



# Gin Gin Neighbourhood Centre Community Care Newsletter

August – September 2024



# Gin Gin Neighbourhood Centre

## Message from the Neighbourhood Centre Team:



Brrr..... These cold winter mornings are a bit of shock!

Here at the Neighbourhood Centre people are warming up by joining in with our community events and activities like Craft and Watercolour Workshops, Cards, Pilates and Tai Chi and our new Mahjong.

In June we had the opportunity to meet and talk to lots of people at the Men's Health BBQ where we discussed Men's Issues with the help of Brave Brothers.

In July we supported our Indigenous community as they celebrated NAIDOC.

During the months of August and September we have lots planned beginning with a Scam Awareness workshop in August to help you learn to spot scams.

In September we have RU Ok Day and the Marvellous Milestones Morning tea to celebrate our 90 year olds.

Watch out for more information about these events either at the Hub, on the Highway Noticeboards or on our Gin Gin Neighbourhood Facebook page. Feel free to come and join in!



## Staff in the Spotlight— Szilvia



Hi! My name is Szilvia and you will see me in the library as a casual library assistant. Being a mum of two I am passionate about my family's wellbeing, healthy cooking and baking.

I really like working in my garden but I am still learning about the subtropical climate as I have come from a Hungarian background.

Some of you may already know me in the community through Gin Gin QCWA serving locals and volunteering at different events.

**Branch Manager Community Services:**

**Neighbourhood Centre Community Development Officer:**

**Neighbourhood Centre Support Officers:**

**Community Connect Worker:**

**Child & Family Support Officers:**

**Community Services Trainee:**

Kirstin Harrison

Jen Campbell

Amber Larsen & Miranda Card

Fiona McLean

Jodie Goodwin & Kim McDonald

Maya Sylvan

Funded by



# Free Social Programs, Projects and Events—New members welcome!



## Mel's Crafter in Residence Workshops Craft & Chat

**Where:** Gin Gin Community Hub  
**Time:** 9am–11:30am  
**August:** 12—Music Bingo  
26—Photo Frame Art  
**September:** 9—Freestyle Canvas Painting  
23— Woven Coasters



## Craft & Chat Group

**When:** Every Monday  
**Time:** 9–11.30am  
**Where:** Gin Gin Community Hub  
BYO projects or use some of the craft items available



## Balanced Bodies Pilates

**When:** Every Wednesday  
**Time:** 1.45–2.45pm  
**Contact:** 0490 313 686  
**Where:** Gin Gin Youth Activity Centre  
BYO Mat, towel & water bottle



## Cards 'n All

**When:** Mon 1–4pm Tues 8.30–11.30am  
**Where:** Gin Gin Community Hub

## Mahjong

**When:** Mon 9–11am  
**Where:** Gin Gin Community Hub



## Tai Chi For Health

**When:** Every Monday  
**Time:** 9.30–11.30am  
**Where:** Gin Gin Youth Activity Centre



## Watercolour Workshops with Sophie

**When:** Every Thursday—Adults & Children  
11.30am–1.30pm  
Every Tuesday—Adults Only  
10am–12.00pm  
**Where:** Gin Gin Community Hub

# What's Been Happening at the Hub

## Men's Health BBQ

In June the Neighbourhood Centre in collaboration with Brave Brothers hosted a BBQ for Men's Health Week. What a turn out! This event provided a great opportunity to talk to the community about all things relating to Men's Health. We would like to say a huge thank you again to Brave Brothers and the Tirroan Rural Fire Brigade, for their support on the day and to those who came out for a sausage and chat.



## Craft n' Chat & Workshops with Mel

June and July at the Hub have been full of creativity! We have done Diamond Art, Fabric Painting, Leaf Painting, Macrame and Diamond Art Coasters! Be sure to check out what's coming up in August and September on page 3.



# What's Been Happening at the Hub

## Mahjong—NEW!



Mahjong is our newest social group and more members are welcome! Come along and learn, play and laugh along with new or familiar faces.

Monday

Gin Gin Community Hub

9:00am



## Sanitary & Toiletry Items

With the help of Share the Dignity, Pinchapoo and community donations we can assist people in need with toiletries and menstruation products free of charge here in the Gin Gin Neighbourhood Centre.

Please speak to our friendly counter staff if you need assistance, or grab what you need discreetly from the shelf to the left as you walk through the door.

Menstruation products are donated by Share the Dignity—an Australian charity dedicated to supporting women and individuals experiencing homelessness, escaping domestic violence, or facing challenging circumstances.

Toiletries donated by Pinchapoo—a not-for-profit supplier of personal hygiene essentials who work passionately to advocate access to hygiene products for both men and women.

## Watercolour Workshops with Sophie Hayati

Watercolour Workshops are a great way to learn a new skill and make some new friends. We heard from one of our regular participants who said that “this workshop is a great way to get out of the house and get some much needed me time”. Sophie will soon be incorporating Acrylic paints for those who wish to try something different. Come along and get creative!



*Come  
Along &  
Join the  
Fun!*

# Free Community Support

## Margaret Turned 93



We don't celebrate our seniors enough! Margaret recently turned 93 which is pretty fantastic—and the Prime Minister thinks so too. Happy 93rd Birthday Margaret!

If you know someone else who is turning 90 or over, or has a wedding anniversary of 50 years or more, and you think they should be celebrated by the PM, give us a call on 4130 4630 or drop into the Centre.



## Gin Gin Community Food Pantry



Have you seen the Gin Gin Community Food Pantry located outside the Hub? The Food Pantry relies on generous donations from the community and is designed to provide a helping hand to those in need. It enables community members to take what they need and share what they can.

Donations of essential and non-perishable items can be added to the pantry or dropped off to staff at the front counter of the Hub. All donations are greatly appreciated!

## Emergency Relief



### Experiencing crisis or hardship?

Emergency Relief assists those in the local community who find themselves in a crisis.

If you are struggling for any reason phone the Gin Gin Neighbourhood Centre on 4130 4630 and the friendly staff will assist you with reviewing your needs and eligibility.

## Wide Bay Burnett Community Legal Service

Wide Bay Burnett Community Legal Service are now coming to Gin Gin Community Hub Monday afternoons fortnightly for appointments only. Contact 4194 2663 to book an appointment for Free Legal Advice.

# What's Coming Up?



Building Australia's best regional community



Mulgrave Street Park, Gin Gin

R U OK? Day

Want to know how to help someone who is struggling? Join the team from the Gin Gin Neighbourhood Centre to have a chat about how to check in with your friends, family and work colleagues. Information about outreach services will also be available.



1. Ask



2. Listen



3. Encourage action



4. Check in

## A CONVERSATION CAN CHANGE A LIFE

**Date:** Thursday 12 September 2024

**Time:** 9am–1pm

**Venue:** Mulgrave Street Park  
(opposite Bendigo Bank and Chemist)

**Cost:** Free

**Phone:** 4130 4630

**Email:** [ggnc@bundaberg.qld.gov.au](mailto:ggnc@bundaberg.qld.gov.au)



Queensland Government

Department of Communities, Housing and Digital Economy



Building Australia's best regional community



Scam Awareness Workshop

Gin Gin Neighbourhood Centre



## SCAM ALERT WORKSHOP

**Date:** Tuesday 27 August 2024

**Time:** 1–3pm

**Venue:** Breakout Room-Gin Gin  
Community Hub

**Cost:** Free

**RSVP:** No RSVP required

**Contact:** [ggnc@bundaberg.qld.gov.au](mailto:ggnc@bundaberg.qld.gov.au)

*Do you find it hard to recognise a scam?*

*Are you aware of common types of scams?*

*Are you concerned that the messages you receive could be a scam?*

Come to this FREE workshop at the Gin Gin Neighbourhood Centre and learn ways to identify scams, recognise if a contact is genuine and improve your overall awareness of scams.



## Marvellous Milestones Morning Tea

### Gin Gin Neighbourhood Centre

Come and join us to celebrate the 90+ year olds of our community!

We are inviting all nonagenarians and the family and friends of this incredible cohort to come and enjoy a morning tea event with the Mayor in the Gin Gin Community Hub.

This will be a great opportunity to share stories, celebrate long life and connect with each other over some light snacks and tea/coffee.

**When:** Thursday, 19 September 2024

**Where:** Gin Gin Community Hub,  
HH Innes Room

**Time:** 10:00am

**Cost:** FREE

**RSVP:** Friday, 13 September 2024

**Contact:** 4130 4630 or  
ggnc@bundaberg.qld.gov.au

Gin Gin Neighbourhood Centre | 4 Dear St, Gin Gin | P. 4130 4630 | ggnc@bundaberg.qld.gov.au



You are invited  
to the Gin Gin Neighbourhood Centre's  
**Marvellous Milestones**  
**Morning Tea**

Calling all nonagenarians! It's time to get your "glad rags" on because our town wants to celebrate YOU!

This project began when a member of our town, Annie, noticed that we have an extraordinary number of nonagenarians residing here in Gin Gin. She wrote a letter to the Mayor stating her observation with the idea that a celebration is in order. We absolutely agree!!!

On the 19<sup>th</sup> of September at 10am we are hosting a morning tea with the Mayor for all the 90+ year olds of Gin Gin and surrounds, and their family and friends.

**What to bring:** Your family, friends and stories to share.

**Before the event:** (Optional) Provide the neighbourhood centre staff with some photos from your life and/or a photo of yourself, a brief description of when and where you were born and a short statement about an extraordinary thing that has changed in your lifetime.

# Community Notice Board

## Women's Fitness Classes

Enjoy basic fitness & flexibility with low impact classes, designed for mature women at the National Fitness Hall, cnr Mulgrave & Walker St, Gin Gin. New members welcome!

**CIRCUIT CLASS**      **Tuesdays** 9-10am  
**FITBALL CLASS**    **Thursdays** 9-10am

Cost: \$15 for Tues & Thurs classes attended in same week OR \$10 for single class (either Tues or Thurs)

Membership: \$10 per year



All equipment supplied.  
Bring towel, water bottle & positive attitude.

Phone **Merrilyn** on **0474 071 000**

## Tuesday Social Tennis

8.30am—11.00am

Cost: **\$4.00**

Tea/coffee supplied

Bring racquet, water, hat, sunscreen & soft soled shoes



**All players welcome**

Phone **Julie** on **0409 689 922** or  
**David** on **4157 2198**

## Gin Gin Gardening Group

"Friendship Through Gardening"

*New Members welcome*

Please contact **Pat Jackson** on  
0409 902 500 or **Joy Foley-Jones**  
on 0408 022 308



## Gin Gin Men's Shed

Provide support for local men through hands-on activities such as working with timber and metal work. It is also a place for friendship and talking about issues such as health.

**Open Wednesday & Friday 7am-11am**

**New Members Welcome!**

## Gin Gin Ladies' Woodworking Guild Inc.

We can assist. Our Shed completes small projects for the community and can help you complete your projects. For more info, call Maree on 0414 593 633 or visit us at 4 Station Street on **Wednesdays** 9am—noon

## Gin Gin Soup Kitchen

Every **Wednesday** at 5:00pm

Located at the Gin Gin SDA Church  
88 Mulgrave Street, Gin Gin

## Gin Gin Queensland Country Womens' Association (QCWA)

This is the year to join the QCWA.

We do hand crafts, cookery, social catchups, country kitchens, volunteering, bus trips and MORE!

Meet & Greet—Second Friday of each month.  
9:00am—9:30am at the Gin Gin Youth Hall,  
6 Walker St, Gin Gin

Call/SMS **Michaela** on 0422 146 789 for more information

**Would you like to feature your club or group in our newsletter or Gin Gin Neighbourhood Facebook page?**  
**Contact our staff on 4130 4630 or email: [ggnc@bundaberg.qld.gov.au](mailto:ggnc@bundaberg.qld.gov.au)**

# Child and Family Support

Hello everyone. I hope you are keeping warm in this colder than usual weather. It is the season for coughs and colds, particularly in children and babies while their immune systems are still building. Lots of handwashing, nose wiping and basic hygiene practices are the best way to prevent the spread of germs among children.

It's coming up to that time of year again when parents start to consider options for their children beginning their schooling in 2025. Schools will also be offering their Prep Transition days in the coming weeks and into term 4. If you have a child starting school next year and would like some more information on school readiness, Child and Family can assist with that.

The Child and Family Support Officer is here to support parents, children and their families with their child related concerns and celebrations.

## Welcome Baby Celebration Ceremony

It was a great morning for those who recently came along and celebrated Gin Gin's newest community members. Families enjoyed a morning tea, coffee and chat with Mayor Helen Blackburn as part of the celebration.



Gin Gin Child and Family Support facilitates Early Years playgroups each fortnight on a Wednesday (during school terms), from 9.30 am – 11.30 am at the Gin Gin Community Hub. Families with children 0–5 years are welcome to attend and morning tea is provided. Please bring a water bottle and spare clothes for messy play.

# Child and Family Support

## Early Years Playgroups

We have been very busy at playgroups, as usual.

Children have all been enjoying exploring some newly introduced experiences. These activities continue to focus on children's cognitive abilities and fine motor skills which has been great for their development. These are provided at Wallville Playgroups as well as our regular playgroups. Children have also been showing an interest in dance and movement so there has been more musical activities for children and their parents to enjoy.



## Let's Play Together Playgroup

Congratulations to all the families who have welcomed their new babies over the past few months.

It has been a pleasure meeting them. The "Let's Play Together" Playgroup is a great way to introduce babies to playgroup and a safe place for mums to come and meet other mums in the area. Introducing babies to playgroups prompts and supports their development and their growing autonomy. With a variety of activities and experiences to enjoy, the "Let's Play Together Playgroups" are on the second Thursday of each month at the HUB.





**Gin Gin comes to life for Book Week 2024!** Everyone is invited to visit local businesses during Book Week to view displays based on their favourite story books to celebrate children reading. Dress up as your favourite book character on Wednesday 21 August and join in the fun. There is a prize draw for children aged 0–15 years who visit the most displays. Collect an entry form at Gin Gin Community Hub, 4 Dear Street, Gin Gin. Entries for the children's prize draw must be submitted by Saturday 31 August 2024.

## School holiday activities

- Pops n Pals Ventriloquist** 10am Mon 16 September 6 – 12 yrs \*
  - Decorate a plate** 2pm Tues 17 September 5yrs + \*
  - Lego Club & board games** 9.30am Thurs 19 September All ages \*
  - Grassy Head** 10am Mon 23 September 3yrs + All ages\*
  - Gaming** 10am Tues 24 September 12yrs + \*
  - Lego Club & board games** 9.30am Thurs 26 September All ages \*
- \*bookings required



## The Reading Hunt



**The Reading Hunt** is a fun way of increasing early literacy skills. Discover six little signs in nine locations around Gin Gin and enjoy simple activities in our local parks, attractions and, of course, the library! Pick up a map at Gin Gin Community Hub or online at [artsbundaberg.com.au/libraries/reading-hunt-map](https://artsbundaberg.com.au/libraries/reading-hunt-map)

## Story Play

**Date:** Mondays (excl. public & school holidays) **Time:** 9.30am  
Visit the library for stories, rhymes, songs and plenty of fun! Story Play is designed for children aged 0 - 5 years and their guardians.



**Book in for events:** Library counter or Phone 4130 4620

Gin Gin Library Coordinator: Sharon Millett  
Library Assistant: Szilvia Aranyi, Roselyn Hunting  
Library Volunteer: Jordan Levin

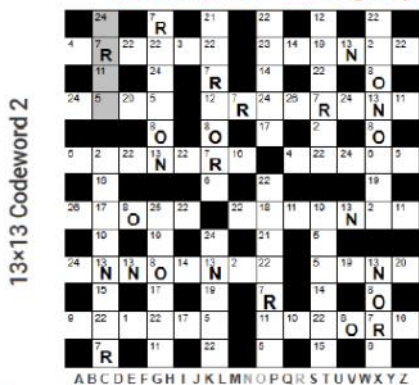
## Crack the Codeword

### CRACK THE CODEWORD

- ◆ Solve codewords in the library or at home, in your favourite cafe or sitting on a park bench.... the opportunities are endless! ◆



- ◆ Discover the benefits of puzzling for lifelong learning, health and wellbeing with the **Clue Detective Puzzle Agency!**



- ◆ You can solve puzzles online or on paper. ◆



- ◆ Join the Clue Detective's crack the codeword puzzling community. To access the solution and more puzzles go to the [Clue Detective Puzzle Agency](#) portal, available on your Library website. ◆

## AI workshop



**Date:** Wednesday 4 September  
**Time:** 10–11 am

Celebrate Adult Learners' Week by joining Gin Gin Library for an enlightening beginner one-hour workshop on Generative Artificial Intelligence. We'll explore how AI can generate human-like text and engage in conversations, and tools that can create stunning images from text descriptions. Spaces are limited. Bookings are essential.

## Book club

**Date:** Last Monday of month **Time:** 12.30pm  
In August, we'll be reading *The Dressmakers of Yarrandarrah Prison* by Meredith Jaffe and discussing it on 26 August. Pick up a book from the library to be involved.



## Kids' Book Club

**Date:** 1st Thursday of month (excluding public and school holidays) **Time:** 3.15 - 4.15pm  
Get together with other book lovers, share your book experiences and do fun activities!

## New Library Assistant

We welcome Roselyn to our Library Team. Next time you are in the library make sure you say hello. Roselyn will be happy to help with your library enquiries.



# Kolan Community Options

Welcome to another newsletter that is full of all the wonderful activities happening in our community. Kolan Community Options is hosting our August social outing right here at the Hub with a joint Men's and Ladies day. Throughout the day we will be offering a movie, cards, board games or a seat in the sun to catch up with friends, with a BBQ lunch. We would love to see you there.

As usual, the weather is a big topic of conversation and I've got to say it's great time for belly warming stews and soups. With this in mind we have included a quick and easy, budget conscious soup recipe that even the most basic cook can cook.



## Easy Chicken Noodle Soup

**Ingredients:** Onion, frozen mixed peas, corn and carrot, celery, garlic, herbs (any that you have in the cupboard that you like), chicken stock, store bought roast chicken, noodles or pasta

**Instructions:** Preheat a large pot over medium heat. Sauté onions, mixed vegetables celery, and garlic in olive oil and butter (optional) until soft and fragrant. To create more flavour, allow the vegetable to caramelize slightly.

Pour in homemade or ready made chicken stock/broth. Add the herbs, reduce heat and allow to simmer for 10 minutes, uncovered. Add shredded chicken and noodles or pasta and simmer until the noodles are cooked through. Season with salt and pepper and serve. You can freeze in meal sized portions.

## Brain Teasers

	1	2		8	5			
3		5			9			
					7	4		2
1	9							
5	8						1	4
							6	5
4		9	7					
			6			1		9
			5	9		8	4	

1sudoku.com

n° 2865 - Level Medium

Riddle Answers:

1. His horse is named Friday.
2. Nothing. She divorced him for never being at home.

7	1	2	4	8	5	6	9	3
3	4	5	2	6	9	7	8	1
9	6	8	1	3	7	4	5	2
1	9	4	3	5	6	2	7	8
5	8	6	9	7	2	3	1	4
2	7	3	8	4	1	9	6	5
4	3	9	7	1	8	5	2	6
8	5	7	6	2	4	1	3	9
6	2	1	5	9	3	8	4	7

1sudoku.com

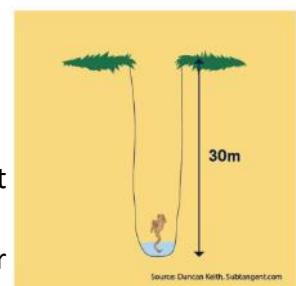
### RIDDLES

1. How could a cowboy ride into town on Friday, stay two days, and ride out on Friday?
2. There was a man who wanted to prove his love to his wife. So, he climbed the highest mountain, swam the deepest ocean and walked the biggest desert. What do you think his wife said?

### MATHS CHALLENGE

The Escaping Frog...

A frog has fallen into a pit that is 30 metres deep. Each day the frog climbs up 3 metres but falls back 2 metres at night. How many days does it take for the frog to escape?



Escaping Frog Answer:

It will take 28 days for the frog to escape. After 27 days and nights the frog only has 3 metres to go. On the 28th day the frog is able to jump to freedom!

# Kolan Community Options Groups—All Welcome

## Social Lunch Group

**2nd Thursday of the month**

Thursday 8 August 2024

Thursday 12 September 2024

12 Midday at Highway Hotel

Lunch at own cost. Transport may be available upon enquiry. Please contact Kolan Community Options on 4130 4630.



## Joint Group

**August—Joint Ladies and Mens Group Together**

**Date:** Friday 30 August

**Where:** Gin Gin Community Hub

**Time:** 9:00am

**Cost:** \$19.50—Snacks, M/tea & lunch provided  
Please contact Kolan Community Options on 4130 4630 to book.



## Mens Group

**September**

**Date:** Friday 27 September

**Where:** Tinaberries, Burnett Heads Marina

**Time:** 8:30am

**Cost:** \$21.00—M/tea provided. Lunch at own cost.  
Please contact Kolan Community Options on 4130 4630 to book



## Ladies Group

**September**

**Date:** Thursday 26 September

**Where:** Tinaberries, Bargara Tavern

**Time:** 8:30am

**Cost:** \$21.00—M/tea provided. Lunch at own cost.  
Please contact Kolan Community Options on 4130 4630 to book

## **Kolan Community Options Team**

**Community Care Coordinator:** Lee-Anne Tober

**Care Worker Admin:** Lee Wenborn

**Community Support Workers:** Gayb McNally, Faren Munro

**Community Care Trainee:** Joshua Sheedy



# August 2024 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 GGN Watercolour Workshop Lego Club Kids' Book Club	2	3	4
5 GGN Tai Chi, Craft & Cards Story Play	6 GGN Technology Support, Cards, Adult Watercolour Workshop C&F Wallaville Playgroup	7 GGN Technology Support, Pilates, JP	8 GGN Watercolour Workshop KCO Luncheon Highway Hotel Lego Club Early Years—Let's Play Together	9	10	11
12 GGN Tai Chi, Craft & Cards Story Play	13 GGN Technology Support, Cards, Adult Watercolour Workshop	14 GGN Pilates, JP C&F Early Years Playgroup	15 GGN Watercolour Workshop Lego Club	16 GGN JP	17	18
19 GGN Tai Chi, Craft & Cards Story Play Book Week	20 GGN Technology Support, Cards, Adult Watercolour Workshop Book Week C&F Wallaville Playgroup	21 GGN Technology Support, Pilates, JP Book Week	22 GGN Watercolour Workshop Lego Club Book Week	23 GGN JP Book Week	24	25
26 GGN Tai Chi, Craft & Cards Story Play Book Club	27 GGN Technology Support, Cards, Adult Watercolour Workshop, Scam Awareness Workshop	28 GGN Technology Support, Pilates, JP C&F Early Years Playgroup	29 GGN Watercolour Workshop Lego Club	30 GGN JP KCO Joint Ladies/Mens Group	31 Last day to submit children's prize draw entries	

# September 2024 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 GGN Tai Chi, Craft & Cards Story Play	3 GGN Technology Support, Cards, Adult Watercolour Workshop C&F Wallaville Playgroup	4 GGN Technology Support, Pilates, JP AI Workshop	5 GGN Watercolour Workshop Lego Club Kids' Book Club	6 GGN JP	7	8
9 GGN Tai Chi, Craft & Cards Story Play	10 GGN Technology Support, Cards, Adult Watercolour Workshop	11 GGN Technology Support, Pilates, JP C&F Early Years Playgroup	12 GGN Watercolour Workshop, R U OK Day Lego Club Early Years—Let's Play Together Playgroup KCO Luncheon Highway Hotel	13 GGN JP	14	15
16 GGN Tai Chi, Craft & Cards Ventriloquist	17 GGN Technology Support, Cards, Adult Watercolour Workshop Decorate a plate	18 GGN Technology Support, Pilates, JP	19 GGN Watercolour Workshop Lego Club Marvelous Milestones M/Tea	20 GGN JP	21	22
23 GGN Tai Chi, Craft & Cards Grassy head	24 GGN Technology Support, Cards, Adult Watercolour Workshop Gaming	25 GGN Technology Support, Pilates, JP	26 Lego Club KCO Ladies Group	27 GGN JP KCO Mens Group	28	29
30 GGN Tai Chi, Craft & Cards Story Play Book Club						