

DISCOVERY

December 2017

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Community Focus PH: 5479 3110

**3/2 Ann-Maree Close
Maroochydore 4558**

info@communityfocus.org.au



Community Focus-Discovery Program
<https://www.facebook.com/Community-Focus-Discovery-Program-169265259875285>

Maroochydore



**Community Focus Groups
will be closed
Friday December 15th
Through to
Tuesday January 2nd**

**Christmas Party
Thursday December
14th
See Flyer page 4**



Tuesday

10:00am - 2:30pm
Coffee Lounge Open

10:30am -11:30am
Men's Group

11.45am—12.45pm
Drumming Workshop

1.00pm - 2:30pm
WRAP Support Group

Wednesday

10.00-11.30am
De-Clutter Support Group

12.30pm—1.15pm
Yoga
Coffee Shop not open

Thursday

10:00am-2:30pm
Coffee Lounge Open

10:30am-11:45am
Tales of Discovery
Topic –Social Anxiety and
coping skills

12:15pm- 1:15pm
Women's Group
Topic– Procrastination

1:30pm-2:30pm
Creative Expressions

*Creative Expressions does not
operate when the end of
month BBQ is on.*

**No end of Month BBQ
For December**

Friday

11:00am-12:30pm
Dual Diagnosis

1:00pm-2:00pm
Double Trouble in Recovery
Coffee Shop Not Open

Whats Happening in December?

Caloundra



Tuesday

10:15am -11:45am

Women's Group
Topic –Self Esteem

12:30pm -2:00pm
Hearing Voices Group

Caloundra Indoor Stadium
North St Caloundra

**These groups will move to
Wednesday in 2018**

Wednesday

Men's Group
10:30am -11.30 pm

Caloundra Indoor Sports centre
North St Caloundra

Nambour

Wednesday

11:00am-12:30pm
Hearing Voices Group
@ Graceville
5 Sydney Street, Nambour
1 pm-2.30pm
Dual Diagnosis
@ Graceville
5 Sydney Street Nambour

Friday

1st December -11.00-12.30pm
The J @ Noosa Heads
60 Noosa Dr
The Deck Room
Topic: Assertiveness

15th December -11.00am-12.30pm
End of Year BBQ
Memorial Park Diyan St Tewantin

ALL WELCOME

Come Celebrate Christmas with us..

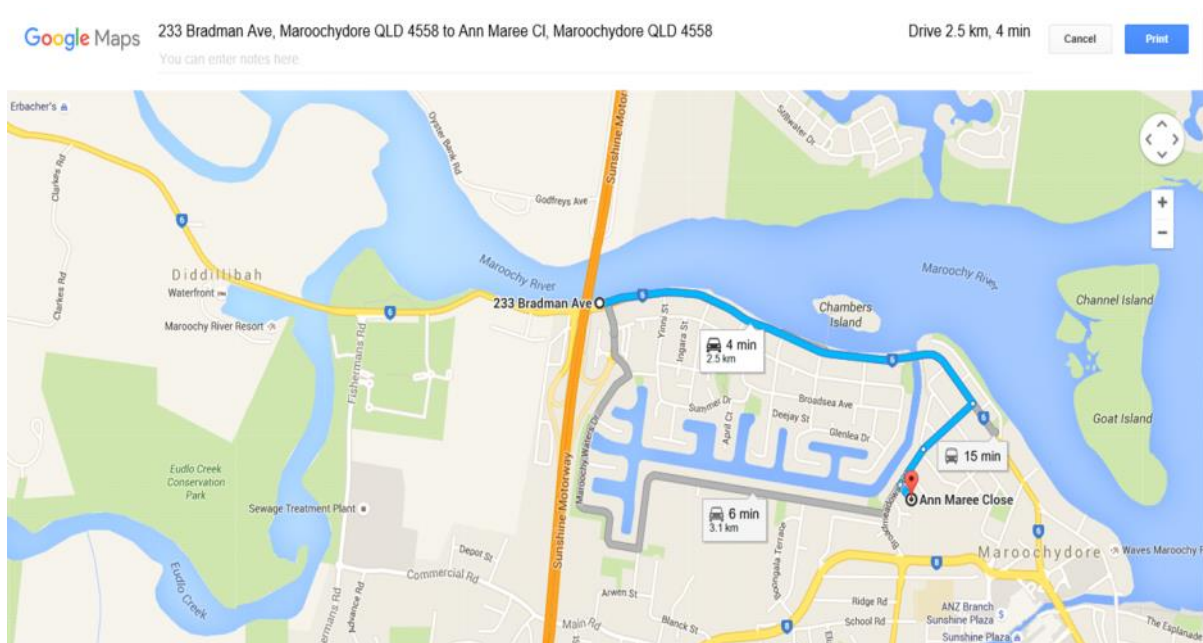
Free Christmas boat cruise and lunch for Community Focus participants.

Where: Maroochy River Cruises, 233 Bradman Av, Maroochydore

Time: Meet at 10:30 am for a departure of 11am – Return at 1pm

When: Thursday - 14th December 2017

Please RSVP as soon as possible to secure a space, limited spaces available. Contact Karen at info@communityfocus or 07 5479 3110.





CREATIVE EXPRESSIONS FOR DECEMBER



THURSDAY– 7TH KARAOKE– SING ALONG



What do vegetarians wish for
at Christmas?

*Peas on Earth and Goodwill
toward men*



Seniors Unleashed

Social Support Group

for individuals over **55** who have a desire for
change and interest in pursuing an active and
engaging life.

WHEN: Monday December 4th

WHERE: Mooloolaba Rotary Park
Parkyn Parade (near Fish Market)

TIME: 10.00-12.30pm

ACTIVITY: Picnic and Tai Chi

*Please bring Share plate of food (finger
foods), drinks and your favourite Christ-
mas recipe to share.*

"YOU ARE NEVER TOO OLD
TO SET ANOTHER GOAL OR
TO DREAM A NEW DREAM."
-- C. S. LEWIS

Maroochydore Tales of Discovery

Thursdays 10.30 am-11.45 am

This months topic is

Social Anxiety and coping skills





Christmas Carols

A family-favourite tradition and the perfect way to make you feel like a kid again.

- Coolum Christmas in the Park, Tickle Park, Coolum Beach (12 December, from 7pm).
- Carols at Cotton Tree, Esplanade, Cotton Tree (12 December, 4.30-8.30pm).
- Carols on the Green, Balmoral Road, Montville (16 December, 6-7.30pm).
- Carols on Kings Beach, Amphitheatre, Kings Beach (19 December, 4.30-8.30pm).
- Christmas in the Park, Nelson Reserve, Gympie (19 December, 7-8pm).
- Carols at Novotel Twin Waters, Twin Waters (20 December, from 5.30pm).
- Carols on the River, Lions Park, Noosaville (20 December, 7-9pm).
 - Carols on the Beach, Peregrine Beach (21 December, 4.30-8pm).

Maleny Christmas Festival and Street Carnival

When: Friday December 8, 6pm-10pm

Where: Maple St, Maleny

Cost: Free

Find perfect, unique gifts for loved ones and enjoy the entertainment at the annual Maleny Christmas Festival and Street Carnival, with food vendors, performances and displays from local groups, live music, stalls, raffles and more.

Lights on the Lake

Where: Crummunda Park, Wurtulla (on Currimundi Lake)

When: December 10, 4pm-8pm

Cost: Free

Live entertainment, kids activities, market stalls, a Santa visit, a drumming circle and a laser light show will accompany the main event: the parade of boats lit up for Christmas on the lake.

Mooloolaba Christmas Boat Parade

Where: Parade begins at The Wharf Mooloolaba, heading out along the main canals

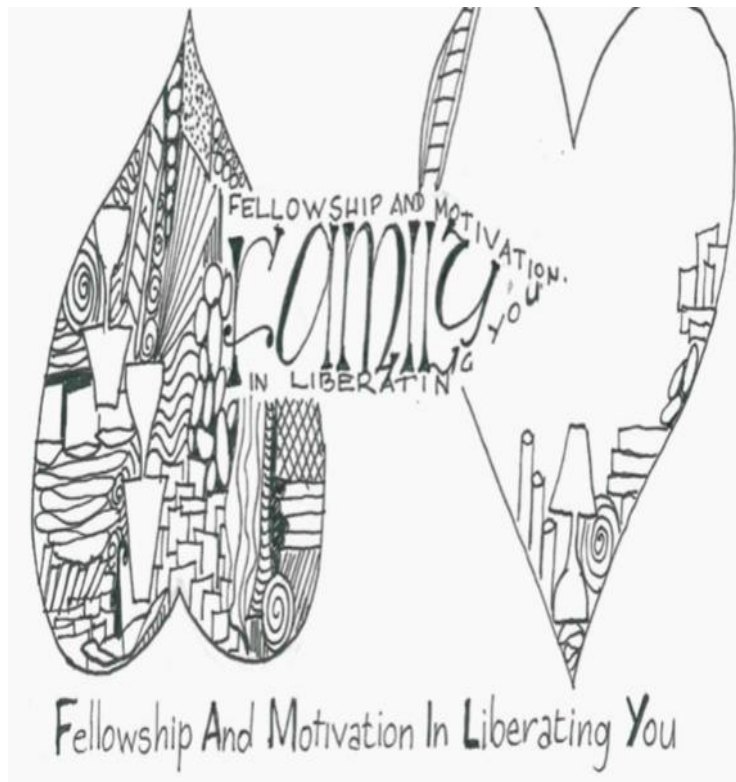
When: December 16, 6pm (parade starts at 6.30pm)

Cost: Free to watch



Decluttering Support Group

*Ongoing support group
for people who have
shared
experiences within the
“The Decluttering
Workshops”
Every
Wednesday
10.00-11.30am
At Community Focus*



To Whom It May Concern

We would sincerely apologise to any of our participants who have received letters from Queensland Government, Communities, Child Safety and Disability Services concerning transition to the National Disability Insurance Scheme (NDIS). The letters have not been provided by Community Focus, and we have requested that they be deferred to give us time to prepare consumers and carers.

Some of you may be aware that NDIS will be coming to the Sunshine Coast in 2019, preparation for this will commence from 2018, as you would be aware notification to potential NDIS consumers would be determined by the information (your contact details) we provide to Disability Services.

Unfortunately the timing of these letters has not coincided with the workshops we will be rolling out in early 2018.

The workshops will be open to all interested parties and will provide valuable information and support to consumers and carers in understanding and developing their application for the National Disability Insurance Scheme

The NDIS are working to address issues provided as feedback from all stakeholders, focusing on an improved pathways document to assist in making it easier for providers to transact with the Scheme and connect with participants.

Implementing all improvements will take time, but the NDIA is committed to responding as quickly as possible to the feedback. It is important to get the new pathway experience right before implementing all the improvements across Australia. Pilots have been introduced to trial the new pathways document, hopefully the results will be available in 2018 for us to use in the workshops.

We again would apologise for any distress caused to Community Focus' participants.

Mens Group- Making connections



Making connections
Aims to

**Bring us together in
the community so
we can:**

- Support and learn from each others experience
- Support and guide each other in future endeavors
- Bridge the gap between older and younger generations
- Look what community resources are available to us in order to reach our goals
- OR simply have a coffee

Men's Group Caloundra: Caloundra Indoor Sport Centre
December every Wednesday 10:30-11:30

<u>Date</u>	<u>Activity</u>	<u>Location</u>
6th	Discussion and check in	Caloundra Indoor-
	Sports Centre. North Street Caloundra	
13th	Discussion and check in	Caloundra Indoor-
	Sports Centre. North Street	

Men's Group Maroochydore; Community Focus-3/2 Ann-
Maree Close December Every Tuesday 10:30-12:00

<u>Date</u>	<u>Activity</u>	<u>Location</u>
5th	Discussion & checkin	@ Community Focus
12th	Lawn Bowls at Cotton Tree	Community Focus



*Community Focus Groups
will be closed
Friday December 15th
Through to
Tuesday January 2nd*

Women's Group



Community Focus Association has a Women's Group in Caloundra and Maroochydore. All women are welcome to catch up and chat about different things that are important to us all.

WHEN & WHERE

Caloundra: Tuesdays 10:15- 11:45am

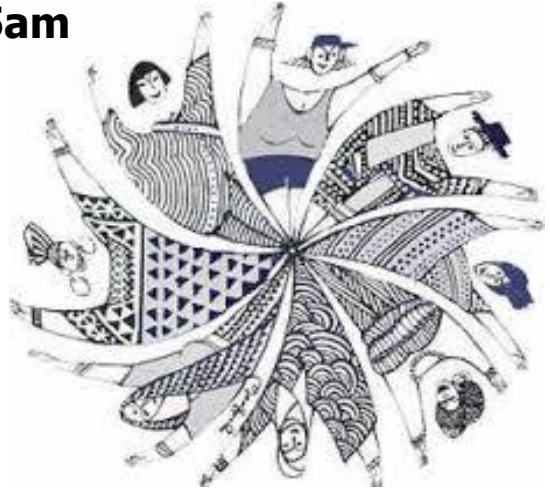
Caloundra Indoor Sports Centre
North Street Caloundra
Topic-Self esteem

Last Tuesday of each month is

Coffee Catch Up

La Promenade Cafe

4 Tay Ave, Caloundra QLD 4551



**FROM JANUARY THIS GROUP
WILL MOVE TO WEDNESDAYS**

Maroochydore: Thursdays

12:15 - 1:15pm

Community Focus

3/2 Ann-Maree Close Maroochydore



Wellness tool tip from
Caloundra women's group

BUBBLE WANDING

Creative

Calming

Reflective

Self managing



Look what's happening in 2018



Look out for these groups in 2018-our January Newsletter will give you more details

- ♦ De-clutter Workshops
- ♦ WRAP groups in Maroochydore Caloundra and Nambour
- ♦ NDIS information Workshops.
- ♦ Hearing Voices Group Maroochydore

We are also changing venues for some of our groups.

The Caloundra Men's and Women's Groups and the Caloundra Hearing Voices Group will no longer meet at the Caloundra Indoor Stadium.

**These groups will all move to the
Caloundra Community Centre
58 Queens Street Caloundra**

The Nambour Dual Diagnosis Group will move to the Nambour Community Centre in January.

Community Focus Annual General Meeting
Monday 18th December at 11.30am at
Community Focus 3/2 Ann-Maree Close Maroochydore

Dual Diagnosis

Addiction + Mental Health

Dual Diagnosis is a group which seeks to support and inform individuals who are experiencing mental health and addiction challenges.



Dual Diagnosis Groups are held:

Nambour— Graceville— Sydney St
Nambour

Time— Wednesday, 1.00pm - 2:30pm

Maroochydore — 3/2 Ann-Maree Close
Community Focus

Time - Friday, 11:00am - 12:30pm



Drumming Workshop

Tuesdays
11.45am-12.45pm



NOOSA GROUP

The Noosa group operates fortnightly.

FRIDAY December 1st — The J @ Noosa Heads
60 Noosa Dr The Deck Room 11am –12.30pm
Topic—Assert Yourself

Friday December 15th—End of year BBQ
Memorial Park Diyan St Tewantin

Please call the office on
Ph:5479 3110
if you would more information about this
group.



**Wednesday @
Community Focus**

12.30-1.15 PM

At Community Focus



Any Compliments or grievances are welcome
Please Don't hesitate to contact Community focus on
5479 3110 or use forms provided in the coffee shop

**All external articles are published for information only and are not the
views of Community Focus Association**

Return to:
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