



St David's
Neighbourhood
Centre



NEWSLETTER

APRIL '22

What's On This Month

HARMONY CLUB

Centre based respite Monday to Thursday (see calendar inside)

THRIFT SHOP

Closed until further notice

SOCIAL GROUPS

Art & Craft *NEW*

Mondays 9:30 to 11:30

English Conversation

Mondays 10am to 12
(except school holidays)

Knitting

2nd and 4th Tuesday.
9:30 to 11:30

Mahjong

1st, 3rd and 5th Tuesday.
9:30 to 11:30.

Painting for Pleasure

Every Wednesday
10 am to 12:30

Creative Connections Craft

2nd Wednesday monthly
7pm to 9pm

Busy Hands Craft Group

Every Thursday 9:00 to 11:00

Sisters Uniting

4th Thursday each month
10am to 12 pm

Yoga Monday evenings at
5.55pm. Phone Cassie on
0431 594 388 to book

FREE BCC GOLD PROGRAM

TAI CHI Fridays. 10 to 11 am in
the Garden Room (except school
holidays)

A Message from the Manager

The year is certainly hopping on by and this month brings us Easter. Our thoughts are with the people who were affected by the floods at the end of February. Many in our community have experienced damage to their homes, property, and belongings. St David's Neighbourhood Centre will continue to be a source of support for those who are in need so please do not hesitate to reach out.

Plans are continuing with our Thrift Shop relocation. The space has been prepared and we have agreed on a shop floor layout. The next step is to source some shop fittings and begin stocking our new space. It is lovely to see it all coming together and thank you to Peter Weymouth for all his hard work in putting on the final touches. We look forward to sharing news of when the Thrift Shop will be open again soon.

Our Thrift Shop Garage and Plant Sale Day was a great success. It was lovely to connect in with many in our community again, from the feedback they provided, it seemed the feeling was mutual and they were glad we had opened our doors again. We were blessed with some lovely weather, and it is pleasing to see many of our plants find a new home. Thank you to all who contributed to the success of the day.

It was with sadness we said goodbye to Max, our Harmony Club Coordinator last month. Recruitment has commenced and we look forward to welcoming a new member to the team soon. In the meantime, if you have any concerns or questions about the program, please do not hesitate to speak to myself or one of the amazing Harmony Club Team members.

I wish everyone a safe and happy Easter and school holidays.

Regards Kellie

Happy Easter

This issue of the Newsletter
was kindly sponsored by

Community Bank
Acacia Ridge

 Bendigo Bank

Around the Centre



Harmony grew their own delicious and sweet pineapple



Working Bee with Sunnybank Hills Rotary



Neighbour Day BBQ

Community Homelessness Forum



Coopers Plains and Surrounding Suburbs...

COMMUNITY HUB

THIRD THURSDAY OF THE MONTH

Feb 17, March 17, April 21, May 19, June 16

WHERE: VILLAGE AVE COMMUNITY CHURCH

WHEN: 11.30AM - 1.00PM

Free community lunch, connect with local services and community organisations, free haircuts, children's activities

PROUDLY SUPPORTED BY:



CULTURE IN THE COMMUNITY

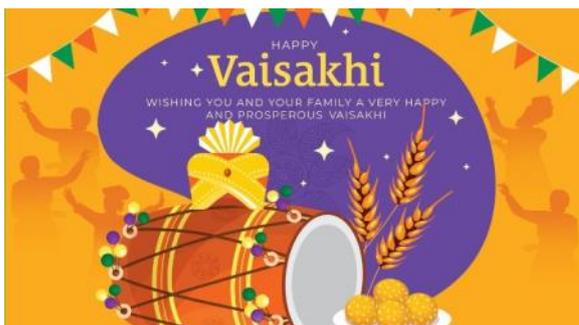
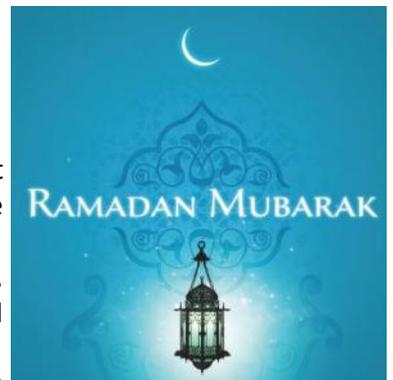
Ramadan 2nd April -1st May

Ramadan is the most sacred month of the year for Muslims - the Prophet Mohamed reportedly said, "When the month of Ramadan starts, the gates of heaven are opened and the gates of hell are closed and the devils are chained."

Muslims believe it was during this month that God revealed the first verses of the Quran, Islam's sacred text, to Mohammed, on a night known as "The Night of Power" (or Laylat al-Qadr in Arabic).

During the entire month of Ramadan, Muslims fast every day from dawn to sunset. It is meant to be a time of spiritual discipline — of deep contemplation of one's relationship with God, extra prayer, increased charity and generosity, and intense study of the Quran.

But if that makes it sound super serious and boring, it's really not. It's a time of celebration and joy, to be spent with loved ones. At the end of Ramadan there's a big three-day celebration called Eid al-Fitr, or the Festival of the Breaking of the Fast.



The Baisakhi or Vaisakhi Festival is one of the major festivals for Sikhs and Hindus and falls on April 13th or 14th. It marks the beginning of the new solar year and a time when the people of North India, particularly Punjab, thank God for a good harvest. Celebrations include visiting places of worship, dancing and music. For the Sikh community, Baisakhi Festival has tremendous religious significance. It commemorates the formation of the Khalsa (the pure), by the tenth Sikh master, Guru Gobind Singh in the year 1699.

Puthandu, or Tamil New Year, is the first day of year on the Tamil calendar and traditionally celebrated as a festival. The festival date is set with the solar cycle of the lunisolar Hindu calendar, as the first day of the Tamil month Chithirai.

NEIGHBOURHOOD CENTRE COVID SAFETY PLAN UPDATE:

As we come into the cooler months, it is expected that we will see an increase in both Covid cases and the Flu. To ensure the safety of everyone in our community, especially those that are vulnerable, we remind everyone that masks are required to be worn when entering and moving around the centre, but can be removed when seated. Thank you for cooperation.

What's New at St David's Neighbourhood Centre?



Moorooka Salisbury Tarragindi

Our sewing bees are held on the
**First and Third Tuesday
Of the Month
7-9pm**

St David's Neighbourhood Centre
Enter via Rookwood Ave, Coopers Plains

Sew Sustainable

Boomerang Bags is about connecting communities, making bags, diverting waste, starting conversations, fostering sustainable behaviour, and having a bit of fun! Our 2022 Sewing Bees are on the First and Third Tuesday of the Month, 7-9pm. We have a great new space at [St. David's Neighbourhood Centre](#), including the use of their sewing machines. All welcome! There's no need to be able to sew. Come along and learn, or there are lots of other fun jobs.



[Heartfelt Handsewing](#) is a new handsewing community group meeting on the last Tuesday of the month 7-9pm at [St. David's Neighbourhood Centre](#). Our next meeting will be on Tuesday 29 March. All supplies are provided so that we can meet to sew felt pocket hearts as part of the global kindness project [1000 Hearts](#). You are welcome to keep the hearts you sew to share with friends and family or you may prefer to contribute your sewn hearts to the current group project. All welcome - no sewing experience necessary. For more information, please join our group.



For more information about either of these groups give us a call on 3274 3240.



Heartfelt Handsewing

Our free community hand sewing sessions are held on the
**Last Tuesday of the Month
7-9pm**

St David's Neighbourhood Centre
Enter via Rookwood Ave, Coopers Plains

Become a Heartist – all supplies provided.

Join the FB Group: Heartfelt Handsewing
Email: heartfelt.handsewing@gmail.com

Supporting the 1000 Hearts Kindness Project – offering people a symbol of compassion and care through handmade pocket hearts.



The Wesley Mission Wellbeing consultant is back at the Neighbourhood Centre!

Our new Wellbeing Consultant, Becky, will be available at St David's Neighbourhood Centre every Monday from 9 am to 3 pm.

The Wellbeing Mental Health Service offers support if you are experiencing, or caring for someone experiencing, distress, anxiety or other generalised mental health concerns. We accept self-referrals & referrals from professionals (with consent from you).

The sessions are FREE so come and have a chat or ring (07) 3151 3843 to arrange a time.

In these distressing times we need to look after our mental health more than ever. Becky can help you to:

- Manage your stress levels
- Overcome grief and loss
- Build self-confidence and coping skills
- Gain skills to deal with anxiety and depression
- Help you to develop living skills
- Suicide Prevention Program

This service is supported by funding from the Australian Government through Brisbane South PHN. To access service, you must live in the Brisbane South region.

Where:

St. David's Neighbourhood Centre
68 Orange Grove Road
(entrance via Rookwood Avenue)
Coopers Plains 4108

Phone: 3274 3240 www.stdavidsnc.org.au
Email: community@stdavidsnc.org.au



Need help navigating your smart phone, tablet or laptop? Having trouble with online services, email or social media? Our volunteers can help!

TECH CONNECT

Every Wednesday 9am to 12pm

St David's Neighbourhood Centre

68 Orange Grove Rd, Coopers Plains

For more information or to book a session call 3274 3240



Drop in for a coffee and and some friendly assistance for your technology challenges. Appointments for longer sessions are available.

Flood Recovery Update: Many people in our community are still struggling after the recent floods.

A number of grants have been made available including Essential services hardship assistance grant, Essential household contents grant, Structural assistance grant, Essential services safety and reconnection grant and the Transport and motoring assistance grant. If you need assistance to apply or need more information we are happy to help.

How to apply:

- online via the Community Recovery Portal <https://www.communityrecovery.qld.gov.au/>
- by phoning the Community Recovery Hotline on 1800 173 349
- or by visiting a Community Recovery Hub (when open)

ST. DAVIDS UNITING CHURCH—NOW OPEN FOR IN-PERSON WORSHIP, OR JOIN ONLINE

Can't make it to church? Online services are posted on Facebook: <https://www.facebook.com/stdavidsuca>. And also streamed live on You Tube: <https://www.youtube.com/channel/UCW4Eo6xrF-IE9xqVhY5eJMQ>

If you would like to have the link of the service sent to you or receive a printed copy of the service, please contact the Neighbourhood Centre office or email St David's Church: stdavidsunitingchurchcp@gmail.com

Easter Services

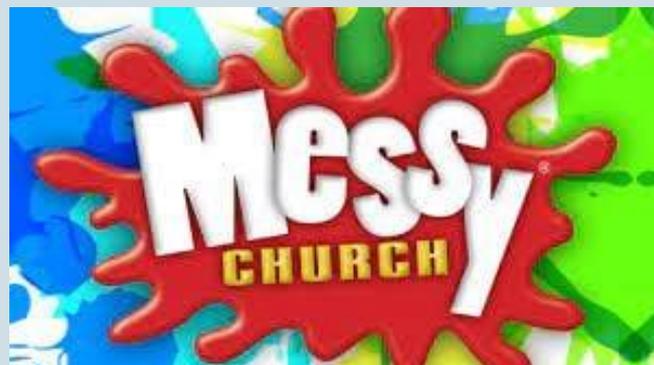
Palm Sunday Worship Service, 10 April 8.30am

Good Friday Workship Service, 15 April 8.30am

Easter Sunday Worship Service, 17 April 8.30am

Messy Church

Saturday 9 April, 4pm to 6pm



VOLUNTEER NEWS

Volunteering Australia has recently released the State of Volunteering Report 2021. The statistics for QLD are very interesting, showing that volunteering in general is on the rise and the main motivating factor for people to volunteer is simply to help others. In these

troubling times this is heartening to read. We saw an amazing example of this with the turnout for the Mud Army recently, however if we look around our community there are examples of people helping people everywhere we look. Neighbour Day, which is celebrated on the last Sunday of March, is a great reminder how important it is to look after each other. Relationships Australia has found that communities that have strong support amongst neighbours are more resilient in challenging times.

Scrabble and board game volunteer:

Day required—Tuesdays 10.00am to 11.30am each week. We are looking for a patient, friendly person, who enjoys chatting to others, to play Scrabble, other board games, or cards with some of our clients in Harmony Club.

Please note, a current Blue Card, or Police Check is required for this role, however we are able to assist with these. For more information please contact Karen in person in the office, by phone 3274 3240 or email

community@stdavidsnc.org.au



Thrift Shop Update

We had a great time at the Thrift Shop Garage Sale and plant sale on Saturday 19th March! We were run off our feet busy and received so many lovely comments that showed just how much the community has missed the Thrift Shop, and our wonderful volunteers! Our community enjoyed not only the bargain hunting, but also the chance to sit down and catch up over coffee. We raised a remarkable \$1500 on the day, and a big thank you goes out to Sue and Irene for all the work they did to prepare for the sale, and to Paul, Noela, Jack and Elizabeth, Paige, Anne, Pam and Dawn for all of your help.

Our new Thrift Shop space is also making progress. Volunteers and staff gathered recently to discuss the shop layout and fittings needed. We will begin fitting out the shop throughout April, and will have the shop open to customers as soon as we possibly can. Keep an eye out for updates!





We've had a lovely month in playgroup, welcoming new families as well as reconnecting with our regular families. Our **Social Worker from Wesley Mission, (Becky)** has a student on placement with her named **Josie**. The ladies join our Monday playgroup sessions and both are a pleasure to have as part of our wellness program (**Mindful Monday's**). **Paige** our Bachelor of Social Work student who is with us on Mondays & Tuesdays is fitting in nicely too. She especially enjoys our *Ageless Play* sessions on Tuesday's and enjoys interacting with **Barbara** and **Liz** as well as all the families. We were pleased to welcome **Kim** from *Harmony Club* for the first time during our **Ageless Play** group this month too. We celebrated **International Women's Day** with some arts and crafts plus lots of laughter. One of the best things about playgroup is being able to witness children's "First's". This month we were privy to seeing Sophie sit up all by herself on the mat! Congratulations Sophie, we're all so proud of you! Our Baby Whisperer 'Gieng' is celebrating her birthday this month. So, we all wish her a very happy birthday and thank her for all that she does for us here at Stay n Play throughout the whole year!

Looking forward to an exciting month '**Learning through play**'

♥ Miss Melanie ♥



EFTPOS is available and it can be used to pay for Harmony, Stay n Play, Social Group Fees and also for Thrift Shop Purchases.

Minimum of \$5 See Reception.

Free Meals

Nutritious Meals are currently available at St David's Neighbourhood Centre. We can provide one meal per person per week, or 4 meals per household over 4 people (subject to availability each week).

To collect a meal, drop in to the centre between

- 9.00am and 12 Midday **Tuesday**
- Or **Wednesday** (frozen meals)
- 9.00am to 12 Midday **Fridays** (fresh meals)

Meals are no longer available outside of these times.



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 29th April 2022

11:30 am—1:00 pm Cost: \$7.00

(Harmony Clients requiring Transport pay \$10)



Please RSVP by Wednesday 27th April on 3274 3240

Please advise if you have any special dietary needs.



St. David's Neighbourhood Centre

68 Orange Grove Road (entrance via Rookwood Ave)

Coopers Plains.

PH: 3274 3240

www.stdavidsnc.org.au



NEW

MONDAY ART & CRAFT

Come and join us for a NEW Art & Craft group each Mondayday Morning. Bring your own supplies and enjoy good company while getting creative.

Where: St. David's Neighbourhood Centre

When: Monday Mornings from 9:30 to 11:30

Cost: \$6, includes Morning Tea (eftpos is available)



68 Orange Grove Road
(entrance via Rookwood Ave)

Coopers Plains

Ph: 3274 3240

Email: stdavidsnc@bigpond.com

Website: www.stdavidsnc.org.au



St David's Neighbourhood Centre

Free Community

BBQ

Breakfast



7.30am
to
9.30am

Tea, coffee
Cold drinks



Last Friday of
the month

Sausage sizzle
Fresh fruit

Friday 29 April

3274 3240 community@stdavidsnc.org.au

68 Orange Grove Rd, Coopers Plains 4108

www.stdavidsnc.org.au

Coopers Plains Clean Up Australia Day - Simon Cole

Thanks to everyone who helped clean up Middle Street on Clean Up Australia Day! We were SO lucky with the weather - just a light shower right on start time that didn't put any of the stoic volunteers off. So glad we missed the downpour at 5:30pm! Thank you to David's Neighbourhood Centre for registering as a community event and taking delivery of equipment, producing flyers, and general support. Lorraine Munn from QEII Hospital Corporate Services was very helpful, providing wheelie and skip bins for rubbish. We were joined by neighbours on Mandarin St, Hammersmith St and Breton St Max Hooper. A good effort by a small band, but look at all the illegally dumped rubbish! Look out for the E-petition to the Health Department to clean up their regen bushland on their side of Middle St., Coopers Plains. Apparently koalas have been seen there. We look forward to next years Clean Up Australia Day!



BE OUR PAL WITH PayPal

Could you be a pal by helping us provide Free Food for the needy next time you shop online with PayPal?

Simply select St. David's Neighbourhood Centre as your chosen charity and add a few dollars to your PayPal bill when you shop and the PayPal Giving Fund will forward your gift to the Neighbourhood Centre while sending you a receipt.

Our Free Food programme can continue to offer free meals from our kitchen with your help.

Thanks Pal!



Free Events in your community



 **Easter Fun** 
at
The Golda Ave Street Library
Salisbury

Free Plaster Activities inc paint and brush

Free Mini Egg

8th, 9th, 10th April from 3.30pm to 5.00pm

Non religious items also available

HAPPY Mother's DAY

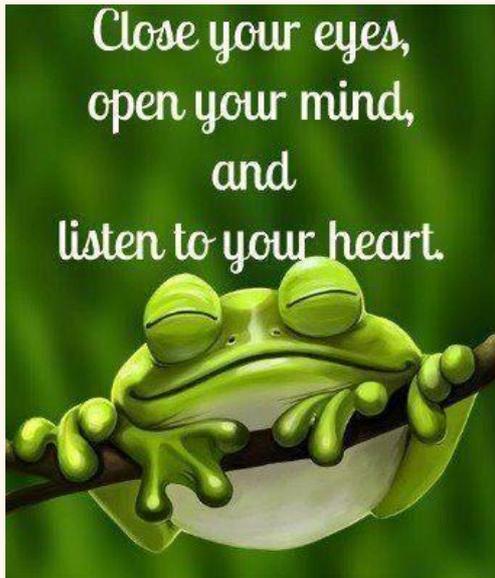
Free Activities

The Golda Ave Street Library Salisbury

Make a flower Kit includes seeds and garden pot



4th and 5th May 3.30pm-5pm



St. David's UCA Neighbourhood Centre

68 Orange Grove Road
(enter via Rookwood Avenue)
Coopers Plains 4108
Phone: 3274 3240
Fax: 3272 7150
Email: info@stdavidsnc.org.au
Website: stdavidsnc.org.au



COOKING WITH KATRINA
CHICKEN RISsoles

500 gm Chicken Mince
1 - 2 zucchini, coarsely grated
½ cup breadcrumbs (herb and garlic breadcrumbs are yummy)

Place mince, zucchini, and breadcrumbs in a large bowl and mix together until well combined. Divide mixture into 8 portions and shape into flat rissoles.

Heat frying pan to medium heat, grease lightly with oil. Cook rissoles until cooked and golden.

These are great cooked on the BBQ as well.



STAFF:

Miss Melanie
Dawn Claes
Yvette Curl
Kerry Hayes
Katrina Marschke
Gina May
Karen Shapcott
Lynda Stephens

MANAGER: Kellie Griffiths

BOARD OF DIRECTORS:

Anne Brand—Chair
Robyn Solomon—Vice Chair
Bruce Moffat—Treasurer
Lenore Gibson—Secretary
Andrew Demack
Pamela Weymouth



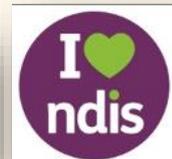
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Australian Government
Department of Social Services



Queensland Government



YOUR COMMUNITY, YOUR NEIGHBOURHOOD CENTRE

ABN 64 543 404 785

Harmony

Welcome to April at Harmony Club.

Harmony COVID-19 restrictions

Unfortunately, this continues to be a changing time and we will still need to maintain some restrictions in the centre and during transport.

- If you feel unwell at all, even with the slightest of symptoms, then the standard procedure is you must get tested for Covid-19. During this time, you need to isolate yourself, but if unsure then please contact your doctor or phone 13Health to get advice from a qualified registered nurse on (Ph. 1343 2584.)
- Please maintain physical distancing of 1.5 metres and good hand hygiene.
- Single-use masks are available for everybody when required by current health orders, or if you simply feel more comfortable wearing a mask at any time. (You can remove your mask once seated in the Harmony room and when eating.)

The above restrictions can be altered at any time in line with the direction of our health authorities and we will keep you updated of any changes as we are notified.

**Please note that given that there may be times when we will need to restrict our numbers in Harmony then it is important that you notify us if you cannot attend on a particular day so we are able to maximise the opportunity for others to attend who can. At the time this newsletter goes to print our limit is a maximum of twelve clients in the Harmony room so we are trying to share the support across all clients as best we can.*

Thank you 😊

Harmony Happenings for the month of April

- ◇ Movie Mondays.
- ◇ Seated exercise every Tuesday when able.
- ◇ Craft Magic on the afternoons of Tuesday 5th and Tuesday 19th.
- ◇ Coffee Crew and Carpet Bowls every Wednesday.
- ◇ Jenny plays piano on Thursday 21st and Tuesday 26th.
- ◇ Out for a drive somewhere on Thursdays 14th and 28th.
- ◇ Men's BBQ on Friday 29th.
- ◇ Harmony BBQ on Monday 11th.

A few April moments in Australian history

- 1923 – The Country Women's Association holds its first annual conference.
- 1868 – A railway linking the Queensland town of Dalby to Ipswich is completed.
- 1895 – Waltzing Matilda is first performed at the North Gregory Hotel, Winton, Queensland.
- 1921 – Bert Hinkler flies from Sydney to Bundaberg non-stop, breaking his own long-distance flying record.
- 1927 – Anzac Day is uniformly observed in all Australian states for the first time.
- 1930 – Brisbane City Hall is officially opened.
- 1935 – Australia's national airline, Qantas, operates its first overseas passenger flight, from Brisbane to Singapore.
- 1984 – Advance Australia Fair is proclaimed as Australia's national anthem, and green and gold are proclaimed as Australia's national colours.

As always if you have any ideas for different activities, or any suggestions of how we can improve our services to you then we are always happy to receive your feedback.

From all the Harmony Club Team, take care and be happy 😊

HARMONY CALENDAR—APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4 HARMONY Movie Day	5 HARMONY Seated exercise CRAFT MAGIC	6 CARPET BOWLS The Coffee Crew	7 HARMONY	8	9	10
11 HARMONY Movie Day HARMONY BBQ	12 HARMONY Seated exercise	13 CARPET BOWLS The Coffee Crew	14 HARMONY <i>Out for a drive somewhere</i>	15 GOOD FRIDAY Centre closed for Public Holiday	16	17 EASTER SUNDAY
18 EASTER MONDAY Centre closed for Public Holiday	19 HARMONY Seated exercise CRAFT MAGIC	20 CARPET BOWLS The Coffee Crew	21 HARMONY Jenny plays piano	22	23	24
25 ANZAC DAY Centre closed for Public Holiday	26 HARMONY Seated exercise Jenny plays piano	27 CARPET BOWLS The Coffee Crew	28 HARMONY <i>Out for a drive somewhere</i>	29 Men's BBQ	30	31