



St David's  
Neighbourhood  
Centre

# NEWSLETTER

February 2019

## What's On in 2019

### 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

## NEW

#### PICKWEEK book club

First Wednesday afternoon  
each month at 2 to 3:30 pm

All Welcome!

## Message from the Manager

Welcome to the first newsletter of the year. January has proven to be very busy but it is always good to back into the swing of things.

Our first success for the year was a positive outcome regarding the review conducted by the Aged Care Quality and Safety Commission on our Commonwealth Home Care Support Program funding. The Harmony Club clients and their carers had many positive stories to tell which helped contribute to us meeting the expected standards. Thank you to all the staff for your hard work in preparing for this visit.

Another positive outcome to celebrate is our recent approval as an NDIS service provider. This is a good start in St David's Neighbourhood Centre helping to be relevant and support members of our community. If you have any questions or would like to find out more regarding the National Disability Insurance Scheme please do not hesitate to come and see me.

Marg Endicott also joined us in January for our Strategic Planning Day. Our Strategic Plan will help guide our work for 2019. Thank you to Marg for helping to lead and generate our ideas.

January also brought some unhappy news with our Harmony Club coordinator, Belinda, deciding to move onto bigger and better things. It has been sad to see Belinda go but her hard work and contribution to St David's Neighbourhood Centre will not be forgotten. We wish you all the best Belinda in your new organisation. Recruitment has commenced for a new Harmony Club Coordinator but in the meantime if you have any questions or concerns regarding the Harmony Club program, please see me.

In February we will welcome two students, Vanna and Kate, they are from QUT studying Social Work and Human Services respectively. Please take a moment to say Hi and make them feel welcome during their placement.

The annual Dedication Service will be held on Sunday 10<sup>th</sup> February 2019. This is a special church service to recognise the contribution volunteers make to the lives of St David's Uniting Church and St David's Neighbourhood Centre. All are welcome to attend.

It is lovely to see all of our programs up and running and the Thrift Shop opening once again. Thank you for being a part of St David's Neighbourhood Centre in 2019.

Regards Kellie

### FREE BCC GOLD PROGRAM ACTIVITIES

**FREE TAI CHI** at the Centre 10-11 Friday mornings.

**FREE YOGA CLASS** Monday afternoons 2 –3pm

(except school holidays)



# Autumn Fest

**SATURDAY 30th March**

8:30 am to 1:00pm

*Come and celebrate Neighbour Day at your local Neighbourhood Centre*

## Harmony Club News

Hello Harmony Club members. Well is it hot enough!! Seriously though please try to keep your fluid intake up and stay indoors and stay cool.

We have Mel coming to perform for our Valentine's Day Concert that is being held on the 12<sup>th</sup> February. Everyone is invited so even if you do not normally attend of a Tuesday feel welcome to come along and enjoy. As we have staff leave we will only have 1 bus trip this month. We will be going to the State Archives.

Well with this being my final newsletter article I would like to reflect on my time working as the Harmony Club Coordinator and the opportunity it gave to get to know you all. For over 2 years I have felt privileged to be invited into your lives and be of assistance, if only in a very small capacity. You have all given me plenty to laugh about and when I think back on my time at St Davids I only have warm and happy thoughts.

It has been an honour.

Belinda



## 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.*

**24th February 2019**  
10am to 1pm

St. David's Neighbourhood Centre  
68 Orange Grove Road  
(entrance via Rookwood Ave)  
Coopers Plains.  
PH: 3274 3240

RSVP by Wednesday 20th February 2019  
to Belinda on 3274 3240

*Please advise if you have any special dietary needs.*




## Valentines Day Concert 2019

*Come and join us for a concert in celebration of Valentines Day.*

*Entertainment will be singing and dancing with Mel*

**Tuesday 12th February from 11 am to 12 pm.**

*in the Harmony Room*

Arrival from 10am—Finish at 1pm.

Cost of \$15 includes Morning Tea, Lunch and entertainment.

RSVP by Monday 11th February on 3274 3240

*Please advise if you have any special dietary needs*






A BIG thankyou to the Women's Friendship Group for their kind donation for our new BBQ

# FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Happy Feet Walkers
4 Travelling Gang Mystery Tour	5 Harmony Social Group with Ces inc Shopping	6 Bowling on the Centre Green	7 Harmony Social Group with Ces	8 Happy Feet Walkers
11 Harmony Club Presents Brooklyn	12 Valentine's Day Concert 	13 Bowling on the Centre Green	14 Harmony Social Group	15 Happy Feet Walkers
				22 Happy Feet Walkers
18 BUS TRIP TO STATE ARCHIVES	19 Harmony Social Group shopping	20 Bowling on the Centre Green	21 Harmony Social Group	29 Happy Feet Walkers
25 WOMENS BBQ at the centre	26 Harmony Social Group	27 Bowling on the Centre Green	28 Harmony Social Group	29 MEN'S BBQ at the centre

# Stay n Play Corner



Welcome back everyone; I hope you all had a relaxing and fun filled break. Stay n Play is all set for another busy year.

There are a couple of different activities added to our daily program this year. We will be having an outside game time after morning tea for those who would like to practice their gross motor, and turn taking skills.

We will also be having an outside story time/ mat time for those families who might leave earlier or just want to have some sit down time. Mat time might be especially interesting for our babies and smaller children; we can have movement songs, short interactive stories. Older children and parents are very welcome to join in.

Please remember to bring a hat and change of clothes, apply sunscreen and bring your own morning tea. Our nut ban is still in place, so please do not bring any nuts or nut products to Stay n Play. I am very excited to see you all and to begin 2019.

*Jillian*



## 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 21st February 2019**

**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: 21st February, 21st March, 18th April 2019.**

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](mailto:stdavidsnc@bigpond.com)  
[www.stdavidsnc.org.au](http://www.stdavidsnc.org.au)



## Women's Wellbeing Circle



The Women's Wellbeing Circle is a safe space for women of all ages and backgrounds to come together and enjoy the opportunity to fill their cup, share their experiences and find connection with others.

**What is included:** Lots of time for discussion about what is important in our lives, a craft activity and afternoon tea.

**Where:** St. David's Neighbourhood Centre Harmony Room

**When:** Saturday 16th February 2pm to 5pm

**Cost:** \$5.00 to cover materials and tea supplies

Please contact Karen for more information on 3274 3240 or email [volteercoord.stdavidsnc@bigpond.com](mailto:volteercoord.stdavidsnc@bigpond.com)

St. David's Neighbourhood Centre  
68 Orange Grove Road  
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Email: [stdavidsnc@bigpond.com](mailto:stdavidsnc@bigpond.com)  
Ph: 3274 3240



# News from Karen

Welcome to 2019 everyone! Did you put volunteering down on your New Year's resolutions list? Maybe you were thinking that this year you would like to help people in your community? Well we can help you make that resolution a reality!! St David's Neighbourhood Centre has a vibrant and inclusive volunteer program that aims to find a place for everyone. We have volunteer roles available in our:

- Playgroup
- Harmony Group - social and respite activities with older people
- Thrift Shop
- Gardening
- Conversational English Class
- Administration and special projects
- Events and special occasions

You might even have a special skill that you would like to share with others!

Volunteering provides lots of benefits like better mental health, and improved sense of connection and well-being. It can also help build new skills and assist with employment pathways.

So what are you waiting for??? For more information about any of these opportunities please contact Karen, our Community Connections Coordinator, on 3274 3240 or [volunteercoord.stdavidsnc@bigpond.com](mailto:volunteercoord.stdavidsnc@bigpond.com)

**Volunteers needed. Saturday 30th March  
8:30 am to 1:00pm**



## Autumn Fest

**Safer Internet Day—5 February 2019** The internet provides many benefits such as staying connected with friends and family, easy access to essential information, and the opportunity to learn new things. However we all need to know how to protect ourselves and others while engaging online. The theme of this year's Safer Internet Day is 'Together for a better internet', and all Australians are encouraged to support each other in developing the critical skills required for navigating the online world.

Here are some more tips for staying safe while using the internet:



**Lock your devices:** Use strong passwords or passcodes to lock your tablet and phone. Securing your devices keeps prying eyes out and can help protect your information in case your devices are lost or stolen.

**Think before you act:** Ignore emails or communications that create a sense of urgency and require you to respond to a crisis, such as a problem with your bank account or taxes. This type of message is likely a scam.

**When in doubt, throw it out:** Clicking on links in emails are often how bad guys get access to personal information. If an email looks weird, even if you know the person who sent it, it's best to delete.

**Make your password a sentence:** A strong password is a sentence that is at least 12 characters long. Focus on positive sentences or phrases that you like to think about and are easy to remember (for example, "I love country music."). On many sites, you can even use spaces!

**Unique account, unique password:** Having separate passwords for every account helps to thwart cybercriminals. At a minimum, separate your work and personal accounts and make sure that your critical accounts have the strongest passwords.

**Write it down and keep it safe:** Everyone can forget a password. Keep a list that's stored in a safe, secure place away from your computer.

**Share With Care, what you post will last forever:** Be aware that when you post a picture or message online, you may also be inadvertently sharing personal details with strangers about yourself and family members – like where you live.

**Post only about others as you would like to have them post about you:** The golden rule applies online as well.

**Own your online presence:** It's OK to limit who can see your information and what you share. Learn about and use privacy and security settings on your favourite websites.

**Volunteer now &  
become active in  
your community!**



## A Message from Cec

Over forty years ago, I heard someone use this quote at the beginning of a new year. If my memory serves me right it went something like this "I said to the man who stood at the gate of the year, give me a light that I may travel safely into the unknown". Maybe this should be our prayer at the beginning of this New Year. The past has gone. We cannot repeat any of it, for it is now part of history. What happened last year, whether good or bad, is now just a memory and nothing can change what has gone before. So what does the year that lies ahead hold for us? We simply don't know; it is unknown. We can make New Year resolutions. We can make plans for the future but will they become a reality? We don't know. If yesterday is history, and tomorrow is a mystery, we have no option but to live one day at a time and to live by faith, believing that the future is not in our hands but in the hands of our God, the one who made us and walks with us in the future as He has in the past and as He does today and every day of our lives. Remember that January the first was the first page in a 365 page book which is the story of your life and mine throughout the coming years, so let's make it a good book. Each of our stories will be page turners with high and low points. Sometimes there will be plain sailing and at other times tumultuous seas to conquer. Like a good book our lives may contain excitement, intrigue and unexpected twists and turns as the story unfolds but this is how life is. If you are a reader you will know that often books face co-authors. They work together to produce the best book they can. It is so reassuring to know that we have a co-author as we live out each page of our book. God is our co-author and if we are prepared to walk with him and work with Him, each page will be as it should be. Harry Secombe sang, "I'll walk with God from this day on, His helping hand I'll lean upon". If these words are true in our lives then our lives will have the best outcome possible.

God bless, Cec

*Cec Lawson offers Pastoral Care to participants at the Neighbourhood Centre*



St David's Neighbourhood Centre and Carer's QLD  
Would like to invite you to our

### *ASD, ADHD Family Support Group*

Facilitated by Carers QLD and St David's Neighbourhood Centre, parents, grandparents and carers can enjoy a relaxed and non-judgemental space to connect and gain support from other families sharing the same experiences. The kids can come and meet each other and socialise in a supervised, dedicated 'kids zone'!

Morning tea is provided, along with useful information and lots of opportunity to share and connect.

**When:** 16th February 2019 (Third Saturday of every month)  
**Time:** 10.00am to 12.00pm  
**Where:** Harmony Room, St David's Neighbourhood Centre  
68 Orange Grove Road, Coopers Plains. (Entrance via Rookwood Avenue)

**Who:** Parents, grandparents, carers of children with ASD, ADHD, ODD, SPD (and related disorders)

Children are welcome – please let us know if you are planning to bring your child so we can plan appropriately

For more information or to RSVP contact Karen at  
St David's Neighbourhood Centre 3274 3240 or stdavidsnc@bigpond.com

# *Invitation*

*for staff, board and volunteers.*

St. David's Uniting Church is holding a  
Dedication Service for the work of the  
Neighbourhood Centre in 2019.

Sunday 10th February, 8.30am  
At St. David's Uniting Church  
68 Orange Grove Road  
Coopers Plains

**RSVP** By Wednesday 4th February on 3274 3240



# Culture in our Community

Chinese New Year – February 5 2019

Happy New Year!

新年快乐 (xīn nián kuài lè)

Many Australians celebrate Chinese New Year, also known as the Spring Festival or the Lunar New Year. It marks the first day of the New Year in the Chinese calendar. The Chinese New Year celebrations can last for about 15 days and is a busy time filled with festive programs across different communities in Australia.



Chinese New Year celebrations can include the following events and activities:

- ✦ Street festivals featuring arts, entertainment and children's activities.
- ✦ Chinese New Year markets showcasing arts, crafts and food stalls.
- ✦ Dancing, music and people wearing colourful costumes to welcome the Chinese New Year.

Vibrant displays of Chinese lanterns, firecrackers and fireworks.

Many Chinese Australian families spend Chinese New Year by gathering together for a festive meal. Red envelopes containing money (*Hong Bao*, *Ang Pao*, or *Lai See*) are shared, which symbolise happiness, good luck, success and good fortune. These envelopes are mainly given as presents to children. Chinese New Year has various symbols and traditions. For example, flowers are an important part of New Year decorations. Writings that refer to good luck are often seen in homes and business environments. They are usually written by brush on a diamond-shaped piece of red paper. Tangerines and oranges are also displayed in many homes and stores as a sign of luck and wealth. Each Chinese New Year is associated with an animal name for one of 12 animals in the Chinese zodiac. 2019 is the Year of the Pig.

To join the local Chinese New Year celebrations this year you could:

Visit some of the events being held at Sunnybank Plaza and Sunny Park between 4<sup>th</sup> and 15<sup>th</sup> February. See <https://www.sunnybankplaza.com.au/whats-happening/lunar-new-year-2019/> for all the event details.

Visit the cultural open day at the Chung Tian Temple on 10<sup>th</sup> February from 9.30am. The Chung Tian Temple is located on Underwood Road at Priestdale – call 3841 3511 for more details or visit <http://www.chungtian.org.au/upcoming-events/>



Thanks to all who contributed to our collection for *Share The Dignity*. We packed more than 20 handbags to be

# Thank You

for helping us to ensure that everyone is afforded the dignity in life that so many of us take for granted.

[www.sharethedignity.com.au](http://www.sharethedignity.com.au)



# Around the Centre



## Christmas Party 2018



## Harmony Outing to Wynnum

All Welcome

# ST. DAVID'S COMMUNITY BREAKFAST BBQ

Come and join us Friday 22nd February 2019 for a **free community BBQ breakfast** in a safe and inclusive environment! Start your day with a BBQ breakfast, fresh fruit and of course tea and coffee! Adults and children are welcome. Children under 12 years of age must be accompanied by an adult.

**When:** Friday 22nd February 2019 7:30—9:00 am

**Where:** Outside St. David's Uniting Church, cnr. Orange Grove Road and Rookwood Avenue, Coopers Plains

For more information please call 3274 3240 or email [stdavidsnc@bigpond.com](mailto:stdavidsnc@bigpond.com)



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](mailto:stdavidsnc@bigpond.com)



ST. DAVID'S NEIGHBOURHOOD CENTRE

## MEN'S BBQ

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 22nd February 2019**

**11:30 am—1:00 pm Cost: \$7.00**

St. David's Neighbourhood Centre  
68 Orange Grove Road (entrance via  
Rookwood Ave)  
Coopers Plains.  
PH: 3274 3240



Please RSVP by Wednesday  
23rd January / 20th February  
to Belinda on 3274 3240

Please advise if you have any special dietary needs.

In **2019** we welcome

## Pickwick Book Club

to St. Davids Neighbourhood Centre

Pickwick Book Club are a group of booklovers who discuss all types of books. The group will meet on the first Wednesday afternoon of each month at 2 pm to 3:30 pm. Cost is \$2.  
*New members are welcome.*

St. David's Neighbourhood Centre

68 Orange Grove Road (entrance via Rookwood Ave)

Coopers Plains

Ph: 3274 3240

Email: [stdavidsnc@bigpond.com](mailto:stdavidsnc@bigpond.com)

[www.stdavidsnc.org.au](http://www.stdavidsnc.org.au)





## COOKING WITH KATRINA

### Anzac Biscuits

- 1 cup rolled oats
- 1 cup raw sugar
- ¾ cup dessicated coconut
- 1 cup plain flour, sifted
- 125 g butter, melted
- 2 tablespoons Golden Syrup
- ½ tsp bicarb soda
- 3 tablespoons boiling water

### Method

Preheat the oven to 180 degrees. Line a baking tray with baking paper.

Place the oats, coconut, flour and sugar in a bowl, stir with a wooden spoon to combine. Melt the butter and golden syrup in a saucepan over low heat. In a separate bowl, combine the bicarb and boiling water, then add this to the butter/syrup mixture. It will probably foam up and increase in size. Pour into your dry mix and stir.

Once it's all combined, roll into golfball sized balls, or, using a spoon, drop mixture onto trays, spacing them about 6cm apart.

Bake for 15-18 minutes or until golden brown.



## 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 6:30pm

### St. David's UCA Neighbourhood Centre

68 Orange Grove Road

(enter via Rookwood Avenue)

Coopers Plains 4108

Phone: 3274 3240

Fax: 3272 7150

Email: [stdaidsnc@bigpond.com](mailto:stdaidsnc@bigpond.com)

Website:

[stdaidsnc.org.au](http://stdaidsnc.org.au)



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YOUR COMMUNITY, YOUR NEIGHBOURHOOD CENTRE

ABN 64 543 404 785



Queensland Government