

# DISCOVERY

## May 2018

**Discover What's  
inside**

**P.2 – 3**

**MAY CALENDAR**

**P4 . Hearing Voices -  
Nambour  
Caloundra  
Maroochydore**

**P.5  
Computer lessons  
Tales of Discovery  
Seniors Unleashed**

**P.6  
NDIS  
Information Session**

**P.7  
Decluttering Support  
Group**

**Birthday Wishes**

**P.8  
Men's Groups  
Caloundra &  
Maroochydore**

**P.9  
Women's Group  
Caloundra**

**Creative Expressions**

**P.10  
Dual Diagnosis  
Noosa Group  
Yoga**

**P.11  
Decluttering Workshop**

WHAT'S BROKEN  
CAN BE MENDED.  
WHAT HURTS  
CAN BE HEALED.  
AND NO MATTER  
HOW DARK IT GETS,  
THE SUN IS GOING  
TO RISE AGAIN.

**Community Focus PH: 5479 3110**

**3/2 Ann-Maree Close  
Maroochydore 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 May

## Monday

### Maroochydore

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

*Group will run on Monday*

*14th of May*

**10 am– 12.30pm**

**Brain Training**

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## Tuesday

### Maroochydore

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

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

**Creative Expressions**  
**12.15 pm-1 pm**

**Hearing Voices Group**  
**2 pm– 3.30 pm**

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### Caloundra

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

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

## Wednesday

### Maroochydore

**Declutter support Group**  
**10 am-11.30 am**

**Yoga**  
**12.30pm-1.15 pm**

**WRAP Support Group 1.30-2.30pm**

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### Nambour

**Hearing Voices**  
**11 am-12pm**

**Dual Diagnosis**  
**1pm -2.30 pm**

*Both Groups*  
*Graceville Centre 5 Sydney st*  
*Nambour*

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### Monthly Billboard

**Community Focus**

**Will be holding 2 Information**  
**sessions about NDIS**

**Monday 23rd & Wednesday 28th**  
**10 am– 12 pm**

# What's on May

## Thursday Maroochydore

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

**Tales of Discovery**  
10 am-11.45 am  
*Topic –Attitudes*

**Women's Group**  
12.15pm-1.15pm

**Workshops**  
1.30 pm-3.30pm  
**Decluttering workshop**  
Starting-17th May

**End of Month BBQ**  
May 31st 2 pm  
*Last Thursday of the month*  
*Lions Park on the corner of David low*  
*way and Fisherman's Rd*  
*(Weather permitting)*

## 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**

**Support Group**

**1pm—2pm**

## Noosa

**Noosa Group**  
*Runs fortnightly*  
**11am-12.30pm**

*May 4th— Ten pin Bowling*  
*7/11 Bartlett road Noosaville*

*May 18th—Discussions at the J*  
**Topic—self esteem**







#### Nambour Group

##### WHERE:

Graceville  
5 Sydney Street  
Nambour

##### WHEN:

Wednesdays 11am-12:00pm

#### Caloundra Group

##### WHERE:

Caloundra Lapidary Club  
9 Caloundra Rd  
(Behind Information Centre)

##### WHEN:

Thursday 12:30pm-2:00pm

#### Maroochydore Group

##### WHERE:

##### Community focus

3/2-4 Ann Maree Close,  
Maroochydore

##### When:

Tuesday 2.00pm-3.00pm

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

There are hundreds of Hearing Voices Groups around the world and now the Sunshine Coast.

If you are interested in this group, please talk to your SCHMHS case manager or phone:

Maroochydore and Caloundra– Community Focus 5479-3110

Nambour: Robert or Hayley—5441 4682

**Sunshine Coast**  
Hospital and Health Service



Lutheran Community Care

## Are you having Computer/Phone problems?

Do you want to learn how to use the features and apps on your phone to their full potential?

**DAY – TUESDAY**  
**TIME – 12pm-2:00pm**  
**LOCATION – MAROOCHYDORE**



**FOR MORE INFORMATION CONTACT**  
**Community Focus**  
**54793110**

## Seniors Unleashed

**For individuals over 55**

### **Social Group**

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

**WHEN:** Monday May 14th  
**WHERE:** Community Focus  
**TIME:** 10.00-12.30pm  
**ACTIVITY:** Brain Training



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

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## Maroochydore Tales of Discovery

**Thursdays**

**10.00am-11.45am**

**This months topic is Attitudes**







**CONTACT:  
COMMUNITY  
FOCUS  
FOR  
BOOKINGS  
AND  
INFORMATION  
07 5479 3110**



**TWO SESSIONS**

**10 am-12 pm**

**WEDNESDAY**

**23 MAY**

**-**

**MONDAY**

**28 MAY**



## INVITATION FOR CARER AND CONSUMERS TO NDIS INFORMATION SESSIONS



**TOPICS:**

- WHAT IS IT AND IS IT FOR ME?
- AM I ELIGIBLE?
- HOW DO I ACCESS THE SCHEME?
- MYTHS VS FACTS?
- RESOURCES AND SUPPORT FOR INFO AND ACCESS?
- PREPARATION AND PLANNING INFO AND SUPPORT



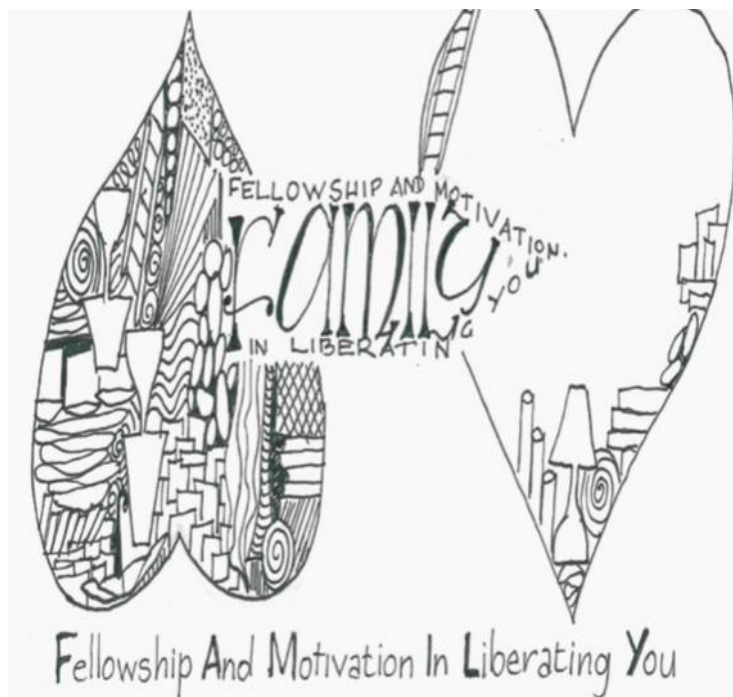
### **End Of Month BBQ**

Being Held At Lions Park on the corner  
of David Low way and fisherman's Rd  
(weather permitting)

# Decluttering Support Group

*Ongoing support group  
for people who have  
shared  
experiences within the  
“The Decluttering  
Workshops”*

**Every  
Wednesday  
10 am-11.30 am**



## Support Groups that meet at Community Focus

### **Co-dependants Anonymous (CoDA)**

A 12-step program for those who wish to develop healthy relationships. Meetings are held Mondays, 6pm, at the coffee shop, Corner Ann-Maree Close and Broadmeadows Rd, Maroochydore. For more information visit [www.codependentsanonymous.org.au](http://www.codependentsanonymous.org.au)

### **Grow [www.grow.org.au](http://www.grow.org.au)**

Grow is a community organisation working towards mental health through mutual help. Meets every Tuesday at 5.00pm

For more information contact Maddy 0411092653

### **Family Drug Support [www.fds.org.au](http://www.fds.org.au)**

Family drug support provides up to date information on all aspects of alcohol and drug use relative to the families of alcohol and other drug users.

Meets 7.00-9.00pm on the 3rd Wednesday

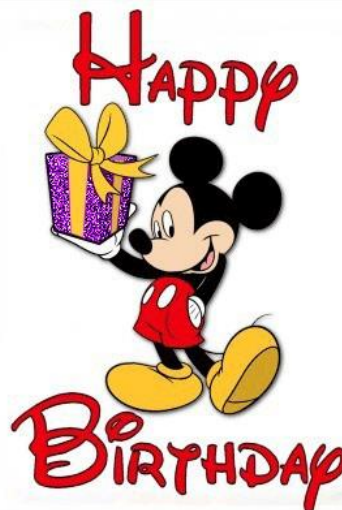
For more information contact Sue or Barry 0419020603



### **Community Focus**

Wishes all the May Babies a Very Happy Birthday .

Come along to our  
end of Month BBQ and  
grab your piece of  
Birthday cake



# 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>
1st	Check In & discussion	Community Focus
8th	Lawn Bowls 10.30-12.00pm	Meet CFA @10.00am
15th	Maroochy Botanical Gardens	Meet CFA @ 10.00am
22nd	Check in and discussion	Meet CFA @ 10.00 am
29th	Monthly BBQ	Meet CFA @ 10.00am

### 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>
3rd	Check In and discussion	Caloundra Lapidary Club
10th	Check In & discussion	Caloundra Lapidary Club
17 th	Check In and discussion	Caloundra Lapidary Club
24th	Check in and discussion	Caloundra Lapidary Club
30th	Check in and discussion	Caloundra Lapidary Club

**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)

Topic-Improving our self esteem and assertive communication

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

Moffat Beach Shops

Meet at Eleanor Shipley park

(Seaview Tce, Moffat Beach)



*A big THANK YOU! To Alix J for establishing a community collaboration initiative with the Caloundra Lapidary Club, our new “HOME” for our Caloundra Men’s, Women’s & Hearing Voices Groups!!!*

## Creative Expressions Every Tuesday

12.15pm-1.15pm

Activities for May are:

Tuesday 1st May Singalong

Tuesday 8th May Bocce

Tuesday 15th May Wind chime Making

Tuesday 22nd May Pictionary

Tuesday 29th May Sing along

**Come and try something new!**



# NOOSA GROUP

The Noosa group operates fortnightly. 11am to 12.30pm

**FRIDAY May 4th**- 11am –12.30pm

Ten pin Bowling 7/11 Bartlett road Noosaville

**FRIDAY May 18th** — The J @ Noosa Heads  
60 Noosa Dr The Deck Room 11am –12.30pm

Please call the office on  
Ph:5479 3110

if you would more information about this group.



## 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 5 Sydney Street Nambour

**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



**Wednesday At  
Community Focus**

**12.30-1.15 PM**

*Life is a balance  
of Holding on  
& Letting go.*

## 8 WEEKS EVERY THURSDAY DE-CLUTTERING WORKSHOP

### What can you expect?

Would you like to feel supported in the process of De-cluttering? **We will help you with;** developing skills, techniques and strategies. We would like to invite you into a compassionate, supported and understanding environment, where you can feel safe and comfortable to learn and explore the skills for de-cluttering.

**Have you ever  
felt like you  
needed some  
help to tackle  
clutter?**

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### WHERE?

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

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### WHEN?

**Starting Thursday  
May 24th  
1.30pm-3.30pm**

### For more information Contact

#### **COMMUNITY FOCUS ASSOCIATION**

3/2 Anne – Maree Close  
Maroochydore Qld, 4558  
Ph. 5479 3110  
[info@communityfocus.org.au](mailto:info@communityfocus.org.au)



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



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**Return to:**  
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