

National Seniors

Australia

Cairns Tropical Branch Inc. March/April 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 16 March Members Meeting 2.00pm
Guest Speaker
Yolonde Entsh
“Wheels of Wellness”**

**Sunday 2 April Lunch 12.00pm
Tha Fish
Pier Shopping Centre
Pier Point Road**

**Thursday 20 April Members Meeting 2.00pm
Guest Speaker
Zoe Osner
Integrated Living
Learning how to use an iPad**

**Sunday 7 May Lunch 12.00pm
Boaties Restaurant
Yorkeys Knob Boating Club
29 Buckley Street**

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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

Queensland Government

Seniors Enquiry Line

1300 135 500

www.seniorsenquiryline.com.au