It has been a tough week with extreme heat dominating our life and our conversations. Like you, I am hoping that the high temperatures will soon be replaced by rainfall and cooler weather. We have in the newsletter some tips on how to cope in this hot weather.

Christmas is almost upon us again and the Cairns Post has again conducted their Adopt a Family Christmas Appeal. It is great that some of our tenants will benefit from this wonderful initiative. This year 16 families will receive hampers and gifts from generous people who have “adopted” our families. My heartfelt thanks to you for spreading the real meaning of Christmas. We will be busy distributing these and other hampers during December, a task our staff love doing as it brings so much joy to individuals and families. A special thanks to the Cairns Post, the Cairns Regional Council, the Salvation Army and staff and Board Directors of Access Housing for your generosity and support.

We held our AGM in October and it was great to have one of our tenants, Monwell entertain us with his guitar playing and singing and then to speak at the meeting. Thanks Monwell and thanks to all who attended. It was an opportunity to reflect on our achievements this year and to highlight some of the exciting plans for 2019. I would like to thank all the staff, the Board and our support service partners for your commitment and support during 2018.

I would like to wish you and your families a safe, happy and blessed Christmas and I look forward to working with you in the coming year. Cheers

From the CEO’s Desk

Donna-Maree
CAUTION: storms, floods and cyclones ahead!

It has been dry but the storm season may be just around the corner.

Cyclone information

The Cairns region is a beautiful, tropical area that is vulnerable to natural disasters. We are cyclone and flood prone. We live very close to the sea and extensive areas of bush. There is one main road in and out. Please ensure you are prepared in case of any natural disaster. Please visit the www.cairns.qld.gov.au for further information.

Assistance with evacuation

Cairns Regional Council assist people to evacuate if they are on their Evacuation and Recovery register. This register is for residents within the Cairns region who:

• are frail, aged and/or have a disability; and
• live alone and have no friends or relatives in the Cairns area that could help them in an emergency situation or evacuation;
• have no transport;
• are able to administer their own medication (if required); and
• are not receiving significant assistance or support from a funded service provider.

For further information contact the Council’s Disaster Management Unit on 4044 3044 or email disasterunit@cairns.qld.gov.au

Free Mulch Giveaway

14th – 17th December

Take advantage of Council’s free shredded green waste offer.

Locations:
Portsmith & Gordonvale Transfer Stations;
7 Days - 8.30am – 5.15pm
Smithfield Transfer Station;
Mon – Sat 7.00am to 5.15pm & Sun 9.00am to 5.15pm
Babinda Transfer Station;
Friday, Sunday, Monday 8.30am to 4.45pm

Going away over Christmas?

Don’t make it too obvious – organise for your yard to be kept tidy and have your mail collected.

Emergency Repairs

If you have any emergency repairs out of office hours, contact the following number:

Electrician or Plumber 1300 782 586

Then press: 1 for an electrician  2 for a plumber

Please call this number only if you have a problem that is dangerous, a threat to your health or may cause major property damage. Remember that if it is not an emergency you may be charged for the call. Please ensure you give correct details (eg mobile, phone number and address) when leaving a message and that you are at home for the contractor to attend to the problem.
Centacare FNQ's new community project aims to build on strengths and resilience in the neighbourhoods of Manunda, Manoora and Mooroobool. The emphasis is on whole-of-community cohesion and connection, with initiatives driven and designed by locals. The new project name is 'Our Place # We are Cairns West! To find out more please phone 4044 0130.

**The dates for the Community Workshops in 2019.**

Saturday 2nd March -1pm to 5pm – Manoora
Tuesday 5th March 4.30pm to 8.30pm – Mooroobool
Saturday 9th March 9am to 1pm – Manunda

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**Urban Art Project by Daniel (Wally) Wallwork**

Daniel has been painting at more complexes. Great to see our tenants getting involved in making their complex more vibrant and colourful.

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**Cairns Young Chamber ‘Amazing Race Challenge’**

‘Well done ACHC Queens’

Congratulations to 4 of our amazing staff who in sweltering heat came 5th in the Amazing Race Challenge which involved running around Cairns solving challenges.

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**My Health Record**

In 2019, you will get a My Health Record unless you opt out. If you don’t want a My Health Record, complete the online process by 31 January 2019. You will need your Medicare card and drivers licence (or other identification) to complete the opt-out process. If you would like to opt out of My Health Record please visit https://www.myhealthrecord.gov.au/for-you-your-family/opt-out-my-health-record

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**Andrea from Uniting Care visits Access Housing’s interview rooms providing an outreach service for financial counselling and support. Andrea will be in our office on the 13th December 2018 from 9:00 to 12:15pm. If you would like to make an appointment please phone the office on 4031 6702 or speak to your tenancy officer.**

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**Wading Pools**

Inflatable wading pools are a great way of keeping cool in the hotter months but there are tough State Government laws regarding pool safety that need to be taken into account. It is also a breach of your tenancy, your water bills will increase and council could fine you. There are plenty of places to cool down in Cairns so please find an alternative to avoid a costly expense. Try the lagoon, shopping centres or your local pool.
Upcoming Festive Events

**Shield St Community Christmas Concert**
Date: Sat 8th December @ 3.00pm
Location: Stage next to The Woolshed, Shield Street

**Carols at Yorkeys Knob**
Date: Sun 9th December @ 5.00pm
Location: Old School Park, Yorkeys Knob

**Carols by Candlelight**
Date: Sun 9th December @ 5.00pm
Location: Fogarty Park, Cairns Esplanade

**Gordonvale Carols in the Park**
Date: Fri 14th December @ 4.30pm
Location: Norman Park, Gordonvale

**Holloways Beach Christmas Carols**
Date: Sat 15th December 5.30pm
Location: Holloways Beach Sports Club Oval, Wistaria Street, Holloways Beach

**Crystalbrook Collection New Year's Eve at the Esplanade**
Date: Mon 31st December @ 5.30pm – 12.05am
Location: Cairns Esplanade
Fireworks at 9.00pm and Midnight

**Palm Cove New Year's Eve Fireworks**
Date: Mon 31st December @ 8.00pm
Location: Palm Cove Foreshore
Fireworks at 8.00pm and Midnight

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**Community Christmas Celebrations**
Saturday 8th December 2018, 4-6.30pm
Lennon Street Park, Lennon Street, Manunda
for more information Ph: 0438182800
Email: hello@manooracommunity.org

**DATES TO REMEMBER**

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<thead>
<tr>
<th>DATE</th>
<th>INFORMATION</th>
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<tbody>
<tr>
<td>Friday 14th Dec 2018</td>
<td>Last School Day – Prep to Year 9</td>
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<tr>
<td>Tuesday 25th Dec 2018</td>
<td>Christmas Day</td>
</tr>
<tr>
<td>Wednesday 26th Dec 2018</td>
<td>Boxing Day</td>
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<tr>
<td>Tuesday 1st Jan 2019</td>
<td>New Years Day</td>
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<tr>
<td>Tuesday 29th Jan 2019</td>
<td>Back to School</td>
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**Staying safe and healthy in hot weather**

Stay connected
- Look after yourself.
- Check on sick or frail friends, neighbours and relatives.
- Listen to the news.

Stay hydrated and nourished
- Drink plenty of water.
- Avoid drinks with alcohol, caffeine and high sugar.
- Eat small meals more often.

Stay cool
- Keep your body cool.
- Find a cool and shady spot.
- Wear light, loose cotton clothes.
- Stay out of the sun from 10 am to 3 pm.
- Slow down and take it easy.
- Avoid hot, closed spaces.

For further information call 13 HEALTH (13 43 25 84) or visit www.health.qld.gov.au/disaster

Contact your nearest public health unit—13 QGOV (13 74 68)