

Cairns Tropical Branch Inc. June/July/August 2023

Branch No 999996

President: Greg Van de Water

Email: ***cairns.tropical.nsa@gmail.com***

Our Branch meets on the 3rd Thursday of each month at *Cominos House*

27 Greenslopes Street at 2.00pm - \$2.00 levy per person

Raffles \$2.00 ea. or 3 for \$5.00

2.00 – 2.10 pm. Sign in. 2.10pm Guest Speaker 3.00pm members meeting

Mask wearing is not mandatory but is recommended by QLD Health.

If unwell please stay at home.

Bring your own cup to meetings as we are eco-friendly

Thursday 15 June

Members Meeting 2.00pm

Guest Speaker

Claudia Udink

Dementia Carer

Sunday 2 July

Lunch 12.00pm

Trinity Beach Sports Club

1 Nautilus Street Trinity Beach

Thursday 20July

Older Person's Health/Palliative Care Team

Northern QLD Primary Health Network (NQPHN)

Maria Callaghan- Manager

Saturday 5 August

Gordonvale Settlers Museum – Small tours available

60 Gordon Street 10 – 2pm - Entry Fee \$4 cash

Morning Tea Rambler Room – Gold Coin Donation

Lunch 12pm Parkview Hotel 90 Gordon Street

Seniors Menu

Thursday 17 August

Members Meeting 2.00pm

Guest Speaker

Louisa Grandy

Green Space Our Place

The Cairns Tropical Branch Annual General Meeting was held Thursday 17th November 2022

Your committee for **2022/2023**

President: **Greg Van de Water**

Vice-President: **Owain Froud**

Secretary: **Val Halliday**

Treasurer: **Denise Neumann**

Activities: **Margo Mackenzie 0427 739 070**

Committee: **Jacquelin van Westenbrugge
Shirley Arrowsmith**

Members meet 2.00pm 3rd Thursday each month

Committee meets 3.00pm 1st Thursday most months @ Cairns RSL

ACTIVITIES & EVENTS! COME ALONG, RELAX, ENJOY

Join Now NSA 1300 76 50 50

JOINT MEMBERSHIP as at December 2020

- 1 Year Joint Membership = \$75
- 2 Year Joint Membership = \$125
- 3 Year Joint Membership = \$149

SINGLE MEMBERSHIP

- 1 Year Single Membership = \$45
- 2 Year Single Membership = \$80
- 3 Year Single Membership = \$99

Who is responsible for the dissemination of information regarding services available and is it all available at the one point?

There are many services that provide information on health, aged care and community services. You may consider contacting the following organisations or asking others within your community about where they get their information from.

- **Seniors Enquiry Line** is a state-wide information and referral service for Queensland seniors, families, friends, grandparents and carers. Anyone can call the Seniors Enquiry Line – you don't have to be a senior. One call can put you in touch with a person who can provide information and referrals around a broad range of topics. View seniorsenquiryline.com.au or call 1300 135 500.
- **My Aged Care** – This is the Australian Government's starting point on your aged care journey. View www.myagedcare.gov.au or call 1800 200 422.
- **Carer Gateway** - This is the Australian Government's starting point for assisting carers. View www.carergateway.gov.au or call 1800 422 737.
- **Queensland Government Support for Seniors** - To access support provided by the Queensland Government, view www.qld.gov.au/seniors or call 13 74 68.
- **Your local Neighbourhood or Community Centre** – You can search for your closest Neighbourhood or Community Centre or Community Group at www.qld.gov.au/community/your-home-community/groups-in-your-community/groups or by calling 13 74 68.
- **Your Local Council** – Your Local Council may have a senior's program, or their phone line may be able to provide you with information on who to contact. The library can also be a good source of information. You can find your Local Council's website by clicking here - www.lgaq.asn.au/find-council