



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



May 2023

NEIGHBOURHOOD CENTRE WEEK

8 - 14
MAY 23

Locals connecting Locals

Garden Gathering



JOIN US FOR A DELICIOUS BOWL OF SOUP OR
STEW SHARED OVER MEANINGFUL
CONVERSATIONS WITH FELLOW COMMUNITY
MEMBERS.

Everyone is welcome.

DATE: TUESDAY, 9TH MAY 2023

TIME: 11.00AM - 12.30PM

LOCATION: YEPPOON COMMUNITY CENTRE, 80
JOHN STREET



*Register for catering purposes
but its not essential.*

May	Domestic and Family Violence Month
2 May	One on One myGov support
3 May	0-5's Emu Park Library - Children's program @ 9.30am
7-13 May	International Compost Awareness Week
8 May	Student Short Story Competition closes
8 May	World Red Cross Day
9 May	Garden Gathering, 80 John Street, Yeppoon @ 11am
10 May	0-5's Yeppoon Library—Children's program @ 9.30am
11 May	Baby Beatz, Yeppoon Town Hall @ 9.30am
14 May	Mother's Day
15 May	Under 1's Library Time - Yeppoon @ 9.30am
15-21 May	National Families Week
16 May	Garden Gathering, 80 John Street, Yeppoon @ 11am
16 May	One on One myGov support
18 May	Homelessness Connect event in Rockhampton
18 May	Keppel Flix at Yeppoon Town Hall @ 7pm
20 May	Book Talk with Helen Joy - Yeppoon Library @ 10.00am
21-27 May	National Palliative Care Week
22 May	Under 1's Library Play Time—Emu Park Library @ 9.30am
23 May	Garden Gathering, 80 John Street, Yeppoon @ 11am
25 May	Story time - Yeppoon Library @ 9.30am
25 May	Cancer Council Biggest Morning Tea - Yeppoon Library @ 9.30am to 11am
26 May	Cancer Council Biggest Morning Tea - Emu Park Library @ 9.30am to 11am
26 May	National Sorry Day
29 May	Under 1's Library Play Time—Yeppoon Library @ 9.30am
30 May	Garden Gathering, 80 John Street, Yeppoon @ 11am
June 2 to 4	Capricorn Writers Festival

Don't forget to like us and click to follow our page.

'Yeppoon Community Centre'

www.facebook.com/YeppoonCommunityCentre



Activities at Yeppoon Community Centre

80 John Street, Yeppoon



Monday

Every Monday

Exercises	9.00 – 10.00am
Keppel Kids	
Playgroup	9.00 – 10.30am
Mah-jong	1.00 – 4.00pm
U3A Scrabble	1.00 – 4.00pm
NA Support Group	7.30 - 9.30pm

3rd Monday

U3A Book Club	10.15am - 12.15pm
ALP Meeting (odd months)	6.30 - 8.30pm

4th Monday

U3A Cultural Connections	5.30 – 8.00pm
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Fortnightly

Toastmasters	6.00 - 8.30pm
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Thursday

Every Thursday

Tai Chi	9.00 - 10.30am
Art	1.00 - 3.30pm
Parchment Craft	1.00 - 3.30pm
Tai Chi Beijing 24 Practise Group	5.00- 7.00pm

1st Thursday

LNP Meeting	7.00 - 8.30pm
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2nd Thursday

Family History	10.00am – 12.00pm
U3A Art Group	9.30am - 12.30pm

3rd Thursday – even months from February

Parkinson's Support Group	9.00 – 11.00am
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4th Thursday

U3A Writing Group	9.30am - 12.30pm
U3A Art Group	9.30am - 12.30pm

Tuesday

Every Tuesday

Computers	9.30 - 11.30am
Cards	1.00 - 4pm
Writing Workshop (except 2nd Tuesday)	12.30 - 4pm

2nd Tuesday

U3A Astronomy & Space Science	10.00am – 12.00pm
Photography	7.00 – 9.00pm

3rd Tuesday

Railway Technology	10.00am – 12.00pm
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4th Tuesday

U3A Discussion Group	10.00am – 12.00pm
Photography	7.00 – 9.00 pm

Friday

Every Friday

Age of Excellence – ManFit	6.30 - 7.15am
WomanFit	7.15am - 8.00am
Craft Group	9.00am – 12.00pm
AI-Anon Support Group	12.00 - 2.00pm
AA Support	7.00 – 9.30pm

1st Friday

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

2nd Friday

Exercises	8.45 - 9.45am
U3A Anything Goes	10.15am - 12.15pm

3rd Friday

U3A General Meeting	9.30am - 12pm
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4th Friday

Exercises	8.45 - 9.45am
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Wednesday

Every Wednesday

Age of Excellence – ManFit	6.30 - 7.15am
WomanFit	7.15 - 8.00am
U3A Mah-jong	9.00am - 12pm
Textiles	9.00am - 12pm
Yeppoon Yarners	1.00 – 3.00pm
Line Dancing	11.00am - 2.30pm

Fortnightly

QCWA Seasideers	5.30 - 8.30pm
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Saturday

Every Saturday

Fellowship Group	4.30 – 9.00pm
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1st Saturday

Capricornia Dance Exchange	1.30pm – 4.15pm
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Sunday

Every Sunday

Tai Chi Beijing 24 Practice Group	7.00 – 9.00am
Living Waters	
Lutheran	11.00am – 1.00pm
Fellowship Group	5.00 - 7.30pm

2nd Sunday

Ukulele Group	3.00 – 5.00pm
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3rd Sunday

ALP Meeting (even months)	10am - 12pm
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4th Sunday

Ukulele Group	3.00 – 5.00pm
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SOUP, STEW, AND SOCIALISING

Garden Gathering

JOIN US FOR A DELICIOUS BOWL OF SOUP OR STEW. BUILD NEW FRIENDSHIPS AND CONNECT WITH YOUR COMMUNITY

Everyone is welcome

DATE: EVERY TUESDAY IN MAY STARTING 9TH MAY 2023

TIME: 11.00AM - 12.30PM

LOCATION: YEPPON COMMUNITY CENTRE, 80 JOHN STREET



Soup and stew kindly supplied by Lure Living

Feel free to register for catering purposes, but it's not essential.



**NEIGHBOURHOOD
CENTRE WEEK** 8 - 14
MAY 23

Locals connecting Locals



Yeppoon
Community Centre



Emu PARK Community Cuppa

These sessions are held at RSL Sunset Ridge Retirement Village in the Residents Recreation Hall, Svenson's Road Zilzie
May 12, 26 and June 9, 23

Call Lyn on 49396095 for more details

INTERNATIONAL COMPOST AWARENESS WEEK

Better Soil, Better Life, Better Future Sunday 7 May – Saturday 13 May 2023

International Compost Awareness Week Australia (ICAW), is a week of activities, events and publicity to improve awareness of the importance of compost, a valuable organic resource and to promote compost use, knowledge and products. We can compost to help scrap carbon pollution by avoiding landfilling organic materials and helping to build healthier soils.

ICAW Australia is an initiative of the [Centre for Organic Research & Education \(CORE\)](#), a not-for-profit organisation conducting year round organic research, education and awareness activities.

National Palliative Care Week this May offers a key moment of reflection for all Australians

Between 21 and 27 May, 2023 *'Matters of Life and Death'* will be front and centre in our communities' consciousness as we highlight the *'people at the heart of quality palliative care'*.

"The launch of a feature length documentary will inspire many conversations and open the door on the full scope and impact of palliative care," says Camilla Rowland, Chief Executive Officer, Palliative Care Australia (PCA).

"We have been working with award winning documentary makers for over two years, *'Live the life you please'* will make you smile, laugh, laugh harder and occasionally shed a tear as a diverse range of Australians share the last chapter of life with us.

"The film will premiere at Parliament House, Canberra on May 22 and will launch National Palliative Care Week for us and I hope launch thousands of conversations about the importance of quality palliative care and end of life planning." <https://livethelifeyouplease.com/>



ANY
INFORMATION,
ANY CRIME,
ANY TIME.
CONTACT
CRIME STOPPERS.

HELP MAKE OUR COMMUNITY A SAFE ONE

CRIME STOPPERS

1800 333 000 | www.crimestoppersqld.com.au

POLICE LINK

131 444 | www.police.qld.gov.au/policelink-reporting

Stories by the Sea

Friday 2nd to Sunday 4th June 2023

Capricorn Coast Writers Festival

We have a packed programme for readers and writers alike, presented by the best of the best. There is something for everyone and we can't wait to share the festival with you all. Check out <https://capricorncoastwritersfestival.com/> for more details



CHAIR YOGA

Chair Yoga Emu Park—Suitable for Everyone

Wednesdays | 8.30 to 9.30am - Emu Park Cultural Hall

Yearly Registration \$5 | Class \$3

Phone Jo 0429 633 702

National Families Week

- 1 Have fun with your family and create time to play.
- 2 Take time out from technology and enjoy family time together.
- 3 Appreciate your family, friends and community – everyone matters!
- 4 Regularly check in with each other “how was your day?”
- 5 Do an exercise or relaxation class as a family group, or play a team sport.
- 6 Celebrate your family's achievements, large and small.
- 7 Have confidence in your abilities and celebrate the positive aspects of family life.
- 8 Ask others for support to navigate the challenges.
- 9 Help and support others whenever you can.
- 10 Build connections and learn from others.



LIVING
REAL
DREAMING
BIG

 National Families Week



ICare Pantry Appeal

Thank you for your donations



One on One myGov Support

Services Australia are holding one on one sessions at the Yeppoon Community Centre to support setting up and accessing myGov.

2nd & 16th of May

Bookings Essential.

Please contact Yeppoon Community Centre to book a 30 minute time slot.





Student Short Story Competition

Islands

is the theme for 2023

Share your story for the chance to see it published in our 2023 anthology and win cash and book voucher prizes.

Open to all Livingstone Shire school students from Prep to Year 12.

Entries close Monday 8 May 2023

Winners announced during the Festival

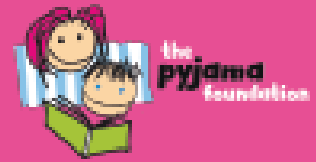
Friday 2 June - Sunday 4 June 2023

For more information head to
www.capricorncoastwritersfestival.com



@CapricornCoastWritersFestival

Help foster kids achieve their dreams



Become a Pyjama Angel today

The Pyjama Foundation supports the dreams of kids living in foster care. Whether they want to grow up to be an astronaut or a doctor, The Pyjama Foundation is there to help them reach their potential by assisting them with their learning, and providing consistent love and support. With a little confidence and encouragement, who knows what these incredible kids can achieve? Through our Love of Learning Program, volunteers called

Conditions of becoming a Pyjama Angel

A volunteer must:

- Be willing to make an initial minimum commitment of 12 months
- Be at least 18 years of age
- Have basic English language, literacy and numeracy skills
- Possess a love of learning and the ability to create a fun filled environment
- Be willing to acquire and maintain a valid Working with Children check
- Display traits of resilience, including: the capacity to make realistic plans; have a positive view of yourself and confidence in your strengths and abilities; have skills in communication and problem solving
- Understand and respect confidentiality
- Have your own transport (not completely necessary, but will determine ability to be placed with a child)
- Visit your allocated child, for an hour once a week in their home

Becoming a Pyjama Angel

Pyjama Angels are: mentors, friends and teachers. They are a constant person in a foster child's life; they are someone a child can depend on to give one-on-one undivided attention to help with home-work, provide support and bring 'fun' to learning.

Pyjama Angels come from a diverse range of ages, backgrounds and professions, but they all have one thing in common: **a love of learning**. Currently there are more than 48,000 children in foster care in Australia. Many of these children have missed out on stable, positive and healthy family relationships and stable schooling. Too often they bounce from home to home and to different schools and as a result the statistics of their education and life outcomes are compromised:

- 92% of the children are below the average reading level at age 7
- 75% of children in care do not complete 12 years of school
- 35% of children in care are entering the juvenile justice system

By volunteering, you can help reverse the cycle of disadvantage and help turn around their lives. To become a Pyjama Angel all you need to do is spare one hour a week to share a love of learning.

Contact us today
Fill out an application form
online at
www.thepyjamafoundation.com
or call 07 32568802



Events celebrated by the Community Centre 2023

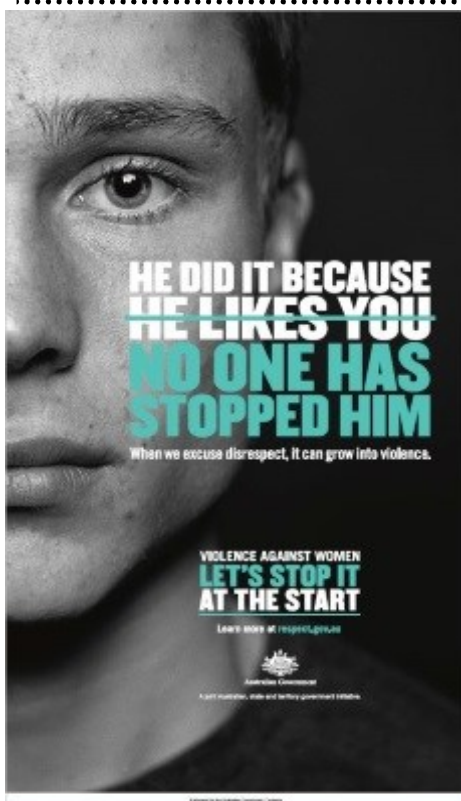
May	Domestic and Family Violence Month
8 - 14 May	Neighbourhood House Week / Community Centre Week
12 - 18 June	Men's Health Week
8 August	Dying to Know information session
August	Celebrating Tropical Seniors - Events and Open house sessions
October	Seniors ' Back to School' Event
7 - 15 October	Wellness at the Coast
15 - 21 October	Anti Poverty Week
December	Christmas Tree Festival

FREE ilearn Community information sessions 2023

22 June	QSTATS Information session - Yeppoon <i>Are you renting and need to know your rights?</i>
5 July	Standby - What do I say, what do I do? - Emu Park <i>Do you have a family member that you see struggling mentally?</i>
10 July	QSTARS Information session - Emu Park <i>Are you renting and need to know your rights?</i>
8 August	Dying to know information session <i>We all end up there, so what are your wishes and what do you need to know?</i>

Phone 4913 3840 for more information

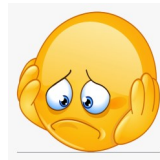
Each May, Queensland marks **Domestic and Family Violence Prevention Month (DFVP Month)** to raise community awareness of domestic and family violence (DFV) and to send a clear message that DFV in families and homes will not be tolerated.



1 in 5 women and 1 in 20 men have experienced sexual violence.

On average, one woman every nine days and one man every month is killed by a current or former partner. How can we help? Education for ourselves, family members and community members. Look out for signs or ask the tough question to friends you think may be struggling.

In Qld we have had an increase of 48 % of offences.... over the last 6 years Too many people and families effected .



Who to call to get help

In an emergency call the police on Triple Zero (000).

**DVConnect Womensline
1800 811 811**

**DVConnect Mensline
1800 600 636**

**1800RESPECT
1800 737 732**

**Domestic violence
helplines**

AFTERNOON SNACKS
INCLUDED!

LIVINGSTONE SHIRE COUNCIL
SPORTING & YOUTH SERVICES

GAME
ON!

FREE PLAY SESSIONS 2023

EVERY FRIDAY AFTERNOON DURING
SCHOOL TERMS

BASKETBALL STADIUM
CORDINGLEY STREET YEPPOON

3:30PM - 5:30PM



Suitable for school students aged 10
years and up



Free play basketball, ping pong &
board games



Youth support service
available

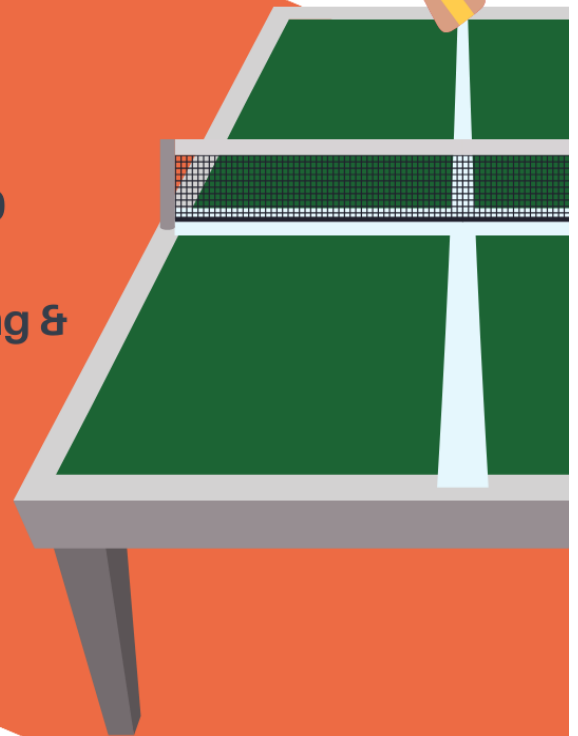


Healthy
Habits

For further information phone 49135000



Stay up to date with all things 'youth' visit the 'Youth in Livingstone' Facebook Page



You have the right to feel safe at home

Culture is never an excuse for domestic and family violence.

Domestic and family violence is wrong,
no matter who you are or where you
come from. It can affect anyone and
exists in every community.

If you do not feel safe, it is okay to ask for help.
When you need support, contact:

Women's 24 hour helpline **1800 811 811**

Men's helpline **1800 600 636**



For access to an interpreter in your
own language call **137468**

www.qld.gov.au/domesticviolence

For help in your local area:



CQ Healthy Families

Local Central Qld group that offers information, resources,
services, updates for the region.

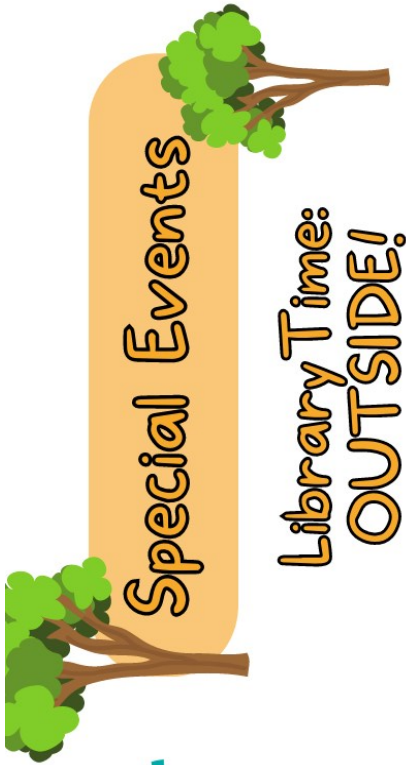
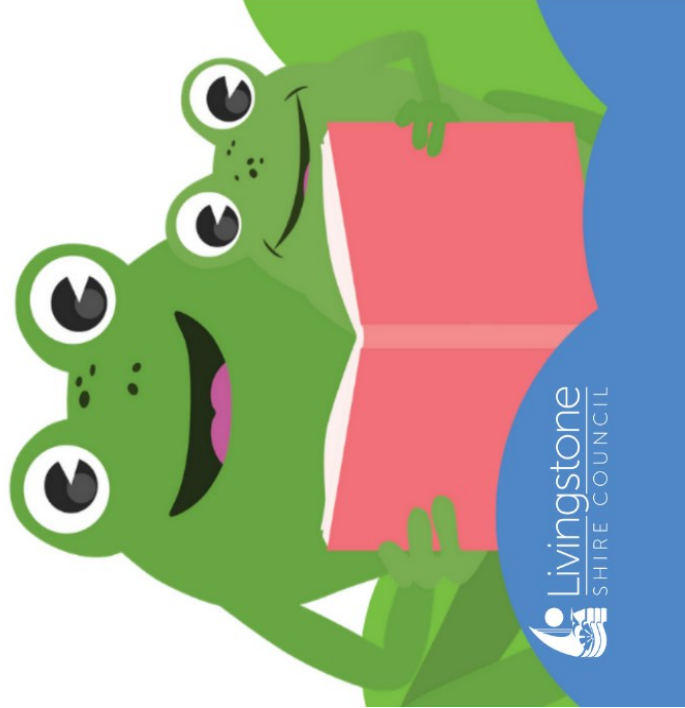
<https://www.facebook.com/cqhealthyfamilies/>

or email: office@cqhealthyfamilies.org.au





Children's Programme April-June 2023



Special Events

Library Time:
OUTSIDE!

Join us for a morning of music and fun out under the trees.

Thursday 1st June 9.30am
@ Merv Anderson Park

Free | No bookings required.

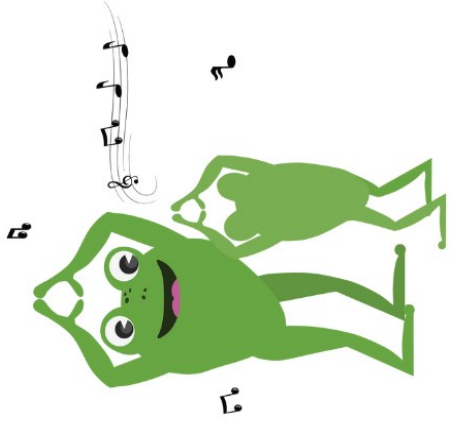


Meet a
Speech Pathologist
@ the Library

Parents and caregivers can meet special guest lecturer
Clancy Conlon from CQUniversity.
This is a free information session.
Children welcome!

**Thursday 4 May @
Yeppoon Library**

Info about ages 0-2 years:
9am-9.30am
Info about ages 2-5 years:
10am-10.30am



Under One's Library Time

Especially for babies under 12 months old and their caregivers.

Come along for music, rhymes and bubbles. Become a library member for free and borrow books, toys and more.

Free | No bookings required.

Monday @ 9.30am

Yeppoon Library	Emu Park Library
17 April	24 April
15 May	8 May
29 May	22 May
12 June	5 June
26 June	19 June



0 - 5's Library Time

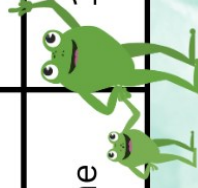
Join these relaxed interactive sessions specially aimed at children aged up to five years old and their caregivers.

Sing and dance, laugh and play, create and discover.

Free | No bookings required.

Wednesday @ 9.30am

Yeppoon Library	Emu Park Library
26 April	19 April
10 May	3 May
24 May	17 May
7 June	31 May
21 June	14 June



Storytime

Share the magic of stories with your child.

Enjoy fun stories, songs, rhymes and craft activities.

Suitable for ages 3-5 years.

Free | No bookings required.

Thursday @ 9.30am Yeppoon Library

Thursday 27 April
Thursday 25 May
Thursday 22 June







Open Friday 9am-1pm

33 William St, Yeppoon; Cnr Hunter & Archer st, Emu Park

Handling fee: \$50




You choose the groceries you like.
 One grocery item from 24 shelves
 Choice of meats, Fruit & Vegetables,
 Breads, Toiletries, Dairy & Eggs



You'll receive groceries to value of \$120 to \$150

Please bring your bags* You are welcome to come every week
 No ID required

 Foodreliefcapricorncoast inc 0468 799 843

18TH
MAY

HOMELESS
CONNECT



Homeless Connect is a one-stop-shop event that brings together service providers, organisations and volunteers to provide free services to those experiencing homelessness, at risk of homelessness or experiencing hardship.

8am-2pm

Robert Schwarten Pavilion, Rockhampton Showgrounds
 Exhibition Road, Rockhampton

Free buses will be available on the day







We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty.

— Mother Teresa —



Home was never a dream for homeless people as they used to have their homes. Living in a home was their reality. Now we need to help them to find the lost reality – again.

Munia Khan

The Cap Coast Landcare Recycling Station at Envirolink is being visited and donated to more and more by young and old community members in the last few months which is great. However we need to ask that you please do not bring any more plastic bottle lids to Envirolink. Programs that were accepting this material for recycling in Australia, Lids4Kids and Envision Hands, are no longer.

You can recycle most plastic bottle lids from home - just check for the recyclable symbol. Smaller lids can be placed in another recyclable plastic container with a fitted lid before placing them in your yellow bin. Ice cream containers, honey pots or large plastic juice bottles filled with the smaller lids work well. While you need to keep in mind that recycling capabilities differ between local councils, you can find some pretty good general information at <https://waster.com.au/recycle-bottle-caps/>

Please don't stop dropping in with other recyclable items including used batteries, oral care products (inc. empty floss boxes), used texta's/pens, ink cartridges, metal bottle caps, containers for change (no lids). We are also in need of any Native, Herb or Fruit/Vegetable Seeds to share as the Seed Share tray is currently empty!



Capricorn Coast
Landcare
Group

Envirolink Centre, 3/78 John St
Call us on 0474954514 or
email envirolink@cqnet.com.au

Keppel Coast Flix - Yeppoon Town Hall

Thursday 18 May at 7pm (doors open at 6.30pm)

Margrete Queen of the North - Denmark - Rated MA15+ (Runs for 120mins)

The year is 1402, and a woman is at the head of a new Nordic empire. Margarete has united Denmark, Norway and Sweden in a union that she rule single-handedly through her adopted son, King Erik. However, a conspiracy is afoot.

Tickets online: <https://www.trybooking.com/events>



**“There’s no way
to be a perfect mother,
and a million ways
to be a good one.”**

– JILL CHURCHILL



HAPPY
Mother's
Day



GET READY, PLAN AHEAD

PERSON-CENTRED EMERGENCY PREPAREDNESS (P-CEP) WORKSHOPS

Learn how to plan for your support needs in emergencies such as floods, cyclones, bushfires, and heatwaves.

Presented **by people with disability, for people with disability**, and their carers, service providers, and emergency managers.

Plus, you can **WIN** an emergency pack! Complete research surveys before and after the workshops to enter the draw.

For more information, please contact Queenslanders with Disability Network (QDN) on **1300 383 783** or email didrr@qdn.org.au

WORKSHOPS

It is important to go to both Part A and Part B.

Emu Park

Part A: Thursday 4 May, 12pm - 3pm

Part B: Thursday 11 May, 12pm - 3pm

Location: LiveBetter Community Services, 69 Pattison Street, Emu Park

Yeppoon

Part A: Friday 5 May, 10:30am - 2pm

Part B: Friday 12 May, 10:30am - 2pm

Location: Community Education Room, The Hub, 7-9 James Street, Yeppoon



SCAN THE QR CODE TO FIND OUT MORE AND SIGN UP FOR A WORKSHOP NEAR YOU. OR

[REGISTER HERE](#)