

April - July 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](mailto:info@community.org.au) W [www.community.org.au](http://www.community.org.au)

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

# Volunteering with Community

We rely on volunteers to stretch our limited resources and to help with some of the simple things that preserve people's independence and quality of life.

We're always really busy and right now, more than ever we could use a hand. There are lots of ways to get involved with Community that can fit with your time, interests and talents. From supporting a neighbour to offering your professional skills to our organisation, everyone can contribute to creating a caring and inclusive community.



## 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. 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:** By donation  
**Contact:** Vanessa 3510 2735

### 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  
**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 mid April)  
**Where:** Jubilee Hall 180 Jubilee Tce Bardon  
**Cost:** \$2  
**Contact:** Vanessa 3510 2735

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### 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. Transport is available.

**When:** Mondays (fortnightly) 1pm-3pm  
**Where:** Jubilee Hall 180 Jubilee Tce Bardon  
**Cost:** Free  
**Contact:** Robyn 0431 265 992



## The Bardon Market

An exciting new community initiative! These local markets offer toys, clothes, art, jewellery and gifts.

**When:** Fourth Saturday of every month 9am-1pm

**Where:** Bardon Hall, Bowman Park 247a Simpsons Rd

## SENIORS ACTIVITIES

Community's activities for seniors offer 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

**Contact:** Georgina 3510 2700

### ASHGROVE LIBRARY TRANSPORT SERVICE

Transport is available for the frail-aged or people with a disability living in Paddington, Ashgrove, Bardon or Red Hill areas that have trouble accessing library facilities.

**When:** 1st Monday of each month 9.45am-11.30am

**Where:** Ashgrove Library Amarina Dr Ashgrove  
**Contact:** Georgina 3510 2728

### MEN'S GROUP

Come along to our brand new men's group. Transport and morning tea are included. If you are over 70 and living in Paddington, Bardon, Red Hill or Ashgrove then this is the group for you!

**When:** 2nd Monday of the month 10.30am-12.30pm

**Where:** Jubilee Hall 180 Jubilee Tce Bardon

**Cost:** \$5  
**Contact:** Georgina 3510 2728

### 50+ AND FIT

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

### 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. Transport to this activity is available.

**When:** Fridays during the school term 10am-11.30am

**Where:** Jubilee Hall 180 Jubilee Tce Bardon

**Cost:** \$12/\$5 conc

### LEAGUE TAG

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:** Bedford Park Love St Spring Hill

**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  
**Contact:** Shane 0448 881 224

### 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

### WOMEN'S THEATRE GROUP

We are looking for people who would be interested in joining this group run by an experienced Applied Theatre Facilitator. We will explore story-telling, scriptwriting, voice, movement and performance skills.

**When:** Wednesday 9.30am-11.30am

**Where:** Jubilee Hall 180 Jubilee Tce Bardon

**Cost:** By donation  
**Contact:** Donna 3510 2730

## AGING GRACEFULLY

Strength exercises designed to look after your bones and to build muscle strength to help you live a healthier life.

**When:** Tuesday 20 April – 8 June 10am-10.45am  
**Where:** Jubilee Hall 180 Jubilee Tce Bardon  
**Cost:** \$7  
**Contact:** Brisbane City Council 3403 8470

## SHOPPING TRANSPORT

We offer door-to-door transport each week to local shopping centres. Call us to book your seat on our mini-bus!

**When:** Monday morning (1st Mon of month)  
**Where:** Brookside Shopping Centre  
**When:** Tuesday morning  
**Where:** Ashgrove and Paddington Shopping Centres

## AQUA AEROBICS

Transport is available to the Enoggera Pool for you to try this wonderful exercise program developed by a specialised instructor. Using the water resistance to strengthen and tone your muscles. Excellent for people with arthritis.

**When:** Monday and Thursday 9am-11.30am  
**Where:** Enoggera Pool  
**Cost:** \$10  
**Contact:** Gerald 3510 2709

## EAT WELL BE ACTIVE

This discussion presented by the Council on the Aging (COTA) will encourage seniors to eat well, stay hydrated and keep active. It's all about healthy aging and having choices for enjoyable and independent living.

**When:** Monday 19 April 10.30am-11.30am  
**Where:** The Exchange Blamey St Kelvin Grove Village Centre  
**Cost:** Free  
**Contact:** 3175 9975

## MEDICINES AND YOU

This discussion presented by the Council on the Aging (COTA) will focus on YOU being an active partner in the safe and wise choice of medicines and how to discuss your options with your health practitioner. Explores the difference between brand name and generic medicines and how to decide what is best for you. This discussion will include morning tea.

**When:** Monday 17 May 10.30am-11.30am  
**Where:** The Exchange Blamey St Kelvin Grove Village Centre  
**Cost:** Free  
**Contact:** 3175 9975

## BEYOND MATURITY BLUES

This session presented by the Council on the Aging (COTA) will foster good mental wellbeing. You will increase your knowledge about depression, its warning signs and symptoms and how to seek help. We aim to decrease the stigma around depression and demonstrate to people that it is not a normal part of aging. This session will include morning tea.

**When:** Monday 21 June 10.30am-11.30am  
**Cost:** Free  
**Where:** The Exchange Blamey St Kelvin Grove Village Centre  
**Cost:** Free  
**Contact:** 3175 9975

## HYDROTHERAPY

Come with us on our mini-bus to this wonderful gentle activity in an indoor heated pool.

**When:** Friday 1.30pm-3.30pm  
**Where:** Cherside Pool  
**Cost:** \$3.50  
**Contact:** Gerald 3510 2709

## 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:** Paddington Hall Moreton St Paddington  
**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 trained music therapist and counsellor.

**When:** Saturday  
**Where:** The Exchange Blamey St Kelvin Grove Village Centre  
**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 Yoku 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 Yoku 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!

**When:** Bedford Park Love St Spring Hill  
**Cost:** \$10 per hour or \$12.50 with lights per hour  
**Contact:** 3510 2700 for bookings

## CHILDREN'S ACTIVITIES

### 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 Blamey St Kelvin Grove Village Centre

For more information phone 3510 2700  
or email [info@community.org.au](mailto:info@community.org.au)

creative workshops

health & fitness



## 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 247a Simpsons Rd Bardon  
**Cost:** \$132 for 10 week term  
**Phone:** 1800 171 882

## LITTLE KICKERS

A positive fun-filled pre-school football program. Guided by FA qualified coaches, teachers, child health specialists and pro-active parents, the Little Kickers toddler football program teaches fundamental football techniques and elementary life skills in a vibrant, group play environment.

**When:** Monday and Tuesday mornings 9.15am (Little Kickers), 10.15am (Junior Kickers), 11.15am (Mighty Kickers)  
**Where:** Paddington Hall Moreton St Paddington  
**Cost:** First class is free, \$84 for 6 weeks and \$168 for 13 weeks  
**Contact:** Karen Tannoch-Bland 3299 3361  
0416 863 318  
ktannochbland@littlekickers.com.au

## LADY CILENTO PARENTING CENTRE

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

**Where:** 2 Baty Street St Lucia  
(next to the C&K Kindy)  
**Contact:** 3870 7353  
ladycilentopc@communiify.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  
**Cost:** \$14.50 per session  
**Where:** Lady Cilento Parenting Centre

## BABY GROUP

A developmentally appropriate playgroup for babies ages 0 to 12 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  
**Cost:** \$10 per session  
**Where:** Lady Cilento Parenting Centre

## 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:** 12pm-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

### BOOK CLUBS

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 Latrobe Tce Paddington  
**Cost:** \$7/\$5  
OR  
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  
**Contact:** The Exchange 3175 9975 or Spring Hill Hall 3358 5201

### INTERNET CAFE

Free computer and internet access. Wireless internet access also available.

**Where:** The Exchange Blamey St Kelvin Grove Village Centre  
**When:** Monday to Friday 9am-10am and 1pm-3pm (3pm-4.30pm for kids at school)

### 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 9.30am-12.30pm  
**Where:** The Exchange Blamey St Kelvin Grove Village Centre  
**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

### KNITTING GUERRILLAS

Drop in and be a part of a community project. Knit a couple of stitches, crochet some loops, wrap a pom pom, dust off your french knitting skills – it's not about perfection, it's about being involved. Interested but not sure of your skills? We'll show you! Loop in! All materials provided.

**When:** Saturday April 17 & 24, May 1 & 15 9am-12pm  
**Where:** The Exchange Blamey St Kelvin Grove Village Centre  
**Cost:** Free  
**Contact:** Sally 0404 914 558 or email fauve@live.com.au

### 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.

**When:** Mondays  
**Time:** 7pm  
**Where:** Ithaca Hall cnr Enoggera and Kennedy Tce Red Hill  
**Cost:** \$10 per session

## 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  
**Time:** 6.15pm-7.30pm  
**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 7pm-9.30pm (beginners)  
**When:** Thursday 7.30pm-9.30pm (intermediate, advanced)  
**Where:** Spring Hill Hall Love St Spring Hill  
**Cost:** \$6/\$4 members  
**Contact:** Denise 3209 7006 or 0439 270 191  
pauldenise3@bigpond.com rscds.org.au

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

Jazz, Ballet and Tap Dance classes for all ages (3yrs to adults). More information is available on our website.

**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  
shakedance.com.au

families & children



in the kitchen



social groups



# community

ignite change Qld



## ○ Aged and Disability Services

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

## ○ Childcare and Children's Services

Our small, licensed long day care centre caters for children aged from 6 weeks to school age. We work closely with families to provide quality care for children in an environment that embraces the individuality of each child.

## ○ Community Development

Support and connection to expertise for individuals and community groups and their initiatives. We have a strong commitment to working within a community development framework.

## ○ Community Education

Low-cost opportunities for all people in our community to connect with learning and activities.

## ○ Domestic and Transport Services

Support for people who are frail-aged or living with disabilities, providing assistance with domestic duties and access to transport for shopping and medical appointments as well as recreational and social activities.

## ○ Emergency Relief

Practical support for people in our community who are experiencing financial difficulty.

## ○ Family and Individual Support

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

## ○ Home Assist Secure (inner west)

Practical assistance, information and referral services for home maintenance, falls prevention, minor modifications and home security. Available to anyone over 60 or anyone living with a disability.

## ○ Mental Health Services

An integrated recovery-based approach to assist people experiencing emotional distress. We provide individual support and connection to group activities.

## ○ No Interest Loan Scheme

A micro-finance project providing interest-free loans to eligible people assisting with the purchase of essential household items or medical equipment.

## ○ Recreation

Activity programs designed for specific target groups to encourage participation in physical activity, and active and healthy lives.

## ○ Refugees

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

## ○ The Paddington Centre

A day away from home in the company of others for the frail-aged or people living with a disability. Social activities and interesting discussions on health and safety. Transport and lunch included in the small daily fee.

## ○ The Exchange at Kelvin Grove

A community hub in the heart of the Kelvin Grove Urban Village providing information, referral services, activities and groups developed around the interests and needs of community members.

## ○ Venues for Hire

A variety of venues ranging from small meeting rooms through to 100 seat capacity halls. Venues may be hired by private groups as well as those wishing to open their activities to the wider community.

## ○ Volunteers

Volunteers assist us and bring essential support to all our services. Volunteers' talents and interests are considered and matched with individuals needing support and services requiring expertise.