



**St David's
Neighbourhood
Centre**

Community Newsletter

March 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

We have arrived at the month of March, a time to reflect that the year is truly underway and what we have been busy doing over the last two months. That is easy for life at St David's Neighbourhood Centre, customers are finding treasures at the Thrift Shop, Harmony Club clients have been venturing out for picnic morning teas, children have been playing in the fresh sand and many visitors have felt welcomed and enjoying the opportunity to connect. All these activities can seem simple but add so much meaning to an individual's day.

Our staff have been busy as well and we welcomed a new team member, Kerrie. Kerrie is a support worker in Harmony Club and by all accounts is enjoying working in the room and the company of the clients. Please take a moment to say Hi when you get a chance. We also bid a sad farewell to Bailey, as he has moved onto further study. He is certainly missed, and we appreciated all that he did to help us out in the kitchen.

Volunteers are such a vital part of the work of St David's Neighbourhood Centre. We had an opportunity to thank them for their work and honour them at the Moreton Volunteer Awards hosted by Graeme Perrett MP. Congratulations to Ally, Irene, Gieng, Cathy and Carol, all your hard work is certainly appreciated.

Plans are well and truly underway for Autumn Fest on Saturday 6th May 2023. It is wonderful to be hosting the event again and we look forward to sharing more information and details next month. So mark the date in your calendar and be ready to come and enjoy yourself.

Regards Kellie



**We are very grateful to the
Community Bank Acacia Ridge for the
continuing sponsorship of our newsletter
and for supporting our community!**

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

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



Guess what is back this year? Autumn Fest!!

This event is our annual community celebrant and not only does it provide a great morning of entertainment and information, but it also raises funds for our Neighbourhood Centre programs.

Do you have a local business, are part of community group or a service provider?
We are looking for stall holders and sponsors to help us make this a great event for our wonderful community. Contact Karen or Kellie for more details.

St David's Neighbourhood Centre Autumn Fest 2023

Saturday 6 May 8.30am - 1.00pm

Sausage Sizzle - Cake Stall - Coffee Van

FREE Children's Activities

Bargains Galore from our Thrift Shop

Book Sale- Handmade Craft - Plants

Community and Information stalls and much more

We hope to see you there!



For more information contact:

St David's Neighbourhood Centre

68 Orange Grove Road, Coopers Plains

Ph: 07 3274 3240 Email: info@stdavidsnc.org.au

www.stdavidsnc.org.au

Community Outreach

Kat, our Community Outreach Worker is the first point of call for people needing a little support. Kat can help with gaining access to information, resources, services and programs, and generally offering support with life's challenges. Kat is at the Neighbourhood Centre Monday to Friday from 9am until 2.30pm. You can also contact her on 3274 3240 or outreach@stdavidsnc.org.au

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

Community Outreach News

From 6th March I am pleased to advise that we will be having SCIPS in the centre on Monday's, 9am – 11am.

Have you heard about SCIPS?

SCIPS is a not for profit organisation that provides people with job readiness skills through targeted programs. Proudly funded by the Skilling Queensland Workers initiative, SCIPS works to support local communities at no cost to the participant. Pathways are provided to support people in their career, study and work inspirations by connecting them to industry leaders within their chosen field.

The ACE+ program is open to ages 16-99 and works to improve all things important to you and achieving your goals such as; literacy, numeracy and digital skills. There is also a Certificate II in Retail Services for any persons aged 15 – 19 years looking for that little something extra to stand out from the rest. Both programs are due to start in March and will be completed before Easter Holidays. Register today – For further information you can call Tyne 0478 768 621 or trosa@slc.qld.edu.au **Regards, Kat**

Contact Tyne for more info or register today - trosa@slc.qld.edu.au



Achieving Career Engagement (ACE) works with community members to support and develop their employability skills through the following:

- Resume writing
- Personal development
- Assistance with finding work
- Linking participants to industry of choice
- Ongoing support



Need some support or advice regarding your financial situation?

Good Sheppard are here to help, every Thursday at St David's Neighbourhood Centre.

Come and chat to our friendly financial resilience worker who can provide financial counselling to community members including budgeting advice, advocacy and access to social workers who can support people in accessing Centrelink, NDIS and other services.

To make an appointment please call the centre on 3274 3240 or email outreach@stdavidsnc.org.au



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



What is Harmony Week?

Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Why orange?

Orange is the colour chosen to represent Harmony Week. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Australians can choose to wear something orange during Harmony Week to show their support for cultural diversity and an inclusive Australia.

Our cultural diversity

Australia is a vibrant and multicultural country — from the oldest continuous culture of our first Australians to the cultures of our newest arrivals from around the world. Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live. All people who migrate to Australia bring with them some of their own cultural and religious traditions, as well as taking on many new traditions. Collectively, these traditions have enriched our nation.

Did you know?

- nearly half (49 per cent) of Australians were born overseas or have at least one parent who was
- we identify with over 300 ancestries
- since 1945, more than 7.5 million people have migrated to Australia
- 85 per cent of Australians agree multiculturalism has been good for Australia
- apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi
- more than 70 Indigenous languages are spoken in Australia.

Data from our Neighbourhood Centre catchment area showed that in 2021 36.4% of the population were born overseas!

HARMONY DAY

Celebrating Our Cultural Diversity

TUESDAY 21ST MARCH 2023

**JOIN US IN CELEBRATING HARMONY DAY
ST DAVID'S NEIGHBOURHOOD CENTRE
9.30AM TO 11.30AM
IN THE SOCIAL GROUP ROOM.**

- WEAR ORANGE TO SHOW YOUR SUPPORT!
- DROP IN FOR A CHAT AND LIGHT MORNING TEA
- ENJOY OUR HARMONY DAY CRAFT ACTIVITIES



**St David's
Neighbourhood
Centre**



English Conversation Class

If English is your second language and you would like to meet new people and practice your English skills, why not join us for our English Conversation Class.

The group is run by volunteers and meets every Monday 10.00am to 12.00pm (except school holidays). The cost is \$2 and includes morning tea.

At St David's Neighbourhood Centre

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

Moreton Volunteer Awards 2023

We were very proud to attend the Moreton Volunteer Awards to watch five of our wonderful volunteers receive an award to recognise their commitment and the impact their efforts have on our Neighbourhood Centre and community.

Irene - Thrift Shop

Irene had just moved into Coopers Plains at the start of 2018 when she dropped into St David's Neighbourhood Centre to find out what we offered. It wasn't long before Irene was part of the Neighbourhood Centre family! She is a passionate volunteer at the Thrift Shop, with a particular interest in our women's clothing donations. Irene is always ready to lend a hand with events, and spends many hours providing behind the scenes assistance with donations management and merchandising. Irene and her team mate Sue, have become firm favourites with customers, who will drop in especially to see them on Tuesdays. Irene is also a member of the knitting group, and is happy to get involved and help out across the Neighbourhood Centre.

Carol - Thrift Shop

Carol has been a dedicated and valued volunteer with the St David's Neighbourhood Centre Thrift Shop for many years. As congregation member of St David's Uniting Church, Carol has served her community in various roles over the years, including administration assistance, and her efforts support the mission of St David's church and helps others in our community. Carol's work at the Thrift Shop is not just about retail or fundraising, but supporting people by providing a warm welcome and a listening ear. Carol has continued to volunteer through many changes at the Thrift Shop and Neighbourhood Centre over the years, and has always been ready to help as needed. Carol is involved in many activities at St David's Neighbourhood Centre and her continued support is greatly appreciated.

Cathy - Harmony Club

Cathy started volunteering at St David's Neighbourhood Centre as a social support volunteer in 2021. With many years of experience volunteering with Prescare, Meals on Wheels, and Blue Care, we were delighted to have Cathy join us in our Harmony Club Respite Service. Cathy is warm and patient with all of our community members and works hard to ensure that our participants feel welcomed and cared for. She is always ready to help out as needed even though she juggles her volunteering responsibilities with a busy family life. The Harmony Club provides a place of connection and belonging for people who are socially isolated, and Cathy plays an important role in creating this important space. Thank you Cathy for all that you do, it is very appreciated.





This month we welcomed our **student** on placement - **Liam** to Stay n Play. He will be with us on **Tuesday's**. He is studying a **dual degree** 'Bachelor of Justice' & a 'Bachelor of Human Services'. **WOW!** We are looking forward to having him around for the next few months.

A VERY SPECIAL Congratulations to Ally & Gieng for the Moreton Volunteer Awards!

Gieng & Ally have been volunteering for over 7 years.

Gieng LOVES babies!! She is our **Baby Whisperer**, and nothing makes her happier than cuddling, singing and playing with the littles ones while their grateful carer's take a break. Gieng has an amazing talent for craft, she also loves to share her Vietnamese culture and often brings food for special cultural occasions. Gieng is always welcoming and supportive, especially of our families, volunteers and students who speak (*Vietnamese or Cantonese*) with English as a second language. Gieng's hard work and dedication to Stay n Play Playgroup is unwavering, and she enjoys having the opportunity to connect with families.

Ally's bubbly personality and enthusiasm is appreciated by our families, and her reliability and hard work help the playgroup to be a success. When Ally isn't playing with children and chatting with parents, she is sharing her creative talents! Ally bakes cupcakes and biscuits, decorated in a rainbow of colours to share with the playgroup families, as well as many other creative arts & crafts. Ally recognises the impact that playgroup has on the wellbeing of families, and we appreciate her commitment to volunteering with Stay n Play.

Stay n Play is very fortunate to have both Ally & Gieng.

Thank you so much for supporting our playgroup!

Volunteers like **you** genuinely change the world, and we are forever **grateful**.



Miss Melanie



BLOKES+BANTER BBQ

LAST FRIDAY OF THE MONTH
MEET OTHER MEN, ENJOY A
GOOD CHAT AND GREAT FOOD!



\$7

★ MARCH 24 2023

11:30PM – 1.30PM



ST DAVID'S NEIGHBOURHOOD CENTRE

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

SCAMS & ONLINE SAFETY

UNITINGCARE'S SENIORS ENQUIRY LINE
PRESENTS A SCAMS AND ONLINE SAFETY INFORMATION SESSION
AT ST DAVID'S NEIGHBOURHOOD CENTRE

WHEN:
Thursday 16 March 2023

TIME:
10:30am start

WHERE:

St David's Neighbourhood Centre

68 Orange grove rd, coopers Plains
(entrance on rookwood ave)

COST:
Completely free!

RSVP:
Contact 3274 3240 or community@stdavidsnc.org.au
to secure your spot



St David's
Neighbourhood
Centre



UnitingCare

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



St David's Uniting Church
COOPERS PLAINS



4-6pm, Saturday 11 March
68 Orange Grove Road,
Coopers Plains

Fun and inclusive for all ages!

Free activities, crafts, games,
songs, stories and meal.

Theme: Jesus is a different King



STEP UP TO CLEAN UP

Coopers Plains - Middle Street

Date & Time: Sunday 5th March 10:00am – 12:00pm

Location: Meet at the intersection of Middle Street and Mandarin Street (back of QEII Hospital). Wear a hat. Gloves, bags etc. provided.

Site Supervisor: Simon Cole. For more information or to register to volunteer to help us estimate numbers, please go to:

<https://www.cleanupaustraliaday.org.au/fundraisers/karenshapcott/1677115196>

Clean Up Australia Day Sunday 5th March

If you are looking for a way to volunteer your time and take care of our environment, why don't you dedicate a couple hours to assist on Clean Up Australia Day? Our community is blessed with some beautiful creeks, parks and bushland areas and equally blessed with groups of people that help to look after and maintain them. Local community member Simon is hosting a clean up site on Middle St in Coopers Plains and he would love some help. See below for more details.

Your 10c recyclables can make a difference!

You can drop your eligible containers into the Neighbourhood Centre, or take them to TOM-RA Recycling Centre at 655

Toohy Road Salisbury.

Please quote our

No. C10125238. All funds raised will go towards our community outreach .



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.



Thrift Shop News

MARCH Special
All jeans are \$2.00!!!

Thank you so much for all the support, donations and kind words about our little Thrift Shop. We are so grateful for every interaction with each and every one of you. We are pleased to let you know we have some wonderful plants and plenty of new stock available for you to come see. Our opening hours are as below.

Welcome to our new volunteers, Sandy and Sabinesh. We Thank you for your generous offer to share your skills and time with us.

We also acknowledge the valued contribution to Averil for the last 30 years and sincerely appreciate all your hard work and commitment to St David's Neighbourhood Centre Thrift Shop. We will miss you on Fridays!

And Lastly this Month's special is All Jeans are \$2 each! So many styles and colours to choose from, Get in Quick! **Happy shopping, Tania**



Thank you Averil for all that you have contributed to the Thrift Shop for so many years! Enjoy your retirement!



**ST DAVID'S NEIGHBOURHOOD
CENTRE**

THRIFT SHOP 

OPENING HOURS

Monday to Thursday
9.00am - 2.30pm

Friday
9.00am to 12.00pm

11 Rookwood Avenue
Coopers Plains Q 4108
3274 3240

www.stdavidsonc.org.au



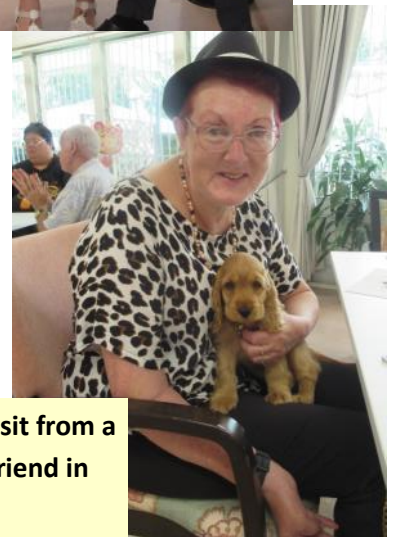
Around the Centre



It was hugs all round for Bailey's farewell.
Good luck with your studies!



Everyone had a great time on our visit to Seventeen Miles Rock.



We had a visit from a
little furry friend in
Harmony.



Our first Community BBQ for the year was
a great success with 42 visitors dropping



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

i-Phone basics—Thu 9 Mar 2023

1:00pm to 2:30pm

Learn how to navigate your way around an iPhone. 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 iPhone.

Mem Fox Story Time—Sat 11 Mar 2023

10:30am to 11:00am Whether you are looking for a green sheep or want to do some magic with a possum, the books of Mem Fox have entertained young readers for generations. Join a special storytime as we read books from Mem Fox. Ideal for children aged 2-5 years.

Computer Basics—Thu 16 Mar 2023

1:00pm to 2:30pm

Learn how to use a keyboard and mouse and find your way around a Windows computer. Perfect for the first-time user. A Brisbane Libraries Tech Connect workshop.

CPR Awareness—Sat 18 Mar 2023

9:30am to 11:00am Are you interested in developing practical knowledge and skill in cardiopulmonary resuscitation? This free workshop will give you the confidence to help keep someone alive using CPR while the ambulance is on its way. Presented by qualified trainers from the Queensland Local Ambulance Committee, in partnership with the Queensland Ambulance Service.

World Science Festival Brisbane: Andy Howe

Thu 23 Mar 2023

10:00am to 11:00am

Andy will take you on a journey down to a micro level, discovering the fascinating world of the insects around us. Participants will learn how to observe, assess, describe and document insects, helping scientists discover new species and protect our precious insect life! Ideal for children aged 5-12 years.

Visit worldsciencefestival.com.au to explore the full program and book your place.

Harmony Week storytime and craft—Sat 25 Mar 2023

10:30am to 11:00am Join us for this special story time and craft activity to celebrate Australia's cultural diversity and inclusion! Ideal for children aged 2-5 years.

 neighbour day

VERY NEIGHBOURLY BBQ BREAKFAST



Friday 24 March 2023 7.30am to 9.00am

Come and meet your neighbours and help us celebrate Neighbour Day!

Tea, coffee...Cold drinks

Sausage sizzle...Fresh fruit

FREE!!



St David's Neighbourhood Centre

3274 3240 community@stdavidsnc.org.au

68 Orange Grove Rd, Coopers Plains 4108

www.stdavidsnc.org.au



Sing To Beat Aphasia

Community Choir



Do you live with Aphasia?

Singing can help aphasia.

Repeat and practice language skills by singing. It's great to sing together and share!

Join us every
Tuesday at 10 am

SINGING | TEA | CHATS
All welcome! No experience needed.

Venue (Alternating):

Logan Central Library;
St. David's Neighbourhood Centre

Contact:

Britney
Choir Director | Music Therapist
0400 670 770
britneyevansmackay@hotmail.com

adis

 [Sing to Beat Aphasia](#)

Stried et al. "From singing to speaking: facilitating recovery from nonfluent aphasia." *Future neurology* vol. 5.5 (2010): 857-865. doi:10.2217/17445019.5.5.857

It has been a busy February in the Harmony Club program for sure and it so wonderful to see everyone smiling, laughing, and enjoying the company of their Harmony friends.

This month Kerrie joined the team, by all accounts you have made her feel welcome as she is enjoying herself and has loved meeting everyone. If you have not had a chance, please take a moment to say Hi.

Harmony Club is not my program or our workers program, it is YOUR program. I want to be guided by what activities you like to do, what meals you like to eat and where you may like to go. One way you can do this is by providing feedback.

There are a different ways you can provide feedback:

Write down your thoughts on the feedback from in the Harmony Club room

Talk to myself or Kerry, Gina, Kerrie or Ambele

Send me an email or a letter

Feedback is not just about what activities you want to do, you can let us know when we have done something well or if you are not happy. We love any type of feedback and want to keep improving the service.

What's on in March

This month we will:

- Be heading to Daisy Hill Koala Park for morning tea on Monday 6th March
- Celebrating International Women's Day on Wednesday 8th March
- Enjoying a bus trip to Victoria Point and lunch at Capalaba Tavern on Friday 10th March
- Triggering our memories with a visit to the State Archives on 14th March
- Visiting Daisy Hill Koala Park for a picnic lunch on 24th March
- Op Shop Shopping on Thursday 30th March
- Blokes and Banter BBQ on Friday 31st March

It is great to be getting out and about again, book in early to secure your spot. Lastly, I extend a warm welcome to all those who have joined Harmony Club recently, it is lovely to have you as part of the group. New Harmony friends are always welcome so if you know of anyone who would like to come along, please let me know.

**Regards Sue and
The Harmony Team**



**Welcome Kerrie to the
Harmony Team!!**

Advanced Care Planning Week

National Advance Care Planning Week, 20-26 March 2023, is an annual initiative of Advance Care Planning Australia that encourages all Australians, regardless of their age or health status, to make their future health care preferences known. Advance care planning is thinking about and documenting your preferences for future health care. It prepares you and others for a time when you may no longer be able to communicate those decisions. For a free planning starter pack visit the National Advance Care Planning website, or call our Support Service for free personalised advice on 1300 208 582, 9am - 5pm, Monday to Friday AEST.

www.advancecareplanning.org.au

HARMONY CALENDAR—MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 CARPET BOWLS Walking group	2 Macrame Piano Playing with Jen	3	4	5
6 Bingo Bus trip to Daisy Hill Koala morning tea ----- Cooking Classes	7 Chair Exercises Piano with Pam	8 International Women's Day CARPET BOWLS	9 Walk to Coopers Plains library.	10 Bus trip to Victoria point Lunch at Capalaba Tavern	11	12
13 Chair Exercises Bingo ----- Craft Magic	14 Bus trip Memory Lounge Queensland State Archives Piano with Pam	15 10:00 Hymns in the Church	16 Piano Playing with Jen 10.30 Information session scams & online safety	17	18	19
20 Bingo ----- Cooking Classes	21 Harmony Day Living in Harmony Chair Exercises Piano with Pam	22 CARPET BOWLS Bus trip Warril Parkland for morning tea	23 Trivia HARMONY BBQ Lunch	24 Bus trip to Daisy Hill Koala Centre lunch will be supplied	25	26
27 Bingo Trivia ----- Craft Magic	28 Chair Exercises Piano with Pam	29 CARPET BOWLS Walking group	30 Op shopping bus trip Lifeline & St Vinnies Piano Playing with Jen	31 11:00 Blokes & Banter BBQ 		