



**St David's
Neighbourhood
Centre**

Community Newsletter

September 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



What a busy month August was! September is looking like it is going to be the same. Details of events and activities are included in the what's on section.

We hope to see you at the 80's Dance Party event which is a part of the Brisbane Festival. It is great to be able bring free events to our community and this would not be possible without the support of QLD Government and Brisbane City Council.

A special morning tea will be held for RU OK Day so if you are in the centre on that day, wear yellow to show your support. We are all very excited about the Baby Animal Farm coming to the centre and will be joined by our friends from Blue Care Respite Facility for a pat and cuddle. We also have two activities in the September school holidays, both sound like a lot of fun.

This month we are also planning to complete some major landscaping work to fix several safety issues around the centre. Work will start on Monday the 18th September and go for two weeks. Aaron from AJR Handyman Services will be working on the front garden, driveway, and the Harmony & Stay n Play yard. There may be some disruption at times with noise and access.

We apologise in advance for any inconvenience this work may cause and thank you for your understanding. I ask you follow any safety directions and signage that may be put in place. Once this work is completed, we are looking at holding a party to celebrate our new and improved facilities.

October will mark Queensland Seniors Month and we are planning a trip to honour the seniors in our community. With the assistance of a grant from the Council on The Ageing QLD (COTA) we will be heading to see the Outback Spectacular on the Gold Coast. The flyer in the newsletter holds the details for this Spectacular Community Outing. All seniors in our community are invited so see the flyer for more details and please contact us to register your interest. Both paid and subsidised spots are available.

Regards Kellie, Manager of St David's Neighbourhood Centre

Hello Spring!!



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 5.50pm.

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

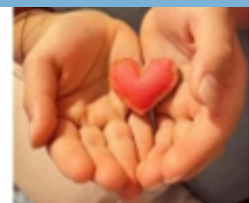


RSVP TO:
Slow Stitch Therapy Facebook page,
or Claire Edwards: 0409 349 177



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...



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



FREE!

**7.30am
to
9.00am**



Friday 29 September

Sausage Sizzle, fresh fruit, tea, coffee, juice

Corner of Orange Grove Rd and Rookwood Avenue



St David's Neighbourhood Centre

Check out our school holiday activities:



SCHOOL HOLIDAYS

**BOARD GAMES
& SNACKS**



FREE!

Thursday, 21 September 2023
12.00pm - 2.00pm
in the Garden Room

Family fun for ages 7 and over.

Children under 16 must have adult supervision.

Bookings essential - call 3274 3240 or email
community@stdavidsnc.org.au



ST DAVID'S NEIGHBOURHOOD CENTRE
68 Orange Grove Rd, Coopers Plains
www.stdavidsnc.org.au



SCHOOL HOLIDAYS

**PAPER HAND PUPPETS
& SNACKS**



FREE!

Thursday, 28 September 2023
10.00am - 12.30pm
in the Garden Room

Family fun for ages 5 and over.

Children under 16 must have adult supervision.

Bookings essential - call 3274 3240 or email
community@stdavidsnc.org.au



ST DAVID'S NEIGHBOURHOOD CENTRE
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Outreach News

Hello,

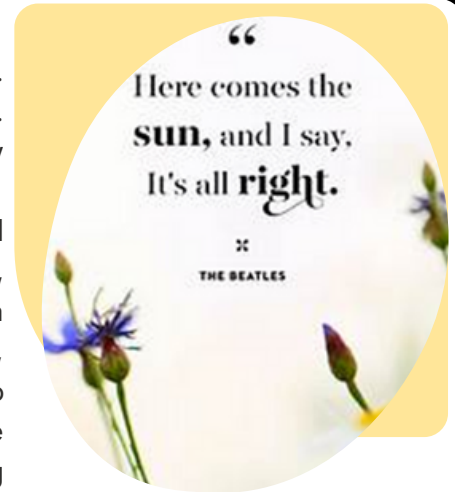
Springtime is here bringing a boost of fresh air and warmer weather. Spring is great time to give your health and wellness routines a re-visit. You may find that resolutions made in springtime are easier to follow than the ones you try to implement in the cold, winter months.

Spring brings the opportunity to add more fresh, in-season fruits and vegetables into your diet. Fresh produce contains important vitamins, minerals, plant chemicals and fibre. Spring brings about many in-season varieties of fruit and vegetables and there are multiple ways to prepare, cook and serve them. As the weather warms up, it is also important to stay hydrated. When it's warmer outside, your body can lose more moisture through sweating, even when you don't feel yourself getting sweaty. Dehydration can pose health risks and, even if you're mildly dehydrated, it can cause fatigue, low energy, and headaches.

To help prevent dehydration it's best to take proactive steps to drink enough water through the day. Getting enough physical activity everyday is really important. This can be as simple as taking a walk around the block or spending some time gardening. Any safe activity that gets your bones and muscles moving can help. Physical activity done outdoors engages all your senses and can have big effects on your mood and self-esteem.

Soaking up the sun, in a safe way, has many benefits. Bright light exposure can help release serotonin in the body which can boost your mood. Exposure to sunlight can also help in the production of vitamin D, which is good for bone health and boost your immune system. It is important to remember that, whilst enjoying the benefits of the sun, you still must protect your skin and eyes from damaging UV rays. Using appropriate sun protection can include wearing sunglasses, protective clothing, and sunscreen.

Enjoy the Spring and hope to see you all in the centre soon! Regards, Kat



From 4 to 8 September, it is Women's Health Week; a nation-wide campaign of events and online activities all centred on women's health and helping you to make healthier choices. This year's theme is Grow your Knowledge. It's all about supporting women to make informed decisions about their health with information that's easy to understand. New resources and information on hormones, polycystic ovary syndrome (PCOS), menopause, cervical screening self-collection, heart health, persistent pelvic pain, nutrition and more will be offered. For program details and further information, please visit www.jeanhailes.org.au

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



Australia is having a conversation about the Voice referendum.

Get informed at [Voice.gov.au](https://voice.gov.au)



Get informed.
[Voice.gov.au](https://voice.gov.au)

Australia is having a conversation about the Voice referendum being held later this year. It's about whether we should change the Constitution to recognise the First Peoples of Australia by establishing a body called the Aboriginal and Torres Strait Islander Voice. Voting in the referendum is compulsory for all eligible Australian citizens aged 18 years and over. Be informed about the upcoming referendum, learn more about the Voice below.

What is a referendum?

- A referendum is when we vote on whether to change something in Australia's Constitution. The Constitution is a document that outlines the rules by which Australia is governed, and it can only be changed through a referendum.

What is the Voice?

- The Voice would be an independent and permanent advisory body.
- It would give advice to the Australian Parliament and Government on matters that affect the lives of Aboriginal and Torres Strait Islander peoples.
- Aboriginal and Torres Strait Islander people have called for the Voice to be representative of First Nations peoples from across Australia, be gender balanced and involve young people. It would be accountable and transparent.

Be ready for the conversation,
get informed at
[Voice.gov.au](https://voice.gov.au)

When will the Voice referendum happen?

- The referendum will take place in late 2023.

Where can I find more information about how The Voice to Parliament will work?

- We are providing information through the Neighbourhood Centre – just ask at Reception
- Go to the Federal Government website – www.voice.gov.au – for information on both the YES and NO cases for the vote, and details of what is exactly being proposed.

We all have a role to play in looking out for those we care about at home, work or in our community. Asking 'are you OK?' is an important way to look after each other.

RU OK? DAY

14 September 2023

Join our Community Outreach Worker for a supportive chat about how we can have these essential and sometimes tricky conversations with others.

Morning Tea and Resources provided.

10.30am to 12.00pm

RSVP 3274 3240 community@stdavidsnc.org.au



RU OK?
I'm here to hear



St David's Neighbourhood Centre
68 Orange Grove Rd, Coopers Plains 4108
www.stdavidsnc.org.au

Learn more at ruok.org.au

RU OK?

Have a conversation using these 4 steps



How are you travelling?

You don't seem yourself lately – want to talk about it?

Ask RU OK?



I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

Listen



What do you think is a first step that would help you through this?

Have you spoken to your doctor about this?

Encourage action



Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Check in



UPCOMING EVENTS FOR SEPTEMBER

- Superhero Week (4th – 8th) – come dressed as a Superhero
- RUOK Day - 14th Sept
- Talk Like a Pirate Day – 19th Sept
- Baby Animal Day – 21st (Baby animal farm) NB: - Ticketed event – book via email staynplay@stdavidsnc.org.au RSVP by 15th Sept
- PLAYGROUP CLOSED 25th – 29th SEPT
- TERM 4 STARTS – Tuesday 4th OCT

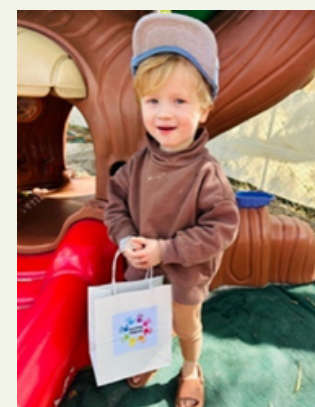


In August we celebrated the birthdays of Elizabeth, Sophie, Lily, Reni and Violet . During 'Science Week' we saw erupting volcanoes, rainbow fizz, made the colour green with blue and yellow and decorated our very own designer germs! In 'EKKA week' the children received a special Stay n Play showbag. 'Book Week' saw us reading lots of stories and the children chose their very own story book to take home and keep as a present. For 'Father's Day' we made crafty gifts for our dads.

*September will be exciting, as our annual "Baby Animal Day" will be held on Thursday 21st September. (This is a ticketed event so please book in by letting me know personally or via email to confirm your attendance on the day. *We'll also be celebrating 'Superheros Week'; everyone is invited to dress up as their favourite Superhero.

Looking forward to more fun & learning through play!

♥ Miss Melanie ♥



Brisbane Festival comes to Coopers Plains!

FREE
EVENT

Come join us for a night of fun and awesome 80's dance grooves!

Common People Dance Project invites you and your friends to an 80's Dance Party at St David's Neighbourhood Centre.

Enjoy some great music, learn some fun dance routines and have the time of your life! Everyone is welcome, no dance experience needed! Sausage sizzle and drinks available. Get dressed in your wildest 80's outfit and enjoy a family friendly night out.

WHEN: Fri 8 Sep, 6:30pm

WHERE: Old Church Hall, next to St. David's Neighbourhood Centre

Head to the website to book your free tickets:

<https://www.brisbanefestival.com.au/whats-on/common-people-dance#party>

Common People Dance Parties

with Common People Dance Project

BRISBANE

FESTIVAL



WHEN

6:30PM, 8 Sep

St. David's Neighbourhood Centre
Register attendance via eventbrite

Thrift Shop News

Hope you are keeping well. The Thrift Shop volunteers have been busy restocking the new display and items are moving fast so get in quick. We are open 9-2pm Weekdays as well as Late Night Trading until 5:30pm on Thursday 14th September alongside a special event and Early Trading from 7:30am on Friday 29th alongside our Community BBQ. In the meantime, we have a wide range of items available and look forward to seeing you soon!



THRIFT SHOP EXTRA HOURS

Spring Soiree Event

Late Night Trading

Thursday 14th Sept
9am - 5:30pm

Community BBQ

Early Morning Trading

Friday 29th Sept
7:30am - 2pm

Open Weekdays 9am - 2pm

St Davids Neighbourhood Centre Thrift Shop
Cnr Orange Grove Road & Rookwood Avenue, Coopers Plains



Come and join us at the Thrift Shop for our

Spring Soiree

Thursday 14th September

Thrift Shop open from 9.00am,
Spring Soiree activities from **3.30pm to 5.30pm**

Enjoy refreshments

Discover Bargains Galore

Special: Create Your Own Outfit for \$15.00

Enter our Spring Soiree Outfit Competition

CREATE YOUR OWN OUTFIT FOR ONLY \$15

Thursday 14th September 3:30-5:30pm



Price includes Clothing, a Bag and a Purse / Wallet for 1 outfit.

Just a reminder that all proceeds from the Thrift Shop go back to the Neighbourhood Centre to continue to support our wonderful community.

Please feel free to drop off any donations during business hours and Thank you for your support, every donation counts! We acknowledge the volunteers for all their hard work and the staff and programs that assist those in need. One never knows when times will become challenging, and it is an absolute pleasure to be able assist. Should you know someone in need that we can assist, please let them know we are here to help.

To celebrate Spring, we will be hosting a Spring Soiree on 14th from 3:30 – 5:30pm. During this event, you will have the opportunity to create your own outfit including clothing, a bag and a purse/wallet for only \$15.

Shoes and Accessories will be drastically reduced to complete your fabulous new look. If you wish, you can enter a best dressed competition by having your photo taken and the outfit voted most stylish will win a voucher of the total spent to use in the Thrift Shop.

Check out our Facebook page!

<https://www.facebook.com/people/Thrift-Shop-St-Davids-Neighbourhood-Centre>



Around the Centre



Harmony Club adventures



Luke from Good Shepherd Financial Resilience services enjoyed a chat with the blokes at the Blokes & Banter BBQ



Ambele and Dudley cooking up a storm.



Some of the lovely artworks created by our Craft and Chat group on Mondays.



A HUGE thankyou to Salisbury Rotary Club who donated a brand new BBQ to the Neighbourhood Centre. Warren from Salisbury Rotary did a great job at putting it together and we can't wait to use it at our Community BBQ Breakfast.



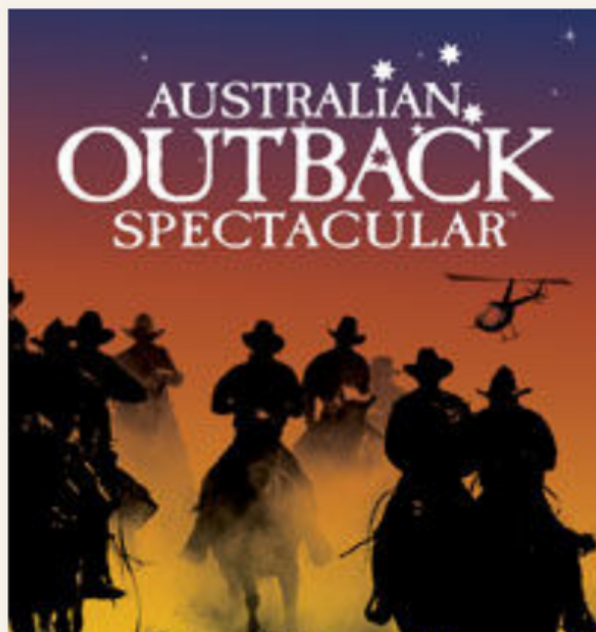
St David's Neighbourhood Centre

is very excited to invite you to a special outing to celebrate Queensland Seniors Month.

Spectacular Community Outing

29th October 2023

- A day trip for community members 65 years and over.
- We will enjoy the **Australian Outback Spectacular** Show and Lunch.
- Bus leaves Coopers Plains at 10.00am
- Show starts at 12.30pm



Tickets: \$30 per person

A limited number of reduced cost tickets are available.

Please contact us to find out more or to book your spot!

RSVP Friday 15th September

Contact Kellie - 3274 3240
info@stdavidsnc.org.au

This excursion is
generously
supported by:



St David's Neighbourhood Centre - 68 Orange Grove Rd, Coopers Plains

Harmony Club



Hello to September

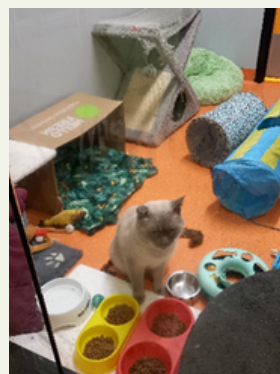
Welcome to Spring. Where is the year going? August was a busy month with all the Harmony Activities. I hope you are enjoying getting out and about, meeting new people and making friends.

Highlights for September include:

- Superhero week Come dressed as your favourite hero 4th-8th
- Visit to Coopers Plains Library on Wednesday 6th
- Bus trip Richards Hotel for lunch on Friday 8th
- Morning Tea at Mt Gravatt Lookout on Wednesday 13th
- RUOK Day Thursday 14th Wear yellow
- Visit to QLD State Archives Memory Lounge on Friday 15th
- Pirate Day Come dressed as a pirate Tuesday 19th
- Baby Animal Day Wednesday 20th
- Bus trip to Warril Parkland for morning tea on Wednesday 27th
- For the Blokes and Banter BBQ on Friday 29th
- Bus trip to Wacol RSPCA 29th

This month I would like to remind everyone to wear appropriate footwear to Harmony and out on bus trips. Mornings are still a little chilly, but the days are warming up make sure you wear clothing that may be taken off if necessary.

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.



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. I can be emailed at harmony@stdavidsnc.org.au

Have a great September
Sue and The Harmony Team



Regards Sue and
The Harmony Team



Everyone has the right to know and understand the Aged Care Quality Standards. Information and resources are available to help service providers and consumers understand the Standards. <https://www.agedcarequality.gov.au/>

Harmony Club Members Event Calendar

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Walking group Board Games Father's Day BBQ Lunch	2	3 
4 Bingo Walking group Cooking Classes	5 Chair Exercises Walking group Piano with Pam 1:00 Line dancing lessons	6 Walk to Coopers Plains library. Board Games Craft	7 Piano Playing with Jen Walking group Trivia	8 Bus trip Richlands hotel for Lunch	9	10
11 Bingo Walking group Cooking Classes	12 Chair Exercises Piano with Pam HARMONY BBQ Lunch	13 10am Hour of Hymns in the church Board Games Walking group	14 RUOK DAY Wear Yellow Card's 500 Board Games Craft Magic Walking group	15 Bus trip Memory Lounge Queensland State Archives	16	17
18 Bingo Walking group Cooking Classes	19 Pirate Day Chair Exercises Walking group Piano with Pam	20 Baby animal day Board Games Craft	21 Piano Playing with Jen Walking group Trivia	22 Walking group Board Games	23	24
25 Bingo Walking group Cooking Classes	26 Chair Exercises Walking group Piano with Pam	27 Bus trip Mt Gravatt lookout For morning tea	28 Card's 500 Board Games Craft Magic Walking group	29 Bus trip RSPCA Wacol 11:00 Blokes & Banter BBQ	30	