



NEWSLETTER

FEBRUARY-MARCH 2024

CENTRE NEWS

It's certainly been a hive of activity around the centre with some residents of our community still recovering from the aftermath of Cyclone Jasper. Our Superstar Child and Parent Support Worker and 2IC Erin has taken a 3-month hiatus from her usual role and is now our local Community Recovery Connect Worker. Erin is here to assist people who have been displaced, have suffered loss or just in need of assistance with anything flood related. Marissa is back running Playgroup in Erin's absence.

Our No Interest Loans, Emergency Relief, Centrelink Assistance & Oz Harvest services have been super busy due to an increased need in the past couple of months.

The new look Emergency Relief Room has been completed and looks fabulous and inviting thanks to Geoff and Tracy and Volunteers Terry, Brad and Ramesh who put it all together. Next stop an upgrade of the reception area. The Cube has also had a makeover inside with the visiting services room now a modern office space.

The NicNak Shed is an ever-evolving space and is looking very bright and appealing at the moment, as they say change is as good as a holiday and the whole centre is definitely embracing the changes and moving in a forward direction.

Natural Disasters such as Cyclone Jasper go to show how important The Neighbourhood Centre is to the local community.



What's On

Mon:

Play Group: 0-5

9.30am-11.30 am

My Gov Assistance

9.00am-12.00pm

By Appointment Only

Tues: Play Group 0-5

9.30am-11.30am

Fortnightly Foodies

11.00am-12.30pm

Let's Get Crafty

1.00pm-3.00pm

Tai Chi for all abilities

1-hour appointments 1.00pm-4.00pm

Weds:

Men's Breakfast 8.30am-10.00am

Play Group: 0-5

9.30am-11.30 am

My Gov Assistance

9.00am-12.00pm

By appointment only

Oz Harvest Food Relief

8.30am till it's gone

Coles 2nd Bite Bread & More

Subject to availability

Thurs:

New Parents Group 0-Walking

10.00am-12.00pm

Child & Maternal Health Nurse

9.00am-12.00pm **4084 1200**

Return Bus to Cairns

Last Thursday of each month

\$10 members \$15 non members

Original Book Club

Monthly

Yoga Based Mindfulness

2.30 - 3.30

Fri:

Boomerang Bags:

9.30am-11.30pm

QiGong

10.30am

Page Turners Book Club

Monthly

Coles 2nd Bite Bread & More

Subject to availability

GROUP ACTIVITY'S

Fortnightly Foodies is back in full swing and Chrissie & the team has continued to come up with some simple and delicious recipes to present to our foodies my personal favorite being Chrissie's de constructed cheesecake & homemade ice cream. Due to the Easter break, our next gourmet gathering will be held on Tuesday 16 April at 11am. Give us a call or keep an eye on our Facebook page closer to the date for details of what's on the menu. (be warned it may contain several calories 😊)



GET CRAFTY

Why not 'Get Crafty' with us on Tuesday 23 Leather Bracelet making on Tuesday 23rd April and 7th May with Eric Werner. Explore your creativity at some or all of these sessions. (You may just surprise yourself) Call reception on 4099 5518 to book your spot.

We are always on the lookout for people willing to share their hobbies and interests with others so if you have a favourite recipe or craft idea please give us a call. We won't throw you in at the deep end – we promise.

SCHOOL HOLIDAY PROGRAM

Our Annual School Holiday program is on again this holidays. Spaces are limited, the program is open to Primary School Aged children and an adult is required to attend. Bookings via our Facebook page.

Wednesday 10 April – Craft with Tracy

Thursday 11 April – Cooking with Ineke

Friday 12 April – Yoga with Petra



YOGA WITH LESLEY JOHNSTONE
Offering yoga-based mindfulness sessions
Every Thursday afternoon 2.30pm
@The Hub

No class on April 11 due to School Holiday Program



VOLUNTEER ORGANIZATION OF THE MONTH

Meals on Wheels is looking for volunteers to join the team at Douglas Shire Meals on Wheels! DSMOW supports people in the community to live independently & with dignity. Whether you can spare a few hours on Monday, Wednesday, or Friday mornings, or even commit to just one shift a month, your contribution can make a significant impact. Join our diverse volunteer family, where retirees, families, and professionals alike come together to give back to the community. Why Volunteer with Us? Your time and generosity can provide crucial support to those in need, allowing them to remain in their own homes. Whether you're a retiree seeking activity, a family bonding over meaningful tasks, or a professional giving back, there's a role for you here. How You Can Help: Volunteer for just one shift a month. Drivers are needed on Monday, Wednesday, and Friday mornings to deliver meals. Get Involved Today: Together, let's create a happier and healthier community. Your efforts will directly impact the lives of those in need. Contact us now to learn more about volunteering with Douglas Shire Meals on Wheels and make a positive

STAFF NEWS

Our lovely Benita will be taking Maternity Leave from the 10th of April. Benita has taken on many roles since she commenced 3 years ago as well as being a major part of the NicNak Shed Fashion Parade. Benita has already shown what a fabulous mother she is to her sissy Sonita and she will be a great baby Mumma to her little boy. We will miss you





International Women's Day

Another highly successful International Women's Day was held at Salsa on Friday March 8th, tickets to the luncheon sold out very quickly and all 200 raffle tickets sold. One of our hardworking lucky volunteers won the prize money of \$2000. Well Done. The day was fabulous with Saskia being a wonderful host & speaker. The ladies from My Fair Lady entertained us all and the Mini Fashion Parade gave guests a taste of the NicNak Shed Fashion Parade for 2024. As always, the food & drinks were amazing and it was so great to see how beautiful & brightly the ladies dressed on the day. Jeanie and her satellite dish hat won the prize for best dressed. The day raised \$5304 to help fund the Child & Family Counselling Services. Thanks must go to Shona who works so hard behind the scenes every year organising the day and to Belinda for sourcing great raffle prizes and for selling tickets. Well, done to all ladies involved.



Earlier in the year our beautiful long curly haired red head Tanya sacrificed her locks to donate to the Variety Club. The Variety Club will organise for her hair to be made into a wig for a child going through cancer treatment. She was very brave to do this but we love her new look too.