



# Hi there!

Do you want to be involved in creating a brighter future for our SMBI Community?

These are our amazing SMBI Listeners Employees and Board Members, why not have a chat with them or get in touch?



We are passionate about our Island Community and would love to invite you to come on the journey with us.



If you would like more information please call  
0483 837 763 or email  
[Manager@SMBIListeners.org.au](mailto:Manager@SMBIListeners.org.au)  
or find us on Facebook,  
SMBI Listeners Inc.



WE WOULD LOVE TO HEAR FROM YOU!  
GET IN TOUCH WITH  
US TODAY!

# SMBI FOOD RELIEF

## RUSSELL ISLAND RECREATION HALL - 2 MIN WALK FROM JETTY

**WEDNESDAY (FORTNIGHTLY) ON RECYCLE BIN WEEK**

**11:00AM-2:30PM**



Redland Community Centre offer the following services via their outreach to R.I Rec Hall.

- Disaster/Flood Assistance
- Food & Financial Support
- MoneyFinder Financial Support and Financial counselling

**Ph: 07 3245 2117 or E: [moneyfinder@redlandcommunitycentre.org](mailto:moneyfinder@redlandcommunitycentre.org)**

## RUSSELL ISLAND RECREATION HALL - 2 MIN WALK FROM JETTY

**WEDNESDAY (FORTNIGHTLY) ON RECYCLE BIN WEEK 3:20PM-**

**4:20PM**



Provided by ADRA - Bay Islands Seventh Day Adventist Church.

- \$10 to cover handling
- Bring your own bags & trolley.

**Ph Jenny: 0406 528 772 for more info**

## THE HUT, 55 JACKSON RD, RUSSELL ISLAND.

**TUESDAY (FORTNIGHTLY) OPPOSITE RECYCLE BIN WEEK**

**1:30PM-2:30PM**



Provided by Global Care Bay Islands.

- \$15 per box
- Bring your own bags & trolley.

**Text message Sue 0422 189 942 by Monday with name and size of food box needed.**

## BAY ISLAND COMMUNITY SERVICES INC.

**MACLEAY ISLAND:**

**MONDAY - FRIDAY**

**9:00AM-12:00PM**

35 Southsea Terrace, M.I.

**Call: 07 3409 4990 or ring & make an appointment**

- Emergency Relief
- Conditions may apply

**RUSSELL ISLAND:**

**MONDAY - FRIDAY**

**9:00AM-12:00PM**

55 Jackson Road, R.I.

**Call: 3409 1177 or ring & make an appointment**

- Emergency Relief
- Conditions may apply



**To add your details or for more info contact: Steff - Community Engagement**

**Ph: 0483 829 898 E: [Community@SMBILISTENERS.ORG.AU](mailto:Community@SMBILISTENERS.ORG.AU)**

# 2023 SMBI Community Hubs

PLEASE COME AND JOIN US FOR THE  
SMBI COMMUNITY HUB EVENTS

WE WILL HAVE SERVICES AND  
SUPPORTS FROM THE FOLLOWING  
SECTORS

HOUSING  
YOUTH  
CHILDREN  
FAMILIES  
MENTAL HEALTH  
AGED CARE  
NDIS

MORE INFORMATION ABOUT THESE  
HUBS CAN BE FOUND

[HTTPS://SMBI.COMMUNITY/HUBS](https://smbi.community/hubs)

## MACLEAY ISLAND

WEDNESDAY 22ND FEBRUARY  
WEDNESDAY 5TH APRIL  
WEDNESDAY 14TH JUNE  
9AM TO 1PM

MACLEAY ISLAND COMMUNITY  
CENTRE HALL

## RUSSELL ISLAND

WEDNESDAY 8TH MARCH  
WEDNESDAY 3RD MAY  
WEDNESDAY 28TH JUNE  
9AM TO 1PM

RUSSELL ISLAND RECREATION  
HALL

FOR FURTHER INFORMATION  
CONTACT

BREE TUKAVKIN  
BREE.TUKAVKIN@QSHELTER.ASN.AU  
0411738159

HILTON TRAVIS  
PRESIDENT@SMBILISTENERS.ORG.AU  
0444525659



Specialist Domestic Violence  
& Women's Wellbeing Services



Rural Lifestyle Options Australia  
Community Service Provider



Redland  
CITY COUNCIL



Live life your way.



BETTER TOGETHER



Dependable  
DISABILITY SUPPORT  
COORDINATION

your Strongest Link



LOCALS CARING FOR LOCALS



INDIVIDUALISED  
LIFESTYLE  
SUPPORT  
SERVICES

KINDNESS | INNOVATION | COLLECTIVE IMPACT



Queensland  
Government

MICAH PROJECTS

Breaking Social Isolation  
Building Community



Because home matters





# FAMILY FRIENDLY ACTIVITIES ON SMBI

## FREE PLAYGROUPS

BUZZING BEES PLAYGROUP  
WHEN: MONDAYS 8:30am to 10.30am during school terms  
WHERE: Macleay Island State School Fun, free playgroup for children under school age.  
CONTACT: Macleay SS 07 3400 8333

PLAY2LEARN  
WHEN: TUESDAYS 9:30am to 11:30am  
WHERE: Russell Island at the High Street park (near the jetty).  
CONTACT: Mel or Kelly 0429 963 712

SMBI BUBS AND FAMILIES  
WHEN: TUESDAYS 9:00am to 11:00am  
WHERE: Macleay Island Progress Hall  
A welcoming and safe space for families & bubs.  
CONTACT: 07 3184 0958 or 0483 837 763

JARJUM BARGARRA FAMILIES SPACE  
WHEN: FRIDAYS 8:45am to 11:45am  
WHERE: Bay Island Early Learning & Care.  
Open to all families with children from 2 to 5 years - Siblings welcome  
CONTACT: 07 3409 4433

## SPORTS CLUBS

GEORGY'S LEARN TO SWIM - DURING POOL SEASON  
WHEN: Mon and Tues from 3pm  
WHERE: Bay Islands Pool R.I  
GROUP AND PRIVATE LESSONS FOR ALL ABILITIES  
PH: Georgy 0488 121 807

BAY ISLAND GYMNASTICS & DANCE - DURING SCHOOL TERMS  
WHEN: Fridays from 3.30pm  
WHERE: R.I Rec Hall (2min walk from jetty)  
CALL TO BOOK IN - LIMITED SPACES  
PH: Edith 0447 786 953

RUSSELL ISLAND FISHING CLUB - FEB TO NOV  
WHEN: 2:00pm weigh-in, Sunday fortnightly  
WHERE: BIMSARA 2 Union St, R.I  
Social fishing & weigh-in comp. Families welcome  
PH: Woody 0401 458 311

SOCCER - BAY ISLANDS UNITED JUNIOR FC - LATE JAN TO SEPT  
Union St Field, R.I  
Under 12's & Under 10's Train Tues & Thurs 3.30pm, Play Sat mornings.  
Under 8's - Sat 9.30am  
PH: Mick 0401 483 079

## MARKETS

JACKSON RD MARKET  
WHEN: 8am-11am, 1st Sat of month  
WHERE: Bay Islands Community Services Inc. Jackson Rd R.I  
CONTACT: BICSI on 07 3409 5613

LAMB COMMUNITY MARKET  
WHEN: 8am - 12pm 1st Sun of month  
WHERE: Zac's Convenience Store 6-8 Lucas Dr

ROBERT STREET MARKET  
WHEN: 3rd Sunday of month  
WHERE: RICARTS Farm, Robert St R.I  
contact: Dee on 0466 330 447

BERNIE'S MARKET  
WHEN: 8:30am-12:30pm 3rd Sat of month  
WHERE: M.I Progress Hall  
CONTACT: admin@mipa.org.au

LIONS COMMUNITY MARKET  
WHEN: 8am-12pm, 1st Sat of month  
WHERE: Community Centre, M.I (across from the skate park)  
CONTACT: Wally on 0411 639 812

SEAVIEW MARKET  
Time: 8am - 2pm 2nd Sat of the month  
Location: St Peters Parish Church High St (Next to IGA)  
CONTACT :Jera 0450 016 151 theseaviewmarket@gmail.com

ROBBIES STREET LIBRARY  
17 Dalpura St, Macleay Island

REVAMPS STREET LIBRARY  
17 Francis Road, Macleay Island

JUDY & RAY PICKERING STREET LIBRARY  
The Renegades Men's Shed @ Blue waters Crescent.

CURLEW COVE STREET LIBRARY  
3 Curlew St, Macleay Island

HARRY POTTER STREET LIBRARY  
Community Library @ Russell Terrace, Macleay Island

MACLEAY ISLAND LIBRARY  
Russell Terrace, Macleay Island  
Open Mon 9-5, Tue & Thu 9-4, Fri 9-12, Sat 9-12

RUSSELL ISLAND LIBRARY  
22 High Street, Russell Island  
Open Wed, Thu, Fri 9:30-12:30 & 1:30-5:00 & Sat 9am-1pm

LAMB ISLAND LIBRARY  
Behind Rec Club, 125 Lucas Drive, Lamb Island  
Open Tue 9-12, Sat 9-11

LAMB ISLAND KIOSK-BOOK SWAP  
6-8 Lucas Drive, Lamb Island

UPDATED  
MAY 2023

To add your activity please contact:  
STEFF H - COMMUNITY ENGAGEMENT  
PH:0483 829 898  
E:community@SMBIListeners.org.au

Disclaimer: SMBI Listeners Inc. do not take responsibility for these activities or families' engagement.

FRIENDSHIP  
&  
COMMUNITY



CONNECTION  
&  
CREATIVITY



COME AND JOIN US!

EVERY TUESDAY 9AM - 11AM  
MACLEAY ISLAND PROGRESS HALL  
26-30 RUSSELL TERRACE, M.I.

USE OF THE HALL, TEA & COFFEE  
ARE GENEROUSLY DONATED WITH  
LOVE, FROM THE PROGRESS  
ASSOCIATION



0-5 YEARS  
DROP IN CHILD  
HEALTH CLINIC  
EVERY WEEK

CALL 3488 4350  
TO FIND OUT MORE

## ABOUT US

"The group was created and is led by a group of passionate SMBI parents & carers.

It is for ALL Island families, from those trying to conceive, pregnant mums and parents/carers with babies and young children.

While we are a group focussed on the wellbeing of parents & carers in the prenatal - toddler stage, all children are welcome and there are a range of activities, stories and opportunities provided for 0-5 year olds.

(Parent and Carer supervision is required at all times)



SMBI BUBS & FAMILIES



smbibubs@gmail.com



Bay Island

Early Learning & Care

PH 34094433

172 High Central Road, Macleay Island [www.biearlylearning.com.au](http://www.biearlylearning.com.au)

[admin@biearlylearning.com.au](mailto:admin@biearlylearning.com.au)

# Jarjum Community Space

Open to all families with children  
from 2 to 5 years old - Siblings  
welcome

Up coming dates for May include:

5th of May- colour play & tie dying shirts

12th of May- Mother's Day craft and  
gift making

19th May - Messy play  
for the children to take home

26th May - Biggest morning tea

**OPEN FRIDAYS**  
**8.45AM - 11:45AM**



# Play 2 Learn

A good beginning for every child

## Play2Learn is more than a playgroup!

Play2Learn is a fun time for you to share with your child. Play2Learn gives your child the chance to learn, grow and prepare for school.

All families with children aged 0 – 5 years are welcome to attend.

### Come and join us for:

- Lots of play activities
- craft
- healthy snacks
- music & story time
- fun & friendship
- support with parenting



### Program Times & Locations

#### Russell Island

High Street Park, High Street  
Russell Island, next to the barge.

Tuesday 10:00am - 11:30am



### For More Information

Dean Wrobel:  
0411 668 852

Child Health Nurses  
and Speech therapist  
now visiting  
Playgroup!



# Child Health Nurses on SMBI

## Birth to 5 years: drop-in clinics

Free parenting support for families with babies and young children. No appointment required

Child health nurses can provide advice about feeding, sleeping and other issues during short consultations. Please ask for an interpreter if you need one.



### Clinics for children up to 5 years old

Acacia Ridge Early Years Centre 67 Nyngam St	Tue
Beaudesert Early Years Centre 4 Michaelina Dr	Wed
Beenleigh Community Health Centre 10-18 Mount Warren Blvd	Wed
Caboolture Square Shopping Centre Level 5, 60-78 King St	Mon - Fri
Cleveland, Redland Health Service Centre 3 Weippin St	Tue, Fri
Coorparoo Child Health Service 236 Old Cleveland Rd	Mon - Fri
Deception Bay Child Health Service 675 Deception Bay Rd	Tue, Thu
Flagstone Community Centre 19 Trailblazer Dr	Tue
Hillcrest, Browns Plains Community Health Centre and Early Years Centre Corner Wineglass Dr and Middle Rd	Wed, Fri
Inala Community Health Centre 64 Wirraway Pde	Tue
Jimboomba Caddies Community Centre 19-33 South St	Thu
Kallangur Child Health Service 126 School Rd	Mon, Wed, Fri
Keperra, North West Community Health Centre 49 Corrigan St	Mon, Wed, Fri
Macleay Island Progress Hall 26-30 Russell Tce	Tues
Mount Ommaney, Centenary Community Hub 171 Dandenong Rd	Mon (9-12), Thu (9-3)
Nundah Community Health Centre 10 Nellie St	Tue, Wed, Fri
Redcliffe Community Health Centre 181 Anzac Ave	Tue, Fri
Slacks Creek, Village Connect Unit 13, 390 Kingston Rd	Wed
Springwood Child Health Centre 16 Cinderella Dr	Mon, Thu

### Clinics for children up to 5 years old

Strathpine, Pine Rivers Community Health Centre 568 Gympie Rd	Tue, Thu
Wynnum Child Health Service 130 Florence St	Mon, Wed
Yarrabilba Family and Community Place 3 Darnell St	Mon, Wed, Fri

### Clinics for children up to 3 months old

Logan Central Community Health Centre 97-103 Wembley Rd	Tue, Fri
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Clinics are open between 9am and 12pm on specified days at each location. Clinics are closed on public holidays.

### For advice and information

- Child Health Service 1300 366 039
  - Breastfeeding helpline 1800 686 268
  - 13 HEALTH (13 432584) 24 hours, 7 days.
- Ask to speak to a child health nurse.



Scan the QR code for more information about child health services in the Greater Brisbane area.



Children's Health Queensland pays respect to the Traditional Custodians of the lands on which we walk, talk, work and live. We acknowledge and pay our respects to Aboriginal and Torres Strait Islander Elders past, present and emerging.

SMBI's Free, Local Phone Number for Childrens Health Nurse appointments!

SMBI Families Please call:

**3488 4350**



**13 HEALTH**  
**(13 43 25 84)**

Ask for the Child Health Nurses





## Macleay Island State School Buzzing Bee's Playgroup

Join our Play Matters Affiliated group!

Buzzing Bee's Playgroup meets Mondays. This playgroup provides up to 2 hours free play for children from infant to five years old.

Children are free to explore activities and toys within our Early Years Room, with a shared pack-up clean-up process.

Each week a variety of activities are available for all age groups, with special events held throughout the year. Please note this playgroup is held on Monday mornings from 8:30am during the school term.

**Time:** 8:30am – 10:30am

**Day:** Monday (During School Term)

**Place:** Macleay Island State School

**Cost:** FREE

**Contact:** Jarrod Calcott: [jcalc12@eq.edu.au](mailto:jcalc12@eq.edu.au)



For more information visit:

<https://playmatters.org.au/playgroups/994691844>



Discover more play experiences at: [playmatters.org.au](https://playmatters.org.au)

# Are you a carer?

## Do you take care of or support someone close to you?

There are almost 2.65 million unpaid carers in Australia. That's 1 in 9 people!

Yet, many people don't see themselves as carers.

They are simply children, parents, partners, relatives, or friends supporting someone close to them.

## What makes someone a carer?

Every caring situation is different.

A carer can care for anyone.

A carer can be young or old.

A carer can look after someone who lives with disability, a medical condition, has a mental health condition or is frail due to age.

A carer might help someone with shopping, housework, cooking or transport.

A carer might look after someone 24 hours a day and help with daily activities. Or they might look after someone who only needs help some of the time.

If this sounds like you, you might be an unpaid carer. You can get support through Carer Gateway.

## Key facts

- **Two thirds** of carers spend up to 3 hours a day providing care and support.
- **Just over half** of all carers are primary carers. That means they're the only person looking after the person they care for.
- **Over a third** of all carers live with disability themselves.
- **About half** of primary carers in Australia have a chronic illness or condition.

## Carer Gateway is here to support you

It is important to have support when you're caring for someone.

Carer Gateway was designed by carers for carers. We provide a range of free support and local services to give carers the help they need.

Call Carer Gateway on **1800 422 737** or go to **CarerGateway.gov.au** to find out what we can do for you.

If you are more comfortable having a conversation in a language other than English, you can use the Translating and Interpreting Service (TIS). TIS is available 24 hours a day, 7 days a week, and is accessible from anywhere in Australia for the cost of a local call on 131 450.



An Australian Government Initiative

# Child Health Connector Service

## Southern Moreton Bay Islands



Hi, I'm Kylie, your Child Health Connector for the Southern Moreton Bay Islands. I am available to help you learn about and connect with services and health providers for families with children aged 0-8yrs. I'd love to meet you and help you get connected to the services your family needs. I am on the Islands on Tuesdays and Thursdays.

### What I can help with:

- Accessing specialist services on the mainland
- Helping you prioritise what services to access first
- Connecting you with existing services on the Islands
- Working out transport and child care so you can attend appointments
- Setting goals and plans for thriving happy families, connecting you with support to help reach your goals
- Assisting you access referrals **...these services are FREE.**

I can meet with you at our office at the Progress Association Hall on Macleay Island or at one of the schools, Bay Island Early Learning, a park or BICSI. Just get in touch and we can make a plan that suits.

I will be dropping in to KindyLinQ and connecting with community events, please come and say hi if you see me about.

Looking forward to meeting with you!



For more info contact Kylie:

**0476 822 272**

This project is supported by funding from  
the Australian Government through the PHN Program

**phn**  
BRISBANE SOUTH  
An Australian Government Initiative

# Redlands Coast Community Service

## CONTACTS

### CRISIS NUMBERS

AMBULANCE / POLICE / FIRE: **000**



KIDS HELPLINE: **1800 55 1800**

LIFELINE: **13 11 14**

13 HEALTH: **13 43 25 84**

### 24 Hour Emergencies

1800 RESPECT (domestic violence)	1800 737 732
Child Safety After Hours Service Centre	1800 177 135
DV Connect Mensline	1800 600 636
DV Connect Womensline	1800 811 811
Homeless Hotline	1800 474 753
MH Call	1300 64 22 55
National Suicide Callback Service	1300 659 467
Queensland Sexual Assault Helpline	1800 010 120
Redland Hospital	3488 3111
Sexual Assault Hotline	1800 010 120

### Treatment, Counselling and Referral

Alcohol Drug Service	3825 6060
ADA Australia Advocacy	1800 818 338
Benevolent Society	1800 236 762
Beyond Blue	1300 224 636
Blue Care Redland Community Care	3824 4555
Brisbane South PHN	1300 467 265
Child and Youth Mental Health Services	3825 6005
Footprints - Recovery Wellness Housing	3252 3488
Gallang Place	3899 5041
Gambling Help	1800 858 858
Gay and Lesbian Counselling Service	1800 184 527
Gundu-Pa Manly Community Health Centre	3213 7800
Head to Health – mental health service finder	1800 595 212
Homeless Health Outreach Team	1300 64 22 55
In-Sync Youth Services Anglicare	3286 8777
Kookaburra Kids	1300 566 525
MICAH Homelessness Service	
Perinatal Wellbeing Service Redlands	3825 6241
QulHN – Therapeutic Services	1800 172 076
Redlands Community Centre	3245 2117
Redland Health Service Centre	3488 4222
Redlands Youth Intensive Support Program – Aftercare	0466 281 899
Relationships Australia Queensland	1300 364 277
Uniting Care Capalaba	3823 9400
Wesley Mission QLD	1300 541 623

### Support & Information

24hr Drug and Alcohol Information Service	1800 177 833 3837 5989
Aboriginal and Torres Strait Islander Legal Service Cleveland	3025 3888
BABI Youth and Family Service	3393 4176
Backpack Bed for Homeless	3286 9834
Bay Island Community Centre Services	3409 1177
Bayside Community Legal Service	3162 3282
Capalaba Housing Service Centre	3362 9100
Carers Queensland - NDIS	1300 999 636
Centacare Community Services	3853 7400
Centrelink Services Australia	13 62 40
Cleveland Centre Against Sexual Violence	3808 3299
Commonwealth Respite and Carelink Centre	1800 052 222
Community Action for the Prevention of Suicide	1800 008 255
Family and Child Connect	13 32 64
Headspace Capalaba	1300 851 274
Mangrove Housing – Social Housing	3893 3299
Mental Health Carers Arafmi QLD	3254 1881
NDIS Call Centre	1800 800 110
Night Ninjas (Homeless)	0417 668 926
PCYC Redlands	3245 4639
Redlands Centre for Women	3461 7097
Redlands Youth Justice Centre	3383 1400
RFQ Capalaba	3363 2565
Standby Support After Suicide	0429 147 491
St Vincent de Paul	3823 2304
The Cage Youth Foundation	3829 2644
The Salvation Army Bayside Community Church	3824 5222
QLD Advocacy Incorporated (QAI)	3844 4200
Wellways Carer Gateway	1300 111 400
Yulu-Burri-Ba	3900 7800 or 3164 5800



Hope Centre  
Redlands



Picture only indicative of meal supplied



Redland Community Centre is proud to partner with  
Hope Centre Redlands to deliver:

# RUSSELL ISLAND COMMUNITY LUNCH



**12PM-1PM ONCE A MONTH**  
**FIRST LUNCH WEDNESDAY 26TH APRIL**  
**RUSSELL ISLAND RECREATION HALL**  
**1 ALISON CRESCENT RUSSELL ISLAND**



No bookings required



# FREE PSYCHOLOGY SERVICE

## HOW CAN WE HELP

Change Futures has received funding to provide free psychology and counselling services for children, young people, adults and older adults across the community.

### WHY?

Change Futures has received funding to provide psychology and counselling services because of the impact of the recent floods on the community's overall wellbeing.

### WHO IS ELIGIBLE?

Do you live in any of the areas shown on the map? If so, you are eligible for free psychology services up until June 2023. This service is for everyone in the community.

### WHERE CAN YOU ACCESS THIS SERVICE?

This service can be accessed in person at our Springwood office and other community locations across the region. Services can also be provided anywhere in the region by telehealth e.g (phone or zoom).



*This service is supported by funding from the Australian Government through Brisbane South PHN.*



Scan the QR Code to organise a referral or Contact Us on -

(07) 3153 1093

[intake@changeutures.org.au](mailto:intake@changeutures.org.au)

for more information.

#### Program Referrals

Email [info@changeutures.org.au](mailto:info@changeutures.org.au)

Phone (07) 3153 1093 | Fax (07) 3357 8215

Email [intake@changeutures.org.au](mailto:intake@changeutures.org.au)

Medical Objects - Change Futures



ABN 11 168 089 170

**Free kids event!**

# ***Christmas in June: Following the star***

**25 June 2023**

**12.00-2.00 pm**

**Russell Island Recreation Hall (next to the jetty)**

**RSVP by 23 June: text 0428669207 (Karen)**

**Kids from all ages and all islands are welcome to  
join us for songs, story, snacks, craft and fun!**

**(parents are welcome)**

**Come along and  
follow the star!**

**This event is organized by Russell Island Community Christian Church Inc**