

# DISCOVERY

## December 2018

### Discover What's Inside For December

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DECEMBER CALENDAR

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And Nambour  
NDIS provider

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Yoga



### TOP TIPS for looking after your MENTAL HEALTH

at  
*-Christmas-*



Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing.



Having good friendships is important for your mental health. Connect or reconnect with friends and family this Christmas.

Nutrition can significantly impact mental health. A healthy balanced diet is good for you physically and mentally. A Healthy Body means a Healthy Mind.



Allow time for yourself, even if it's just for 5 minutes - stop and put your feet up or have a cup of tea. Make sure you get enough sleep.



Talk to friends or family or contact:

**Crisis Line**  
Sunshine Coast Mental  
Health Services on  
1300 642 255  
See other support numbers on  
Page 5

**Community Focus PH: 5479 3110**

3/2 Ann-Maree Close  
Maroochydhore 4558

[info@communityfocus.org.au](mailto:info@communityfocus.org.au)



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

# What's on December

## Monday

### Maroochydore

**Coffee Lounge not Open**  
**Seniors Unleashed social group**

*Group will run on Monday  
December 3rd*

**Community Focus**  
**10 am– 12.30pm**

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## Nambour

**Hearing Voices**  
**1pm –2pm**

*Graceville Centre 5 Sydney St  
Nambour*

**Community Focus  
Groups  
will Not be running  
from:  
Wednesday December  
19th  
Through to  
Wednesday January  
2nd**



## Tuesday

### Maroochydore

**Coffee lounge open**  
**10 am-2.30pm**

**Men's Group** 10.30am-11.30 am

**De-Clutter Support Group**  
**12.15-1-45pm**

**Hearing Voices Group** 2pm– 3.00 pm

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## Caloundra

**Women's Group** 10.30am-12 pm  
*Caloundra Lapidary Club  
9 Caloundra Rd  
(Behind Information Centre)*

## Wednesday

### Maroochydore

**Yoga** 12.30pm-1.15 pm  
Last yoga session for the year will be  
12th December



# What's on December

## Thursday Maroochydore

**Coffee Lounge Open**  
10 am-2.30 pm

**Tales of Discovery**  
10 am-11.45 am

**Women's Group**  
12.30pm-1.30pm

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## Caloundra

**Men's Group 10.30am-12pm**

**Hearing Voices Group 12.30pm-2.30pm**

*Caloundra Lapidary Club*  
9 Caloundra Rd  
(Behind Information Centre)



## Friday Maroochydore



**Coffee Lounge not Open**

**Dual Diagnosis**  
*Mental Health and Addiction*  
11am-12.30 pm

**Bam Jam**  
*BYO Instruments*  
3.30-5.30pm

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## Noosa

**Noosa Group**  
*Runs fortnightly*

**11am-12.30pm**  
*December 14th*

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**Find and follow us on  
Instagram  
community\_focus**





## HEARING VOICES GROUP

**The Hearing Voices Group is open to anyone who hears voices, or has other sensory experiences that other people do not.**

The group will:

Provide a safe space to share experiences of what it is like to hear voices amongst people with similar experiences

Look at different ways to make sense of hearing voices

Discuss different ways of coping with voices and distress

Encourage peer support & social connections

**WHERE: Maroochydore-Community Focus, 3/2 Ann-Maree Close, Tuesday 2pm-3pm**

**Caloundra—Lapidary Club 9 Caloundra Rd, Thursday 12.30pm-2 pm**

For information phone Community Focus on **5479-3110**

**Nambour-Graceville Centre 5 Sydney St Monday 1.00-2.00pm**



**REGISTERED  
PROVIDER**

**Community Focus is a registered NDIS provider.**  
Please contact the office for details of the supports we offer.

**Phone: 54793110**

# Christmas support numbers

**For support, please contact:**

Emergency services	000
Lifeline	13 11 14
Suicide Call Back Service	1300 659 467
Men's Line Australia	1300 789 978
Kids Helpline	1800 551 800
Q Life (LGBTIQ+)	1800 184 527
Beyond Blue Helpline	1300 224 636
Suicide Prevention Pathways	1800 008 255 (non-crisis, weekdays, 9.00-4.30)



## **Social Group for individuals over 55**

Individuals who have a desire for change and interest in pursuing an active and engaging life.

**WHEN:** 1st Monday of the month 3rd December

**WHERE:** Cnr of Fishermans Rd and David Low Way

**TIME:** 3rd December 10.00-12.30pm

**ACTIVITY:** Activities in the park



## **Justice of the Peace**

We have a volunteer that is a JP and is usually in the office on a Tuesday from 9.30-12.00pm if you need any documentation certified. Call the office for details.

# Community Focus Christmas Party

Tuesday 18<sup>th</sup> December 10 am -2pm

Community Focus 3/2 Ann -Maree close Maroochydore

Live Entertainment  
Courtesy of  
Bam Jam Group

Finger Foods and  
punch provided  
during the day

## Activities for the day

Tai-Chi

Gratitude Jars

Painted rocks

Japanese hanging  
plants

Reindeer racing

Games

Coffee shop open, Coffee and soft drinks available for purchase

# Christmas activities on the Sunshine Coast

## **Nambour Community Carols**

**9 December, 3 - 8 pm**

**Nambour Showgrounds**

3 pm – Twilight Christmas Markets (40+ stalls) with free kids' entertainment and food court.

6 pm – Carols concert. Enjoy a concert featuring local artists and a special visit from Santa and his friend Joy Bells.

8pm – Fireworks.

## **Carols at Cotton Tree**

**9 December, 4.30 - 8 pm**

**Cotton Tree Park, The Esplanade, Cotton Tree**

Come and enjoy a wonderful Christmas celebration with entertainment, food and fun. Bring a blanket or chair and join for a night of great local talent, singing much loved Christmas carols and a special visit from the man in red, Santa.

## **Lights on the Lake**

**10 December, 4 pm to 8 pm**

**Crummunda Park, Wurtulla (on Currimundi Lake)**

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

## **Mooloolaba Christmas Boat Parade**

**16 December, from 6.30 pm**

**The Wharf Mooloolaba - FREE**

See festivities take to the water with an array of boats decorated in Christmas cheer and lights. A parade starts at 6.30 pm in front of The Wharf Mooloolaba before heading out along the main canals of Mooloolaba,

Kawana and Buddina and finishes back in front of The Wharf. Boats are even judged for best dressed competition.

## **Carols on Kings**

**16 December, 4.30 - 8 pm**

**Kings Beach Amphitheatre**

Come and enjoy a wonderful Christmas celebration with entertainment, food and fun. Bring a blanket or chair and join in for a night of great local talent, singing our much loved Christmas carols and a special visit from Santa.

## **Coolum Christmas in the Park**

**16 December, 6 - 9pm,**

**Tickle Park, Coolum Beach**

Family friendly carols under the stars. Bring your family and friends and you best singing voice! Come along and have a great time. Fireworks.

## **Santa Comes to Mooloolaba**

**24 December, 2 pm**

**Mooloolaba Beach**

Before Santa embarks on his annual journey around the world he will stop in at Mooloolaba Beach to visit all the good boys and girls of the Sunshine Coast. Santa will arrive at the beach on a surf boat at 6 pm on Christmas Eve. This free community event is proudly organised by Mooloolaba Surf Life Saving Club. All welcome. There will also be fireworks and live music from 2 pm.

## **Twin Waters Christmas Carols & Fireworks**

**Sunday 16th December**

In the under cover Wandindy Room venue at the Twin Waters Novotel Resort. Come along and get into the festive season by singing along to one of your favourite carols. There is lots of fun entertainment planned and if you've been good there might also be a visit from Santa.

## **Christmas Movie in the Stadium**

**13 December, 5 pm to 9 pm**

**Sunshine Coast Stadium**

The big screen just got bigger with a supersized Open Air Movie Night happening on December 13 at Kawana Sports Precinct, bringing that Christmas tree to life with Elf!

Bring the family and friends for an evening under the stars, munch on some organic popcorn or delicious street food. You will be serenaded with Christmas Blues from 5pm onwards and after a visit from a very special friend (ho,ho,ho) we will be kicking off with the feature film 'Elf'. Once the sun goes down, you can kick back, chillax and celebrate the festive season in style.

## **Free Holiday Buses Noosa Shire**

**From Boxing Day 26 December to  
5 January 2018**

**FREE transport on selected routes.  
Noosa Council, in partnership with  
TransLink, on selected routes.**



# Men's Group

## Making connections



**Men's Group Maroochydore;**  
**Community Focus-3/2 Ann-Maree Close**  
**Every Tuesday 10.30-11.30**

<u>Date</u>	<u>Activity</u>	<u>Location</u>
4th	Check In & discussion	Community Focus
11th	Ten pin Bowling 10.30-12.00pm	Meet CFA @10.00am
<b>Group will Resume Tuesday 8th January</b>		

**Men's Group Caloundra:**  
**Caloundra Lapidary Club—9 Caloundra Rd**  
**(Behind Information centre)**  
**Every Thursday 10;30-12.00pm**

<u>Date</u>	<u>Activity</u>	<u>Location</u>
6th	Check in and discussion	Caloundra Lapidary Club
13th	Check In and discussion	Caloundra Lapidary Club
<b>Group will resume Thursday 3rd January</b>		

**Come along to a check-in and discussion**  
**every Thursday at Caloundra**

**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**

# 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: Tuesday 10:30– 12.00pm**

Caloundra Lapidary Club  
9 Caloundra Rd  
(Behind Information Centre)

**Last Tuesday of each month is  
Coffee day Catch Up**

La Promenade café Cnr of Tay st and the Esplanade  
Bulcock Beach

**Maroochydore: Thursdays**

**12:30 - 1:30pm**

Community Focus  
3/2 Ann-Maree Close  
Maroochydore

Come and join us for discussions fun and laughter

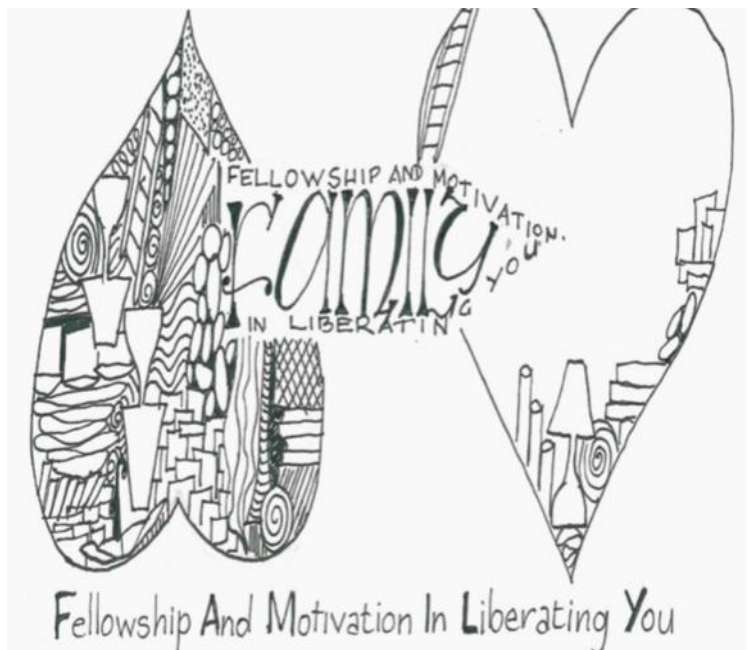


## Decluttering Support Group

*Ongoing support group  
for people who have  
shared*

*experiences within the  
“The Decluttering  
Workshops”*

*Every  
Tuesday 12.15-1.45pm*



## Tales of Discovery

Every Thursday from 10 am—12 pm



# 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.

**Time**— Wednesday, 1.00pm - 2:30pm

**Maroochydore** — 3/2 Ann-Maree Close,  
Community Focus

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

For more information call 5479 3110



## CHRISTMAS DAY COMMUNITY LUNCH 2018

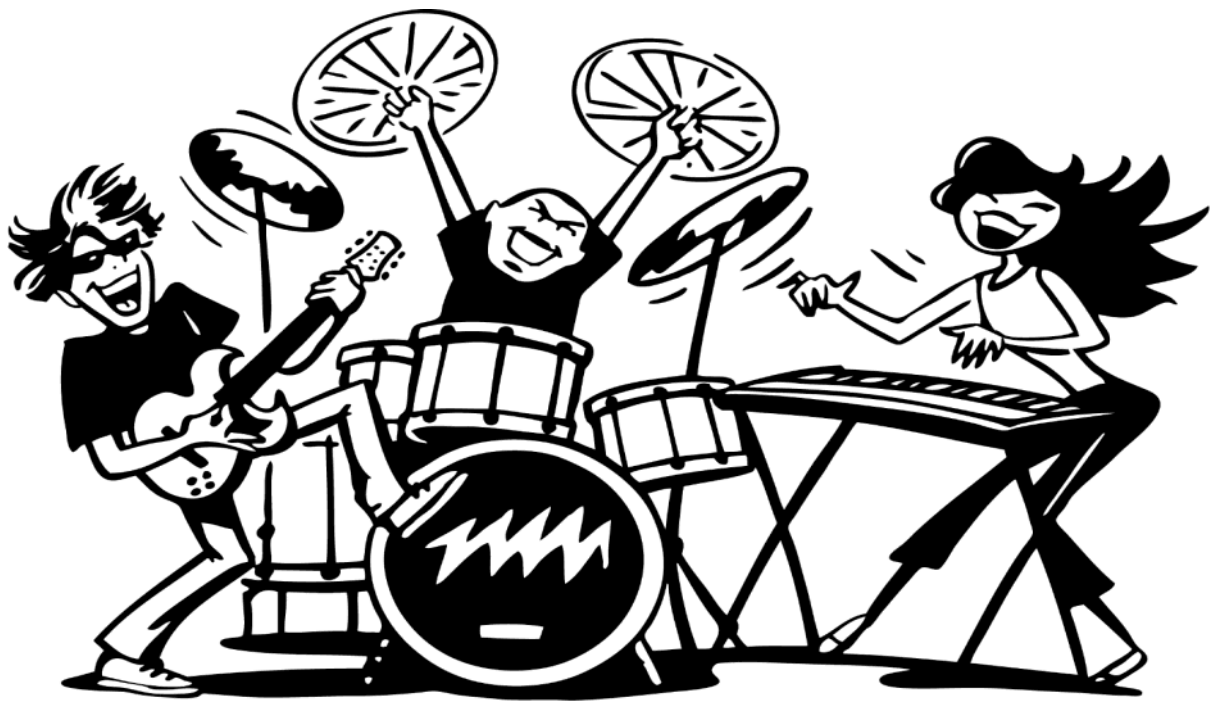
YOU ARE INVITED TO ATTEND  
CHRISTMAS DAY LUNCH  
AT COOLUM CIVIC CENTRE at 12  
noon on

TUESDAY, 25<sup>TH</sup> DECEMBER!

Address: 2 Park St, Coolum Beach.

If you are experiencing difficulties in your life -  
homeless, unwell, lonely, by yourself on  
Christmas Day, or whatever, please feel  
free to celebrate Christmas in the company  
of others while enjoying a lovely lunch. Call  
Barb 0478646330 for catering purposes.  
If you need transport, please let me know.

YOU ARE VERY WELCOME!



**BAM JAM**  
**JOIN US AT COMMUNITY FOCUS FOR A JAM**  
**EACH FRIDAY 3.30PM - 5.30PM**  
**BYO INSTRUMENTS**



## **NOOSA GROUP**

The Noosa group operates fortnightly. 11am to 1pm  
**FRIDAY 14th December**

**Pizza and Activities in the Park**

Meet 11am at Pinaroo Road (next to Old bowls Club)

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



**Wednesday**  
**12.30pm-1.15pm**  
**At Community Focus**



Any Compliments or grievances are welcome  
 Please Don't hesitate to contact Community focus on



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 Community Focus Association**

**Return to:**  
**Community Focus Association**  
**PO BOX 1330**  
**MAROOCHYDORE QLD 4558**