



St David's
Neighbourhood
Centre

Community Newsletter

MAY 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

It's May and that means it is time for Autumn Fest! We are very excited to be hosting our annual community event after missing out last year. Autumn Fest is a great opportunity for us to showcase the Neighbourhood Centre and other local community services and groups. Community events like Autumn Fest are so important for bringing people together and celebrating what a great Neighbourhood we live in! A huge thank you goes out to our sponsors Flexi Care, Mollers Electrical, and Smith & Li Real-estate. Their support allows us to run a fantastic event that is affordable for everyone. We also thank Cr Steve Griffiths and Peter Russo MP for their invaluable contribution and continued support of Autumn Fest.

In May we also celebrate **Neighbourhood Centre Week**. We are very proud to be one of 143+ Centres in QLD Creating spaces for participation, belonging and connection to 1.6m visitors each year, including 956,100 Programmed Activity Participants. For every \$1 invested by the QLD Government, the sector produces \$4.81 in community value.

This year's theme is 'Locals connecting Locals', which describes the work of St David's Neighbourhood Centre perfectly!

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!!



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



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.

Community Outreach



To our Wonderful Community Members,

I hope you are all well.

The month of May marks Domestic and Family Violence Prevention Month in Queensland, an annual initiative to raise community awareness of domestic and family violence and coercive control, and the support services available.

The theme for 2023 is 'It's in our control to end coercive control'.

Domestic and Family violence is when one person uses forms of abuse and violence to intimidate, dominate and maintain a level of control over another. Domestic and family violence can affect anyone in the community regardless of gender, age, location, socio-economic and health status, culture, sexual identity, ability, ethnicity or religion. It can be perpetrated by any member of a family or carer relationship against another. It can take the form of physical violence, sexual violence, psychological/ emotional abuse, financial abuse, social abuse, stalking, cultural/ spiritual abuse, verbal abuse, or technology facilitated abuse. If you or someone you know are having concerns please do not hesitate to contact the centre and chat to Kat.

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

"Thank you to the St David's community for your warm welcome, I am excited to serve in a community that is helping connect the local people in Coopers Plains and the surrounding suburbs.



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
- Helping you improve your capability 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.
- Negotiating with creditors and lenders
- Establishing financial stability and future savings plans
- Referring to other services such as family violence and mental health services
- Accessing No Interest Loans

Please do not hesitate to introduce yourself, have a chat or if you have any questions about the program"

**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

**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.**

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 NVW 2023 is **Change Makers**. This theme highlights our power to drive change and ensure volunteering is inclusive of all members of the Australian community. Volunteers play a vital role in creating positive change in their communities and beyond. Their dedication and selflessness to help others creates a better future for all of us.

Volunteering has the power to change the lives of both volunteers and those they help. Whether you are a seasoned volunteer or just starting your volunteer journey, your efforts make a difference.

St David's Neighbourhood Centre is blessed by an amazing community of volunteers that are passionate about helping others and giving back. While our community faces the challenges of ongoing Covid, housing shortages and the rising cost of living, our volunteers remain positive 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

Laura, Nell, Carol, May, Aldous, Nelly, Sue, Irene, Paul, Averil, Tom, Peter, Anne, Neer, Jack, Elizabeth, Rhonda, Connie, Sandy, Belinda

Harmony Club

Noela, Cathy, Anne, Jenny, Pam

Stay N Play Playgroup

Ally, Gieng, Noela, Jack, Elizabeth

Conversational English

Rosalie

Gardening

Kigen
Michelle

Art,Craft and Chat

Anne

What is a Change Maker?

A Change Maker is someone who takes action to make the world a better place

Change makers are:

- Driven to contribute to the greater good
- Passionate about causes they care about
- Turn their passions into purpose
- The force behind social change
- Give their time and energy to make a difference

Volunteers are Change Makers

Volunteer's Celebration

Friday 19 May-2023

Please join us to celebrate our wonderful Volunteers and all that they contribute to our community. Light lunch and refreshments will be served.

11.30am to 1.30pm

RSVP by 18th May : 3274 3240



St David's Neighbourhood Centre

26 May: National Sorry Day

National Sorry Day offers the community the opportunity to acknowledge the impact of the policies spanning more than 150 years of forcible removal of Aboriginal and Torres Strait Islander children from their families. The first National Sorry Day was held on 26 May 1998 following the Human Rights and Equal Opportunity Commission report, *Bringing Them Home: The 'Stolen Children' report* (1997) which recommended that a national day of observance be declared.



27 May – 3 June: National Reconciliation Week

What is National Reconciliation Week?

National Reconciliation Week is a time dedicated to building positive, respectful relationships between all Australians and celebrating Aboriginal and Torres Strait Islander Peoples' culture. The aim is to explore how we can best contribute to the reconciliation process. Every year there is a theme attributed to National Reconciliation Week, which reinforces the idea that we all have a part to play. This year, the theme is 'Be a Voice for Generations'. This urges Australian's to use their words, their power, and their vote to create a better and more just Australia.

There are 5 important goals at the heart of Reconciliation:

- Overcome racism,
- create Equality and Equity—Renew focus on Closing the Gap,
- political, business and community institutions commit to supporting the reconciliation process,
- Aboriginal and Torres Strait Islander histories, cultures and rights are a valued and recognised part of a shared national identity and, as a result, there is national unity.
- Acknowledge our past through education and understanding.

 **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 26 MAY
3274 3240 community@stdavidsnc.org.au
68 Orange Grove Rd, Coopers Plains 4108
www.stdavidsnc.org.au



St David's Uniting Church
Invites you to join with us for



4-6pm, Saturday 13 May

68 Orange Grove Rd, Coopers Plains

Fun and inclusive for all ages!

Free crafts, activities, games & meal.

Theme: God's Family



Welcome to Term 2!

We hope you all enjoyed the easter break!

We've welcomed some new families this month & most have been grandparents coming along with their grandies. It's lovely to have them join our playgroup community and being able to see the beautiful interactions between them. They have all shared with me, that they enjoy coming along to playgroup! J

Graham Perrett MP visited Stay n Play to celebrate National Playgroup Week. He had a great time in our sandpit with the children, especially Master Finn. They enjoyed playing with the diggers and dug a lake for our animals to swim in.

A special morning tea was enjoyed that day, with some of our friends from Harmony Club joining us too.

We celebrated a very special birthday ~ Ally (our Thursday group volunteer). We sang 'Happy Birthday' and enjoyed eating rainbow cupcakes. We also celebrated Master Patrick's 4th birthday too!

I am excited to announce that Jack & Elizabeth (previously just our Friday group volunteers) will now be a part of playgroup on Tuesday's & Thursday's as well. J Jack & Elizabeth love spending time with the families, especially the children. They say ~ "It makes them feel young!". They are looking forward to meeting you all.

Lastly, this month we celebrate all our mums, aunties, grandmothers and mother figures in our life for all that they do for us. So, we wish you all a very Happy Mother's Day!

Looking forward to another exciting term ~ Learning through play.

♥ Miss Melanie ♥



Thrift Shop News

Autumn Fest 50% off all Thrift Shop Stock!!

Come and visit the Thrift Shop at Autumn Fest -
Saturday 6th May 8.30am to 1.00pm

- There will be 50% of all stock.
- We have a gorgeous range of Manchester including table cloths, napkins and bed sheets.
- There will be a selection of collectable, and retro items.
- and as always we will have a book sale!

Don't forget that the Thrift Shop will now 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!

Volunteers Week also happens in May and it is a great time to acknowledge how blessed we are with the most amazing volunteers. We wouldn't be able to run the Thrift Shop without their hard work and passion for helping others. THANK YOU!!

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

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.



BLOKES+BANTER BBQ

LAST FRIDAY OF THE MONTH

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



\$7

MAY 26 2023

11:30PM - 1.30PM



ST DAVID'S NEIGHBOURHOOD CENTRE

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

Around the Centre



The Board Games and Pizza day was a popular activity during the school holidays!



Harmony Club clients loved their visit to the Memory Lounge at the Queensland State Archives



Free Events in MAY

Coopers Plains Library

107 Orange Grove Road, Coopers Plains

Bookings required for these events.

Please phone Coopers Plains Library on 3403 1530

iPhone basics—Thu 11 May 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.

Under Eights Week: Dramatic play- Fri 19 May 2023

3:30pm to 4:15pm

Children will experience the joy of dramatic play and extend their expressive language as they use new words while interacting with each other. This session includes unstructured exploration of play resources promoting pretend play, creativity, and language development. Ideal for children aged 3-8 years.

Growing orchids and succulents on a budget

Sat 20 May 2023

10:30am to 12:00pm

Are you a lover of orchids or succulents? Find out how you can continue to enjoy your passion for plants in the face of cost-of-living pressures! David Furness will share his tips to help you grow and care for orchids and succulents at a minimal cost, drawing on his extensive knowledge working in the commercial nursery sector.



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



EVERYONE
is welcome here



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

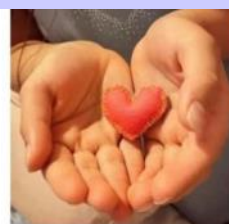
Sew Sustainable

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



Heartfelt Handsewing

Our free community hand sewing sessions are held on the
**Last Tuesday of the Month
7-9pm**

Harmony



Happy May to everyone!

Don't forget Harmony will be open on Fridays from this month, so if you are wanting to attend please let us know. It is great to be getting out and about again! If you would like to join one of our outings book in early to secure your spot. Have a look at the calendar for more activities happening.

Just a reminder, if you know you have an appointment and not attending Harmony, It would be appreciated if you could let us know.

What's on in May.

- ♦ High tea for the coronation of King Charles III 5th May
- ♦ Mother's Day morning tea 12th May
- ♦ Triggering our memories with a visit to the State Archives on 9th May
- ♦ Bus trip Sunnybank community centre for lunch 19th May
- ♦ Bus trip Karawatha Forest for morning tea 23rd May
- ♦ Blokes and Banter BBQ on Friday 26th May
- ♦ Bus trip Mt Gravatt lookout for morning tea 29th May

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. In NDIS terms we can offer the following support types:

Centre based group activities.

- ♦ Group activities accessing the community.
- ♦ 1:1 individual support in our centre or to access the community or maybe assist with shopping.
- ♦ 1:1 individual support in your home to assist with meal preparation, household cleaning and even personal care if required.
- ♦ Support to attend special events on weekends or evenings such as a concert or even to provide support in your home while your partner or carer is away.

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. I am available at any time if you would like to see me or just have a chat.

My email is harmony@stdavidsonc.org.au or call me on 3274 3240.

If you would like to volunteer in our fun packed Harmony room Monday-Friday let us know.

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

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

Thinking of YOU



MOTHERS WHO
HAVE LOST
CHILDREN



THOSE WHO HAVE
LOST MOTHERS



THOSE WITH
STRAINED MOTHER
RELATIONSHIPS



MOTHERS WITH
STRAINED CHILD
RELATIONSHIPS



THOSE WHO HAVE
CHOSEN NOT TO BE
MOTHERS



THOSE YEARNING
TO BE MOTHERS

