

Neighbourhood Focus



730 Gympie Road, Lawnton. Open 9am - 4.30pm Mon - Friday

Phone 3205 2955 PO Box 489,
Fax 3881 2877 Lawnton Q 4501

Web www.prnc.org.au
Email prnc@prnc.org.au

Our Mission
"Enable and encourage individuals and families to take informed control of their own lives, and together enrich our community."



Volunteers Make the World Go Round

Volunteer's Christmas Party Celebration

Well volunteers certainly make the Neighbourhood centre tick. At last count, the centre had 107 volunteers involved in a variety of ways supporting every aspect of what is delivered through the centre. In fact many of the 22 paid staff at the centre also volunteer many hours of their time, and husbands, kids and friends often get persuaded into projects at the centre; and we all love it. Here's a small piece from the "Universal Declaration on Volunteering" that says it all.

"Volunteering is a fundamental building block of civil society. It brings to life the noblest aspirations of humankind the pursuit of peace, freedom, opportunity, safety and justice for all people. Volunteering either through individual or group action is a way in which:

Human values of community, caring and serving can be sustained and strengthened. Individuals can exercise their rights and responsibilities as members of communities, while learning and growing throughout their lives, realizing their full human potential. Connections can be made across differences that push us apart, so that we can live together in healthy, sustainable communities, working together to provide innovative solutions to our shared challenges and to shape our collective destinies. Volunteering is an essential element of all societies. It turns into practical, effective action, the declaration of the United Nations, that we, the people have the power to change the world." Amen.

We have over the last few months been thinking about what we do and how we do it at the centre. We realised we needed a special focus on volunteerism at the centre. So we are about to employ a part time worker,

a 'Volunteer Development Coordinator'. This person will be responsible for recruiting, training and the ongoing support of volunteers across the centre.

If you are looking for a special place to use your talents then please give us a call 3205 2955 and ask for Sandy.

Definition of volunteering

Volunteering is an activity which takes place through not for profit organisations or projects and is undertaken:

- to be of benefit to the community and the volunteer;
- of the volunteer's own free will and without coercion;
- for no financial payment; and
- in designated volunteer positions only.

Principles of Volunteering

- Volunteering benefits the community and the volunteer.
- Volunteer work is unpaid.
- Volunteering is always a matter of choice
- Volunteering is not compulsorily undertaken to receive pensions or government allowances.
- Volunteering is a legitimate way in which citizens can participate in the activities of their community.
- Volunteering is a vehicle for individuals or groups to address human, environmental and social needs
- Volunteering is not a substitute for paid work.
- Volunteers do not replace paid workers nor constitute a threat to the job security of paid workers.
- Volunteering respects the rights, dignity and culture of others.
- Volunteering promotes human rights and equality.

If you would like to volunteer to assist with our child minding at the Pine Rivers Neighbourhood Centre your help would be greatly appreciated. We are also looking for Families in Transition volunteers. In this position volunteers are trained as 'companions' and facilitate peer support groups for children.

Special Thank You



Thank you to the Gambling Community Benefit Fund funded by the Queensland Government for funding used for the purchase of our new vehicle.

The centre would like to sincerely thank our supporters

- Queensland Government Department of Communities
- Queensland Government Gambling Community Benefit Fund
- Australian Government Department of Families, Housing, Community Services and Indigenous Affairs
- Moreton Bay Regional Council • Brendale Community Bank
- Legal Aid Qld • Barnardos
- Lions Club of Petrie
- Zonta Club of Pine Rivers Inc.



printabout

A BUSINESS INITIATIVE OF THE CEREBRAL PALSY LEAGUE OF QUEENSLAND

- Direct Mailing
- Digital Copying
- Binding & Laminating
- Offset Printing &
- Graphic Design

City Office
Ground Floor, Boeing House
Cnr Wharf St & Rich Lane
Brisbane QLD 4000
P 3831 6644 F 3831 6650
E printabout@cplqld.org.au

Strathpine Office
Shop 3, 503 Gympie Rd
Strathpine QLD 4500
P 3881 2881 F 3881 3132
E pastrath@cplqld.org.au
W www.cplqld.org.au

Course and Groups

The following courses and groups are being offered from January – June 2009
To enrol simply phone 3205 2955.



Kids Cooking

These sessions are held for children aged 9-12 years on school holidays. Come along and learn: how to follow a recipe, cooking hygiene, nutrition, how to prepare; cook and of course eat the delicious food you make. Cost is \$8 incl. food, with maximum of 8 children per session. Bookings essential, payment confirms place.

Jan Hols 09: Tuesday 14th April & Thursday 16th April, from 10am–1pm.
Further dates later in the year TBA-please contact the Centre for more information.

Families in Transition - incorporating the Seasons™ program

Families in Transition is available to Young People who have experienced change in their lives. This includes loss through separation, divorce or the death of a loved one. Our program caters to children aged 7-12 years. Group size is limited to 6-8 children per group. While the kids are at Seasons, parents are invited to get-together and learn more about supporting their children through family change.

Term 1 2009: Tues 10th Feb – Tues 7th April.
Term 2 2009: Wed 29th April – Wed 24th June.

Sessions are held after school from 4pm–5.15pm. Cost is \$30. Childminding is provided upon request.

Effective Parenting

Is a five week program for parents with children 0-12 years of age. The course

will provide you with parenting information and tips about children's behaviour and a better understanding on how to manage this within your role as a parent. Topics that will be included are: Managing your child's anger, Effective Communication with your child, Healthy Boundaries.

Course dates: Thurs 5th Feb – Thurs 5th March. 10am–12.30pm.
Course cost \$25. Child minding available upon request, please advise at time of enrolment if needed.

Mother's Wellbeing

An opportunity for mothers to support each other while learning about topics of interest; Positive Parenting, Effective Communication, You and your Child's Self Esteem, Schoolyard Bullying. Guest speakers may attend throughout the group.

Group runs for 5 weeks commencing Mon 2nd March–30th March, 10am – 12 noon.
Child minding is available upon request, gold coin donation please.

Walk in my shoes - Steps to Healthier Parenting

This free two day workshop explores how we can develop healthier family relationships, how to regain confidence as a parent after separation and includes the impact of Domestic violence on children. We will also explore how to understand your child's feelings and behaviours after family separation due to domestic violence.

Term 2 2009, 2 days - Wednesday 22nd & Thursday 23rd April. 9.30am – 2.30pm with a light lunch provided.
Course cost is free, gold coin donation appreciated.

INSIGHT

Insight is a support group for women who have all, at some point in time, experienced depression and the difficulties that this causes in their daily lives. Insight meets in a relaxed and informal environment. Topics and Guest speakers are planned, which include: Positive communication, understanding feelings, expressing emotions, self-worth and relaxation, as well as discussing and learning new coping strategies.

Group runs for 5 weeks commencing Thurs 30th April – 28th May, 10am–12 noon.

Child minding is available upon request, gold coin donation please.

What's in it for me? Healthy Relationships for Teens

This is a free, 6 week program for girls aged 14-16 years. This course will be in a safe, confidential and enjoyable environment. There will be loads of opportunities for sharing, brainstorming, hands-on activities and fun. Topics covered are: healthy relationships versus unhealthy relationships, myths and facts about our relationships, self esteem – how it impacts our relationships, bullying – including cyber and text bullying, safe boundaries, peer pressure and safe choices, self care & acceptance.

Tuesday afternoons, 5th May – 9th June, from 4pm–5.30pm.



Watch out for our advertising and columns in the Pine Rivers Press or go to our website www.prnc.org.au to get up to date community learning courses and groups information

Life's Journey

This is a free 6 wk peer support group for women, who would like to make new friends, increase self esteem and have fun. You will be able to experience new & creative things, explore ideas & meet new people. Activities during the six weeks will include: Clay, Communication, Mosaics, Life Stresses, Relaxation, Painting, Music & Poetry appreciation. This course is being held in partnership with Relationships Australia.

Mondays 9.30am–12 noon.

11th May–22nd June (no group on Mon 8th (Queens Birthday)). Places are limited, bookings are essential. Limited Child minding available upon request. Please Ph: 1300 364 277.

Childminding is for children under primary school age.

For more information on any of the above courses or to enrol please phone the centre on 3205 2955, or drop in to 730 Gympie Rd, Lawnton. Course costs are negotiable.

Multicultural Women's Afternoon Tea



The Pine Rivers Neighbourhood Centre is promoting more support for our Multicultural community.

A multicultural Women's afternoon tea will be held on the third Friday of every month from 1pm–2.30pm.

This group will:

- Build social friendships and support networks
- Provide guest speakers and information on topics of interest
- Get involved in projects to support the community
- Have fun and enjoy social time together

All are welcome, come and join us. Gold coin donation. Activities and family events may also be planned in the future.

For more information please contact Elsa on 3491 3485 or the Pine Rivers Neighbourhood Centre on 3205 2955



Together with the 'Measure Up Campaign' run by the Australian Better Health Initiative (ABHI) and your doctor let's kick-start a healthier lifestyle. The ABHI is encouraging us to make and sustain a more positive attitude towards changing our current eating plan and activity level to achieve and maintain a healthy weight and lifestyle.

Some points to consider:

- The saying "no pain, no gain" is a myth. Some activity is better than none, and more is better than a little, but you don't have to exercise to the point of collapse to get a health benefit.
- Make time to be physically active
- Set a date for when you will start
- Make an activity planner.
- Set short-term and long-term goals.
- Build up gradually.
- Choose activities that are right for you.
- Plan physical activity with others.
- Join a Heart Foundation walking group.
- Do not give up before you start to see the benefits. Be patient and keep at it.
- HAVE FUN! Physical activity can make you feel good about yourself and it's a good opportunity to have fun with other people or enjoy some time to yourself.

For additional information check online <http://www.measureup.gov.au>

Christmas Hampers and Toys



Thank you from the Emergency Relief Network and the Pine Rivers Neighbourhood Centre for contributing to another successful year assisting families at Christmas.

Without your valued contribution, this assistance to low income families would not have been possible.

In 2008, a central list of families needing hampers was collated at the Pine Rivers Neighbourhood Centre.

Distribution of these hampers took place at the Salvation Army, Lawnton and at the Pine Rivers Uniting Church where a number of churches worked together and shared resources.

From these two distribution points:

- a total of 152 families were assisted with hampers and/or toys
- that's 218 Adults, 295 Children - 513 Individuals (approximately)

St Vincent de Paul, with the support of the local Catholic schools and communities assisted 69 families in the Petrie & Strathpine areas and the Pine Rivers Seventh Day Adventist Church delivered 26 hampers.



Got a question

Need to know who to call or what to do?
Trying to find some assistance?
We may be able to help you.
Call in to the Centre or phone 3205 2955



Kallangur Place Survey

Kallangur - Hear Your Ideas

Come and hear what Kallangur residents think about Kallangur and let's prioritize the good ideas to improve our suburb.


What do residents think is good? What's not so good?
Hear the great suggestions to improve Kallangur

Friday 22 May 09 at 6pm. Free Sausage Sizzle and drinks for all.

The Pine Rivers Neighbourhood Centre invites you to;

- Hear the results of the survey.
- What's good? What's not so good?
- Help prioritize the good ideas.

**At the Kallangur Community Centre, next to the Library
6pm on 22 May 2009 RSVP phone 3205 2955**



Pine Rivers Neighbourhood Centre
PINE THE OUR COMMUNITY

The Pine Rivers Neighbourhood Centre is conducting a survey on what's good and not so good about living in Kallangur. We have collected information from local residents through face to face interviews in key locations around the area including the Kallangur Library and the shops in Anzac Avenue. The survey has also been distributed to a number of child care centres, community groups and service clubs as well as to a group of local volunteers who will gather information through the surveys with friends and neighbours etc

Our survey date closes at the end of March. If you would like to complete a survey form and have your say on improving Kallangur please contact the Pine Rivers

Neighbourhood Centre on 3205 2877 and ask for Sandy or download a survey from www.prrnc.org.au

A special note of appreciation goes to Paul Burton and Vjorn Bradov of the Norths Leagues and Services Club at Kallangur, Steven Savill of the Lily Brook Shopping Village and Helen Fromyhr of Macquarie Real Estate (Kallangur Fair Shopping Centre) who allowed us to use their premises for our survey.

Once all the information is gathered we will present the findings at a community event on 22nd May 2009 at 6pm at the Kallangur Community Centre and together decide which are the main priorities for improving Kallangur's living conditions.

Need Free DEBT Legal Advice?

In today's economic climate, many people in the community are facing the prospect of being unable to service their loans or other debts. If you are worried about a money or debt issue there are organisations which can help. Getting legal advice as early as possible can help you get the best outcome for your situation.

The Pine Rivers Community Legal Service offers free and confidential legal advice. We will soon be offering a fortnightly service based in the Albany Creek Library. This service will operate on alternate Tuesdays, commencing 10 March. Ring the Centre on 3205 2955 as appointments are essential.

Caxton Legal Service is also offering an expanded free legal advice service to people affected by debt. The following problems are some of the issues they can give legal advice to you about:

- being pursued by debt collectors;
- being in default on your mortgage;
- suffering financial hardship and cannot meet your loan or credit card obligations; or

- you have any other debt or credit legal problem and you need legal advice.

Telephone 3254 1811 or drop into Caxton Legal Centre and make an appointment. Appointments are available face-to-face or over the telephone during business hours and also after hours.

Legal Aid Queensland also now offers consumer protection advice – this service is not means or merit tested. They can also help you negotiate with the people you owe money to, like your phone or electricity company or the bank. For example, you may be entitled to benefit from hardship provisions that allow you flexibility to pay your bills. If your utility company refuses to be flexible about payments, there are organisations where you can make an official complaint and that will help you negotiate flexible arrangements. Legal Aid Queensland can be contacted on 1300 65 11 88.

Acknowledgement source: Parts of this article have been reproduced from Legal Aid Queensland (brochure: 'Need legal help with you money and debt problems') and Caxton Legal Service.