communify news and events

OCTOBER 2020

Read about what's happening at Communify.

The New Farm Neighbourhood Centre

On Friday 11 September we welcomed Hon. Coralee O'Rourke MP, Grace Grace MP, Karen Dare CEO and Carolyn Mason, Chair, Communify's Board of Directors to open the New Farm Neighbourhood Centre.

The upgrades to the building will make a world of difference to our local community. People will now have better access to facilities & community-based services. The building was raised and built-in underneath, with modern showers and a laundry installed as well as extra consultation rooms. Drop in for a look and say hello.



Queensland Mental Health Week

October 10 - 18 marks the beginning of Queensland Mental Health Week - a very timely reminder to make time for yourself, consider your mental health & wellbeing, and check on your loved ones.

This year has been a tough on all of us, so it's more important than ever to make sure we're taking care of ourselves, and each other. Visit https://www.qldmentalhealthweek.org.au/and make sure you take time to notice.



Incubator winner

We are proud to announce the Hands on Art <u>Incubator 2020</u> main prize winner is Paean Sarkar for her artwork An Illustration of the process of Cultural Assimilation!

Paean wins a residency as well as her own solo show at Hands On Art! We are really excited to see what she makes during our time with is over the next few months. Congratulations Paean! Watch the piece here



https://theincubatorbrisbane2020.weebly.com/finalists.html

Crafternoon Tea

The Paddington Centre is offering a new activity to residents who are aged over 65. The program offers seniors the opportunity to get crafty in a social setting while enjoying a cup of tea.

Local artist Dominkia Deska will be taking the 6 week class held every Monday at 2 – 3-30pm starting on the 12 October at 132 Latrobe Terrace. Cost is \$5.

Dominkia engages participants in nature-based activities including coiled basket making, natural dyeing using plant materials and utilising her floristry background -a floral corsage/comb making to tie in with the Melbourne Cup.

Call Emily on 0423 617 199 to book.

We also have community transport that can help you get there.





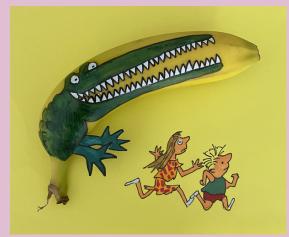
Community Canteen

We are proud to partner with <u>Community Canteen</u> and <u>SecondBite</u> to provide healthy and nutritious meals to those who are suffering Domestic Violence and to people in social housing. What a fantastic first day they had on Saturday 19 September, cooking over 516 meals, six dishes with 23 volunteers.

A big shout out to Angelo from <u>Ashgrove's</u>
<u>Fresh Fruit Market</u> for donating the fresh produce went into our delicious meals.



Who knew!? ...This week we discovered an unusual talent of the Team Leader at Intensive Family Support. Rhian (aka Rhianana Banana) creates characters using bananas and lemons and has a BananART Facebook page. Check it out it's simply bananarific.



https://www.facebook.com/Rhinana.Banana