

Issue 1

December 2019



## Welcome

Welcome to the very first edition of **Neighbourhood News** - the Charleville Neighbourhood Centre's bi-monthly newsletter!

It's packed with oodles of news, events, photos, tips, and fun activities for the whole family.

Check out our Centre Roundup for all the latest NC information and action.

Find out what's happening around the Shire with our handy Date Claimer.

Meet our newest recruit, Home Modification Project Officer Brendan Albury.

Say goodbye and good luck to Anne Mackie, our

marvelous Murweh Meals champion.

For the aspiring green-thumbs out there, we have all the latest tips, tricks and planting guides in the Garden Gates section.

Keep the littlies entertained with a great Christmas project in Kids Corner.

Grab a coffee and relax with our Perplexing Puzzle, or enjoy a joke in the Bellylaughs section.

Feed the family with our yummy, healthy recipes to try at home in Delicious Dishes.

See who's been out and about in the Community Capers section, and so much more...

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**ENJOY!**

## Tell Us What You Think

We hope you like the first edition of Neighbourhood News.

We love hearing from our local community, so please tell us what you think. Email your feedback to [communitysupport@charlevillenc.org.au](mailto:communitysupport@charlevillenc.org.au), or post a comment on our Facebook page.

If you have something you'd like to contribute to our next Newsletter (February 2020) please contact the Neighbourhood Centre on 4654 1307 or email [communitysupport@charlevillenc.org.au](mailto:communitysupport@charlevillenc.org.au).



## *NC Roundup*

What a year it's been here at the NC! While we've been busy delivering our Programs and Services to local communities we've been through restructures, audits and more jars of coffee than we care to remember!

The restructures are done, we passed the audits with flying colours, and, thankfully, the coffee's still flowing. We've bid a sad bon voyage to team members (Anne, Matt, Mel and Anne) and welcomed new ones (Bec, Brendan and Ang). And through it all our dedicated team continues to provide assistance through 9 programs and services, including Youth, Family, Rural, Supported Accommodation, and Community Support programs, Home Modifications, Home Maintenance and Home Assist Secure programs, and Murweh Meals.

If you'd like to know more about any of the programs or services we offer, please call us on 4654 1307, pop into our premises on the corner of Alfred and Eyre Streets, or look us up at [www.charvillenc.org.au](http://www.charvillenc.org.au). We're also on Facebook—just search for Charville Neighbourhood Centre.



## *Hello Brendan*

A very warm welcome to our newest recruit, Brendan Albury, who has taken on the role of Home Modifications Project Officer.

Brendan is a qualified carpenter with over 30 years experience in the building industry, and spent the previous few years working around the Augathella district as a self-employed sub-contractor. Brendan enjoys camping and fishing, and is a volleyball enthusiast. He also enjoys the social side of polocrosse and has previously participated in fund-raising bike rides as a support person.

Welcome Brendan!



## *Farewell Anne*

It's with great regret that we say goodbye to Anne Mackie in the new year. Since joining our team many moons ago, Anne's made countless deliveries to clients under the Murweh Meals program. But more than just food, Anne has also provided companionship, comfort and a link to the wider world, and we know her smiling face will be greatly missed by our clients. Thank you Anne for your dedication and care — we wish you all the very best in your future endeavours.

## **Date Claimer**

### **December 2019**

- 14 Cosmos Centre Christmas Carols @ Cosmos Centre—7pm
- 31 Charleville New Year Celebrations @ Showgrounds—6.30pm
- 31 New Year's Augathella Diggers Rodeo

### **2020 Public Holidays**

- Jan 26 Australia Day
- Apr 10-13 Easter
- Apr 25 ANZAC Day
- May 4 Labour Day
- Oct 5 Queen's Birthday
- Dec 25 Christmas Day
- Dec 26 Boxing Day



## ***Do You Need A Gambling Lifeline?***

You might have noticed a new face about town. Karen Moran is visiting Charleville as a Lifeline Counsellor supporting all people affected by unhealthy gambling. Most gambling is just fun and can be considered entertainment.

Karen said that "It's only when the gambling or gaming activity takes too much time or too much money away that it starts to interfere in daily life." Most people don't experience negative effects from entertainment through gambling. But for some families and friends who miss their loved ones or may be financially affected, gambling has become an intruder, taking away their joy.

For some people, a partner with a gambling problem feels like the partner is having an affair. There might be lying and missing time and the partner might be behaving differently.

The person gambling can also be very affected from the results of gambling.

So if gambling is taking away your joy in any way, arrange a chat with Karen. The service is free and confidential and you can see Karen face to face or choose to speak via telephone, or a video link can be organised using Lifeline or Health facilities.

Please call 1300 991 443 to make a time.



### **Disclaimer**

All articles in this newsletter are reproduced in good faith for the community's benefit and do not necessarily represent the views of the Charleville Neighbourhood Centre. The Charleville Neighbourhood Centre accepts no responsibility for these articles.

## Kids Corner

With Christmas just around the corner, get the kids involved and create these fun and easy santa plates.



### What You'll Need:

- \* Paper Plate
- \* Red, Black, White & Orange Paint
- \* Cotton Wool
- \* White Pom-Pom
- \* PVA Glue
- \* Paint Brush

### Instructions:

- \* Paint half the plate a skin tone (mix white with a little orange) and the other half red, with a curve around the edge of the plate to create a hat shape.
- \* Paint on a big red nose.
- \* Between the border of the skin coloured and red paint add some glue and then stick on cotton wool for hair,
- \* Add glue on the bottom of the plate and stick on some fluffed up cotton wool for a beard.
- \* Finish off by adding a pair of eyes using black paint and white pom-pom at the tip of the hat.

<https://www.artycraftykids.com/seasonal/paper-plate-santa/>

## Delicious Dishes

### Oriental Pork

#### Ingredients

- 1 teaspoon sesame oil
- 2 teaspoons reduced-salt soy sauce
- 4 x 120g lean pork steaks
- 1 cup basmati rice
- 4 tablespoons sesame seeds
- 500g frozen mixed vegetables

#### Instructions

- Mix sesame oil & soy sauce in a bowl and marinate steaks for 5-10 mins
- While pork marinates, cook rice.
- Coat pork in sesame seeds. Spray a frying pan with oil and cook pork on a medium heat for 5-7 minutes, until brown underneath. Turn over, cover with lid and remove from heat. Stand for 5 mins to cook through.
- Meanwhile, steam vegetables. When cooked, remove pork from pan, slice diagonally and serve with rice and steamed vegetables.

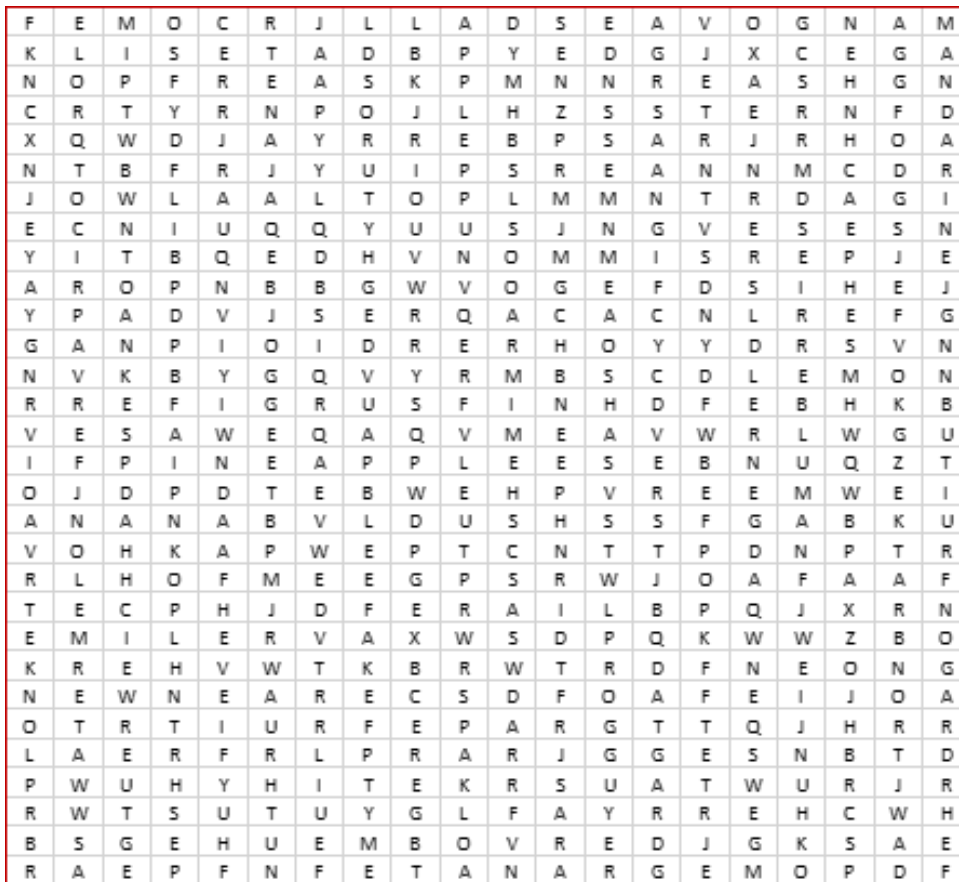
*Bon Appetite!*



<https://www.healthyfoodguide.com.au>

## Perplexing Puzzle

Can you find all the delicious fruit listed in the grid?  
Words can run horizontally, vertically or diagonally.  
Good luck!



- |               |             |
|---------------|-------------|
| Apple         | Lime        |
| Apricot       | Lychee      |
| Banana        | Mandarin    |
| Blueberries   | Mango       |
| Cherry        | Mulberries  |
| Coconut       | Orange      |
| Custard Apple | Peach       |
| Dragon Fruit  | Pear        |
| Dates         | Persimmon   |
| Feijoa        | Pineapple   |
| Fig           | Pomegranate |
| Grapefruit    | Quince      |
| Grapes        | Raspberry   |
| Guava         | Strawberry  |
| Lemon         | Watermelon  |



## Garden Gate

### Pots & Pots of Colour

The most practical way to add pizzazz to the summer garden is by filling pots with colourful flowers or foliage. Petunias and calibrachoas (which look like miniature petunias) are long-lasting summer favourites that produce waves of flowers for months. Sow seeds of sunflowers, nasturtiums and salvia. There are plenty of modern leafy plants that are available in a variety of contrasting colours, such as native dianellas that have been bred for their shades of blue and purple, and the New Zealand flax that come in red, pink and sometimes even with contrasting stripes.

<https://www.yates.com.au/spring/plan/the-spring-garden/>



## Bellylaughs

**Q:** What's the worst thing about throwing a party in space?

**A:** You have to planet.

**Q:** What are the strongest days of the week?

**A:** Saturday and Sunday.

The rest are weak days.

# Community Capers

**Were you out and about in the community recently?**

**Fun photos from our Mental Health Week BBQ Breakfast and the Neighbourhood Centre's 30th Birthday Celebrations.**







**CHARLEVILLE**  
NEIGHBOURHOOD.CENTRE

Phone (07) 4654 1307

Community Support Service

Family Support Service

Home Maintenance Service

Home Modifications

Home Assist Secure

Supported Accommodation

Rural Support Service

Youth Support Service

Charleville and District Community Support Association Inc.

ABN 34 022 593 124

Charleville Neighbourhood Centre

Address Corner Alfred and Eyre Streets (PO Box 327) Charleville Q 4470

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*You can also find us on Facebook*



## *Expressions of Interest*

**We are currently calling for Expressions of Interest for the position of casual delivery driver for our Murweh Meals program.**



### Murweh Meals Delivery Driver

Employer: Charleville Neighbourhood Centre  
Applications close: Tuesday 17<sup>th</sup> December

Location: Based in Charleville  
Work Type: Casual 2hrs per day Mon - Fri

The Charleville Neighbourhood Centre is currently seeking a person to deliver meals to people who are aged, frail or disabled in the Charleville Community. Commencing January 2020 with training provided prior to commencement.

The position is based in Charleville. This enthusiastic person will have good organisational skills, and experience with working/dealing with frail, older people to enable them to have access to meals.

This service is Federally funded with the position being until 30<sup>th</sup> June 2020. Possibility of extension dependent on funding. Applicant must hold a current driver's licence and hold or be willing to gain a Children's Commission Suitability Notice/Blue Card.

Please submit an expression of interest by the closing date briefly outlining your work history and how it may qualify you for this position. No previous experience necessary.

For more information please contact The Neighbourhood Centre Coordinator on - **07 4654 1307**  
[coordinator@charvillenc.org.au](mailto:coordinator@charvillenc.org.au)