

www.hnc.org.au

Harlaxton Neighbourhood Centre website.
You can visit it at

www.hnc.org.au

You will be able to access the latest newsletter and a variety of other information.

(Our web site has not escaped the overhaul either, it too is going through major changes, so please be considerate of this when you log on, we are working as quickly as humanly possible to bring you up to date.)

We appreciate the help of our computer class members who each week work on updating the web site.

Acknowledgments:

We would like to thank the people listed below for their help and support,



Kerry Shine MP
Member for Toowoomba North

Suite 2 ABC Building
297 Margaret Street
Toowoomba Qld 4350
www.kerryshinemp.com



Anzac Ave Fruit and
Vege

Senior Constable Tim Littleton
Officer in Charge
Harlaxton Police Beat
07 4615 3710



Ian Macfarlane MP
Member for Groom

216 Margaret Street
TOOWOOMBA Qld 4350
P. 07 4632 4144
E. Ian.Macfarlane.MP@aph.gov.au



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News from



July 2011

Harlaxton Neighbourhood Centre now, The HUB

Well, it was an historic occasion to say the least, after 23 years the Centre has an identity all it's own. What does the HUB mean? If you go to the Thesaurus you will find many words you could use, *core, heart, nucleus, focal point*, all of which now describe our neighbourhood centre.

To the organisations who have joined with us to improve services we say 'welcome' we are proud to be associated with you. We hope the delivery of the service we provide will now be more streamlined and easier for the public to access.

We envisage the service will have wider implications for all services throughout the Toowoomba area. The thought of a network particularly targeting community programs and services has got to be a plus for all of community in the industry. The HUB as we are now known will be our way of ensuring service quality and service access will be managed locally rather than wading through mounds of services offered individually throughout Toowoomba.

The HUB will be able to direct all community members to services that best meet their needs

We are still the Harlaxton Neighbourhood Centre, but to us, we are the HUB.

Blue Light Disco

Date: Friday, 8th July 2011

Place: Harlaxton Hall, Harlaxton

Time: 7pm-10pm

Cost: \$5 per child, \$2 per child, if accompanied by a parent..

Good music, good times, Great Night!!!

'The HUB'

Harlaxton Neighbourhood Centre Inc.

Cnr Coonan and Dwyer Sts PO Box 62 HARLAXTON QLD 4350

Ph (07) 4639 2868 Fax (07) 4639 2729 Email: harlaxtonnc@bigpond.com

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What's happenin'

At
The HUB

- Monday:** Qld Carers
HOY! (fortnightly)
- Tuesday:** Community Lunches (\$7) Bookings required (Menu page 7)
Cooking Classes (fortnightly)
Knitting Group & Games (Cards, Chess, Scrabble)
Drug Arm Children's After school Group 2.30-4pm
- Wednesday:** Carbal LSP
- Thursday:** Computer Classes
Qld Carers Men's Group (first Thursday of the month)
Harlaxton Men's Group
(second and third Thursday of the month at present)
Harlo 'Angels and Devils' Care (Healthy eating & living)
- Friday:** Available for bookings

Management Meetings are held on the second Tuesday of each month at 10am. (Dates below)

General Meetings are held on the first Tuesday of each third month at 10am (Dates below)

Fishing Club Meetings are held on the last Thursday of the month at 10am (Dates of Meetings and Fishing Trips on Page 5)

You will find more detail about HUB activities as you read this newsletter- you will also be able to access our Web site for the latest and more comprehensive details of HUB happenings:-



"Christmas in July"
Cent Sale



Yes! it's on again - mark it in your diary now, Sunday 24th July at 2pm.

Doors open at the Neighbourhood Centre at noon, so you can organise your tickets, and have a good look at what you could be taking home, before the fun starts..

Afternoon tea provided.

Bring your friends ,everyone welcome. Entry and tickets \$10. Further tickets, minimal cost. See you there....

Cent Sale Queens, GM & BB.

Men's Group

The Harlaxton Men's group has had a slow start this past month with only a couple of locals coming along.

There has to be men out there who would like to come along on a Thursday morning for a chat and meet some other blokes.

Harlaxton Men's Group meets on the second and third Thursday of each month at 10am. *'Everyman welcome'.*

CARERS MEN'S GROUP

We also have a Carers Men's Group that is run by Queensland Carers. This group meets every first Thursday of the month. They had a good turn out with at least ten people participating.

Community Lunches -

Great food, Great value, Just \$7.00

For some time now Harlaxton Neighbourhood Centre has been offering a Community Lunch on Tuesdays. These delicious meals have been prepared by some of our dedicated volunteers, but we are now trying out the idea of combining the cooking classes along with the community lunches.

Everyone is welcome at these gastronomic events and we can guarantee you a delicious meal, accompanied by an equally filling dessert.

Our July Lunch Menu*

- 12th July Madras Curry and Rice
- 26th July: Chilli con Carne

If you would like to join the growing number who already enjoy these lunches please let the office know so we can reserve a place for you or your group. Lunch is served at 12 noon and there are prizes to be won from 11.30am with Trivia....

Bookings before Tuesday are essential for groups so call the office on 4639 2868

*During winter a selection of 'Soups' will be on offer every other Tuesday i.e. 5th and 19th July. Gold coin donation.



Harlaxton Neighbourhood Centre respects the rights of all clients and consumers thus ensuring confidentiality. The rights of the individual, and cultural and diverse beliefs, are respected valued and upheld at all times.

Harlo 'Angels and Devils' Care

Healthy eating & living afternoon program, for primary school children



Program Co-ordinator: Sonia Knox

Time: 3:00pm - 5:00pm
FREE

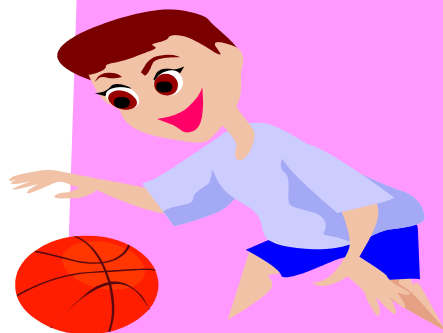
Come along every Thursday to the Harlaxton Neighbourhood Centre and have Fun!!!!

*July Program:-

Due to the colder weather the program for July will involve mostly indoor activities, movies, games, craft and afternoon tea...

*Program could change depending on the weather. Please check Web site for any changes.

hnc.org.au



The attendance has been greatly appreciated. We do need helpers for some of the activities so if you would like to help and you have a Blue Card please call the Centre on 4639 2868



From the Coordinator's Desk

Another month has come around and like everything else we find ourselves ultra busy again.

The end of the financial year looms closer and like all services we have to look towards what happens for the next twelve months.

For our service it can be stressful with bookkeepers and auditors being contacted to do what is necessary for our AGM and on going funding.

For those who have prepared with this time of year, well done.

To ensure the process is a smooth transition, preplanning of budgets and service delivery and agreements need to be up to date.

We cannot place too much emphasis on this process or procedure because in the end it boils down to commitment, dedication and more commitment.

We like to think we all have this in the industry in which we work, however there are hiccups along the way, these may be caused by stress, overwork, or a number of related factors.

I say take time out for your self, move about your work place.

Have a break. Its surprising how this can help relieve some of the tension that may have built up over time.

*Matt Tamou
Co-ordinator*

Play Up - Don't Light Up

This event will now be held at the Blue Mountain Reserve Park in Harlaxton. The celebration is a sponsored event funded by Queensland Health "Events Support Program". With financial, and hands on support by local council, State and Federal Governments, the event will target and promote people not to smoke or give up smoking.

The day will be highlighted by a "Touch Football Competition" between several primary school children.

A free BBQ will be held on the day.

Date: Thursday, 14 July 2011

Time: 9.30 am to 3pm

Place: Blue Mountain Reserve (cnr Dwyer & Goombungee Rd)

We at Harlaxton Neighbourhood Centre/The HUB, acknowledge the assistance we provide to and receive from East Creek Neighbourhood Centre and Wilsonton Heights Community Centre.



Fruit & Veggie Boxes

- Quality Fruit & Veggie boxes are available, every 2nd Friday
- Cost of a box is \$15.00
- Pay on Thursday, before 10.00am
- Pick up between 9am & 10am on Friday



Unfortunately the price has had to increase this year, however, the quantity and quality will remain the same.

July Dates: 8th and 22nd

Harlaxton Fishing Club News:

Meeting Dates:

July 28th at 10am

Hi to all you fisher persons out there:-

Nothing to report - unfortunately the fish are off the bite and so are we.

Don't forget to come to our next Fishing Club meeting July 28th at 10am, where we will be discussing our next fishing expedition.

We also have a Fishing Comp - later in the year, to be organised in conjunction with NAIDOC celebrations, some great prizes to be won.

Our newsletter and web site will have all the details shortly.. Bye for now

-"Charlie Carp."

2011 TAX HELP:

Once again Wilsonton Community Centre (The Heights) 16 Wine Drive Wilsonton will be offering Tax Help for those folk who would like to take advantage of this service.

To find out more or make a booking please call The Heights on 4634 7672

Newsletters:

If you would like to have your HUB newsletter emailed to you please contact the office on 4639 2868 during office hours, and leave your email address. The HUB newsletter is available on our web site, www.hnc.org.au, along with past newsletters. Our new mailing list is being compiled and we trust you receive your copies shortly.

COMPUTER LESSONS

ARE
YOU INTERESTED
IN LEARNING
BASIC COMPUTING?

The centre has classes every Thursday
[except during school holidays]

Beginners: 9:30am - Intermediate / Advanced: 10:30am

\$6.00 per lesson

Please contact **Leona** on **4639 2868** for bookings or more information.

THE HUB

HNC makes no claims and makes no representations as to the content or suitability of the information in the Newsletter for any purpose.

The views and opinions of contributors to the HUB Newsletter are not necessarily those of the Editor, Staff or Management Committee.

Dates printed in this newsletter are subject to change without notice however any change will be noted on the Harlaxton Neighbourhood Centre web site:

www.hnc.org.au

Caregivers.

Phone today for a series of free booklets to help you support grieving families.

You are sure to have witnessed grieving families' need for help and information.

The quality of the information and assistance a grieving family receives within 48 hours following a death, plays a vital role in their long term well being.

As part of our support role to caregivers, we have compiled a Bereavement Help Kit of practical and sensitive information for the entire family unit.

Comprising of ten free publications, you will gain valuable insights into helping children, teenagers, spouses, friends and work colleagues grow through the experience of loss.

Ensure you have this vital caregiving tool by phoning today.

Bereavement Help Kit stocks are available free of charge, every day of the year, from Burstows. Call Burstows Funeral Information and Preplanning Centre Ph 4638 9895 to receive your free Kit.

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Funeral Care
Since 1900

HOW TO
GROW
THROUGH
LOSS
with Trevor
and Don
Burstow



Trevor Burstow



Don Burstow

■ **Trevor & Don Burstow**
are Directors of Burstows Funerals
- a local family funeral company
established in 1900.