



St David's
Neighbourhood
Centre

NEWSLETTER

May '22

Centre Activities

HARMONY CLUB

Centre based respite Monday to Thursday (see calendar inside)

THRIFT SHOP

Opening on Monday 16th May!

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.

Boomerang Bags –Sewing Bee

1st and 3rd Tuesday
7.00pm to 9.00pm

Heartfelt Hand Sewing Group

4th Tuesday of the month
7.00am to 9.00pm

Painting for Pleasure

Every Wednesday
10am to 12:30

Tech Connect

Every Wednesday
9.00am to 12.00pm

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

FREE BCC GOLD PROGRAM

TAI CHI Fridays. 10 to 11 am

Garden Room during school terms

A Message from the Manager

Welcome to the May edition of our newsletter. The past month has certainly been a busy one and kept the staff on their toes. We hope you all enjoyed a safe and relaxing Easter and spent time in the company of friends and family.

COVID-19 is not going away and continues to affect our lives in many ways. Thank you for your understanding and willingness to follow our COVIDSafe practices. As many people who come to the centre are considered vulnerable, we are asking everyone to wear masks when entering and exiting the building and moving around. We also ask you keep your mask on when seated except for eating and drinking. Please remember to stay home if you are unwell and social distance where possible.

Many of us have been busy in finishing the refurbishment of the new Thrift Shop space and it is very close to being done. We look forward to reopening the Thrift Shop on Monday 16th May and have our Grand Opening Event on Saturday 28th May 2022. More information is further on, and we hope you can join us in this celebration.

This month we also welcome a new team member, Sue. Sue will commence in the role of Harmony Club Coordinator on Monday 9th May. She brings with her a wealth of knowledge about the sector, a passion for working with our community and ideas to help grow the program. Please take a moment to introduce yourself and Sue looks forward to meeting everyone. Thank you in advance for making her feel welcome.

Regards Kellie

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.



Happy Mother's Day

Thinking of you all...



This issue of the Newsletter
was kindly sponsored by

Community Bank
Acacia Ridge

Bendigo Bank

Neighbourhood Centre Week, happening 9-15 May, celebrates the role and impact of neighbourhood and community centres in local communities across Australia. St David's Neighbourhood Centre is just one of 143 centres in Queensland. This year's theme is 'Local Community Resilience'. The theme highlights the importance of local approaches, relationships and knowledge that neighbourhood centres use to support their community. The theme also celebrates the exceptional resilience of communities, that have faced multiple disasters, and continue to work toward their recovery. A recent survey done by Neighbourhood Centres QLD has provided a remarkable snapshot of the impact that centres like ours are able to make. Below is some of the 2021 data collected for St David's Neighbourhood Centre, which illustrates a variety of ways that we are able to contribute to our community. We should all be very proud of these outcomes !

St David's

IMPACT SNAPSHOT 2021

Neighbourhood Centre

Provided \$508,178 in community value in 2021

This includes the value of:

Improved quality of life through social connection **\$244,657**

Volunteer contributions **\$232,409**

Services provided: **\$30,812**

Employment: In 2021 St David's Neighbourhood Centre provided 9.0 full time equivalent positions including 6.5 direct and 2.5 indirect positions.

Emergency relief value includes:

o Public transport cards: **\$300**

Services value includes:

o Computer/internet usage: **\$48**

o Facilities use or hire: **\$2,340**

o Résumé assistance: **\$360**

o Social enterprise goods and services: **\$25,664**

o Community lunch, frozen or other meals: **\$2,400**

This community value equates to:

\$4.08 for every **\$1** of Queensland Government Neighbourhood Centre funding

or **\$236.36** for every **1 hour** the neighbourhood centre was in use.

Around the Centre



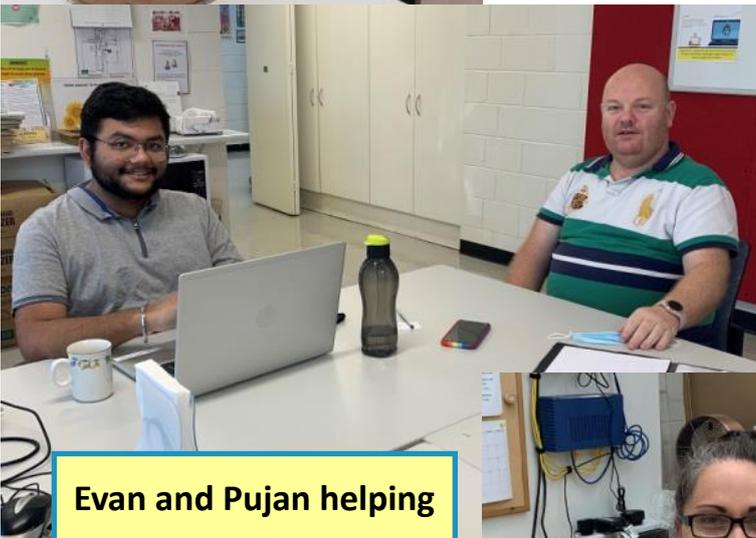
Max's Farewell



Happy Birthday!



Easter Fun



Evan and Pujan helping out with Tech Connect



Sam doing a great job in the office while Dawn is on leave!



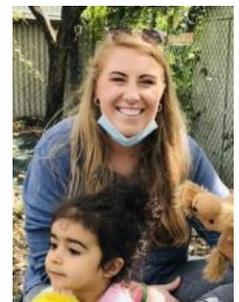
NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK

National Volunteer Week (NVW) is Australia’s annual celebration of the 6 million volunteers that dedicate their time to help others. This year’s theme for National Volunteer Week 2022 is **Better Together**. Volunteering brings people together; it builds communities and creates a better society for everyone. Together, through Volunteering, we are changing communities for the

better. We are, **Better Together**. St David’s Neighbourhood Centre is blessed by an amazing community of volunteers that are passionate about helping others and giving back. While the last two years has seen many ups and downs in our community, our volunteers have been flexible and dedicated throughout it all. They really have demonstrated that together, we can achieve wonderful outcomes for our neighbours and community members. Since May last year, a remarkable group of people have assisted us across all of our programs. A big thankyou to:

Thrift Shop	Stay N Play	Harmony Club	Office
Shop: Laura, Nell, Carol, Nelly, Sue, Irene, Eva, Paul, Cheryl, Noela, Averil, Tom, Neer, Cathy House: Muriel, Bev, Sandra, Averil, Shirley, Jack, Elizabeth, May, Aldous and Jack	Ally, Gieng Noela, Irenya Jack, Elizabeth Yukari	Kigan Noela Cherryl Cathy	Sam Leah
Conversational English	Tech Connect	Free Food	Gardens
Rosalie Steve	Evan Pujan	Fred, Sam Evan	Kigan Paul

This year we are very sad to farewell an amazing group of Thrift Shop volunteers from our House team. Muriel Pollock, Bev Hume, Sandra Whitehouse, and Shirley Sullivan have dedicated years to making sure the Thrift Shop was well stocked, looking great, and our customers were looked after. They even found time to enjoy a cuppa and a chat! With the transition from the original Thrift Shop to the new premises, these wonderful volunteers have shared that they will be stepping back from their previous roles. However they won’t be far away and will always be welcome to share a cuppa and their hard earned Thrift Shop wisdom!



VOLUNTEER NEWS



May is a big month for volunteering at the Neighbourhood Centre! We are welcoming back our Thrift Shop volunteers, who have been patiently waiting for our new shop to open! We celebrate National Volunteers Week and will be hosting a High Tea to show our appreciation to all our amazing volunteers. There will be a special forum for organisations that would like to learn more about working with volunteers on the 12th May. More information on this will be shared soon. Narelle, our lovely Volunteer Connect Worker has been busy connecting with community members to learn more about the volunteer opportunities in our community. She will be share more about this at the forum.

We are still looking for volunteers to help with the following roles. If this sounds like something you would like to help with contact Karen for more information. Please note, a current Blue Card, or Police Check is required for these roles, however we are able to assist with these. **Phone 3274 3240 or email community@stdavidsnc.org.au**

Art and Craft Volunteer: Day required - Mondays 9.15am to 11.45am each week. This role would be ideal for someone creative who is confident in sharing their skills in drawing, painting, and craft activities with people who are beginners to intermediate. A very social role where chatting and engaging with participants is just as important (if not more) as the art and craft!

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 from Harmony Club.



ST DAVID'S
NEIGHBOURHOOD
CENTRE

Sisters Uniting BRINGING DIVERSE WOMEN TOGETHER

MAY WOMEN'S GROUP
THURSDAY 26 MAY
10.00AM TO 12.00PM





Are you interested in meeting women from diverse backgrounds to learn more about each other and discuss important issues that effect our community?

Join us on the fourth Thursday of each month for great conversation, informative topics and morning teal!

For more information, or to RSVP please contact Karen at St David's Neighbourhood Centre
phone: 3274 3240 email: community@stdavidsnc.org.au



St David's Neighbourhood Centre

Volunteer's HIGH TEA

Dear volunteers, we invite you to join us for a special celebration, to say thank you for all the wonderful things you do for our community. A High Tea lunch will be served, along with great conversation and laughter!

20 MAY 2022
11.30am to 1.30pm

Neighbourhood Centre
Garden Room

Please RSVP by 18 May 2022
3274 3240 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.

Thrift Shop Update

Re-opening
Monday 16th May
9.00am to 2.30pm
Monday to Friday



Proudly supported by the Lord Mayor's Community Fund and Moorooka Ward Councillor



Councillor
Steve Griffiths



We have been working hard to prepare the new shop space, source fittings and organise the restocking of the shop. We are very excited to share that the Thrift Shop will be open for business on Monday 16th May! Our volunteers can't wait to welcome you back. Shop hours will be 9.00am to 2.30pm Monday to Friday and we will be accepting donations. We will be celebrating the Grand Opening on Saturday 28 May with a special community mini fair. Please see the flyer below for more details.

THRIFT SHOP GRAND OPENING



& COMMUNITY MINI FAIR

SATURDAY 28 MAY 2022

8.00AM TO 1.00PM

- Thrift Shop Bargains
- Community Stalls
- Sausage Sizzle
- Free Face Painting
- Craft and Plants

St David's
Neighbourhood Centre
68 Orange Grove Rd
Coopers Plains QLD 4107
3274 3240
info@stdavidsnc.org.au

Coopers Plains and Surrounding Suburbs...

COMMUNITY HUB

THIRD THURSDAY OF THE MONTH

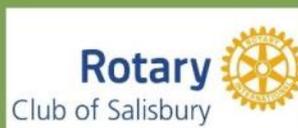
March 17, April 21, May 19, June 16

WHERE: VILLAGE AVE COMMUNITY CHURCH

WHEN: 11.30AM - 1.00PM

Free community lunch, connect with local services and community organisations

PROUDLY SUPPORTED BY:



ST DAVID'S UNITING CHURCH



FAITH + FAMILY + FUN

Everyone is welcome to join us for worship each **Sunday at 8.30am**. Can't make it to church? We are still offering online worship. Services are posted on Facebook: <https://www.facebook.com/stdavidsuca>. 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

Spruce Girls Concert

All are invited to an hour with the Spruce Girls on Wednesday 18 May commencing at 10.00 am. The concert will be followed by a Devonshire morning tea. The concert will raise funds to upgrade the church computer system which plays an important role in our worship services. A donation box will be available in both the church and the hall. If you would like to contribute but can't attend, please place your donation in an envelope marked Spruce Girls Concert and place in the offering box. **Please come along, bring your friends and share a happy musical hour!**



St David's Uniting Church

Invites you to join with us for



68 Orange Grove Rd, Coopers Plains

4-6pm, Saturday 14 May 2022

Fun and inclusive for all ages!

Free crafts, activities, games & meal

This month's theme: Living water – new hope

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 27th May 2022

11:30 am—1:00 pm Cost: \$7.00

(Harmony Clients requiring Transport pay \$10)



Please RSVP by Wednesday 25th 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



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



NEW MONDAY ART & CRAFT

Come and join us for a **NEW** Art & Craft group each Monday 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



SURROUND
yourself with
PEOPLE
who are
ONLY GOING
to lift
YOU HIGHER.



COOKING WITH KATRINA

Cinnamon Tea Cake

60 gm butter
½ cup of sugar
1 tsp vanilla essence
1 egg
1 and ¼ cup self-raising flour
½ cup milk
Pinch of salt

Topping

1 tsp cinnamon
2 Tbsp sugar
1 Tbsp melted butter

1. Preheat oven to 180oC.
2. Cream butter and sugar, add vanilla essence and then add egg and beat well.
3. Sift flour and salt together, add to the mixture alternately with milk, mix to a soft dough.
4. Pour in a greased and lined cake tin and bake for 20 minutes.
5. When cool Brush top of cake with melted butter and sprinkle the combined sugar and cinnamon.



St. David's Neighbourhood Centre

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

STAFF:

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

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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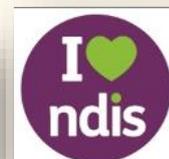
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Australian Government
Department of Social Services



Queensland Government



YOUR COMMUNITY, YOUR NEIGHBOURHOOD CENTRE

ABN 64 543 404 785

Welcome to May at Harmony Club.

This month we will welcome our new Harmony Club coordinator, Sue. We are very excited to have her join our team and she is looking forward to getting to know you all and introduce herself. Sue brings lots of experience and ideas in helping to plan our activities and run the program. Until then please do not hesitate to see any of the team if you have any questions or concerns.

Harmony

Do you have ideas on what activities you would like in Harmony Club? Would you like to provide some positive feedback or share a good story? Maybe you have an issue to raise? It is important that we hear what has gone well and what has not so all kinds of feedback are welcome. You can provide feedback several different ways:

- Fill out a feedback form located in the Harmony Room
- Write a letter or email
- Tell a staff member

If you are unsure of how to share your story or worry about getting someone in trouble it might be easy to just start with a conversation with one of the Harmony Club Team Members. From there, you both can find a way forward.

COVID-19 and Harmony Club

Over the last few months many of us have been affected by COVID-19 in some way. You may have had it yourself, needed to isolate due to exposure to the virus or known someone who has. It is important to the organisation we do all we can to continue in our services and activities in a safe way. The following restrictions still apply:

- Masks – we are wearing masks during transport, when entering and exiting the building and when seated when required. We have masks available and remember they are single use items so should be changed each day.
- If you feel unwell at all, even with the slightest of symptoms, please stay home and get tested for COVID-19. 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.
- Currently there are no restrictions on the number of people who can attend Harmony Club each day but will inform you if this changes.

Harmony Happenings for the month of May

- ◆ Movie Mondays.
- ◆ Tuesdays – chair exercises and Bingo with prizes
- ◆ Craft Magic on the afternoons of Tuesday 3rd, 17th & 31st.
- ◆ Coffee Crew and Carpet Bowls every Wednesday.
- ◆ Jenny plays piano on Tuesday 10th and Thursday 19th.
- ◆ Concert with Nora on the 5th of May.
- ◆ Men's BBQ on Friday 27th May.
- ◆ Harmony BBQ on Monday 23rd May
- ◆ Hour of Hymns at St David's Uniting Church 31st May

A few moments in Australian history for May

1840 – New Zealand is officially proclaimed a separate colony from New South Wales.

1908 – First Australian Coat of Arms granted

1901 – The first Parliament of Australia opened in the Royal Exhibition Building in Melbourne.

1928 – Flying Doctor makes the first flight from Cloncurry to Julia Creek

1946 – The Pilbara strike – 800 Aboriginal pastoral workers walk off stations in the Pilbara and Kimberley regions

1984 – The one-dollar coin is introduced in Australia

1988 – Expo 88 begins in Brisbane, 18 million visits are made in the six months it is open

1996 – PM John Howard announces gun control laws after Port Arthur Massacre

2003 – The movie 'Finding Nemo' was released – set on the Great Barrier Reef and Sydney

From all the Harmony Club Team (Kerry, Yvette, Gina and Katrina)

HARMONY CALENDAR—MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 HARMONY Movie Day	31 HARMONY Seated exercise Hour of Hymns @ 10.00 In the church CRAFT MAGIC					1
2 LABOUR DAY Centre closed for Public Holiday	3 HARMONY Seated exercise CRAFT MAGIC	4 CARPET BOWLS The Coffee Crew	5 HARMONY	6	7	8 Mother's Day
9 HARMONY Movie Day	10 HARMONY Jenny playing piano	11 CARPET BOWLS The Coffee Crew	12 HARMONY	13	14	15
16 HARMONY Movie Day	17 HARMONY Seated exercise CRAFT MAGIC	18 CARPET BOWLS The Coffee Crew Spruce Girls concert @ 10.00 In the church	19 HARMONY Jenny playing piano	20	21	22
VOLUNTEERS WEEK						
23 HARMONY Movie Day HARMONY BBQ	24 HARMONY Seated exercise	25 CARPET BOWLS The Coffee Crew	26 HARMONY	27 Men's BBQ	28	29