



February 2024

A Word from Sally

Hello Everyone,

February and we are all enjoying being back with our regular groups and programs. We are looking for new volunteers for 2024. If you are interested in volunteering, we are looking for help in the areas of reception and with our Blanket Group. If you would like to know more, just contact the centre.

We have a new volunteer computer tutor who can teach you all you need to know about technology. His name is Anthony. Anthony used to have his own computer shop, so he has lots of knowledge to share with everyone. He is here on Tuesday and Thursdays, 10 am to 12 pm and 1 pm to 2 pm if you would like to book a session.



Above: Gwen having a lesson with Anthony

We will also have some limited emergency funding available to those in need. This can be accessed for, groceries - food vouchers, fuel vouchers and electricity payments to an individual's electricity account. This is done by appointment only. If you are in need, please contact the centre on 46392755 to book an appointment (subject to conditions and availability).

What's On

Activity	
<i>Computer/Technology Lessons</i>	<i>By appointment</i>
<i>Conversational English</i>	<i>By appointment</i>
<i>JP Service</i>	<i>By appointment</i>
<i>OzHarvest</i>	<i>Wednesday & Fridays</i>
<i>Crochet Group</i>	<i>Monday 10 - 12 pm</i>
<i>Blankets for Homeless</i>	<i>Monday 1 - 3 pm</i>
<i>Walking Group</i>	<i>Tuesday 9 - 10 am</i>
<i>OPAP Cuppa & Card, Canasta & Rummikub</i>	<i>Tuesday 9:30 - 12 pm</i>
<i>Mah-jong</i>	<i>Wednesday 10 - 12 pm</i>
<i>Disability Art Group</i>	<i>Wednesday 1 - 2 pm</i>
<i>Stroke Support Group</i>	<i>Thursday 9:30 – 11:30 am</i>
<i>Craft Group</i>	<i>Friday 10 - 12 pm</i>
<i>Friday Film Fun</i>	<i>Friday 9th February 1 pm</i>
<i>Toowoomba Home Produce Swap</i>	<i>Saturday 3rd February</i>

What's on in February in Toowoomba



4:00pm - 7:00pm Sunday 04 February 2024 Picnic Point, Tourist Road

4:00pm - 7:00pm Sunday 11 February 2024 Laurel Bank Park, Hill Street

4:00pm - 7:00pm Sunday 18 February 2024 Newtown Park, Taylor Street

4:00pm - 7:00pm Sunday 18 February 2024 Queens Park Campbell Street.



The 50th Toowoomba Swap Meet will be held on the weekend of 3rd and 4th February, 2024 at the RASQ Toowoomba Showgrounds. Come and explore approx. 1700 sites with approx. 900 site holders selling cars and car parts, motorcycles and parts, collectables, bric-a-brac, car models, with coffee, food and licensed venues operating. There is something for everyone at the Toowoomba Swap

8:00am - 5:00pm Saturday 3rd & Sunday 4th February 2024.

Toowoomba Showgrounds, Glenvale Road, Toowoomba.

Entry charges: **Adult - \$15 – Sat; \$5 - Sun** under 16 free.



Are you interested in starting your own business, but you don't know where to start or what support is available? The Y Connect Program has developed five separate workshops for women and gender diverse people living with disability that are considering starting their entrepreneurial journey.

Workshop 1: Exploring Possibilities. This session will showcase other women with disability that have successfully started their own business and will provide information about what supports are available through the NDIS.

When: Thursday 8 February 2024, 4:30pm to 6:00pm.

Workshop 2: What is a business and what is a hobby. This workshop will explore the difference between a business and a hobby and will discuss what to expect in the early stages of starting a business.

When: Thursday 22 February 2024, 4:30pm to 6:00pm.

Workshop 3: Disability specific information. This session will explore what kind of personal considerations people living with disability may need to consider in starting their own business.

When: Thursday 7 March 2024, 4:30pm to 6:00pm.

Workshops 4 and 5: Available support. These final two workshops will provide information about some of the resources that are available to support people wanting to start their own business.

When: workshop 4 Thursday 21 March 2024, 4:30pm to 6:00pm & workshop 5 Thursday 4 April 2024, 4:00pm to 6:00pm.

Where: All workshops will be held at East Creek Community Centre, 43 Kitchener Street, East Toowoomba. This is an accessible venue.

Free parking is available at the venue.

If you have any further questions, please call the Y Connect Program Coordinator on 0482 166 154.

<https://events.humanitix.com/starting-your-own-business-turning-your-interest-into-income>

Cybersecurity

Keeping your personal information safe

According to Scamwatch (<https://www.scamwatch.gov.au/>) a website run by the Australian Competition and Consumer Commission (ACCC) to help consumers and businesses recognise and report scams), over \$320m was lost to scams in 2021 in Australia alone — this is predicted to increase year-on-year.

With February the 6th being Safer Internet Day it is important to maintain your cyber security. But no matter what safeguards we have in place to protect your personal information, awareness will always be the best weapon against the scammers.

What's a scam?

A scam (or online hoax) is designed to trick you in to revealing your personal information. If successful, the scammers can then use that information to commit fraudulent activities, such as making online purchases with your credit card or opening a bank account.

Scams typically fall into the following categories:

1. Buying or selling scams

Buying or selling scams trick you into sending money for fake products and/or services and include using fake websites that look like the real thing or sending you bills or invoices for something you never ordered.

2. Dating and romance scams

Dating and romance scams take advantage of people looking for romantic partners, creating fake profiles to lure potential victims and then using emotional triggers to convince them to provide money, gifts, or personal details.

3. Fake charity scams

Fake charity scams impersonate genuine charities, asking for donations after natural disasters or other major events such as the 2018/2019 bushfires.

4. Investment scams

Investment scams pretend to offer an easy way to make money, with scammers inventing fake opportunities such as property or business deals, claiming guaranteed high-returns, or gambling systems that prey on their victims' desire to make a quick buck.

5. Jobs and employment scams

Jobs and employment scams trick you into paying for training or a dream role that bypasses your need to have the necessary qualifications or experience.

6. Threats and extortion scams

Threats and extortion scams threaten to hijack your computer, release sensitive information about you, or even threaten your life if you don't hand over money or your personal information. These scammers often pretend to be from the police or the government.

7. Unexpected money scams

Unexpected money scams use convincing and seemingly legitimate reasons to give you false hope about offers of money. This can include an inheritance from a distant relative, or request from a stranger who wants to get a large windfall out of their country to avoid high taxation.

8. Remote access scams

Remote access scams convince potential victims that they need to hand over control of their computer or other device to fix a problem, with the scammers often pretending to be from your local council, electricity or gas company, or internet or phone provider.

9. Unexpected win scams

Unexpected win scams trick you into giving money or your personal information in order to receive a prize from a lottery or competition that you never entered.

A scam can be delivered via email, SMS, dating websites, social networking websites, instant messaging, video communication such as Skype or FaceTime, or even a USB drive posted to your address.

What to do if you have been scammed

Even when armed with the best information, it's still possible to fall victim to a scam. To help minimise any further damage, follow these three simple steps:

1. Don't panic, speak with your bank to cancel any affected cards or put your accounts on hold, and immediately change your passwords.
2. If you're concerned that you've been scammed or your personal information has been compromised in some way, please contact Australian Seniors on 13 13 43 immediately.
3. If you've suffered financial loss or your personal information has been compromised, you should log an incident with the [Australian Cyber Security Centre](#) or call their hotline on 1300 292 371. A [list of resources](#), including recovery and counselling services, can be found on the Scamwatch website.



<https://www.seniors.com.au/cyber-security>

Free Tenancy Skills Course



Looking for strategies for a winning rental application?

Complete our **FREE** tenancy skills course and learn how to get approved for a rental and enjoy a trouble-free tenancy.

- ✓ 100% Online
- ✓ Short 10 hour course
- ✓ Certificate upon completion
- ✓ Flexible learning options
 - › Virtual classroom
 - › Self-led learn at your own pace



Discover everything you need to know, whether you are an experienced or first time renter. Learn how to make a winning application, ways to make your money go further, and how to fill in complicated tenancy forms.

It's renting made easy. Get started online.

Sign up at www.tenancyskills.com.au/students

 **TENANCY SKILLS**
INSTITUTE



TOOWOOMBA SPEEDCUBERS



2024 Club Dates



February 18th



March 10th

April 14th

May 19th

June 9th

July 14th



August 18th

September 15th

October 13th

November 17th



December 15th



Find us on Facebook

Held at the East Creek Community Centre

43 Kitchner Street, East Toowoomba

11am to 2pm



Banana and Blueberry Loaf

Ingredients:

- 2 ¼ cups wholemeal self-raising flour
- 1 teaspoon bi-carb soda
- 1 tablespoon ground cinnamon
- 1 cup milk
- ¼ cup pure vegetable oil
- 2 eggs
- 2 teaspoons vanilla extract
- 4 medium ripe bananas, mashed
- 1 ½ cups blueberries, fresh or frozen



Method:

- Preheat oven to 180°C. Line a large loaf tin with baking paper.
- Combine the wholemeal self-raising flour, bi-carb soda and ground cinnamon in a large mixing bowl.
- In a separate bowl, whisk together the milk, pure vegetable oil, eggs, vanilla extract and mashed bananas.
- Add the wet ingredients to the dry ingredients and mix to combine. Gently fold in the blueberries.
- Pour the mixture into the prepared loaf tin and lightly smooth the surface. Bake in the oven for approximately 1 hour or until a skewer comes out clean. Cool the loaf in the tin for approximately 5 – 10 minutes and then turn out onto a wire rack to cool.

<https://hw.qld.gov.au/blog/boost-your-recipes/banana-and-blueberry-loaf/>



Online Crisis Support Chat

Call
13 11 14
(24/7)

lifeline.org.au

Lifeline Saving Lives
Crisis Support. Suicide Prevention.



you are important.
you matter.

TheLatesKate



OzHarvest arrives Wednesday and Friday.

Numbers for waitlist given out from 11 am

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).

If you would like to know more talk to centre staff. Donations can be made online through

<https://www.anhca.org/donate>

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.



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