



**St David's
Neighbourhood
Centre**

Community Newsletter

August 2023

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

Contact us:

Phone: 3274 3240

Email: info@stdavidsnc.org.au

Website: stdavidsnc.org.au

facebook.com/stdavidsnc



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.

YOUR COMMUNITY,
YOUR NEIGHBOURHOOD CENTRE
ABN 64 543 404 785

Proudly funded and supported by:



Dedicated to a better Brisbane



Queensland Government



Australian Government

Department of Health and Aged Care



This month I would like to introduce you to Hazel. Hazel has a passion for numbers and working for not-for-profit organisations, interests that make her the perfect Accounts Administrator. This is a new role, and we look forward to her support as we streamline and expand our accounts processes. Welcome Hazel to St David's Neighbourhood Centre. Please take a moment to say Hi next time you are in the Centre.

In July we had our long-awaited shed installed by Brisbane Garden Sheds. This is a new shed to store items we do not use very often. Thank you, Ross, for doing an excellent job in installing the shed. Our spaces are looking tidier with the extra space. Thank you also to Brisbane Garden Sheds for their contribution towards the cost of the shed.



You may have noticed some new signs around the centre with the message 'Respect our Staff'. As an organisation St David's Neighbourhood Centre has a duty of care to provide a safe work environment for our staff and volunteers. There is also a new code of practice which outlines organisations and businesses responsibility for the Psychological Safety of staff. This means ensuring their mental wellbeing is not adversely affected by their experiences at work. As community members you can play a part in this. Verbal and physical abuse towards staff and volunteers is not tolerated and we ask you treat us with kindness and respect.

Regards Kellie

Regards Kellie, Manager of St David's Neighbourhood Centre

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 program Monday to Friday

STAY N PLAY PLAYGROUP - Monday to Friday

9.30am to 11.30am. Bookings required,
please email: staynplay@stdavidsnc.org.au

THRIFT SHOP—Monday to Friday 9.00am to 2.00pm

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.

MONDAYS

Casual Craft & Chat (free) 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 & 3rd Tuesday
7.00pm to 9.00pm

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

WEDNESDAYS

Painting for Pleasure Wednesdays 10am to 12:30pm

Tech Connect (free) Wednesdays 9.00am to 12.00pm

THURSDAYS

Busy Hands Craft Group Thursdays 9am to 11:00am

FRIDAYS

Community BBQ Breakfast (free) Last Friday of month
7.30am to 9.00am

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

Tai Chi (Gold program) (free) 10am to 11.00am

SATURDAYS

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



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



Moorooka Salisbury Tarragindi

Our sewing bees are held on the
**First and Third Tuesday
Of the Month
7-9pm**



Heartfelt Handsewing

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

What's on this month...

 Hearing Australia

Hearing Australia is coming to you



You can find us here

St David's Neighbourhood Centre

Thursday 24 August

Drop in between 9.00am to 1.00pm

Free hearing checks for all adults and information
about hearing concerns and Hearing Aids.

Call 3274 3240 or email
community@stdavidsnc.org.au for more information

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 14 and 28 August

9.30am to 11.00am

Meet at the Neighbourhood Centre

Wear a Hat and comfy shoes

Bring along a water bottle

Morning Tea provided afterwards



This group is kindly supported by the
Wesley Mission Wellbeing Program



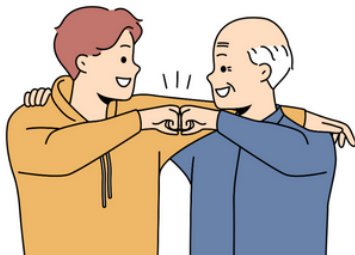
ST DAVID'S NEIGHBOURHOOD CENTRE

3274 3240 • 68 Orange Grove Rd, Coopers Plains

BLOKES+BANTER BBQ

LAST FRIDAY OF THE MONTH

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



\$7

AUGUST 25 2023

11:30PM – 1.30PM



ST DAVID'S NEIGHBOURHOOD CENTRE

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

FREE! Community BBQ BREAKFAST

**7.30am
to
9.00am**



★ Friday 25 AUGUST

Sausage Sizzle, fresh fruit, tea, coffee, milo

Corner of Orange Grove Rd and Rookwood Avenue ★



St David's Neighbourhood Centre

Outreach News

Hello,

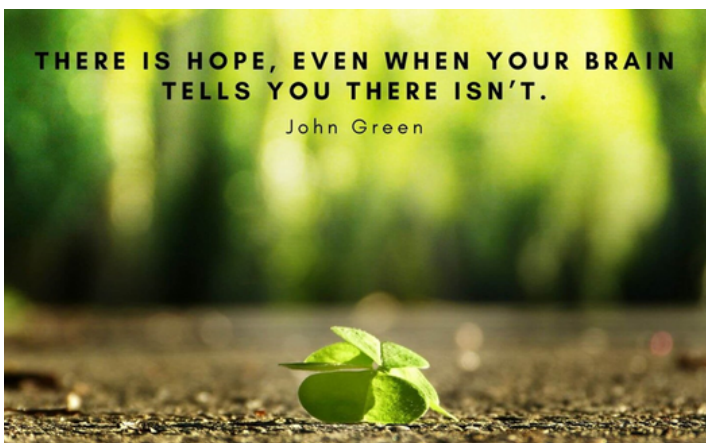
I hope you are all keeping warm and enjoying the Winter months so far!

This time of year may be particularly challenging for so many of us. Challenges or demands can trigger stress as a natural response. There can be times in our lives when we feel especially overwhelmed with tension and stress is left unmanaged. This can lead to having negative impacts on one's mental health and wellbeing.

Stress causes a physical reaction in your body that can help you in responding to challenges. It is a way for us to know that something in our life is causing us concern and is affecting how we are thinking and feeling. It is not always bad but if you are stressed for prolonged periods of time, it can lead you to feel like you are not coping, overwhelmed or exhausted. If you feel that stress is impacting on your ability to function, chat to your doctor to find out what supports are available.

One way to manage stress is by practicing relaxation techniques. Relaxation techniques can help you manage your stress and help in improving your emotional health and wellbeing. Relaxation techniques for stress may include slow breathing, practicing mindfulness and positive affirmations. Exercising daily, having a well-balanced diet, socialising in healthy relationships, finding meaningful activities, and getting enough sleep can all help in relieving stress. At the centre we have a range of social activities that foster a sense of belonging. To find out more about what is happening around the centre please give us a call. Hope to see you soon!

Warmest Regards
KAT



NEED HELP WITH YOUR 2022-2023 TAX RETURN?

<https://www.ato.gov.au/Individuals/Your-tax-return/Help-and-support-to-lodge-your-tax-return/Tax-Help-program/>

Sherwood Neighbourhood Centre will host the Tax Help program from the 27th July 2023.

If you earn \$60K or less a year and have simple tax affairs, visit [ato.gov.au/taxhelp](https://www.ato.gov.au/taxhelp) to check if you're eligible for free assistance through the community-based Tax Help program.

If you're eligible call 3379 6963 Monday - Friday, 9.00am - 4.00pm to make an appointment.

You will need to bring the following with you for your appointment:

- your myGov username and password – our volunteers can help you set up or access this
- your mobile phone to receive your myGov SMS security code
- your bank account details (BSB and account number)
- your tax file number (TFN)
- a notice of assessment from the last five years
- income statements, payments summaries
- receipts for gifts, donations, work-related expenses
- details of any child support payments made
- details of your spouse's (married or de-facto) taxable income or a reasonable estimate



What is Homelessness Week? In Australia, there are over 122,494 people experiencing homelessness on any given night. Homelessness Week aims to raise awareness of the causes and impacts of homelessness via national and local events and campaigns. This includes providing information on the importance of housing as a solution and educating communities on how they can make a difference.

The theme for this year's Homelessness Week is "IT'S TIME TO END HOMELESSNESS" In 2023, the Federal Government will begin developing a 10-year National Housing and Homelessness Plan. Our aim is for the plan to be ambitious and include the reforms needed outside the homelessness service system that are critical to ending homelessness, like people having adequate incomes, access to affordable housing, freedom from violence, and the support they need.

Homelessness Australia, together with Everybody's Home, have developed this petition to Prime Minister Anthony Albanese calling for the Government's 10-year housing and homelessness plan to aim to end homelessness. <https://everybodyshome.com.au/end-homelessness/>

- On any given night, 122,494 people in Australia are experiencing homelessness (ABS Census 2021).
- One in seven people experiencing homelessness are children under 12 (ABS Census 2021).
- 23 per cent of people experiencing homelessness (almost one in 4) are children and young people between 12 and 24 (ABS Census 2021).
- One in five people experiencing homelessness are Aboriginal and/or Torres Strait Islander people (ABS Census 2021).

Only 6.2 per cent of people without a home are sleeping rough. The majority of homelessness is hidden – people in crisis accommodation, rooming houses, insecure housing, overcrowded dwellings or couch surfing.



Dental Health Week is the Australian Dental Association's (ADA) major annual oral health campaign. It takes place each year in the first full week of August. The campaign focuses on the importance of taking steps to care for your teeth and gums to help you keep your teeth and smile for life. This year, DHW is focusing on the mouth and whole-body connection. There are links between diseases in the mouth and diseases in the body. Bacteria in the mouth can travel to different sites of the body and inflammation in the mouth can increase the body's overall inflammation. Six conditions have been explored in how they link with the mouth:

- Heart Disease
- Diabetes
- Alzheimer's Disease
- Adverse Pregnancy Outcomes
- Lung Conditions
- Inflammatory Bowel Disease



Dental Health Week

Maintaining good oral health is important to keep your teeth for life. It should not be normal to expect that you will need to have some teeth removed because of tooth decay or gum disease. After all, you do not expect to lose an arm or leg, so why expect to lose any of your teeth? Australians should aim to keep their teeth for their lifetime. If you have not had a recent visit to the dentist, it is a great time to make an appointment. A visit to your dentist for face-to-face advice is the best way to get your questions answered. Check out the teeth.org.au website to find trustworthy and up-to-date oral health advice written by dentists from around Australia.



Term 3 is in full swing now. Our families are enjoying our 50% OFF price. We've had lots of positive feedback about it, as "it's a great help during these tough times" as well as it being "a very generous offer!" We welcomed our student on placement "Tharindi" she will be in playgroup on Monday's.

We had lots of fun through July, blowing bubbles, practicing our balancing skills, enjoying our new chairs & bench seats. We celebrated Daisy's 3rd birthday. SnP families, our friends in Harmony, staff & volunteers dressed up for PJ Day. It was great to come to work in our 'fresh from bed' looks! For Christmas in July our gift to families was a 50% OFF voucher for KIDS books, toys & clothes to use in the Neighbourhood Centre's Thrift Shop. I hope you all found some lovely things!

I am pleased to announce the winners of our Naidoc Week colour in competition in all 3 categories. It was great to see so many entries. Thank you to everyone who entered and a very special thank you to Robyn for taking on the hard job of judging all the wonderful, creative entries.

CONGRATULTIONS to the winners: -

Liam - Stay n Play playgroup

Wendy - Harmony Club

Kerry - Staff & Volunteers



LOOKING FORWARD TO
MORE FUN & LEARNING
THROUGH PLAY!

♥ MISS MELANIE ♥



UPCOMING EVENTS FOR AUGUST

- Science Week (7th - 12th) - we will be doing ours a week earlier
- SnP Fairground (14th - 18th) - for EKKa week
- Playgroup will be CLOSED - WED 16th for (People's Day - Public holiday)
- Book Week (21st - 25th) - Families (parents & carers included) are invited to come dressed up as your favourite character.
- Father's Day crafts (28th - 1st SEPT)



THURSDAY
21st SEPT

9.30 - 11.30 am

Come see, pet & hold the cute
baby animals from the farm!

BOOKINGS ESSENTIAL!

RSVP by 15th SEPT

staynplay@stdavidsnc.org.au



**ANIMAL
FARM**

Ticket cost
\$3.00 for 2023 SnP
registered family
\$5.00 for non members



St David's Neighbourhood
Centre
68 Orange Grove Road
Coopers Plains



Common People Dance Workshops at St David's Neighbourhood Centre

"Common people dance project invites you to join their free community dance workshops at St David's Neighbourhood Centre where you and your friends will learn some big fun dance routines that will then feature in common people dance party event in September. If you can't make the workshops don't fret the dance parties will be full of guided routines so everyone can join in and become the main character in the 80s dance movie of your dreams."

Free dance workshops are being presented every Tuesday night 6.30 to 7.30pm from 18/7/2023 to 29/8/2023. You are more than welcome to come along when it suits you, or join us for every workshop!

In September, the Common People Dance Party event will be held on Saturday 8th September. You can attend the Dance Party without doing the workshops, and vice versa. You can check out the Common People Dance Party at the Brisbane Festival website: www.brisbanefestival.com.au/whats-on/2023



BRISBANE FESTIVAL AND THE QUEENSLAND GOVERNMENT PRESENT

Free Dance Workshops

with Common People Dance Project

WHERE

St. David's Neighbourhood Centre

68 Orange Grove Road, Coopers Plains, QLD 4108

WHEN

Starting 18 July, Tuesday's at 6:30pm - 7:30pm

Get ready for the time of your life...

Common People Dance invites you to join their free community dance workshops. Fully guided by their friendly dance captains, you and your friends will learn some big fun dance routines so everyone can join in and be the main character in the 80s dance movie of your dreams.

Workshop participants will be invited to participate in a special event for Brisbane Festival.

Volunteering

Want to make a difference in your community?

Volunteers needed!

We are looking for some special volunteers to help us with our programs.

Cooking assistant -We are looking for a reliable and enthusiastic volunteer who has a passion for cooking to assist with the preparation and packaging of meals for our Free Meals program that provides nutritious takeaway meals for those in need in our community. Volunteers must be available on Fridays mornings from 8.00am.

Harmony Club volunteer-. We need 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



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

www.stdavidsnc.org.au

Thrift Shop News

We had a wonderful time at our Winter Warmer sale last month, with customers enjoying the free coffee and toasted sandwiches! We are hoping to do more Thursday Night events in the future so please keep an eye on our Facebook page and newsletter for dates.

Happy Shopping...Tanja

AUGUST SPECIALS

BOOK SALE

BUY 1 AND GET 1 FREE!!



50% OFF WINTER CLOTHING



The Thrift Shop is looking amazing at the moment thanks to the hard work of our volunteers. Come and say hello and check it out!



Around the Centre

Pyjama Day!!



Matchy matchy!



Bella and Kellie enjoying a network meeting.

We had wonderful time celebrating our amazing volunteers at our annual Volunteers Lunch!



Harmony Club



Hello to August

July was certainly busy with all the Harmony Activities. I hope you are enjoying getting out and about, meeting new people and making friends. Highlights for August include:

- Visit to Coopers Plains Library on Wednesday 2nd
- Morning Tea at Mt Gravatt Lookout on Tuesday 8th
- Information session on Financial Resilience with Luke from Good Shepherd on Thursday 10th
- Heading to Richards Lions Club for lunch on Friday 11th
- Visit to QLD State Archives Memory Lounge on Thursday 17th
- On the 25th a bus trip to Springfield Park for a BBQ
- Bus trip to Karawatha Forest Discovery Centre for morning tea on Wednesday 30th
- For the Blokes and Banter BBQ on Friday 25th we will be enjoying a concert with Terry Scott.

Line Dancing Lessons with Miss Melanie have also started and will happen each Tuesday at 1.00 pm. Just a reminder that Harmony Club will be closed for the EKKA public Holiday on Wednesday 16th. Don't worry, we plan to enjoy Strawberries and Icecream that EKKA is famous for.



We hope to offer something for everyone so if you have any ideas about what you would like to see offered in Harmony Club, please let us know. If you have any questions or would like further details, please do not hesitate to speak to myself or one of the Harmony Team Members. harmony@stdavidsnc.org.au or on 3274 3240.

Regards Sue and The Harmony Team



Harmony Club offers centre based day respite. Freshly made morning tea and lunch is provided and our qualified, experienced and friendly staff coordinate a variety of activities. Bus trips are on offer venturing out to places in the Brisbane area. Transport can be arranged to and from the centre for those who reside in our catchment area or clients can arrange their own transport. Want to know more? Contact our Harmony Coordinator on 3274 3240.

Where carers can
find support

1800 422 737
caregateway.gov.au

wellways

Carer
Gateway
An Australian Government Initiative

This month I would like to introduce you to the Carer Gateway. The Carer Gateway is an Australian Government Program providing free support for carers. If you care for a family member or friend with disability, a medical condition, mental illness, or who is frail due to age, then Carer Gateway can help you.

Some of the support they provide include:

- In person and Online peer support groups.
- In person and phone counselling.
- Access to emergency respite if you suddenly find you can't provide care, maybe you become ill or injured.
- Support packages to help with accessing planned respite, services, and other support.

For more information you can visit:

<https://www.carergateway.gov.au/>
or phone 1800 422 737.

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Memory Game Chair Exercises Walking group Piano with Pam 1:00 Line dancing lessons	2 Walk to Coopers Plains library. Board Games Craft Magic	3 Memory Game Board Games Walking group	4 Walking group Board Games	5 Walking group Board Games	6 Walking group Board Games	
7 Bingo Walking group Craft Magic Cooking Classes	8 Bus trip Mt Gravatt lookout For morning tea Piano with Pam 1:00 Line dancing lessons	9 CARPET BOWLS Walking group Board Games	10 Financial Resilience Session Good Shepherd Piano Playing with Jen	11 Bus trip Richland Lions club for lunch	12 Bus trip Richland Lions club for lunch	13 Bus trip Richland Lions club for lunch
14 Bingo Walking group Cooking Classes	15 Walking group Piano with Pam 1:00 Line dancing lessons	16 EKKA Show day holiday.	17 Memory Lounge Queensland State Archives Craft Magic HARMONY BBQ Lunch	18 High Tea Craft Magic	19 High Tea Craft Magic	20 High Tea Craft Magic
21 Bingo Walking group Craft Magic Cooking Classes	22 Memory Game Chair Exercises Walking group Piano with Pam 1:00 Line dancing lessons	23 CARPET BOWLS Walking group Board Games	24 Piano Playing with Jen Walking group Trivia	25 Bus trip Springfield Park for BBQ 11:00 Blokes & Banter BBQ Concert with Terry Scott	26 Bus trip Springfield Park for BBQ 11:00 Blokes & Banter BBQ Concert with Terry Scott	27 Bus trip Springfield Park for BBQ 11:00 Blokes & Banter BBQ Concert with Terry Scott
28 Bingo Walking group Cooking Classes	29 Memory Game Chair Exercises Walking group Piano with Pam 1:00 Line dancing lessons	30 Bus trip to Karawatha Forest Discovery Centre for morning tea Walking group Board Games	31 Card's 500 Board Games Craft Magic Walking group			