

Community Newsletter

JULY 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:









Australian Government

Department of Health and Aged Care

YOUR COMMUNITY,

YOUR NEIGHBOURHOOD CENTRE

ABN 64 543 404 785

A Message from the Manager

Welcome to the July issue of our newsletter. The first 6 months of the year, certainly feel like they have flown by, and I am sure in December, we will be saying 'I can't believe it is Christmas already'. Having mentioned Christmas, I hope you can join us for our special event this month, late night shopping and our Christmas in July sale at the Thrift Shop. It should be a lovely evening and a great opportunity to pick up a bargain in the afternoon. See the flyer for more details.

Last month we said a very sad goodbye to one of our longest serving staff members and a valuable member of our community, Dawn. First starting as a mum in playgroup in Barbara Haylock days, she joined the St David's Neighbourhood Centre Team over 16 years ago. Dawn has been the welcoming face at the front desk, cooked up amazing treats for Autumn Fest, but what I think she is most famous for is her fudge. We wish you all the best Dawn in your retirement and thank you for your many years of service.

The front desk will not be left vacant with Sam manning the station five days a week. Thank you, Sam, for stepping up and continuing the good work. Recruitment is currently underway for a new team member to take up the role of Accounts Administration and new Board of Management members, especially a Treasurer. I look forward to sharing more details soon.

Winter is well underway and so is the cold and flu season. COVID-19 is also very much present in the community. It is important we look after ourselves and each other. If you are unwell in any way, please stay home, this way you will get better quicker and prevent the spread of infectious diseases such as colds, flu, and COVID-19. If you need help or having any questions, please do not hesitate to reach out.

Feedback from our volunteers, families and service users is important. It helps identify what we are doing well and what we can improve on. We have three surveys out at the moment, so if you are a volunteer, family of Stay n Play or participate in any one of our social groups and community activities, please take up the opportunity to have your say.

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



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 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. 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 - 11:30.am

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 9.00am

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





Corner of Orange Grove Rd and Rookwood Aveune





St David's Neighbourhood Centre

BLOKES+BANTER BBQ

LAST FRIDAY OF THE MONTH

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



JULY 28 2023

11:30PM - 1.30PM

ST DAVID'S NEIGHBOURHOOD CENTRE RSVP: 3274 3240 * 68 ORANGE GROVE RD, COOPERS PLAINS

Free Events in JULY

Coopers Plains Library

107 Orange Grove Road, Coopers Plains

Bookings required for these events.

Please phone Coopers Plains Library on 3403 1530

Concert—Red Rocket 3

School Holiday Program

Tue 4 Jul 2023 10:00am to 10:45am

Join three-piece children's band Red Rocket 3 for a high -energy performance. Enjoy live music, sing-alongs, interactive games and a whole lot of fun. Ideal for children aged 3-10 years.



Diverse abilities: Robots in space

School Holiday Program

Tue 4 Jul 2023 1:00pm to 2:00pm

Join in games and activities using coding and robotics to explore the solar system. No programming experience required. This inclusive event is ideal for those with diverse abilities and their carers.

Family code club with Sphero

School Holiday Program

Wed 5 Jul 2023 2:00pm to 3:00pm

Are you interested in learning about basic robotics and coding as a family, using Sphero robots? This fun and interactive session will show you how to program robots to navigate an obstacle course. Ideal for children aged 5-12 years and their carers.

Simple photo editing

Thu 27 Jul 2023 1:00pm to 2:30pm

Learn how to store, organise and make simple changes to digital photos on your smartphone or tablet. Bring your own device. Basic tablet or smartphone skills required.



Community Outreach

This community is inclusive, caring, and welcoming; hence why so many feel a sense of belonging when coming to the centre. A sense of belonging to a greater community improves your motivation, health and happiness.

Having a sense of belonging is a common experience and a simple word for a huge concept. A sense of belonging is a human need, just like the

need for food and shelter. Feeling that you belong is most important in seeing value in life and in coping with intensely painful emotions.

Effort and practice are needed to develop a sense of belonging. A way to work on increasing your sense of belonging is to find ways you are like others instead of focusing on differences. Someone is much older than you? Maybe they have wonderful stories to tell, and you love to listen to their experiences. Does someone have a different belief system than you? Maybe you both enjoy a good debate or you both value faith in God. Sharing your differences and still accepting the person creates peace.

To accept others and their different views may require that you open your thoughts to the idea that there is value in everyone's thinking. You can find truth in the most difficult-to-understand, and even when not in agreeance. One of the best ways to communicate acceptance is through validation. Validation builds a sense of belonging and strengthens relationships — it is the language of acceptance. Validation acknowledges that someone's internal experience can be different, yet it helps you stay on the same side. Belonging can be fostered, even if we might not be in agreeance.

Stay warm and see you in the centre soon! 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/

About the Tax Help program

From July to October each year, Services Australia our accredited volunteers help people lodge their tax returns online. Our volunteers can also help you to:

- create a myGov account
- lodge an amendment to your tax return
- claim a refund of franking credits
- tell us if you don't need to lodge a tax return.

You can speak to a Tax Help volunteer online, by phone or in person at Tax Help centres across Australia.

Eligibility for Tax Help

You are eligible for Tax Help if your income is around \$60,000 or less for the income year and you didn't:

work as a contractor, run a business, including as a sole trader, have partnership or trust matters, sell shares or an investment property, own a rental property, have capital gains tax (CGT), receive royalties, receive distributions from a trust, other than a managed fund, receive foreign income, that is not a foreign pension or annuity.

If you are not eligible for Tax Help you may qualify for assistance from a National Tax Clinic program.

Make an appointment

If you're eligible for the Tax Help program, you will need to make an appointment. You will also need to create a myGov account and link it to the ATO.

To make an appointment, phone us on 13 28 61 (select option 3, then option 2) for Tax Help services near you.

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

- your myGov username and password if you are unable to locate or remember your myGov sign in details, or don't have a myGov account, our volunteers can help
- your mobile phone to receive your myGov SMS security code
- your bank account details (BSB and account number)
- your tax file number (TFN)
- an original or amended notice of assessment from any one of the last five years
- income statements or payments summaries from all sources
- all your receipts for gifts, donations and 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

It is important to find a place where you feel trust, you feel belonging and stability.

Bojan Krkic

No app

san mo





This year NAIDOC Week celebrations focus on the role Elders have in preserving traditional knowledge and caring for their communities.

Aboriginal communities are hierarchical structures. Though there is no single leader (as the early explorers assumed), Elders can hold a lot of power. In some communities men and women are elders with equal standing; in others it may be a few men who hold that status. Elders are usually addressed with "uncle" or "aunty" which in this context are terms of respect. They are used for people held in esteem, generally older people who have earned that respect. They don't need to be elders. At many activities and events the protocol is "elders first". This custom has its origins in traditional culture where elders were the first to receive the best bits of food. Then and now it's a gesture of respect for the knowledge and wisdom holders of the community.

Source: Respect for Elders and culture - Creative Spirits, retrieved from https://www.creativespirits.info/aboriginalculture/people/respect-for-elders-and-culture

Elders play a vital role in all Indigenous communities. "Elders in our community are respected for their stories, art, song and language. While many of them are caring for their grandchildren they are consulted about programs and services."

Charlie, a Kamilaroi man, says in good times and bad, Elders aim to provide guidance, counselling and knowledge. "Elders sit within the local Murri Court. The men and women facing charges sit with the Aunts and Uncles and yarn about their journeys and a way forward," he said.

"Spending time with elders and community can help people – many of whom are dealing with mental health issues - feel a positive connection to their history, Country and the Dreamtime."

"Elders not only play an integral part in preserving traditional knowledge, they are also pivotal in helping tackle broader community issues such as health, education, unemployment, racism and oppression," she said. "By empowering Elders with the support necessary to address issues in their communities, we can make a positive step in helping close the gap and transferring sacred spiritual knowledge."



our Outreach Worker to discuss

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 savings plans
- Referring to other services such as family violence and mental health services
- Accessing No Interest Loans

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

No app san



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.

I unch 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



Did you know? Volunteering can make you feel healthier!

Helping others is also related to improved physical health, including weight control, lower blood pressure and relief from depression and chronic pain.

Research has found that givers were 25 percent more likely to say they were "in excellent health."

Dr Sharp explains this result: "When we're helping others we're more likely to feel good about ourselves which is, not surprisingly, a positive contributor to mental health. Mental and physical health are highly correlated so when we're psychologically well, we're also more likely to be physically well," he says.



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



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

www.stdavidsnc.org.au





volunteer's needed!

Thrift Shop News

Hello All,

Hope you are warm and well. The Thrift Shop volunteers have been busy restocking winter wear and we have a wide range on offer so are looking forward to seeing you soon.

Thanks to all our wonderful customers who have supported us and we advise our shop hours have been adjusted to 9am – 2pm Monday to Friday and we have some exciting events coming in July including a kids workshop and a late night shopping event.

To celebrate Plastic Free July we have a T-SHIRT BAG WORKSHOP On Wednesday 5th July from 10am – 11am for you and the family to come repurpose a T-Shirt into a carry bag for all your amazing purchases. All materials and instruction are supplied so please join us.

WINTER WARMER EVENT: Thursday 20th July. Shop open 9-6pm with a Christmas In July sale and all our toys will be reduced from our already low prices.

From 4pm-6pm you are welcome to enjoy some warm delicious Soup while you shop and the Kids can chill in a Kids Activity Zone.

For more information call 3274 3240.

Happy Shopping, Tania



St David's Neighbourhood Centre
Thrift Shop
Winter Warmer Event

Thursday 20 July 2023

- Shop open 9am -6pm
- k Christmas In July sale
 - * All toys reduced

From 4pm-6pm enjoy warm delicious Soup while you shop and the Kids can chill in a Kids Activity Zone.



www.stdavidsnc.org.au 3274 3240.





EFTPOS is available and it can be used to pay for Harmony, Stay n Play, Social Group Fees and also for Thrift Shop Purchases.



Ahoj!

Minimum of \$5 See Reception.

Your 10c recyclables can make a difference!

You can drop your eligible containers into the Neighbourhood Centre, or take them to TOMRA Recycling Centre at 655 Toohey Road Salisbury. Please quote our No.C10125238. All funds raised will go towards our community outreach.

ao!

hoj!

English Conversation Class

Quillon! Rominum Ahoj!

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

Brisbane Festival will be back in 2023 and once again St David's Neighbourhood Centre has been invited to be a community partner! This year we are part of the Common People Dance Party project which will provide free 80's dance workshops at community centres around Brisbane. These will culminate in a series of fantastic Common People 80's Dance Party in September. https://www.brisbanefestival.com.au/whats-on/2023



Free Dance Workshops

with Common People Dance Project

WHERE

St. David's Neighbourhood Centre 68 Orange Grove Road, Coopers Plains, QLD 4108

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.

Register with Karen | 07 3274 3240 | community@stdavidsnc.org.au

In collaboration with St. David's Neighbourhood Centre.









Around the Centre



We had a lovely send off for Dawn and it was great to see so many familiar faces!

























We've been very busy in playgroup this month. We had *Caitlin* come along for Year 11 Work Experience. It was a pleasure to have her part of our team for the week. She was welcomed by all volunteers & families. For sensory play, she made "oobleck" a non-Newtonian fluid (it has properties of solid & liquid). The children enjoyed slowly dipping their hands into it like a fluid, but when they squeezed it or punched it, it felt solid.

Michelle brought her guinea pigs along for the children to pat and feed. We enjoyed having them here and thank her for doing that! Gieng loved them so much, that she has now acquired a pair of her own!

We celebrated **Leo's 1**st birthday & **Lyanna's 4**th birthday! **Coopers Plains Library** popped in for a special visit. It was wonderful to have **Sharon** come along. She will be back later in the year! **Looking forward to more fun & learning through play**

To join our playgroup please email stdavidsnc.org.au with your chosen day/days.

An email will be sent to confirm your spot.





While prices keep going up around us, Stay n Play is bringing theirs down!

Sign up for Term 3 playgroup and enjoy 50% OFF! That's \$3.00 a visit per family or \$25.00 for a Term Pass. Email to register with your chosen day/days or any enquiries – staynplay@stdavidsnc.org.au



UPCOMING EVENTS FOR JULY

*Playgroup Closed 3rd July – 7th July (School Holidays)

*NAIDOC Week Colour in Competition – Winners will be announced

*Weekly Crafts for the month (change each week) – Painting, Playdough, Collage & Colour in

*PJ Day – Wear your PJ's to playgroup on Thursday 20th July

*TERM 3 DATES - starts July 10th Finishes Sept 15th





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



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

f Sing to Beat Aphasia



St David's Uniting Church

Invites you to join with us for



4-6pm, Saturday 8 July

68 Orange Grove Rd, Coopers Plains

Fun and inclusive for all ages!

Free crafts, activities, games & meal.

Theme: The Holy Trinity



Plastic Free July provides resources and ideas to help you (and millions of others around the world) reduce single-use plastic waste everyday at home, work, school, and even at your local café. Visit the website for more information:

https://www.plasticfreejuly.org/take-the-challenge/

HELPFUL TIPS FOR REDUCING PLASTIC USE

- BRING YOUR OWN BAG: Australian's use more than 10 million plastic shopping bags a day.
- DON'T BUY BOTTLED WATER: A good quality reusable bottle that you can fill with tap water or filtered water is much kinder to the environment and your wallet.
- USE REUSABLE PRODUCE BAGS: Avoid fruit and vegetables wrapped in plastic and take your own produce bags.
- TAKE A KEEP CUP: Take away coffee cups are lined with plastic and often can't be recycled. Take your own coffee cup or have a sit-down coffee using the cafe's mugs.
- SANITARY ITEMS—Try alternatives to tampons and pads for a plastic free period.
- BALLOONS & DECORATIONS— Celebrate in style with plastic free decorations.
- BATHROOM—Choose to refuse single-use plastic bathroom products. Look for products made from sustainable or recycled materials.
- BIN LINERS—Get crafty with your bin liners, try newspaper!
- PACK A PLASTIC FREE LUNCHBOX: It's estimated the average Australian school lunchbox generates 30 kilos of rubbish a year – avoid plastic-wrapped processed snack foods like biscuits and muesli bars
- GET RID OF PLASTIC FOOD WRAP: A good set of glass or stainless steel containers will pretty much eliminate any need for plastic food wrap. Reusable beeswax wraps are another great alternative to plastic.
- REUSE AND REFILL: Instead of buying a whole new container of shampoo, body wash, or kitchen spray, try refill options or bulk buying.
- SAY NO TO STRAWS: Buy a reusable straw. Plastic cutlery is another single-use plastic item you can avoid. Keep some reusable cutlery in your bag or glovebox.



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) 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



Harmony



Happy July to everyone

There have been some very cold days last month, make sure you bring a jumper along to Harmony. If you are feeling unwell, please stay home and rest.

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

We have a busy month in July:

What's on in July:

- Bus trip Mt Gravatt lookout for morning tea 3rd July
- Independence Day 4th July
- 10am Information session on Crime prevention 6th July
- Triggering our memories at the Memory Lounge Queensland State Archives 11th July
- Kingston Butter Factory Cultural Precinct & morning tea 12th July
- Bus trip to Karawatha Forest Discovery Centre & BBQ Lunch 17July
- Bus trip Richland Tavern for lunch 21st July
- Bus trip RSPCA Wacol morning tea 28th July
- Blokes and Banter BBQ 28th July

Have a look at the calendar for more activities happening, and let us know if you wish to attend a special occasion.



Trip to Memory lounge



Yalta Pies



Cooking



Games

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.

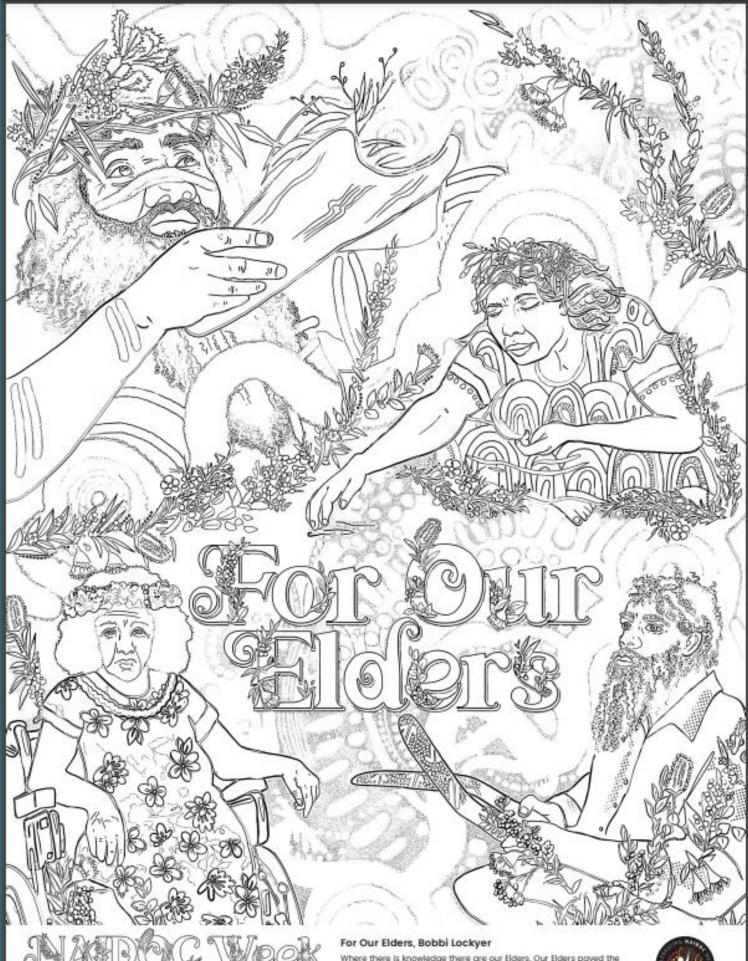
At Harmony Club we can offer a variety of supports that are available to NDIS participants whose plans are either self-managed or plan managed. Harmony Club has a central focus of providing a safe and caring place to make social connections and friendships within your local community.

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 aboutwhat 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.

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.



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

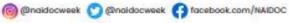


2-9 JULY 2023

#NAIDOC2023 #ForOurElders







Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.





