



**St David's  
Neighbourhood  
Centre**

# Community Newsletter

**April 2024**

**68 Orange Grove Road  
(enter via Rookwood Ave)  
Coopers Plains QLD 4108**

**Contact us:**

Phone: 3274 3240

Email: [info@stdavidsnc.org.au](mailto:info@stdavidsnc.org.au)

Website: [stdavidsnc.org.au](http://stdavidsnc.org.au)  
[facebook.com/stdavidsnc](https://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.

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*Dedicated to a better Brisbane*



Queensland Government



Australian Government

Department of Health and Aged Care

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**Bendigo Bank**

Welcome to the April edition of the St David's Neighbourhood Centre Newsletter. Plans are well underway for Autumn Fest 2024. It is shaping up to be a fantastic event once again. So if you have not already done so, mark Saturday 11 May 2024 in your diary and come along ready for a good time.

You may have noticed a new face at the centre, Dallas. She has joined the team to help as needed and has been cooking up a storm. Thank you Dallas and I hope you have felt welcomed by all.

School holidays will be starting soon, and we are looking forward to hosting a special activity in the second week of the holidays. The theme is Nature Craft, we hope you can join us for fun and creativity. See the flyer for more details.

In March we celebrated Neighbour Day. One of the joys of our community is the diversity of the people who are in it. We all come from different back grounds, hold different views, values and thoughts. Everyone has skills, ideas and make contributions that help us to connect and provide a sense of belonging. As a Neighbourhood Centre we celebrate this diversity and the contribution our neighbours make to help your Neighbourhood Centre be the active and welcoming place it is.

**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 social program for Seniors and NDIS participants  
Monday to Friday

## STAY N PLAY PLAYGROUP

Monday to Friday 9.30am to 11.30am.

To register - email: [staynplay@stdavidsnc.org.au](mailto: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...

## FREE! Community BBQ BREAKFAST

7.30am to 9.00am



☀ Friday 26 April 2024

Sausage Sizzle, fresh fruit, tea, coffee, juice

Corner of Orange Grove Rd and Rookwood Aveune ☀



St David's Neighbourhood Centre

[www.stdavidsnc.org.au](http://www.stdavidsnc.org.au)

## SCHOOL HOLIDAYS

## NATURE CRAFT

COLLECT NATURAL MATERIALS AND  
CREATE A RANGE OF SPECIAL PROJECTS



FREE!

Thursday, 11 April 2024  
10.00am - 11.30pm  
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](mailto:community@stdavidsnc.org.au)



ST DAVID'S NEIGHBOURHOOD CENTRE  
68 Orange Grove Rd, Coopers Plains  
[www.stdavidsnc.org.au](http://www.stdavidsnc.org.au)

## AUTUMN FEST 2024

Saturday 11 May ~ 8.30am - 1.00pm

Sausage Sizzle - Cake Stall - Coffee Van

FREE Children's Activities - Reptile Show

Thrift Shop treasures

Craft - Plants - Community and Information stalls

Your community, your event!



St David's Neighbourhood Centre

68 Orange Grove Road, Coopers Plains

Ph: 07 3274 3240 Email: [info@stdavidsnc.org.au](mailto:info@stdavidsnc.org.au)

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PETER RUSSO MP  
State Member for Toorhey



Cr Steve Griffiths  
Councillor for Moorooka Ward



Volunteer Connect  
Locals Helping Locals



Delivering the NDIS in your community

## Outreach News



On Monday 22 April it is Earth Day. Earth Day is an annual event to demonstrate support for environmental protection. It is a day used to raise awareness of the climate crisis and bring about behavioural change to protect the environment. The theme for 2024 Earth Day is Planet Vs. Plastics. This year we are being encouraged to educate ourselves about the impact of plastics on our environment and health.

In April why not try reducing your use of single-use plastics in your daily life. Say no to plastic bags, straws, water bottles, and other disposable items. Seek sustainable alternatives instead. You can try this lifestyle change for any period of time – a day, a week or as long as you want to keep challenging yourself. You can take part in the Earth Day Plastic Detox at <https://www.earthday.org/plastic-detox-challenge/>

### Did You Know: Making compost reduces food waste in landfill and greenhouse gas emissions?

Brisbane City Council has made it more affordable to get started on composting and food waste recycling at home with the compost rebate program. This provides eligible Brisbane residents with a rebate of up to:

#### COMPOSTING EQUIPMENT (ONE PER HOUSEHOLD)

\$100 - for the purchase of eligible composting equipment made on or from 1 January 2024 for those joining the program for the first time.

#### FOOD WASTE RECYCLING EQUIPMENT (ONE PER HOUSEHOLD)

\$200 - for the purchase of food waste dehydrator system or in-sink food disposal system made on or from 1 January 2024.



For more information visit [Compost rebate program | Brisbane City Council](https://www.brisbane.qld.gov.au/clean-and-green)

[www.brisbane.qld.gov.au/clean-and-green](https://www.brisbane.qld.gov.au/clean-and-green)

Call the Contact Centre seven days a week on 07 3403 8888

The impact of living with a hearing loss can be significant due to increased risks of mental health challenges and social isolation, in addition to the everyday communication difficulties that sufferers and their loved ones endure.

Did you know?



A 2009 AUSTRALIAN BLUE MOUNTAINS STUDY REVEALED!  
**People with Type 2 diabetes are 2x more likely to have hearing loss**

THAN THOSE WITHOUT THE CONDITION.

Hearing loss is something that usually happens gradually. You may not even know you are impacted by it! As it is an invisible condition, hearing loss can often go undetected for years before it is picked up and treated. We know that early detection and intervention is best when it comes to hearing impairment.

**Hearing Australia will be offering free hearing checks at St David's Neighbourhood Centre Thursday 9th May from 9am to 12pm. Love your ears with professional hearing care and book your free hearing check with Hearing Australia today just call 3274 3240.**



## Is an older person you know at risk?



Phone the **Elder Abuse Helpline** — anyone can make the call.  
1300 651 192 [www.qld.gov.au/knowthesigns](http://www.qld.gov.au/knowthesigns)



Elder Abuse Hotline – this is a free, confidential service offering support and information that can help clarify your concerns and refer you to other agencies.

Phone: 1300 651 192

(Monday to Friday, 9am – 5pm)

or visit their website

[www.qld.gov.au/seniors/safety-protection/discrimination-abuse/elder-abuse/how-to-get-help](http://www.qld.gov.au/seniors/safety-protection/discrimination-abuse/elder-abuse/how-to-get-help)

There are brochures at the entry of the St Davids Neighbourhood Centre, or you can have a confidential chat with one of our friendly staff.



### What's On at Coopers Plains Library?

#### Diverse abilities: Celebrate Autumn

Tue 2 Apr 2024, 10:30am

Drop in and enjoy some autumnal themed crafts to mark this season. This inclusive event is ideal for those with diverse abilities and their carers

#### STEAM: Solar Science - Free

Wed 3 Apr 2024 - 2:00pm to 3:00pm

Join us for an afternoon of activities exploring science, technology, reading and art. Discover facts about space and solar eclipses. Ideal for children aged 5-9 years.

#### iPhone Basics - Free

Thu 11 Apr 2024 - 1:00pm to 2:30pm

Learn how to navigate your way around an iPhone. This includes how to make and receive calls, create and send text messages, add contacts, and install apps. Perfect for the first-time user. Bring your own iPhone.

#### Playing with Leaves - Free

Sat 13 Apr 2024 - 10:00am to 11:00am

Why are there so many different types of leaves? Ecologist and gardener Kate Wall takes you on a wonderful journey into the world of leaves, looking at leaf shapes, colours and functions. You will make leaf prints and will also pot a succulent leaf to take home and watch grow into a new plant. Ideal for children aged 5-12 years and their carers.

Bookings Required

please contact Coopers Plains Library  
34031530 or go to [brisbane.qld.gov.au/libraries](http://brisbane.qld.gov.au/libraries).



## Renting your home and need tenancy advice?

**QSTARS is a free, independent advice and referral service for all Queensland renters.**

Advice line:

# 1300 744 263

If you require an interpreter let us know or contact the TIS Translating and Interpreting Service first on 13 14 50.

### QSTARS can assist you with:

- Advice and assistance to understand your tenancy rights and responsibilities
- Support to resolve your tenancy issue
- Helping you to talk to your lessor or agent
- Help to write a letter or fill in tenancy forms
- Help to attend or prepare for a QCAT tenancy tribunal hearing
- Referral to other services if needed



The QSTARS program is managed by Tenants Queensland and delivered in collaboration with partner organisations across Queensland.

Funded by



## Mind Full, or Mindful?



With its emphasis on awareness, nonjudgement, and presence, mindful parenting fosters positive communication between family members. Parents and kids learn to recognize and express feelings calmly and openly, knowing they will be heard and respected even if they do not always get their way.

## Bringing Up Great Kids

Bringing Up Great Kids is a reflective, mindful, respectful program that provides parents with an opportunity to reflect on their parenting journey.

Bringing Up Great Kids provides a friendly and safe environment for parents to learn from each other as they navigate their parenting journey.



### Bringing Up Great Kids @ St David's Neighbourhood Centre



**When: Mondays during Term Two**

**Time: 9.30am to 11.30am**

**Where: Stay n Play Playgroup**

**Contact: Miss Melanie**

**Email address: [staynplay@stdavidsnc.org.au](mailto:staynplay@stdavidsnc.org.au)**

Parents and carers are invited to join us at Stay N Play playgroup for a series of special playgroup sessions that include engaging play for your little ones, connection with other parents and the chance to chat with a qualified family worker from Relationships QLD, who will share the Bringing Up Great Kids' program in bite size sessions!

Topics covered include:

- learn more about the origins of your own parenting style and how it can be more effective;
- identify the important messages you want to convey to your children and how to achieve this;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;
- explore new ways of communicating with your children;
- discover ways for parents and carers to take care of themselves and to find support when they need it.







## UPCOMING EVENTS FOR APRIL

- \* International Children's Book Day - 2nd
- \* International Carrot Day - InterGen
- \* **PLAYGROUP CLOSED - 8th- 12th**
- \* Term 2 starts - Monday 15th
- \* Earth Day & Jelly Bean Day - 22nd
- \* International Dance Day - 29th
- \* International Jazz Day - 30th
- \* Nature Play Week - TBC



We hopped through March in Stay n Play. 🐰  
 We enjoyed lots of water play, bubbles, sand castle building, easter crafts & egg hunting.  
 For **Harmony Week**, Stay n Play created an art work (pictured below) in collaboration with *Harmony Club & Monday Craft & Chat group*.  
**Thank you to EVERYONE who contributed to the project. It is displayed in the hallway on your way to playgroup.**

It has also been printed & displayed in the Social Room & Garden room. If you get a chance, make sure you pop down to see the real thing though 😊

**Playgroup is CLOSED April 8th - 12th**  
**TERM 2 starts back Monday 15th**

Looking forward to more fun & learning through play!

♥ Miss Melanie ♥







## A Message from Debra

### Rockets Fired in Israel before the Journey to the Cross

People of faith in Jesus walk with him throughout the journeys of our lives. At Easter, people around the world celebrate the resurrection of Jesus by participating in services of worship in churches, baking hot cross buns, and decorating Easter eggs, as symbols of the rising of Jesus from the dead.

I first experienced "The Stations of the Cross", to commemorate Jesus' journey to Calvary before his death on the cross, during a study visit in 2014 to St George's College, in Jerusalem. On the night before the visit of my study group to walk the stations of the cross through the old walled city of Jerusalem, I was woken by an air raid siren. Missiles from the Gaza strip were targeting Jerusalem. In sheer terror, I made my way down-stairs to the air raid shelter.

When I walked with the other students through the old city a few hours later, on the journey to the cross that Jesus walked, my absolute exhaustion as well as the fear about my safety, highlighted my appreciation of the suffering and sacrifice of Jesus on the cross. Unfortunately, the treatment of Jesus at the crucifixion was atrocious, an example of the worst of which humans are capable during the quest of some people for power.

**I invite you to come to St David's for our Easter services.**

**At Easter 2024, the services of worship St David's Uniting Church will include:**

- **Easter Sunday Service March 31 at 8.30am**
- **Holy Thursday Service March 28 at 6.30pm**
- **Good Friday Service March 29 at 8.30am.**

Participants in our services will certainly be able to be Jesus' companions on the Easter journey. In a world which at the moment seems to be a "world on fire", as I represented in the painting I did in the painting group of the Neighbourhood Centre, my hope is that after our Easter journey we will truly appreciate the truth of God's love demonstrated by Jesus and spread this love forward to others.



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

**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

**Our Worship service is at 8:30am every Sunday.  
You can also join us via our online worship services.**

**Sign up to receive your weekly notices and link to worship services or connect with us via our [Facebook page](https://www.facebook.com/stdavidsuca/) [www.facebook.com/stdavidsuca/](https://www.facebook.com/stdavidsuca/)**



## Thrift Shop News



We have some lovely stock on our fill-a-bag table this month, so there are lots of bargains to be found. Our fill-a-bag now has three options:

- Large Bag - \$5.00,
- Medium Bag - \$3.00
- or individual items for \$1.00

We have some exciting donations put aside for Autumn Fest next month, and will be once again be filling the hall with books, manchester, vintage and collectibles! So mark Saturday 11 May in your calendars!

Find it hard to get to the Thrift Shop during work hours? Don't forget we will be open for late night shopping on Thursday 11 April, and early morning shopping on Friday 26 April from 7.30am.



St David's Neighbourhood Centre

## THRIFT SHOP MONTHLY SPECIAL

50% off  
all Toys and  
Games



### April Shop Times:

Monday to Friday  
9.00am to 2.00pm

Late night shopping  
Thursday 11 April  
9.00am to 6.00pm

Early morning shopping  
Friday 26 April  
7.30am onwards

Check out our Facebook page!

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



### Cooper Plains History Group Monthly Meeting April 20th Saturday at 4pm

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

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

[www.coopersplainshistory.bhsn.org](http://www.coopersplainshistory.bhsn.org)



Anzac Day March approx 1960. March coming up Orange Grove Road, Coopers Plains. Army camp on left.

**ANZAC Day 1960** and how I began to march with the boys



## Around the Centre



The Dance, movement and fun session in Harmony is a great way to exercise!  
The "Dancing Queens" are showing off their pom pom skills!



Seniors Enquiry Line presented an information session on concessions for Seniors



Kay and Barbara enjoying a lovely day with Stay n Play Playgroup for our Intergenerational program

Harmony had a donation of 2 ukes from John. I would like to thank John for donation and the clients will have hours of fun. The ukes were donated by John from the Guitar Repairers ([info@guitarrepairers.com](mailto:info@guitarrepairers.com)).



We had visit from Graham Perrett MP recently, who popped into the Thrift Shop to deliver Moreton Volunteer awards to Aldous, May and Paul, who were unable to attend the award ceremony.



# Harmony Club

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

While these are just some of the highlights for April, there is something interesting on every day. We look forward to seeing you at 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.

The April activity calendar is jam packed, book in early for the bus trips and come ready to have some fun.

March Calendar highlights:

- Bus trip Lunch at Lucky Start at Sunnybank, Friday 5th
- Shopping trip to Garden City, 10th, 18th, 22nd
- Bus trip Scenic drive and lunch at Light house, Friday 12th
- Harmony BBQ and concert with Ray Thompson Saturday 13th
- Morning tea at Mt Gravatt Lookout, Tuesday 16th
- Scenic drive Botanic Garden Mt-Coo-tha, Friday 18th
- Bus Trip - Scenic Drive & lunch at Marburg, Saturday 23rd
- Harmony BBQ & concert with Leith the music maker, Friday 26th
- Bus trip scenic drive Samford Museum and lunch Saturday 27th

*Sue and The Harmony Team*



# Harmony Club Members Event Calendar

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Public Holiday	2 Chair Exercises Piano with Pam 1:00 Dance movement & Fun	3 CARPET BOWLS Walking group Trivia	4 Carrot Day Morning Tea in Play group Craft Magic Piano Playing with Jen	5 Bus Trip Lucky star Sunnybank for lunch	6	7
8 Bingo Walking group Cooking Classes	9 Chair Exercises Piano with Pam	10 Shopping trip to garden city	11 Craft Magic Walking group Trivia	12 Bus Trip scenic drive Cleveland Lighthouse for Lunch	13 Harmony BBQ Ray Thompson Concert All welcome	14
15 Bingo Walking group Cooking Classes	16 Piano with Pam Chair Exercises Bus trip Mt Gravatt lookout for morning tea	17 Morning Tea in Play group Trivia	18 Craft Magic Shopping trip to garden city Trivia Piano Playing with Jen	19 Bus Trip botanic gardens Mt Coo-tha	20	21
22 Shopping trip to garden city Morning Tea in Play group	23 Chair Exercises Piano with Pam 1:00 Dance movement & Fun	24 CARPET BOWLS Walking group Trivia	25 Anzac Day public holiday	26 Harmony BBQ Concert with Keith the Music Maker	27 Bus trip scenic drive Samford Museum Lunch out book early	28
29 Bingo Walking group Cooking Classes	30 Chair Exercises Piano with Pam 1:00 Dance movement & Fun					