

Brought to you by Fassifern Community Centre

COMMUNITY BEAT

Working together to build a better community

October 2022

PROUDLY SPONSORED BY THE QUEENSLAND MENTAL HEALTH
COMMISSION AND ADMINISTERED BY CHECKUP

CARINITY FASSIFERN'S HEALTH & WELLNESS

EXPO 2022

The Health & Wellness Expo is the place to go for the latest in fitness, wellness, nutrition, health, psychology, education and more.

WHEN: Friday 14 October 2022, 9am—12.30pm

WHERE: Carinity Fassifern Community Centre
4 Little High Street, Boonah

This is a **FREE** event, proudly sponsored by Qld Mental Health Commission & administered by Checkup .



An outreach of Queensland Baptists

4 Little High Street, Boonah QLD 4310
For all enquires call us on **07 5463 2966**

Find us on  @carinityfassifern

SERVICES AT THE COMMUNITY CENTRE

- Centrelink Agency
- Drug & Alcohol Counselling
- U3A computer courses
- Volunteer resource agency
- Support groups
- Youth services
- Home of RIM FM radio
- Information and referral
- Free Friday community BBQ
- Counselling and mediation
- Social activities
- Women's Group
- Courses training and opportunities program
- Job Training services
- Speech Pathology
- I Hear Audiologist
- Community Café 11
- Support Coordination

OFFICE HOURS:

MON - TUES 9am - 3pm

WEDS 9am - 12:30pm

THURS - FRI 9am - 3pm

Ph: **07 5463 2966**



An outreach of Queensland Baptists

We're here for you.

COMMUNITY NOTICEBOARD

TAI CHI & GYMSTICKS

Join others, have fun and learn popular low-impact exercises involving slow movements and breath. Cost \$5 per class during school term.

Monday Tai Chi Class **4pm**

Tuesday Gymsticks Class **2.45pm** during school term **5463 2966** for enquiries.

QI GONG CLASSES

A standing form of Chinese self healing meditative movements, using controlled breathing and slow movement exercises to balance the body's natural energy within. Removing stress and tension in the body.

Friday Classes at 8.00am

Instructor Caroline Browning

0410453353

Carinity Fassifern

Community Centre recognises the ongoing support of the QCWA Boonah branch.

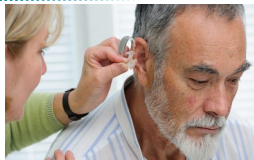
The QCWA Boonah branch has kindly provided **\$500** IGA

voucher towards the costs of food for our Friday BBQs and

30 Christmas hampers each to the value of **\$100** for distribution in early December 2022.

IHEAR— AUDIOLOGIST

Tuesdays from **9am—4pm**.
Appointments call **3278 2757**



Registered NDIS Provider # 4050052162

Providing NDIS Support Coordination & Speech Pathology

Thursday 9.00am—12.00pm

Contact Carinity Fassifern Reception on **07 5463 2966** or email fassifern@carinity.org.au and discuss the eligibility criteria and what's involved with the course.



We meet monthly and welcome new members! For more information please contact samantha.caves@carinity.org.au

0403 052 651— 3rd Thursday of the month at 11.00am

Light lunch provided

WEEKLY COMMUNITY BBQ



Friday lunchtime BBQ provides a relaxed and informal setting for people to come together and enjoy food and friendship.

Sit on the balcony, take in the view and enjoy a barbecue lunch. Preparation and cleaning volunteers always welcome.

When: Every Friday—All welcome

Where: Fassifern Community Centre, 4 Little High Street Boonah.

Time: BBQ served at 12.30pm. (Gold coin donation)

GET SET FOR WORK

Aged 15 – 19 years & not at school?

Join the Youth Connections Project and gain practical skills to enable you to start work.

What's involved with the Certificate?

- › Develop your skills
- › Complete a Certificate II in Work Skills & Vocational Pathways (FSK20119)
- › Get job ready

You will be supported to succeed in the certificate and to find employment.



Youth Connections is one of eight programs that make up the Queensland Government's Skilling Queenslanders for Work initiative.

There is NO CHARGE to participants for this program.

Contact Carinity Fassifern Reception on 5463 2966 or fassifern@carinity.org.au and discuss the eligibility criteria.

MOBILE HAIRDRESSER

Hairdresser Kim visits the community centre, providing free haircuts 1st Friday of the month.

**November 4th from
9.00am –12.00pm**

Call 5463 2966 to
book



CONTAINERS FOR CHANGE—RECYCLING

Don't throw out your cans or bottles. Drop them in our Recycling Bay near Rim FM . Containers are worth 10c each. Contact Sam on 5463 2966 .

COMMUNITY CALENDAR

Mondays	<p>Tai Chi (4pm-5pm)</p> <p>Mental Health Professional Network Meeting (November 21st @ 10.30am)</p> <p>Family Services Australia (9am—5pm)</p>
Tuesdays	<p>I Hear Audiologist (8.30am—4pm)</p> <p>Gym sticks (2.45pm)</p> <p>Family Services Australia (9am—5pm)</p>
Wednesdays	<p>Book Club (First Wednesday of every month at 4pm)</p> <p>Family Services Australia (9am—5pm)</p> <p>Speech Pathology (8am—4pm)</p>
Thursdays	<p>Interagency Meeting (Nov 17@ 1pm)</p> <p>Family Services Australia (9am—5pm)</p>
Fridays	<p>Community Café 11 (9.00-12.30pm)</p> <p>Musical Connections (11am—12pm)</p> <p>Community BBQ (12.30pm)</p> <p>Table Tennis—(1.30pm)</p> <p>Speech Pathology (8.00—4pm)</p>

MUSICAL CONNECTIONS

Singalong to your favourite songs. Everyone welcome.

When—Every Friday at 11am

Where—Carinity Fassifern



Community Beat is brought to you by Carinity Fassifern

Community Centre and encourages participation by community groups free of charge. Deadline for the next Issue is **October 25th, 2022.**

4 Little High Street, Boonah QLD 4310
For all enquires call us on **07 5463 2966**

Find us on @carinityfassifern



Carinity Communities - Fassifern partners with the Department of Services Australia to operate the Boonah Agency.

Services we provide as an agent:

- Provide access and support for the whole community to Centrelink Services.
- Lodge forms and documents for Centrelink, Medicare and Child Support
- Obtain various Centrelink and Medicare forms and documents.
- Use telephone, computers, fax and photocopier to assist in job search and related business.

No Interest Loans for back-to-school costs



Borrow up to \$1500 Pay back \$1500
No Fees. No Charges. Ever.

Talk to the people you know and trust



Carinity Fassifern Community Centre
4 Little High Street Boonah
Ph: 5463 2966

For more information on this service, visit www.nls.gov.au or call 1300 720 000.

Partnership with:

