



Free News Letter

TALKABOUT

Issue No 172 October/November 2023



Image of new CEO Tracey Dickinson and former Manager Julie French

**INNISFAIL & DISTRICT
Community Information Newsletter
Produced by the**

**Community Support Centre Innisfail Inc.
13-17 Donald St, P.O. Box 886, Innisfail, 4860
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Acknowledgment of Country

CSCI acknowledges the Traditional Custodians of this land, the Mamu People, and we pay our respects to Elders past present and emerging.

SUBMISSIONS

Do you have a photo or story you'd like to share?

Please call us on: 4043 8400

DISCLAIMER

All articles in this magazine are printed in good faith for the community & do not necessarily represent the views of the Innisfail Community Support Centre Inc.

TALKABOUT

UP COMING EVENTS 2023

Emotionally Intelligent Parenting

TUNING INTO TEENS

Tuning Into Teens is a free evidence-based parenting program for parents and caregivers of children aged 11- 18 years of age




Are you a parent or caregiver wanting to learn how to:

- Be better at talking with your teenager
- Have a better understanding of your teenager
- Help your teen to learn to manage emotions
- Help to prevent behaviour problems in your teen
- Teach your teen to deal with conflict

When: 6 sessions run weekly from:
Friday 20th October to Friday 24th November
Time: 9:30am to 11:30am
Where: Community Support Centre, 13-17 Donald Street, Innisfail

Call 4043 8400 to register or scan QR code




CIRCLES OF SECURITY PARENTING

Based on decades of research about how secure parent-child relationships can be supported and strengthened.

The program will support you to:

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





Presented by: Community Support Centre Innisfail
Location: 13-17 Donald Street Innisfail (big orange building)

When: 4 X Monday from 9th October to 30th October
Times: 3.30pm – 5:30pm

Cost: Free (light snacks provided)
Who should attend? Parents/Grandparents or Carers of children [Babies in arms welcome]

How to register/enquire: Call 40438 400 or scan QR Code



DID YOU KNOW

You can donate your bottles and cans to the Community Support Centre Innisfail at Mams Containers for Change

All you need to do is quote our number: CI 000 7097

All funds raised are used to support programming at the Centre




10 SPOTS AVAILABLE


Boomers Making Buddies

Building intergenerational connections to support your wellbeing

Run every Monday for 4 weeks starting Monday 6th November 9:30am-12pm



To register contact:
Community Support Centre Innisfail
(07) 4043 8400
13-17 Donald Street, Innisfail



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Intergenerational Connections

In a fast-paced world dominated by technology and rapid change, the value of intergenerational connections often goes overlooked. However, these connections between different age groups—whether it's grandparents bonding with grandchildren or young adults engaging with their elders—carry a multitude of benefits that contribute to personal growth, societal harmony and a deeper understanding of the past and future. Intergenerational connections are a source of strength and enrichment for individuals and society as a whole. By fostering these relationships, we not only gain access to a wealth of knowledge and experience but also contribute to the creation of a more compassionate, inclusive, and harmonious world where each generation learns from the other and grows together. Embracing the benefits of intergenerational connections can lead to a brighter and more interconnected future.

Boomers Making Buddies

In 2021, CSCI ran our first program targeting the development and acknowledgement of Intergenerational Connections called, 'Boomers Making Buddies'.

This year we will be running it every Monday from 9:30am – 12pm for four weeks, starting the 6th November. We are looking for seniors to join us this year!

If you are interested, please call 40438400 to register or if you have any questions.

Seniors Mental Health

As we journey through life, the importance of mental health becomes increasingly evident, particularly in our senior years. Mental health is a growing topic, as aging often brings a unique set of challenges that can impact one's physical and emotional wellbeing.

Mental health is a critical component of overall well-being at every stage of life. However, in your senior years it can be especially crucial. Seniors face various life challenges such as retirement, physical health implications, issues with technology, loss of loved ones and social isolation. All of which can lead to feelings of loneliness, depression and anxiety.

Whether you are struggling yourself or know someone that may be, it is important to recognise and address these feelings in order to maintain a high quality of life.

There are many ways that you can promote positive mental health:

- **Social connections:** Join your local walking group, catch up with friends and family or by attending social groups like the Community Support Centre Innisfail's weekly social morning or the Senior Citizens Centre.
- **Healthy lifestyle:** It's important to stay active as we age. Walking your dog, joining local sporting groups and gardening are all great strategies.
- **Access to healthcare:** If you need more support reach out to MyAged Care to find out what you are eligible for or contact the Community Support Centre Innisfail to get assistance with linking you to appropriate health services.

TALKABOUT

Leadership Changes at CSCI

Recently, CSCI has had the difficult task of saying goodbye to Manager, Julie French.

A message from Julie:

Life is a revolving series of hellos and farewells and after 17 years as Manager of CSCI, it has come time for me to step down and a new CEO take the helm.

When I joined the Centre, I knew what a wonderful opportunity it would be, to build on CSCI's 30-year history of service to the community. That history included immeasurable contribution from volunteers. Thank you to the volunteers who originally welcomed me in 2006 and the scores who have come since then and who have given their time so generously for the benefit of the community. You walked so that we could run.

CSCI has grown and adapted to respond to the needs of the local community, and particularly those most vulnerable. We have broadened our footprint, added programs to address critical needs and established incredibly talented leadership and staff teams. Our involvement and lead in human social disaster recovery; our move to the Innisfail Multi Service Hub; our development of new and additional community, family and disability services that now deliver to the whole of the Cassowary Coast; and our quality standards accreditations and registrations have all been significant milestones. Innovations like these take huge effort, commitment and courage.

I offer my gratitude to the CSCI Committees who have always provided responsible stewardship; all of the amazing staff who have made, and continue to make a difference in the lives of many; our funding partners who trust in the value of our work; and our clients and community who have inspired me every day.

It has been my privilege to be part of this organisation and I am so proud of the service we provide to our community. I wish the incoming CEO, Tracey Dickinson the very best and trust that her experience will be as fulfilling as mine has been. I am excited to see what the future for CSCI holds!

Introducing Tracey Dickinson

I am very excited about taking on the role of CEO at CSCI and am grateful for the opportunity to build on the previous Manager Julie French 17-year legacy. I have enjoyed meeting the staff, and it is evident that CSCI has a committed team of professionals delivering services across the Cassowary Coast region.

I grew up in country South Australia and moved to Cairns in 1995. I became a mother in 2000 and studied at James Cook University to become a Social Worker graduating in 2006. I have practiced in areas of Community Development, Volunteer Management, Tertiary Education and most recently coordinated the Atherton Neighbourhood Centre. Being the CEO at CSCI will utilise my skills, knowledge and learning from all these areas to develop place-based responses to local issues. I am committed to including Indigenous knowledges into mainstream practice, organisations, and the community. I look forward to building local relationships to explore how we can work together for the benefit of the Cassowary Coast communities.

I am very interested in the communities' experiences, thoughts, and ideas of how the organisation can evolve to respond to the changing needs/goals of our community. I will be moving to Innisfail soon – so you will see me around (I'm also a tragic golfer 😊). Please feel welcome to stop me on the street/golf course, walk in my door, pick up the phone or email me to ask, share information or provide feedback.

KIDS ZONE



HALLOWEEN WORDSEARCH

T K W N B D Z O O O B Q T B W A Y C E T
 H E X Q L H U V G X R B A N U E O D S N
 K F Q G L T W L J S A I E O N S T Y J G
 R R Z O R Q S Y R Q C D R Y T H Y K R L
 S E S E Y N A U C K J W T U G O L R I R
 H C O Z G Q W L L A P C M I T L X K W R
 U O S M S G D I P Z T E R F R Y G R H D
 U H Y C A Q L V F L D F R C D C S Z W V
 M I K H N K U F S K F X T Z C O I G N A
 A R N C R N D W M E G G N P D N G P V M
 S P O O K Y F S B Q F Y N G E K O P Q P
 U F T N Y E E T L G H H T E P W C L N I
 F X Q W C O E F F S J Y W V U T K I I R
 P H T J Y V C V O B W O S P M J H L R E
 R J C Y J Y Y T V Y L U B C P W Y S X T
 T S C A R Y G M O L Q J D V K D J J B W
 J G Z R X T I H A B R M P L I K K U F V
 S T X Z A G S H O J E R E I N S L U G W
 L B L V F L H N C S B R V V H Z U G U A
 S J F O K V W Y R R T O R I Y L Y F O M



Halloween
 October
 Pumpkin
 Scary

Boo
 Costume
 Fright
 Ghost

Spooky
 Treat
 Trick
 Vampire

SPOT SIX DIFFERENCES



TALKABOUT

Sweet and Savory Recipes

Rosemary and Chorizo Pearl Barley

Ingredients:

- 225g sliced chorizo
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 300g pearl barley
- 400g can chopped tomato
- 1l chicken stock
- 2 stalks rosemary, chopped

Method:

- Heat frying pan over a medium heat and fry the chorizo for 3-4 mins until golden. Remove and set aside.
- Add the onion and garlic and cook for 3-4 mins, until soft.
- Add the pearl barley and stir well to coat in the oil.
- Add the tomatoes and the chicken stock.
- Bring to the boil, then turn down to a simmer and cook for 30 mins, stirring occasionally until all the liquid has been absorbed and the pearl barley is tender.
- Add the rosemary and chorizo to serve.



Gardening Tip!

As it starts to get warmer it's a great time to start planting these vegetables: basil, Chinese cabbage, cucumber, oregano, spring onions, sunflower, corn, sweet potato, ginger and rosella.

Raspberry Baked Cheesecake

Ingredients:

- 350g Digestives biscuits
- 150g melted and cooled butter
- 1 cup raspberries
- 500g cream cheese
- 395g can sweetened condensed milk
- 4 eggs
- 300ml thickened cream
- 1 tsp vanilla extract

Method:

- Preheat oven to 140C fan forced.
- Line the base and side of a 22cm pan with baking paper.
- Break biscuits up into fine crumbs.
- Add butter and mix.
- Tip into the prepared pan and press the mixture firmly over the base. Place in the oven for 5 minutes, then leave to cool.
- Mix cream cheese, condensed milk, eggs, cream and vanilla until well combined.
- Pour filling into the cheesecake base. Spread evenly.
- Heat raspberries up in a pan until juicy.
- Drizzle raspberry puree over the top, then use a knife to swirl through the cream cheese mixture. Stand pan on a baking tray and bake for 1 hour 10 minutes or until just set.
- Allow the cheesecake to cool completely, then place in the fridge to chill for 6 hours or overnight.

