

Better Homes, Better Futures

From the CEO's Desk

This week we are celebrating NAIDOC week with the theme Voice Treaty Truth – let's work together for a shared future. These three elements come from the reforms set out in the Uluru statement from the heart and reflect a unified position that Indigenous Australians seek recognition of their unique place in Australian history and society. 2019 is also being celebrated as the United Nations International Year of Indigenous languages, so it seems fitting for all Australians to hear this nation's Indigenous voice. The cultural framework for practice is currently being developed and this will guide our work in ways that are culturally responsive and respectful. It was wonderful for staff to be part of the celebrations and events during NAIDOC week.

July 1st saw the introduction of a new data management system and hopefully you didn't notice any difference as the process was amazingly smooth. Thanks must go to Jim, Nicole and Aidan who worked over the weekend to ensure we were up and running on the Monday. As we become more adept at the system we hope to see some efficiencies in our processes.

It is survey time again and we are about to launch our tenant survey for 2019. We have as a goal to have a 40% return rate so I would encourage you all to please respond either via the SMS on your phone, email or the paper copy that will be coming to you. This year we have made the survey more streamlined so it should only take a few minutes to complete. The results help us to improve our service to you and look at ways that we can support your tenancy. You can also win one of three \$50 vouchers that we are drawing from those who complete the survey.

Cheers
Donna-Maree



**VOICE
TREATY
TRUTH** 07 - 14
JULY 2019
Let's work together for a shared future.

OUR JOURNEYS HOMELESS TO HOUSING EXHIBITION

FRI 25 JULY - SUN 18 AUG 2019
LAUNCH: 10AM WED 7 AUG

This exhibition displays the work of artist with a lived experience of homelessness, depicting their stories and their journeys to housing

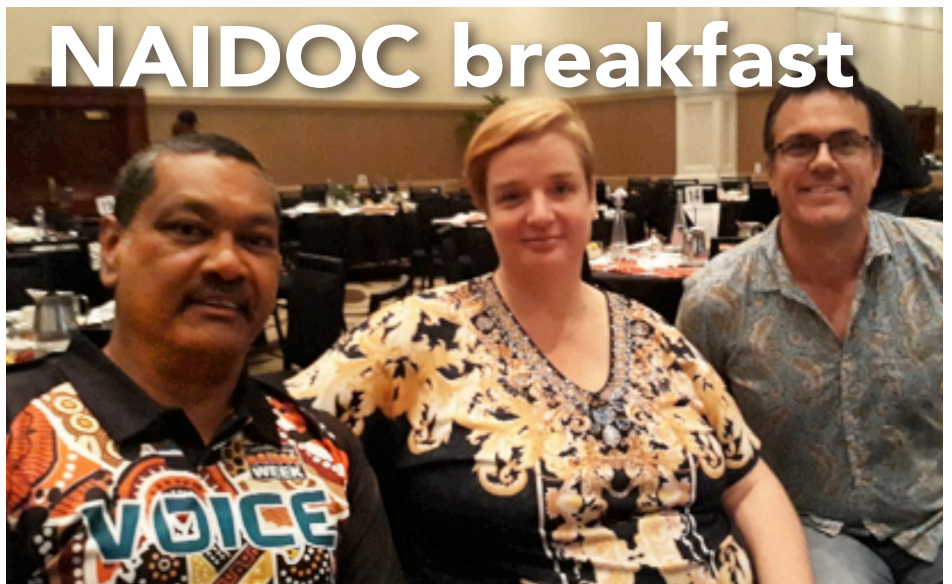


LAUNCH: 10.00am - 2pm Wednesday 7 August COST: Free VENUE: Tank 4
OPEN: 9.00 - 4.30 weekdays, 10.00 - 2.30 weekends
Info: www.tanksartscentre.com

Sunbus will be running buses to and from the Tanks collecting at Earlville Shopping Centre, DFO, Spence St, Martyn St and Raintrees from 9am on the 7 August. For a detailed bus route go to the Cairns Homeless Week facebook page.

Picture: Gavin Ahkee, Megan Sidey and Mark Raymond

NAIDOC breakfast



New interest-free rental loans keep sharks at bay

The State Government has announced the first two locations for interest-free loans in Cairns and the Gold Coast, designed to keep loan-sharks at bay and sustain tenancies.

The loans are to help eligible Queenslanders secure a private tenancy and avoid spiralling debt associated with payday lending.

These set-up and rent sustainment loans will help Queenslanders in need of a helping hand access interest-free loans to help cover initial set-up costs of a private market tenancy – relocation costs, key deposits and other fees and help them pay the rent during difficult times.

The new loans will be offered through Good Shepherd Microfinance's (GSM's) No Interest Loan Scheme (NILS), with support from the National Australia Bank (NAB). Good Money is a partnership between GSM, NAB and state governments. Good Money is offering no-interest or low-interest loans to eligible households so they can make these essential purchases. These loans are available up to the value of \$2000, are interest and fee-free and repayable over 18 months.

The loans will only be available through the initial Queensland Good Money Store located in Cairns.

For more information, go to <https://goodmoney.com.au/loans-services/>.



Good Shepherd
Microfinance



Queensland
Government



Want to reduce your electricity bill?

Follow these easy tips to save you money?

1. Use fans - Air conditioners use a lot of electricity, where possible use ceiling or pedestal fans instead.
2. Use cold water where possible - Use cold water to rinse your dishes and wash your clothes. Almost all stains and dirt can be easily removed in cold water in your washing machine. Simply select the cold-water cycle and make sure the hot water tap is off.
3. Air drying clothes - Clothes dryers are expensive to use. Hang your clothes outside to dry. If it is raining, or you have limited space, try placing clothes on a rack indoors and drying them with a fan.
4. Turn it off - Turn off lights and appliances when you are not using them. Remember to turn appliances off at the main wall socket as standby power uses energy too.
5. Reduce the running cost of your fridge - Set your fridge between 3°C and 5°C, and your freezer between -15°C and -18°C.

Cairns Regional Council

1 Aug 2019 from 5 - 6pm

Learn how to skateboard with the highly qualified ASF Skateboard Coaches. Learn the basics, improve your skills, land new tricks and have fun at the Skate Park! Some helmets and skateboards will be provided.

This is a Free Event.



HOSTED BY CAIRNS AND REGION MULTICULTURAL ASSOCIATION INC.

FREE EVENT

2019 CAIRNS MULTICULTURAL FESTIVAL

SATURDAY 3RD AUGUST 10.00AM - 10.00PM

FOGARTY PARK CAIRNS ESPLANADE

INTERNATIONAL PERFORMERS
INTERNATIONAL CUISINE
FASHION SHOWS
CHILDREN'S ACTIVITIES
FUN FOR THE WHOLE FAMILY

CONTACT DETAILS: FESTIVAL COORDINATOR, KESA STRIEBY
EMAIL: carmaunity@gmail.com / PHONE NO: 0449 101 024 OR SASHA 0434 429 620

FRIENDSHIP SOCCER GAMES

During Multicultural Month in August the FRIENDSHIP SOCCER GAMES will be on again - Saturday August 10th, followed by a multi-cultural after party. This year the event will be hosted by the Far North QLD African Community Association (FNQ ACA) who invite anyone and everyone to attend and participate!

Event : Friendship Soccer Games 2019.

Event Location: SOUTHSIDE COMETS FC Ground, Walker Road Precinct, Edmonton. 9am – 4pm

Followed by a Multi-Cultural Friendship after party @ Cairns Brass Hall from 5pm - late.

Event opening /kids activities with Caravella Academy from 9am – 10am.

Registration is FREE.

If your community has a team that would like to be included in the competition please give your details to: Yor Asheen – President FNQ ACA yorasheen@gmail.com

National Seniors AUSTRALIA

18 July National Seniors Australia - Cairns Tropical Branch Inc.
Meets on the 3rd Thursday of each month at Cominos House,
27 Greenslopes Street at 2.00pm - \$3.00 levy per person.

Sign in and Guest Speaker 3.00pm cuppa & members
meeting. Today: 2.00pm Madonna Brodie Retired RN
"Healing Touch", 3.00pm cuppa & members meeting.
More info call Bob Stemp Ph: 0408722 170.

Lives Lived Well

Concerned about a family member's substance use? Free information session (17 July) covering:

Understanding substance use and its impacts, including facts about methamphetamines (ice), strategies and practical plans to talk about substance use as a family, how to support your loved ones and yourself, reduce harm and connect to individual counselling. Find out about other supports in the community. RSVP or for information and questions Clare: 0437 693 558 or clare.thompson@liveslivedwell.org.au
Sara: 0437 742 832 or sara.rosandich@liveslivedwell.org.au.

Lives Lived Well is a not-for-profit organisation supporting people and families impacted by drugs or alcohol, as well as providing mental health support services.

5.30pm - 7.30pm, Lives Lived Well, 139 Sheridan St, Cairns

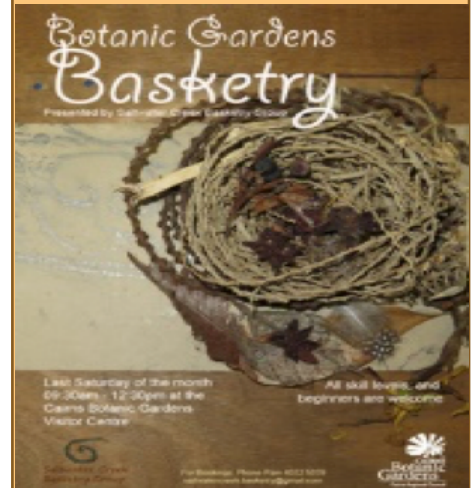
Until 23 July, 2019

Exhibition: Reimagined Reef Display.

Undersea garden of brightly coloured coral fish and plant life made from recycled materials, created by Saltwater Creek basketry group and locals.

Cairns Botanic Gardens Visitor Centre.

Free Event



27 July

Cairns Made festival 2019

A showcase for designers and makers to sell locally created products.
10am - 3pm, The Pier, Cairns.

Free Event

26 July

Willing & Able:

a critical thinker's forum.

Join artists & support workers from Artel Studio, ARC Disability Services and Arts Project Australia for a discussion over the often tricky questions surrounding disability arts.

Tank 4, Tanks Arts Centre, 1pm - 4pm,
AUSLAN interpreted, register at

4032 6600. **Free Event**



Cancer Council

Look Good, Feel Better Workshop

Facing cancer with confidence.
Skincare, make up and headwear tips to help feel better.

15 July, 10am - 12.30pm

Cancer Council, 169 Aumuller St
Bookings essential. 1800 650 960

Congratulations to the winner of the Tenancy Incentive Award (TIP).



24 Jul – 11 Sep

Come join Play Connect Grow

A supported playgroup where children can learn and play together and parents can join in and meet other parents, in the garden at 98 Birch Street, Manunda (opposite Raintrees Shopping Centre), for children aged 0 – 5 years and their parents/ guardians, a variety of fun-filled activities are planned each week. Small morning tea is provided for the children, with tea & coffee available for the adults, no cost involved (gold coin donation appreciated), call 4032 6800 to register your interest.

Relationships Australia®

22 Jul – 9 Sep

Circle of Security: Parenting Series:- At times all parents feel lost or unsure about what our child might need from us. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning from the Training:

- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to manage emotions successfully
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

10:00am – 11:30am, (8 consecutive weeks),

The Family Relationships Centre, Relationships Australia QLD, Shop B, 125 Grafton Street, Cairns City. Spaces are limited, please register with our admin team at Relationships Australia, Cairns or call 4041 6063. The facilitator will contact you to book an intake appointment before group commences.

There is no cost for this course.

Bringing up Great Kids

31 July – 21 August

A Reflective parenting program developed by the Australian Childhood Foundation and aims to promote positive, respectful parent-child relationships.

6pm - 9pm, Hambleton House in Edmonton.
To register: <https://www.innatetherapies.com/bringing-up-great-kids/>

What is Crime Stoppers?

Crime Stoppers is a partnership between the community volunteer organisation Crime Stoppers Qld Ltd, the Queensland Police Service, the media and the public. All information provided can remain anonymous removing any fear of retaliation or becoming involved in any court matters.



You should contact Crime Stoppers if you have information or suspicions relating to a crime which has been committed or is being planned.

You can contact Crime Stoppers in 3 ways:
by the telephone hotline – 1800 333 000,
by visiting the website at www.crimestoppersqld.com.au or
by downloading the mobile app. Help make our community safe.

Dates to remember July & August

Date	Information
7-14 July 2019	NAIDOC week
10 – 14 July, 2019	Cairns Indigenous Arts Fair (CIAF)
15 – 17 July, 2019	Royal Commission into Aged Care, Cairns Convention Centre. 10am. Open to the public.
17 - 19 July, 2019	Cairns Show Holiday
1 August, 2019	Free entry Cairns Art Gallery
27 – 28 July, 2019	Relay for Life, Barlow Park
1-31 August, 2019	Tradies National Health Month

My Team

A mental health support team you take everywhere

Download for free

My Team is for anyone who would like to grow their mental well being with a close group of supporters on their side.



<https://www.redcross.org.au/internal/my-team-app>

