

January-April 2010

DISCOVER



Art • Book Clubs • Cooking • Fitness • Natural Therapies • Community Groups & Services • Music • Social Groups • Playgroups • Yoga



community
ignite change Qld

T 07 3510 2700 E info@community.org.au W www.community.org.au

Community Qld is a multi-service community organisation that aims to enhance people's quality of life by providing them with a range of programs and activities. Our services focus on the welfare and well-being of socially, physically, intellectually and emotionally disadvantaged and vulnerable community members.

We work with local people to promote a diverse, socially just and inclusive community.

Domestic and Transport Services

Community's Domestic Services help clients manage their household and domestic duties. Dependant on an individual's particular needs and circumstances, we provide services to assist with cleaning, shopping, meal planning and preparation and other light home duties.

Community's Transport Services include regular door-to-door assisted transport to local shopping centres and activities as well as individual transport to medical and other appointments. Eligible people will live in our local area and be frail-aged, living with mental illness or a disability. Please contact us if you'd like to arrange an individual health assessment to identify the services that may assist.

Volunteers are needed to assist people with transport throughout the week, so if you're able to spare a short amount of time to help someone in our community, please get in touch.

Weekly Transport Timetable

Our mini-bus operates these regular door-to-door trips. Bookings are essential. Please phone our Coordinator on 3510 2709

Royal Brisbane Hospital
Monday and Wednesday lunchtime

Ashgrove shopping and medical centre precinct **Tuesday morning**

Paddington shopping and medical centre precinct **Thursday morning**

Brookside Shopping Centre
First Monday of the month

The Gap Shopping Centre and Walton Bridge Medical Centre **Friday morning**

Enoggera Pool Aqua Aerobics
Thursday morning

Chermside Pool Hydrotherapy
Friday afternoon

EMOTIONAL WELLNESS SERVICES

Community's Mental Health Service supports people who are living with mental illness and/or on a Disability Support Pension. We help individuals reconnect with their community through supported activities that are sensitively and individually tailored and that maintain people's dignity. We provide transport, subsidised activities and social support for eligible participants of our program. People can self-refer, be referred by a family member, health professional or other services. Bookings for these activities are essential. For more information about our programs or to discuss eligibility or transport issues, please contact us on **Freecall 1800 661 116**

LAWN BOWLS

Learn the gentle game of bowls in this friendly competition run in conjunction with Reclink. There will be an end of term 'grand final'.

When: Tuesday 10am-12pm
Where: Ithaca Bowls Club 22 Fulcher Rd Red Hill
Cost: \$2 includes morning tea

PLANTING FOR PIZZAS

Join us for a mini-bus trip to visit Northey St City Farm where we will learn how to establish a garden bed along with some new cooking techniques.

When: Wednesday mornings (until 10 March)
Where: Northey St City Farm Victoria St Windsor
Cost: Free
Contact: Gerald 3510 2709

COOKING GROUP

Making a nutritious and tasty meal involves careful planning. From writing a shopping list and purchasing fresh ingredients to following a recipe and putting together ingredients, these classes will teach planning, preparation and simple cooking techniques followed by a shared lunch.

When: Thursday 10am-12.30pm (commencing late February)
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: \$2

HEARING VOICES

A self-help group for people who hear voices or see things that others around them don't. This group offers respect and support through sharing experiences.

When: Mondays (fortnightly) 1pm-3pm
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: Free

YOGA FOR BEGINNERS

Come alive to the joys of yoga. Build strength and improve posture as you learn to relax and stretch. This class will also suit those recovering from injuries or who have physical limitations.

When: Fridays during the school term 10am-11.30am
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: \$12/\$5 conc

OZ TAG FOOTBALL

Oz Tag football is the latest craze in recreational sport that now has competitions running all over Australia. It is a non-tackling game that is loads of fun. Meet us at the park!

When: Wednesday 10am-12pm
Where: New Farm Park soccer fields Brunswick St New Farm
Cost: Free
Contact: Shane 0448 881 224

TENNIS AND BASKETBALL

Beginners welcome for our tennis and basketball teams. Coaching will be provided by our trainer. All equipment provided. Please wear comfortable shoes and bring a water bottle.

When: Thursday 2pm-4pm
Where: Bedford Park Love St Spring Hill
Cost: Free

COLOURGANG

Supported art and craft activities for people with intellectual and/or physical disabilities. A friendly group where social connection is valued as artistic experience is explored.

When: 2nd and 4th Fridays of the month during school terms 10.30am-12.30pm
Where: Ithaca Hall cnr Enoggera and Kennedy Tce Red Hill
Cost: \$5

GUIDED IMAGERY WITH MUSIC

Using relaxation, music and creative arts you can develop inner strength to meet life's challenges and to improve depression and anxiety. These sessions are coming soon to Tuesdays. Please phone to register your interest.

Contact: Donna 3510 2730

WOMEN'S THEATRE GROUP

We are looking for people who are interested in joining this group run by an experienced Applied Theatre Facilitator. We will explore story-telling, scriptwriting, voice, movement and performance skills. These sessions are coming soon. Please phone to register your interest.

Contact: Donna 3510 2730



SENIORS' ACTIVITIES

Community's activities for seniors offer physical and intellectual stimulation in a social setting for the young at heart. Transport may be available to activities for eligible people. For enquiries and bookings phone us on **3510 2700**.

COFFEE AND CHAT

A monthly coffee morning where you will meet new people and listen to visiting guest speakers talk on a variety of topics. Please contact us if you require help with transport.

When: 1st Thursday of month 10am-12pm
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: \$5

LIBRARY

We meet fortnightly at the Ashgrove Library meeting room to exchange library books and to catch up for morning tea and a chat.

When: Wednesday fortnightly
Where: Ashgrove Library Amarina Drive Ashgrove

OLDER AND ACTIVE

Stay fit, active and healthy in a cross training class for active older people. This class includes cardio conditioning, functional muscle training, balance work and a stretching session. A whole body workout!

When: Thursday 9.15am-10am
Where: Ithaca Hall cnr Enoggera and Kennedy Tce Red Hill
Cost: \$7 bookings not required

GENTLE EXERCISE

Maintain strong bones, increase strength and flexibility as you improve your circulation, balance and posture, all in one carefully designed class to suit even those with injuries or other physical limitations.

When: Thursday 10am-10.45am
Where: Ithaca Hall cnr Enoggera and Kennedy Tce Red Hill
Cost: \$5 bookings not required

FITNESS AFTER 50

A series of strength and balance exercises using light weights to improve your overall fitness.

When: Tuesday 9 Feb to 23 Mar 10am-10.45am
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: \$7
Contact: Brisbane City Council 3403 8470

WELLBEING

NATURAL THERAPIES CLINIC

Affordable homeopathy and Bowen Therapy treatments for concession card holders. These therapies provide an alternative, safe and effective treatment option for many ailments. Bookings essential.

When: Wednesday
Where: The Exchange Blamey St Kelvin Grove Village Centre
Cost: \$10 per consultation
Bookings: 3175 9975

BUDDHISM AND MEDITATION

In each class a different aspect of Buddhism and meditation is explained. The classes are self-contained so you can drop in any week. Classes consist of guided meditations, teaching and discussion followed by refreshments.

When: Tuesday 7.30pm-9.30pm
Where: Bardon Hall 247a Simpsons Rd Bardon
Cost: \$10
Contact: 5535 1140 meditateinbrisbane.org

OSHO ACTIVE MEDITATION

Active meditation is based on the idea that in order to go to the right, one needs to swing the pendulum to the left first, to be still one needs to move first, to be silent, explore sound. Created by Osho, these meditations are effective and fun.

When: Sunday 6.15pm
Where: The Exchange Kelvin Grove Village Centre Blamey St Kelvin Grove
Cost: \$10
Contact: 0418 712 603 oshobrisbane@gmail.com oshoinbrisbane.com

GUIDED MUSIC AND IMAGERY

Group participants are invited to try this specialised form of music therapy. Relax deeply and explore your inner creativity and strengths while listening to specially selected programs of classical music and afterwards draw a mandala. Express your creative inner wisdom. Excellent for improving mood and reducing stress. Program conducted by a trained music therapist and counsellor.

When: Saturday commencing soon...
Where: Paddington Hall
Cost: \$10
Contact: 0421 704 338 or 1800 661 116 to register your interest

FITNESS FOR ALL

Make a commitment to taking care of your body in 2010 and join a fitness class. There are a variety of activities that will suit everyone. For more information on active and healthy activities in our community have a look at the Brisbane City Council's website or look out for Active Parks, Chillout and Real Adventure Women brochures at your local library.

ASHTANGA YOGA

Classes suitable for beginners as well as advanced students are available throughout the week. Start today. See the website or phone for full details.

When: Monday to Saturday evening and morning classes
Where: Paddington Hall Moreton St Paddington
Contact: 3420 1010 ashtangayogashala.com.au

BOXING

Did you know that boxing burns fat faster than most other exercises?

When: Tuesday 9.15am-10.15am
Where: Ashgrove Sports Ground Yuku Rd Ashgrove
When: Tuesday and Thursday 7pm-8pm
Where: Ashgrove State School Woonga Dr Ashgrove
Cost: \$100 for 10 sessions or \$15 per session
Contact: 1300 367 703 fitness4u.net.au

GROUP FITNESS

Great cardio and strength workout at an affordable price.

When: Monday and Wednesday 5.30am-6.30am, Thursday 9.15am-10.15am
Where: Ashgrove Sports Ground Yuku Rd Ashgrove
Cost: \$100 for 10 sessions or \$15 per session
Contact: 1300 367 703 fitness4u.net.au

TENNIS AT SPRING HILL

Our tennis court is available for hire.

Grab a friend and your rackets and get active!
Where: Bedford Park Love St Spring Hill
Cost: \$10 per hour or \$12.50 with lights per hour
Contact: 3510 2700 for bookings

TAI CHI AND QIGONG

Learn the foundation exercises of Qigong and Tai Chi. Explore all the basic essentials and experience relaxation, improved health and fitness.

When: Wednesdays 6am-7am until 24 March
Where: Kulgan Park cnr Ramsgate and Caraway Sts Kelvin Grove
Cost: Free

CHILDREN'S ACTIVITIES

CHILDREN'S CRAFT GROUP

Make new friends while you explore a new activity each week such as drawing, painting to music, assemblage and 3D construction. This class is suitable for children aged 6 to 10. Bring arvo tea and a smile!

When: Tuesday 3.30pm-4.30pm
Where: Ithaca Hall cnr Enoggera and Kennedy Tce Red Hill
Cost: \$80/\$48 conc (term fee)
Contact: Cath 0421 461 975

CHESS AND GAMES FOR CHILDREN

Run by Queensland Gifted and Talented Children's Association and facilitated by a chess champion.

When: 1st Friday of the month 5.30pm
Where: Black Cat Books 179 Latrobe Tce Paddington 3367 8777
Cost: Gold coin

STORY READING

Children will learn to love books and reading at this story reading session. Bookings essential.

When: 1st Saturday of the month
Where: Black Cat Books 179 Latrobe Tce Paddington 3367 8777
Cost: Free

BARDON PLAYGROUP PLUS

A community playgroup offering quality play experiences for children aged 0 to 5. This group is facilitated by an early childhood teacher. Come and meet other local families and join in the fun at this playgroup run by Playgroup Queensland. Bookings essential.

When: Monday, Tuesday and Wednesday
Time: 9.30am-11.30am
Where: Bardon Hall
Cost: \$132 for 10 week term
Contact: 1800 171 882

creative workshops



health & fitness



LADY CILENTO PARENTING CENTRE

A community run parenting hub offering many services to support families.

Where: 2 Baly Street St Lucia
(next to the C&K Kindy)

Contact: 3870 7353
ladycilentopc@communify.org.au

TEACHER LED PLAYGROUP

Stimulating playgroups for children aged 0 to 5 years, facilitated by a qualified early childhood teacher.

When: Monday, Tuesday and Wednesday

Time: 9.15am-11.15am

Where: Lady Cilento Parenting Centre

Cost: \$14.50 per session

BABY GROUP

A developmentally appropriate playgroup for babies ages 0 to 15 months, facilitated by a qualified early childhood teacher. A great way to meet other carers with babies in the community.

When: Monday, Tuesday and Wednesday

Time: 9.15am-11.15am

Where: Lady Cilento Parenting Centre

Cost: \$10 per session

PLAYSPACE

If you are looking at running your own playgroup, holding a meeting or gathering and want a child-friendly space to do so, please enquire about our group membership rates. We provide a fully-fenced, child-friendly facility with tea and coffee, playground and sandpit.

When: Monday, Tuesday and Wednesday

Time: 9am-5pm

Where: Lady Cilento Parenting Centre

Cost: Contact LCPC on 3870 7353

TOY LIBRARY

Quality large and small toys and puzzles available to hire now to LCPC members.

When: Monday, Tuesday and Wednesday

Time: 9am-12pm

Where: Lady Cilento Parenting Centre

Cost: Membership \$25 (annual), plus weekly hire cost of toys. Puzzle library free to playgroup users

SOCIAL GROUPS

AUNTIES AND UNCLES

Aunties and Uncles support families experiencing stress by mentoring and supporting children on weekends and school holidays. Come along to an information session and find out what's involved.

When: 3rd Tuesday of month 7pm-9pm

Where: The Exchange Kelvin Grove Village Centre
Blamey St Kelvin Grove

BOOKCLUBS

Love reading? Join one of our book clubs to discuss great books and to get to know other bookworms.

When: 2nd Tuesday of month 9.30am-11.30am

Where: Black Cat Books 179 Latrobe Tce
Paddington

Cost: \$7/\$5

Contact: 3510 2700

WOMEN'S EVENING BOOKCLUB

When: 4th Tuesday of month 7.30pm

Where: The Cottage 300 Waterworks Rd Ashgrove

Cost: \$7/\$5

Contact: 3510 2700

ENGLISH CONVERSATION

Small group English conversation classes led by volunteer tutors. Sessions will be planned to suit the needs of individual students.

When: Various sessions available

Where: The Exchange Kelvin Grove Village Centre

Blamey St Kelvin Grove

ALSO Spring Hill Hall Love St Spring Hill

Cost: Free

Contact: The Exchange 3175 9975

or Spring Hill Hall 3358 5201

INTERNET CAFE

Free computer and internet access.

Wireless internet access also available.

Monday to Friday 9am-10am and 1pm-3pm

Monday to Friday 3pm-4.30pm for kids at school

Where: The Exchange Kelvin Grove Village Centre

Blamey St Kelvin Grove

COMPUTING COMPETENCY

Help is here for absolute beginners or for those needing tips, tricks and confidence. Email, word processing, eBay and the mysteries of the internet. Bookings each week essential.

When: Thursday

Time: 9.30am-12.30pm

Where: The Exchange Blamey St Kelvin Grove

Village Centre

Cost: Free

Contact: 3175 9975

PUBLIC SPEAKING

Learn the art of effective speaking and running successful meetings through a structured, friendly learning program and coaching with The Rostrum Club No. 3. Contact us for more information.

When: Thursday

Time: 6.45pm

Where: Spring Hill Hall Love St Spring Hill

Contact: Paul 0417 755 631 rostrum.org.au

CREATIVE GROUPS

QUILTERS' AND KNITTERS' CRAFT GROUP

New members are welcomed at our craft group where we share skills and tips as we get together for quilting, knitting and all other fabric and yarn crafts.

When: 1st Friday of month 12pm-4pm

Where: Bardon Hall 247a Simpsons Rd Bardon

Cost: \$3

Contact: Ida 3366 0389

COMMUNITY CHOIR

Singing is good for your soul. Singing with a choir can be an uplifting and beautiful thing. Come and join our choir, For Crying Out Loud. You don't need any special talent or even to have done it before. No bookings required.

When: Mondays

Time: 7pm

Where: Ithaca Hall Cnr Enoggera and

Kennedy Tce Red Hill

Cost: \$10 per session

ART CLASSES

A series of creative drawing and painting classes where you will explore your creativity and learn skills from our experienced art teacher who has taught at both TAFE and QUT.

When: Monday 10am-12pm

(waitlist for Tuesday morning class)

Where: Ithaca Hall cnr Enoggera and

Kennedy Tce Red Hill

Cost: \$90/\$54 conc

Contact: 3510 2700

DANCE

BELLY DANCING

Feast the soul and learn to belly dance. Beginners are welcome to join this 10 week course with Princess Shahara. No previous dance experience required.

When: Phone now to enrol in our new course

Where: Jubilee Hall 180 Jubilee Tce Bardon

Cost: \$140/\$120 conc

Contact: 3369 0832

SCOTTISH COUNTRY DANCING

Join our new beginner's class.

A fun filled activity for all ages, 10 to 99!

When: Monday nights from Feb 22

Time: 7.30pm to 9.30pm

Where: Spring Hill Hall Love St Spring Hill

Contact: Denise Smith 3209 7006

or 0439 270 191 rscds.org.au

TANGO

Come along and learn the Argentine Tango.

A beautiful dance for two. Beginners are welcome.

When: Sundays 6pm-8pm

Where: Bardon Hall 247a Simpsons Rd Bardon

Cost: \$15 casual or \$50 for 4 classes

Contact: 0410 075 100 or 3701 5888

S.H.A.K.E. DANCE SCHOOL

Jazz, Ballet and Tap Dance classes for all ages (3yrs to adults). Please see our website: shakedance.com.au

When: Various days and times to suit everyone.....

Where: Spring Hill Hall Love St Spring Hill

Contact: Nikki McIntyre 0417 193 379

nikkiandzane3@bigpond.com

For more information phone 3510 2700
or email info@communify.org.au

families & children

in the kitchen

social groups



community

ignite change Qld



○ Aged and Disability Services

A volunteer-based program assisting people with disabilities, the frail-aged and their carers to remain living independently.

○ Childcare

Community-based childcare for children aged from 6 weeks to 6 years within a warm, caring, positive environment.

○ Community Development

Empowering individuals and groups through enhancing their skills, accessing appropriate supports and linking them with others in the community who share interests, concerns and issues.

○ Community Education

Providing learning opportunities for members of our community in a cooperative and nurturing environment.

○ Domestic and Transport Services

Assistance with domestic duties and access to transport for shopping, medical appointments as well as recreational and social activities.

○ Emergency Relief

Food relief and support for people in our community experiencing financial difficulty.

○ Family and Individual Support

Information, counselling and advocacy support to assist people with difficult and stressful life experiences.

○ Home Assist Secure (Inner West)

Practical assistance, free information and referral services for home maintenance, falls prevention, minor modifications and home security. This service is available to anyone over the age of 60 or anyone of any age living with a disability.

○ Lady Cilento Parenting Centre

A not-for-profit, community-driven organisation that works in the spirit of the pioneering Brisbane doctor Lady Cilento, to support parents and carers.

○ Mental Health Services

An integrated, recovery-focused approach to assist people experiencing mental health issues.

○ No Interest Loans Scheme

Assistance for people on low incomes to help with the purchase of essential household items or medical equipment.

○ Recreation

Programs coordinated for community organisations and sponsors to encourage people to lead active and healthy lifestyles.

○ Refugees

Support and practical assistance with food, medical care and other living expenses for refugees living in our community.

○ Respite Centre

People who may need help with daily activities such as personal care, meals and transport can attend the Day Respite Centre. Door-to-door transport is in our wheelchair friendly mini-bus. A delicious freshly made morning tea and lunch are provided. Social activities, podiatry and hair care services are also available at the centre.

○ The Exchange

A community hub in the heart of the Kelvin Grove Urban Village. The Exchange provides community activities, an internet cafe, meeting spaces and welfare services.

○ Venues for Hire

A range of venues can be hired including meeting rooms, halls and private rooms suitable for counselling, community meetings, conferences and functions.

○ Volunteers

Matches the talents and generosity of volunteers in our community with opportunities to connect with and help people, as well as many opportunities within our organisation to offer expertise and time to assist us to grow our service.

