

## What's been happening at Picabeen?

### Further Improvements to Picabeen Community Centre



Over the past 9 months, Picabeen has undergone a number of exciting upgrades that have made an incredible difference to our Centre and community.

Our building has received a fresh coat of paint, giving the Centre a brighter and more welcoming feel. Solar panels have also been installed, helping us reduce our environmental footprint and lower ongoing energy costs.

Outside, our shed is now fully functional and available for hire, providing a flexible space for community groups and activities. Inside the Centre, new floor coverings and a refreshed front reception desk have created a more comfortable and inviting environment for everyone who visits.

Picabeen would like to extend our sincere thanks to Brisbane City Council for funding these improvements through their Community and Sports Partnership Program. Their support helps us continue to provide a safe, vibrant, and accessible space for our community.

## From the Youth Team



Young people at Picabeen Youth Space recently celebrated Youth Week in style with a hands-on Upcycling Workshop! Using donated clothing from our Changeroom Op Shop and second-hand sewing supplies, participants transformed pre-loved pieces into fresh, fashionable creations. It was fantastic to see such creativity in action, with our young people embracing sustainable practices while expressing their unique styles.

Meanwhile, our Youth Team continues to support young women through the Brighter Futures: Skills & Confidence for Young Women program, proudly funded by the Empowering QLD Women Grant. Now in its second term, the group is helping participants build essential life skills for independence. Including budgeting, financial literacy, resume writing, job readiness, and maintaining healthy relationships.

We're proud to see our young people growing in confidence, creativity, and capability.

## Student Placement Profile – Caitlin



Picabeen hosts student placements from a range of educational institutions, and they contribute significantly to what Picabeen can offer. Following her placement Caitlin reflected on her time at Picabeen.

*“I recently completed my student placement for my Bachelor of Social Work with Picabeen Community Centre. I feel incredibly grateful, not only to have been part of such a warm, welcoming and kind team, but for the significant learning opportunities I was given.*

*I walked away from my placement with far more than ticked boxes for my degree, I gained a deep appreciation of what the centre does and the meaningful way it gives back to the local community.*

*Being able to play a small part in Picabeen's valuable work was such a great experience – thank you to the entire Picabeen team “*

## News from our Change Room Op Shop – Dallas Parade Keperra



The op shop has been asked to participate in a Fashion Show being organised by St Michaels Anglican Church in Mitchelton. This event will take place in August at the church and will be an exciting promotional opportunity for the op shop.

Dallas Parade hub is continuing to expand with the pharmacy moving across the road (into the old Snow Central building) and will be incorporating two new health business in the complex. So, an exciting time for us all.

The shop continues to grow with new and existing customers, wonderful donations and a happy helpful band of volunteers. We have had 3 new volunteers start with us over the last 6 months and they are a great addition to the volunteer team.

### **VOLUNTEER HIGHLIGHT**

Zoe You is one of our newest volunteers and started with us early in the year.

Zoe, who is originally from China volunteers with us at both at the Community BBQ and The Change Room Op Shop.

She does this to further her understanding of the local community and to develop a deeper understanding of Australian culture and practises.

She is currently studying to become a counsellor



# Picabeen People Connecting and Crafting



One by one, conversations commence to pierce the silence of the sunny upstairs space each Friday morning. The volume increases as more and more gather and enhance their connections with animated chatter about the week that was. Welcome to ***Picabeen People Connecting and Crafting!***

For the last year, this community led group has grown as local community members have shared conversations and craft activities with friends old and newly made. An extremely diverse group, everyone is valued, and many stories are shared from 9.30 a.m. - 11.30 a.m. every Friday. Morning Tea is a time for further connecting often by moving chairs to ensure we catch up with everyone. A highlight each month is our shared morning tea where birthdays are celebrated.

Time flies each time we meet and as we scurry to pack up on time, well wishes for the week and fond farewells are issued until this special group of locals come together again in a week.



Anyone who would like to connect is welcome! So, if you think you would like to become a Picabeen person who is connecting on Friday mornings why not drop in one week – we would love to welcome you!!



## What's happening at Picabeen Community Centre

Activity	Time	Cost	Description	Booking
<b>Monday</b>				
<b>Playgroup</b>	9:30 am – 11:30 am	Free	For children aged 0-5. Connect with other parents and caregivers.	Walk in
<b>Tuesday</b>				
<b>Beginners English</b>	9:30 am – 11:30 am	Free	English Class for beginner and intermediate English Learners.	Walk in
<b>Free BBQ Lunch</b>	12:00 pm – 1:00 pm	Free	Connect with the community and meet new friends at Picabeen Community Centre BBQ.	Walk in
<b>Social Connections</b>	12:30 pm – 2:00 pm	Free	For young people 12-18 years old who are participating in home school, distance ed, unschooling or are disengaged with mainstream school.	0408 001 882
<b>Suicide Bereavement Support Group</b>	6:00 pm – 8:00 pm	Free	Occurs on the 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month. A welcoming, non-clinical space for Brisbane North individuals 18 years and older bereaved by suicide.	Please email us at <a href="mailto:info@picabeen.org.au">info@picabeen.org.au</a> or phone 3354 2555
<b>Wednesday</b>				
<b>No Interest Loans (NILS)</b>	9:30 am – 5:00 pm – pre-booked appointments only	Free	No Interest Loans (NILS) provide individuals and families on low incomes with access to safe, fair, and affordable credit.	For enquiries, please visit our website <a href="http://Picabeen.org.au">Picabeen.org.au</a> or phone 3354 2555
<b>Safe Space</b>	3:00 pm – 5:00 pm	Free	This space is about LGBTQIA+ SB young people (12-18y) and allies to connect, socialise and develop life skills in a safe, respectful, and empowering environment.	0408 001 882
<b>Thursday</b>				
<b>Form Filling Assistance</b>	9:30 am – 10:30 am 11:00 am – 12:00 pm	Free	Form filling assistance for any forms except for legal or court documents.	3354 2555
<b>Board games group</b>	10:00 am - 12:00 pm	Free	Board games group for all ages and skill levels.	Walk in
<b>Card Game Group</b>	1.00 pm – 3.00 pm	Free	All welcome – whether a seasoned player or just a beginner.	Walk in
<b>Friday</b>				
<b>Conversational English</b>	9:30 am – 11.30 am	Free	A friendly group of people from many countries work with our tutors to improve their spoken English. All levels of skills welcome from none to basic.	Walk in
<b>Craft Group</b>	9:30 am – 11:30 am	Free	Drop in for a chat and a cuppa and bring some craft along if you wish.	Walk in

**22 Hoben Street Mitchelton – Phone 3354 2555**

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