



**St David's
Neighbourhood
Centre**

Community Newsletter

February 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:



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
Acacia Ridge
3255 6773

 Bendigo Bank

What a joy it has been to welcome everyone back after the Christmas break. The centre is never the same without the sounds of talking, laughing, phones ringing and people coming and going.

Some of us have been very busy though and I hope you notice the centre looking fresher, cleaner, and more welcoming. Sue and the Harmony Club team have done an amazing job rearranging the Harmony Room. The new blue chairs were a gift from Blue Care Memory Support and have set the scene for a welcoming space. Thank you to all who have helped with sprucing things up.

We have new members joining Harmony Club this month. So, if you are new, "welcome" and we hope you enjoy your time with us. Harmony Club is also going to start offering 'Saturday Harmony' twice a month from March. This is a great addition to the program and will provide even more opportunities for members of the program to connect and have fun.

While I am sure we wish COVID-19 was a distant memory, unfortunately it is still very present in our community. To ensure we all stay safe and well I ask that if you feel unwell in anyway, please do not attend the centre. You are more than welcome to call, and we can find different ways to support you.

2024 is promising to be a busy year, there will be lots of activities, events, and opportunities to connect. February is no exception, and our newsletter contains lots of information on how you can be involved. Thank you for being a part of our community.

Regards Kellie, Manager of St David's Neighbourhood Centre



Put it in your calendar now!
Autumn Fest 2024 will be back again on Saturday 11 May. We are currently looking for sponsors and stall holders so please get in touch if you would like more information!



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 social program for Seniors and NDIS participants
Monday to Friday

STAY N PLAY PLAYGROUP

Monday to Friday 9.30am to 11.30am.

Bookings required, please email: staynplay@stdavidsnc.org.au

COMMUNITY OUTREACH, INFORMATION & REFFERAL

Tuesday and Wednesdays, by appointment 3274 3240

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. Call Cassie 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 7.30 to 9am

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

We are always looking for new ideas for social groups. If there is an activity you would love to see offered at the Neighbourhood Centre, please let us know!

Social Groups

Coffee, Craft and Chat Group

EVERY MONDAY
9.30AM - 11.30AM

Great conversation, morning tea, and a dash of arts and crafts! Drop in - no experience required! Everyone welcome
Free



Conversational English Group

2ND AND 4TH MONDAY
10.00AM - 11.30AM

Practice your English skills and meet new people! Our friendly tutor makes sure that each class is interesting and fun.
Free



Knitting & Crotchet Group

FIRST & THIRD TUESDAY
9.30AM - 11.30AM

Friendly group
Morning tea provided
\$6.00 per session



Mahjong

FIRST, THIRD AND FIFTH
TUESDAY OF THE MONTH
7PM - 9PM

Mahjong is a popular tile-based game that originally comes from China. The game is typically played with 4 players and is a game of skill and strategy with an element of chance.



Busy Hands Craft Group

EVERY THURSDAY
9.30AM - 11.30AM

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



What's on this month...



Delivering the NDIS in your community



St David's
Neighbourhood
Centre

We're proud to be hosting Carer's QLD who will be providing information about their LAC in the Community program and how they can help with your NDIS journey.

THURSDAY 15 FEBRUARY
10AM - 11.30AM

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

Meet our dedicated Local Area Coordinators (LAC) and learn about options available to support your National Disability Insurance Scheme (NDIS) journey, connect with your community, and find other supports that are available.

As a NDIS participant, you can ask us anything about your funding, getting the most out of your plan, finding and working with service providers, and utilising the myplace online portal.

If you're not on the Scheme but would like to be linked to services, supports and activities within your community, we can assist you.

For more information or to RSVP call 3274 3240
community@stdavidsnc.org.au

FREE! Community BBQ BREAKFAST

7.30am to 9.00am

Friday 23 February 2024

Sausage Sizzle, fresh fruit, tea, coffee, juice

Corner of Orange Grove Rd and Rookwood Avenue

St David's Neighbourhood Centre



Sound interesting? Come and join us at our monthly catch up to find out more.
Everyone welcome!

Cooper Plains History Group
Monthly Meeting
February 17th Saturday at 4pm

Coopers Plains Library Meeting Room (at the back)
All welcome. Please RSVP by commenting below.

Thanks to the friendly and helpful staff of the
Coopers Plains Library for printing out newsletters

The Coopers Plains Library Meeting Room is
booked every 3rd Saturday at 4pm for us to meet.

The members of the **Coopers Plains History Group** are dedicated to the preservation of the histories that form the local identity of the Coopers Plains region and education about them to the wider community.

The general history of Coopers Plains takes up a large part of the south-central area of the Brisbane metropolis. The early convict outstation & rural community was one of the first non-indigenous settlements in the Moreton Bay province, along with Redcliffe, Edenglassie or the town of Brisbane as it became, and Nundah.

The Coopers Plains Local History Group gathers & archives historical information, photographs, maps and plans and newspaper articles. We research & publish history for the southern Brisbane suburbs of:

- Acacia Ridge
- Archerfield
- Coopers Plains
- Macgregor
- Nathan Heights
- Robertson
- Rocklea
- Salisbury

www.coopersplainshistory.bhsn.org

Outreach News

Dear community

We are all part of such a diverse community and there is much evidence of how diversity is beneficial. Diversity encompasses differences in culture, religion, gender, age, abilities, socioeconomic status, race, ethnicity, and experiences to name a few. Encouraging tolerance of other's differences by seeking understanding can strengthen social groups and helps to build knowledge, skills, and inclusiveness.

Diversity is important in today's world because it helps us learn from each other and understand that everyone is unique and special in their own way. Just like how each person has their own hobbies, interests and talents, people also have different backgrounds, cultures and experiences. When we have diversity, we get to learn about and appreciate these differences. We can learn from each other, fostering creativity, innovation and empathy.

I still marvel with some of the acts of kindness and compassion that I am privileged to witness here at the centre. Having diversity helps us to be more accepting and inclusive of others, and to treat everyone with kindness and respect, no matter what they look like or where they come from. This is important because it helps create a better and more peaceful world where everyone can feel happy and included. ~Kat

World's Greatest Shave

At the end of last year Kat shaved her hair in support of the Leukaemia Foundation. We had a fundraising goal of \$1000. This goal was met and then exceeded. Together we raised over \$1700 for a great cause.

This would not have been possible without the generosity, support and kindness of this wonderful community. I value each of you, the words of encouragement, generous donations, conversations and coming along on the big day.

A Big Thankyou!



Carers Queensland, Partner In the Community with the NDIS, will be visiting the St David's Neighbourhood Centre each month to assist with questions about joining the NDIS, who is eligible and the supports that may be provided; and offering support to people with questions about using their existing NDIS plans.

- NDIS participants can learn about support options available, getting the most out of your plan, finding and working with service providers, and utilising the myplace online portal
- If you're not on the Scheme but would like to be linked to services, supports and activities within your community, we can assist you.

Want to find out more?
Join us for a "Meet and Greet"
information session with Carer's QLD
Thursday the 15th February,
10am – 11.30am

For more information or to RSVP
call 3274 3240
community@stdavidsnc.org.au



Delivering the NDIS in your community



Chinese New Year, also known as Lunar New Year or Spring Festival, is an important festival in many East Asian countries.

It celebrates the beginning of a new year on the traditional Chinese lunisolar calendar. Chinese New Year 2024 will fall on Saturday, February 10th. The date changes every year but is always somewhere in the period from January 21st to February 20th. It was traditionally a time to honour ancestors, and is a time to feast and visit family members. Regional customs and traditions vary widely but share the same theme: seeing out the old year and welcoming in the luck and prosperity of a new year. Each Chinese year is associated with an animal sign according to the Chinese zodiac cycle. 2024 is the year of the Wood Dragon.

The main Chinese New Year activities include:

- "Spring cleaning" to prepare for the new year and putting up decorations,
- Honouring ancestors
- Sharing a reunion dinner with family on New Year's Eve,
- Giving red envelopes and other gifts, the colour red represents happiness and good fortune
- Firecrackers and fireworks to ward off evil spirits and bad luck, and watching lion and dragon dances

What's On at Coopers Plains Library?

Tea & Trivia for Library Lovers Day – Free

Tue 13 Feb 2024, 10:30am to 11:30am

Celebrate Library Lovers' Day with a morning of fun by making friends and testing your knowledge with literary themed trivia questions. Individuals and groups welcome.

CPR Awareness – Free

Sat 10 Feb 2024, 10:00am to 11:30am

Are you interested in developing practical knowledge and skill in cardiopulmonary resuscitation? This free workshop will give you the confidence to help keep someone alive using CPR while the ambulance is on its way. Presented by qualified trainers from the Queensland Local Ambulance Committee, in partnership with the Queensland Ambulance Service.

Simple Photo Editing – Free

Thu 15 Feb 2024 – 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.

A Brisbane Libraries Tech Connect workshop.

Bookings Required please contact
Coopers Plains Library

34031530 or go to brisbane.qld.gov.au/libraries.



February 13 each year marks the anniversary of the **National Apology to the Stolen Generations**.

Stolen Generations survivors are some of Australia's most vulnerable people and many have kept their stories and experiences secret for many years, even decades. The Bringing Them Home Report was tabled in Federal Parliament on the 26 May 1997. This report talked about the painful history of the Stolen Generations, and made 54 recommendations for moving forward. The National Apology to Indigenous Peoples was an important step towards reconciliation, and acknowledging the impacts these policies had on generations of First Nation peoples.

"We apologise for the laws and policies of successive Parliaments and governments that have inflicted profound grief, suffering and loss on these our fellow Australians"

Kevin Rudd, Prime Minister of Australia
Quote taken from the National Apology to Indigenous Peoples
13th February 2008

Come and celebrate St David's Day
at St David's Uniting Church
with fun, fellowship and food!

Sunday March 3

Church Service 8.30am

Fun activities 9.30am

Followed by a Delicious High Tea

All Welcome



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** – For 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



A Message from Debra

Have you ever wondered who St David was?

Saint David lived a simple life and practised asceticism, drinking only water and eating only bread with salt and herbs, not meat. This was even though he lived a very energetic life, since monks had to pull the plough themselves without draught animals. Churches in Wales, Brittany and England were founded by this visionary monk. The miracles attributed to St David include bringing a child back to life and the restoration of sight to a blind man. Saint David passed away on March 1 in 589, and this day is now commemorated as the feast day of St David. His last advice for his followers was "be joyful, keep the faith and do the little things that you have seen me do."

In my life and ministry, I have been inspired by the little things such as a kind person helping me when I needed it most, sharing time with a loved one, receiving unexpected and encouraging messages and listening to music or songs that open my heart to God. It is the small moments where I see God working in the beautiful people at St David's. Times spent together such as group activities, special occasions and services in our church, such as the Christmas Carols Evening, enable us to share the little special times to encourage each other, build each other up and have fun, fellowship and food.

A celebration of St David's Day at the St David's Uniting Church on Sunday March 3 will involve food, fellowship and fun. At 9.30 am, after the service of worship, we will share a short time of joy and connection by moving through a range of short activities like those we do in our many groups at St David's Uniting Church. After this time we will share an early lunch, a high tea with delicious treats, until about 12 noon. I warmly invite you to attend our celebration.

Rev Dr Debra Tedman, Minister of the Word, St David's Uniting Church, Coopers Plains

**"There is no
power for change
greater than a
community
discovering what
it cares about."**

MARGARET J. WHEATLEY



Welcome back everyone!

Despite the heat we have had a lovely start to the year and welcomed lots of new faces! February is quite a busy month for us, and I can't wait to catch up with all of our lovely families.

Looking forward to more fun & learning through play!

♥ Miss Melanie ♥

FEBRUARY EVENT DAYS FOR THE MONTH 😊

1ST – READ ALOUD DAY
 2ND – TUTU DAY
 5TH – NUTELLA DAY
 9TH NATIONAL PIZZA DAY (INTERGEN)
 5TH – 9TH – YEAR OF THE DRAGON
 13TH – PANCAKE DAY – (INTGEN)
 14TH – VALENTINE'S DAY
 20TH – LOVE YOUR PET DAY
 21ST – WORLD HARMONY DAY (INTERGEN)
 26TH – TELL A FAIRYTALE DAY
 29TH LAST DAY OF SUMMER



Term 1 starts MON 22 JAN

\$3 per visit for the whole family

or \$25 for a TERM PASS!

Register via email with your preferred day

staynplay@stdavidsnc.org.au

OPEN: MON - FRI 9.30 - 11.30am

St David's Neighbourhood Centre
 Entrance via Rookwood Ave



Thrift Shop News

We are very excited to be hosting a special event this month -

So Last Century: Vintage and Retro Fair.

We have had so many amazing donations for this sale and there really is something for everyone. The best part is that all funds raised go directly towards supporting our local community.

We will also be opening the shop early on Friday 23 February during the Community BBQ Breakfast. Drop in before work for breakfast and a bargain!

February Shop Times:

**Monday to Friday
9.00am to 2.00pm**

**Late night shopping
Thursday 8th February
9.00am to 8.00pm**

**Early morning shopping
Friday 23 February
7.30am onwards**

Check out our Facebook page!

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



St Davids Neighbourhood Centre Thrift Shop
Presents

SO LAST CENTURY VINTAGE AND RETRO FAIR

Thursday 8th February 2024 Noon - 8pm

68 Orange Grove Road Coopers Plains

Toys Linens Music Clothing Silverware

Jewelry Crockery Homewares and More

Around the Centre



The Painting for Pleasure group enjoyed a well deserved break up celebration and Christmas Party



Our Community Christmas Celebration was very popular and a great way to end the year.



The Sing to Beat Aphasia Choir presented a wonderful Christmas Concert and morning tea for our community.

Harmony Club

Hello to February

Welcome to February. What a busy start to the new year we have had. I would like to welcome all the new clients. This year we are trialling longer opening hours, we have had a lot of great feedback to this, we are hoping everyone is enjoying more value for your money and spending more time with your friends. Harmony room has had a makeover, I hope you enjoyed getting out and about, meeting new people and making friends in 2024.

Highlights for February include:

- Bus trip to Lucky Tree tavern Friday 2nd
- Bus trip Mt Gravatt lookout for morning tea Wednesday 7th
- Bus trip Canungra Pub for lunch and scenic drive Saturday 10th
- Bus trip Memory Lounge Queensland State Archives Tuesday 13th
- Bus trip Wynnum beach and fish and chips in the park Friday 16th
- Concert with Ray Thompson Harmony BBQ Friday 23rd

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.



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

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Piano Playing with Jen Walking group Trivia	2 Bus Trip Lucky Tree Tavern	3	4
5 Craft Magic Walking group Cooking Classes	6 Chair Exercises Piano with Pam 1:00 Dance movement & Fun	7 Bus trip Mt Gravatt lookout For morning tea	8 Card's 500 Board Games	9 World Pizza Day morning tea in Play Group	10 Bus trip Canungra Pub for lunch scenic drive	11
12 Bingo Walking group Cooking Classes	13 Pancake Day Morning tea in Play group Bis trip Memory Lounge Queensland State Archives 1:00 Dance movement & Fun	14 Valentine's Day Craft Magic	15 Piano Playing with Jen Walking group Trivia	16 Scenic drive Wynnum beach Fish and chips in the park	17	18
19 Craft Magic Walking group Cooking Classes	20 Chair Exercises Piano with Pam 1:00 Dance movement & Fun	21 World Harmony Day Morning Tea in Play group	22 Card's 500 Board Games	23 Harmony BBQ	24	25
26 Bingo Walking group Cooking Classes	27 Chair Exercises Piano with Pam 1:00 Dance movement & Fun	28 Craft Magic	29 Morning Tea in Play group Piano Playing with Jen			