



NEWSLETTER

JUNE-AUGUST 2023

Centre News

Lots of things have happened around centre over the past few months.

The new work vehicle a Mitsubishi ASX wagon has arrived and looks pretty schmicko with its new sign writing.

There have been a few staffing changes with Benita taking on a new role as Office Manager 3 days per week. Belinda is now working for the Nils Programme traveling to Mossman Wednesday Mornings for outreach and taking the programme to Cooktown once a month.

Tracey has commenced her Cert 3 in Community Services, learning various roles around the centre 4 days a week.

Megan has completed her Diploma in Financial Counselling, you can read more about this later on in the newsletter. What a wonderful achievement!

The Men's Breakfast is glad to have our Grill Master Terry back on deck, he is getting more mobile every day. Numbers have continued to grow on Wednesday mornings with around 16-18 hungry men ready to devour breakfast. Big thanks to our other volunteers Terry, Pete, Dave & Jake and thanks to Geoff for co-ordinating.

Fortnightly Foodies has also gone from strength to strength with numbers growing every week and some really delicious foods being created by our Master Chef Belinda as well as some guest chefs.

Erin is busy organising the Child Protection week Family Fun Day on Thursday September 7th

Jo and crew are also busy organising the NicNak Shed Fashion Parade which will be held at Palmer Sea Golf Club on Saturday September 23rd.

What's On

Mon:

Play Group: 0-5

9.30am-11.30 am

My Gov Assistance

9.00am-12.00pm

By Appointment Only

Let's Talk English

Fortnightly English language group with afternoon tea

1:30 – 3:30pm

Tues: Play Group 0-5

9.30am-11.30am

Fortnightly Foodies

11.00am-12.30pm

Get Crafty - fortnightly

1.00pm-3.00pm

Tai Chi for all abilities

1-hour appointments 1.00pm-4.00pm

Weds:

Men's Breakfast 8.30am-10.00am

My Gov Assistance

9.00am-12.00pm

By appointment only

Oz Harvest Food Relief

9.00am till all is 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

Fri:

Boomerang Bags:

9.30am-11.30pm

Slow Vinyasa Yoga

9.00 am-10.00pm

Page Turners Book Club

Monthly

Coles 2nd Bite Bread & More

Subject to availability

Visiting Services

Mon:

Justice of the Peace Service

10.00am-12.30pm

Busy @ Work

0456 639 930

Tues:

Epic Assist Australia

11.00am-2.00pm

Weds:

ATODS

Fortnightly

Confidential 1:1 assistance

Audika

Fortnightly 9.00am-4.00pm

No Interest Loans

Outreach @ Mossman Gorge
Community

8.30 am-10.00 am

Outreach @ Mossman Library

10.15am-12.30pm

Thurs:

Audika

Fortnightly 1.00pm-4.00pm

Domestic Violence Support

9.00am-12.30pm

1.00pm-4.00pm

1300 909 250

Friday:

Australian Hearing

Fortnightly 9.00am-1.00pm



@lili_freespirit

SLOW VINYASA YOGA

Coming to Port Douglas
Neighbourhood Centre (PDNC)

WHERE: PDNC, 6-10 Mowbray
Street, Port Douglas
BRING: bring a yoga mat or towel
and some water for hydration.
COST: Optional donation


Worried you can't do yoga? Friendly
yoga teacher Aurelie will modify
poses to suit individual needs and
ability.

For any questions or to reserve a
spot,
please contact Lili,
0413 349 700

Slower Paced,
Mindful Movement,
Slow Vinyasa Yoga

A slow and therapeutic
flow class linking breath
and movement, a chance
to breath, align and find
your feet.

JOIN SESSION:
Every Friday
9am to 10am
(please arrive 5-10min
before the class)



Monthly Bus Trip to Cairns

Last Thursday of each month

Leaving at PD
Neighbourhood Centre
9:00am to Cairns Central

Leaving Cairns Central at
2:30pm

\$15 per person non-member
or \$10 per person for
member.

Bus is to be booked and paid
in advance.

Payments are non-
refundable and non-
transferrable.

11 seats available

Volunteers Needed!



Fortnightly Foodies continues to be a popular group. Recently participants learned how to cook three Spanish dishes.

Local Chef, Augustana showed us how to make Spanish Gazpacho (fresh tomato chilled soup), Tortilla de Patatas (Spanish Omelet) and Crema Catalina.

Augustana made everything seem easy and quick to do and we suspect participants will be keen to try the recipes at home. Augustana will be joining us again on Tuesday 15th August and we are confident she will inspire us with more delicious recipes.

Our fortnightly **Get Crafty** sessions commenced on Tuesday 8th August. First up we held wood burning with Tracy and Tania. No – we were not doing a bonfire in the back yard (despite the recent cool weather), the girls were teaching how to burn words or numbers in to pieces of wood. Future sessions will include vision boarding, flower arranging and decoupage.



We are always on the lookout for people to share their hobbies and crafty talents so please give us a call on 4099 5518 if you would like to share with us. We would especially love to hear from anyone with creative ideas for recycling old clothing

items.



We are currently considering starting up **fortnightly technology sessions** if interest is sufficient. If you or someone you know could benefit from some assistance using your smartphone, tablet or laptop, let us know and we will advise you when sessions are going to commence.

While we are talking about technology, we continue to hear of more and more scams so please be careful. This website can give you some tips for protecting yourself against scams: [Ways to spot and avoid scams | Scamwatch](#). Remember if something seems too good to be true, it probably is. Treat any link you receive on an email or text with suspicion and remember your financial institutions will NEVER ask for your personal passwords and log in details over the phone.




We are also keen to explore if anyone would be interested in a weekly walking group and/or a weekly running group. Call Chrissy on 4099 5518 if this might be something you would like to join or coordinate 😊

Did you know Pickle Ball is the fastest growing sport in the world? Pickle Ball and Table Tennis are up and running! In partnership with U3A and thanks to a grant from Douglas Shire Council and room rental fees paid by the Tin Shed, we are now able to offer Pickle ball and Table Tennis in Port Douglas. You can play Pickle ball at the Cyclone Shelter in Endeavour Street Port Douglas on Saturdays from 1pm – 5pm and Table Tennis at the Port Douglas Community Hall on Fridays from 1pm – 3pm. Bring along running shoes and a positive attitude. Pickle Ball costs \$5 to cover room hire.


Congratulations Megan from everyone at PDCSN



NEED AN INTEREST FREE LOAN FOR ESSENTIAL HOUSEHOLD ITEMS?



The Port Douglas Neighbourhood Centre **No Interest Loan Scheme (NILS)** provides an opportunity to apply for an **interest free** loan to purchase essential household, medical or educational items, car repairs or car registration.



NILS
No Interest Loan Scheme
and Disposal Assistance

FOR INFORMATION:
Port Douglas Neighbourhood Centre
t: 4099 5518 e: nils@pdnc.org.au

Megan and Natasha Syed Ali, Megan's tutor from ICAN Learn

Megan, our Financial Resilience Worker, is now a fully qualified financial counsellor thanks to the Ergon/Powerlink Queensland Diploma of Financial Counselling Scholarship and a lot of hard work in her own time. A graduation ceremony was held for Megan and other students from ICAN Learn prior to the Financial Counselling Association of Queensland (FCAQ) conference dinner. Megan is the only scholarship recipient out of seven to graduate. The Port Douglas Neighbourhood Centre can now offer Financial Counselling as part of Megan's role in the Queensland Financial Resilience Program.



Boomerang Bags made with love on Friday Mornings @ Port Douglas Neighbourhood Centre
Come join the fun you may find yourself in stitches



Douglas Grass + Roots Volunteer Network

Here for a week, a month, for a year, forever?

Are you looking for the perfect platform to share your skills, get involved with the Douglas Shire community and extend a helping hand through volunteer support?

Douglas Shire's *Grass + Roots Network* connects volunteers with suitable volunteer organizations and in doing so, underpins the creation of skills, friendships and valuable communities.

Register your interest, <https://www.douglasgrassroots.com.au/> and immerse yourself in our volunteering community and experience first-hand, the tremendous satisfaction this provides.

We all know volunteers are happier people, but volunteers in a tropical paradise could well be the happiest of all!



Membership

Support your Neighbourhood Centre by becoming a member or renewing your membership now.

Your \$5 annual membership gives you:

- ✓ Voting rights at our Annual General Meeting
- ✓ A regular newsletter
- ✓ An invitation to our Annual Members Lunch & AGM
- ✓ Discounted tickets on our monthly bus to Cairns
- ✓ A free drink at the NicNak Shed Fashion parade
- ✓ The knowledge that you are helping to support the most vulnerable in our community.

Your Neighbourhood Centre supports those most in need with.....

- *Shower & Laundry Facilities.
- *Emergency relief
- *Support and advice.
- *Subsidised Monthly bus trip to Cairns
- *Activities to reduce social isolation.
- *plus many more initiatives.

Renewal is very simple, you can call into the Neighbourhood Centre reception, or pay via the link below:

<https://square.link/u/m4XJP1Kf>



QUEENSLAND
CHILD PROTECTION WEEK



Port Douglas
Community Service
Network Inc
*Towards an Empowered, Resilient
and Sustainable Community*

FAMILY FUN DAY

**THURSDAY
7TH SEPTEMBER
10AM - 1PM
REX SMEAL PARK
PORT DOUGLAS**

PORT DOUGLAS COMMUNITY SERVICE NETWORK'S - CHILD & PARENT SUPPORT PROGRAM

FREE COMMUNITY EVENT
FOR CHILDREN AGED 0-7 YEARS

Protecting **children** is
EVERYBODY'S BUSINESS



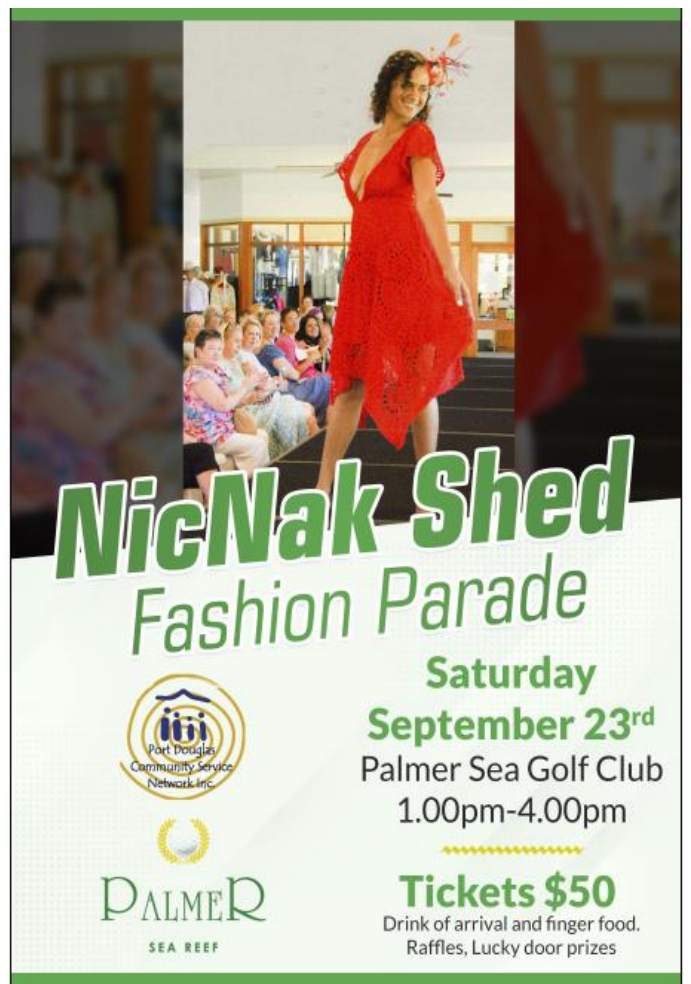
DOUGLAS
SHIRE COUNCIL

BRING ALONG A PICNIC MAT FOR A GREAT DAY OUT OF FAMILY FUN

Activities


- ✓ FREE FOOD & ICY POLES
- ✓ PETTING ZOO
- ✓ FACE PAINTING
- ✓ LIVE MUSIC
- ✓ ACTIVITY STATIONS
- ✓ WILDLIFE HABITAT
- ✓ JUMPING CASTLE
- ✓ QFRES FIRE TRUCK
- ✓ INFLATABLE SLIDE
- ✓ BUGZY BUMBLEBEE
- ✓ INFORMATION & GIVEAWAYS
- ✓ AND MUCH MORE

For any enquiries, contact Erin on (07) 40995518 / caps@pdnc.org.au




**NicNak Shed
Fashion Parade**

**Saturday
September 23rd
Palmer Sea Golf Club
1.00pm-4.00pm**



Port Douglas
Community Service
Network Inc



PALMER
SEA REEF

Tickets \$50
Drink of arrival and finger food.
Raffles, Lucky door prizes