

DISCOVER



○ Aged and Disability Services

A volunteer-based program assisting the frail-aged and people living with disabilities as well as their carers to remain living independently.

○ Childcare and Children's Services

We work closely with families to provide quality care for children in an environment that embraces the individuality of each child.

○ Community Development

We offer support to individuals and community groups to grow and develop ideas and initiatives.

○ Community Education

Our groups and classes aim to support a healthy and active community.

○ Domestic and Transport Services

Support for people who are frail-aged or who are experiencing difficulties with managing their household duties. We provide help with domestic duties and access to transport.

○ Emergency Relief

Financial support and food relief for people living locally who are experiencing the challenges that life can present.

○ Family and Individual Support

Information, referral, counseling and advocacy support to assist people with difficult and stressful life experiences.

○ Home Assist Secure (inner west)

Practical assistance, information and referral services for home maintenance, falls prevention, minor modifications and home security. Available to anyone over 60 or anyone living with a disability.

○ Lady Cilento Parenting Centre

A dynamic community hub that offers teacher led playgroups, a toy library and parenting support.

○ Mental Health Services

An integrated recovery-based approach to assist people experiencing emotional distress.

○ No Interest Loan Scheme

Interest-free loans to assist eligible people with the purchase of essential household items or medical equipment.

○ Recreation

Activity programs designed for specific target groups to encourage participation in physical activity, and active and healthy lives.

○ Refugees

Support, advocacy and practical assistance with food, medical care, housing and other living expenses for on shore asylum seekers.

○ The Paddington Centre

A day at the Paddington Centre provides the opportunity to enjoy a day away from home for those who are frail-aged or living with a disability.

○ The Exchange at Kelvin Grove

A community hub providing information, referral services activities and groups.

○ Venues for Hire

A variety of venues ranging from small meeting rooms through to 100 seat capacity halls.

○ Volunteers

Volunteers assist us and bring essential support to all our services. Volunteers' talents and interests are considered and matched with individuals needing support and services requiring expertise.

For more information phone 3510 2700
or email admin@communitfy.org.au

www.communitfy.org.au

Hello neighbour!

Community delivers services and activities in response to the opportunities and issues that life can present. We reach out, advocate, connect, inform and offer support around people's needs, interests and issues. Our door is always open and we welcome enquiries.

Did you Know? Community has a new fruit and vegetable co-op. If you live in our local area and are interested in having a box of basic fruit and vegetables delivered to your door once a week for only \$10 contact Vanessa on 3510 2733 or hacc@community.org.au

SENIORS ACTIVITIES

Community's activities for seniors offer intellectual stimulation and activities in a social setting for the young at heart. Transport may be available to activities for eligible people.* **For enquiries and bookings phone us on 3510 2700.**

SHOPPING TRANSPORT

We offer door-to-door transport each week to local shopping centres. Call us to book your seat on our mini-bus!

Call 3510 2741 for Bookings

Call 3510 2700 for Cancellations

Indooroopilly Shopping Centre

Monday afternoon. Door to Door Service. 3 bag limit (or one walker) No charge Available to HACC (Home and Community Care) eligible clients living in the following suburbs; Toowong, Taringa, St Lucia, Indooroopilly, Chapel Hill

Ashgrove

Tuesday morning and Thursday afternoon 3 bag limit (or one walker) No charge Door to Door Service

Available to HACC eligible clients living in the following suburbs; Milton, Paddington, Enoggera, Bardon, Ashgrove, Red Hill, The Gap

Lutwyche Shopping Centre

Wednesday afternoon 3 bag limit (or one walker) No charge Door to Door Service Available to HACC eligible clients living in the following suburbs; Alderley, Windsor, Wilston, The Grange, Newmarket, Lutwyche

Brookside Shopping Centre

First Monday of the month No charge Door to Door Service 3 bag limit (or one walker) Available to HACC eligible clients living in the following suburbs; Enoggera, Milton, Paddington, Bardon, Ashgrove, Red Hill, The Gap

MEDICAL TRANSPORT

Subsidised assistance is available for up to four trips per month from your home to your local GP. Hospital subsidized trips are also available.

For more info please contact us on 3510 2700

COFFEE AND CHAT

A monthly coffee morning where you will meet new people and listen to visiting guest speakers talk on a variety of topics. Please contact us if you require help with transport.*

When: 1st Thursday of the month 10am - 12pm

Where: Jubilee Hall 180 Jubilee Tce Bardon

Cost: \$5

Contact: Georgina 3510 2728

50+ AND FIT

Gentle cardio and strength exercises to music. Use light weights and resistance bands with balance exercises. Improve your core strength and reduce the risk of falls.

When: Thursday 9.15am - 10am

Where: Ithaca Hall cnr Enoggera and Kennedy Tce Red Hill

Cost: \$8, bookings not required

EXERCISE CIRCUIT

Maintain strong bones, increase strength and flexibility as you improve your circulation, balance and posture. All in one carefully designed class to suit even those with injuries or other physical limitations.

When: Thursday 10am - 10.45am

Where: Ithaca Hall cnr Enoggera and Kennedy Tce Red Hill

Cost: \$5 bookings not required

FITNESS FOR SENIORS

A fun-filled active program to music with aerobic exercises for strength and balance.

When: Fridays 13 May - 17 June

When: Fridays 4 July - 1 August

Where: Jubilee Hall 180 Jubilee Tce Bardon

Cost: \$5

Contact: Brisbane City Council 3403 8888

STEADY STEPS

Coming soon! A program designed to assist in the prevention of falls. Balance, strength and gentle aerobic exercises are incorporated, often with music to ensure enjoyment and effectiveness.

When: Mondays 5 August - 12 September 10.45am - 11.30am

Where: Jubilee Hall 180 Jubilee Tce Bardon

Cost: \$5

Contact: Brisbane City Council 3403 8888

EMOTIONAL FITNESS

Community's Mental Health Services help to reconnect people through activities and groups that are designed to build confidence, offer support to learn new skills, and have a focus on emotional and physical wellness. For more information about our programs or to discuss eligibility or transport issues, please contact us on **Freecall 1800 661 116.**

WELL-BEING PROGRAM

Learn strategies to increase your happiness and well-being in this five session seminar series. Topics covered Include: Happiness, Yoga, Mental Health, Nutrition, Stress, Tai Chi, Depression and Fitness. Each week an information session will be partnered with an easy activity. This program is especially suited to those from non-English speaking backgrounds. Bookings essential.

When: Monday 9 May - Monday 6 June

Time: 10am - 12pm

Where: The Exchange Blamey St Kelvin Grove

Cost: Free

Contact: 3175 9975

BAREFOOT BOWLS

Learn the gentle game of lawn bowls in this friendly competition run in conjunction with Reclink.

When: Tuesday 10am - 12pm

Where: Ithaca Bowls Club 22 Fulcher Rd Red Hill

Cost: Gold coin. Light morning tea provided

Contact: Vanessa 3510 2735/Freecall 1800 661 116

YOGA FOR BEGINNERS

Come alive to the joys of yoga. Build strength and improve posture as you learn to relax and stretch. This class will also suit those recovering from injuries or who have physical limitations. Transport to this activity is available.

When: Friday during the school term 10am - 11.30am

Where: Jubilee Hall 180 Jubilee Tce Bardon

Cost: \$12/\$6 conc

Contact: Vanessa 3510 2735/Freecall 1800 661 116

CRICKET

Come along for a social game of cricket. It's a game that everyone can join in. Meet us at the park!

When: Wednesday 10am - 12pm

Where: Bedford Park Love St Spring Hill

Cost: Free. Cold Drinks Provided

Contact: Shane 0448 881 224/Freecall 1800 661 116

TENNIS AND BASKETBALL AND BOCCE

All welcome for a casual game of tennis, basketball or bocce. All equipment provided. Please wear comfortable shoes, bring a hat and water bottle.

When: Thursday 1.30pm - 3.30pm

Where: Bedford Park Love St Spring Hill

Cost: Free. Refreshments Provided

Contact: Vanessa 3510 2733/Freecall 1800 661 116

OUTDOOR ADVENTURE GROUP

A group for people who enjoy keeping fit and exploring the great outdoors. Bushwalking, kayaking, swimming, rock climbing and more! Please note that due to the physical activity involved, this group may not be suitable for everyone.

When: Thursdays

Where: Meeting place will vary.

Contact us for details

Cost: \$5 Lunch Provided

Contact: Vanessa 3510 2733/Freecall 1800 661 116

WOMEN'S DRAMA GROUP

A group led by an experienced Applied Theatre Facilitator. Explore story-telling, scriptwriting, voice, movement and performance skills.

When: Wednesday 9.30am - 11.30am

Where: Jubilee Hall 180 Jubilee Tce Bardon

Cost: \$5 Morning tea provided

Contact: Donna 3510 2730/Freecall 1800 661 116

D.I.D. GROUP

This is a self-help group for women with dissociative disorders offering support to one another in a safe, private and nurturing environment.

When: 2nd and 4th Monday of the month 1pm - 3pm

Where: Jubilee Hall

Cost: Free. Afternoon Tea Provided

Contact: Robyn 3510 2732/Freecall 1800 661 116

WOMEN IN RECOVERY

A Narcotics Anonymous group for women offering confidential support to one another.

When: Sunday 6.30pm - 8.30pm

Where: The Exchange Blamey St Kelvin Grove

Cost: Free

Contact: 0415 269 531

HEARING VOICES

A self-help group for people who hear, see and feel things that others around them don't. This group offers respect and support through sharing experiences. Transport is available.

When: 1st and 3rd Monday of the Month
1pm - 3pm
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: Free. Afternoon Tea Provided
Contact: Robyn 0431 265 992/Freecall 1800 661 116

LADIES' LEISURE GROUP

This is a leisure group for women to meet one another and enjoy visits together to art galleries, museums, botanic gardens, historic sights and other areas of interest.

When: Wednesday Afternoons (coming soon)
Where: Meet at Jubilee Hall or site of activity
Cost: Variable depending on activity – subsidies available
Contact: Jan 3510 2731/Freecall 1800 661 116

READING WELL GROUP

Reading can make us emotionally stronger and enrich our lives. Join us for our reading well group where we will explore poetry, and other forms of written expression.

When: Every 2nd Friday of the month
2.30pm - 4pm
Where: The Exchange Blamey St Kelvin Grove
Cost: Free. Afternoon tea provided
Contact: Robyn on 3510 2732/Freecall 1800 661 116

ART THERAPY GROUP

Over the course of the initial program (six sessions) participants will explore their recovery process experientially, through various creative arts practices. Some of these will include: painting, clay sculpture, sand tray exploration, collage, and exploring the body with music, voice and creative writing. Numbers limited.

When: Friday Mornings 10am - 12pm
Where: The Exchange Blamey St Kelvin Grove
Cost: \$5 Morning tea provided
Contact: Donna on 3510 2730 Freecall 1800 661 116

MEN'S GROUP

A group that offers men the opportunity to meet other men with similar issues and allows you to share your personal journey, thoughts, reflections, and views in a supportive, relaxed, environment.

When: 1st and 3rd Friday of the month
1pm - 2.30pm
Where: The Exchange Blamey St Kelvin Grove
Cost: Free. Afternoon tea provided
Contact: Daniel 3510 2733/Freecall 1800 661 116

ADDICTIONS GROUP

Road to Recovery is a group for people trying to give up their addictions and improve the quality of their lives. A place to gain insight, learn new coping skills in a supportive, caring environment.

When: 2nd and 4th Friday of the month
1pm - 2.30pm
Where: The Exchange Blamey St Kelvin Grove
Cost: Free. Afternoon tea provided
Contact: Daniel on 3510 2733/Freecall 1800 661 116

HEALTH AND WELLBEING

NATURAL THERAPIES

Affordable homeopathy and Bowen Therapy treatments for concussion card holders. These therapies provide an alternative, safe and effective treatment option for many ailments. Bookings essential.

When: Thursdays
Where: Bardon Counselling Centre
Boundary Rd Bardon
Cost: \$10 per consultation
Contact: 3368 1300

WORKSHOPS FOR WOMEN

Womenspace if offering a variety of workshops designed to nurture, enlighten and educate women focusing on physical, mental and spiritual wellbeing.

When: 2nd and 4th Sunday of the month
Where: Bardon Hall 247a Simpsons Rd Bardon
Contact: Glenys 0431112721
email: coordinator@womenspace.org.au
www.womenspace.org.au

MEDITATION CLASS

Sahaja yoga meditation.
Please wear comfortable clothes and bring a towel.

When: Thursday 8pm - 9pm
Where: The Exchange Blamey St Kelvin Grove
Cost: Free
Contact: 1300 724 252 / www.sahajayoga.com.au

FITNESS FOR ALL

Physical activity is good for you in so many ways. It can make you feel good, improve your health and is a great way to relax. Make a commitment to taking care of your body and join a fitness class. For more information on other active and healthy activities in our community have a look at the Brisbane City Council's website or look out for Active Parks, Chillout and Real Adventure Women brochures at your local library. Many of these Active and Healthy activities are subsidised giving you a low cost introduction to something you may have never tried before.

KARATE

Strengthen your mind and body, improve your awareness and mobility and increase your speed and timing. Learn to defend yourself in a few easy lessons, simple to learn and very effective. For men, women and children from 5 years to seniors. Beginners welcome.

When: Friday 5.30pm - 6.30pm (mixed class)
Sunday - 8am - 8.30am (children over 5 only)
Sunday - 9.15am - 10.30am (12years to seniors)
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: \$10 Adults \$7 Children (First class free!)
Contact: Stan 0417 006 033

BOXING

Did you know that boxing burns fat faster than most other exercises?

When: Tuesday 9.15am - 10.15am
Where: Ashgrove Sports Ground
Yoku Rd Ashgrove
When: Tuesday and Thursday 7pm-8pm
Where: Ashgrove State School
Woonga Drive Ashgrove
Cost: \$110 for 10 sessions or \$15 per session
Contact: 1300 367 703 fitness4u.net.au

GROUP FITNESS

Great cardio and strength workout at an affordable price.
When: Monday Wednesday and Friday 5.30am- 6.30am,
Thursday 9.15am-10.15am

Where: Ashgrove Sports Ground
Yoku Rd Ashgrove
Cost: \$110 for 10 sessions or \$15 per session
Contact: 1300 367 703 fitness4u.net.au

BODY KINETICS AND PILATES MAT CLASS

It matters how you move! Create more energy and good posture, combine exercises to strengthen your core with stretching and relaxing. These classes focus on the quality of movements, enhancing flexibility and body awareness. Small classes. Bookings essential.

When: Beginners Pilates mat class,
Monday 6am - 7am from 9 May
(during May only) or Thursday
6pm - 7pm (during May only)
Where: Ithaca Hall Cnr Enoggera
and Kennedy Tce Red Hill
Cost: casual \$15/8 conc.
Contact: Anita 0404 677 828 or 3831 6243

RAW (REAL ADVENTURE WOMEN)

This Brisbane City Council program encourages women to stay active and healthy, form new friendships and develop new skills. There are 50 activities to try and programs are designed to suit all ages and abilities. Just book in and bring your sense of adventure!

Visit brisbane.qld.gov.au or call 3510 2722

CHILDREN AND FAMILIES

MUMMY AND ME MOVE

Nia Movement for joyful connection. Spend special time with your child (2.5-5yrs) in a creative and empowering movement class, to the sounds of fantastic global music! Dance and move together, get on the floor together, play together, practice stillness together. Most of all, have fun together!

When: Tuesdays 9.30am - 10.15am
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: 24th May FREE Open Class (bookings essential); \$65 /4 classes
Contact: Maria Golding, Certified Nia Blue Belt Instructor 0439 705 596
Email: mariagolding1@gmail.com
mummyandme@vpweb.com.au

URBAN BREAKOUT

Afterschool fun and sports for school aged kids in the park run by Police Citizens Youth Centre (PCYC)

Where: Kelvin Grove
When: Monday 3.30pm - 5pm
Cost: Free
Contact: 3175 9975

PLAYCONNECT PLAYGROUPS

For children from birth to six years of age with Autism Spectrum Disorder (ASD). Children can play in a secure, supportive environment with their parents, carers and other family members. Parents and carers can meet other families with children with ASD in their area and access information about how to link with early intervention programs and support services.

When: Saturday 9.30am-11.30am
Where: Bardon Hall 247a Simpsons Rd Bardon
Cost: Free
Contact: Rebecca or Carolyn on 3855 9600
www.playconnect.com.au

AUNTIES AND UNCLES

Aunties and Uncles support families experiencing stress by mentoring and supporting children on weekends and school holidays. Come along to an information session and find out what's involved. This group would like to connect with people interested in becoming an Auntie or Uncle as well as families who would like to find out more about the support we can offer.

When: 3rd Tuesday of the month 7pm-9pm
Where: The Exchange Blamey St Kelvin Grove Village Centre

BARDON PLAYGROUP PLUS

A facilitated community playgroup offering quality play experiences for children aged 0 to 5. These groups are facilitated by a qualified early childhood teacher. Come and meet other local families and join in the fun of a playgroup run by Playgroup Queensland. Bookings essential.

When: Monday, Tuesday, Wednesday & Thursday
9.30am-11.30am
Where: Bardon Hall 247a Simpsons Rd Bardon
Cost: Term 1 2011 \$145 for a 10 week term
Phone: 1800 171 882

LADY CILENTO PARENTING CENTRE

A community run parenting hub offering many services to support families including play groups, information and a toy library.

Where: 2 Baty Street St Lucia (next to C&K Kindy)
Contact: 3870 7353
orladycilentopoc@community.org.au



TEACHER LED PLAYGROUP

Stimulating playgroups for children aged 0 to 5 years, facilitated by a qualified early childhood teacher.

When: Monday, Tuesday and Wednesday
9.15am - 11.15am
Cost: \$14.50 per session
Where: Lady Cilento Parenting Centre
2 Baly Street St Lucia
Contact: 3870 7353

CHESS AND GAMES FOR CHILDREN

Run by Queensland Gifted and Talented Children's Association and facilitated by a chess champion.

When: 1st Friday of the month 5.30pm
Where: Black Cat Books
179 Latrobe Tce Paddington
Cost: Gold coin
Contact: 3367 8777

STORY READING

Children will learn to love books and reading at this story reading session. Bookings essential.

When: 1st Saturday of the month 11.30am
Where: Black Cat Books
179 Latrobe Tce Paddington
Cost: Free
Contact: 3367 8777

MULTICULTURAL PLAYGROUP

Connect with families from other cultures at this lovely playgroup for 1 to 5 year olds.

When: Wednesday 9.30am - 10.30am
Where: The Exchange Blamey St Kelvin Grove
Cost: Gold coin
Contact: 3175 9975

SOCIAL GROUPS

PUBLIC SPEAKING

Learn the art of effective speaking and running successful meetings through a structured, friendly learning program and coaching with The Rostrum Club No. 3. Contact us for more information.

When: Thursday 6.45pm
Where: Spring Hill Hall Love St Spring Hill
(Ithaca Hall Enoggera Tce Red Hill from 26 May)
Contact: Paul 0417 755 631 www.rostrum.org.au

BOOKCLUBS

Love reading? Join one of our book clubs to discuss great books and to get to know other bookworms.

When: 2nd Tuesday of the month
9.30am - 11.30am
Where: Black Cat Books Latrobe Tce Paddington
Cost: Free

WOMEN'S EVENING BOOKCLUB

When: 4th Tuesday of the month 7.30pm
Where: The Cottage
300 Waterworks Rd Ashgrove
Cost: \$7/\$5
Contact: 3510 2700

ENGLISH CONVERSATION

Small group English conversation classes led by volunteer tutors. Sessions will be planned to suit the needs of individual students.

When: Various sessions available
Where: The Exchange Kelvin Grove Village
Centre Blamey St Kelvin Grove ALSO
Spring Hill Hall Love St Spring Hill
Contact: The Exchange 3175 9975 or
Spring Hill Hall 3358 5201

COMPUTERS

INTERNET CAFE

Free computer and internet access.
Wireless internet access also available.

When: Times can vary - please contact us
Where: The Exchange Kelvin Grove Village
Centre Blamey St Kelvin Grove
Contact: 3175 9975

CONFIDENCE WITH COMPUTERS

Whether you're an absolute beginner, want a few tips and tricks or would like to set up an email or e-bay account, help is here! Bring your questions for individual help from our computer whiz! Bookings each week essential.

When: Thursday 9am - 12pm
Where: The Exchange Kelvin Grove Village
Centre Blamey St Kelvin Grove
Contact: 3175 9975

CREATIVE GROUPS

ITHACA ART GROUP

Come and spend a relaxed morning with an interesting group of people. Explore your creative talents through drawing, painting and mixed media with our art teacher who works to draw out each person's potential.

When: Monday 10am - 12pm
Where: Ithaca Hall Cnr Enoggera and
Kennedy Tce Red Hill
Contact: Linda 3161 3290 for more information

DANCE

BELLY DANCING CLASSES

Discover the joy of Belly Dancing for - fun, fitness, many health benefits, making friends, all while learning a beautiful feminine art form. Phone now to enrol in the next ten week course.

When: Wednesday - Beginners
6.30pm - 7.30pm
When: Thursday - Intermediates
7.45pm - 9.00pm
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: \$112/\$96 conc
Contact: 3369 0832 angelfire.com/stars2/shaharaspalace/

SCOTTISH COUNTRY DANCING

Join our new beginner's class. A fun-filled activity for all ages, 10 to 99!

When: Monday 6.45pm-8.30pm (beginners)
When: Thursday 7.30pm-9.30pm
(intermediate, advanced)
Where: Spring Hill Hall Love St Spring Hill
Cost: \$6/\$4 members
Contact: Denise 3209 7006 or 0439 270 191
pauldenise3@bigpond.com
www.rscds.org.au

S.H.A.K.E. DANCE SCHOOL

Jazz, Ballet and Tap Dance classes for all ages (3yrs to adults). More information is available on our website.

When: Various days and times to suit everyone...
Where: Spring Hill Hall Love St Spring Hill
Contact: Nikki McIntyre 0417 193 379
nikkiandzane3@bigpond.com
shakedance.com.au

LATIN DANCING FOR COUPLES - NO PARTNER SWAPPING!

Choose from weekly dance classes (where you learn two Latin dance styles in each five week block) or romantic Latin dance date nights by candlelight (where you learn one Latin dance style in one night). Absolute beginners are welcome.

When: Couples Boogie: Weekly Classes
Fridays 7.15pm - 9.15pm
Dates: 6 May to 3 June (Salsa & Forro)
24 June to 22 July
(Cha Cha & Bossa Nova)
Cost: \$40 per couple per class or \$180 in advance per couple per block
When: Latin by Candlelight: Date Nights
Saturdays 7.00pm to 10.00pm
Dates: 7 May, 18 June, 30 July
Cost: \$50 per couple per night
Where: Jubilee Hall, 180 Jubilee Tce, Bardon
Contact: Olga 0415 818 983
dance@boogiecamp.com.au
www.boogiecamp.com.au

INTRODUCTION TO

EUROPEAN FOLK DANCING

A taste of traditional dance culture from France, Greece and Romania. All welcome.

When: Saturday 16 April and 21 May
9.30am - 11am
Where: Jubilee Hall 180 Jubilee Tce Bardon
Cost: \$10
Contact: Anita 3831 6243

For more information
phone 3510 2700 or email
info@community.org.au

