

# Activities for all

## Stay in Touch

The fifth series of the popular “Stay In Touch” program will start again on 18 February at the Mercure Inn. This series of five workshops aims to provide information and support for carers to maintain their caring role and reduce social isolation. Topics include Creative Caring, Relaxation and Recreation, Getting to Know Your Emergency Services. A limited number of places are available for this program. For more information contact the Community Development section on 4727 9000.

## Money Talks – Café Conversations for Women

Money Talks is being presented for the women of Townsville at the Riverway Arts Complex on 7 March in the lead up to International Women’s Day. This is a drop in event, providing information ranging from basic budgeting and taxation to superannuation and retirement planning. Women are invited to drop in and listen to topics that are relevant to them,

## Advice on Saturdays » An Early Years Information Service program



ask questions of the presenters, and gather the information that they want, when they want it. With the current financial crisis, women who attend are bound to find some useful information that can assist them and their families. All women are welcome. For more information contact the Community Development section on 4727 9000.

## GAP: Get Active in Parks

Get Active in Parks, a program jointly funded by Townsville City Council and Sport and Recreation Queensland, has rolled on through the Christmas holidays.

Young people were engaged in sport activities with the following clubs supporting the program  
 » Crocs Touch Club  
 » Townsville OzTag  
 » Teachers West Rugby Union  
 » JCU Football Club

A photo-voice project has also been completed. This focused on reviewing the recreational parks in Townsville West and providing suggestions for improvement.

The Townsville City Council’s UFO (Urban Fun Object) has joined in the afternoon activities providing a great space to hang out and chill. The Nintendo Wii and Guitar Hero have proven to be a hit with young people using the facility.

All young people are welcome to join in on any day. The GAP program is currently at Warrina Park (bordered by Palmerston St, Cambridge St and Hammett St.) Tuesday and Thursday afternoon - 3.30pm to 5.00pm. There are no charges to participate.

## Generation Chat Program

Generation Chat is a free program coordinated by the Townsville City Council that provides an exciting opportunity for interaction between our seniors and young people.

Bringing generations together is an entertaining way for youth to catch a glimpse of what life was like in the past and how life has changed over the years.

The Townsville City Council coordinates an enthusiastic group of seniors who visit schools to talk to students about their life experiences over the years.

For further information on the Generation Chat Program please contact Customer Service.

## Early Years Information Service

Townsville City Council is happy to announce that The Early Years Information Service will now be open on Saturdays from 9am until 1pm where, in a Queensland first, a child health nurse will be on hand for visitors.



The Urban Fun Object (UFO) a hit with kids.

Council announced the extra hours in addition to their current operating hours of 9am – 4.30pm Monday – Friday.

The service is a one-stop shop of information for families and topics staff can help with include: sleep problems, behaviour management and child care in Townsville.

The availability of the child health nurse means families can bring bub in to get weighed, measured and chat to the child health staff on a Saturday from 9am–12noon.

The Early Years Information Service also offers a “Messy Play” program. Messy play can assist in development of children’s fine motor skills and increase their confidence.

Sessions times are:

**Ankle-Biters Get Messy**  
 Children 12mths – 2 years  
 Mondays 2pm – 2.30pm

**“L” Platers Get Messy**  
 Children 2 years – 3 ½ years  
 Wednesdays 10am – 10.45am

**“P” Platers Get Messy**  
 Children 3 ½ years – 5 Years  
 Thursday  
 1.30pm – 2.30pm

**Blokes Get Messy**  
 A session just for dads, granddads and uncles  
 Every second Friday  
 9.30am – 10.30am

## Active and Healthy Seniors

Townsville City Council offers eight weeks of fun, friendly, and low cost physical activity and recreation for residents over 50 years of age through the Active and Healthy Seniors program. The program will kick off in April and include activities like yoga, meditation, aqua aerobics, pilates, strength training, fit and flex and tai chi.

For more program details and bookings, phone council on 4727 9000.

## Freelance Writing

Ever wanted to have your own column in a newspaper? Or perhaps you’d rather write fulltime and not have to worry about the daily grind any more? Non-fiction writer Tiana Templeman (author of Absolutely Faking It) will share her secrets on how to break into the industry as a freelance writer and let you know how you can become a regular name in local, statewide and national presses.

Sunday 24 May 2009

CityLibraries Aitkenvale (Meeting Room 4), 4 Petunia St, Aitkenvale

Non-members of QWC \$115, QWC members \$85, QWC concession members \$75  
 Queensland Writers Centre  
 3839 1243 or www.qwc.asn.au

## Townsville 400 Committee to promote event

The inaugural Townsville 400 is fast approaching and while construction workers and event organisers are working around the clock, so too are another dedicated group, determined to make the event a huge success for the entire city.

The Townsville 400 Festival Committee is comprised of community representatives who

have volunteered their time and knowledge to ensure that Townsville makes the most of the opportunities that come along with hosting an event of this magnitude.

Recognising the tourism and economic development potential of the V8 Supercars Australia event, the Townsville City Council called for interested people to sit

on a Festival Committee.

The Townsville 400 Festival Committee Members include:

Cr Tony Parsons – Council Representative (Chair)

Madonna Simmons – Townsville Chamber of Commerce Representative

Andrew Gricks – Motorsport Representative

Pat Driscoll – Motorsport Representative

George Clarke – Volunteer Representative

Bridget Hart – Event Management Representative

The objective of the committee is to liaise with and engage business and community groups to encourage participation and activities in support of the annual V8 Supercars Australia event festival.

The Committee has produced four programs they wish to implement surrounding the Townsville 400. These include:

- » Race Week Calendar
- » Ambassador Program
- » Welcome to Townsville Packs

For more information about the Townsville 400 Festival Committee or any of its initiatives, contact Cr Tony Parsons.