

St. David's Neighbourhood Centre



What's On in 2018

HARMONY CLUB

see calendar of events

- Centre based respite
Monday to Thursday
- Social Support Monday to Friday

STAY N PLAY— Playgroup

- Monday to Friday
- 9:30 to 11:30

THRIFT SHOP

- Monday to Friday -
9am to 2:30pm
- Saturday 9am—12 midday

SOCIAL GROUPS

Mahjong

- 1st, 3rd and 5th Tuesday.
9:30 to 11:30
- **Knitting** 2nd and 4th Tuesday.
9:30 to 11:30

- **Painting for Pleasure**
Wednesdays 9:15 to 12:15
except School Holidays

- **Creative Connections**
2nd Wednesday each month
7pm to 9pm

- **English Conversation**
Fridays 10am to 12 except school
holidays

- **Women's Wellbeing Circle**
3rd Saturday each month
2pm to 5pm

FREE TAI CHI FRIDAYS

The City Council GOLD program
runs FREE TAI CHI at the Centre
10-11 Friday mornings.

YOGA CLASS

Wednesday Evenings
from 6pm to 7 pm

Message from the Manager

I would like to say a big thank you to all of those who assisted with the St David's Neighbourhood Centre working bee in September. The buildings and gardens are looking fresh, tidy and welcoming. All of this was achieved by the help of members from Sunnybank Hills Rotary, staff and board members.

A warm invitation is extended to all members of our community to the Annual Public Meeting on Wednesday 17th October. This annual event is a chance to celebrate the success of the vibrant and meaningful mission that is St David's Neighbourhood Centre. All members of our community include clients, families, volunteers, staff, church congregation members, partners and anyone who has participated in any activity, program or event, so please come along.

October is another busy month at the neighbourhood centre, I hope you can come and see us at Maggie's Markets on Sunday 7th October, these markets are on the 1st Sunday of each month at the Salisbury Bowls Club. We will also be at the Sunnybank State School Fireworks Fiesta on Tuesday 30th October. A date claimer for November is our Christmas launch at the Thrift shop on the 1st of November, so come along and grab a bargain.

In September we welcomed a large number of new volunteers, if you have joined us recently, welcome and thank you for choosing St David's Neighbourhood Centre to share your contribution. Volunteers continue to be a vital aspect of our work and without your participation we would not be able to be as successful as we are.

Each month our newsletter is designed and edited by Dawn, thank you Dawn for all of your hard work and for the positive comments that are received about our newsletter.

Regards Kellie



Do you know that we have an EFTPOS machine now?
Minimum of \$10, and it can be used to pay for Harmony, Stay
n Play, Social Group Fees and also for Thrift Shop Purchases.

See Reception.

Stay n Play

We have been gardening at Stay n Play. We have planted some corn, sugar snap peas, tomato plant and put in Sunflower, zinnia and poppy seeds.



Thank you to Grill'd 'Local Matters' for their donation of \$100 to put towards our garden.

Beverly (Student) had her last week with us at Stay n Play. She organised some activities to coincide with the Mid Autumn Festival in China. We made lanterns and Beverly shared some moon cakes that she had made.

We have our Crazy Camel fundraiser on again this month; the final date for orders will be 31st October. Our Toy catalogues will be out shortly. Stay n Play will be having a visit from Qld Ambulance on Tuesday 16th October at 10.00 a.m. everyone is welcome to come and join in.

School Holidays Stay n Play will be closed during the first week of the school holidays but will be open for the second week (02.10.18 – 05.10.18), Monday 1st

October is a public holiday. Term 4 begins: on Monday 8th October. *Jillian*



HARMONY CLUB NEWS

Hello Harmony Club members, what a fun month we have planned. Our bus trip this month will be a visit to Spring Mountain Honey. This is a family owned business producing raw honey. They do have honey and honey products for sale and I have included a price list from their Facebook page.

We are all getting used to the ban on plastic shopping bags, and please remember this includes the thrift shop. Bring a bag along if you intend to visit the thrift shop, in case you find a "I cant live without this item", as the thrift shop have a limited supply of plastic bags they can use.

Christmas is just around the corner and we have begun our tree decorations. All suggestions for making decorations are welcome. Our seniors week celebrations were enjoyed by all, especially the talent show. Thank you to all that attended the concert with Cheshire Cath. We have included some photos from these events for you to enjoy.

I will be taking leave this month but Kellie will be here along with Yvette & Kerry to assist you, should you need it.

Kind Regards, *Belinda*



ST . DAVID'S NEIGHBOURHOOD CENTRE

ANNUAL PUBLIC MEETING

All members of our community are invited to St. David's Neighbourhood Centre Annual Public Meeting for 2018. We welcome all of our clients, families, volunteers, participants, St. David's Uniting Church congregation members, supporters and friends to come and join us in celebration of a successful year and review our annual report.

There will be a guest speaker and a light supper will be served.

Wednesday 17th October

6:00pm for a 6:30 Start

in the Harmony Room

St. David's Neighbourhood Centre

68 Orange Grove Road (entrance via Rookwood Avenue), Coopers Plains

RSVP for catering purposes on 3274 3240 by Friday 12th October



Welcome

OCTOBER 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	QUEENS BIRTHDAY HOLIDAY Centre Closed	2	Harmony Social Group inc shopping	3	Bowling on the Centre Green	4	Harmony Social Group	5	Happy Feet Walker
8	Harmony Club Pre- sents "The Best Ex- otic Marigold Hotel!"	9	Harmony Social Group	10	Bowling on the Centre Green	11	Harmony Social Group	12	Happy Feet Walker
15	BUS TRIP TO SPRING MOUN- TAIN HONEY	16	Harmony Social Group inc shopping	17	Bowling on the Centre Green	18	Harmony Social Group	19	Happy Feet Walker
22	WOMENS BBQ Guest Speaker	23	Harmony Social Group	24	Bowling on the Centre Green	25	Harmony Social Group	26	Mens BBQ at the Cen- tre Sunpac with Just a Couple of Song & Dance Men
29	BUS TRIP TO SPRING MOUN- TAIN HONEY	30	Harmony Social Group inc shopping	31	Bowling on the Centre Green				

Thrift Shop News

hello
SPRING

Check out all of the fashions for the warmer spring weather,
arriving in our thrift shop

Come on in and grab some bargains

Opening times: Monday to Friday 9.00am to 2.30pm

Saturday 9.00am to 12.00pm

Volunteer now and become
active in your community

VOLUNTEER NEWS from Karen

We have had lots of new volunteers join us over the past few weeks, so you might see some new faces around the Neighbourhood Centre. Please join me in making these new volunteers feel welcome!

I am currently writing my articles for the annual report and have been amazed at how much we achieved in the 2017/2018 financial year. So much of our success is due to our volunteers, and I am looking forward to celebrating that at our Annual Public Meeting. I strongly encourage all our volunteers to come along to this event and join me in celebrating your important role at St David's Neighbourhood Centre.

For further information regarding volunteering opportunities please contact: Karen Shapcott - Volunteer Coordinator Phone No: (07) 3274 3240

Email Address:

volunteercoord.stdavidsnc@bigpond.com

Our driveway into the centre is quite narrow, and so is Rookwood Avenue. **Please do not park too close to the driveway** or our Neighbourhood Centre. Vehicles can not turn into our driveway. Our vehicles can be carrying clients with limited mobility so it is essential that they are able to enter the driveway and park near our entrance safely. Parking is available behind the church on the corner of Keeling Street and Orange Grove Road. **Thank you for your kind consideration.**



ST. DAVID'S NEIGHBOURHOOD CENTRE

Thrift Shop Christmas launch

2018

*Come and join us to celebrate the launch of our
Christmas Sale, and enjoy a Sausage Sizzle.*

Thursday 1st November

2:30 to 6pm

68 Orange Grove Road

Coopers Plains



St. David's Neighbourhood Centre
68 Orange Grove Road
Coopers Plains 4108
Ph: 3274 3240
www.stdavidsnc.org.au



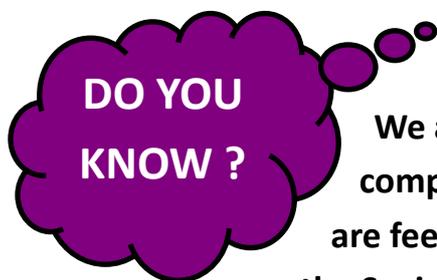
A Message from Cec



Finally winter has gone and spring is upon us. Have you done your spring cleaning yet? Have you cleaned the windows and thrown them open to let the sunshine in and washed the curtains to freshen the place up? Have you washed the outside of the house so it looks as if its just been freshly painted? This is traditionally the time of year when we do these chores. Why? Because spring is the time of new life. There's the beauty of the spring garden. The birds in the trees are busy finding food for their young. The lambs are frolicking around on the farms and we humans have a spring in our step. No wonder a modern hymn writer wrote these words, "What a wonderful time is spring when all the trees are budding, The birds begin to sing and the flowers start their blooming." And another hymn from yesteryear says, "Spring again is here, Life wakes from winters gloom, In field and forest far and near sweet opening flowerets blooms."

When we hear the word "spring", we automatically think of the season of the year. But there are other springs. There are the springs in machinery and our watches without which they would cease to work. And there are the springs of fresh water that gush up from deep within the earth that feed our mighty rivers. Such a spring is found up near Killarney on the Darling Downs. It is amazing to realise that this tiny spring is the birth place of the mighty Condamine river system that eventually flows into the ocean in South Australia. This spring is the source of life for what becomes a mighty river that brings new life to the land through which it flows. In St. John's Gospel Chap. 4 we read the story of Jesus encounter with the woman at the well. It seems she was somewhat an outcast in the community but Jesus promised her that He could give her a new life. He said to her "The water that I give you will become like a spring in you that will provide you with life giving water and give you eternal life. "Just as spring brings new life to the natural world, Jesus reminds us that the water He offers us will give us new life in the here and now and a new life to live with Him forever in eternity.

God bless, Cec Cec Lawson offers Pastoral Care to participants at the Neighbourhood Centre



We welcome your feedback.

We are always interested in hearing what you think. Compliments, complaints or just some suggestions, we welcome your views. There are feedback forms located at reception, in the Harmony room and in the Social Group room. You are also welcome to speak to one of the staff.

National Carers Week is about recognising and celebrating the outstanding contribution unpaid carers make to our nation.

Anyone at anytime can become a carer. Australia's 2.7 million carers make an enormous contribution to our communities, with their caring roles being valued at \$60.3 billion annually – more than \$1 billion per week.

Each year, National Carers Week provides an opportunity to educate and raise awareness among all Australians about the diversity of carers and their caring roles. So join us in spreading the word and letting the community know why we care. For more information about how St David's Neighbourhood Centre supports our wonderful carers please contact Belinda, our Harmony Program Coordinator.




Carers
Australia

NATIONAL

CARERS
WEEK

14-20 OCTOBER
2018

Mental Health Week – 6th to 14th October

Queensland Mental Health Week is an annual event that aims to increase awareness and interest in positive mental health and wellbeing across the state. World Mental Health Day is held during the week of 10 October.

The theme for 2018 is to value mental health – with six steps

- Be active – do what you can, enjoy what you do, get moving and improve your mood
- Keep learning – embrace new experiences, recognise opportunities, surprise yourself
- Connect – talk, listen, be there
- Give – your time, your words, your presence
- Take notice – remember the simple things that give you joy
- Care for our planet – it's the home we all share

This year's theme is informed by the **Wheel of Wellbeing** to encourage people to be inspired by six actions that have been proven to improve wellbeing in everyday life. <https://www.wheelofwellbeing.org/>



Join us in 2018 to promote positive mental health and wellbeing at home, at work, and at play. Use the six steps to help break down the stigma associated with mental illness and encourage people in our communities who need help to reach out and connect.

Get involved by:

Hosting your own event

Attending one of the many free events on offer

Sharing stories, videos and articles on our social media feeds.

<https://www.qldmentalhealthweek.org.au/>

Anti-Poverty Week – October 14th to 20th

Poverty in Australia is defined as when a person falls below 50% of median household income, this means a disposable income of less than \$400 a week for a single adult. According to ACOSS there are 3 million Australians living below the poverty line, 13.3% of Australia's population, and 17.4% of all Australian children. Many people are increasingly faced with an inability to keep up with rising cost of living, with the rise of housing and rent being one of the main culprits.



The main aims of Anti-Poverty Week are to:

- Strengthen public understanding of the causes and consequences of poverty and hardship around the world and in Australia; and
- Encourage research, discussion and action to address these problems, including action by individuals, communities, organisations and governments.

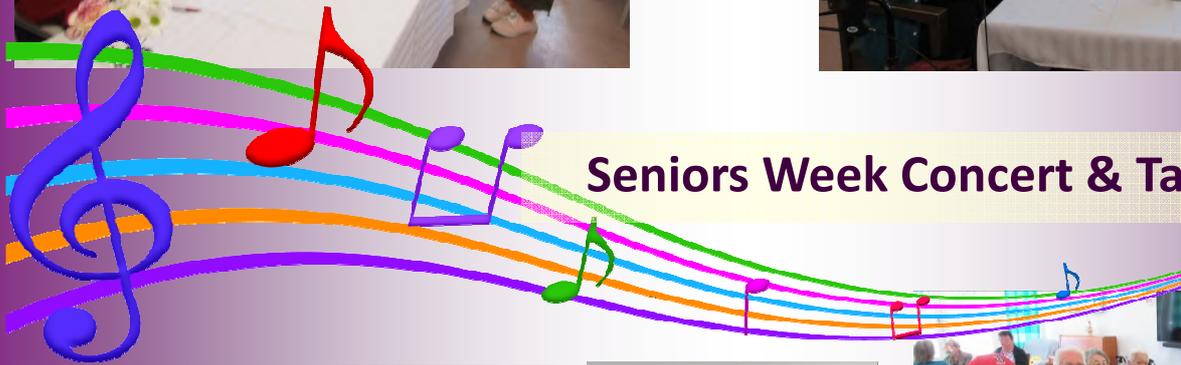
In Anti-Poverty Week, **YOU** can help fight poverty and hardship! Poverty is a community issue, not just a problem for people living in it. Serving your community by donating time, goods or money is a valuable way to get involved in the fight against poverty. Educate yourself about the contributing factors to poverty and inequality and support organisations that are working hard to help vulnerable members of our community. St David's Neighbourhood Centre and St David's Uniting Church are dedicated to assisting those in need by providing emergency relief, referral to appropriate support services, partnering with other local organisations to meet unmet needs such as food parcels, providing vouchers for our Thrift Shop, fundraising, providing parcels to those in need overseas through the Samaritans Purse program, and assisting women experiencing hardship by donating toiletries via Share the Dignity.

<https://antipovertyweek.org.au/>

This year we will be joining in **Brisbane's Garage Sale Trail** on **October 20th**. Come check out all of the treasures and bargains at our Thrift Shop.

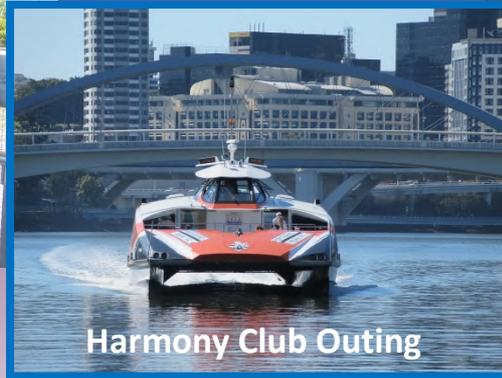


around the centre



Seniors Week Concert & Talent Show





Harmony Club Outing



Jillian & Kellie receiving a Cheque form Grill'd



Community BBQ



Spring Working Bee 2018





FORUM

CONNECTING
INTERNATIONAL
STUDENTS BRISBANE

6/10/18

FOR STUDENTS,
BY STUDENTS.

Meet new people, talk
and have fun!

4pm - 8pm
The Mustard Seed - 861 Stanley St.
Woolloongabba

- * Free dinner
- * Games and activities
- * Student speakers



<https://www.eventbrite.com.au/e/ii-international-students-voice-forum-tickets-49799381290>

Proudly supported by



Are you an international student or do you know any international student?

Come to the International Students Voice Forum II

The International Students' Forum is an initiative of the Connecting International Students Working Group following the Students Together Brisbane (STB)'s 2013 research into international student's experiences, issues, interests and hopes for life in Brisbane. It aimed to hear international students' thought on their wellbeing while being international students in Brisbane, as well to work with them to make Brisbane a great place to study and live.

The Forum will also have some exciting things lined up:

- ★ **Student Speakers**
- ★ **FREE DINNER!**
- ★ **Fun Activities!**

**Date: 06th of October
2018 (Saturday)**
**Place: The Mustard Seed
861 Stanley St. Wool-
loongabba**
Time: 4pm-8pm

COME AND JOIN US FOR OUR NEXT FREE COMMUNITY BBQ BREAKFAST

Last Friday of each Month

7:30 to 9:00 am

On the Corner of Orange Grove Road,
and Rookwood Avenue



Sunnybank State Primary School Fireworks Fiesta FETE



4.00pm - 8.00pm

Tuesday 30 October 2018

- * Multidraw Raffle * Pre-loved Clothes * Homewares & Books *
- * Aussie BBQ * Woodfired Pizza * Fairy Floss * Potato Swirls *
- * Baby Animals * Ponies * Snow Cones * Bottle Toss *
- * Carnival Rides * Choc Toss * Crazy Hair * Coffee Van *
- * Market Stalls * Balloon Twisting * Face Painting * Steel Band *
- * Performances * Super Hero Magic Show * Fireworks 8pm! *

Eddington Street, Sunnybank



"Proudly Supported by the Lord Mayor's Suburban Initiative Fund and Councillor Kim Marx"



Dedicated to a better Brisbane



"Proudly Sponsored by Peter Russo State Member for Toohey"

ST. DAVID'S NEIGHBOURHOOD CENTRE

BBQ MEN'S

Come and join us for our Men's BBQ on the last Friday of each month. Have a chat over a meal with others, all welcome!

FRIDAY 26th October 2018

11:30 am—1:00 pm



Please RSVP by Wednesday 24th October to Belinda on 3274 3240



Women's BBQ

All welcome to join us for our social Women's BBQ held on the 4th Monday of each Month. enjoy some company and activities and a delicious BBQ Lunch.

22nd October 2018

10am to 1pm

Cost \$15

RSVP by Wednesday 17th October 2018

to Belinda on 3274 3240

Please advise if you have any special dietary needs.

68 Orange Grove Road
(entrance via Rookwood Ave)
Coopers Plains 4108



All Welcome ST. DAVID'S Community Breakfast

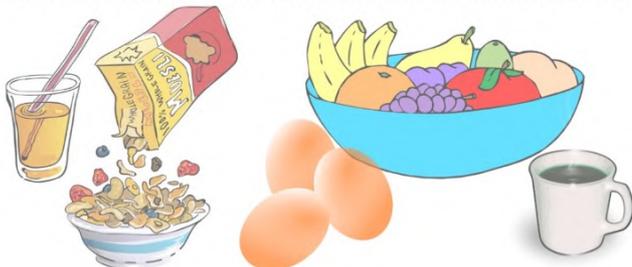


Come and join us every Friday morning for a free community breakfast in a safe and inclusive environment! Start your day with fresh fruit, toast, cereal, eggs, and of course tea and coffee! Adults and children are welcome. Children under 12 years of age must be accompanied by an adult. No bookings necessary.

When: Friday Mornings from 7:30—9:00 am

Where: St. David's Neighbourhood Centre
68 Orange Grove Road (entrance via Rookwood Avenue)
Coopers Plains

For more information please call 3274 3240 or email stdavidsnc@bigpond.com



St. David's Place...



"come and connect with your community"

St. David's Place is a monthly pop up community space, where all members of the community are invited to share in morning tea and spend time connecting with others.

At St. David's Place you can find:

- Information about what services and support are available in our local area
- A relaxing place to meet up with others in your community
- A listening ear when you need someone to talk to
- Free Children's Activities

Date: Thursday 18th October 2018

Time: 9.00 am – 12.00 pm

Where: St David's Neighbourhood Centre Thrift Shop,
68 Orange Grove Road, Coopers Plains
Ph: 07 3274 3240 for more information
Save the dates: 15th November, 20th December.

St. David's Place is an initiative of St. David's Neighbourhood Centre and St. David's Uniting Church.

St. David's Neighbourhood Centre
68 Orange Grove Road
Coopers Plains Q 4108

Email: stdavidsnc@bigpond.com
www.stdavidsnc.org.au
like us on facebook

**THIS IS MY HAPPY
LONG WEEKEND FACE**



womenafter50.com

Before you assume, *learn the facts.*
Before you judge, *understand why.*
Before you hurt someone, *feel.*
Before you speak, *think.*



**COOKING WITH KATRINA
Coconut Chocolate Brownies**

INGREDIENTS

½ cup self raising
flour

½ cup coconut

½ cup sugar

2 TB spoons cocoa
powder

2 eggs

METHOD

Preheat oven 180oC. Line a rectangle
baking tray with baking paper.

Mix dry ingredients

Add wet ingredients and mix well.

Pour into pan and bake for 20 min-
utes.

When cool slice into fingers and en-
joy.

ST. DAVIDS UNITING CHURCH

Service Times - Sunday 8 am (traditional service) and 9:30 am (Family Service with Sunday School).
2nd Sunday of the Month is a combined Service at 8:30 am

Holy Communion - celebrated 1st Sunday of each Month

Youth service - 1st & 3rd Sunday each month at

St. David's is currently preparing for an exciting new phase in our life. We are working towards all our services joining into a single morning service. So at the moment our service times can vary week to week



St. David's UCA Neighbourhood Centre

68 Orange Grove Road

(enter via Rookwood Avenue)

Coopers Plains 4108

Phone: 3274 3240

Fax: 3272 7150

Email: stdavidsnc@bigpond.com

Website:

stdavidsnc.org.au



STAFF:

Dawn Claes

Yvette Curl

Jillian Druery

Katrina Marschke

Kerry Hayes

Karen Shapcott

Belinda Powley

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Australian Government
Department of Social Services

YOUR COMMUNITY, YOUR NEIGHBOURHOOD CENTRE

ABN 64 543 404 785

