



St David's
Neighbourhood
Centre

Community Newsletter

December 2023 - January 2024

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:



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Community Bank Acacia
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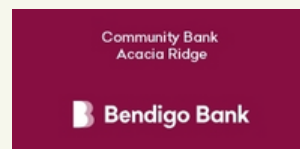
Community Bank
Acacia Ridge
3255 6773



Welcome to the final newsletter for 2023. What a year it has been, and we are sure ready for a short break to recharge the batteries for 2024. Just a reminder the centre will be closed from Friday 21st December 2023 and will reopen on Tuesday 2nd January 2024.

But before then there is still so much going on, Harmony Club Christmas Parties, Stay n Play break up party, the Community Christmas Party, and an opportunity to celebrate the season with singing of Christmas Carols with Sing to Beat Aphasia choir. You will find details of all the upcoming events in this newsletter.

Did you manage to come along to the Painting for Pleasure Art Exhibition in November? If so, you would have got to appreciate the amazing talents of all our artists. Thank you to all who were involved in making this year's event another success. This event, like many, are not possible without sponsorship and support. We extend a heartfelt thank you to all our sponsors and supporters in 2023.



Thank you for being a part of our community throughout 2023. We are here to support the local community and we hope you have found a welcoming place to be.

Wishing you all a Merry Christmas and Happy New Year

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

Christmas Holiday Closure Dates

Harmony

last Day - 21/12/23 Resumes - 2/1/24

Stay N Play Playgroup

Last day - 13/12/23 Resumes - 22/1/24

Thrift Shop

Last Day 12pm 15/12/23 Reopens 8/1/24

SOCIAL GROUPS

Mondays

Casual Craft & Chat

last Day - 11/12/23 Resumes -8/1/24

English Conversation

last Day - 11/12/23 Resumes - 8/1/24

Tuesdays

Knitting

last Day - 12/12/23 Resumes - 9/1/24

Mahjong

last Day - 5/12/23 Resumes - 2/1/24

Boomerang Bags –Sewing Bee

last Day - 21/11/23 Resumes - 6/1/24

Heartfelt Hand Sewing Group

last Day - 28/11/23 Resumes - 27/1/24

Wednesdays

Painting for Pleasure

last Day -13/12/23 Resumes - 17/1/24

Thursdays

Busy Hands Craft Group

last Day - 14/12/23 Resumes - 11/1/24

Fridays

Community BBQ Breakfast (free)

Resumes - 23/2/24

Tai Chi (Gold program) (free)

last Day - 8/12/23 Resumes - 2/2/24

Saturdays

In-Stiches Slow Stich Therapy Group

last Day - 25/11/23 Resumes - 20/1/24

What's on this month...



YOU ARE INVITED TO OUR

Stay N Play
Playgroup

Christmas Party

DEC
WEDNESDAY 13 9.30 - 11.30 AM
2023

RSVP ~ FRIDAY 8TH DEC
email - staynplay@stdavidsnc.org.au

FACE PAINTING
SAUSAGE SIZZLE
COST

TERM 4 REGISTERED FAMILIES - \$3.00
NOT REGISTERED - \$5.00



St David's Neighbourhood Centre

COMMUNITY CHRISTMAS Party

We warmly invite all of our community members to join us for our end of year celebration and Christmas Party.

Lunch and refreshments provided.

Friday 15 December, 2023
11.00:00 am to 1.00pm

Harmony Room
RSVP by 13th December
3274 3240
community@stdavidsnc.org.au





St David's Uniting Church
invites you to join us for

Christmas carols

Sunday 17 December
5:30pm, free sausage sizzle;
6:30pm, carols in the church

All welcome!

Background vector created by BIZkettE1 - www.freepik.com





Sing To Beat Aphasia and
St David's Community
Centre invite you to

Community Christmas Carols

December 12th, 2023

10am
St. David's Uniting Church
Morning Tea To Follow

Outreach News

To all our lovely community members,

The Christmas season has quickly come about and while the holidays are viewed as a time for celebration, for many Australians they can be the opposite. Increasing meaningful connections can help with struggles of loneliness, the key being quality not quantity. If you're coping with depression, loneliness or trauma, being kind to yourself during the holiday period is important. Ensuring you make time to do things you enjoy can help. Whether it's watching movies, reading books, cooking your favourite meal or exercising outdoors – try doing something that feels 'caring towards you'.

Over the holiday period many health professionals take a break, which can mean a longer-than-usual break between sessions. If you do know of someone that is struggling, trying and creating a meaningful connection with them can help, even if it's just giving them a call. Listening with compassion, empathy and no judgement can make such a difference. If there is support needed over this period, there are services open 24/7. Wishing you and yours a very Merry Christmas and blessed New Year! Be kind to yourselves and each other.

THE FOLLOWING HELPLINES ARE AVAILABLE 24/7 OVER THE HOLIDAY SEASON

Lifeline 13 11 14

Suicide Call Back Service 1800 659 467

Mental Health Line 1800 011 511

BeyondBlue 1300 224 636

Mensline 1300 789 978

Kids Help Line 1800 551 800

1800RESPECT 1800 737 732

Kids4Kids Foundation believes that education is vital to a child living a full life and reaching their potential. Their mission is to give an opportunity for disadvantaged children to reach and expand their potential by providing school supplies, resources and programs that can help them prepare to become productive, responsible, ethical, creative and compassionate members of society.

Your help can make a huge impact to a Child's education, simply by helping with donating stationery supplies. St David's Neighbourhood Centre is currently one of the Kids4Kids Foundation drop off points. Donate a few supplies today to make a difference to those in need.

For more information about Kids4Kids and the social & emotional intelligence programs offered check out

<https://kids4kidsfoundation.org.au/>



HELPING SCHOOL CHILDREN IN NEED

Rulers
Erasers
Scissors
Crayons
School Books
Colour Pencils
Book Covers
Glue Sticks
Foolscap
Felt Pens
HB Pencils

Back Packs
School Labels
Pencil Cases
Contact
Lunch Boxes
Drink Bottles
White Shoes
Black Shoes
Highlighters
Sharpeners
Calculators

**DONATE
NOW**



Your gift gives a student the essential items they need for a successful year of learning.



How to stay safe during hot weather this Holiday Season.

- Ensure you have enough food, medicine and supplies to avoid going out unnecessarily.
- If you have a medical condition, ask your doctor for advice on how to manage the heat.
- Make a list of family, friends and neighbours to check in on, or to contact if you need assistance.
- Drink plenty of water during the day, even if you do not feel thirsty. If you are on a limited fluid intake, check with your doctor. Limit intake of alcohol, soft drinks, tea or coffee.
- Eat as you normally would but try to eat cold foods, particularly salads and fruit.
- Plan your day to keep activity to a minimum during the hottest part of the day (11am–3pm).
- Do not leave children, adults or animals in parked cars.
- Dress in lightweight, light-coloured, loose clothes, use a wide-brimmed hat and sunscreen.
- Avoid strenuous activities and gardening. Regularly rest in the shade.
- Use fans and air-conditioners at home to keep cool, or spend time elsewhere in air-conditioning like a library, community centre, cinema or shopping centre.
- Take frequent cool showers or baths and splash yourself several times a day with cold water.
- Open windows after the Sun has gone down to allow for air circulation.
- Food can spoil quickly in hot weather. Put food back in the fridge after using it. Don't eat food that has been left out for 2+ hours. Eat leftovers within 2–3 days.
- Animals are also effected by heat. If you're in charge of an animal, you have a duty of care to provide it with food, water, and shelter. Never leave animals unattended in a hot car.

Summer reads at Coopers Plains library

Readers of all ages and interests are invited to discover the hottest reads this summer with Brisbane City Council's free Summer Reading program. You can participate at Coopers Plains Library, from Saturday 9 December 2023 until Sunday 21 January 2024.

Register online or at any Brisbane City Council library, then visit your local library to collect your Summer Reading challenge card. Throughout the program, participants can have their challenge card stamped by a library staff member each time a reading challenge is completed. Complete all six reading challenges to enter the draw to win a book voucher!

Summer Reading also offers a great range of free summer holiday events and activities for people of all ages and interests. Don't miss out on the fun – visit your local library this summer to sign up for a free library membership and get reading!

Diverse abilities – Christmas* – Free

Tuesday 5 December 10.30–11.30am.

Come along to a creative workshop to celebrate the festive holiday season. This inclusive event is ideal for those with diverse abilities and their carers.

Learn how to make macrame Christmas decorations – Free

Sat 9 Dec 2023, 9:30am to 12:00pm

Suitable for young adults, adults and seniors
Vanessa from Macrame SweetNess will show you how to make simple Christmas decorations. By the end of the workshop, you will have a selection of macrame decorations for your tree or give as gifts. All materials supplied. No experience required.

Summer Reading: Christmas tooning and making with Mark Guthrie – Free

Tue 12 Dec 2023 10:30am to 11:30am

Join illustrator Mark Guthrie as he takes participants through making Christmas cards and decorations for your friends and family. Ideal for children aged 5–12

The Good News Christmas Massage

Rev. Dr. Debra Tedman, Minister of The Word, UCA St David's Coopers Plains

The good news of the birth of Jesus Christ was great joy for people. Jesus came to care for, strengthen and give them hope. The child Jesus (called the son of God) showed us how to live. The true light, which can guide us through our lives, came into the world. As we approach Christmas, however, with the pressures of daily life in these times, it's easy to become tired and doubtful about life. In this period, we can become caught up with hectic preparation and buying for Christmas. Therefore, sometimes we may give little thought to Jesus, whose birthday we are awaiting.

During the last Christmas period in 2022, I enjoyed a beautiful spiritual time as chaplain at Gold Coast University and Robina Hospitals. It was clear to me after visiting a range of patients that spirituality and wellness (body, mind and spirit) are closely related. Spiritual well-being is an important part of our lives, providing a source of peace, strength, hope and well-being, especially during difficult times, and for some people, Christmas is a difficult time.

At St David's Coopers Plains, when we prepare to travel through Advent and Christmas, the period of waiting to celebrate the anniversary of the birth of Jesus, is a time to prepare ourselves for love to be a powerful force for good in our lives. This can be a time to think about how we can serve by helping others, showing compassion to our neighbours (Second Commandment- love your neighbour as yourself) .

The Gospel gives the message that with the power of God's love in the world, we should watch for the good things in life instead of being negative by worrying about how bad things might be. This is a time to reflect the joy and light of the presence of God in our lives as we share love and hope with those who are not doing so well. Through showing kindness to the poor and needy, we can make our lives a gift for each other.

God is always with us and strengthens us to face the tough times in our lives. Followers of Christ look forward to the future with faith and hope, even when we are faced with challenges or difficulties that might otherwise seem too difficult for us. We are strengthened and united by love, mercy, justice and compassion, even though we differ in some of our views. May the peace and joy of the Lord be with you .

Debra



CELEBRATE

Christmas

WITH US

Christmas Carols

SUNDAY 17 DECEMBER

5:30PM FREE SAUSAGE SIZZLE
6:30PM CAROLS IN THE CHURCH

Christmas Eve	Christmas Day
8:30AM SUNDAY	8:30AM MONDAY
24 DECEMBER	25 DECEMBER



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



UPCOMING EVENTS FOR DEC & JAN

- *Library coming to read stories - (1st and 5th DEC)
- *Unbirthday Week - (4th - 8th DEC)
- *Christmas Break Up Party - (13th DEC)
- *PLAYGROUP CLOSED - (14th DEC - 19th JAN)
- *PLAYGROUP OPENS - (22nd JAN)
- *Harmony coming for morning tea - (25th JAN)
- *World Puzzle Day - (29th JAN)



It's the end of another year in playgroup.
We welcome **Yuriko** (Monday volunteer) to the SnP team 🍌

THANK YOU all, for making our village stronger this year! Register for 2024 with days that suit, in person or via email. We'll be celebrating everyone's birthday during the first week of December.

Our **Christmas Party & Last Day for 2023 is Wed 13th Dec**. It's a ticketed event so please **RSVP by the 8th DEC with the number of adults & children that will be attending via email staynplay@stdavidsnc.org.au**

Playgroup is CLOSED from Thursday 14th DEC & re opens on the Monday 22nd JAN 2024.

The Stay n Play Team wish you a very Merry Christmas & a Happy & Prosperous New Year.
Looking forward to more fun & learning through play in 2024

♥ Miss Melanie ♥



Thrift Shop News

Wow, what an amazing year we have had at the Thrift Shop! We have extended hours, welcomed new volunteers, saved countless beautiful useful items from being disposed off, added stunning pieces to your wardrobes, decorated homes, assisted so many in need and created space from items that were decluttered and donated. However, we could not have done it without the selfless commitment from our volunteers, the generous donations from the community and your support, so Thank you!

But after all the hard work and efforts of the team, it will soon be time to shut the shop over Christmas to give everyone a well deserved break (even our regulars) so we will finish the year with a late night Thursday sale on 14th December from 9-6pm. The Thrift Shop will close at noon on Friday 15th December and we will reopen at 9:00am on Monday 8th January 2024. Please note, donations will be unable to be accepted during this period.

END OF YEAR SALE

50% off all stock

Thursday 14th December Late night shopping

BIG SALE

9am – 6pm



St David's NC Thrift Shop

We wish you all a safe and happy end of year and look forward to all the wonderful moments coming in 2024.

All the best and with sincere gratitude, Tanja

End of Year shop times:

Late night shopping SALE

9.00am – 6.00pm Thursday
14 December

Last day of trading

9.00am to 12pm Friday 15th
December

Shop reopens

Monday 8th January 2024



Please note we will not be accepting donations from the 15th December until Monday 8th January

Check out our Facebook page!

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



Around the Centre



The opening night for the 2023 Painting for Pleasure Exhibition was a lovely evening of great art, food and conversation! The Exhibition was a great success and we received lots of compliments on the quality of the artworks.

Our multi-talented accounts officer Hazel hosted a free card making workshop, and the results were amazing!



We had the pleasure of wishing a very special volunteer Happy Birthday this month!



We love hosting placement students, and saying farewell is always hard. We wish Tharindi all the best with her studies.

Harmony Club

Hello to December!! What a great year we have had, it has been busy. I hope you enjoyed getting out and about, meeting new people and making friends in 2023.

Highlights for December and January include:

- **Harmony Christmas Party 10.30 Concert with Melina Charles Wednesday 6th**
- **Harmony Christmas Party 10.30 Christmas Carols and songs with Church choir Thursday 7th**
- **See the friendly Harmony staff to book in early for the Christmas parties.**
- **Bus trip Memory Lounge Queensland State Archives Friday 1st**
- **Morning tea break up Christmas Party in Play group. Monday 11th**
- **Carols in the church Tuesday 12th**
- **Bus trip Runcorn Tavern for Lunch Friday 15th**
- **Centre closed 22nd December.**
- **Reopening 2nd January**
- **Bus trip Runcorn Tavern for Lunch Friday 12th**
- **Bus trip Karawatha Forest for morning tea Wednesday 17th**
- **Club South Side for Lunch Friday 19th**
- **Concert with Ray Thompson Australia Day BBQ 25th**

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 Christmas and we will see you back in January



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. 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.

Harmony Club Members Event Calendar

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Bus trip Memory Lounge Queensland State Archives Harmony for Lunch	2	3
4 Bingo Walking group Christmas Theme Craft Christmas Cooking	5 10:30 Coopers Plains Library Christmas Theme Craft Christmas songs with Pam	6 Harmony Christmas Party 10.30 Concert with Melina Charles	7 Harmony Christmas Party 10.30 Christmas Carols and songs with Church choir	8 Morning tea in Playgroup Harmony BBQ	9	10
11 Morning tea break up Christmas Party in Play group. Christmas Cooking	12 Carols in the church Chair Exercises Christmas movie	13 CARPET BOWLS Walking group	14 Christmas movie Christmas Theme Craft	15 Bus trip Runcorn Tavern for Lunch	16	17
18 Bingo Walking group Christmas Cooking	19 Christmas Theme Craft Chair Exercises	20 Christmas trivia and activities	21 Christmas movie Harmony BBQ	22 Centre Closed	23	24 CHRISTMAS EVE
25 CHRISTMAS DAY 	26 BOXING DAY	27 Centre Closed	28 Centre Closed	29 Centre Closed	30	31 

Harmony Club Members Event Calendar

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 NEW YEARS DAY Centre closed for Public Holiday	2 "Welcome Back" Chair Exercises Walking group Bingo	3 CARPET BOWLS Walking group	4 Card's 500 Board Games Craft Magic Walking group	5 Walking group Trivia Harmony BBQ	6	7
8 Bingo Walking group Cooking Classes	9 Chair Exercises Walking group	10 Walk to Coopers Plains library. Board Games Craft	11 Card's 500 Board Games Craft Magic Walking group	12 Bus trip Runcorn Tavern for Lunch	13	14
15 Bingo Walking group Cooking Classes	16 Chair Exercises Walking group	17 Bus trip Karawatha Forest for morning tea	18 Piano Playing with Jen Walking group Trivia	19 Bus Trip Club South Side for Lunch	20	21
22 Bingo Walking group Cooking Classes	23 Chair Exercises Walking group	24 CARPET BOWLS Walking group	25 Australia Day BBQ Concert with Ray Thompson	26 AUSTRALIA DAY Centre closed for Public Holiday	27	28
29 Bingo Walking group Cooking Classes	30 Chair Exercises Walking group	31 Morning tea in Playgroup Craft				