



Sarina
NEWS
June 2016

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

Family Fun Day

Sarina
QUEENSLAND
Day
Celebrations

Everyone Welcome

Field of Dreams
Parkland
Sarina

Saturday
4th June 2016
10am to 2pm

Entertainment • Food • Games

For more information
• 4961 9283 • margaret.mcdowall@mackay.qld.gov.au

A project of
Mackay Regional Council
Sarina Neighbourhood Centre



Celebrate Queensland

Sarina's Field of Dreams parklands will be alive with state pride this Saturday (June 4). A free family fun day to celebrate Queensland Day will be held in the parklands from 10am and 2pm.

The event is proudly supported by council and the Sarina Neighbourhood Centre and will feature a long list of entertainment and tasty treats.

Avid supporter of the Sarina Neighbourhood Centre, Cr Karen May said she hoped residents from all over the region would attend.

"The team at the Neighbourhood Centre have done a fantastic job putting this event together and it really does have something for the whole family," Cr May said.

"There will be Sensory Circus roving entertainers, the Sarina Sings Community Choir, a music tent, a free flag-making workshop, children's games with prizes, henna painting and performances by two local dance schools," she said.

"It's set to be a great free family fun day, so put on something maroon, grab the family and come and help us celebrate how lucky we are to live in this amazing state."

Sarina Landcare Catchment Management Association will have a trailer with native tubestock for sale and there will be a display from the Sarina Men's Shed. Sarina Museum and the Sarina Information Tourist Arts & Crafts Centre will be open, so take to opportunity to have a look inside.

The following food options will be available:

- sausage sizzle – Sarina Rotary
- Devonshire tea – QCWA Nebo/Sarina Range
- chips and donuts – Sarina Lions
- pumpkin soup – Sarina Chaplaincy Committee
- cold drinks – Sarina Tourist Information Arts & Crafts Centre
- damper and tea – Sarina Scouts

For more information, follow the Sarina Neighbourhood Centre on Facebook.



Buffy takes pride of place

Buffy is back and looking better than ever in the middle of Sarina. The metre-high, much-loved cane toad statue was moved from its Broad Street location in January for cleaning, maintenance and a fresh lick of paint.

As part of the project, Buffy's surrounds have also been revamped. Buffy now sits atop an elevated platform, with a feature wall decked out with landscaping and lighting.

The platform also pays homage to Sarina's rugby league greats, with a plaque for State of Origin Queensland stars Martin Bella, now a councillor, Dale Shearer, Kevin Campion and Wendell Sailor. An additional plaque also details the story behind Buffy.

The new-look Buffy was officially unveiled by Kevin Campion and Cr Bella. Sarina councillor Karen May said it was great to have Buffy back and looking at the top of her game. She said during consultations in Sarina last year the community highlighted the importance of upgrading Buffy to capitalise on her fame.

"It was discovered that Buffy – the Big Cane Toad is listed on the Big Things of Australia list.

"This project was developed as part of a deliberate strategy to encourage visitors to stop in at Sarina, grab a selfie with Buffy and tick off their 'big' list.

"They will hopefully post their photos on social media, gaining more exposure for Sarina."



What's on at the library...

> Lego Mindstorm Robotics

Wednesday, June 29 from 10am - 11.30am

Young adults aged 12 - 18 years are invited to be inspired and challenge their robotic skills with our EV3 robots; Dot, Eva, Robbie, Leia, Monty and Chip.

Bookings required. Visit www.bit.ly/1B48nRd

Women's Centre News

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, 4953 1788.



We have welcomed a new staff member here at the Women's Centre, Tola. Tola is the case manager for the Parenting and Pregnancy Support Program. This program offers support for families as well as emergency relief, for babies and toddlers by providing

an effective case management and/or crisis intervention service to women and primary carers.

This service includes case management 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.

This month we have partnered with Allied Health to offer a free "Mindfulness" program. Mindfulness is about living intentionally from moment to moment. It's all about bringing your attention to the here and now, rather than being caught up in the future or past. It teaches us how to disengage from the mental "clutter" and to have a clear mind. This program commenced at the Women's Centre, Monday, May 3 from 10am to 12pm and will run for four weeks. Bookings are essential so please call 4953 1788.

In the coming months we have a variety of new programs and information sessions including topics such as healthy ageing, coping with change, mental wellbeing, healthy brain, tackling smoking and drinking, and gym-fitness.

Other weekly activities include Zumba Gold, Australian Breastfeeding Association Meetings, Tai Chi, Mackay Active Women's Group and Yoga and Meditation.

For further information call the office on 4953 1788 between 8.30am and 4.30pm, visit mackaywomenscentre.com.au or find us on Facebook.



Election Day Snag Sizzle

> St Lukes Hall, Sarina

Sarina Tourist Art & Craft Volunteers will be holding a sausage sizzle and selling cold drinks for \$2, Saturday, July 2, 2016.



Do you want to win a boat?

Sugar City Marine and Sea FM have joined forces with Mackay Regional Council to help share your #MackayPride.

In 20 words or less tell us why you love where you live and enter the competition to win a #MackayPride 'Barra Hunter' boat and trailer package, valued at \$13,600!

Complete the registration form on our website to enter the free competition or visit our Mackay Show display for the last chance to cast your entry and land the catch of your life.

The 'Barra Hunter' will be on display at the Mackay Regional Council Show stand along with a bucket load of registration forms.

Why not bring the whole family and check out our interactive council show display with loads of activities for the kids, council give aways and free native plants for your garden.

Mackay Show display:

- Tuesday, June 21 and Wednesday, June 22, 9am – 10pm
- Thursday, June 23, 9am – 4pm

Registrations will close 5pm Thursday, June 23 with the winner announced on Monday, June 27 by Sea FM's Jay and Dave. For more details visit www.mackay.qld.gov.au/mackaypride.

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 and look to your right for the "i" sign at the last set of lights.

We always welcome any new volunteers to the centre. We truly care about our volunteers and you are never alone on a shift. Hours of business are 9am to 5pm, seven days a week, excluding Good Friday, Christmas Day, New Year's Day and half of day Anzac Day.

For any enquiries, please phone 4956 2251 or 0488 772 493 or email sarinainfo@easynet.net.au.



Help us to help others

> **Life Without Barriers is recruiting new foster carers and is calling on the community to assist.**

What is foster care?

Foster care is for children and young people who can no longer live at home, this could be for a range of reasons. We need foster carers who are willing to open their hearts and homes to support children for either a short stay or on a more long-term basis

Who can be a foster carer?

Life Without Barriers works with foster carers to provide safe and nurturing homes where children and young people can pursue their goals and dreams in life.

Foster carers are adults who can assist children with maintaining their cultural identities and pursuing their own personal interests throughout their childhood years. Not all carers are required to provide permanent homes. Emergency and short-term stays are often required, so interested people can still play a vital role even if they can't take on an ongoing commitment to a permanent care arrangement.

What kind of help is provided to carers?

Life Without Barriers supports foster carers through an extensive support network, including case managers, allied health professionals, carer support workers and through our national and local operational teams.

We will make sure that all foster carers are fully supported from the outset, from the time of screening, all the way through to ongoing training, access to 24 hour telephone support, and regular home visits from a Supporter of Carers (SOC) and case workers.

Every day at Life Without Barriers, we offer support and care to children. We have a responsibility to make sure their safety comes first, and that they're well cared for, protected and given the respect they deserve.

If you're interested in becoming a foster carer call Life Without Barriers' national information line on 1300 592 227 or visit lwb.org.au to find out more.



Below the Belt Support Group

Maree, Coral, Wendy and Pricilla walked the Survivors Walk at the Mackay Relay for Life on Saturday, May 21. Thanks to Amber for the logo and Randall Signs for the corflute sign. Check out the Facebook page "Below the Belt Mackay"; like it and pass it onto all your contacts.

We are currently meeting at the Mackay Women's Centre 418 Shakespeare Street, Mackay and will meet again on June 13 at 10am.

For more information contact Below the Belt Gynaecological Cancer Support Group call Jenny on 4942 1712 or 0409 302 116, Maree on 0409 424 662, Coral on 4954 3499 or 0435 756 770 or email Wendy at simackay@siswp.org.

We hope you can all join us.

Our mission: No woman with gynaecological cancer walks alone in the Mackay district. We all have our own story – believe in it. Proudly supported by Soroptimist International of Mackay.

Free service for parents

The Post Separation Cooperative Parenting (PSCP) Program is based in Mackay and also provides a service to Sarina, Whitsundays, Moranbah, and Bowen. The PSCP service is provided by UnitingCare Community. The aim of the program is to assist separated parents to manage their communication with the other parent in the children's best interests.

This free service provides counselling, resources, support and a three-hour educational seminar. The PSCP program can assist separated parents to focus on their children's needs instead of their conflict, and will also help separated parents develop ways of dealing more constructively with each other. The PSCP service can be helpful for a family even if only one parent attends the program.

For more details about Post Separation Cooperative Parenting call 4944 2300.

The PSCP service is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs.



A global voice for women

North Queensland members from Townsville, Cairns and Mackay Soroptimist International Clubs have been in Sydney for the South-west Pacific Conference of Clubs.

300 members from 13 countries met to renew friendships, collect information and potentially help women and girls around the world.

Three members from North Queensland have stepped up to take on the roles of constitution, membership and program goals, on the Federation Board.

Do you feel: It's time to make a difference, it's time to give back to society, I need more to life than work, empty nest syndrome?

Through soroptimist: you can make a difference, work with friends, increase your exposure to global issues, given real life opportunities to develop your leadership skills, travel regionally and internationally, enhance your resume, get support and have fun.

Make a difference: Promote human rights for all and to promote social change through awareness, advocacy and action.

For further information ring Jenny 4942 1712 or Wendy 0431 707 010 or email Wendy at simackay@siswp.org

Or go the website: www.siswp.org and Facebook: Soroptimist International Mackay



Did you know?

We are a bit of a social butterfly these days.

Find us on Facebook to keep up to date with upcoming events, opportunities and more!

> facebook.com/SarinaNeighbourhoodCentre

> facebook.com/mackayregionalcouncil

NDIS is coming to Mackay

> **The National Disability Insurance Scheme (NDIS) is coming on November 1, 2016**

IDEAL Placements is the provider of choice to assist and support a participant with a disability to work towards their goal, dream or aspiration to become part of the work force. IDEAL Placements have been employment specialists for over 20 years for people with a disability to gain meaningful and sustainable activities such as preparation for a working environment, job ready activities, work experience, volunteer work and paid employment.

Currently, IDEAL Placements is a host provider for Your Life Your Choice (YLYC), we can assist with the management of your self-directed funding allocated by Disability Services. YLYC is a funding approach that enables people with a disability and their families to have greater choice and control over the supports they receive in the community to assist with day to day living. YLYC is a key part preparing Queenslanders for the NDIS. IDEAL Placement will continue to offer this service under NDIS.

IDEAL Placements looks forward to providing 'Better Choices, Improving Lives and Creating Futures' for our current and future participants of these programs as Mackay moves closer to NDIS. All our current participants are successfully working towards their goals and dreams with the support and assistance of IDEAL Placements.

If you require any further information regarding NDIS or you have a goal, dream or aspiration and need support to achieve it, contact Tracy Woods at IDEAL Placements, YLYC/NDIS Coordinator on 49578177 or 0488 343 560.

Transition to Work

IDEAL Placements is the only provider to secure Transition to Work (TTW) in Mackay, Sarina and the Whitsundays. TTW is a service to support young people aged 15-21 on their journey to employment. The TTW service has a strong focus on practical intervention and work experience to build a young person's skills, confidence and readiness to engage in employment. Young people will receive intensive, pre-employment support to improve their work readiness and to help them into work or education including apprenticeships or traineeships. Employers will receive help from IDEAL Placement's TTW staff to recruit young employees who meet their business needs.

TTW providers have experience working with disengaged and disadvantaged young people, and have strong links with employers, community services and schools within their local community. TTW operates as a separate service from jobactive, Disability Employment Services and Community Development Programmes.

If you require any further information regarding Transition to Work (TTW) or Disability Employment Service (DES) please contact Tracy Woods – IDEAL Placement on 49578177 or 0488 343 560 to discuss eligibility and criteria for the both programs.

Tell us your thoughts...

That's the question being asked of residents in our region as council shapes its Accessible Communities Action Plan for the next five years.

Council works hard to ensure it is on the front foot in terms of accessibility, said Community Engagement Committee member Cr Amanda Camm.

"Our facilities, like the MECC and the Meadowlands Amphitheatre, are exceptional in their designs, which maximise accessibility with features like automatic doors and hard surface platforms," Cr Camm said.

"That being said, we are acutely aware that we can always improve to ensure that our community can participate," she said.

"According to the Australian Bureau of Statistics, more than four million Australians have some form of disability, with that number growing as our population ages.

"Now is the time to plan for the future to make sure our community is as inclusive and accessible as it possibly can be.

"To help us develop our Action Plan, we are interested in knowing what is limiting you from participating in council activities and programs, or how we can improve access to support greater visitation of our facilities.

"Accessibility is a broad term – it can be about access to services, programs and facilities, and not just in the physical sense – but also in the sense of information, convenience and relevance."

To answer these questions and more, council will be using a variety of community engagement mediums, including mapping tools, social media, www.connectingmackay.com.au, focus groups, short surveys, and one-on-one meetings. For information about how to be involved in the project, please visit connectingmackay.com.au or contact Michelle Feenan from Engagement Plus on 0400 188 373.

Rock and Roll Dancing

Want to learn?



Every Friday night

St Luke's Hall

Broad St SARINA

\$5 per person

(includes tuition and cuppa)

It could save your life

> June is Bowel Cancer Awareness Month

Bowel Cancer is the second most common type of newly diagnosed cancer in Australia affecting both men and women almost equally and is Australia's second biggest cancer killer, claiming the lives of 77 Australians every week.

Bowel Cancer Awareness Month has a positive message – "saving lives through early detection" – as bowel cancer is one of the most curable types of cancer if found early.

Know the symptoms

If you experience any of these symptoms, see your GP:

- Bleeding from the bowel
- Persistent change in normal bowel habit
- Unexplained weight loss
- Severe abdominal pain

To decrease your risk of developing Bowel Cancer

- Maintain a healthy body weight
- Be physically active everyday
- Consume foods containing fibre, garlic and calcium
- Limit consumption of red and processed meat
- Avoid or limit alcohol
- Quit smoking
- Screen for Bowel Cancer every two years from age 50

Bowel Cancer can be asymptomatic, so screening is important. The National Bowel Cancer Screening Program continues to roll out, with additional age groups becoming eligible each year. By 2020, all Australians aged 50-74 will be invited to screen every two years. For more information and to find out when you are next eligible for an invitation, visit www.australia.gov.au/bowelscreening.

Join us for a cuppa or two

Apex Park, every Tuesday at 10am.

Everyone welcome, especially newcomers to Sarina. For all enquiries please contact Meredith on 4956 2398 or Raylene on 4943 1509.

Sarina Showground Market

> Sunday, June 26

Make a morning of it with plenty to see and do - kids activities, home baking, old wares, plants, trash and treasure, hand-made clothing, handy crafts, live entertainment and more.

The canteen will be open thanks to the Sarina Show Society Volunteers, with plenty of food and cold drinks.

For more details call 4956 1066 or visit sarinashowsociety.com.au. Site bookings are essential.

2016 DATE CLAIMER

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

June

2	> 4pm	Kundalini Yoga Classes, 7 Leslie St	> 10am	Storytime, Sarina Library	
3	> 7pm	Rock & Roll Dancing, St Luke's Hall	> 6pm	Karate Club beginner's classes, Cyril McKie Court	
4	> 8am	Sarina Mens Shed, 40 Lee St	> 6.30pm	Sarina Community Choir, St Michael's Church Hall	
	> 8am	Markets, Field of Dreams	16	> 4pm	Kundalini Yoga Classes, 7 Leslie St
	> 9am	Sarina Fibre Arts, 36 Lee St	17	> 7pm	Rock & Roll Dancing, St Luke's Hall
	> 9am	Aqua Zumba, Sarina Swim Centre	18	> 8am	Sarina Mens Shed, 40 Lee St
	> 10am	Queensland Week Celebrations, Field of Dreams Parklands		> 8am	Markets, Field of Dreams
5	> 9am	Greatest Journey for children 4-17, Wesleyan Methodist Church		> 9am	Sarina Fibre Arts, 36 Lee St
6	> 6pm	Karate Club beginner's classes, Cyril McKie Court		> 9am	Aqua Zumba, Sarina Swim Centre
7	> 9.30am	Baby Bounce, Sarina Library	19	> 9am	Greatest Journey for children 4-17, Wesleyan Methodist Church
	> 10am	Cuppa at The Park, Apex Park			Karate Club beginner's classes, Cyril McKie Court
	> 10am	Council Arts Development Office, Sarina Neighbourhood Centre	20	> 6pm	Karate Club beginner's classes, Cyril McKie Court
	> 4pm	Kundalini Yoga Classes, 7 Leslie St	21	> 9.30am	Baby Bounce, Sarina Library
	> 6pm	Kundalini Yoga Classes, 7 Leslie St		> 10am	Cuppa at The Park, Apex Park
	> 6pm	Zumba Classes, New Life Centre		> 4pm	Kundalini Yoga Classes, 7 Leslie St
	> 7pm	Sarina Fibre Arts, 36 Lee St		> 6pm	Kundalini Yoga Classes, 7 Leslie St
8	> 8am	Sarina Mens Shed, 40 Lee St		> 6pm	Zumba Classes, New Life Centre
	> 9am	Sarina Fibre Arts, 36 Lee St		> 7pm	Sarina Fibre Arts, 36 Lee St
	> 9am	QCWA Craft Morning, QCWA Hall	22	> 8am	Sarina Mens Shed, 40 Lee St
	> 10am	Storytime for under 5 years, Sarina Library		> 9am	Sarina Fibre Arts, 36 Lee St
	> 6.30pm	Karate Club beginner's classes, Cyril McKie Court		> 9am	QCWA Craft/Meeting, QCWA Hall
	> 6:30pm	Sarina Community Choir, St Michael's Church Hall		> 10am	Storytime, Sarina Library
9	> 4pm	Kundalini Yoga Classes, 7 Leslie+ St		> 6pm	Karate Club beginner's classes, Cyril McKie Court
10	> 7pm	Rock & Roll Dancing, St Luke's Hall		> 6.30pm	Sarina Community Choir, St Michael's Church Hall
11	> 8am	Sarina Mens Shed, 40 Lee St	23	> 4pm	Kundalini Yoga Classes, 7 Leslie St
	> 9am	Sarina Fibre Arts, 36 Lee St	24	> 7pm	Rock & Roll Dancing, St Luke's Hall
	> 9am	Aqua Zumba, Sarina Swim Centre	25	> 8am	Sarina Mens Shed, 40 Lee St
12	> 9am	Greatest Journey for children 4-17, Wesleyan Methodist Church		> 9am	Aqua Zumba, Sarina Swim Centre
13	> 6.30pm	Karate Club beginner's classes, Cyril McKie Court		> 9am	Sarina Fibre Arts, 36 Lee St
14	> 9.30am	Baby Bounce, Sarina Library	26	> 7am	Sarina Showgrounds Markets
	> 10am	Cuppa at The Park, Apex Park		> 9am	Greatest Journey for children 4-17, Wesleyan Methodist Church
	> 4pm	Kundalini Yoga Classes, 7 Leslie St	27	> 6pm	Karate Club beginner's classes, Cyril McKie Court
	> 6pm	Kundalini Yoga Classes, 7 Leslie St	28	> 10am	Cuppa at The Park, Apex Park
	> 6pm	Zumba Classes, New Life Centre		> 4pm	Kundalini Yoga Classes, 7 Leslie St
	> 7pm	Sarina Fibre Arts, 36 Lee St		> 6pm	Kundalini Yoga Classes, 7 Leslie St
15	> 8am	Sarina Mens Shed, 40 Lee St		> 6pm	Zumba Classes, New Life Centre
	> 9am	Sarina Fibre Arts, 36 Lee St		> 7pm	Sarina Fibre Arts, 36 Lee St
	> 9am	QCWA Hoy Morning, QCWA Hall	29	> 8am	Sarina Mens Shed, 40 Lee St
				> 9am	Sarina Fibre Arts, 36 Lee St
				> 9am	QCWA Craft, QCWA Hall
				> 10am	Storytime, Sarina Library
				> 10am	Young adults challenge with robotic skills, Sarina Library
				> 6pm	Karate Club beginner's classes, Cyril McKie Court
				> 6:30pm	Sarina Community Choir, St Michael's Church Hall
			30	> 4pm	Kundalini Yoga Classes, 7 Leslie St