



**St David's  
Neighbourhood  
Centre**

# Community Newsletter

**April 2023**

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

**Contact us:**

**Phone: 3274 3240**

**Email: [info@stdavidsnc.org.au](mailto:info@stdavidsnc.org.au)**

**Website: [stdavidsnc.org.au](http://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**

Welcome to the April edition of our newsletter. We have certainly been a busy community centre in March and April looks to be much the same. All the staff have been busy, and we have welcomed many new faces to our programs and activities. So if you are a new Volunteer, Harmony Club Client, Social Group Participant, Student or just visited us for any reason, Welcome.

### **COVID Update**

In line with current guidelines, we have made an adjustment to our COVID-Safe measures. Masks are now optional when accessing the centre. However, we are still asking our Harmony Club clients to wear masks during transport in the centre's vehicles due to the enclosed space. As COVID-19 is still a presence in our community and with the approaching flu season we do ask that:

- Stay home when you are unwell for any reason.
- Wash or sanitise your hands.

In March we welcomed a new team member, Fiona as our Catering and Kitchen Officer. By all accounts, Fiona has settled into the role and is enjoying herself. We are all enjoying her delicious meals and yummy treats. If you have not had a chance to say Hi, please take a moment to introduce yourself.

This month it is planned for the coverings of the shade structures in the Stay n Play area to be replaced. This has been made possible with a generous grant from the Sunnybank Community and Sports Club. We look forward to sharing photos of the updated structures next month. Workers from Instaco will be on site for two days, so please follow the instructions of any safety signage.

With Easter approaching please be aware that the centre will be closed on the 7th of April for Good Friday and 10th of April for Easter Monday. Wishing you all a safe and Happy Easter.

**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](mailto: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!!



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](mailto:info@stdavidsnc.org.au)

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



**A huge thank you to our sponsors and supporters of the 2023 Autumn Fest. Their generosity allows us to provide a fantastic community event that is affordable and accessible for all of our community.**

To all our wonderful community members,

## Community Outreach

How quickly we have all arrived at April. The centre has been busy with activities, social events, programs, and the thrift shop. What has been noticed and a point of reflection is how caring everyone has been both to themselves and each other. This year has proven particularly difficult with many people experiencing struggles, financial hardship, housing uncertainty. I want to make it known that we are here to help and support you with life's challenges. Give me a call or come in for a chat between 9-2 Monday to Friday.

***'Without a sense of caring, there can be no sense of community'- Anthony J. D'Angelo***

Homeless Connect is a once-a year event that allows some of Brisbane's most vulnerable people access to vital services and supports. This year it will be held Thursday, 18<sup>th</sup> May at Brisbane Showgrounds.

### About Homeless Connect

In a one-stop-shop environment, guests have access to medical, employment, housing and legal services, as well as clothing and footwear, food, bedding, toiletries and more. Guests at the event are also invited to enjoy professional personal care services such as haircuts and grooming.

With an offering of vital services and a day of fun activities and entertainment, Homeless Connect treats guests with dignity and grace while providing a boost to their self-esteem. This is an important and unique event driving human connection and reducing barriers between community and guests.

St David's neighbourhood Centre would like to show our support for Homeless Connect by collecting donations. There is a donations box in our reception area or alternatively you are welcome to drop your donations off to me. We shall be collecting up until the 5<sup>th</sup> of May.

#### The most needed items

- canned tuna and salmon
- canned soup and vegetables
- toothbrushes, toothpaste and deodorant
- rice and pasta
- shaving blades and cream
- body wash, shampoo and conditioner
- coffee and tea
- cereal and muesli bars
- long-life milk

Thank you for your support and chat soon  
Regards, Kat



#### No Interest Loans to keep you moving

Does your car need a service or new tyres? Car maintenance can be expensive, but it is important for safety. If you're on a low income you may be eligible for a No Interest Loan (NILs®) to keep your car running smoothly, making it easier for you to access work and community activities. NILs can help you spread the cost of car maintenance or repairs over time, with no fees or charges. You could even borrow for your vehicle registration. To find out more contact Kyabra on 3373 9499 or [intake@kyabra.org](mailto:intake@kyabra.org).





## Volunteers for Autumn Fest!!

## VOLUNTEER NEWS

If you love our Autumn Fest have you ever thought about volunteering? We have lots of opportunities for people to get involved. Whether you would like to help for an hour or a whole day (or somewhere in-between) we would love to hear from you. Volunteers are needed for the Sausage Sizzle, cake stall, craft and plant stalls, welcoming committee, children's activities and more. All volunteers get a free sausage and drink :)

To find out more please contact Karen on 3274 3240 or [community@stdavidsnc.org.au](mailto:community@stdavidsnc.org.au)



**Student update**—We currently have three students spending time with us this month. Liam is completing his placement for a Bachelor of Human Services and Justice, Gabe is participating in an internship for his degree in Social Science and Social Justice, and Anita is an International student joining us while completing her Masters of Global Development.



### 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

## 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](mailto:britneyevansmackay@hotmail.com)

ndis

Sing to Beat Aphasia

Getthied et al. "From singing to speaking: facilitating recovery from nonfluent aphasia." *Future neurology* vol. 5.5 (2010): 657-665. doi:10.2217/fnl.10.44

## IN STITCHES: slow stitch therapy

Join us for social stitching, inspiration, and  
friendly conversation!

Third SATURDAY of the month 9.30am-12 noon

All ages and genders welcome, only \$6.00  
Please bring: your hand sewing, knitting, crochet,  
or similar project to work on.

Tea and light refreshments provided

RSVP TO:

Slow Stitch Therapy Facebook page,  
or Claire Edwards: 0409 349 177

**St David's Neighbourhood Centre,**  
68 Orange Grove Rd, Coopers Plains, 4108  
(Entrance to Centre is on Rookwood Avenue)





## School Holiday Activities

Looking for activities to keep the kids happy these holidays?

- Join us for a free Board Games and Pizza event for families with children over 7 years old (see flyer)
- For younger children (under 5's) our playgroup is open during the first week of the holidays. Bookings are essential. Email [staynplay@stdavidsnc.org.au](mailto:staynplay@stdavidsnc.org.au) to book.
- We have an Art, Craft and Chat group on Monday 3 April, suitable for families with children 7 and over. Materials supplied. Children must be with an adult.
- The Coopers Palms Library is holding some great holiday programs. Check out page 10 of the newsletter, or their website for more information.
- St David's Uniting Church has 4 services over the Easter period (see below)



**SCHOOL HOLIDAYS**

# BOARD GAMES & PIZZA



**FREE!**

**Thursday, April 13 2023**  
**10am-12.30pm**  
in the Garden Room

Family fun for ages 7 and over.

Children under 16 must have adult supervision.

Bookings essential - call 3274 3240 or email  
[community@stdavidsnc.org.au](mailto:community@stdavidsnc.org.au)



**ST DAVID'S NEIGHBOURHOOD CENTRE**  
68 Orange Grove Rd, Coopers Plains  
[www.stdavidsnc.org.au](http://www.stdavidsnc.org.au)



**St David's Uniting Church**

## EASTER SERVICES

**Palm Sunday**  
(with communion)  
**2 April, 8:30am**

**Good Friday**  
**7 April, 8:30am**

**Maundy Thursday**  
(with communion)  
**6 April, 7:00pm**

**Easter Sunday**  
(with communion)  
**9 April, 8:30am**



## PAINT to RELAX

Healing time for your Mind & Body

'No Experience is Needed'

**\$ 30**

**Every Saturday**

**4 - 6 PM**

@ 68 Orange Grove Rd, Coopers  
Plains QLD 4108

**Book Now! Space is limited!**  
**Contact Jade 0487588870**







We've arrived at the end of Term 1!

What a busy month it was for us here in playgroup!

The end of summer saw us enjoying a lot of water play and ice blocks to cool down.

We celebrated **International Women's Day, International Happiness Day, Harmony Day and World Water Day**. We welcomed the return of one of our families from their long overseas holiday and also celebrated *Isaac's birthday* too. Isaac helped bake & decorate yummy cupcakes to bring in to share with all of us. **Thank you so much Isaac**, it was lovely to celebrate your special day with you!

The end of term saw us enjoying lots of Easter crafts, egg & spoon races and our Annual Easter Egg hunt! Over the past term, it's been lovely reconnecting with our families, seeing how much the children have developed as well as getting to know our new families.

#### IMPORTANT DATES: -

**Playgroup will be closed from Good Friday - \*7<sup>th</sup> April and reopen  
\*Monday 17<sup>th</sup> April for Term 2.**

To join our playgroup please email [staynplay@stdavidsnc.org.au](mailto:staynplay@stdavidsnc.org.au) with your chosen day/days. An email will be sent to confirm your spot J

We hope you all enjoy the Easter break, and the Easter bunny brings you lots of delicious chocolate eggs!  
Looking forward to another exciting term ~ Learning through play

♥ Miss Melanie ♥





# Thrift Shop News

**APRIL Special**  
**50% off all CRAFT ITEMS**

During April we will be discounting our craft supplies! We have knitting needles, scrap book-ing, lace, craft magazines, sewing patterns, fabric and other treasures!

We are also excited to share that the Thrift Shop will be open for early morning shopping from 7.30am on the last Friday of the Month, while the community BBQ is running. So now you can shop AND grab some free breakfast!

We have been getting low on Bric-A-Brac dona-tions recently, so if you have any trinkets, vases, etc that you need to rehome, consider donating them to the Thrift Shop!

Happy Shopping

Tania



## 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.



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

### Needing a little support with life's challenges at the moment?

**Wesley Mission provides 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 for distress, anxiety or other generalised mental health concerns. You don't need a referral, just contact us to arrange an appointment.

The Wellbeing Consultant 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



**wesley mission**  
QUEENSLAND

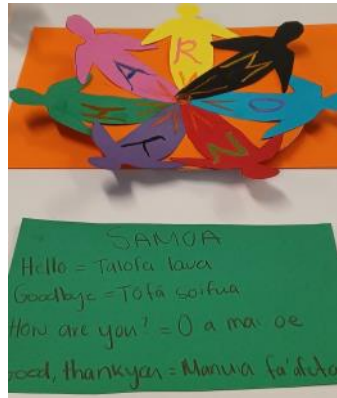
**Drop into the office or call 3274 3240 to arrange an appointment.**



# Around the Centre



Harmony Day Morning Tea



St David's UC Bible Study Group



St Patrick's Day



Uniting Care presented a Scams and online security session.



The Harmony Club enjoyed their bus trip to Karawatha Forest





## 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

### Easter: Make and create for families - Wed 5 Apr 2023

10:00am to 11:00am

Enjoy the holidays by creating some egg-cellent themed Easter crafts using your imagination. Ideal for children aged four years and older.

### Wrestling fun with Edison robot for families—

Wed 12 Apr 2023 2:00pm to 3:00pm

Edison robot is ready to rumble! Bring your friends and family to use blocks to build a mighty, wrestling robot. Then, program it to compete against opponents in a fun, interactive tournament. No prior programming experience required. Ideal for children aged 6-10 years and their families or carers. A BNetechkids workshop.

### Make and create for kids—

Fri 14 Apr 2023

2:00pm to 3:00pm

Create a collage using water-colours and other materials. Ideal for children aged 6–8 years.



### Android tablet basics—Thu 20 Apr 2023

1:00pm to 2:30pm

Learn how to use the basic features of an Android tablet. Explore apps, connect to Wi-Fi and search on the internet. Perfect for the first-time user. Bring your own Android tablet. A Brisbane Libraries Tech Connect workshop.

### Intergenerational Week: Meccano construction for families - Sat 22 Apr 2023

10:00am to 12:00pm

Do you have a construction whiz in your family? Bring your children or grandchildren along for a memorable hands-on family STEM session. Using traditional STEM skills, build a working model using metal strips, plates, girders, and wheels that are connected together with nuts and bolts. Ideal for participants aged 10 years and older.

### Introduction to Canva -Thu 27 Apr 2023

1:00pm to 2:30pm

Learn how to get started with Canva. Create fun and engaging designs for logos, flyers, posters and social media images. Ideal for adults with basic computer and internet skills.

### Intergenerational Week: Brain training—Sat 29 Apr 2023

2:00pm to 3:00pm

Exploring brain training in an easy and fun way with a range of technologies, games, and quizzes to really get you thinking. Ideal for all ages.

## Clean Up Australia Day 2023 Report

A big thankyou to Simon and his band of merry volunteers for their efforts in keeping our neighbourhood clean. On Sunday 6 March, Simon organised a clean up event along Middle St, Coopers Plains. QE2 Hospital showed their support by kindly provided wheelie bins for the rubbish collection. Simon reported that the clean up went quicker and more smoothly than last year (repetition really helps! ) and that there was less large rubbish along Middle Street, so thank you to everyone that signed the petition last year.



## Art, Craft & Chat

Join us every Monday 9.30am to 11.30am

Great conversation, morning tea, and a bit of arts and crafts!

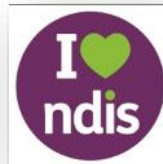
Drop in - no experience required - everyone welcome

St David's Neighbourhood Centre - Social Group Room

For more information - 3274 3240 or [community@stdavidsnc.org.au](mailto:community@stdavidsnc.org.au)



# Harmony



**Wonderful News:** Harmony will now be open Monday-Friday from, Monday 1<sup>st</sup> May 2023. If you would like to attend on a Friday let us know so we can make sure you are booked in. We have a lot of public holidays this month Friday 7<sup>th</sup>, Monday 10<sup>th</sup> and Tuesday 25<sup>th</sup>. Harmony will not be open on these days.

This month Fiona joined the team in the kitchen. You have all done a good job making 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.

## What's on in April.

- **Harmony Easter BBQ Thursday 6<sup>th</sup> April**
- **Enjoying a bus trip to Richlands Lions club Friday 14<sup>th</sup> April**
- **Triggering our memories with a visit to the State Archives on 13<sup>th</sup> April**
- **Blokes and Banter BBQ on Friday 28<sup>th</sup> April**

You might also 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 what we can offer. At any time, you would like to see me or just have a chat my email is [harmony@stdavidsonc.org.au](mailto:harmony@stdavidsonc.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.**

**Have a happy and safe Easter.**



**Welcome Fiona to the  
Harmony Team!!**



**Happy Easter from everyone at St David's Neighbourhood Centre,  
Enjoy some relaxing colouring on us!!**

