



# Community Connections

## Newsletter

COME ON IN AND LAUGH, SHARE, LEARN, DO,  
GROW, CRY, CONTRIBUTE, HEAL, SING, TALK,  
THRIVE, LEAD, PLAN, CREATE, MEET, DISCOVER,  
EXERCISE AND PLAY

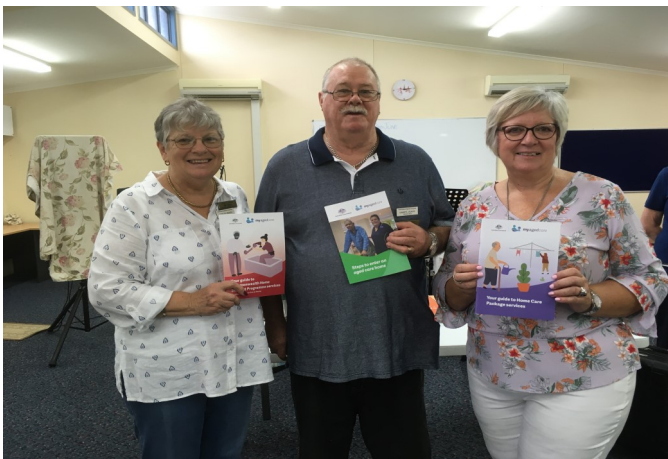


### August & September 2021

This year for Men's Health Week we hosted an information session with the PCYC Men's Shed. Councillor Pat Eastwood was the Master of Ceremony and started with some of his life story, whilst working as a Police officer on Brunie Island. He was followed by Billy Bijoux discussing life issues and how to share the load with your mates.



He explained his journey and asked the men to take notice of themselves and their mates. Susie Cervai talked about looking after your physical health it is as important as looking after your mental health. The men were challenged to a quiz asking: cultural, mental, and physical questions, prizes were given. At the close of the event the men gathered to share a BBQ



Annette, one of our volunteers held a number of "How to Navigate My Aged Care" information sessions for seniors during May and June. If you would like more information and resources please contact the Community Centre.

Photo: Shirley & Darryl Veach Yeppoon Senior Citizens, Annette Cox Community Centre Volunteer

**The most important conversation  
you've never had.**

Can take you places you've never been.

**Dying to Know Day** is an annual campaign where we encourage people to start conversations about death. During August, people hold events, gatherings at home, take individual action, and much more, all to improve their knowledge around choice at end of life. Below you'll find some guides and toolkits to support having conversations with the people in your life. <https://www.thegroundswellproject.com/dying-to-know-day>

**DYING TO KNOW DAY**

8th August 2021

Creating space for death

## Monday

### Every Monday

Exercises 9 - 10am  
Playgroup 9.15 - 11.15am  
Mah-jong 1- 4pm  
U3A Scrabble 1 - 3.30pm  
NA Support Group 7.30 - 9.30pm

### 3rd Monday

U3A Book Club 10.15 - 12pm  
ALP Meeting 6.30 – 8.30pm  
(even months)

### 4th Monday

U3A Cultural Evening  
5.30pm – 8pm May not meet  
every month

### Fortnightly

Toastmasters 6pm - 8.30pm

## Thursday

### Every Thursday

Tai Chi 9 – 10.30am  
Art 1 – 3.30pm  
Parchment Craft 1 – 3.30pm

### 2nd Thursday

Family History 10 – 12pm

### 1st, 2nd, 3rd, 5th Thursday

U3A Art Group 9.30am – 12.30pm

### 4th Thursday

U3A Writing Group 8.30 – 10.30am

**May not be meeting**

Updated July 2021

## Tuesday

### Every Tuesday

Computers 9.30 - 11.30am  
Cards 1 - 4pm

### 1st Tuesday

**U3A Social History 10am – 12pm**

### 2nd Tuesday

U3A Science & Technology  
10am - 12pm  
Photography 7 - 9pm

### 4th Tuesday

**U3A Discussion Group 10 – 12 noon**

ICE Support Group 6.30 – 8.30pm  
Photography 7 - 9 pm

### Fortnightly Tuesday

NDIS Information Session  
12 – 3pm

## Friday

### Every Friday

Age of Excellence –  
ManFit 6.30 – 7.15am  
WomanFit 7.15am – 8.00am  
Craft Group 9am – 12pm  
Al-Anon Support Group 12 - 2pm  
AA Support 7.30 - 9pm

### 1st Friday

Exercises 8.45 – 9.45am  
U3A Music Appreciation  
10.15am – 12.15pm

### 2nd Friday

Exercises 8.45 - 9.45am  
U3A Anything Goes 10am - 12pm

### 3rd Friday

U3A General Meeting 9.30am - 12pm

### 4th Friday

Exercises 8.45 – 9.45am  
U3A Philosophy 10 – 2pm

## Wednesday

### Every Wednesday

Age of Excellence –  
ManFit 6.30am – 7.15am  
WomanFit 7.15am – 8.00am  
U3A Mah-jong 9am - 12pm  
Yeppoon Yarners 1 – 3 pm  
Line Dancing 1- 2.30pm  
Tai Chi 5 - 6.30pm  
GROW Support 6 - 9.30pm

### 1st Wednesday

LNP Meeting 7 – 8.30pm

## Saturday

### Fortnightly Saturday

Readers Book Club 10.30 – 12pm

## Sunday

### Every Sunday

Tai Chi 7am – 9am  
Living Waters Lutheran  
2.30 - 5.30pm

### 2nd Sunday

Keppel Coast Arts 8 – 10am  
Ukulele Group  
3 - 5pm June to August  
4 – 6pm September to May

### 3rd Sunday

ALP Meeting 10am – 12pm  
(odd months)



**ILearn**  
community sessions



## Kicking off in August!

The Community Centre is hosting a series of free community workshops for all residents. Register today to reserve your spot!

### Basic Chair Yoga and Relaxation

Every second Tuesday from  
3 August to 7 September  
The Community Centre,  
Room A & B  
6.30 - 7.30pm

### Intro to 3D Printing

Thursday, 19 August  
The Community Centre,  
Room B  
6.00 - 8.00pm

### Business Communication and Writing

Every Thursday from  
5 - 26 August  
The Community Centre,  
Room C  
6.00 - 8.00pm

### Finance - make your money work for you!

Thursday, 9 September  
Yeppoon Library (outside)  
9.00am - 11.00am

# Free community workshops

To register go to  
[livingstoneshire.  
eventbrite.com.au](https://www.eventbrite.com.au)  
or scan the below  
QR code







IT'S LIVE!  
in Queensland

THE  **CQUniversity**

# VILLAGE

*Festival*



MUSIC • ARTS • COASTAL VIBES

**6 - 15 AUGUST 2021**

*Featuring*

**SNEAKY SOUND SYSTEM**

**HUSSY HICKS**

**BOOTLEG RASCAL**

**BRAD BUTCHER**

**DENNIS.**

**THE SHORT FALL**

**RHONDA JANES**

**MADDI & THE HOOPERS**

**AVA KAYDO**

**SHEN PANTHERS**

**INDIGO ELECTRIC**

**ANNA BRENNAN**

**ANNA FARQUHAR**

**RELIC**

**LIGHT VIOLET**

**VIPER SNATCH**

**AMANDA HEARTSONG**

**RAINING ROSES**

**ABANDIN ORBIT**

**NICE VERDES**

**DAWN & THE SAX MACHINE**

**MURPHY ROAD**

**SOPHIE ROSE**

**ANDREW KEMP**

**ART WORKSHOPS**

**ARTISAN MARKETS**

**STAND UP COMEDY**

**FILM NIGHT**

**CAP COAST TRYPTICH**

*Full program at*

**thevillagefestival.org.au**



**@ the Community Centre**

Headspace Youth Service are starting back to support our local youth fortnightly for more details Ph 49942515 to make an appointment. Or email [headspacerocky@roseberry.org.au](mailto:headspacerocky@roseberry.org.au)

Tai Chi -Beijing 24 Practice Group meets on Wednesdays in room A & B 5pm-6.30pm and on Sundays 7am - 9am For more information call Judy 0407 968 842

QCWA Yeppoon Seasideers meet every Wednesday fortnight. 5.30pm — 8.30pm For more information call Ruth 0450 178 129

First Birthday Celebrations—QCWA Yeppoon Seasideers are hosting a Vintage themed High Tea. 2.30pm to 5pm, Saturday 4 September, at Keppel Bay Marina Cost: \$30.00  
Contact Deanna 0417 773 741 or Jocelyn 0417 169 747. Wear your best vintage attire.



**Keppel Kids Playgroup**  
**MONDAYS**  
**9:15am - 11:15am**  
COMMUNITY CENTRE GARAGE  
80 JOHN ST, YEPPOON

All Ages Welcome!

For more information phone: Emma 0427 600 057



*The Bungalow* presents  
**SoCal**  
MUSIC & ARTS FESTIVAL

DJ SET  
**WINSTON SURFSHIRT**  
DJ SET  
**NORTHEAST PARTY HOUSE**  
**STACE CADET - KILTER** LIVE  
LITTLE FRITTER - MICCI LIVE - LATIFA TEE  
DENNIS LIVE - DANNY JAMES - CANDYFLIP

HOSTED BY TENZIN

LIFE SIZE ART DISPLAYS  
ARTISAN MARKET STALLS

Saturday 28th August | 12pm - 10pm  
Yeppoon Show Grounds  
Tickets via [SoCalfestival.com.au](http://SoCalfestival.com.au)



 KEEP UPDATED



Pack an esky or a picnic basket and gather local delights along the way. Or leave the foraging and prep to our amazing chefs and sample the best of the region's produce in some of the most celebrated eateries along the Capricorn Coast. Discover what it means to be a Capricorn Coast 'Locavore' and indulge in 'Providore' to Plate.





What is wear it purple: Wear it Purple is a non profit organisation, designed to raise awareness and understanding of LGBTQA+ issues. And we need your help to continue supporting the youth of our communities. So wear your purple on 27 August to show your support.

**If you provide unpaid care and support to family members or friends who have a disability, mental illness, chronic condition, terminal illness or who are frail aged, you are a carer.**



Carers Queensland is the peak body representing unpaid family and community carers in Queensland.

On August 06<sup>th</sup> Carers QLD will be hosting a light lunch followed by an information session on stroke awareness. Venue: Carers QLD Level 2, 39 East Street Rockhampton 11:00am – 2:00pm.

Registrations can be made by calling Belinda Arnold on 07 49941645, or through the Eventbrite link .

We also have a range of ongoing free events coming up for carers including lunches, health, and wellbeing.

Keep an eye on this link as new events are being added all the time, and registration through Eventbrite is essential. <https://carers-queensland.eventbrite.com.au/>

**National Joblink** will now have a Parents Next Mentor onsite every Thursday between 9am - 4pm by appointment. We are a support service for parents with children under 6 who get Parenting Payment. It will help you with your future study and work goals.

If you are interested in finding out more information about the Parents Next program or to check your eligibility, please call Gail McClure on 0409 262 407.

### Speak with Confidence

- ◆ Improve your public speaking skills
- ◆ Enhance your leadership
- ◆ Develop self-confidence with self-awareness
- ◆ Gain Extraordinary growth



Toastmasters is the fun way for you to improve your communication and build valuable skills to enhance your career. Join us at our fortnightly meetings, either in person at Yeppoon or online through Zoom

We welcome observers. There is no charge until you decide that you want to make use of the inexpensive, internationally respected, speaking pathways

Yeppoon Toastmasters Club Meets on alternative Mondays 6.30pm to 8.30pm

Workshop A, Community Centre, 80 John Street, Yeppoon

<https://Yeppoon.toastmastersclub.org> Contact John Sleight 0400 753 444



The Community Centre is changing the way we share our information. Don't forget to like us and click to follow our page. 'Yeppoon Community Centre' [www.facebook.com/YeppoonCommunityCentre](http://www.facebook.com/YeppoonCommunityCentre)



Act for Kids Specialist Therapy Services offer therapy services for children and young people who have experienced sexual abuse and therapy for young people demonstrating harmful sexual behaviours and their non-offending parents. To enquire please call 4860 8100 or email [referralsrockysva@actforkids.com.au](mailto:referralsrockysva@actforkids.com.au)



### Sailability Capricornia are looking for Volunteers

Our volunteers don't need to have sailing or power boat skills as there are always land based jobs as well. We sail on the Causeway from 9am till about 12:30 on 1st and 3rd Tuesdays of every month with a catch up sail on 5th Tuesday if we've had to cancel a day because of the weather.

Volunteers are required to get a blue card but there is no cost for this and our Blue Card person can assist with the paperwork required (not that there's much of it) Our clients are all ages and come with a wide variety of disabilities- both physical and intellectual. They all enjoy their time on the water as well as the socialising before and after. Volunteering is very rewarding for all involved, especially with the friendships that develop with clients, carers and other volunteers.

Give us a call or come along on a sail day and see us in action. ☎️ Call Helen on 0400742053

**QUEENSLAND'S  
SINGLE-USE PLASTICS BAN  
STARTS SEPT 1, 2021**

Community groups who use disposable single-use packaging as part of community or fundraising activities may be affected by the ban.

This forum series across the state will answer your questions on:

- What items are included in the ban?
- What alternative products can be used?
- How can my group adapt to comply with the ban?

For venue information and to register, search for 'Qld Plastic Ban Tour 2021' at [Eventbrite.com.au](http://Eventbrite.com.au) or email [tanja.schueler@boomerangalliance.org.au](mailto:tanja.schueler@boomerangalliance.org.au)

### ICare Community Project

Is in need of non perishable food and personal items for our community. Tinned foods ( tuna, soups, baked beans, spaghetti) cereals, long life milk , crackers, muesli bars and shampoo, conditioner and deodorant.

## Keppel Flix Keppel Coast Arts



' 7 August Girls Can't Surf'  
26 August De Gaulle'  
16 September ... Martin Eden'



Doors open at 6.30pm, Film starting at 7pm @ Yeppoon Town Hall



Help out Legacy in  
September  
Ph: 1800 LEGACY



Dementia Awareness Month is the national flagship month for

Alzheimer's Australia's community awareness activities. There will be events and activities held around the country to broaden understanding of dementia-friendly communities during Dementia Awareness Month.



For rural Australians, by rural Australians

Rural Health Connect is a social enterprise committed to improving access to psychologists in rural Australia, as well as for anyone who is disadvantaged. For further information <https://www.ruralhealthconnect.com.au> or phone 0427 692 377 or [info@ruralhealthconnect.com.au](mailto:info@ruralhealthconnect.com.au)

## Farewell!

Our coordinator Sabrina is moving on after 3.5 years working at our Envirolink/ Landcare office. She wishes to thank supporters & friends of Landcare for many wonderful conversations, and encourages everyone to continue doing their utmost to look after our planet. *'We ought to be good stewards, not dominators of the environment.'*

In June, volunteers & St Ursula students helped count litter items caught in 12 urban stormwater drain traps as part of FBA's **Drain Buddies** project. As suspected, the most prolific litter items were cigarette butts & food packaging - all mostly plastic! They would otherwise have washed out into Keppel Bay. This two year project has now ended.



**Donate us your 10c container refund by mentioning our scheme ID number C1000 3315 at any refund centre in Queensland. Thank you!**

Envirolink Centre, 3/78 John St  
Call us on 0474 954 514 or  
email [envirolink@cqnet.com.au](mailto:envirolink@cqnet.com.au)



Capricorn Coast  
**Landcare**  
Group