



**St David's
Neighbourhood
Centre**

Community Newsletter

JUNE 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 joy it was to have our signature event, Autumn Fest on again. We were blessed with lovely weather, over 350 visitors and a great selection of stall holders. The event is certainly not possible without the support of many. If you helped on the day or were involved in any way, we thank you for your time, energy, and commitment. We also thank our supporters and sponsors of this year's event, please know your contribution is appreciated.



Have you seen the new shade coverings in the Stay n Play area? We were very grateful for the sponsorship of the Sunnybank Community and Sports Club for their generous contribution towards replacing the tired and worn shade coverings. They were installed by Instaco and have been a welcome upgrade of the area.



This month we will be saying a very sad farewell to one of the organisations longest serving staff members, Dawn. She has decided it is time to retire and head to the beach for the next chapter in her life. Dawn is known, loved and appreciated by many in our community, and we invite you to join us in a special morning tea on Thursday 29th June 2023 at 10.00 am in the Harmony Room to say goodbye.

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 Friday (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





St David's Neighbourhood Centre

Free Community

7.30am
to
9.00am

BBQ BREAKFAST



Friday 30 JUNE

Sausage sizzle, Fresh fruit,
Tea, Coffee, Juice

BLOKES+BANTER BBQ

FRIDAY 30 JUNE 2023

11:30PM – 1.30PM



\$7

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



ST DAVID'S NEIGHBOURHOOD CENTRE

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

Free Events in JUNE

Coopers Plains Library

107 Orange Grove Road, Coopers Plains

Bookings required for these events.

Please phone Coopers Plains Library on 3403 1530

Computer basics

Thu 8 Jun 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.

Make and create: Reading is magic

Sat 10 Jun 2023—10:30am to 11:00am

Join us for a reading of The Magic Hat by Mem Fox and be inspired to create your own magical hat. Ideal for children aged 3-8 years.

Bee-Bot goes on a bear hunt

(School Holiday Program)

Thu 29 Jun 2023—10:00am to 11:30am

Bee-Bot is going on a treasure hunt! Will you come too? Help this fun little robot find the hidden treasure. No prior programming experience required. Ideal for children aged 5-8 years. A BNetechkids workshop.



First 5 Forever—Toddler time (1-2 yrs)

Every Friday

9.30am to 10.00am

Meet other parents and toddlers for a fun session of singing, clapping and dancing. Learn action rhymes and songs which will help your child's pre-literacy, communication, language and social skills. Ideal for babies and toddlers aged 1-2 years. No Bookings Required

First Five Forever—Babies, books and rhymes (0-1yrs)

Every Thursday

9:30am to 10.00am

Meet other parents and babies for a fun session of singing, clapping and dancing. Learn songs and action rhymes to nurture your baby's pre-literacy, communication, language and social skills. Ideal for babies aged up to one year. No bookings required.

Community Outreach

Hello,

Did you know that one of the best ways to be kind to yourself is to be kind to others?

Studies have shown that when you do a kind deed, it delivers a bigger happiness boost to you than the person you're helping.

You can unlock this happiness boost with either an act of giving, like volunteering or helping a neighbour; or an act of gratitude, like sending a thank you note or just writing down something you are grateful for each day.

Research tells us that performing an act of kindness triggers the release of a chemical called oxytocin. This stimulates the area of your brain associated with social connection and trust, which makes you feel good.

Showing gratitude can improve your self-esteem, enhance empathy, reduce aggression and even help you sleep better. Acts of gratitude create strong positive emotions and practising them regularly will also help build your mental resilience.

Take advantage of all the opportunities to be kind, not just for those you direct your kindness too, but also for yourself. Take care of yourselves and each other & I hope to see you in the centre soon!

Warm Regards

Kat

FREE MEALS PROGRAM



@ St Davids Neighbourhood Centre

To collect a meal, drop in to the centre between
9.00am - 2.00pm Monday - Thursday (subject to availability)

If you'd like more information please contact Kat,
our Outreach Worker to discuss.

== NO ACT ==
of kindness
NO MATTER HOW SMALL
IS EVER
wasted

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



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

WELLBEING WALKING GROUP

Did you know that getting outside for a walk can improve your wellbeing? Shake of the winter blues and join other women for a relaxing walk in the local park. Enjoy the opportunity to talk to others and spend some time on your self care.

- Monday 12 June and Monday 26 June
- 9.30am to 11.00am

Meet at the Neighbourhood Centre
Morning Tea provided afterwards

This group is kindly supported by the
Wesley Mission Wellbeing Program



ST DAVID'S NEIGHBOURHOOD CENTRE



3274 3240 • 68 Orange Grove Rd, Coopers Plains

Community Outreach - Saving energy and reducing bills

Electricity Rebate

Eligible Queensland pensioners, seniors, war veterans, low-income households and asylum seekers can receive \$372.20* per year.

Eligibility

To be eligible for the electricity rebate you must hold one of the following cards:

- Pensioner Concession Card issued by Services Australia or the Department of Veterans' Australia
- Queensland Seniors Card
- Gold Card issued by the Department of Veterans' Affairs (and receive the War Widow/er Pension or special rate TPI Pension)
- Health Care Card issued by Services Australia
- Asylum seeker status (ImmiCard)

Only one rebate is paid per household.

How to apply with your energy retailer

To find out more about eligibility and how to apply, contact your electricity retailer – their number is on your electricity bill.

Home Energy Emergency Assistance Scheme (HEEAS)

Low-income households who are experiencing a short-term financial crisis or emergency that has limited their ability to pay their energy bills can receive a one-off payment of up to \$720*. A customer is only eligible for a HEEAS payment once every two years.

How to apply

To find out more about HEEAS eligibility and how to apply, contact your energy retailer.

More information

For further information about Queensland Government energy rebates and concessions, visit www.qld.gov.au/smartsavings.

*Rebate and concession amounts are valid for the 2022–2023 financial year.

Need some support or advice regarding your financial situation?

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

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

Winter energy saving tips



- Fit draught seals to window and door openings.
- Turn off non-essential appliances at the switch.
- Rug up - put on the winter woollies before turning up the heat.
- Only heat rooms you are using. Shut doors to other areas of the house.
- When heating a room, close doors, curtains and blinds and use a draught stopper to reduce cold air getting in.
- If using a reverse cycle air conditioner for heating, set the temperature at 19-21 degrees on the heat setting.
- Use indoor clothes racks instead of using the clothes dryer.
- Keep showers short - aim for a max of 4 minutes.

Luke from Good Shepherd joins the St David's team!!

I will be available on Thursdays from 9am-3pm at St David's as a Financial Resilience Worker as part of the Queensland Financial Resilience Program. Here is a brief overview of the services we can assist community members with:

- Making informed financial choices
- Help to budget and manage money.
- Addressing issues such as credit card debt, rent and utility arrears, loan defaults and phone contracts.
- Accessing Financial Counselling services to assist with large debts and debt collection agencies.
- Establishing financial stability and future savings plans
- Referring to other services such as family violence and mental health services
- Accessing No Interest Loans



VOLUNTEER NEWS

Volunteer's Celebration

Friday 21 July-2023

All our wonderful Volunteers are invited to a special celebration in appreciation of their hard work and contributions to our community.

Lunch and refreshments will be served.

**11.30am to 1.30pm
in the Harmony Room**

RSVP by 19th July : 3274 3240



St David's Neighbourhood Centre

May was a busy month for our Autumn Fest volunteers. Our community events wouldn't be possible without the generous help from community members. Our event volunteers assist with setting up and packing up, running stalls, baking and creating craft to sell, cooking sausages and even MCing! Many hands make light work and we are always happy to welcome new faces. Volunteering at one of our events or working bee's is a great way to give back to your community and meet new people. For more information about how you can help, please contact Karen on 3274 3240 or community@stdavidsnc.org.au.

*Volunteering
makes a
difference*

Want to make a difference in your community?

St David's Neighbourhood Centre (Coopers Plains)
is looking for some special volunteers to help us with our programs.

Harmony Club volunteer-. We are seeking kind, active and fun loving people to help us in our aged care and disability day respite program. Experience working in Aged Care is appreciated but not essential as training is provided. Shifts are available Monday to Friday

Digital Assist volunteer - Are you patient, a strong communicator and love helping people? Are you confident and comfortable using mobile phones (android and iPhones), tablets, iPads, computers and laptops? Can you troubleshoot technical issues and teach people how to get the most out of their devices? If this sounds like you, we would love to hear from you. Volunteers required on Wednesdays 9.00am to 12.00pm.



**For more information or to apply
contact Karen on 3274 3240 or
community@stdavidsnc.org.au**

www.stdavidsnc.org.au



volunteers needed !

Thrift Shop News

A huge thankyou to all of our Thrift Shop volunteers for their help at Autumn Fest. We had such a great day and received lots of great feedback about the books and collectibles hall! Tom and Peter really earned their coffee on that day.

This month we welcome winter with 50% off sheets, bedding and blankets. Come and check out our range.



Mark Thursday 13 July in your calendar for our special Thursday Night Winter Warmer event! A flyer for this will be coming soon.

Happy Shopping, Tania

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

JUNE SALE: 50% off sheets, bedding and blankets



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

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

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:

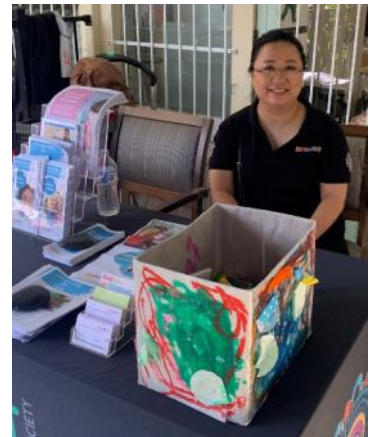
Slow Stitch Therapy Facebook page,
or Claire Edwards: 0409 349 177

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

AUTUMN FEST 2023



AUTUMN FEST 2023





This month we've been adjusting to the cooler weather heading into winter. We've been enjoying time in the sunshine with sensory play, creating artworks, dressing up and with a special focus on construction and emergency vehicles.

We celebrated National Volunteer Week in Stay n Play.

We value the contribution of all our Stay n Play volunteers. Our volunteers are so special, Stay n Play playgroup would not be as successful without their time, patience, knowledge & generosity.

Ally, Gieng, Elizabeth, Jack & Noela ~ your efforts embody the spirit of what it means to be the change you wish to see in the world. Thank you for your selfless commitment to the program and our families. It is evident in all that you do for us.

The world is better today, than it was yesterday because of you! We are humbled by your dedication to Stay n Play.

You are AMAZING!

*Term 1 of school finishes on Friday 23rd of June.

**We are open the 1st week of school holidays for some "Winter Wonderland" fun from Monday 26th – 30th June.

***Between now & Friday 30th June, please stop by & say good bye to Dawn in reception who is retiring after 16.5 years. (Lucky Lady!)

She will be missed by all our families, as the friendly face that greeted them on the way to playgroup.

We wish her all the best in her well deserved "Sea Change".

It's been a pleasure working with Dawn for over 4 years now. Thank you, Dawn, for always being so helpful and calm in any situation. Greeting and welcoming our new families with a warm and friendly smile.

I, like others will miss you terribly!

****For the Thursday group – there will be a "Farewell Dawn" Morning Tea on the 29th June.

Looking forward to more exciting times~ Learning through play.

To join our playgroup please email staynplay@stdavidsnc.org.au with your chosen day/days. An email will be sent to confirm your spot.

♥ Miss Melanie ♥





Refugee Week 2023 Theme – Finding Freedom

Refugee Week is an incredible opportunity for the world to celebrate refugees and people seeking asylum, while raising awareness and honouring people's journeys to freedom. This year, you can use the incredible power of food as a means to share stories of the refugee experience. People across the country are encouraged to cook meals brought to Australia by refugee communities, and learn about the people who created them.

Meet Flora Schol...

Early life

I don't remember much of my life in Khartoum (Sudan). I was only five old years when I left, with my mum, brothers and sister. But I do remember living in Egypt. We went there first, for two years as refugees waiting for a humanitarian visa. I remember the hardships our family faced and the amazing moments of triumph, such as when Australia granted our visas. We moved to Adelaide.

First impressions of Australia

I was eight when I came to Australia, so I pretty much grew up here. It was interesting at first. It was a very different society. The first thing I couldn't get over was how cold it was! The food, too, was really weird. I could not get over Vegemite and how much Australians loved dogs.

Poetry and writing

I am a writer, I write poetry and in May 2019 I launched my debut book, Tomorrow's Dream: A Poetic Anthology, at one of my favourite spots in Adelaide: African Village Centre Restaurant in Henley Beach.

Activism

As a Pan Africanist, a lot of the activism work I do is centred around the beliefs I have as young African woman who has grown up in diaspora. I believe in a free, self-reliant and self-defining Africa. These beliefs are not just for myself but also for the greater network of African refugees and migrants pushing for self-determination and a well-defined agency of self.

'I don't want to be saved'

Australia is a great place for refugees and refugees contribute to Australian society in so many great ways. But it's not just important for Australians to welcome refugees economically and socially – because we all know the benefits of that. We're also fighting for acceptance, fighting to be recognised and fighting to be seen as human beings. I don't want to be saved, I have already survived. Many refugees are tired of being told that they are being saved. I just want to survive, like everybody else – and you can be part of my survival. <https://share-a-meal.raisely.com/stories>



Flora's Ful Medames: Fava Bean Stew - South Sudan

Ingredients

400 grams dry fava beans
1/2 cup vegetable stock
2 medium tomatoes, diced
1 large red onion, diced
100 grams feta cheese, crumbled
100 grams rocket
4 eggs, boiled and quartered
2 tsp cumin, ground
2 Tbsp fresh coriander
2 Tbsp olive oil or sesame oil
Salt and pepper, to taste

Instructions

Soak dry fava beans in cold water overnight.
Place beans and six cups of water in a large saucepan over medium heat.
Simmer for at least two hours or until beans are soft.
Drain. Place beans and vegetable stock in a large bowl.
Mash beans with a fork or masher.
Add cumin, salt and pepper. Stir through.
Add tomatoes, red onion, feta cheese, rocket, coriander and eggs (optional).
Toss lightly.
Drizzle olive oil or sesame oil over the top.
Serve with fresh pita bread.



What is elder abuse?

Elder abuse is a single or repeated act—or lack of appropriate action—occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

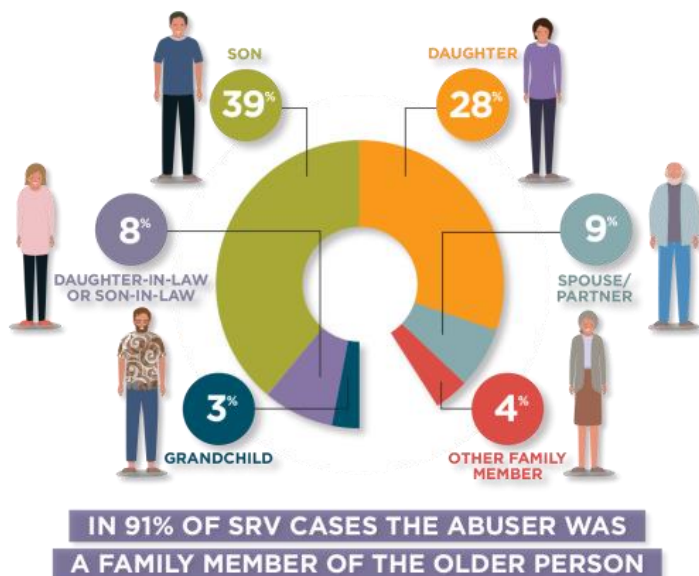
The five abuse subtypes are commonly recognised as financial abuse, physical abuse, sexual abuse, psychological abuse (otherwise known as emotional abuse), and neglect.

Signs of elder abuse

If you suspect an older person is being subjected to elder abuse, pay close attention and see if you can identify any of the signs or behaviour changes.

Changes in general behaviour

- Fear of one or many persons
- Irritability or being easily upset
- Worry or anxiety for no obvious reason
- Depression, anxiety or withdrawal
- Changes in sleep patterns or eating habits
- Rigid posture and avoidance of contact
- Avoidance of eye contact or darting of eyes
- Contradictory statements unrelated to mental confusion
- Reluctance to talk openly



If you suspect elder abuse is happening, don't wait for proof.

Call the Elder Abuse Helpline on 1300 651 192 for free, confidential advice and referral.



St David's Uniting Church

Invites you to join with us for



4-6pm, Saturday 10 June

68 Orange Grove Rd, Coopers Plains

Fun and inclusive for all ages!

Free crafts, activities, games & meal.

Theme: The Holy Spirit is our helper

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

ndis

[Sing to Beat Aphasia](#)

Harmony



Happy June to everyone

We have had a great start on our opening on Fridays, it has been wonderful to see the amount of people attending and having such a great time.

It would be appreciated if you could let us know if you have an upcoming appointment and will not attending Harmony.



What's on in June:

- Bus trip BBQ lunch at Karawatha Forest 2nd June
- Triggering our memories with a visit to the State Archives 14th June
- **HARMONY CLOSED 16th JUNE.**
- Bus trip Yalta Pies for lunch 23rd June
- Dawns farewell morning tea 29th June
- Blokes and Banter BBQ on Friday 30th June

If you would like to have the newsletter emailed to you please let administration know so we can add you to our mailing list

Have a look at the calendar for more activities happening, make sure you let us know if you wish to attend a special occasion. We are always looking for volunteers in Harmony, if you would like to volunteer in our fun packed Harmony room Monday-Friday let us know.

At Harmony Club we can offer a variety of supports that are available to NDIS participants whose plans are either self-managed or plan managed. Harmony Club has a central focus of providing a safe and caring place to make social connections and friendships within your local community.

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 about what we can offer. At any time, if you would like to see me or just have a chat my email is harmony@stdavidsnc.org.au or call me on 3274 3240.



Bus trip to Sunnybank sports



State Archives

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



Grab a warm cup of tea, a cosy blanket and enjoy some seasonal creativity!

