

Sarina
NEWS
November 2015

Sarina Neighbourhood Centre

The Sarina Neighbourhood Centre is a Mackay Regional Council service which receives funding from the State Department of Communities, Child Safety and Disabilities through the Neighbourhood Centre's Initiative.



Services available:

- Information, advice and referral
- Community information directories
- Community newsletters and notice board
- Sarina events calendar
- Community education activities
- Emergency relief funding

Facilities available:

- A meeting room for community members and groups to utilise during the centre's operating hours
- An office for visiting services to meet with clients during the centre's operating hours
- Centrelink access point for self services

The Sarina Neighbourhood Centre is located next to Mackay Regional Council Client Services Centre, 65 Broad Street, Sarina.

Phone: 4961 9290 or 4961 9283
Email: margaret.mcdowall@mackay.qld.gov.au

You're invited > Christmas celebration

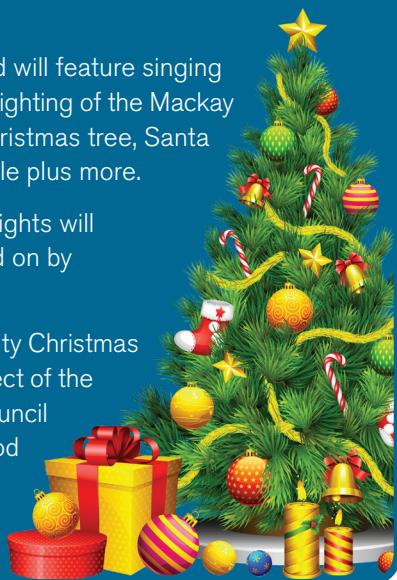
Sarina is celebrating the festive season with a Christmas Celebration for the community on **Saturday, December 5, from 5pm – 8pm**. The Celebration will be held at Anzac Park and Sarina Cultural Hall Precinct.

Those who attend will be able to explore a replica of the City of Bethlehem presented by the Combined Churches of Sarina.

The event is free and will feature singing of Christmas carols, lighting of the Mackay Regional Council Christmas tree, Santa photos, sausage sizzle plus more.

The Christmas tree lights will be officially switched on by Cr Greg Martin.

The Sarina Community Christmas Celebration is a project of the Mackay Regional Council Sarina Neighbourhood Centre and the Combined Churches of Sarina.





Anti-Poverty Week

The Mackay Regional Council Sarina Neighbourhood Centre participated in the Mackay Region Anti-Poverty Week Working Group. The group provided various displays around the region to promote conversation and awareness of poverty in the community.

Sarina's involvement included displays at the Sarina Library and the Sarina Neighbourhood Centre. Students from St Anne's Primary School and Sarina State School wrote and illustrated on handprints how poverty impacts on people and how we can play our part in helping.

Anti-Poverty Week is a week where all Australians are encouraged to organise or take part in an activity aiming to highlight or overcome issues of poverty and hardship here in Australia or overseas. It was established in Australia as an expansion of the UN's annual International Anti-Poverty Day on October 17. In 2015, Anti Poverty Week was held from the 11th to the 17th of October.

The main aims of Anti-Poverty Week are to:

- Strengthen public understanding of the causes and consequences of poverty and hardship around the world and in Australia; and
- Encourage research, discussion and action to address these problems, including action by individuals, communities, organisations and governments.

If you would like more details about Anti-Poverty Week or to get involved visit www.antipovertyweek.org.au.



White Ribbon Day

Sign the oath, say no to domestic violence

Wednesday, November 25 from 10am - noon at Old Town Hall Park, Sydney Street.

10.30am - Opening ceremony, traditional owner

11am - Choir of Unheard Voices

11.30am - Guard of honour formed police district inspector Nikki Colfs

11.50am - noon - Brian Hunt forum community men reducing violence.

Sarina Tourist Art & Craft Markets

Come along to the markets on the first and third Saturday of every month from 8am to 12 noon for fresh produce, homemade soap, plants and craft.

To find us, just drive south through Sarina, look to your right for the "i" sign at the last set of lights. Hours of business are 9am to 5pm, 7 days a week, excluding Good Friday, Christmas Day, New Year's Day and 1/2 day Anzac Day.

For any enquiries, please phone 4956 2251 or 0488 772 493 or email [sarainfo@easynet.net.au](mailto:sarinainfo@easynet.net.au).



What's on...

> at the Sarina Library

Get connected at your local library. Visit our website, subscribe to our library e-newsletter where we share information on upcoming programs, author visits, school holiday activities plus much more! Go to www.mackay.qld.gov.au/libraries to sign up, and don't forget to like us on Facebook.

For more information or assistance, please ask any of our friendly staff.

Women's Centre servicing Sarina

The Mackay Women's Centre provides a range of free counselling and support services for women in the city of Mackay and surrounding region. Our counsellor visits Sarina every Thursday morning at the Sarina Neighbourhood Centre, 65 Broad Street. Appointments can be made by calling the Women's Centre office on 4953 1788.

This month we have joined partnership with the Tackling Smoking Team at ATSICHS Mackay, and are proud to invite women of all ages to free morning walking classes and free healthy cooking classes at the Mackay Women's Centre. Both classes will be run for six weeks each and, if successful, we will be booking in more classes in the future.

Morning walking classes will be a nice 30 minute walk with the ATSICHS team at a different location every week. If you are unable to meet us at any of the locations, there will be a bus departing from the Women's Centre each Monday morning at 9.30am sharp and can only take 10 passengers, so make sure you call and book a seat please. If you don't need transport, we will meet you at location at 9.45am. Please bring a hat, water bottle and sunscreen.

The healthy cooking classes will be one hour classes and all you need to bring is yourself. These classes will also be held every Thursday for 6 weeks. The Tackling Smoking Team will be cooking up some great healthy lunches and snacks and you will also be able to help cook and try out the healthy foods.

Also available is the Parenting and Pregnancy Support Program that offers support for families as well as emergency relief for babies and toddlers. This includes counselling and support around these issues as well as being able to supply nappies, formula and prescriptions (where appropriate) in times of need. Thanks to the kind donations from the public, we are also able to supply baby goods such as prams, cots and clothing free of charge, when available.

Other weekly activities include Zumba Gold, Australian Breastfeeding Association Meetings, Tai Chi, Mackay Active Women's Group and yoga and meditation. For further information please visit mackaywomenscentre.com.au, call the office on 4953 1788 between 8.30am and 4.30pm, or find us on Facebook.



Local health check

> What does the future Mackay Hospital and Health Service look like to you?

At Queensland Health, we are establishing the Mackay Hospital and Health Service (HHS) Consumer Advisory Council (CAC) and Community of Interest (COI).

The aim is to discover a group of consumers and community members who are interested in representing the Mackay HHS and improving their understanding of health care and service issues.

Specifically, the role of the CAC is to provide the Board of the Mackay HHS with locally relevant perspectives on community health issues. The CAC will include committed, informed members with the necessary skills (or ability to acquire) to participate in a council environment and who are able to engage with health and wellness issues towards facilitating effective, sustainable and equitable outcomes for their local community.

As part of the COI, members have an equally valuable opportunity to receive firsthand information on issues and activities impacting on health in the Mackay HHS, and participate in health service development, design and evaluation activities.

We are seeking to connect with potential stakeholders and local community groups to ensure we capture as many individuals, groups and organisations as possible.

To register interest or for more information please contact the Consumer and Community Engagement Coordinator: mhhsengagement@health.qld.gov.au or 4885 5971.

KiDNEY

support ● network

Kidney Support Network (KSN) Community OP Shop is now open from 9am to 3pm weekdays and Saturday from 9am to 1pm.

KSN relies on generous donations from the general public. We can accept all household and outside items big or small and if you can't drop off, please feel free to call the shop to arrange a collection. Please note that the KSN Shop has a new phone number, 4836 5074.

KSN also provides a great transport service for dialysis patients which arranges transport from home to the Base Hospital. Our service runs six days a week ranging from 5.30am to 9pm. Call Trevor on 0413 099 754 to arrange a consultation.

Swayneville wins at OptiMinds

The Science and Engineering team worked hard in the past eight weeks to prove to themselves that winning first division in the Regional OptiMINDS challenge was great and that they could continue to show their knowledge in the Australian/Queensland State and International Final. The students who formed the Swayneville State School Science and Engineering team (Primary Division) included: Tim McFadzen (Y6), Lachlan McFadzen (Y5), Fletcher McFadzen (Y3), Bodhi Rowe-Bailey (Y3), Lawson McFadzen (Y2) and Reed Beveridge (Y2).

The students had to come up with an idea and create a physical presentation to the statement, "What is one idea that we believe that will change the future?" The students were very vocal with many different ideas and solutions but it always came back to the fact that education is the key to all areas of life and the environment. The students were then tasked with how to show how education links life to all the different elements that they were so passionate about. The students chose five strong elements that included language, health, science, technology and environment to link all of their ideas to their main focus of education. The students were also understanding of the problems relating to the flexibility of moving their presentation to the arena. This was another problem that showed some planning.

On the first day of the challenge in Brisbane, the students were asked to prepare their display in a two metre by two metre square. They were also asked to present the ideas to as many different people as possible by the end of a three hour time frame.

During the second day of the challenge, the students were taken and given three hours to plan, design and make a prototype of a platform that was able to sustain an impact from a vessel that was dropped from a 1.2 metre height. The students found it a challenge but were able to overcome their frustrations and work together as a team to come up with a solution. Although the prototype did not work, the students were encouraged to continue to think about what they could have changed and why.

The students did not walk away with recognition in their division, although over the weekend, it was witnessed that the students showed true responsibility, respectfulness and determination. The students were rewarded with the Australian/Queensland State and International Final Spirit of OptiMinds Award. They were one of seven teams that were awarded this honour out of the 118 teams that were present at the Finals. They were also the only small school represented at the event.

Swayneville State School is a small rural school 10 km west of Sarina. This year, student numbers sit at 93 across Prep – Year 6. There is a small but highly dedicated group of teachers, who, with their teacher aides, form teaching



teams. Together, staff work to support their students' learning, often giving of themselves in ways that frequently go unnoticed, as our teaching teams live out the notion that small schools – our small school in particular – are a viable option for a student's education. However, the very nature of small schools means that students of all ages need to be able to work together in order to participate, and that teachers/teacher aides all bear an extra load to free up others to facilitate opportunities. With the strong involvement and encouragement of parents, a facilitator like Miss Emma Stark, a back up team at school -- it just goes to show that, with effort and determination, a group of enthusiastic students who are willing to give it a go can take it to the limit!

Swayneville parents received kind sponsorship from: Dalrymple Bay Coal Terminal, Willmar Sugar and Canegrowers Mackay.



Swayneville Prep 2016

Is it time to start thinking about 2016 already? Is it time for your little one to start their formal education? Preparing for the start of school is something that most parents take seriously and put a lot of consideration into.

First there is the choice that sits around, the choice of schooling experience and environment that you wish to send to your child to. Small schools are different. They are a viable choice when selecting where your child is to be educated. The difference is in the school culture and climate. Swayneville State School is interested in individuals and families. We all know each other, which creates a family atmosphere and a level of support and interest that can only be experienced in schools our size.

We welcome families to come and check us out personally, or peruse our website. If you are interested in having your child join us for prep (or any other grade for that matter – we are a prep to year 6 campus), then we would love to receive your expression of interest. When we know your child's address, we will personally invite them to join with our transition mornings!

Transition/Orientation is on 18 November, 9am to 10.30am. As mums and/or dads need to be on campus while their child is participating in transition, we will cater for them too.

Photo by Shell Duck, Les Pitcher Rd



Are you prepared?

> Rural Fire safety and preparedness for your property walk 'n' talk

Considering current weather conditions and recent bushfires, "High Fire Risk" – SLCMA invites you to:

When: Thursday 19 November, 9–11am

Where: Pitcher Rd, Sarina

Why: Come along and chat to local fire expert Andrew Houley and Rural Fire Brigade volunteer Ron Gurnett about rural fire safety, being prepared and using fire as a tool.

RSVP: For catering purposes (and for directions on how to get there), please RSVP to SLCMA on 4956 1388 or admin@sarinalandcare.org.au by Tuesday, November 17.

thebiertonfamily@hotmail.com'. There is also a logo for 'Sarina Surf Life Saving Club' featuring a stylized wave and a shark."/>

SARINA BEACH BEACH markets

Family day out
market stalls
food & entertainment

Every second SATURDAY of the Month
8am - 1pm

Major fundraiser for **Sarina Surf Life Saving Club**

More information & to book a stall
Contact Mel M:0458 050 075
E: thebiertonfamily@hotmail.com



Get Out, Get Active

> Fitness Program, Sarina

Yoga - Bernadette Jamieson

4pm – 5pm, 7 Leslie St Sarina, November 17 & 24

Zumba – Elena's Fitness Fusion

6pm - 7pm, QCWA Hall Sarina, November 18 & 25

Group Fitness – 80/20 Training & Fitness

6.16pm - 7.15pm, Anzac Park Sarina
November 19 & 26

Aqua Zumba – Elena's Fitness Fusion

9am - 10am, Sarina Pool, November 14, 21 & 28

Cost: \$5 per session + \$3 pool entry

Visit mackay.qld.gov.au/getactive for more details and program updates.



Queensland
Government

Mackay
REGIONAL COUNCIL

Sarina Youth Centre

> Corner of Anzac & Broad streets, Sarina

Sarina Youth Centre is a place where young people (10-25) can meet up, socialise and take part in a range of fun activities, find out information and get support on issues or programs that may be of interest to them.

Open Monday to Friday,
1pm to 5pm.

To find out more,
visit the Sarina Youth
Centre Facebook page
at [www.facebook.com/
youthcentresarina](http://www.facebook.com/youthcentresarina).



2015 DATE CLAIMER

The Sarina Events Calendar is displayed at the front of the Sarina Neighbourhood Centre.

To have your event added to the Sarina Events Calendar, contact the Sarina Neighbourhood Centre by phoning 4961 9290 or 4961 9283 or emailing margaret.mcdowall@mackay.qld.gov.au.

NOVEMBER

- 12 > 6:15pm Get Out, Get Active Group Fitness, Anzac Park
- 13 > 7pm Dance Lessons, St Luke's Hall
- 14 > 8am Sarina Beach Markets
 - > 8am Sarina Men's Shed, Lee St
 - > 9am Sarina Fibre Arts, Sarina State High School
 - > 9am Get Out, Get Active Aqua Zumba, Sarina Pool
- 16 > 6pm Zumba Fitness, St Luke's Hall
- 17 > 9:30am Baby Bounce, Sarina Library
- 18 > 8am Sarina Men's Shed, Lee St
 - > 9am QCWA Sarina Branch Hoy Morning, QCWA Hall, Brewers Rd
 - > 9am Sarina Fibre Arts, Sarina Neighbourhood Centre
 - > 10am Storytime, Sarina Library
 - > 6pm Get Out, Get Active Zumba, QCWA Hall Brewers Rd
- 20 > 7pm Dance Lessons, St Luke's Hall
- 21 > 8am Sarina Tourist Art and Craft Market, Field of Dreams

Community Visitors Association

With the Aged Care Reforms that commenced July 2015, there has been some confusion regarding the accessing of services under the new Commonwealth Home Support Program (CHSP) formerly known as the Home and Community Care Program (HACC).

Advice received from the Home Support Branch states that "Clients need to be aware that they are still able to register and use more than one provider to meet their needs. The CHSP promotes client participation to maximise their capacity and quality of life by ensuring flexibility and choices".

For any enquiries please call My Aged Care on 1800 200 422 or your local provider.



- > 8am Sarina Men's Shed, Lee St
- > 9am Sarina Fibre Arts, Sarina State High School
- 23 > 6pm Zumba Fitness, St Luke's Hall
- 24 > 9:30am Baby Bounce, Sarina Library
- 25 > 8am Sarina Men's Shed, Lee St
 - > 9am QCWA Sarina Branch, QCWA Hall Brewers Rd
 - > 9am Sarina Fibre Arts, Sarina Neighbourhood Centre
 - > 10am Storytime, Sarina Library
- 27 > 7pm Dance Lessons, St Luke's Hall Sarina
- 28 > 8am Sarina Men's Shed, Lee St
 - > 9am Sarina Fibre Arts, Sarina State High School
- 29 > 7am Sarina Showgrounds Markets
- 30 > 6pm Zumba Fitness, St Luke's Hall

Important
dates