



**NORTH BURNETT**  
*Community Service*

# Newsletter

Issue 3 March-April, 2020

07 4165 4690 [www.nbcs.org.au](http://www.nbcs.org.au)

## Groups 2020 NBCS

- Walking Conversation— Each Mon @ 6pm
- Chair Exercises—Mon @ 12pm
- Eidsvold Garden Group - 1st Tues of Month
- Diabetes Group - 1st Wed of Month
- M'bera Garden Group - 2nd Thurs of Month

## Around the country

### March

St Patricks Day	17 Mar 2020
Harmony Day	21 Mar 2020
Neighbour Day	29 Mar 2020

### April

WOW Australia (what it means to be a girl or woman in the world today)	02 Apr 2020
Good Friday	10 Apr 2020
Easter Sunday	12 Apr 2020
Easter Monday	13 Apr 2020
ANZAC Day	25 Apr 2020

## ndis

The NDIS can provide all people with disability with information and connections to services in their communities such as doctors, sporting clubs, support groups, libraries and schools, as well as information about what support is provided by each state and territory government.

As an NDIS Registered Provider NBCS believes everyone has the right to live a fulfilling life that is not defined by disability. We are a locally operated Service Provider which takes great pride in servicing the North Burnett area.

If you have any questions regarding the NDIS and how NBCS can assist you please call us on 4165 4690 today!

**Volunteers always  
welcome!**

## 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. Unfortunately, it also means we have cancelled or postponed events and programs to prevent the spread of Covid-19. Please contact us if you require more information and also if you would just like a chat.

**HARMONY DAY**—21 March, 2020 Welcoming New arrivals POSTPONED

**GOVERNANCE WORKSHOPS**—24 and 25th March, - Biggenden and Mundubbera POSTPONED

## SUSTAINABILITY FOR THE COOLER MONTHS

Here are 7 tips for having a sustainable winter

1. **Bring the compost inside**—Utilize your freezer to hold your compost without any smell or mess. Rather than using a plastic ziplock bag, you could use a sealed glass container to store the compost
2. **Let the light in** - In the cooler months, make sure you open the curtains and shades during the day to let the sunlight in to help keep your home a few degrees warmer.
3. **Avoid phantom energy**—Phantom energy is where electronics are left plugged in. Before you leave, turn off and unplug the electric gadgets. Unplugging before you head out will actually make a difference on your electric bill.
4. **Bundle up before turning on the heat**— instead of reaching for the remote to heat up the room when you get home, consider putting on a warmer jumper, socks and slippers and heat the room up gradually.
5. **Optimize your outdoor lighting**—Replacing light bulbs around your home's exterior will reduce your electric bill. Incandescent bulbs less than 40 watts are all you need for outdoor lighting.
6. **Weather-proof your pad**—The smallest cracks in your windows and door frames can cause your energy use to rise. Using an incense stick, and holding near all the window and door frames will show any leaking smoke. Simply fill the crack and VIOLA!! You have weather proofed your home and saved money.
7. **Eat seasonally**—You can just about find anything you want in the local grocery store, but sometimes, the fruit and vegetables that are usually consumed are not readily available. By shopping for seasonal produce, you are supporting farms and also giving your body the nutrients its needs.

## Past events

### Guest Speaker—Rob Watt (Bendigo Bank)

#### BEWARE OF SCAMS

A very interesting and informative talk from Rob about the dangers of scams. Just incredible how innocent people are being scammed and how the bank goes to great lengths to protect customers.



### 25yr Celebration Open Day

A quarter of a century after inception, NBCS proudly celebrated the milestone with morning tea, coffee and a cake. A poem was written by Carol Chapman, Centre Manager, which beautifully captured the true purpose of the Centre.



## Carol's Chronicle

We are in a world of uncertainty at the moment. Some of you may be very concerned, some may be wondering what all the fuss is about and many are somewhere in between.

The fact is that we are all in this together and it is new to everyone. This is a good time to bring out that caring community spirit that lives within and support each other, albeit from a distance.

Take the opportunity to explore new hobbies, experiment with new technologies, play with new toys or reinvent old ones.

Please be kind to one another, to those in the community who are continuing to work under difficult circumstances and those who need assistance.

It has been suggested that country people will be the leaders through this time as we have experienced hardship and disaster before, often!

So hold your heads up and show the rest of the country how we are resilient.

And if you feel less than capable and would like a chat, although our doors are closed for now, we are here at the end of a phone line, happy to give you some time. (4165 4690 Mon – Fri, 9am to 5pm.)

# Red Earth Leadership Graduate

**CONGRATULATIONS NICOLE!!!**



President Sue Payne Nicole Briggs Vice President Alex O'Neill



A long-time mental health counsellor, Russell Mills has started work as the region's drought resilience officer with the North Burnett Community Service.



## 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.*

*With the cooler months approaching, now is the time to start making sure, you are drinking plenty of water, keeping up with vitamin C and D and using garlic to cook with.*

*Catch It! Bin It! Kill It! Wash Hands!*

## 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



## 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, varies life stages,  
For learning, creating, social and fun  
The Centre is open to every one.

Written by Carol Chapman

## 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

Hello There,

My name is Lily Carlyon and I have been given the opportunity to have my own page in the NBCS newsletter.

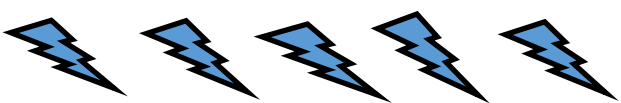
In this page, I will be including things such as:

- Interesting Facts
- Funny Jokes
- Health Notes

I am a volunteer at the NBCS, I currently work one day a week and take part in some very exciting ideas and activities.

When you first walk into the NBCS building, you will see the upcoming events board, which was on of the activities that I have done.

Last year I helped organize the BINGO that was held at the NBCS building in the conference room.



### Fun Facts with Lily

North Korea and Cuba are the only places you can't buy Coca Cola

Four babies around the world are born every second

Facebook has more users that the population of the U.S.A, China and Brazil combined

Tokyo is the world largest city with over 37 million people

### Jokes with Lily

I broke my finger last week. But on the other hand, I'm okay

Working in a mirror factory is something I can totally see myself doing

Why do cows wear bells?

Because their horns don't work.

What happened when the strawberry crossed the road?

There was a traffic jam.



Due to the rising number of Coronavirus cases worldwide, it is very important to remember hygiene and always washing our hands.