



**St David's
Neighbourhood
Centre**

Community Newsletter

March 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

Thank you all who came along and supported our first event of the year. The Vintage and Retro Fair was a great success with approximately 150 people coming through the door. With such a variety of items for sale, there was certainly something for everyone. A huge thank you also extends to the staff and volunteers who put in their time to make it a success. We are especially grateful for the support of Janette and her expertise to help guide us.

This month we welcome a new student. Jess is joining us for placement as part of her Social Work studies. Thank you for making her feel a part of our community and helping her to explore the theories and skills she will need as a social worker.

Volunteers are such a vital part of the work of St David's Neighbourhood Centre. We had an opportunity to thank them for their work and honour them at the Moreton Volunteer Awards hosted by Graeme Perrett MP at the beginning of February. Congratulations to Pam, Paul, Nelly, May, Aldous, and Peter. All your hard work is certainly appreciated.

Easter falls early this year; please be aware the centre will be closed on 29 March for Good Friday and 1 April for Easter Monday. Wishing everyone a safe and Happy Easter.

Regards Kellie, Manager of St David's Neighbourhood Centre

AUTUMN FEST 2024

Saturday 11 May ~ 8.30am - 1.00pm

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 - Mondays 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 7pm to 9pm

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
9.30AM - 11.30AM

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
9.00AM - 11.00AM

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



What's on this month...

Carer's QLD

Community NDIS support program
Thursday 21st March,
9am – 11.30am

Book a confidential consultation to have all your NDIS questions answered, whether you have a plan already, support a person with a plan or are just starting the NDIS journey.

call 3274 3240
community@stdavidsnc.org.au



Delivering the NDIS in your community



neighbour day

**VERY
NEIGHBOURLY
BBQ
BREAKFAST**



Friday 22 March 2024 7.30am to 9.00am

Come and meet your neighbours and help us celebrate Neighbour Day!

Tea, coffee...Cold drinks

Sausage sizzle...Fresh fruit

FREE!!



St David's Neighbourhood Centre

3274 3240 community@stdavidsnc.org.au

68 Orange Grove Rd, Coopers Plains 4108

www.stdavidsnc.org.au



St David's Neighbourhood Centre

Thrift Shop

**END OF
SUMMER
SALE**

50% OFF
all Summer stock
during March



SHOP OPEN - 9am to 2pm
Monday to Friday

11 Rookwood Avenue,
Coopers Plains

ST DAVID'S NEIGHBOURHOOD CENTRE

**Boomerang Bags
Sewing Bee**

**FIRST & THIRD TUESDAY
OF THE MONTH**
7PM - 9PM

Boomerang Bags is about connecting communities, making bags, diverting waste, starting conversations, fostering sustainability, and having a bit of fun! Join us at our fortnightly Sewing Bee to cut, iron, sew and and make friends.

New members are always welcome. If you don't know how to sew, there are other ways to help, or we can show you the basics.

For more information 3274 3240



Moorooka Salisbury Tarragindi

Outreach News

Dear community

'The story of women's struggle for equality belongs to no single feminist nor to any one organisation but to the collective efforts of all who care about human rights.' – Gloria Steinem

International Women's Day (IWD) is a global celebration held annually on 8th March. This year's theme is 'Inspire Inclusion'. When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment. Organisations, groups, and individuals worldwide can all play a part.

One of the first ways to help women is to manage our own biases. Listen to your own inner dialogue and push back on yourself when you hear prejudice. Also manage your language and expression. Pay attention to what you're saying (and doing) and ensure you're reinforcing equity and fairness toward women in all things.

A gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable and inclusive. A world where difference is valued and celebrated.

~ Kat



Belonging is the sense of safety and comfort you feel when you are accepted for who you are. It's more than inclusion, it's an authentic acceptance and a state of feeling both connected and supported. There are a range of ways that we can all work to create belonging, both for ourselves and for those in our communities.

The following are some steps that we can all take as we work to create belonging:

1. Listen. Hearing someone shows them that they belong. This doesn't always mean agreeing with them, it means acknowledging what they have said and how they feel.
2. Giving connects two people, the giver and the receiver, and this connection creates a new sense of belonging.
3. Be yourself. Belonging only happens when we present our authentic, imperfect selves to the world.
4. Make an effort. Seek out activities and groups of people with whom you have common interests, and respectfully engage with others who you may be different to.
5. Reach out to people you don't know. You may find you have more in common than you think. Practice acceptance. Focus on the similarities, not the differences. Remain open to new ways of thinking.
6. 'Call in' rather than 'call out'. 'Calling out' publicly challenges someone for their views. People can feel criticised, creating a sense of shame and deflection. 'Calling in' invites a deeper discussion and creates a compassionate space for listening and understanding.



**COMMUNITY IS MUCH MORE THAN
BELONGING TO SOMETHING; IT'S
ABOUT DOING SOMETHING
TOGETHER THAT MAKES
BELONGING MATTER.**

BRIAN SOLIS

**Build the communities
you want to live in.
Help share belonging
this Neighbour Day.**



Create Belonging | Share Belonging
NeighboursEveryDay.org

trans

DAY OF VISIBILITY

31st of March

<https://www.tdov.org.au/>

For many gender diverse people, a lack of representation, role models, and community can be isolating and make it difficult to feel proud in their identities. Trans Day of Visibility is a day of pride and celebration for gender diverse identity, achievements, and community. For a community that is too often underrepresented, TDOV is about reclaiming space and being visible. We acknowledge our Trans and gender diverse community members and share our respect for everyone's right to freely identify and affirm their sexual or romantic orientation and gender identity.



What's On at Coopers Plains Library?

Diverse Abilities: Harmony – Free

Tue 5 Mar 2024 – 10:30am to 11:30am

Celebrate diversity in this interactive creative workshop. This inclusive event is ideal for adults with diverse abilities and their support workers.

Computer Basics – Free

Thu 14 Mar 2024, 1:00pm

Learn how to use a keyboard and mouse, and find your way around a Windows computer. Perfect for the first-time user.

Make and Create: Harmony Week – Free

Tue 19 Mar 2024 – 3:15pm to 4:15pm

Drop into the library during the hour for a special craft activity to celebrate Australia's cultural diversity and inclusion. Ideal for children aged 4 years and older.

Word processing basics – Free

Thu 21 Mar 2024 – 1:00pm to 2:30pm

Learn how to create basic Word documents, find useful programs, and manage files and folders on a Windows computer. Basics computer skills required.

Make and Create: Easter – Free

Wed 27 Mar 2024 – 4:30pm to 5:30pm

Create some egg-cellent Easter-themed crafts using your imagination. Ideal for children aged four years and older.

Bookings Required

please contact Coopers Plains Library

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



CLOSE THE GAP

For the most part, Australians have the privilege of experiencing one of the highest life expectancies of any country in the world. However, this is not the case for many minority groups including Aboriginal and Torres Strait Islander peoples, who can on average expect to live up to eight years fewer than non-Indigenous Australians. This is due to the reality that First Nations people in Australia experience higher rates of preventable illnesses such as heart disease, kidney disease and diabetes, socio-economic disadvantages such as access to safe and affordable housing, racism, disproportionate rates of incarceration, and impacted life outcomes overall as a result.

In February 2008, in his Apology to Australia's Indigenous peoples, Prime Minister Kevin Rudd pledged the government would attempt to bridge the gap between Indigenous and Non-Indigenous Australian health, education and living conditions, in a way that respects their rights to self-determination.

In 2009 the Australian government committed to making an annual progress report to Parliament on progress with the Closing the Gap strategy. After years of struggling to make headway on the key priorities, the Closing the Gap framework and strategy was significantly overhauled in 2020, with a "greater focus on partnership between governments and Aboriginal and Torres Strait Islander people".

More information can be found at

<https://www.closingthegap.gov.au>



A Message from Debra

~ Are St Valentines day and Lent similar?

Lent for this year began on Wednesday February 14. That day was also Valentine's Day. At their foundation, both Lent and Valentine's Day are all about celebrating the love of people for each other. Lent is the time of deepening a love for Christ and us, but also about very much more. It is a period of preparation for Easter that is focused on reaching out to others and loving the people around us.

Lent is a 40-day period of preparation to celebrate the Lord's Resurrection at Easter. It involves a preparation of our hearts or minds for Easter, as we seek to share our time and talents to help others, as Jesus demonstrated. This is particularly relevant at a time when one-third of Australians feel lonely some, or all of the time (State of the Nation 2023 report). How can we begin to end loneliness together?

A good way to think about love in our community uses the rich symbolism of the grape vine, like Jesus did when he said, "I am the True Vine", to help his followers to understand the vital connections we have with each other, and with Jesus. The healthy vine and the fruit-bearing branches are connected and united to support and nourish each other like the members of the community in St David's Uniting Church to support and help each other, through the power of God's love and compassion.

Jesus likened the process of pruning the grape vine so that they will produce more fruit to disciples removing things that may stop our spiritual growth. Is there anything that needs to be "pruned" from our hearts and minds as Easter approaches so that we can experience joy and love through helping each other? I warmly invite you to attend our Easter services: (Maundy Thursday March 28 at 6.30pm; Good Friday March 29 and Easter Sunday March 31 at 8.30am).

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

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

JOIN WITH US TO CELEBRATE



9:30AM SUNDAY 3 MARCH

CONNECT WITH FRIENDS | ENJOY FELLOWSHIP

FREE ACTIVITIES | FREE MORNING TEA

St David's Uniting Church
68 ORANGE GROVE RD, COOPERS PLAINS



UPCOMING EVENTS FOR MARCH

- *First Day of Autumn - 1st
- *National Sea Week - 4th - 8th
- *International Women's Day - 8th
- *Harmony Week - 18th - 22nd
- *International Day of Happiness - 20th
- *Harmony Day - 21st
- *World Water Day - 22nd
- *InterGen Easter Concert - 28th
- ***Playgroup CLOSED - 8th - 12th APRIL**



What a fabulous time we had in February!
Firstly, it's great to be back in playgroup, not just via text, phone & emails. It's lovely to connect with you all & meet all our new families in person 😊

A very special **THANK YOU to the SnP Team ~ Ally, Elizabeth, Gieng, Jack, Nikki & Yuriko** for all their hard work & looking after you all while I was home sick with COVID. Pizza Day & Pancake Day were very delicious! Thanks to our 'Harmony' friends for making the pizzas with so much love & Sue for making the pancakes.

Valentine's Day saw us creating lovely works of art. We celebrated Lunar New Year, International Mother Language Day, Tell a Fairytale Day & the last day of Summer too.

We welcomed 'Jess' our new student on placement. She will be with us on Tuesday's for the next few months. March is another busy month for us, make sure you check our special days on the list above.

Looking forward to more fun & learning through play!

❤ Miss Melanie ❤



Thrift Shop News

The Thrift Shop is bursting at the seams with donations and we need to make room for our new stock. For the whole of **March we have 50% off all Summer stock so it is a great time to find a bargain or five!**

It was lovely to attend the Moreton Volunteer Awards ceremony to cheer on our wonderful Thrift Shop volunteers! Five of our volunteers received awards for their amazing dedication and hard work at the Thrift Shop - congratulations to Nelly, Peter, May, Aldous and Paul.

March Shop Times:

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

**Late night shopping
Thursday 14th March
9.00am to 6.00pm**

**Early morning shopping
Friday 22 March
7.30am onwards**

Check out our Facebook page!

<https://www.facebook.com/people/Thrift-Shop-St-Davids-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 March 16th Saturday at 4pm

Coopers Plains Library Meeting Room (at the back)
All welcome.

www.coopersplainshistory.bhsn.org

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

The Coopers Plains History Group (CPHG) has a large archive of photographs, letters, and other documents. From time to time, we need the help of members of the local community to be able to provide information about certain items in the archive. Perhaps you know the item's history or recognise places or people depicted in the below photographs? We would love to hear from you!



Coopers Plains Methodist Church, c. 1950.

The Coopers Plains Methodist Church was built on the corner of Orange Grove Road and Rookwood Avenue in 1952, and was open in early 1953. The church group of women and children in the photograph was probably taken between 1953 and 1961. Who were the people in the photograph? In what year or date was the photograph taken? Who was the photographer?



Salisbury Store, c.1900?

This photograph of the Salisbury Store, assumingly early in the twentieth century, was donated by Ted Humphrey of Salisbury. It shows a recently constructed store that was thought to be located on Beaudesert Road in the area where the intersection of Lillian Avenue would appear. Two women, three men, and two boys pose for the photograph. On the right is a large commercial carriage owned by "D. Jenkins. Confectioner". What is known about the "Salisbury Store"? Where was its location? Who were the people in the photograph? In what year or date was the photograph taken? Who was the photographer?

Around the Centre



So Last Century: Vintage and Collectables Fair was such a fun event! We had a line up of eager customers waiting for us to open on the day, and in the evening, a Sausage Sizzle was appreciated by the hungry customers and volunteers!

We were so proud to have 7 of our volunteers recognised for their amazing contributions at the 2024 Moreton Volunteer Awards. Congratulations to Nelophear, Kellie, Peter, Pam, May, Aldous and Paul.



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.



Harmony Club is certainly a buzz with lots of activity, chatting, laughing and most important of all, connecting. The bus trips in February were certainly popular and everyone enjoyed the Saturday trip to Canungra Pub for lunch.

We also welcomed back Pam and Peter to play the piano on Tuesdays and Movement and Dance with Miss Melanie. We extend a warm welcome to all the new clients who have joined us recently, we hope you are enjoying your time at Harmony Club.

Easter decorations have made their way into the Harmony Room as we get ready for Easter, keep an eye out for the Easter Bunny who may make an appearance. The March activity calendar is jam packed for sure, book in early for the bus trips and come ready to have some fun.

March Calendar highlights:

- Lunch at Club Southside, Friday 1st
- Shopping trip to Garden City, 6th, 18th & 22nd
- Lunch at Club Yeronga, Friday 8th
- Hour of Hymns in the church, Wednesday 13th
- Morning tea at Mt Gravatt Lookout, Thursday 14th
- Scenic drive and Fish & Chips at Wynnum, Friday 15th
- Easter Service in the church, Thursday 21st
- Bus Trip - Scenic Drive & lunch at Marburg, Saturday 23rd
- Harmony BBQ and Music with Gary, Friday 22nd
- Easter Concert with Mel, Thursday 28th

While these are just some of the highlights for March, there is something interesting on every day.

We look forward to seeing you at Harmony Club!



Sue and The Harmony Team



ADA Australia's aged care advocacy service provides information and individual advocacy support to people who have issues related to Australian Government funded aged care services in Queensland. Advocacy supports a person to speak up for their rights and needs.

How we can help

We help people to uphold their rights and be heard in the issues related to aged care services. We can help people to:

- Access appropriate care, support and service options
- Understand their rights in residential care, or home care
- Raise and address care related concerns
- Communicate their preferences
- Raise and address concerns about service agreements, fees, statements and budgets. Explain fees.
- Support to review and negotiate care plans
- Make referrals for assessments and additional services.

Who is eligible

People living anywhere in Queensland who have issues with accessing aged care services, or are experiencing service provision and care related problems for the following Australian Government funded aged care programs:

- Commonwealth Home Support Program (CHSP)
- Home Care Packages (HCP)
- Residential Aged Care Homes
- Disability Support for Older Australians (DSOA) Program
- Commonwealth funded dementia services



**ADA
Australia**

*Your aged and
disability advocates*

**1800 818 338 (Freecall)
or (07) 3637 6000**

Interpreter - 131 540

*Our information and advice line
operates between 9am – 4pm
Monday to Friday. We will take
your details and an advocate
call you back at the next
available opportunity.*

Email

info@adaaustralia.com.au

Website

<https://adaaustralia.com.au/>

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.

**Carer's QLD
Community NDIS support program
Thursday 21st March,
9am – 11.30am**

**For more information or to book
a confidential consultation
call 3274 3240
community@stdavidsnc.org.au**



Delivering the NDIS in your community

Harmony Club Members Event Calendar

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 <i>Bus Trip Club South Side for Lunch</i>	2	3 Clean Up Australia Day
4 <i>Morning Tea in Play group</i> ----- Cooking Classes	5 <i>Chair Exercises Piano with Pam</i> <i>1:00 Dance movement & Fun</i>	6 <i>CARPET BOWLS</i> <i>Walking group</i> <i>Shopping trip to garden city</i>	7 <i>Craft Magic</i> <i>Walking group</i> <i>Trivia</i> <i>Piano Playing with Jen</i>	8 <i>INTERNATIONAL WOMEN'S DAY</i> <i>Bus Trip Club Yeronga</i>	9	10
11 <i>Bingo</i> <i>Walking group</i> ----- Cooking Classes	12 <i>Morning Tea in Play group</i> <i>Piano with Pam</i> <i>1:00 Dance movement & Fun</i>	13 <i>10am Hour of Hymns in the church</i>	14 <i>Bus trip Mt</i> <i>Gravatt lookout for morning tea</i> <i>Craft Magic Piano</i> <i>Playing with Jen</i>	15 <i>Scenic drive</i> <i>Wynnum beach</i> <i>Fish and chips in the park</i>	16	17 St Patricks Day
18 <i>Shopping trip to garden city</i> <i>Bingo</i> <i>Walking group</i> ----- Cooking Classes	19 <i>Chair Exercises</i> <i>Piano with Pam</i> <i>1:00 Dance movement & Fun</i>	20 <i>Morning Tea in</i> <i>Play group</i> <i>Walking group</i> <i>Trivia</i>	21 <i>Tiramisu Day</i> <i>Craft Magic</i> <i>10:30 Easter</i> <i>Church service at the Church</i>	22 <i>Shopping trip to garden city</i> <i>Back to</i> <i>Harmony for a BBQ</i> <i>Music with Gary</i>	23 <i>Bus trip</i> <i>scenic drive To</i> <i>Marburg</i> <i>lunch at Marburg</i> <i>pub</i> <i>book early</i>	24
25 <i>Bingo</i> <i>Walking group</i> ----- Cooking Classes	26 <i>Chair Exercises</i> <i>Piano with Pam</i> <i>1:00 Dance movement & Fun</i>	27 <i>Bus trip</i> <i>Karawatha Forest</i> <i>for morning tea</i> <i>Trivia</i>	28 <i>Morning Tea in</i> <i>Play Group</i> <i>10.30 Easter</i> <i>Concert with</i> <i>Mel Charles</i>	29 Good Friday Centre closed for Public Holiday	30	31 Easter Sunday