



Nambour Community News

June / July / Aug 2010 Issue

Our Vision

NCC's activities are inspired by a vision in which people experience healthy relationships and create sustainable communities that are safe and just. NCC works with community members (individuals, families & groups) to assist in establishing & strengthening their sources of support and collaboration within the community.

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"Listening In Nambour"

Local Focus Groups & Door Knocking

During April and May over 60 community members gave their opinions and thoughts around a variety of aspects relating to Nambour & its community as part of the Nambour Community Centres biannual focus group & door knocking activities.

Some of the major themes that came out of these conversations were that many people expressed that they liked Nambour for its simplicity, peacefulness, central location and it's friendly, almost country feel. One participant summed this up nicely in their comment that "Nambour was city like [in terms of resources & services] but has retained a country feel".

In terms of what aspects of Nambour that it would be good to change, issues around parking availability and traffic light bottlenecks were common. Also there were a fair few comments lamenting the current state of Currie Street. More generally some people expressed a desire for more social activities to occur in the evening, a greater choice of local restaurants and more street lighting to help respond to concerns around feeling safer at night.

Some specific initiatives that were put forth by a number of people were;

- 1) The availability of a community space that would function as an "art hub" type venue for craft, theatre, recreational youth activities & dancing.
- 2) More affordable family activities, especially for families with children ranging in age from 9'ish to 15 or 16. People mentioned that Nambour had a really good variety of sport centred opportunities for kids and families; however they would like more social events such as organised events in Quota park, outdoor music events, mainstream movies or kid friendly markets. Nambour's Moonlight Markets received plenty of positive comments.

If anyone reading this has an interest in helping progress any of these initiatives, or even if you just want to comment on them or hear where they are at, please contact the centre and ask to speak to Mark.

In terms of people's awareness of the Nambour Community Centre, 62% of respondents indicated that they were aware of the centre. Some of these people expressed a need for the centre to provide some clearer explanations around the type of activities that currently occur at NCC, so that was good feedback to receive. In all there were three focus group meetings held and 7 door knocking sessions were conducted in different locations around Nambour.

A huge thank you to all those people who participated in the focus groups and door knocking, especially those of you who let us interrupt their day at home by agreeing to have a conversation with us, hopefully we weren't too much like a door to door salesperson. Also a big thanks to Severine & Karen who helped organise and conduct these sessions.

For full copies of the report check out the NCC website www.nambourcc.org there is a link off the home page to the report and the non identified raw data.

What's Happening Around Nambour?



Last Friday of every month

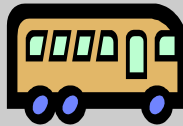
5.00–9.00pm

Held at the Town square, Low street,
Nambour

CAREBUS VISIT– Providing free information on health issues, respite care, disabilities etc (weather permitting).

10th June & 17th August 2010,

at The Nambour Library



Cnr Currie and Bury Streets, Nambour Ph: 5441 8332

Old Home Garden Expo 2010

9th July–11th July

Qld's premier gardening event presents a treasure trove of gardening information, innovation and inspiration to thousands of green thumbs and novice gardeners.

Held at the Nambour Show grounds, Coronation Ave, Nambour



Open 8.00–5.00pm (4.00pm on Sunday)

Expressions of Interest



*An Invitation to join the
Nambour Men's Shed*

Men interested in joining & assisting to set up a Community Men's Shed in Nambour.

Men of all ages

welcome.



- A place for blokes to go, to be with other blokes
- Meeting new people
- Sharing skills with others



For more information call:
Lois Kennedy on
0438 255 643

Interact Australia Queensland & Solutions Adult Learning

Fire Twirling Nambour

Quota Park

Fridays 6pm – 8pm

Sundays 5pm – 8pm (BBQ)

BYO Staffs/Pois, Ipods, Water etc

All Welcome to watch or try! Practice staffs available for beginners

Have you got an event, workshop, or group starting up in Nambour or the surrounding area?

Advertise in our
Newsletter

Send your flyer to
reception.ncc@flexinet.com.au

What's Happening at Nambour Good Beginnings

As we move into the second half of the year Nambour Good Beginnings can reflect that it has been an active first half with two lots of "P5" parenting courses being run in Nambour and a "PET" (Parent Effectiveness Training) course recently wrapping up at Kenilworth. Our thanks to all the participants; we hope you had fun and that together we learnt a few things.

On top of these group activities the regular services continued with the playgroup, individual family support visits, and volunteer community parents continuing on as normal.

Coming up we are currently recruiting for new Volunteer Community Parents to assist supporting local families. We are seeking people who are caring and compassionate and who wish to make a difference in the lives of parents with children under the age of 8. The pressure of raising children and juggling many obligations in our lives can be overwhelming and sometimes we need a little support. If you have an interest in supporting a family and have the time and commitment, we would love to hear from you. Training commences on the 24th June 2010. Call us on 5476 4933.

Also coming up in the second half of 2010 is some evaluation of the services that are provided by Nambour Good Beginnings. Currently we are still working out the details around how this will happen but most likely we will be asking participants in any of the services delivered around Nambour to tell us their stories & experiences, so stay tune for more info.

Lastly for those of you that participated in the P5 course back in early 2009 you might be interested to hear that John, (who was at that time a student on placement who co-facilitated the group) has recently moved to Tassie to take up a full time social work position in an early childhood centre. John recently told us that the P5 course helped him identify that early childhood was an area that he was passionate about so he wanted to pass on his thanks to those people who were part of the group.

More generally if you are interested in talking about any aspect of Nambour Good Beginnings family support service call us on 5476 4933.

Cheers

Belinda, Anna & Petra



Children grow from good beginnings

What is Nambour Good Beginnings?

Nambour Good Beginnings is a parenting program specifically concerned with supporting parents who have babies and or children in preschool years.

Nambour Good Beginnings provide a volunteer home visiting program and a staff visiting program, group programs aimed at supporting parents and Playtime play group (Tuesdays 9am-12pm)

The volunteer home visiting program supports parents through regular weekly contact by a volunteer who is a parent themselves.

The Volunteer is there to:

- Offer practical support
- Listen to your concerns
- Support you in your parenting role
- Share common experiences of parenting and look for ways to manage difficult situations
- Help You locate and access local services such as playgroups, libraries and many more.

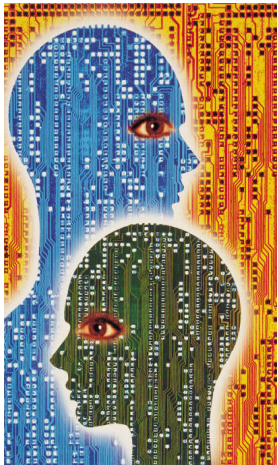
PLAYTIME GROUP

Playtime' is a time to meet with other parents, children and Good Beginnings staff to play have fun, talk, sing & relax.

Tuesday 10am-12pm

For those in the G.B Program





IDENTIFIED A COMMUNITY NEED? THINKING ABOUT STARTING A NEW GROUP?

Do you see a need in the community or just want to meet like minded people interested in your hobbies? Why not start a group and meet regularly at the NCC? Rooms and outdoor area available for hire. For information on room bookings call 5441 4724.

Groups Meeting at The NCC

Monday:

SCOPE

Domestic & Family Violence Service operates at the centre every 2nd/3rd & 4th Monday of the month. For appointments ph: 54309300

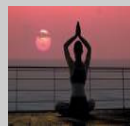
COOKING GROUP

Once a month on Monday 9am–12.30pm, Contact Naomi 544414724

Tuesday:

YOGA

Tues 6:30–8:00pm. Cost \$12 per class. Bring a cushion & yoga mat. Mats available at class Mb 0402636600



GOOD BEGINNINGS PLAY-GROUP

Tues 10am -12 noon Contact : 5476 4933



SOLUTIONS Adult Literacy Classes

Tues 9-12.00pm Contact : Di on 5476 2511

Wednesday:

TOPIC Weight Loss Group
Wed 8.30-10am Contact : Margaret on 5479 2257



LETSHINE Market Held last Wednesday of the month 10.30am-12.00pm in the Open Area.

YOUNG PARENTS SUPPORT GROUP

Wed 10–12pm. Contact : 5479 5898

WEDNESDAY FRIENDS

Social group. Wed 10–12pm Contact: 5441 4724



Thursday:

TOPIC Weight Loss Group Thurs 5.30-7pm contact Margaret on 5479 2257

SUBUD Thurs 7.45–8.30pm 5446 6220

WOMEN ON THE MOVE

Held Thursdays, fortnightly 10am-1pm. Contact Scope : 5430 9300

SUNCOAST COMMUNITY LEGAL SERVICE

Providing free legal advice and referral on general and family law matters. Thursdays 6-7.30pm. Bookings essential—call 5443 7827



Friday:

TALK TO FRIENDS Practice your spoken English Fridays 9-11am Ph:Linda 5476 2511



MEETING PLACE DINNER A Shared 'Community Meal' - first Friday of every month 5.30–7.30pm Ph: Naomi 54414 724

Saturday:

ALANON Support Group Sat 5-6.30pm. Contact : 5476 1184.

YOGA with Christine

Sat 8:30–10:00 am. Cost \$10, \$7 (Conc.) Ph. 5441 6285

Sunday:

NAMBOUR CHRISTIAN CHURCH 'Equipping the People one by one' Every Sunday 10.30am -12pm Contact 0401 184 296 www.nambourchristianchurch.com



SUBUD Meets 8.30–10am

Contact: 5446 6220

Now available: Internet use for small charge between 9am–3pm at the Nambour Community Centre, bookings essential, ring 5441



Cultural Connections

Talk to Friends - Every Friday 9:30-12:00 @ Nambour Community Centre.

Have you come to Australia, want to make new friends and learn about life here? This group could be for you. Child- minding will be provided. This group is being run in partnership with Solutions Adult Learning.

Sunshine Coast Multicultural Network

Are you interested in contributing to the Sunshine Coast being a great place to live for people of all cultural backgrounds? This network aims to work together to meet this aim. Community members and organizations are all welcome to participate.

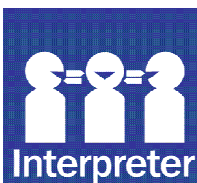


Nambour Community Centre "Heats Up"

The smell of chilli sambal, a traditional condiment from Indonesia permeated the Community Centre in May, as the Cooking group had their first cooking session together. Ibu Sesmani shared her knowledge of Indonesian food and taught the group how to make Sambal (Chilli sauce) and Tempeh (fermented savory soy bean cake). The chillies and other spices in the dish, came from the participants' gardens. After the delights of cooking, the group shared the meal they had cooked. It was exceptionally spicy and tasty, with many tears, red faces and much enjoyment.



Next month, on Monday the 21st of June, 9am, Leanne will be showing us how to make some healthy middle eastern food. Everyone is welcome and is asked to bring a few simple ingredients to contribute to the meal. Contact Naomi on 5441 4724 if you would like to join this group.



Using Interpreters Effectively

"The most basic of human needs is the need to understand and be understood" *Ralph Nichols*

Interactive, enjoyable and practical training that will provide you with the skills, strategies and resources to use interpreters effectively and provide excellent service to speakers of languages other than English.

download registration form www.nambourcc.org

Training Details

Monday 5th July 8:30-12:30

Nambour Community Centre
Cnr James & Shearer St, Nambour

\$50 community org/individual
\$65 government

Cross Cultural Awareness Workshop

Qld & Sunshine Coast focussed, includes manual, (maximum of 20 people)

Experiential, interactive, enjoyable training that will provide you with the skills, strategies and resources to provide culturally responsive services to people of culturally and linguistically diverse ancestries.

Monday 28th June 8:30-12:30 @ NCC
Cnr James & Shearer St, Nambour

Cost; \$50 community org/individual, \$65 govt
download registration form www.nambourcc.org

FOR ALL YOUR MULTICULTURAL INFORMATION VISIT

www.sunshinecoastcis.qld.gov.au/multilinc.html

New Keys to Early Intervention in Homelessness Service (KEIHS) opening soon in Nambour

The Keys to Early Intervention in Homelessness Service is pleased to be opening a service within the Nambour Community Centre during the month of June.

What do we do: We work with people who are at risk of losing their current housing and becoming homeless.

How do we work: We have a case management model that can journey with households to address the issues that are impacting upon their tenancy. This means you get 'one on one' support from our wonderful worker, Karen to address issues and support your goals. Case management spots are limited so be aware that we may not always have a vacancy. Case management also has an eligibility/assessment process that aims to work out if this housing is viable and can be saved. Remember we are early intervention so the sooner we talk, often, the easier it is to find solutions.

What else can we do: We can also link you to other services that may be better equipped to support you or provide you with information relevant to your situation.

How do you get access to our services: Contact 5441 6522



Andersen's Counselling & Therapy Service (A.C.T.S)

Emotional healing for Children and Adolescents.

Caring for your family

(ABN 59313179866)

ACTS provides specialist professional counselling to children, adolescents and their families on the Sunshine Coast. ACTS is staffed by professionally qualified and experienced therapeutic counsellors.

ACTS understands being a parent can be difficult. We can provide support and assistance with issues such as; abuse, trauma, anger, anxiety, depression, behavioural problems, relationships, self esteem, bullying, grief and loss, family separation, parenting support, and blended/step family issues.

ACTS office is designed to be child friendly including play, music, art and dance therapy equipment.

Medicare Rebates: ACTS is registered Medicare rebates which are available when you are referred by your GP under a mental health care plan. ACTS offers bulk billing health care card holders, and has minimal out of pocket costs for non-health care card holders.

Opening Hours: Monday & Friday 9.30am – 2.30pm

Tuesday & Wednesday 9.30am – 5.00pm Thursdays 9.30am – 7.00pm

Contact Details: call us today on Ph: 54764510 or email: counselling@aapt.net.au

The Meeting Place

Community Dinner

*The first Friday Night of each month (5:30-8:00pm) NCC hosts a monthly community meal & social event.
All are welcome!!*

Nambour Outreach Community Legal Service

Suncoast Community Legal Service is NOW operating a weekly outreach service at the Nambour Community Centre. This service offers free legal advice and referral on general and family law matters.

The Out reach is staffed by local volunteer lawyers and receptionists who generously donate their time to assist those in the Nambour Community.

Bookings are essential so phone 5443 7827 for an appointment. The service is held every Thursday evening from 6pm til 7.30pm.

STUDENTS on PLACEMENT @ NCC

Over the last 3 months NCC has again been fortunate to have 2 USC students working on placement with us. We recently asked Severine & Karen to share some comments about their experiences at NCC.

SEVERINE

During the past 3 months, I have had great experiences at the Nambour Community Centre. The practices and learning I have received from my placement will stick with me and hopefully they will guide me in the future. I really enjoyed the relaxed atmosphere but yet professional attitude of all staff members.

One of my tasks has been to co-organise and co-facilitate focus groups as well as doing some door knocking interviews for the "listening to Nambour" project. It was so interesting to hear what so many people thought of Nambour as a community, and which aspects of community life in Nambour could do with some change. I was amazed at how much I learnt from community members each time a story was told. What was even more amazing was the number of people that welcomed us and genuinely answered our questions. The most interesting comment I personally noted through the door knocking interviews was, how a teenager couldn't believe how much society is changing and was a little upset that this change is affecting the Nambour community.

My second major piece of work has been to facilitate some community paintings that are to be hung on the back fence of the centre. It was an interesting experience as it brought me back to the ESL unit at Nambour High School and reminded me how patient one should be when working and organising high school students. Yet it has been very fruitful and hopefully by the end of July the back fence will have at least 4 additional paintings on permanent display.

The third piece of work I have been involved in is "scrapbooking" historical photo's of the centre. I really enjoyed learning about the history of the Community Centre. Having connections with a past worker and going through pictures and previous newsletters, was an interesting learning curve on how the organisation came to become, the Nambour Community Centre we know today. The output from this work is several framed displays that are hanging in the Gail room. It was fun and I even challenged myself with a few new skills.

I really enjoyed doing my placement here during the past few months and sadly regret leaving. I am hoping to do some volunteer work for the NCC in the future. I hope to not become a stranger, as this was a great experience which gave me insights of what I really want to do in the future.

KAREN

My placement at Nambour Community Centre Inc has been a fantastic experience. Since day #1 I was welcomed into a positive, energetic centre and to be greeted with a warm friendly smile every morning was refreshing! I believe Nambour Community Centre Inc is a wonderful place to undertake placements as it provides a friendly and supportive environment for students to engage in various activities, networking opportunities, participate in agency meetings and engage productively with community members..

Working with Naomi Wiley, the Multicultural Community Development Worker (who was also my placement field educator) was a pleasant experience. I got to meet individuals with multicultural backgrounds (Indonesians, Japanese cultures) in programs such as the Cooking Group and Talk to Friends. Nambour Community Centre Inc taught me the importance of connecting and building relationships and I was able to exercise this in Multicultural Network meetings, Wednesday friends group and during the 'Listening to Nambour' project which involved reaching out to the Nambour community through the focus groups and door knocking. Summing up, thank you to all the staff and volunteers for their ongoing support! I'm sure going to miss the Nambour Community Centre Inc.

We Speak Your Language!

NAMBOUR COMMUNITY CENTRE USES INTERPRETERS!

If you are a community member looking for information and referral, family support or support for your community group we can use a telephone interpreter to assist you. Please be aware that the interpreter may not be available immediately, but if this is the case, we will book an interpreter at a time that suits you





NAMBOUR COMMUNITY CENTRE INC

NAMBOUR COMMUNITY CENTRE CONTACT DETAILS

P.O. Box 1042, Nambour QLD, 4560

2 Shearer St (cnr James & Shearer St), Nambour

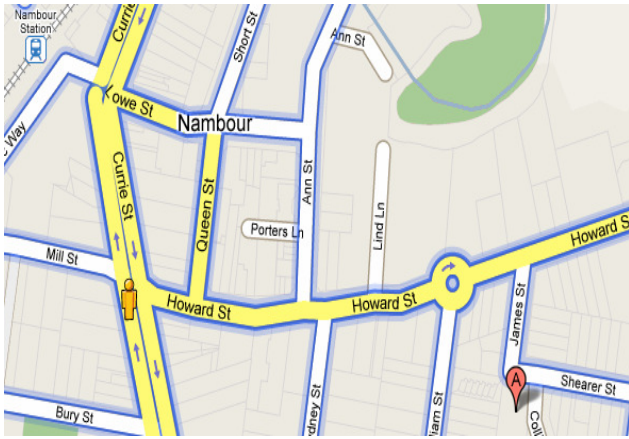
Opening Hours: 9am—3pm Monday—Friday

Appointments can be arranged for outside these times.

Ph: 5441 4724 Fax: 54760734

Email: reception.ncc@flexinet.com.au

WEBSITE : www.nambourcc.org



Become an NCC Member

Benefits of being a

NCC member

Access & borrowing rights to our extensive library;

Access to PCs (reduced fee);

Information about events & activities;

Voting Rights;

Early enrollments for workshops & courses;

Receive our quarterly Newsletter either by post or email; and

Showing your support for your local community.

Membership and/or Donation Form

Name (Please Print):

Address:Postcode:.....

Phone:

Email:

Please tick if you would like to receive NCC Newsletter via email

Annual Membership (From Jan—Dec)

Individuals \$5.00

Organisations/Family \$10.00

Concession \$2.00

I/We enclose the sum of \$.....

Being for: Renewal New member Donation

Please make cheques payable to:

Nambour Community Centre Inc.

Post to: The Membership Secretary

Nambour Community Centre Inc.

PO Box 1042, NAMBOUR, 4560.

Office Use Only

Membership #:

Receipt#:

Date:

Did You Know?



Members have access to a wide range of medical, psychology, self-help, spiritual and personal development books available for hire in our Library. Why not come in and see!