



**St David's
Neighbourhood
Centre**

Community Newsletter

November 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. 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 funded and supported by:



Dedicated to a better Brisbane



Queensland Government



Australian Government

Department of Health and Aged Care

This newsletter is
generously sponsored by
Community Bank Acacia
Ridge

Community Bank
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 Bendigo Bank

Welcome to the November edition of our newsletter!

I would like to begin this month extending a thank you to all of those who came along to our Public Celebration on 21st October. It was lovely so many people from different parts of our community. It is not only an opportunity share our story, but the stories and experiences of those in our community. Peter Russo MP shared the role we play in helping support those in his electorate and we heard from staff members Kerry and Kat and board member Pam about what it means to them to be a part of the organisation.

After the presentation of the Annual Report in the St David Uniting Church, guests enjoyed morning tea in the Neighbourhood Centre. Lots of positive comments were shared on the landscaping work at the front of the building and out the back. Unfortunately, a representative from Sunnybank Community & Sports Club could not join us to see the work and how their sponsorship has contributed to the improvements. We would also like to express our thanks to Aaron and Peter from AJR Handyman Services for their work in making it all possible.



With one event over, it is on to the next one. This month we will be holding the annual Painting for Pleasure Art Exhibition on the weekend of the 3rd, 4th and 5th of November. This is a great opportunity to see the amazing talent of our community and we hope you can come along to the grand opening on Friday 3rd November.

We also hope you can join us for the last Community BBQ Breakfast for the year on the 24th of November. Kat is being brave and shaving her head as part of the World's Greatest Shave to support the Leukaemia Foundation. Come along and support her in this worthy cause.

Regards Kellie, Manager of St David's Neighbourhood Centre



St David's Neighbourhood Centre acknowledges the traditional custodians of the lands upon which we live and work, the Turrbal and Jagera peoples. We pay our respects to Elders — past, present and emerging — for they hold the memories, traditions, culture and hopes of Aboriginal peoples and Torres Strait Islander peoples across our community.

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 by appointment

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

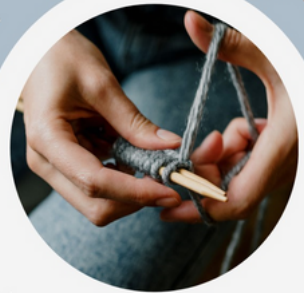
In-Stiches Slow Stich Therapy Group Third Saturday of month
9.30am to 11.30am



ST DAVID'S NEIGHBOURHOOD CENTRE

Busy Hands Craft Group

EVERY THURSDAY
9.30AM - 11.30AM



Bring your own projects to work on.
Morning tea provided
\$6.00 per session

for more information
3240 3274



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...

ST DAVID'S NEIGHBOURHOOD CENTRE

2023

Annual Art Exhibition

Join us as we showcase the local talent of our
Painting for Pleasure Group.

Official Opening 6.30pm Friday 3 November

Exhibition times:

Fri 3 Nov- 6.00pm to 8.00pm

Sat 4 Nov - 9.30am to 4.00pm

Sun 5 Nov - 9.30am to 2.30pm

Art works are available for sale and proceeds
will benefit St David's Neighbourhood Centre.

RSVP 3274 3240 or

Email: info@stdavidsnc.org.au

68 Orange Grove Rd, Coopers Plains 4108

Proudly supported by:



All profits to benefit St David's Neighbourhood Centre

Painting for Pleasure Group Raffle 2023

**Tickets \$2 or 3 for \$5 from Neighbourhood Centre Reception,
Thrift Shop or Painting Group Members**



First prize—Original Painting by established artist Joan Cooper, value \$275

Second prize— hand made, warm glass bowl with fruit created and donated by Len Cooper Value \$200

Third prize— basket of Christmas goodies donated by Painting for Pleasure Group

Fourth prize - \$40 gift voucher for Cosmopolitan Hair Studio

Outreach News

With no screening programs available and no means of prevention through lifestyle changes, blood cancer is Australia's hidden cancer crisis. Every day, 53 Aussies are diagnosed with blood cancer, and 16 will lose their life. That's why I have decided to take part in the Leukaemia Foundation's World's Greatest Shave. I'll be raising crucial funds that help give those facing blood cancer all the support and information they need.

I will be shaving my head on 24th November alongside our Friday community BBQ.

Will you help by sponsoring me? The fundraising goal is \$1000!

The money we raise will help give people facing blood cancer the support and care they need. You can help in providing the latest and most up-to-date cancer information to patients and their carers. The money we raise will also help fund breakthrough research projects discovering better diagnostics and treatments that hope to say goodbye to blood cancer.

To donate, please scan the QR code below, or alternatively we have donation jars at the centre in the thrift shop and at front reception. All donations over \$2.00 are tax deductible and you will receive a tax receipt by email. Kind Regards

Kat

A Big Thank You...

This year, through the donations by community members, St David's Neighbourhood Centre has been able to drop off 6 large loads of donations to the Homeless Connect collection point. These loads have been well packed with toiletries, sanitary items & non-perishable food. A massive thank you to our generous and compassionate community for your support in helping some of Brisbane's most vulnerable!

KAT
is
SHAVING
on
24/11/2023

SCAN HERE TO SPONSOR ME!



ABOUT MY FUNDRAISING!

Every day, 53 Aussies are diagnosed with blood cancer, and 16 will lose their life. We can't delay taking action together. That's why I've decided to take part in the Leukaemia Foundation's World's Greatest Shave.

MY GOAL IS
\$1000

   World's Greatest Shave 



St David's Neighbourhood Centre



7.30am
to
9.00am

Community BBQ Breakfast

Sausage sizzle, Fresh fruit,
Tea, Coffee, Juice



Friday 24 November

Last BBQ for 2023!! Don't miss out!!

Our brave Outreach worker Kat will be saying goodbye to her hair so others can say goodbye to blood cancer! Come and give your support for Kat and the Leukemia Foundation.



13th to the 19th November

Reducing our waste not only keeps valuable materials out of landfill it also benefits the environment by reducing greenhouse gas emissions. Recycle Week serves as a reminder of the role individuals and communities play in reducing waste and preserving the environment. More information can be found at

<https://planetark.org/programs/national-recycling-week>

Local Recycling Facilities

TOMRA Recycling Centre – Containers for Change Salisbury

9/655 Toohey Rd, Salisbury QLD 4107

Mon–Sun: 7am–5pm

Public Holidays: 9am–5pm

Closed: Christmas Day and Good Friday

Willawong Resource Recovery Centre (tip)

360 Sherbrooke Road, Willawong 6.30am–5.45pm

Do you have items at home you no longer need that are in good, usable condition? Donate them to BCC Treasure Trove shop via your local [resource recovery centre](#). There is no disposal fee for donated items, where you drop off items in a vehicle under 4.5 tonnes. All items must be clean and in working condition.

What goes in your yellow-topped bin?



**Plastic Containers
& Bottles**
(clean, empty, no lids)



**Aluminium
& Steel Cans**
(clean & empty)



Paper (not shredded)
Cardboard (flattened)



Glass
(clean & empty)

All items should be clean, dry and empty with lids removed and placed in the bin loosely



BROUGHT TO YOU BY



These items don't belong in this bin:



**NO aerosol cans
or gas bottles**



**NO batteries or
electronic waste**



**NO clothes
or textiles**



**NO garden or
food waste**



**NO materials
in bags**



NO nappies



**NO plastics
bags or film**



**NO ropes,
cables or hose**

**TRANS
AWARENESS
WEEK**
NOVEMBER 13 - 19

Transgender Awareness Week is a week when transgender people and their allies take action to increase positive visibility of trans people and their contributions at work and in the community, and to address issues of prejudice and discrimination.

November 20 is the Transgender Day of Remembrance—a solemn day, during which those who have lost their lives to transphobic violence and discrimination are honoured and remembered.

Equality and freedom from discrimination are fundamental human rights that belong to all people, regardless of sexual orientation, gender identity or because they are intersex.

The [Sex Discrimination Act 1984](#) makes it unlawful to discriminate on the basis of a person's sexual orientation, gender identity and intersex status against the law. However, there are [religious exemptions](#).

Lesbian, gay, bisexual, trans and intersex (LGBTI) people in Australia still experience discrimination, harassment and hostility in many parts of everyday life; in public, at work and study, accessing health and other services and securing proper recognition of their sex in official documents.

Follow up from the Voice Referendum outcome...

Dear Members of our Community

Recent discussions surrounding The Voice have had a significant impact on our Nation. We believe it is important to understand what the voice represents and what the recent defeat of the voice means for the broader community. The proposal for The Voice faced debate in the Australian Parliament and wider community at large. On October 14, The Voice was not passed with a majority 'no' vote nationally and in all states. The outcome overall reflects the complexities of addressing historical injustices and establishing structures that empower our Indigenous people while respecting democratic values. It has been a difficult time for many in our community, and Indigenous leaders called for a week of silence following The Voice defeat to allow the indigenous community time to mourn what felt like their only chance of reconciliation.

Though it will not be enshrined in our constitution, The defeat does not signify the end of the conversations about Indigenous recognition and reconciliation. Various initiatives, policies and community-based efforts are ongoing to improve the lives and prospects of Australia's First Nations Peoples.

We encourage commitment to compassion, empathy, and justice for all members of society and we hope individuals seek unity and understanding, acknowledging the importance of walking alongside one another, particularly in the face of complex issues.

St Davids will continue to support and engage the indigenous community as we collectively work toward reconciliation, justice and a more inclusive future for all Australians.

St David's Uniting Church offers a number of activities for the community. Come and join one of our groups to share in faith, family and friends. New people always welcome.

- **Care and Share group** - A group for women to enjoy friendship and fellowship. 9:30am second Monday of month
- **Monday Men's Maintenance group** - A group of men who like to fix things and enjoy a chat! 8:00am first and third Monday of the month
- **Friendship group** - A fun afternoon of fellowship for seniors. 2 - 4pm fourth Tuesday of the month
- **Choir** - If you love to sing we'd love to meet you! 3pm to 4pm Friday afternoons
- **Girl's Brigade** - A fun fellowship group for girls prep to grade 12. Friday 6.30 - 8.30pm during school terms.
- **Messy Church** - 4:00pm-6:00pm, second Saturday of month



The Uniting Church in Australia
ST. DAVID'S COOPERS PLAINS

Join us for Messy Church!
4-6pm, Saturday 9 November
68 Orange Grove Rd, Coopers Plains

Fun and inclusive for all ages!
Free crafts, activities, games & meal - make your own pizza!
Theme: Jesus - the Bread of Life

For more information about these groups call 3274 3240



UPCOMING EVENTS FOR NOV & DEC

- * Halloween & Dress Up Week - (30th -31st Oct) 1st - 3rd Nov
- * Liz's Memorial Service - 6th @ (10.30am)
- * World Kindness Day - 13th
- * World Nursery Rhyme Week - 13th - 17th
- * 🐻 Teddy Bear's Picnic -13th - 17th (Bring your Teddy Bear to playgroup)
- * National Fairy Bread Day - 24th
- * 🎂 Unbirthday Week 🍰 (Celebrating everyone's birthday) - 4th - 8th Dec
- * 🎄 Christmas Break Up Party 🎅 (last day for 2023) Wed 13th Dec



I can't believe we only have a few weeks of playgroup left for 2023! The year has flown by so quickly.

October saw us welcome a new volunteer **Nikki** 😊 **Gieng** brought her guinea pigs (**Moxie & Mocha**). Wearing Smiley Emoji's for **World Smile Day**. Eating a delicious Maternity Leave morning tea for **Becky** (Wesley Mission). Celebrating **Charlotte, Runa & Jack's** birthday. Drawing symbols representing 'Belonging, Connection & Awareness' for **Mental Health Week**. A combined morning tea with our friends in **Harmony Club** for **Grandparents/Children's Week**. And lastly, **Halloween & Dress Up Week!**

🎄 Our last day of playgroup for 2023 will be Wed 13th Dec, our annual **Christmas Break Up Party**. All families are invited. **This is a ticketed event so please RSVP by 8th DEC.** We have a lovely morning planned with a face painter & sausage sizzle. 🎅

Looking forward to more fun & learning through play!

♥ Miss Melanie ♥



Thrift Shop News

Hello to All our Wonderful Thrift Shoppers,

We are so excited to stock so many new products since the Pre Polling at the Church Hall and appreciate all your patience during such a busy time.

It was so wonderful to meet so many more of our community members and look forward to seeing you all again soon.

For November, All Toys are half price and on Thursday 9th November we will be holding a special Xmas Sale from 9-5:30pm.

The shop will also be open during the Painting for Pleasure Exhibition on Saturday 4 November 9.30am to 1.00pm

Happy Shopping!

All proceeds from the Thrift Shop help the Neighbourhood Centre to continue supporting our wonderful community. 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 to assist. Should you know someone in need that we can assist, please let them know we are here to help.

The shop will be open extra hours during October as follows:

9.30am – 1.00pm Saturday 4th November
9am – 5.30pm Thursday 9th October
7:30 – 2pm Friday 24th alongside our Community Breakfast BBQ.

We are reopen to accepting donations now until 15th December when we close for the year.

Did you know that on average, every Australian disposes 23 kilograms of clothing to landfill each year! Thrift Shopping and buying pre loved fashion can be part of the solution.

On average, every Australian buys 56 items of clothing yearly, most of which are made from non-sustainable, non-durable materials. However the average person only wears 40% of their clothes. Australia is now the second highest consumer of textiles per person in the world, after the USA.

Each Australian disposes an average 23 kilograms of clothing to landfill each year and Australia has no systematic resources for the collection of unwearable clothing. As a result, textile waste has become one of the largest contributors to Australia's waste problem.

Thrift Shops assist to divert clothing from landfill, and give pre loved clothing a second chance! Not only do they provide an opportunity to access unique outfits at a fraction of the cost, but most Thrift Shops support charitable organisations that provide services for people in need. Win Win!!



Check out our Facebook page!

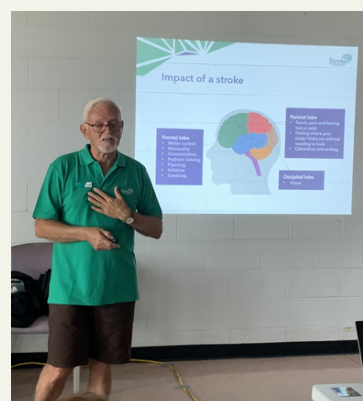
<https://www.facebook.com/people/Thrift-Shop-St-Davids-Neighbourhood-Centre>



Around the Centre



Our annual Community Celebration and Public Meeting is always a great opportunity to catch up and reflect on just how much we have achieved in the past year! We farewelled two of our longstanding Board members and welcomed five new members to the St David's Neighbourhood Centre Board! If you are interested in checking out our 2022-2023 Annual Report, it is now on our website, or a copy can be picked up from reception.



Ron from the Stroke Foundation kindly volunteered his time to share his stroke experience and explain what a Stroke is and how to respond if you suspect someone is having a stroke.

Harmony Club

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. 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.



Welcome to November. October 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 November include:

- **Melbourne Cup luncheon Tuesday 7th**
- **Bus trip Runcorn Tavern for Lunch Friday 10th**
- **World Kindness Day Bring your teddy bear Monday 13th.**
- **Bus trip Memory Lounge Queensland State Archives Friday 17th**
- **National Fairy Bread Day Friday 24th**
- **Bus trip Mt Gravatt lookout for morning tea Friday 24th**
- **Blokes & Banter BBQ Friday 24th**
- **10 am Christmas songs in the church Thursday 30th**

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. Have a great November

Sue and The Harmony Team



Information and support for Grandparents raising grandchildren.

Time for Grandparents provides telephone support, advice, assistance and programs for Grandparents raising grandchildren in Queensland. We understand that informal Grandparent carers may be wanting to gain more information and grow social networks to help with the important job of child-rearing.

We can assist if you're struggling, connect you with other Grandparents in your situation, organise fun camps for you and the grandkids, and provide some much-needed respite.

Call us today on 1300 135 500 or go to <https://grandparentsqld.com.au/>



Harmony Club Members Event Calendar

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 CARPET BOWLS Walking group Craft	2 Piano Playing with Jen Walking group Trivia	3 Walking group Board Games	4	5
6 Bingo Walking group Cooking Classes	7 Melbourne Cup Piano with Pam	8 Walk to Coopers Plains library. Board Games Craft	9 Card's 500 Board Games Craft Magic Walking group	10 Bus trip Runcorn Tavern for Lunch	11	12
13 World Kindness Day Bring your teddy bear. Bingo Walking group Cooking Classes	14 Chair Exercises Walking group Piano with Pam 1:00 Dance movement & Fun lessons	15 Walk to Coopers Plains library. Board Games Craft HARMONY BBQ Lunch	16 Piano Playing with Jen Walking group Trivia	17 Bus trip Memory Lounge Queensland State Archives Harmony for Lunch	18	19
20 Bingo Walking group Cooking Classes	21 Chair Exercises Walking group Piano with Pam 1:00 Dance movement & Fun lessons	22 CARPET BOWLS Walking group Craft	23 Card's 500 Board Games Craft Magic Walking group	24 National Fairy Bread Day Bus trip Mt Gravatt lookout For morning tea 11:00 Blokes & Banter BBQ	25	26
27 Bingo Walking group Cooking Classes	28 Chair Exercises Walking group Christmas songs with Pam	29 Walk to Coopers Plains library. Board Games Craft	30 10am Christmas songs in the church Decorating for Christmas			