



St David's
Neighbourhood
Centre

Community Newsletter

February 2023

68 Orange Grove Road
(enter via Rookwood Avenue)
Coopers Plains QLD 4108

Contact us:

Phone: 3274 3240

Email: info@stdavidsnc.org.au

Website: stdavidsnc.org.au



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 around the Centre. You are also welcome to speak to one of the staff or send an email.

Proudly supported by:



YOUR COMMUNITY,
YOUR NEIGHBOURHOOD CENTRE
ABN 64 543 404 785

A Message from the Manager

What a busy start to 2023 it has been. Harmony Club members were first through the door when we reopened, sharing stories and memories from Christmas. We also welcomed a new team member who has jumped straight in and already feels like a part of the furniture. Ambele is a new support worker in the Harmony Club program, bringing his own energy and experiences. Please take a moment to say Hi and we look forward to getting to know him.

It would have been lovely to leave COVID-19 in 2022 but that is not the case. The infection is still very prevalent in our community and the organisation is continuing to implement COVIDSafe measures to protect you, our staff, and volunteers:

- Masks – please wear a mask when entering, leaving, and moving around the buildings. They can be removed when seated.
- Stay home when you are unwell for any reason and test yourself.
- Wash or sanitise your hands
- Thank you for your continued understanding and patience.

Have you seen the new Tree House in the Stay n Play area? Yeronga Services Club are renovating and wanted to find a new home for the play equipment. We are very grateful they contacted us and even helped with the delivery. It did not take long for it to be used for hide and seek games and a place to take a few moments to enjoy a chat with friends and think about what activity to do next. Thank you, Jo and the team, from Yeronga Services Club for thinking of us. Regards Kellie



This issue of the Newsletter
was kindly sponsored by

Community Bank
Acacia Ridge
3255 6773

Bendigo Bank

WHAT'S ON THIS MONTH?

HARMONY CLUB—Centre based respite Monday to Thursday (see last page)

STAY N PLAY PLAYGROUP - Monday to Friday 9.30am to 11.30am.

Bookings required, please email: staynplay@stdavidsnc.org.au

THRIFT SHOP—Monday to Thursday 9.00am to 2.30pm, Friday 9.00am to 12.00pm

SOCIAL GROUPS and COMMUNITY ACTIVITIES

Did you know that joining a social group can improve wellbeing and mental health? We would love to welcome some new members to our groups!

All social groups are \$6.00 per session, and include morning tea. Contact the office for more information.

Mondays

Art, Craft & Chat Mondays 9:30am to 11:30am

English Conversation Mondays 10am to 12pm (except school holidays)

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

Tuesdays

Knitting 2nd and 4th Tuesday 9:30am to 11:30am

Mahjong 1st, 3rd, 5th Tuesday 9:30am - 11:30am

Boomerang Bags –Sewing Bee (free) 1st and 3rd Tuesday 7.00pm to 9.00pm

Heartfelt Hand Sewing Group (free) 4th Tuesday of month 7.00pm to 9.00pm

Wednesdays

Painting for Pleasure Every Wednesday 10am to 12:30pm

Tech Connect (free) Every Wednesday 9.00am to 12.00pm

Creative Connections Craft 2nd Wednesday of month 7pm to 9pm

Thursdays

Busy Hands Craft Group Every Thursday 9am to 11:00am

Fridays

Multicultural Support Wellbeing Group—Friday nights 7pm—9pm Harmony Room

Community BBQ Breakfast (free) Last Friday of month 7.30am to 9.30am

Blokes & Banter BBQ Last Friday of month 11.30am—1pm

Tai Chi (Gold program) (free) 10am to 11.00am (except school holidays)

Saturdays

In-Stiches Slow Stich Therapy Group Third Saturday of month 9.30am to 11.30am



Community Outreach News

We are very pleased to introduce

Katerina (Kat), our new Community Outreach Worker with St David's Neighbourhood Centre. This position came about following the 'It takes a Village Project', and is generously funded by the Department of Communities. The Outreach Worker is the first point of call for community members who are needing assistance, and Kat can help with gaining access to information, resources, services and programs, and generally offering support with life's challenges. Kat will be here at the Neighbourhood Centre Monday to Friday from 9am until 2.30pm.



I would like to take this opportunity to say hello and express how thrilled I am to be working here at St David's Neighbourhood Centre. This is such a welcoming, diverse, and inclusive community of which I am pleased to be a part of. With the New Year well and truly underway everyone has no doubt felt the rises in the cost of living. Whether it be getting kids school ready, filling petrol, buying groceries, paying bills or purchasing essentials everything is costing more. Stress can run high due to finances and so we want to let you know support is available.

We are pleased to announce that we will be having Rebecca from Good Sheppard available every Thursday for appointments. Rebecca is a financial resilience worker that can provide financial counselling to community members. On offer is budgeting advice, advocacy and access to social workers who can support people in accessing Centrelink, NDIS and other services. To make an appointment to see Rebecca please call the centre on 3274 3240.

*This can be a busy time but it is important to be kind to yourself and trust that you are doing a good job. Wishing you a wonderful month and hope to see you in the centre soon! **Regards, Kat***

Rebecca, a Financial Resilience worker from Good Shepherd, will be available at the Neighbourhood Centre on Thursdays. To make an appointment or to find out more information please call 3274 3240 or email outreach@stdavidsnc.org.au



Queenslanders have had a challenging couple of years. Between the pandemic, droughts and floods, many people (and their businesses) who were thriving before are now struggling to survive.

The Queensland Financial Resilience Program (QFRP) has been created to help. It is a **free, non-judgmental** and **confidential service** that can help you:

Understand your finances

Support you to:

- Budget and prioritise expenses
- Identify financial risks
- Negotiate with creditors
- Know where to go for help.

Be more financially secure

Through helping you access:

- Financial services and support
- Financial literacy and skills development
- Affordable housing and health.

Better manage money

Through helping you:

- Proactively manage and understand debt
- Establish savings
- Not borrow for daily expenses
- Access no interest loans (NILs).

Have financial freedom

Support you to develop strategies to:

- Absorb financial shocks
- Meet your financial goals
- Make choices that enable you to enjoy life.



Are you prepared for the new school year? The cost of uniforms, books and technology can really add up! If you need help to make sure your child (or yourself) has all of the resources for study in 2023, a No Interest Loan (NILS[®]) might be an option. No interest, no fees and no charges apply – the amount you borrow is the same amount that you pay back.

For more information, please contact the Intake team at Kyabra on 3373 9499.

No Interest Loans



For school essentials you need now.

No fees. No interest. Ever.

Borrow up to \$2000. Pay back what you borrow.

THRIFT SHOP NEWS

Happy 2023! We hope you have all had a wonderful restful period and look forward to seeing you back at St David's Thrift Shop. We are continuing the **Fill- A-Bag for \$5** table and our February special is **All Summer wear is 50% off.** We are pleased to announce that the shop has been revamped and has plenty of new stock for you to discover. Let us help you find that special item that makes you smile by popping in and saying Hi! We are open 9-2:30 Monday – Thursday, 9-Noon Fridays. We are so grateful for our wonderful volunteers and all enquiries to join our team are most welcome. When you join us, you will meet new friends, have the option to commit to whatever time suits your lifestyle, enjoy an air-conditioned environment full of treasures, practice and build on your skills and knowledge, and be rewarded with a joy that money can't buy. For any questions, please speak to myself or any of our volunteers for an honest open chat. **Happy Shopping, Tania**



February Special
50% off All Summer Clothing!!



ST DAVID'S NEIGHBOURHOOD CENTRE THRIFT SHOP

11 Rookwood Avenue
Coopers Plains Q 4108
3274 3240

Clothing, Bric a Brac
Kitchenware, Books
Children's Clothing & Toys
Craft, Jewellery

OPENING HOURS

Monday to Thursday
9.00am – 2.30pm

Friday
9.00am to 12.00pm

All proceeds go towards
providing support
and activities
for the local community.

www.stdavidsnc.org.au



St David's Neighbourhood Centre

Community Support

Everyone needs a little extra support now and then.
There are a number of ways that we can assist:

- Information and Referral
- Access to clothing and household items
- Free takeaway meals (Tues, Wed, Fri 9am – 12pm)
- Tech Connect on Wednesdays – Assistance to access online services, complete forms, sort out technology issues (9am – 12pm).
- Assistance with resumes and job search (Wednesdays 9am – 12pm)

Drop in to the centre or give us a call
to discuss how we can help.



Heartfelt Handsewing

Our free community hand sewing sessions are held on the

Last Tuesday of the Month
7-9pm

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.



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



Welcome Back to *Stay n Play* 2023!

We hope you enjoyed your break & we are looking forward to reconnecting with you all as well as getting to know our new families too.

As most of you have already noticed, we got a delivery of fresh sand for our sandpit. Yay!!! Thanks to the muscle power of **Master J, Master K & Master H**; it's now full to the brim & ready for more digging and sensory playtime throughout the year.

know how much some of our kids love diggers & dump trucks, so I made sure to take a photo of our sand arriving just for them! :)

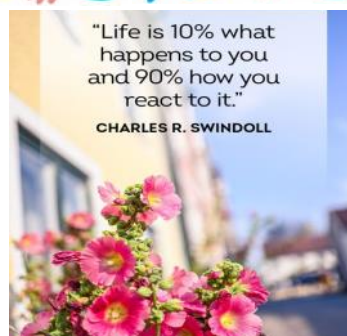
Also, **Bronwyn & Judy** (from our Friday group) kindly offered to come in the holidays and pressure wash all our outdoor equipment & furniture. Everything came up spick & span. I can't thank you enough. You both did a fabulous job.

A special thank you to **Noela** who once again helped with the cleaning & set up of the room & **Bailey** for his starring role as Santa Claus for our Break Up party last year!

TERM 1 runs from – Monday 23rd JAN – 31st MAR

Looking forward to another year of fun '*Learning through play*'

♥ Miss Melanie ♥



BLOKES+BANTER BBQ



LAST FRIDAY OF THE MONTH

MEET OTHER MEN, ENJOY A
GOOD CHAT AND GREAT FOOD!

\$7

★ FEBRUARY 24 2023

11:30PM – 1.30PM



ST DAVID'S NEIGHBOURHOOD CENTRE

RSVP: 3274 3240 * 68 ORANGE GROVE RD, COOPERS PLAINS



St David's Neighbourhood Centre

Free Community

7.30am
to
9.00am

BBQ BREAKFAST

Last Friday
of the month



Tea, coffee
Cold drinks

Sausage sizzle
Fresh fruit

Friday 24 February

3274 3240 community@stdavidsnc.org.au

68 Orange Grove Rd, Coopers Plains 4108

www.stdavidsnc.org.au

Are you needing a little support with life's challenges at the moment? Wesley Mission provide a FREE wellbeing mental health service every Monday at St David's Neighbourhood Centre.

Becky, our Wesley Mission Wellbeing Consultant, is a trained social worker and can offer 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).

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



The sessions are FREE so come and have a chat or ring 3274 3240 to arrange an appointment.

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.



Around the Centre

***The Community Christmas Party on the 16th December was such a lovely way to farewell 2022!
We had a great turnout and even two Guinea Pigs joined in the celebrations! Thank you to Sue
for the wonderful fruitcakes!***



Free Events at Coopers Plains Library 107 Orange Grove Road, Coopers Plains
Bookings required for these events. Please phone Coopers Plains Library on 3403 1530

TV streaming on the internet—Thu 9 Feb 2023

1:00pm to 2:30pm Never miss your favourite television show again. Learn about online streaming and how to use the internet to watch television on a laptop, mobile device or television. Basic computer and internet skills required.

Android phone basics—Thu 16 Feb 2023

1:00pm to 2:30pm Learn how to navigate your way around an Android smartphone. This includes how to make and receive calls, create and send text messages, add contacts, and install apps. Perfect for the first-time user. Bring your own Android smartphone.

IELTS basics—Thu 23 Feb 2023

1:00pm to 2:30pm Looking to improve your English or study and work where English is used? Learn how to use the English Language Testing System (IELTS) online to improve your vocabulary, reading, writing, listening, and speaking skills. Basic computer and internet skills required.

Grant writing information session—Sat 18 Feb 2023,

10:00am to 2:00pm This workshop will provide participants with tips and strategies to give their grant application the best chance of being approved. Explore key components of grant writing including evidence of need, project description, budget and organisational capacity. Bookings for this event are through Eventbrite:

<https://www.eventbrite.com.au/e/grant-writing-information-session-tickets-474504625107>



St David's Uniting Church

Invites you to join with us for



4-6pm, Saturday 11 February

68 Orange Grove Rd, Coopers Plains

Fun and inclusive for all ages!

Free crafts, activities, games & meal.

Theme: The Good Shepherd



ST DAVID'S NEIGHBOURHOOD CENTRE

FREE MEALS



Nutritious Meals are now available at the 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

**11.00am to 1.00pm
Monday to Thursday**

If this time is unsuitable, or you would like further information please contact Kat, our Outreach Worker to discuss.



68 Orange Grove Rd, Coopers Plains 4108

3274 3240

DIGITAL ASSIST

Every Wednesday 9am to 11am

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

Drop in for a coffee and some friendly assistance for your technology questions. Bring your own device. Appointments for longer sessions are available.



St David's Neighbourhood Centre
68 Orange Grove Rd, Coopers Plains
For more information call 3274 3240

Harmony



Welcome back Harmony club and greetings to all our new clients!

The new year has brought some very exciting news. We welcome to our Harmony team Ambele.

Take a moment to introduce yourself he is looking forward to meeting everyone.

I would like to remind everyone we are now calling for pick up times the day prior, if everyone can please be ready for the time given would be much appreciated as the next person is waiting to be pick up. Also please remember to let us know if you have a prior appointment on the days you attend, it really helps us with planning and is greatly appreciated.

WHAT 'S ON IN FEBRUARY

- On Friday 24th February the Blokes & Banter BBQ 11:00 book in early
- Cooking classes are back this year—every second Tuesday at 1pm
- We will be having a BBQ in Harmony on Tuesday 14th February.
- Concert by Ray Thompson held on Monday 20th February at 10:15am if you would like to attend, please let us know the week prior.



If you know of someone who you think may enjoy attending Harmony Club, spread the word as the more the merrier. As the Harmony Coordinator I am always happy to talk to people who would like more information

and share what we can offer. I am available at any time for a chat, or if you would like to see me. My email is harmony@stdavidsnc.org.au or call me on 3274 3240

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.

Regards Sue and The Harmony Team

Smiles are contagious so spread them around.



We had a great time over Christmas with our party and Christmas lights tour!

HARMONY CALENDAR—FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 CARPET BOWLS Walking Group	2 Macrame Piano Playing with Jen	3	4	5
6 Walking Group Bingo	7 Piano with Pam Chair Exercises Cooking	8 Walk to Coopers Plains library. CARPET BOWLS	9 Memory Lounge Queensland State Archives Craft	10	11	12
13 Bus trip morning tea at River Rocks Trivia	14 Valentine's Day Piano with Pam HARMONY BBQ Lunch ----- Cooking classes	15 CARPET BOWLS Walking Group	16 Macrame Piano Playing with Jen	17	18	19
20 10:15am Concert with Ray Thompson	21 Shrove Tuesday Pancake Day Chair Exercises Piano with Pam	22 CARPET BOWLS Walk to Coopers Plains library.	23 Trivia Craft	24 11:00 Blokes & Banter BBQ 	25	26
27 Bingo Trivia	28 Chair Exercises Piano with Pam ----- Cooking classes					