



NORTH BURNETT
Community Service



Newsletter

Issue 4 May—June 2020

07 4165 4690 www.nbcs.org.au

NEIGHBOURHOOD CENTRE WEEK

In the past few weeks, the Centre has been very busy, even if the doors are closed.

The Centre has still been taking calls – phone numbers, referrals and having a chat with community.

New cars have arrived and logos have been put on them. They look fantastic.

Archiving has now been completed and have found some records from 1996! This has been a huge job.

The cleaning and sanitizing has been a ritual each day, and will now become a part of the daily routine.

Chair Yoga went online with zoom and Debbra O'Rourke was conducting these from Eidsvold.

A bear hunt has been successful in towns in the North Burnett. Bears have been placed in windows, on posts in boxes, in trees and various other places. Dallarnil School has a big bear in different places around the school. Gayndah has had bears around the streets. These have been great to see.

The staff have had heaps of fun planning and making Easter Eggs and decorating the front lawn and gardens. A banner was hung wishing everyone a Happy Easter. Easter bonnets were made in house and also had a couple posted on the Centre's Facebook page.

Remembering ANZAC day and our fallen was also acknowledged with poppies filling the front lawn and larger poppies on the noticeboard and post. A banner and a wreath was also created for ANZACS.

The Centre has been coming up with different ways and ideas and one of those was a make a home mural in collaboration with Rachel Koster. The murals will be exciting to see.

The North Burnett Care Army volunteers have been utilized and are doing a great job.

Patient transfer, Community transport has also been utilized with new hygiene procedures.

If you have ideas for activities or groups that you would like to see at YOUR Neighbourhood Centre, please phone 41654690 or email cm@nbcs.org.au or comment on the Centre's Facebook page..

The Centre is ready..... Staff are ready..... Let's join together.



NBCS – 25 Years in the Community

Serving community is what we're about,
Helping and giving to those who're without,
Giving to people, meeting their needs,
Giving assistance to help them succeed,
Providing a venue for interests they've found,
Providing a vehicle to get them around,
Running events to entertain,
To strengthen bodies, to challenge the brain.
Children and grandparents, people all ages,
All states of health, varied life stages,
For learning, creating, social and fun
The Centre is open to every one.

Written by Carol Chapman

Community Events

North Burnett Community Service cares about your health during this cold and flu season.

We are committed to keeping you safe by regular handwashing and hygiene by staff, and by cleansing and disinfecting surfaces such as door handles and our vehicles.

Please contact us if you require more information and also if you would just like a chat.

What does it mean to live a sustainable life? Put simply, it's about using resources wisely: minimising waste, reducing your carbon emissions and making choices that can help rather than hinder the environment.

Such things as a herb garden or small vegetable patch to provide homegrown food has seen an increase. No need for bags, when you can pick your own. Making cleaning solutions and hand sanitizer has never been more popular, thanks to social media and the world wide web. Reusing empty small hand pump bottles or other empty containers helps keep the landfill down.

Finding different ways of using empty containers is also good recycling practice. Only the imagination can stop you.

With the extra time (??) , cleaning and going through cupboards has people finding out how much stuff they have accumulated. Most items can either be resold or donated to local op shops, or check with your local Neighbourhood Centre to see what they may need.

Using a water bottle and coffee/tea mug (with a lid) also reduces how many paper or plastic cups are disposed of.

What recycling or sustainability hacks do you do?

Around the country

MAY

- 4 **May Day**
- 8 **Mundubbera Show Day**
- 10 **Mothers Day**
- 15 **International Day of Family**
- 15 **National Walk Safely to School Day**
- 19 **RSPCA Million Paws Walk**
- 28 **Australia's Biggest Morning Tea**
- 29 **Wear White at Work**

JUNE

- 1 **World Milk Day**
- 3 **National Reconciliation Week**
- 5 **World Environment Day**
- 6 **Queensland Day**
- 10—16 **International Men's Health Week**
- 15 **National Buddy Day**
- 15 **World Elder Abuse Awareness Day**
- 21 **International Day of Yoga**

Carol's Chronicle

Congratulations to all of you in your response to the Covid-19 pandemic! We can be proud of our achievement of keeping the wolf from our door in North Burnett. Now we can benefit by the relaxation of some restrictions, importantly, our doors at NBCS will again be open from Monday 18th May. There are limitations of numbers and there will be hand sanitizing requirements but it will be wonderful to see people in the centre again. We are working on plans for a Biggest Morning Tea which may be a small number at the centre but others can join in from home and raise much needed funds for Cancer Council. Many charities have experienced a huge drop in funding due to the virus and restrictions on participation. I have enjoyed taking part in the May 50K walk for MS and I know several others in town have been participating. It is important to remember to support such causes as we may have slowed the coronavirus but we haven't stopped cancer and heart disease and dementia or any other conditions from affecting us and our loved ones.

My personal good news is that I have welcomed my first granddaughter, Evelyn, into the world on 7th May. Let's hope she grows up in a world free of the fear of disease and poverty. Keep well!

Volunteers always
welcome!



NORTH BURNETT CARE ARMY

 JOIN OUR CARE ARMY	 Make sure our seniors have enough food.	 Make sure they have access to medication.	 Reach out for a chat and stay connected.
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TO BECOME A VOLUNTEER SIGN UP
ONLINE HERE:
register.emergencyvolunteering.com.au/CareArmy

REQUEST ASSISTANCE
CALL 07 4165 4690
OR EMAIL cm@nbcs.org.au

The North Burnett Care Army is a joint initiative between NBRC, Volunteering Queensland, North Burnett Community Service and the Queensland Government.



North Burnett Community Service is funded by the Queensland Department of Communities, Child Safety



Wheel of Well-being

Body. Mind. Spirit. People. Place. Planet. Research is showing us how our health and happiness can be boosted by doing certain things on a day-to-day basis.

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. ... When we practice **mindfulness**, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

North Burnett Patient Transport Service

Volunteer drivers are available for travel from Mundubbera, Eidsvold and Gayndah for **medical appointments only**.

Simply have the Doctors Surgery complete the necessary paperwork, bring to NBCS for authorisation and we organise the driver.

NBCS Office Hours

Monday to Thursday 8.30am to 5pm
Friday 8.30am to 3pm
Phone: 07 4165 4690

Community Transport

North Burnett Community Service is able to offer transport services to residents of Leichhardt Lodge and Mundubbera town residents.

Transport service is provided to residents to assist in getting out of the house and do their jobs.

Whether it be shopping, banking, hairdressers or medical appointments.

If you require transport, please phone 41654690