

# Services Information Booklet



**Picabeen Community Centre**  
**Older Women's Network Queensland**

**Picabeen Community Association Inc.**  
**and**  
**Older Women's Network Queensland (OWNQ)**

Have come together to create this booklet as a source of local information for seniors who are living in the North West Brisbane area.

This collaborative project has originated from conversations around 'what does it take to create an Age-friendly Community?' The age-friendly approach is recognised globally as a useful and effective way to improve the lives of older people and it also benefits people of all ages and future generations. The model used for an age-friendly community aims to improve the quality of life of not only older people but the wider community; a model and approach that fits well with the ethos of both Picabeen and OWNQ.

In March 2018, Picabeen and OWNQ held a community consultation to hear the views of older people about what it would take to create an age-friendly community in their local area. Overwhelmingly, older people identified that finding out where to go to for assistance and support or where they can meet for social gatherings has become increasingly difficult; and so the idea of booklet was born.

This booklet is a 'go-to' resource that contains a wealth of information about the array of services, organisations and activities that are available locally for senior people to access.

Picabeen Community Association Inc. and OWNQ would like to like to acknowledge our wonderful volunteers, Annette Rowlands and Carla Diniz who have been instrumental in bringing this booklet together

Jillian Warren  
Centre Manager  
Picabeen Community Association Inc.

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## **Picabeen Community Centre**

Picabeen with its grass roots approach provides targeted support services for vulnerable people and a wide range of services and activities for all community members

### **Picabeen Services**

#### **❖ No Interest Loan Scheme (NILS)**

- Appointments essential - phone for details

#### **❖ Emergency Relief**

- Appointments essential - phone for details

#### **❖ Counselling Confidential & Free**

- Tuesday – Appointments essential
- Contact Centacare: 3251 5000

#### **❖ Food Parcels**

- Monday to Friday from 9am to 4pm

#### **❖ Justice of the Peace Service**

- Available most days - phone for details

#### **❖ Youth Programs and Services**

- Supporting young people 12-18 years old

❖ **Free Tax Help**

- August to October – phone for appointment

## **Picabeen Classes**

❖ **Computer Class: Free**

- Thursday and Friday
- Phone for details and bookings

❖ **Conversational English Class: Free**

- Friday from 9:30am to 11:30am
- For people from Non-English speaking backgrounds

❖ **Coffee, Books and Conversation- Free**

- Monday from 1pm to 3pm

❖ **Craft Class: \$5.00**

- Thursday from 10:30am to 12:30pm

❖ **Art Class: \$5.00**

- Friday 1pm to 3pm (Serious Art Students Drawing and Painting)

❖ **Sewing Circle: \$5.00**

- Thursday from 1pm to 3pm

❖ **Tai Chi: \$5.00**

- Thursday from 9.30am to 10.30am
- Bookings essential

❖ **Yoga classes: \$5.00**

- Monday from 8am to 9:15am
- Wednesday from 10am to 11:15am (except 4th Wed of month)  
Beginners are welcome

# Picabeen Classes

## ❖ **Scrabble: \$5.00**

- Friday from 1pm to 3pm

## ❖ **Play Group: Donation appreciated**

- Monday and Friday from 10am to 12pm

## ❖ **Room hire**

- By application

## ❖ **Public Computers: Free access**

- Thursday to Friday from 9am to 3pm

## ❖ **Photocopying/Laminating/Scanning: Small Cost**

- Monday to Friday from 9am to 4pm

- Phone: 3354 2555 | 3354 1103
- Email: [info@picabeen.org.au](mailto:info@picabeen.org.au)
- Address: 22 Hoben Street, Mitchelton

# Older Women's Network Queensland

OWNQ provides the means for women to support each other, explore other cultures and find a new understanding in the pursuit of continuing health and new friendship

Meets 4th Wednesday of each month from 10am to 12pm

- Address: 22 Hoben Street, Mitchelton at Picabeen Community centre
- Contact: Barbara 3351 1864 | 3358 2301

The Older Women's Network is committed to promoting the rights, dignity and wellbeing of older women



# GOVERNMENT SERVICES

## **Aged Care Complaints Commissioner**

- Phone: 1800 550 552
- Website: [www.agedcarecomplaints.gov.au](http://www.agedcarecomplaints.gov.au)

## **Centrelink - Older Australians**

Aged pension Bereavement assistance and concession cards

- Phone: 13 23 00
- Website: [www.humanservices.gov.au/bereavementpayment](http://www.humanservices.gov.au/bereavementpayment)

## **Centrelink - Carers**

Carer Payment/ Allowance – People with disabilities

- Phone: 13 27 17

## **Centrelink - Crisis Payment/ Special Benefit**

- Phone: 13 28 50

## **Centrelink - Indigenous Australians**

- Phone: 1800 138 193

## **Centrelink - Superannuation**

- Phone: 1300 131 060

## **Energy and Water Ombudsman**

- Phone: 1800 662 837

## **Elder Abuse Prevention Unit Elder Abuse Helpline**

- Phone: 1300 651 192
- Email: [eapu@uccommunity.org.au](mailto:eapu@uccommunity.org.au)



# GOVERNMENT SERVICES

## National Continence Helpline

- Phone: 1800 330 066

## My Aged Care

The starting point to access the Australia Government funded services and all types of aged care services

- Phone: 1800 200 422

## National Public Toilet Map

The Toilet Map provides information on over 16,000 publicly available toilets across Australia, including accessibility, opening hours and facilities, such as showers & baby change

- Website: [www.toiletmap.gov.au](http://www.toiletmap.gov.au)

## Queensland Government Concessions- Seniors Go Card

- Phone: 13 74 68
- Email: [concessions@smartservice.qld.gov.au](mailto:concessions@smartservice.qld.gov.au)
- Website: [www.qld.gov.au/seniorcard](http://www.qld.gov.au/seniorcard)

## Queensland Justices Association

- Phone: 1800 061 423
  - ❖ **Brisbane North Branch**
- Email: [brisbanenorth@qja.co](mailto:brisbanenorth@qja.co)
- Email: [southpine@qja.com.au](mailto:southpine@qja.com.au)

## Spot the Scam

- Website: [www.qld.gov.au/fairtrading](http://www.qld.gov.au/fairtrading)

- Website: [www.scamwatch.gov.au](http://www.scamwatch.gov.au)
- Phone: 1800 941 126

## **GOVERNMENT SERVICES**

### **System advocacy – For impaired decision-making**

- Phone: 3224 7424
- Email: [public.advocate@justice.qld.gov.au](mailto:public.advocate@justice.qld.gov.au)

### **Office of Fair Trading QLD – Customers Complaints**

- Phone: 13 74 68
- Phone: 3008 5936
- Website: [www.qld.gov.au](http://www.qld.gov.au)

### **ADA – Australia – Your Aged and Disability Advocates**

Supporting individuals to be heard

- Phone: 1800 818 338
- Email: [info@adaaustralia.com.au](mailto:info@adaaustralia.com.au)
- Website: <https://adaaustralia.com.au>

### **OPAN– Older Persons Advocacy Network**

Support of an advocate or independent advice about aged care options

- Phone: 1800 700 600
- Email: [enquiries@opan.com.au](mailto:enquiries@opan.com.au)
- Website: <http://www.opan.com.au>

### **Senior Community Services**

- Phone: 13 74 68
- Website: [communities.qld.gov.au/communityservices/seniors](http://communities.qld.gov.au/communityservices/seniors)

# **EMERGENCY NUMBERS**

## **Australia's Primary Emergency Call Service Number**

Life threatening or time critical emergency situations

- Phone: 000

## **SES Assistance in Floods and Storms**

For help with a damaged roof, rising floodwater, trees fallen on buildings, or storm damage

- Phone: 132 500

## **Police Attendance**

- Phone: 131 444

## **Ferny Grove Police Station**

- Phone: 3872 1555

## **Traffic and Travel Information**

For incidents, special events, roadworks and closures/limits

- Phone: 13 19 40

## **13 Health**

Health advice over the phone

- Phone: 13 43 25 84

## **Emergency Housing Assistance**

Emergency and Temporary accommodation after a disaster

- Phone: 13 74 68

## **SERVICES INFORMATION**

### **Australian Red Cross**

#### **❖ Brisbane office**

- Phone: 3367 7222
- Address: Humanity Place, 49 Park Rd, Milton

#### **❖ Alderley office**

- Phone: 3356 2036
- Phone Free call: 1300 554 419
- Email: [gldredcross@redcross.org.au](mailto:gldredcross@redcross.org.au)
- Address: 47 South Pine Rd, Alderley

### **Anglicare**

Support for all stages of transition to retirement with a range of support services

- Phone: 1300 610 610
- Website: [www.anglicaresq.org.au](http://www.anglicaresq.org.au)

### **Blue Care Community Care**

- Phone: 1300 673 163
- Email: [customerservice@bluecare.org.au](mailto:customerservice@bluecare.org.au)
- Address: Lower level 1-5 Queens Road Everton Hills

### **Care Connect – Home Care Advice and Services**

Helping older people live independently longer at home

- Phone: 3867 2200
- Phone Free call: 1800 692 464
- Website: [www.careconnect.org.au](http://www.careconnect.org.au)

### **Carer Advisory Service - Carers Australia**

- Phone: 1800 242 636
- Website: [www.careraustralia.com.au](http://www.careraustralia.com.au)

## **SERVICES INFORMATION**

### **Gambling Help Service – Relationships Australia Queensland**

- Phone: 3423 69 50

### **Council on the Ageing (COTA) Queensland**

A range of services can be provided under a Home Care Package, including care services, support services, clinical services and other services to support a person living at home

- Phone: 3316 2999
- Toll free (within Queensland): 1300 738 348
- Email: [info@cotaqld.org.au](mailto:info@cotaqld.org.au)

### **Foresters Community Finance**

Community Loans and NILS Loans Low Interest loans

- Phone: 3851 8000
- Email: [info@foresters.org.au](mailto:info@foresters.org.au)

### **Queensland Community Care Network Inc.**

A range of programs all focused on combating social isolation within the aged care community

- Phone: 07 3040 0287
- Email: [info@qccn.org.au](mailto:info@qccn.org.au)

### **Qstars – Tenant Advice and Referral Service**

Free tenancy referral and advice services

- Phone: 1300 744 263

### **Relationships Australia – Elder Relationship Services**

Counselling and mediation to support families with complex issues

- Phone: 1300 364 277
- Website: [www.raq.org.au](http://www.raq.org.au)

## **SERVICES INFORMATION**

### **Suncare Community Services – Respite for Carers**

Housekeeping assistance, Home delivered meals, Personal care

- Phone: 1800 786 227
- Email : [info@suncare.org.au](mailto:info@suncare.org.au)

### **Council of Carers**

Provide specialised disability, aged and carer support services

- Phone: 1800 242 636

### **Seniors Enquiry Line**

Help people with concessions, social activities, household assistance, retirement accommodation, financial and legal matters, health, education, transport and other issues

- Phone: 1300 135 500
- Email: [sel@ucommunity.org.au](mailto:sel@ucommunity.org.au)

# ASSISTANCE AT HOME

## **Angels in Aprons – Home and Hospital Help**

- Phone: 0406 076 885
- Email: [sharon@angelsinaprons.com.au](mailto:sharon@angelsinaprons.com.au)

## **Communify Inner West Home Assist**

- Phone: 3366 3066
- Email: [admin@communify.org.au](mailto:admin@communify.org.au)

## **Karuna – Home Based Community Palliative Care**

- Phone: 3632 8300
- Email: [karuna@karuna.org.au](mailto:karuna@karuna.org.au)

## **Home Assist Secure**

Home maintenance and home medication. Assistance to eligible clients

### **❖ Stafford**

- Phone: 3856 6222

### **❖ Pine Rivers**

- Phone: 3889 1852

## **Home Instead Senior Care**

- Phone: 3067 6423
- Email: [info@homeinstead.com.au](mailto:info@homeinstead.com.au)
- Website: [try.homeinstead.com.au](http://try.homeinstead.com.au)

# ASSISTANCE AT HOME

## **Mitchelton Meals on Wheels**

- Phone: 3354 3919
- Email: [mitmow@bigpond.com](mailto:mitmow@bigpond.com)

## **Mitchelton Neighbourhood Watch**

- Phone: 3355 3088
- Email: [nhwq@police.qld.gov.au](mailto:nhwq@police.qld.gov.au)

## **Stafford Meals on Wheels**

- Phone: 3356 2382
- Email: [staffmow@optusnet.com.au](mailto:staffmow@optusnet.com.au)

## **St. John Ambulance (QLD) Community Services**

Transport, Silver Card Services, Security, Friendship & respite calls

- Phone: 1300 360 455
- Website: <https://stjohnqld.com.au>

## **QLD Rehab – Hire of Hospital equipment**

- Phone: 1300 894 142
- Email: [info@qldrehab.com.au](mailto:info@qldrehab.com.au)

## **Gordon Park Respite Centre (Alzheimer's Assoc. Qld Inc.)**

Day and overnight respite

- Phone: 3857 2191
- Email: [gpadmin@alzheimeronline.org](mailto:gpadmin@alzheimeronline.org)



# ASSISTANCE AT HOME

## **Centacare Enoggera Respite Centre**

Aged, Dementia and overnight care

- Phone: 1300 236 822

## **Dementia Australia**

Friendship group at North Lakes. Offering coffee, chats, lunch outings for carers and people with dementia and their families

Meet last Thursday of the month

- Phone: 3895 8200 | 3014 6684 | 1800 100 500
- Website: [fightdementia.org.au](http://fightdementia.org.au)

## **Wesley Mission Queensland**

### ❖ Arana Hills Respite Centre

- Phone: 1300 541 647

### ❖ Pine Rivers Respite Centre

- Phone: 3480 7240

## **GP2home**

Bulk Billed medical care in your home

- Phone: 1800 472 4663

Website: [www.GP2home.com.au](http://www.GP2home.com.au)

# SOCIAL ACTIVITIES

## Gaythorne RSL Club

The sub-branch offers assistance to all serving and ex-serving members of the Australian Defence Force and their families. Offering some activities such as Bingo

Monday from 10am to 1:30pm and Sunday from 1pm to 3pm

- Phone: 3355 4655
- Email: [committee@gaythornersl.com.au](mailto:committee@gaythornersl.com.au)
- Address: 534 Samford Rd Mitchelton

## Welfare (Mitchelton) Day Club Activities

The Day Club is run each Wednesday from 10am to 2pm

- ❖ Tai Chi
  - ❖ Morning tea/Light Lunch
  - ❖ Card/Board Games
  - ❖ Indoor Bowls
  - ❖ Live Entertainment
  - ❖ Fashion Parades
  - ❖ Bus Trips
- Address: 97 Blackwood Street, Mitchelton
  - At Seventh Day Adventist Hall
  - Phone Jocelyn: 0419 737 362 | 3355 7151

## The Nest – Social Groups

Brown Owls, Knitters and Knatters, Book Club

- Phone: 3355 7241
- Email: [info@nestcommunity.org.au](mailto:info@nestcommunity.org.au)
- Website: <http://www.nestcommunity.org.au>

## Teralba Park Stolen Generation Support Group

Gather at Teralba Park each year on 26th May to remember Stolen Generations. Assist Aboriginal and Torres Strait Islanders to celebrate their culture. Different activities: Dance Workshops, Yarning circles

- Phone: 0419 676 858
- Email: [Bianca.jarro@live.com.au](mailto:Bianca.jarro@live.com.au)

# MEN'S GROUPS

## **Arana Hills Uniting Church, Arana Hills**

On the 1st and 3rd Friday of each month men from the local community meet

- Phone: Don Scott 3351 6595
- Email: [aranahillsunitingchurch@gmail.com](mailto:aranahillsunitingchurch@gmail.com)
- Address: Alstonia St, Arana Hills

## **PRISM – (Pine Rivers Initiative for Senior Men)**

Meets every 2<sup>nd</sup> Thursday of the month from 10am to 11:30am at Pine Rivers Neighbourhood Centre Cafe

Chat and coffee - No fees

- Phone: 3261 2323 | 0438 612 324
- Address: 865 Gympie Road, Lawnton

## **Tramway Museum Brisbane**

The type of activities engaged in at the Men's Shed is varied and depends upon what is on the program at the time

Meetings are held at the museum on Tuesdays with the site open from 8am to 4pm

- Phone: Keith Tidey 3351 1776
- Address: 50 Tramway Street, Ferny Grove

## **Stafford Community Men's Shed**

Opening times: Monday and Friday from 8am to 12pm (Holidays excepted)

- Phone: Col Krome 0411 156 750
- Phone: 3355 6295
- Email: [coldell@optusnet.com.au](mailto:coldell@optusnet.com.au)
- Address: 1 Eudunda Street, Stafford

# MEN'S GROUPS

## **Ridley Road Community Men's Shed**

- Phone: 3162 9824
- Email: [kellawton@gmail.com](mailto:kellawton@gmail.com)
- Address: 30A Ridley Road, Bridgeman Downs

## **Men's Wellbeing**

Men's Wellbeing is focused on developing the wellbeing of men to foster healthy relationships, families & communities

- Phone: Matthew on 0499 172 404

## **Men of the Trees- MOTT Queensland Branch**

Stabilise eroding soil profiles, mitigate climatic extremes, provide flora and fauna habitat, provide timber and other products

- Phone: 3366 1448
- Email: [info@mottqld.com.au](mailto:info@mottqld.com.au)

## **Men's Shed – Baptist Church**

The Tasman Street men's shed is open each Tuesday (Except January) from 1pm to 8pm

- Phone: Graham Lane 3359 6855 | 0412 671 732
- Address: 268 Appleby Rd, Stafford Heights

# SENIOR GROUPS

## **Arana Hills Senior Citizens**

Operates each week. Activities include cards, indoor bowls and bingo.

- Phone: 3355 2958

## **Mitchelton & District Senior Citizens Club Inc.**

Offers various activities including concerts, cards, social and competition bowls, dances, handicrafts and bus tours

- Phone: 3355 0358
- Address: 30 Tel-el-kebir Street, Mitchelton

## **Ferny Grove National Seniors Association**

Meets on the second Monday of the month at 10am

- Phone: 3351 2979
- Address: Arana Leagues Club, Dawson Parade, Ferny Grove

## **National Seniors Australia Albany Creek Branch**

- Phone: 3264 3033
- Email: [secretary@nsaalbanycreek.org.au](mailto:secretary@nsaalbanycreek.org.au)
- Address: 30 Oscar Crescent, Albany Creek

## **Mitchelton - Everton Park National Seniors Association**

Provides financial support in the form of grants to hospitals, aged care facilities etc. for the benefit of over 50 Australians

- Phone: 3851 2986
- Address: Gaythorne RSL Club, 534 Samford Road Mitchelton

# SENIOR GROUPS

## **Supporting Queensland Grandparents - Grandparents program**

Designed to provide the children of these families with fun and interesting activities and give grandparents the opportunity to have some well-earned time out

- Phone: 1300 135 500
- Email: [grandparentsinfo@uccommunity.org.au](mailto:grandparentsinfo@uccommunity.org.au)

# VOLUNTEERING

## **Friends of the Library – Support Libraries-Arana Hills Library**

Joining the Friends of the Library (FOLs) group provides a great opportunity to help promote and support libraries by organising activities, sponsoring special programs, and fundraising

- Phone: 3351-3401
- Address: 96 Narellan Street, Arana Hills

## **Picabeen Community Centre**

Volunteers provide invaluable support and assistance for activities, programs and services

- Phone: 3354 2555
- Email: [info@picabeen.org.au](mailto:info@picabeen.org.au)

## **The Nest – Social Groups**

Volunteers can help in the areas of administration, cleaning, helping to maintain the shop and keeping the garden looking loved

- Phone: 3355 7241
- Email: [info@nestcommunity.org.au](mailto:info@nestcommunity.org.au)
- Address: 720 South Pine Road, Everton Park

## **The Men of the Trees (MOTT)**

The volunteers support Saturday planting groups

- Phone: 3366 1448
- Email: [info@mottqld.com.au](mailto:info@mottqld.com.au)

# SPORTS

## **The Ferny Hills Swimming Pool**

- Phone: 3351 1338
- Email: [mmckiernan@belgravialeisure.com.au](mailto:mmckiernan@belgravialeisure.com.au)
- Address: 52 Ferny Way, Ferny Hills

## **Everton Park Bowls & Community Club**

- Phone: 3355 5588
- Email: [admin@evertonparkbowlsclub.com.au](mailto:admin@evertonparkbowlsclub.com.au)
- Address: 7 Gearside Street, Everton Park

## **Enoggera Bowls, Sports and Community Club**

- Phone: 3355 1310
- Email: [admin@enoggerabowlsclub.com.au](mailto:admin@enoggerabowlsclub.com.au)
- Address: 72 Pickering Street (corner Bowling Street), Enoggera

## **Ferny Grove Bowls, Sports & Community Club**

- Phone: 3851 1889
- Email: [admin@fernygrovebowls.com.au](mailto:admin@fernygrovebowls.com.au)
- Address: 20 Tramway Street (corner of Samford Road), Ferny Grove

## **Ferny Districts Amateur Fishing Club Inc.**

- Phone: 3353 4655
- Email: [fdafcinc@gmail.com](mailto:fdafcinc@gmail.com)
- Address: 11 Cabrilla Street, Everton Hills

## **Gaythorne Bowls Club**

- Phone: 3355 2048
- Email: [gbscc@bigpond.com](mailto:gbscc@bigpond.com)
- Address: 18 Prospect Road, Gaythorne Brisbane



# SPORTS

## **Stafford Bowls Club INC**

- Phone: 3356 5449
- Address: 352 Stafford Road, Stafford

## **Ferny Hills Tennis Centre**

- Phone: 3851 0444
- Email: [proshop@fernyhills.com.au](mailto:proshop@fernyhills.com.au)
- Address: 144 Samford Road, Ferny Hills

## **PCYC – Police Citizens Youth Club**

Life fit (Over 50's) Monday, Wednesday and Friday from 10am to 11am

Members \$7 | non-Members \$12 | Membership for PCYC is \$6 for seniors (60's +)

- Phone: 3855 1980
- Address: 135A Olearia St West, Arana Hills

## **Healthy Heart Walking**

### ❖ **Ferny Walking Group**

Monday, Tuesday and Thursday at 4:30pm

Meeting point: Ferny Hills Pool Car Park

- Address: Ferny Hills
- Phone: Sue 0415 665 793 (Walk Organiser)

### ❖ **Wahminda Walkers**

Monday, Wednesday and Friday at 9am

Meeting point: Car park near tennis court

- Address: Wahminda Park Samford Road, Ferny Hills
- Phone: Kerri 0418 708 313 (Walk Organiser)

# SPORTS

## ❖ **Brookside Walking Group**

Monday, Wednesday and Friday at 6:45am

Meeting point: Brookside Shopping Centre, customer service desk

- Address: Osborne RD, Mitchelton
- Phone: Grietje 0435 035 947 (Walk Organiser)

## ❖ **Mitchelton Walkers**

Tuesday and Thursday at 7am

Meeting point: Teralba Park, first carpark off Osborne Rd

- Address: Teralba Park, Osborne Rd, Mitchelton
- Phone: Kay 0409 349 451(Walk Organiser)

# ASSISTED TRANSPORT

## **CATS- Community Assisted Transport Service**

Is a volunteer-based community service that provides door to door transport for eligible clients (Moreton Bay Region Council area residents)

- Phone: 3204 3900

## **Council Cabs – Door-to-door shared transport**

Council Cabs Connected Communities Brisbane (available throughout Brisbane city)

- Phone: 3403 2227

## **St. John Ambulance (QLD) Community Services**

Transport services available to people who living in the greater north Brisbane, Pine Rivers, Redcliffe areas, Bundaberg, Maryborough, Hervey Bay and surrounding areas

- Phone: 1300 360 455
- Email: [tap@stjohnqld.com.au](mailto:tap@stjohnqld.com.au)

## **Comlink Mobility**

Community transport service to support older people to be able to access health services, shopping, events and social needs

- Phone: 1300 761 011

# CLUBS

## Arana VIEW Club

Meeting Day on 1st Wednesday of each month at Arana Leagues Club, Supporting the Smith Family's Learning for Life programme

- Phone: 3252 2776
- Email: [aranaview@gmail.com](mailto:aranaview@gmail.com)
- Address: 247 Dawson Parade, Keperra

## Lion's Club

### ❖ Albany Creek

- Phone: 3264 3133
- Email: [albany-creek@lionsq3.org.au](mailto:albany-creek@lionsq3.org.au)

### ❖ Bunya

- Email: [dmhedges@optusnet.com.au](mailto:dmhedges@optusnet.com.au)
- Email: [johnlcreagh@bigpond.com](mailto:johnlcreagh@bigpond.com)

### ❖ Inner North

- Phone: 3353 6021
- Email: [brisbane-inner-north@lionsq3.org.au](mailto:brisbane-inner-north@lionsq3.org.au)

## Golden Valley Keperra Lions Club

Meeting 1st & 3rd Wednesday of the month

- Email: [gvk@lionsq3.org.au](mailto:gvk@lionsq3.org.au)

## Probus Club

### ❖ Albany Creek

- Phone: 3263 8573
- Email: [d.hammer@bigpond.com](mailto:d.hammer@bigpond.com)

### ❖ Everton Inc.

- Email: [sm.casalaina@gmail.com](mailto:sm.casalaina@gmail.com)

### ❖ Mitchelton

- Email: [clarah@powerup.com.au](mailto:clarah@powerup.com.au)

# CLUBS

## **Rotary Club**

### ❖ **Albany Creek**

- Phone: 3266 2047
- Email: [secretary@rotaryalbanycreek.org.au](mailto:secretary@rotaryalbanycreek.org.au)

### ❖ **Mitchelton Rotary Club**

- Phone: 0418 785662
- Email: [johnsinnamon@gmail.com](mailto:johnsinnamon@gmail.com)

## **Zonta Club of Brisbane INC**

Supports a range of local services and advocacy projects, awards, and community-based initiatives

- Email: [brisbane@zontadistrict22.org](mailto:brisbane@zontadistrict22.org)

## **Arana Bridge Club**

- Phone: 3851 0299
- Email: [aranabridge@netspace.net.au](mailto:aranabridge@netspace.net.au)

# CRAFT

## **Knitting for the Needy**

A friendly group of women who meet each Thursday from 10am to 12pm. Knitters and Crocheters are welcome

- Phone: 3351 3401
- Address: Arana Hills Library - 96 Narellan Street, Arana Hills

## **Purlers Knitting Group**

Thursday meet at 1pm

- Phone: 3403 7411
- Address: Mitchelton Library- 37 Heliopolis Parade, Mitchelton

## **Everton Park Library - Scrapbooking**

Thursday at 5:30pm

- Phone: 3403 7400
- Address: 561 S Pine Road, Everton Park

## **Picabeen Community Centre**

Learn new skills and meet new friends. Held weekly in a happy creative environment

Art and Craft class sessions run from 10am to 12:30pm on Thursdays

Sewing Class gathers from 1pm to 3pm on Thursdays

- Phone: 3354 2555
- Email: [info@picabeen.org.au](mailto:info@picabeen.org.au)
- Address: 22 Hoben Street, Mitchelton

## **The Nest – Social Groups**

- Phone: 3355 7241
- Email: [info@nestcommunity.org.au](mailto:info@nestcommunity.org.au)
- Address: 720 S Pine Rd, Everton Park

# COMPUTER CLASSES

## **Picabeen Community Centre**

On Thursday or Friday mornings learn to manage emails or simple Word documents and other basic computer skills

- Phone: 3354 2555
- Email: [info@picabeen.org.au](mailto:info@picabeen.org.au)
- Address: 22 Hoben Street, Mitchelton

## **Arana Hills Library**

Digital Photography – Every 2<sup>nd</sup> Thursday of the month from 6pm to 8pm

- Phone: 3351 3401
- Address: 96 Narellan Street, Arana Hills

## **U3A Pines Rivers INC**

- Phone: 3880 6677
- Address: Bunya House 1167 South Pine Road, Arana Hills

## **Mitchelton Library**

Free digital literacy training- The Tech Connect program provides an opportunity for participants to learn new skills for using technology such as computers and devices, the internet and email, as well as social media

- Phone: 3403 7411
- Address: 37 Heliopolis Parade, Mitchelton

# GARDENING

## **Albany Creek Garden Club Inc.**

- Phone: 3353 1131
- Email: [albanycreekgardenclub@gmail.com](mailto:albanycreekgardenclub@gmail.com)

## **North Brisbane Orchid Society Inc.**

- Phone: 3353 3612
- Email: [northbrisbaneorchidsociety@yahoo.com.au](mailto:northbrisbaneorchidsociety@yahoo.com.au)

## **Mitchelton Garden Club**

- Phone: 3356 1256 | 3851 0894
- Address: 21 Kolora Cres, Ferny Hills

## **The Gap - Community Garden Inc.**

Community Garden uses a POD system to manage the garden and the communal areas. PODS are small groups of about 5 or 6 people who take responsibility for the planning, development and maintenance of different parts of the garden

- Phone: Murray Don 3300 2505
- Address: 98 Yoorala St, The Gap

## **The Hills Organic Garden**

HOG is a community growing project run by local gardeners who welcome anyone who would like to plant, nurture, grow and share healthy food together

Second & Fourth Sunday of the Month

From 8am to 10am (Apr - Oct)

From 3pm to 6pm (Nov - Mar)

- Address: 416 Bunya Road BUNYA
- Website: <http://hog.org.au>



# INTEREST GROUPS

## **Brisbane Brass Music Association**

- Email: [vp.events@brisbanebrass.org.au](mailto:vp.events@brisbanebrass.org.au)

## **Enoggera and Districts Historical Society Inc.**

Tuesdays and Thursdays from 10am to 2pm

- Phone: 0439 554 072
- Email: [edhs.secretary@gmail.com](mailto:edhs.secretary@gmail.com)

## **North Pine Bush Poets**

- Phone: 3630 5161
- Email: [noel@noelstallard.com](mailto:noel@noelstallard.com)

## **Queensland Family History Society**

- Email: [secretary@qfhs.org.au](mailto:secretary@qfhs.org.au)

## **The Hills Players Production**

A local theatrical group

- Phone: 3351 4496
- Email: [margie.reid@bigpond.com](mailto:margie.reid@bigpond.com)
- Address: St Matthews Church Hall, Church Road, Mitchelton

## **Treble M Choir**

If you have a good ear for music and are available to practice on Tuesday evenings, they would love to hear from you

- Phone: 3855 2141
- Email: [ntleigh@bigpond.net.au](mailto:ntleigh@bigpond.net.au)

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# NOTES

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