



## November to January 2020



### A Word from Sally

Hello Everyone,

That time of year again, Christmas is getting close and we are all looking forward to a little R & R. Our annual Christmas party is being held on Wednesday the 18<sup>th</sup> of December from 11 am till 2 pm, with our favourite men's organisation once again providing the BBQ. Cost is \$3.00 per person, with funds going to TOMNET. There will also be our usual raffles. Our AGM is also coming up on Thursday the 21<sup>st</sup> of November. If you are interested in the future of East Creek Community Centre please come along and join us. Arrive at 12.30 pm for a 1 pm start. There will be refreshments available after the meeting.

The centre will once again be closing over the Christmas, New Year break, but never fear our Chat and Do program will be running each Monday from 10 am until 12 pm whilst we are closed. If you would like to come along there are lots of puzzles at the centre that you can do. You are welcome to bring any craft or art work that you would like to do and there are also some DVD's at the centre. These can be borrowed, and there are some great movies to watch if you are interested. The centre will close from Christmas day until Monday the 20<sup>th</sup> of January. Normal activities will resume from Tuesday the 28<sup>th</sup> of January. Eating with Friends will restart on the 29<sup>th</sup> of January and will be held at the Newtown Hotel.

Our Walking Group has been venturing outside their normal walks. We have done a historic walk in the Mort Estate as well as J.E Duggan Park and will be doing a few more interesting walks. We have plans to go to the Japanese Gardens one day, and lots more of the Toowoomba Regional Council (TRC) walks. If you would like to join us, we walk each Tuesday morning at 8.45 am, meeting at East Creek Community Centre. If you would like to know more about TRC walks go to <http://www.tr.qld.gov.au/facilities-recreation/sport-recreation/walks-trails/227-where-to-walk>



*Left: Walking group at J.E Duggan Park, looking out over Tabletop Mountain.*

Big thank you to all of our volunteers at the centre, without you we would not be able to operate. Everyone from our receptionists, CLP and computer tutors, gardeners, blanket group and group coordinators and helpers, you make a big difference to the community. So from myself and all of the other staff at East Creek Community Centre, we would like to thank you all from the bottom of our hearts and also wish you all the best for the festive season, Merry Christmas!

## WHAT'S ON

<b>Activity</b>	<b>November</b>	<b>December</b>	<b>January</b>
<b>Computer/Technology Lessons</b>	<i>By appointment</i>	<i>By appointment</i>	N/A
<b>Community Literacy</b>	<i>By appointment</i>	<i>By appointment</i>	N/A
<b>Crochet Group</b>	<i>Mondays 10 -12 pm</i>	<i>Mondays 10 -12 pm</i>	N/A
<b>Blankets for Homeless</b>	<i>Monday 1-3 pm</i>	<i>Monday 1-3 pm</i>	N/A
<b>Walking Group</b>	<i>Tuesday 8.45 - 9.45 am</i>	<i>Tuesday 8.45 - 9.45 am</i>	N/A
<b>OPAP Card Mornings</b>	<i>Tuesday 10 - 12 pm</i>	<i>Tuesday 10 - 12 pm</i>	N/A
<b>Disability Art Group</b>	<i>Wednesday 1-2 pm</i>	<i>Wednesday 1-2 pm</i>	N/A
<b>Eating with Friends</b>	<i>Wednesday 6<sup>th</sup> &amp; 20<sup>th</sup> @ 12 pm</i>	N/A	N/A
<b>Stroke Support Group</b>	<i>Thursday 10-12 pm</i>	<i>Thursday 10-12 pm</i>	N/A
<b>Craft Group</b>	<i>Friday 10 - 12 pm</i>	<i>Friday 10 - 12 pm</i>	N/A
<b>JP Service</b>	<i>By appointment</i>	<i>By appointment</i>	N/A



### ***Eating with Friends Timetable***

**6th November** – Toowoomba Sports Club, 360 Ruthven Street, Toowoomba CBD,  
T 4632 0888

**20th November** – Meringandan Pub (Christmas Lunch), 30 Main Street, Meringandan,  
T 4696 7146

**29<sup>th</sup> January** – Newtown Hotel, 64 -72 Anzac Avenue T 46323688





ANNUAL GENERAL MEETING

# EAST CREEK COMMUNITY CENTRE AGM

THURSDAY 21<sup>ST</sup> NOVEMBER

12.30 PM FOR A 1PM START

43 KITCHENER ST TOOWOOMBA



**Come and have  
your say**

**RSVP 18<sup>th</sup> November**

**Email:  
info@eastcreek.com.au**

**Phone: 46392755**

**EAST CREEK  
COMMUNITY CENTRE  
43 KITCHENER ST  
TOOWOOMBA EAST  
WWW.NEW.EASTCREEK.COM.AU  
REFRESHMENTS  
AVAILABLE AFTER  
MEETING**



# East Creek Community Centre **Christmas Party 2019**

**Wednesday 18, December 11 am—2 pm**

43 Kitchener St Toowoomba East   RSVP Monday 10th December  
Phone 46392755

*Come along to our annual*

*Christmas party.*

*BBQ provided, by TOMNET*

*and*

*Cost:\$3.00*





# Need help to pay your electricity or gas bills? You have rights

When life is tough and you need help paying your bill – call your energy provider and talk to them about your situation.

You can also ask a support person to contact your energy provider for you.

Your energy provider may be able to assist you with:

- different options to pay your bills
- the best energy plan for you
- tips on how to manage your energy use
- information on government concessions, relief schemes, energy rebates and financial counselling services.

Under the law, your energy provider must have a **hardship policy** that tells you how they can assist you if you are having trouble paying your energy bills due to hardship. You can find it on their website or ask them to send you a copy.

**Call your energy provider as soon as you know you may have trouble paying your energy bill.**



## What you need to do

Talk to the energy provider that sends your electricity or gas bills.

Make sure you tell your energy provider how much you can pay and when you can pay it.

Their contact information is on your bill.



**If you are in a hardship program and meeting its conditions, your energy provider cannot disconnect you.**

**If you're not happy with how your energy provider has helped you, call the energy ombudsman in your state or territory.**

### New South Wales

Energy & Water Ombudsman NSW  
1800 246 545  
ewon.com.au

### South Australia

Energy & Water Ombudsman SA  
1800 665 565  
ewosa.com.au

### Tasmania

Energy Ombudsman Tasmania  
1800 001 170  
energyombudsman.tas.gov.au

### Queensland

Energy & Water Ombudsman Queensland  
1800 662 837  
ewoq.com.au

### Australian Capital Territory

ACT Civil and Administrative Tribunal  
02 6207 7740  
acat.act.gov.au



This information applies to residential energy consumers in New South Wales, South Australia, Tasmania, Queensland and the Australian Capital Territory.

Australian Competition and Consumer Commission, 23 Marcus Clarke Street, Canberra, Australian Capital Territory 2601

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[aer.gov.au](http://aer.gov.au)

## Stroke Group Christmas Party

to be held

on the 12<sup>th</sup> December 2019.

You may bring a friend.

It would be greatly appreciated if you could also

bring a plate and a drink, as well as a Santa gift

to the value of \$ 5.00.



Did you know that you can now claim a tax deduction on amounts of \$20 or more donated to East Creek Community Centre? This is done through the Australian Neighbourhood Houses & Centres Association (ANHCA) Public fund for Deductible Gift Recipients (DGR). We are currently trying to raise funds to update our bus and for general improvement to group activities. If you would like to know more talk to centre staff.



# emerge

Emerge Toowoomba is a social impact business that provides on the job training, mentorship and practical life skills for disengaged and at risk youth in the Toowoomba area. We have a food van that can attend functions and events or can supply catering of any size for your private function. All profits from this business go directly back into the business to provide more opportunities for young people and our programs.

Youth Hub Address: 1 Produce Lane, Toowoomba City, QLD 4350

Cafe Address: 1 Station Street, Toowoomba City, QLD 4350

Postal Address: 1 Station Street, Toowoomba City, QLD 4350

Cafe & Catering: (07) 4632 8869

General Enquiries: [hello@emergecafe.com.au](mailto:hello@emergecafe.com.au)

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## Garage Sale

Civic Assist Support Centre is having their final Garage Sale for 2019.  
The proceeds of the sale go towards the Assistance Program.

**Date:** Saturday 16th November  
**Time:** 7am to 12 noon  
**Where:** 252 - 258 Spring Street, Kearney Springs



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**For more information phone 4631 5822**





At EACH, we believe everyone is entitled to good health.



#### What we'll do:

- ✓ Support you to make your own decisions.
- ✓ Focus on what you can do, not what you can't.
- ✓ Listen to you. We don't do all the talking.
- ✓ Look at you as a whole person, in all areas of your life, not just the problems.

#### What we don't do:

- ✗ We don't make decisions about your life without you. You'll always be involved.
- ✗ We don't label you. We believe in the uniqueness of every person.
- ✗ We don't speak for you; not unless you want us to.

Contact us to learn more about **CREW4YOUTH**:

**Ipswich** (West Moreton)  
07 3810 9400

**Toowoomba** (Darling Downs)  
07 3810 9490

In addition to CREW4YOUTH, we offer a broad range of health and support services, including community health, mental health, NDIS, counselling, support for older Australians and family services.

To learn more about our services, get in touch with us today by calling **1300 003 224** or visit [each.com.au](http://each.com.au).



This service is supported by funding from Darling Downs and West Moreton PHN

## CREW4YOUTH

Support for children and young people with or at risk of developing a severe mental health condition.

**each**  
health · hope · opportunity

When life is challenging, we all need someone who has our back.

**Your CREW4YOUTH does that.**



**We support** children and young people up to the age of 25 with or at risk of developing severe mental health conditions.

**We connect** with important people in your life, like family, mental health professionals, school/work and other health professionals, to make sure we're all on the same page to support you.

**We build** upon strengths, identifying needs and goals, and we help you make the changes you want to in your life.



#### Who do we offer this service to?

Some of the young people and families we support may be experiencing complex issues including but not limited to:

- Risk of suicide
- Eating disorders
- Self-harm
- Trauma
- Diagnosed and undiagnosed mental illness
- Anxiety and depression
- Alcohol and other drug use
- Violence in their lives.

#### It's all about you.

We work with you to develop an individual support plan.

We'll look at where you're at now, your goals, your needs, and where you want more support.

We'll link in with those who have a common goal – to support you.

#### Where CREW4YOUTH is offered:

Across the following Local Government Areas:

- Somerset (Including Esk in the West Moreton Health Boundary)
- Southern Downs
- Ipswich
- Goondiwindi
- Lockyer Valley
- Western Downs (Including Taroom in the Darling Downs Health boundary)
- Scenic Rim (Including Boonah in the West Moreton Health Boundary)
- South Burnett
- Cherbourg
- Toowoomba

#### How it's offered:

- Face-to-face
- Outreach support
- Skype, online or phone support
- Providing information to families.



## Craft Group

Come along and join in with our social craft group with Roberta

Every Friday at 10 am

East Creek Community Centre

43 Kitchener St

Toowoomba East, Phone 46392755

Cost: \$3 per lesson  
Morning tea provided



Fresh, local and family grown!

Order online:

<https://thefarmshoptoowoomba.com.au/>

Call us: 04 8117 2134 |

Or visit us: 4 Rowbotham Road,  
Westbrook, Queensland

**A good laugh and a long sleep are the  
two best cures for anything.**

Irish Proverb



Open

Monday	2.30 – 5.30 pm
Tuesday	Closed
Wednesday	Closed
Thursday	2.30- 5.30 pm
Friday	10 am – 5.30 pm
Saturday	9 am – 2 pm

## Other Groups using East Creek

### Toowoomba District Home Produce Swap and Share

Are you a keen gardener who doesn't know what to do with their excess produce? Come along and swap and share your harvest. Meeting are at East Creek on the first Saturday of each month, from 9 am – 11 am.

For more information contact Mary on 46309731



<https://www.facebook.com/groups/toowoombahomegrowersswapgroup/>

### DR WHO GROUP

Dr Who Group meets bi-monthly on the second Saturday of the month.

[toowoomba@doctorwhoaustralia.org](mailto:toowoomba@doctorwhoaustralia.org)



or refer to the link below

<http://dwca.org.au/events/>

### Breastfeeding support

- Information/resources
- Ask questions
- Qualified breastfeeding counsellors/educators
- Share the journey
- Meet other mums

**Come along and join us!**

### Toowoomba Group

[ABA.Toowoomba@hotmail.com](mailto:ABA.Toowoomba@hotmail.com)

[facebook.com/abatoowoomba](https://www.facebook.com/abatoowoomba)  
[aba.asn.au/toowoomba](http://aba.asn.au/toowoomba)

Breast pump hire/sale: Jeanette  
(0412 446 045)/Ann (0400 482 240)

Breastfeeding Education Classes:  
Ann (0400 482 240)

Group Leader: Jeanette (4635 7691)



**Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1 800 686 268**

The National Breastfeeding Helpline receives funding from the Australian Government.

	Event/Topic	When	Venue
November	Breastfeeding challenges, sore nipples, blocked ducts, mastitis, teething	Fri 1, 9:45 am	East Creek CC
	Guest speaker: Anna Reeves (dietitian). Introducing solids	Fri 15, 9:45 am	St Bart's Hall
	Breastfeeding Education Class	Sat 16, 1:00 pm	East Creek CC
	End-of-year evening (dinner/supper)- come and join in when you can.	Fri 29, 6:30 pm	Park House Café
Dec	Summer (travel, holidays, heat, relatives, daily activities, over-stimulated/tired babies/children)	Fri 6, 9:45 am	East Creek CC
Jan	Guest speaker: Kathryn Stewart. Music for babies and children	Fri 17, 9:45 am	St Bart's Hall
	Mums' night out (breastfeeding questions welcome)	Fri 31, 7:30 pm	Park House Café
Feb	Breastfeeding information session	Fri 7, 9:45 am	East Creek CC
	Guest speaker: Jen James (IBCLC*). Breastfeeding challenges	Fri 21, 9:45 am	St Bart's Hall
	Looking after yourself	Fri 28, 7:30 pm	Park House Café

\*IBCLC = International Board Certified Lactation Consultant

East Creek Community Centre: 43 Kitchener St, East Toowoomba | St Bart's Anglican Church: 103 Stenner St, Middle Ridge

Park House Café: 92 Margaret St, Toowoomba City | RIDBC: Cnr Herries and Neil Sts, Toowoomba City

*Our morning venues are child friendly, so babies, toddlers and older children are very welcome. Members, non members, grandparents, family and friends are also welcome. A simple plate of morning tea to share is appreciated but not expected. Tea, coffee (both including decaf) and herbal teas are provided.*

*Our evening venue is usually Park House Café, and food/drinks are available to purchase.*

***Come along! We would love to meet you and welcome you to our group.***



## ZUCCHINI AND CHEESE SCONES

*Marg Geraghty*

Preheat oven to 200°C

### You will need:

- 1 cup of zucchini – coarsely grated
- 1 cup of tasty cheese – grated
- 200g of plain greek yoghurt
- 2-3 eggs
- 2 cups of self-raising flour
- A baking tray covered with baking paper



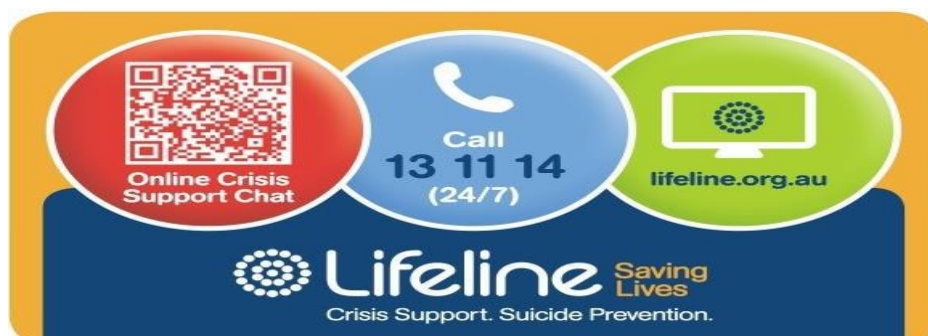
### How to make it:

1. Combine zucchini, cheese, yoghurt, and eggs in a large bowl.
2. Mix each cup of flour in lightly but don't beat the mixture. All ingredients need to be fully combined.
3. Drop rounded dessert spoonfuls of mixture onto a floured plate.
4. Roll each spoonful around lightly in the flour with one floured hand.
5. Knead lightly into a ball before placing onto the baking tray.
6. Crowd the scones so they are all touching to aid rising.
7. Bake for 15 minutes or until golden brown.
8. Remove the tray from the oven and push the scones apart so that each is quite separate, to allow the center of each to finish cooking.
9. Return the tray to the oven and cook for 5 more minutes.
10. Place on a cooling rack.

### Things to know:

- ◇ Makes 14 – 16 scones.
- ◇ Sweet potato, pumpkin or carrot could be substituted for zucchini. Or combine.
- ◇ Double the vegetable quantity if no cheese.
- ◇ Add 30g of blue cheese instead of tasty cheese.





**Big thank you to the  
Toowoomba Regional Council  
for their  
continued support printing  
East Creek's Newsletters**

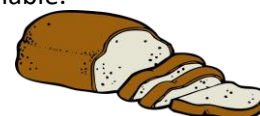
## Did you know that we have cheap bread?

Day old frozen bread is available at the centre for 25c per plain loaf and 50c per sweet loaf.



We also have free bread and other food items from Oz Harvest when available.

These arrive Thursdays around lunch time.



## Retirement..

Finding it hard to adjust?

Doing it tough?

Many men struggle with retirement. You are not alone.

TOMNET can help you think about retirement differently by providing practical tools and materials to overcome these struggles.

Ready to make a change?

**Call TOMNET 07 4638 9080**

East Creek Community Centre is a community based, non-profit organisation providing community services for Toowoomba residents. We work with community groups and individuals throughout Toowoomba.

East Creek is friendly, accessible and inclusive.

Our programs are for everyone —

Children, adolescents, young adults, seniors, disabled people, multicultural groups and those who are socially isolated.



Phone: (07) 4639 2755  
Email: [info@eastcreek.com.au](mailto:info@eastcreek.com.au)  
[www.new.eastcreek.com.au](http://www.new.eastcreek.com.au)  
43 Kitchener Street  
PO Box 4859  
Toowoomba East Qld 4350