *My health for life* recently undertook a study of its own to determine what the State's men think about health and their lifestyle habits.

The research targeted more than 1200 men, 18 years and above, from diverse backgrounds across Queensland. The study also included a qualitative component with Aboriginal and Torres Strait Islander and culturally and linguistically diverse focus groups. The findings were released at a stakeholder presentation at Queensland's Parliament House and in a series of presentations to health professionals. *My health for life* shared the information in a bid to create more awareness of men's health and to present a current, comprehensive picture of attitudes and behaviors relating to this Queensland demographic.

Key findings included:

- A disconnect about what men think is healthy and how they live.
- Queensland men have a taste for "treat" foods, such as chocolate, sweets, cake, soft drink and flavoured milk, indulging on a weekly basis. Younger men have the biggest sweet tooth.
- 65 per cent of men eat junk food weekly and regularly eat processed food, takeaway and convenience meals.
- Only 7 per cent eat enough vegetables. However, many believe their diet to be healthy or very healthy.
- Two in five men drink alcohol to risky levels while men 55 and over drink minimal water.
- Lack of motivation is the biggest barrier to exercise with younger men in their 20s and 30s often feeling too tired to undertake physical activity.
- Negative language such as "flabby and pot belly" is how many describe their abdomen area, but it is regional men who are more likely to understand that a "big belly" carries health risks. About three in five Queensland men are overweight or obese.
- Risk factors and the seriousness of chronic disease is not well understood - 60 per cent of men do not think pre-diabetes is serious, although a high percentage potentially have risk factors for the condition.
- 2 in 5 men say they do not like to make a "fuss" about their health, citing costs or the belief they are already in good shape. Younger men opt to "self-manage" turning to the internet for health help.

The findings have prompted *My health for life* to trial several men-only health groups in a bid to get more men to improve their health. Some men's group in Hervey will be included in the trial amongst other places.

Marg Hegarty, who is coordinating the pilot for *My health for life*, said **places are now available for men who are interested in taking part in the men only sessions**. Participants do not have to live in the area to join any of the groups, if they are willing to travel. Anyone who is interested should contact *My health for life* on 13 74 75.

For more information visit myhealthforlife.com.au or call 13 74 75.

Other Services



MEETING ROOM HIRE CHARGES

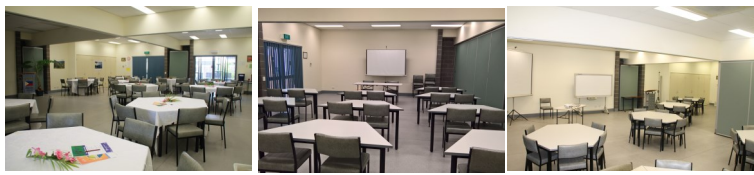
(Rates are for room use only and subject to an annual review)

NON-PROFIT ORGANISATIONS

\$20.00 per room per hour (1 hr room hire or less)

\$15.00 per room per hour (more than 1 hour room hire)

Catering and use of office equipments & kitchen utensils will incur additional charges. Call 4121 2141 or email bookings@maryboroughnc.org for more info.



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

Neighbourhood Cafe

Community Café of the Maryborough Neighbourhood Centre

"NEIGHBOURHOOD CAFE"
NOW OPEN FROM MONDAY TO FRIDAY
(10.30 TO 1.30)

So if you want a good coffee and a great atmosphere why not come and visit us and support your local Community centre.

Donations Needed



The Maryborough Neighbourhood Centre proudly supports the not for profit organisation Share the Dignity in providing disadvantaged women in our community with free sanitary items. So next time you visit the centre and you are in need of sanitary items, just before you get to the ladies lavatory, there is a small green box where you can help yourself with items that you need. You don't even have to let us know.

We also rely heavily on our community to ensure that the little green box remains full. So if you can help, please leave your donated items at centre reception or if you want to remain anonymous, please feel free to place your items in the green box. **Access to sanitary items is a woman's right!!!**

Thank you for your support!!!

BASIC Computer


Adult Community Education Program
A program of the Maryborough Neighbourhood Centre

MENTORING 2019

Register Now!

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

4 SESSIONS ONCE A WEEK - \$6.00/SESSION

Call us if you're interested to learn BASIC EXCEL!!!

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



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


Maryborough Neighbourhood Centre
Linking our Community


Queensland Government



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.



Share the Dignity "It's in the Bag" Drive

We still have a few more bags from Share the Dignity "It's in the bag" drive to give away to women and girls who could use a little helping hand with hygiene products.

So if you know of any women and girls who you think might benefit from these free hygiene bags, please send them over at the Maryborough Neighbourhood Centre, 25 Ellena Street.



Family Mental Health Support

- Supports children and young people with mental health and wellbeing concerns
- Provides support to child and young person's family
- Options available to transport and home visit
- Supports Maryborough and Gympie area

Counselling Interventions Service

- Supports children and young people in out of home care
- A therapeutic support program aimed to support children and young people with experience of trauma, trauma responses, mental health and wellbeing and placement stability
- Provides support to child or young persons carer's and support network

Family Support Program

- Provides counselling supports support to adult's children and young people to improve their relationships and mental health and wellbeing
- A generalist counselling program
- Supports Maryborough and Hervey Bay area

Domestic and Family Violence Service

- A crisis intervention services
- Support for women and children who are experience domestic and family violence (as the aggrieved in the relationship)
- Provides support with DVO applications, safety planning, connections with support services, short term counselling specific to DFV experiences and safety upgrades

For more information contact Centacare on 07 4194 0172

WEBLEC TOASTMASTERS CLUB

Meets every 2nd & 4th Thursday at the Maryborough Neighbourhood Centre 6.30 pm for 7.00 pm



Phone Richard Gilbert on 0428 980 078 for more information.

Other groups meeting at the centre...

- * *Cake Decorators - meets every 2nd Saturday of every month from 9am - 12nn.*
- * *Heritage Combined Crafts - meets every 3rd Monday of each month from 7:30pm*
- * *Combined Lodge Meeting*
- * *Maryborough Correctional Centre Community Advisory Committee Meeting*
- * *Wide Bay Burnett Multicultural Services Meeting*
- * *JP's in the Community Meeting*

For more information about these groups please contact centre reception on 41212141 or email admin@maryboroughnc.org.

Frequently requested phone numbers

Hervey Bay Community Centre	-4194 3000
Taylor Street Community Legal Service	-4194 2663
Lifeline - Maryborough	-4122 9000
St. Vincent's de Paul - Welfare Services	-4123 5460
Salvation Army -Welfare & Community Services	-4121 0182
Centacare Community Services (Main Office)	-4194 0172
Community Health - Maryborough	-4122 8777
Community Housing Ltd. - Welfare	-4121 4515
Blue Care	
METS - Maryborough Escorted Transport Service	-4121 0898

St. John's Ambulance Community Services - Transport Access Project (TAP)	-1300 785 646
Feros Care Social Transport	-1300 090 256
Yoorana Domestic Violence Service	-4122 2218
Legal Aid - Wide Bay	-4331 7400 1300 651 188
Rent Connect	-1800 137 687 -13 74 68
Bundaberg Neighbourhood Centre	-4153 1614
Childers Neighbourhood Centre	-4130 4690
<u>DV Connect</u>	
Womensline	-1800 811 811
Mensline	-1800 600 636
Sexual Assault Line	-1800 010 120
Pets in Crisis	-1800 811 811