



Dis Biz

Your Local Community Newsletter



SEPTEMBER 2010

UPCOMING IMPORTANT COMMUNITY EVENTS.

In This Issue

- What on in our Region
- News from Creative Regions
- Ergon Energy BundyBusk
- Commonwealth Respite & Carelink Centre
- A Spring Afternoon of Music in the Vinyard
- Kara's All Stars
- Bundaberg Child & Family Centre
- Bundaberg Youth Choir 25th Anniversary Concert
- The Twine – Workshops
- The Bundaberg Family Relationship Centre News
- Lifeline Coral Coast Capricorn
- Bundaberg Little Athletics & Thabeban Athletics – Summer Track & Field Season
- Interagency Minutes – August
- Days of Observance – September
- Learning Calendar – September
- Community Meetings Noticeboard

ADDRESS:

School of Arts Building
184 Bourbong Street
PO Box 3130
Bundaberg QLD 4670

TELEPHONE:

07 4130 4150

FACSIMILE:

07 4130 4272

WEB SITE:

www.bundaberg.qld.gov.au

E-MAIL:

comdev@bundaberg.qld.gov.au

Supported by



Disability Action Week 5th – 11th September

Disability Action Week will bring the whole community together to highlight the strengths of people with a disability and the challenges they may face. We invite you to get involved.

SHOPPING CHALLENGE – Tuesday 7th September Sugarland Shoppingtown

Six high profile community members will adopt a disability and will be asked to shop and perform challenges in the shopping centre. Each participant will be accompanied by a person from the community with that disability and a support worker. The results will surprise you!

“COME AND TRY” SPORTS AND INFORMATION DAY – Wednesday 8 September – PCYC

The Disability Sector Network will host this day to build awareness and understanding of people with a disability, their families and carers. Over 15 sports will be featured, as well as stalls and information. Come and join in the fun from 9.30am til 2.30pm.

For more information contact Margaret Wass on 4130 4155 or email: margaret.wass@bundaberg.qld.gov.au



CHILD PROTECTION WEEK 2010

Child Protection Week, 5-11 September 2010

promotes the belief that protecting children is everyone's responsibility. This week in Bundaberg there will be a range of activities that are available to promote and support children's safety.

Sunday 5th September

Charity Golf Day at Bargara Golf Club, with funds raised going towards Phoenix House and Crime Stoppers.

Continued on next page

Quote for the Month

The reason adults should look as though they are having fun, is to give kids a reason to want to grow up.

- Patch Adams -

Wednesday 8th September

A breakfast will be held at the Bundaberg RSL, with guest speaker Grant Sarra presenting. Grant is a dynamic indigenous speaker who has been nominated for the highly prestigious National Human Rights Medal.

Thursday 9th September

QLD Health has organised a workshop on Unspeakable Trauma, Keys to Understanding and Transforming the Infant's Brain and Body Post Trauma

Friday 10th September

'Rainbow Day' is a community activity to highlight community awareness to child safety with particular emphasis on a 'Child-friendly Australia'. It has been arranged for under 5's at the PCYC.

For more information please phone the Bundaberg Child Safety Service Centre on 4131 5517, Phoenix House 4153 4299 and Lifeline 4153 8400.

Adult Learners Week - SEPTEMBER 2010

The Adult Learner's Week Passport is an initiative of the Bundaberg Region Learning Community Network. With the help of learning service providers in the region, the Learning Passport provides people with the details of free learning opportunities. Bundaberg Community Development Inc and Bundaberg Regional Council are sponsors for the Passports this year. The idea is to encourage life long learning in our community and to help celebrate the wonderful opportunities of learning within our region.

You can get your Passports from any of Bundaberg Regional Council Service Centres (Bundaberg, Bargara, Gin Gin & Childers). You can also contact Council's Community Development Unit on 4130 4150 for details or you can check out <http://bundaberg.qld.gov.au/feature/adult-learners-week> where you can download your passport!

What's on in our Region

Kiss Me, Kate - Playhouse Theatre, Live Stage Musical

When: 27/08/2010 to 11/09/2010

During the Bundy in Bloom celebration month, "Kiss Me, Kate" Live stage musical will be performed at the Playhouse Theatre. August 27th, 28th September 3rd, 4th, 10th and 11th at 7:30pm August 29th and September 5th at 3:00pm Adults – \$19.00 Students / Pensioners - \$16.00 Groups (10 or more) - \$16.00 Bookings from August 8th on www.theplayhousetheatre.org.au or phone the theatre on 4153 1904 Saturday and Sunday mornings 9:00am – 12 noon.

Queensland Design on Tour

When: 02/09/2010 to 29/09/2010

Unleashed - the Queensland Design on Tour exhibition will be held at the Hinkler Hall of Aviation from 2nd to 28th September 2010. The Queensland Design on Tour will showcase the best of recent Queensland design projects selected from the award winning entries of the Design Institute of Australia's QDOS Awards annual program. For more information, please contact the Hinkler Hall of Aviation on 4130 4400.

Honda SMART Motocross School

When: 4th September 2010 (All day)

A number of dirt bike riders from Bundaberg and surrounding suburbs are set to become faster, safer and more confident riders when they complete the Honda Smart Motocross Training course. For entry forms or more information on Honda SMART please contact us on 03 9785 2786 or email admin@fullthrottlesports.com or go to our web site www.fullthrottlesports.com and click on HONDA SMART

Mt Perry Dump Truck Pull

When: 11th September 2010 (All day)

Mt Perry Dump Truck Pull will be held Saturday 11th September 2010 to raise funds for Youth InSearch and SU Qld Chaplaincy. For more information contact Amanda on 07 4156 2222

Mayors Charity Ball

When: 11th September 2010 - 6:30pm

Join us for the annual Mayor's Charity Ball.

Each year the Civic Centre comes alive with all the excitement of the Mayor's Charity Ball. From the tantalizing cuisine, electric entertainment and all the high fashions, the Mayor's Charity Ball is a "must do" on the events calendar. As well as the social networking that takes place, each year a regional charity is chosen to be the beneficiary of profits from the Ball. For more information contact Kim Ovens on 1300 883 699

Bundy in Bloom Parade and Family Fun Day

When: 12th September 2010 - 11:00am

As part of the Bundy in Bloom Celebrations Bundaberg Regional Council and the Combined Lions Clubs of Bundaberg will be hosting the annual Bundy in Bloom Parade and Family Fun Day Sunday 12th September 2010.

The Parade begins at 11am with the Family Fun Day to follow, including the announcement of the Miss Queen and Princess competition winners. There will be entertainment and activities for all ages so come along and enjoy the celebrations. You can also participate in the parade. For information regarding the parade and Queen & Princess competition, please email Council's Community Events Department on events.admin@bundaberg.qld.gov.au or phone 4130 4177 or 4130 4169. For information regarding the Family Fun Day please contact Lynne Forgan on 0488 539 345 or 0407 762 421.

Gracie Dixon Respite Centre Cent Sale

When: 18th September 2010 - 11:30am

The Gracie Dixon Respite Centre will be holding its annual cent sale in the Civic Centre on Saturday 18th September. Doors open at 11.30am for a 1.00pm start. \$3 entry will entitle you to supper, live entertainment by Mr. Luke Walsh and the chance of winning overnight accommodation at the luxury Mantra Pavilions Mirage of 1770. The table is valued at over \$5000 so to avoid disappointment phone GDRC and book your table. Phone 4130 4120

News from Creative Regions

CALL FOR CRUSH AMBASSADORS

The Bundaberg Regional Council will be staging CRUSH again in 2010 after a very successful festival in 2009. CRUSH is a month long celebration of regional arts held in October. Last year CRUSH Volunteer Ambassadors donned printed red shirts and attended the many events on the CRUSH calendar to distribute promotional information about the festival and capture vital statistical information that has led to increased funding and interest in the festival in 2010. CRUSH needs you in 2010 to help make it an even bigger success.

If you were an Ambassador last year or if you would like to sign up, please contact Ainsley Gatley on eventnetworx@optusnet.com.au or phone 0488 197 400 to obtain further information.

Ergon Energy BundyBusk

Saturday 2nd October



BUNDYBUSK
SATURDAY 2ND OCTOBER

10AM - MIDDAY
PRESENTATIONS AT 1.00PM
IN THE CBD PAVILLION

\$1000 in prizes up for grabs
Book a site at The School of Arts Building
With Andrea Bax 41304175

www.bundaberg.qld.gov.au/residents/youth

First in best dressed
limited sites available

The Community votes for a winner

Two age groups:
Under 17
&
18-25 yrs

Music
Poetry
Mime
Acrobatics
Juggling
magic tricks
Singing
Acting
Comedy
Drawing
Painting

CHECK COUNCILS WEBSITE FOR FULL TERMS AND CONDITIONS

THIS EVENT IS PROUDLY SUPPORTED AND SPONSORED BY:

Queensland Events Regional Development Program
NewsMail Connecting Our Community
Guardian
Ergon Energy everything in our power
Queensland Government
KIXFM THE BEST COUNTRY IN THE WORLD
93.9
4BU elastic hills
7
Crash
BUNDABERG
The Regional Arts Development Fund is a Queensland Government and Bundaberg Regional Council partnership to support local arts and culture.

If your Under 25,
and can do any of the following:
Music; Poetry; Mime; Acrobatics; Juggling;
Magic Tricks; Singing; Acting; Comedy;
Drawing or Painting.

Come and Enter the Ergon Energy
BundyBusk were the Community votes!
\$1000 in prizes up for grabs
Book at site at the School of Arts Building
with Andrea Bax 4130 4175

Saturday 2nd October, 2010
10.00am – 12.00noon
Presentation at 1.00pm
In the CBD Pavilion

www.bundaberg.qld.gov.au/residents/youth

Commonwealth Respite and Carelink Centres

Commonwealth Respite and Carelink Centres

Are You a Carer and needing respite or support in your caring role?

Do you have a Disability or are you a Senior needing information on Services to help you stay at home?

If you've answered "Yes" to any of these questions, come and see us at Centrelink on the First Thursday of each month between 9.00 am – 12 noon. Of course, you don't have to wait until then. You can ring to discuss your situation today.

Auspiced by Suncare Community Services Inc
Australian Government



Your Link to Living Independently **Freecall™ 1800 052 222** * Calls from mobile phones are charged at applicable rates

A Spring Afternoon of Music in the Vineyard Sunday 5th September, 2010

What better way to celebrate the advent of spring than listening to a string ensemble in a beautiful garden beside a vineyard about to burst into leaf. Vintner's Secret Vineyard will host such an afternoon for your pleasure on Sunday afternoon, 5th September 2010, from 2pm onwards. Take the opportunity to stroll around the gardens and observe local water colourists at work at their easels. Some of their work will be for sale. At the same time Vintner's Secret will release three new wines; two reds and a white. Wine, tea, coffee and food will be available.



The string ensemble called, "Quatro", consists of four girls; Amity Brand and Claudia Vogel on violins, Vanessa Smith on Viola and Radha Shukla on cello. They are high level musicians who have played together for over three years. They have achieved success both as a group and individuals. Their repertoire is varied and includes classical and popular music. Some of their signature pieces include Coldplay "Clocks" "Halleluliah" and "Explosive". They have a passion for playing and love having fun sharing their music. Tickets are \$10.00 and are available from the fashion boutique, "Chick, Chook and Boiler" in Churchill Street Childers



Another date to put into your diary for high end entertainment at the vineyard includes a performance of massed accordions, affectionately referred to as "A Squeeze of Accordionists" on Sunday September 26th. Tickets will go on sale from 6th September again from Chick, Chook and Boiler. All enquiries on 4126 12 55

Kara's All Stars

A Musical Journey for Children aged 6 months – 6 years



Fridays @ 9:30am

The Bundaberg Child & Family Centre
111 Targo St, Bundaberg
(Ph) 4153 1614

*Music & Movement Develops
Intellectual & Physical Development,
Creativity & Confidence*

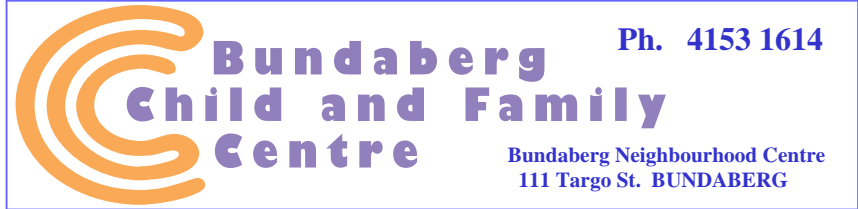
Why become an 'All Star'?

Music, Movement & Play is a great way to communicate & bond with your Child. Music and Movement stimulates the brain and through playful learning, children will discover musical ideas and explore beat & rhythm, dance, sensory & creative play, intellectual & motor skill development as well as explore a range of Musical Instruments. ***Kara's All Stars*** is an encouraging and energetic group lesson that provides children with an opportunity to gently enhance coordination, stimulate language development, creativity and thinking ability as well as build social skills. **Best of all, it is so much fun!**

"Kara's All Stars" is a fun way to learn!

Bundaberg Child & Family Centre

The Bundaberg Child and Family Centre based at the Neighbourhood Centre supports a variety of daytime activity programs and support groups for families with children 0-5yrs including: –



Multicultural Focus Playgroup	Monday 9:30-11:30am	\$2 per session. No annual fee.	Linah 4154 2419	Arts/crafts, songs, stories, outdoor play. Bring and share morning tea. 4 th Monday of each month off-site session.
Multiple Births Playgroup	4 th Monday of each month 9:30am-12noon	\$2.50 per session. No annual fee.	Petrina 4153 1120	Toddler-friendly. Share ideas and link with other multiple birth families.
PlayConnect ASD Playgroup (0-6yrs)	Tuesday 10:00-12noon	Free annual registration with Playgroup Queensland. \$2.50 session fee.	Agnes 0434 942 236	Structured playgroup for children with ASD or ASD-like symptoms (no diagnosis required). Siblings welcome.
Hinkler Playgroup	Wednesday 9am – 11am	\$2.50 per session. Annual \$35 Playgroup Queensland registration fee applies. First 3 visits free.	Joanne 4159 9909	Arts/crafts, outdoor activities, storytelling, singing. Morning tea provided.
Puddle Pals Playgroup	Thursday 9am-11:30am	\$2.50 per session. \$5 annual membership fee.	Jayne 4151 2464	Arts/crafts, outdoor activities, storytelling, singing and morning tea.
Kara's All Stars Musical Group	Friday 9.30am – 10.30am	\$4.00 per session.	Dawn 4153 1614	Early childhood musical activities to stimulate and engage children from 6mths.

All children are to be supervised by a parent/carer at all times while at the Neighbourhood Centre.

The Bundaberg Child & Family Centre is funded by the Australian Government under the Family Support Program.

Bundaberg Youth Choir 25th Anniversary Concert Saturday 4th September

BYC will be 25 years old. We are holding our 25th Anniversary Concert on Saturday 4th September at Shalom College Performing Arts Theatre starting at 7:30PM. As well as the BYC singing their favourite songs from the last 25 years, there will be a number of Guest Artists including some past members who have gained acclaim in Brisbane and Overseas. A Devonshire Tea supper will also be served. Tickets will be sold at the door.

We are looking for past members who would like to be involved or have memorabilia to display. We are also looking for new members.

For more information phone Judith Hopwood on 4155 1856 or email gmjmmhopwood@bigpond.com

The Twine!

Workshops in Bundaberg 29th-30th September

JUST WANT TO COME AND TRY IT OUT?

1st Workshop

Date: Wednesday 29th September, 2010

Time: 9.30am – 11.30am

Age Group: 10-13 Years

2nd Workshop

Date: Thursday 30th September, 2010

Time: 9.30am – 11.30am

Age Group: Over 14 Years

WANT TO LEARN MORE AS A PERFORMER?

1st Workshop

Date: Wednesday 29th September, 2010

Time: 12.30PM – 3.00PM

Age Group: Over 10 Years

2nd Workshop

Date: Thursday 30th September, 2010

Time: 12.00noon – 3.00pm

Age Group: Over 10 Years

For more information visit

www.bundaberg.qld.gov.au/residents/youth
or Call 4130 4152

The Twine!
Workshops in Bundaberg

AS SEEN ON AUSTRALIA'S GOT TALENT AND WINNERS OF THE 2009 AUSTRALIAN BUSKING CHAMPIONSHIPS

In the lead up to the Ergon Energy **BudgyBusk** We would like to give new and emerging performers the opportunity to learn from one of the best acts around.

Workshop dates and booking details below.

Bookings must be made to attend any of these workshops at The School of Arts building—Bourbon Street or ring Andrea or Ashleigh on 4130 4152.

All Workshops will be held at the Civic Centre—Bourbon Street

JUST WANT TO COME AND TRY IT OUT?

1ST WORKSHOP
DATE: WED 29 SEPT
TIME: 9.30-11.30AM
AGE GROUP: 10-13 YRS

2ND WORKSHOP
DATE: THUR 30 SEPT
TIME: 9.30-11.30
AGE GROUP: OVER 14 YRS

WANT TO LEARN MORE AS A PERFORMER?

1ST WORKSHOP
DATE: WED 29 SEPT
TIME: 12.30- 3.30PM
AGE GROUP: OVER 10 YRS

2ND WORKSHOP
DATE: THUR 30 SEPT
TIME: 12.00- 3.00PM
AGE GROUP: OVER 10YRS

The Regional Arts Development Fund is a Queensland Government and Bundaberg Regional Council partnership to support local arts and culture.

Crash
BUNDABERG REGIONAL COUNCIL
Queensland Government

The Bundaberg Family Relationship Centre News

The Bundaberg Family Relationship Centre has a range of services across the Wide Bay Burnett region and has been busy with their core business of developing workable parenting plans for separated parents.

Professional staff can also refer clients to services best suited to the clients needs in a safe and supportive environment. There is a Child Consultant available to help your child adjust to family life following separation and to give them an opportunity to have a voice within the Family Dispute Resolution process.

The new position of Family Pathways Officer has been filled. The project officer will be working to improve collaboration and coordination between agencies operating in the family law system in order to help separating and separated families to access and obtain services quickly and seamlessly.

The library is increasing in size so you are welcome to come and browse for a book, CD or DVD on all types of family relationships.

Lifeline Coral Coast Capricorn September 2010 workshops

Being a dad is probably the most rewarding experience a man will ever have but it's not without its challenges. Hey Dad is a course that's been put together to assist men to further develop their parenting skills and takes place in a supportive, relaxed and non-judgmental environment. Strengthening your parenting skills can make the whole fathering experience more fulfilling for both you and your children. Why not come along and check it out?

Thanks But No Thanks

If you would like to explore the difference between assertion and aggression, we have the workshop for you. "Thanks But No Thanks" looks at the importance of assertion in relationships and why a lack of assertion is personally unhealthy, as well as learning some basic assertion skills. "Thanks But No Thanks" is being held at Lifeline Bundaberg on the 15th September from 9.30am to 12.30pm.

Most men value their relationships with their partners. Yet men's anger has the potential to damage that relationship and harm the children.

"Alternatives to Aggression" is a 12 week program for men who recognise that their anger is negatively affecting others. The course goals include increasing self control and tolerance, gaining beneficial habits, and investigation into the various causes of their strong emotional reactions. The course offers men the chance to gain knowledge and understanding of the essentials of a healthy relationship, the changing roles of males in today's world, and strategies to manage their stress and anger. The course begins on the 22nd September and commences at 6:00 pm – 8:30 pm

Bundaberg Little Athletics Centre & Thabeban Athletics Club Summer Track & Field Season

Bundy Little Athletics and Thabeban Athletic Clubs started their 2010-2011 summer season recently at Thabeban State School oval, (near the Bryde St entrance). They will compete at the venue each Sunday at 2pm until mid February. Athletes will compete in a number of varied events appropriate to their age group over a period of 30 weeks at the school grounds, culminating in the Regional and State Championships in February-March 2011.

Children as young as three to Veteran age groups can compete in events such as running both sprints & distance, throwing of Shot Put, Discus & Javelin (Hammer can be arranged privately), Jumping-Long, High & Triple, Race Walking and Hurdles, with occasional Relays and Fun events. Indigenous athletes may be eligible to receive financial assistance with fees & uniform. An Officials Course was conducted at Thabeban on Saturday August 14 where parents and interested 7 members qualified as C & D level Officials and are now accredited to conduct the various events at Athletics.

A Level 0 (basic) Coaching Course will be conducted on Saturday September 18 at Thabeban for members and interested persons to learn how to coach Little Athletic events. A number of athletes will travel to Gympie on 12 Sept to participate at Gympie Carnival, Other members being involved on the same day in the Bundy In Bloom Parade. A large contingent is expected to travel to Maryborough on 2nd October for Maryborough Carnival & Maryborough Masters. Look for Bundy Little As and the Thabeban Seniors at the Disability Week display Wednesday 8th October at PCYC Enquiries to Sylvia McNamara on 41552790

August Interagency Meeting 2010

Interagency Meeting
Hosted by Bundaberg & District Neighbourhood Centre
Thursday 19th August 2010.

Representatives in Attendance: Lorraine McLoughlin – Bundaberg Neighbourhood Centre; Dawn Murdoch – Bundaberg Child & Family Centre; Andrea Bax – Bundaberg Regional Council; Darren Draper – Churches of Christ Pathways; Samantha Collins – Salvation Army; Anika Thoren – IMPACT Make Your Mark; Michael Bartram – Mental Health; John Hansen – Lifeline; Dan Wallace – Centacare; Angela Atherton – Lifeline; Patti Webb – Centrelink; Erin Stockwell – Regional Housing Ltd; Renae Rogerson – Regional Housing Ltd; Sue Burke – Skill Centred Qld; Anne Hodgson – Qld Health CHIP; Agnes Ashley – Multicultural CAMS & PlayConnect ASD

Apologies: Michelle Newton – Skilling Solutions Qld;

Bundaberg & District Neighbourhood Centre operates as an information and referral hub for the community and other support organisations. We rent rooms to individuals and organisations for meetings, seminars, or ongoing tenancy at affordable rates. Ph. 41531614 for information. A cost-free Literacy and Numeracy program operates Monday & Thursday mornings. The centre also houses other projects/services such as: CAMS (Community Action for a Multi-cultural Society), a Migrant Settlement & outreach service, Bundaberg Child & Family Centre, Australian Sports Commission, and ASD (Autism Spectrum Disorder) support. Centre Manager – Lorraine McLoughlin coordinator@kenalwynbc.org.au

Bundaberg Child & Family Centre continues to be well supported through drop-in clients, phone enquiries and emails. Main contacts are from parents of preschool aged children who are looking to connect with other families or referrals to services which meet their particular needs. The playgroups continue to be a venue where children learn to mix socially with others to gain new skills. These playgroups also have off site visit days. One group has arranged a visit to the Fire Station and another has a visit from the Oral Health Team with the Big Tooth scheduled.

Our new Music, Movement & Play group have started with good numbers and feedback. This group meets on Fridays from 9.30 to 10.30 at the Neighbourhood Centre, costs \$4 per child and aims to stimulate the brain, develop memory skills and provides a range of other benefits in a fun environment. The Mums and Bubs Aqua Aerobics will again start at Norville Pool once the weather is warmer.

We will be supporting Rainbow Day at the PCYC on Friday 10th September from 9.30 to 11.30 as part of Child Protection Week. National Children's Week also falls between 23rd and 30th October and the Centre will be holding an open day for anyone involved with the Centre to celebrate the positive impact that families and children have here at the Neighbourhood Centre.

An information session will also be held on Child Car Restraints in response to the uncertainty of current laws. Other displays and fun activities will also be provided.

Centre operates 9am to 3pm Monday to Friday. Enquiries phone Dawn 41531614.

Engaging Communities Multicultural Program Aims to engage the culturally & linguistically diverse community (CALD) in community programs, government consultation, planning development & decision opportunities as well as helping to identify issues & needs within the community.

Mobile Women's Health Service A network of specialist registered nurses and Aboriginal and Torres Strait Islander health practitioners who provide a free and confidential service for Queensland women. The service, provided by Queensland Health, aims to improve the health and well-being of women in rural and remote areas of Queensland. Providing a range of preventative health services for women, including pap smears, education, information, counselling and support on a range of women's health issues. Phone the Bundaberg & District Neighbourhood Centre on **4153 1614** for an **appointment** on the following days - 27.07.10; 31.08.10; 28.09.10; 26.10.10; 30.11.10

Literacy & Numeracy Program run by the Bundaberg & District Neighbourhood Centre is for adults wishing to develop or improve their everyday skills. Training is provided by qualified volunteers. Outcomes from participation include preparation for further training, development of everyday number skills, confidence to fill out forms & paperwork, job seeking skills – communication & social skills through group activities. For more information contact Ann Wells annw@kenalwynbc.org.au

Edon Place Women's Domestic Violence Service Inc Support Group meet at regular intervals at the Bundaberg & District Neighbourhood Centre (except school holidays). Offering a broad range of support designed to assist women in re-building their lives whether they are experiencing domestic violence or have experienced domestic violence in the past. Contact 4153 6820 for details. **"Music for Health & Well-being across the Lifespan"** is open to non-target services as well as those funded by the Department of Communities. This is very worthwhile training and can be used with children, youth, and the elderly, those

suffering from mental illness and others who are challenged in some way. For enquiries please contact Verelle Cox, EDON Place Ph 4153 6820 email: verellecox@edonplace.org.au

Migrant Settlement Program is a FREE service that assists new migrants and refugees who have come to live in the Wide Bay-Burnett region, with their settlement needs. It is a confidential information, referral, advocacy and support service for all migrants so they may access mainstream services essential to their settlement. Such services can include help with writing a resume, applying for jobs, information on immigration, learning English, social support plus many others according to the client's needs. We accept referrals from other services or you may like to self-refer. Bundaberg Outreach Officer Ekaterina Eddy is at the Bundaberg Neighbourhood Centre every Wednesday from 9am-4:30pm and Program Coordinator Rowena Allen is at the Centre every second Wednesday of the month. For inquiries or to book an appointment please contact Ekaterina at the Bundaberg Neighbourhood Centre on 4153 1614 or Rowena at The Cottage on 4124 2737 or email: msp.bundaberg@gmail.com

Active After School Communities Program engages a wide range of sporting and recreational clubs, and keen community members to energise the children in creative, game based learning opportunities encouraging them to Play for Life. Whether this is by joining a club, or getting more active in their school sporting activities, the benefits of their involvement are endless. For more information on the AASC, contact Duncan Aldred on 0427 700 931 or Duncan.aldred@ausport.gov.au

Latch-On is Endeavour's literacy and technology program for young adults with a disability. Currently a group of 6 students is working through the program. Places are available for 6 new students to commence in 2011. Young adults with intellectual disabilities who would like to improve their literacy skills while also enjoying the social aspects of the program are welcome to apply now for entry into next year's program. Contact Jill Lyle on 41319606

STEPS is a not for profit service provider in the disability sector. Within the community services realm STEPS operates a program called 'Care for Carers' which is developing further to support Carers in their demanding roles of looking after a loved one. The program is commencing a mentor support network and will assist in reducing the stress that Carers' experience. STEPS is looking for Carer Mentors who will be given ongoing assistance, support and training as required. If you would like to become a mentor and support your fellow carers please contact Heather 4157 2884 or Marion 4150 1957.

Bundaberg Family Relationship Centre has a range of services across the Wide Bay Burnett region and has been busy with their core business of developing workable parenting plans for separated parents. Professional staff can also refer clients to services best suited to the clients' needs in a safe and supportive environment. There is a Child Consultant available to help your child adjust to family life following separation and to give the children an opportunity to have a voice within the Family Dispute Resolution process. The new position of Family Pathways Officer has been filled. The project officer will be working to improve collaboration and coordination between agencies operating in the family law system in order to help separating and separated families to access and obtain services quickly and seamlessly. The library is increasing in size so you are welcome to come and browse for a book, CD or DVD on all types of family relationships. Enquiries to 5 Bingera Street, Bundaberg ph 4130 7500

Lifeline Coral Coast Capricorn is running the following Workshops through September. Inquiries Ph 4153 8400.

- Thanks But No Thanks – Assertion Skills Training commencing Wed 15th September 9:30am – 12:30pm
- Alternatives to Aggression – 12 week program for men who recognise that their anger is negatively affecting others commencing 22nd September 6pm – 8:30pm.
- Hey Dad – 5 session parenting course designed specifically for men commencing Mon 6th September 6-8pm.
-

Centacare Bundaberg will be holding the following sessions at the St Mary's Community Centre, Cnr Barolin & Maynard St, Bundaberg Ph 4131 6800 or email bundaberg@centacare.net

- **Positive Assertiveness** - 25 August 2010 6:30pm – 8:30pm. Information will be provided on behaviour styles, what is assertive behaviour, elements of assertive communication & assertive skills. \$15 per person.
- **Menopause Information Session** – Monday 6 September from 5.30 – 7.30pm. This will be held at the St. Mary's Community Centre on the corner of Barolin and Maynard Streets. Presenter will be Noelle Melrose from Centacare Rockhampton – who enjoys sharing information, stories and laughter. Cost will be a gold coin - tea and coffee provided.

Centacare Fraser Coast Homestay Support Program – supporting people at risk of homelessness to maintain their tenancies through the delivery of early intervention and post crisis support. Looking at the holistic approach.

Bundaberg Regional Council – Community Development Unit Contact Margaret Wass on phone 41304155 or email Margaret.wass@bundaberg.qld.gov.au

DISABILITY ACTION WEEK 5TH TO 11TH SEPTEMBER

CONNECTING OUR COMMUNITY – DISABILITY ACTION WEEK

Bundaberg Disability Sector Network is celebrating Disability Action Week 2010, 5 – 11 September, by co-ordinating and hosting 2 events which bring the whole community together to highlight the strengths of people with a disability (PWD) and the challenges they may face. The funding has been approved by Department of Communities, Disability Services and Bundaberg Community Development Inc will be auspicing the funding on behalf of the Bundaberg Region Disability Sector Network. The Bundaberg Regional Council, Community Development Unit will be providing support through the Community Development Officer, Margaret Wass to coordinate the activities for the week together with Sport and Recreation Officers Dave Field and Sandie Borg.

- 1. Shopping Challenge – to be held Tuesday 7th September of Disability Action Week 10am to 12noon at Sugarland Shopping Centre (yet to be confirmed with Sugarland)**
- 2. Come & Try Sports and Information Day – to be held Wednesday 8th September of Disability Action Week 9.30am to 2.30pm at the PCYC, Maryborough Street**

The Disability Sector Network will host a Come & Try Sports and Information Day to be held at the PCYC in Bundaberg. The Network will collaborate across services and community to build awareness and understanding of people with a disability, the families and carers.

The goal of the Come & Try Sports and Information Day is to create awareness of services and resources in the community and to celebrate the abilities of people with a disability. Through the involvement of sporting clubs, sporting organisations and community organisations it will encourage participation of people with disabilities in sporting and exercise activities and showcase the diverse range of sport and activities in our community. It will also highlight to sporting clubs and organisations that people with a disability can participate in a range sporting events.

The Sports and Activities will include:

- Indoor cricket
- Wheelchair basketball
- Wheelchair soccer
- Wheelchair dancing
- Indoor Bowls
- Athletics relay races
- Tennis
- Gym circuit activities
- Walking
- Tai Chi and Yoga
- Swish Table Tennis for the Blind
- Soccer
- Frisby Golf
- Hip Hop and much more

The Information Stalls at the Come and Try Sports and Information Day will provide people with disabilities, families, carers and the community with information about local services, sporting clubs and community activities. The Information Stalls will be set up under marquees in the grassed car park adjacent to PCYC. The Sports and Activities will be held both indoor and outdoor at the PCYC. The Come and Try Sports and Information Day will create awareness of services and resources in the community and to celebrate the abilities of people with a disability.

3. Launch of Bundaberg Region Disability Excel Awards

The Bundaberg Region Disability Excel Awards will be launched during Disability Action Week 5th to 11th September 2010 and the awards will be presented at a luncheon on International Day People With Disability on 3 December 2010.

There are 5 awards with nominations opening during DAWS 2010 including:

- Employee Customer Service Award
- Employee Team Member Award
- Employer Award
- Service Provider Award
- Carer Award

The Bundaberg Region Disability Excel Awards will increase the profile of people with disabilities in the community by acknowledging their achievements and involvement in the community. They will highlight how supporting people with disabilities can bring great benefits to our businesses and our community.

ADULT LEARNERS WEEK 1ST – 8TH SEPTEMBER 2010

Sign Up Now!! Residents are being urged to celebrate Adult Learners Week by picking up a Learning Passport and joining in a free learning experience during September.

The aim of the Learning Passports is to promote lifelong learning in our community and the involvement of more people in learning through a range of free one-off training opportunities. The training will be delivered during the month of September commencing in Adult Learners Week which is being celebrated during the 1st week of September. This years' passport will contain over 40 free training sessions presented by 10 different providers.

The passports will give people a chance to try out a range of learning experiences in a variety of settings. From gardening to computers – there's something for everyone.

The Learning Passports have been a true community effort. As well as all the groups providing free training, Bundaberg Community Development Inc has sponsored the printing of the covers, while Bundaberg Regional Council has sponsored the printing of the inserts.

To find out more or register, pick up a Learning Passport at any Bundaberg Regional Council Centre (Bundaberg, Bargara, Childers and Gin Gin) or in Council's Community Development Unit, School of Arts Building, 184 Bourbong Street, Bundaberg. For further information contact Ashleigh on 41304150 or email comdev@bundaberg.qld.gov.au

- **Disability Information Service.**
 - People with a Disability, their families and carers can access information on what is available in the community to assist them with the start of the DisAbility Information Service on Wednesday 24 March 2010.
The DisAbility Information Service provides assistance to people with disabilities and their families through an information and/or referral service. The Service is located in the office of Bundaberg Family Relationship Centre, 5 Bingera Street, Bundaberg.
The Service is available on Wednesdays by appointment only between 9am – 12 noon or call in anytime to make an appointment or to find out information. Please call ☎4130 7500 for more information.
- Hello Babies directory is currently being updated. Information is also constantly being updated on the websites.
- Childers area Social Plan has been completed and all the plans (Childers, Kolan, Burnett and Bundaberg) have been amalgamated into a draft Regional Social Plan.

Centrelink covers the area of North & South Burnett and Wide Bay. Assistance is given on matters pertaining to eligibility for payment of income support for people (refugees and migrants) who have chosen to live in Australia and are permanent residents of Australia.

IMPACT Make Your Mark New project announcement – Participate in Prosperity; Skills for Life program – Case workers support job seekers who are experiencing long term unemployment and have a range of barriers to workforce participation or those job seekers who may be experiencing difficulties in sustaining a job. AUGUST Training schedule now out – including on training courses – for more info visit www.impact.org.au

Regional Housing Limited is offering free financial counselling to individuals and for community education. Also offers a tenancy advice & advocacy service to assist tenants & inform them of their rights & responsibilities during a tenancy.

Bundaberg Regional Council – Youth Development

- Bundy Busk Sat 2 October 2010
- The Twine workshops 29/30 September 2010
- Under 25 Care Show & Sound Off
- School Holiday Calendar events
- Youth mapping for Youth Service Directory
- Film Festival 20 October Moncrieff

Churches of Christ Care Pathways We provide general & specialist foster care services and semi independent living program services to young people subject to statutory intervention from the Department of Child Safety.

Mental Health Care Coordination Program – clients with mental illness case managed by Mental Health and/or other clinical services. Care Coordination – coordinates non-clinical services both Government and Non-Government Services.

Next Interagency meeting will be hosted by:
Bundaberg & District Neighbourhood Centre
111 Targo Street, Bundaberg
Thursday 16 September 2010
12.30-2.00PM

Days of Observance September 2010

- Month of September:** Ovarian Cancer Research Month
International Prostate Cancer Awareness
- 1 - 7 September:** National Asthma Week
- 04 September:** Bush Tucker Day II - Dreamtime Kullilla-Art
- 5 - 11 September:** International Massage week
- 06 - 12 September:** International Gynaecological Awareness Week
Eczema Awareness Week
- 09 September:** International Fetal Alcohol Spectrum Disorder Awareness (FASD) Day
- 10 September:** World Suicide Prevention Day
- 13 – 19 September:** National Herbal Medicine Week
National Stroke Week
- 17 September:** Diabetes Buzz Day
- 16 - 27 September:** Dementia Awareness Week
- 19 – 25 September:** ADHD Awareness Week
Headache and Migraine Awareness Week
- 20 - 26 September:** Myositis Awareness Week
- 21 September:** World Alzheimer's Day
- 20 - 26 September:** World Reflexology week
- 27 September:** Queens Birthday – WA
- 28 September:** World Rabies Day
World Heart Day

Learning Calendar September 2010



For more information check out all the Learning and Skilling opportunities listed on our Community Learning Calendar
www.bcd.org.au



DATE	PROGRAM	CONTACT DETAILS
As Required	Certificate III In Business	Impact Make Your Mark 4153 4233
As Required	Job Preparation	Impact Make Your Mark 4153 4233
Wed 1 st	CPCCOHS1001A - Work safely in the construction industry (White Card)	Impact Make Your Mark 4153 4233
	Glam Up Your Hair!	Wide Bay TAFE 4150 5884
Fri 10 th	Human Resources Skills (Foundations in People Management)	Wide Bay TAFE 4150 5884

Community Meetings Noticeboard

SEPTEMBER 2010

DATE	GROUP	TIME	VENUE	CONTACT
1 st and 3 rd Tuesday	Simply Speaking Toastmasters <i>Training & Development</i>	6.45 pm	St Patrick's Hall	4152 4232
Every Wednesday	Bundaberg Mature Women <i>Networks and Forums</i>	9.30 am	Bundaberg Bowls Club	4155 9054
2 nd Wednesday of each month	Bundaberg Consumer Advisory Group - <i>Mental Health</i>	12.30p m	Oasis House	4151 4605
1 st Tuesday of each month	Spinal Injuries Association <i>Disability Services</i>	9.30 am	Brothers Sports Club	4156 1639
2 nd Friday of each month	Association of Independent Retirees <i>Community Organisation</i>	10.00 am	Burnett Bowls Club	4155 3970
1 st and 3 rd Thursday of each month	Women's Mental Health Support Group - <i>Mental Health</i>	10.00 am	Uniting Church Hall Barolin Street	4151 4605
2 nd Tuesday of each month	Rum City Rods & Customs Inc <i>Rec Sport</i>	7.30 pm	Norville State School Dr Mays Road	4159 7283 AH
	Bundaberg Osteoporosis Support Group <i>Support Services</i>	9.30 am	School of Arts Building	4159 1729
4 th Tuesday of each month	Committee on the Ageing <i>Community Organisation</i>	10.00 am	Seniors Centre	4151 3230
3 rd Monday of each month	Bundaberg & District Lung Support Group - <i>Support Services</i>	10.00 am	Western Suburb Leagues Club	4157 7451
3 rd Wednesday of each month	Blind & VIP Friendship Club <i>Support Services</i>	10.00 am	Family Centre	Dorothy 4159 3341
3 rd Thursday of the month	Bundaberg & District Mixed Probus Club (no meeting in December) <i>Rec</i>	9.00 am	Tantitha Bowls Club	4151 3660
	Bundaberg Interagency Network <i>Network & Forums</i>	12.30 pm	Neighbourhood Centre	4153 1614
Last Saturday of the month Jan – Oct	Bundaberg Arthritis Support Group <i>Support Services</i>	9.00 am	Centacare	4156 6395 4159 2116
4 th Monday of each month	Heart Support Group <i>Support Services</i>	9.30 am	Friendly Society Private Hospital	4154 4384 4155 0080
2 nd Monday of each month	ARAFMI <i>Mental Health Services</i>	7.00 pm	School of Arts Building	Dell 4151 4605
3 rd Friday of each month	Capability Concepts Inc (CCI) <i>Disability Services</i>	9.00 am	Kolan Neighbourhood Centre, 39 Mulgrave Street, Gin Gin	0417 816 800
4 th Friday of each month	ARAFMI <i>Mental Health Services</i>	9.30 am	School of Arts Building	Dell 4151 4605
2 nd Wednesday of each month	Carer/Family Support Group <i>Gracie Dixon Respite Centre</i>	10.30a m	45 Woondooma St	4152 4100
Last Friday of each month	University of the Third Age (U3A)	2.00 pm	80 Woongarra St	4151 3230
Every Wednesday	DisAbility Information Services	9.00am	5 Bingera Street	4130 7500

This Newsletter is supported and produced by the Bundaberg Regional Council Community Development Unit. Articles printed in this Newsletter are not necessarily representative of the views of the Community Development Unit.