

What has been happening at Picabeen?



Centre Upgrades

Picabeen was successful with their application to the Gambling Community Benefit fund, which is an initiative to help not-for-profit community groups that benefit Queensland Communities. The grant has allowed Picabeen to purchase vital IT upgrades including configuration, setup, adding local Windows accounts, activating required MS365 licence for laptops, computers and reception desk as well as replacing some network devices. The IT upgrade has streamlined admin processes and has allowed us to assist community members more efficiently. Additionally, the IT upgrade has ensured that data is stored securely and effectively, protecting the confidentiality of our patrons and overall device security.

This fund also provided financial support for tree lopping for the centre, which has greatly improved the outside area where both our community BBQ and playgroup are located. This has removed any dangerous tree overhanging and has improved the natural light allowing greenspace to be utilised to its full potential.



Picabeen is excited to be collaborating with ETC, Headspace and Services Australia to celebrate Mental Health week on the **13th of October from 11.30 to 1pm** at the centre.

As part of this event, we will hold our regular weekly BBQ alongside special activities to support people's mental health and well-being. Highlights of the day will include a smoking ceremony by Aunty Kathryn representing Turrbal Dippil, a giftbag featuring items to engage the 5 senses, and a collaborative arts activity with the finished creation to be proudly displayed in the centre.

This year's theme of mental health week is **Building Community and Wellbeing**. Our mental health is influenced by many factors, including the communities we belong to and the connections we make with those around us. Mental Health Week encourages us to build and strengthen these connections, fostering a greater sense of belonging, resilience and wellbeing.

We invite everyone to come along, strengthen connections within the local community, meet new people, enjoy some fun activities and help us celebrate the importance of positive mental health and wellbeing. We look forward to seeing you there!

Student Placement profile: Amelia



Every Semester Picabeen hosts student placements enrolled in a variety of certificates, bachelors and master's programs from various educational institutions. Placement opportunities at Picabeen allow students to experience grassroots community work and develop their emerging practice whilst also providing their own sets of skills and creative ideas to Picabeen.

Let's hear from Amelia, one of our current placement students, about their placement experience thus far:

I am enrolled in a Bachelor of Social Work at the Queensland University of Technology and am doing my Second Practical Placement at Picabeen Community centre for 500 hours.

I have thoroughly enjoyed being able to interact, support and work alongside so many community members, differing in age, language and cultures all experiencing different complexities. A day at Picabeen means I could transition from working with a young person to then speaking with someone seeking homelessness support, this constant change day to day means there is lots of experience to be gained.

I have particularly enjoyed learning how to facilitate spaces for young people where they feel safe, welcome and remove any existing power barriers. I have been given creative freedom to come up with new activities, steer projects and develop systems whilst incorporating my own knowledge and experiences into my work, which has been refreshing.

Thank you to the Picabeen team for acting as such a supportive and friendly environment for my placement!

A Tuesday at Picabeen

Let's look at what a Tuesday at Picabeen community centre entails!

English Class

In the morning at 9.30 - 11.30am we host a free English class taught by our committed teacher, Hilary, and is accessible both face to face and via zoom. This engaging class English class welcomes community members from a wide variety of cultural and language backgrounds who are seeking to develop Australian speaking skills in a supportive and informal setting.

Community BBQ

Following the English is our weekly community BBQ service from 12-1pm which is run by friendly volunteers, staff and students. The BBQ includes freshly cooked beef burgers and sausages, onions and vegetarian options as well. Also, on offer is potato salad and coleslaw, garden salad ingredients, fruit, dessert and beverages. This well attended BBQ promotes dignified food access to reduce overall food insecurity whilst also providing an environment to reduce social isolation; patrons are encouraged to socialise, and many have formed meaningful long-lasting friendships with one another.



Social Connections

Our Youth Team then holds social connections from 12.30 to 2pm, this group is designed for Young People not engaged in mainstream education to attend and broaden their social circle. There are different activities scheduled for each week which are developed based on the interests of the young people attending and include arts and crafts, cooking and baking, games, jewelry making and much more.

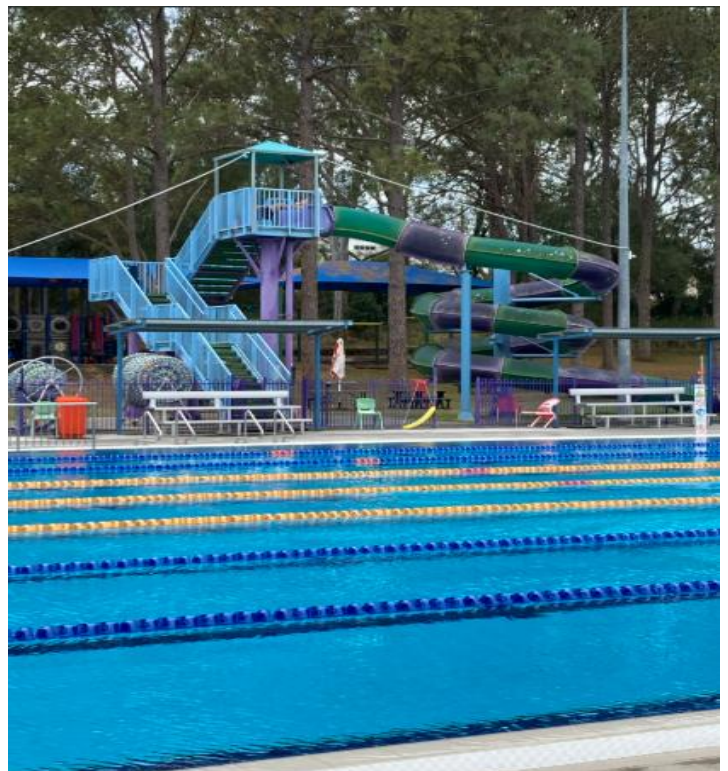
Dungeons and Dragons (D & D)

The day is completed by the closed D & D group from 3 to 5pm run by game master Amelia. The Youth Space is transformed into a fantasy roleplay setting where each week new exciting challenges and storylines arise.

News from the Youth Team

School Holiday Activities

Young People at Picabeen Youth Space have been celebrating the September School holidays with a Youth Team trip to the Newmarket Public Pool, the big water slide was a huge hit! There were also two very popular bonus D & D sessions which followed a self-contained storyline for the day with each young person receiving a new character, everyone participated and were able to connect with like-minded people.



Group Programs

Across the youth team there are a total of 5 groups running including

- Social Connections
- Safe Space
- D & D
- Brighter Futures (incorporating the Wheel of Wellbeing model)
- Young Men's group

It has been great to see all the Young People engaging in activities and building friendships with one another.

Mental Health Week

The Youth Team is excited to announce that between October 3rd - 11th they will be attending 5 high schools across Brisbane to promote Mental Health Week and highlight the importance of community over this period. The Youth Team will have a stall at each school with giftbags and a badge-maker. The badge-maker will prompt a student-led initiative to create badges and present them to members of their local community to create a sense of overall unity and belonging.

News from our Change Room Op Shop – Dallas Parade Keperra

The Picabeen Changeroom op shop was invited to participate in the St Matthews Anglican Church Fashion Show, on the 1st of August which was a fundraiser for renovations of the church Hall in Mitchelton. Nine of our volunteers and community members put their hands up to 'strut their stuff' on the catwalk.

The event was a sold-out function with over 80 people in attendance!

Our models were aged from 18 to 85 and were all amazing in their confidence and poise on the catwalk.



Guests were treated to a delightful High Tea created by the church ladies, as well as some wonderful raffle prizes, with several of our models taking home prizes. Our models proudly displayed a stunning collection of pre-loved clothing donated by community members, demonstrating that second-hand fashion can be both fashionable and environmentally friendly while supporting a valued local op shop.

- Lynne Martin (Change Room Coordinator)

Notices:

We are currently calling out for BBQ Volunteers!

We are looking for volunteers at our weekly Tuesday BBQ. If you have been wanting an opportunity to give back to your local community then this is for you. Tasks would include assisting with basic food preparation, cooking and serving food, pack up and pack down, light cleaning duties, and training is provided.

Availability Required: Tuesdays from 11-1pm and you can volunteer on a weekly, fortnightly or monthly basis



Picabeen Community Centre

BBQ VOLUNTEERS NEEDED

We are looking for volunteers that
can assist with our community BBQ
TUESDAYS FROM 11:15AM TO 1:15PM

ROLES INCLUDE

- Setting up
- Preparing, cooking and serving food,
- Clean up and pack down

**ENQUIRE ONLINE
OR CONTACT THE CENTRE**

- ☎ (07) 3354 2555
- ✉ info@picabeen.org.au
- 🌐 <https://picabeen.org.au>


supporting community

The poster is a vertical rectangular graphic with a light beige background. At the top, it says 'Picabeen Community Centre' in a bold, black, sans-serif font. Below this, the main title 'BBQ VOLUNTEERS NEEDED' is prominently displayed in large, bold, dark blue and orange letters. A light pink rounded rectangle contains the text 'We are looking for volunteers that can assist with our community BBQ' in a dark grey font, followed by 'TUESDAYS FROM 11:15AM TO 1:15PM' in bold orange letters. Underneath, a white rounded rectangle with the heading 'ROLES INCLUDE' in orange lists three tasks with right-pointing arrows: 'Setting up', 'Preparing, cooking and serving food,', and 'Clean up and pack down'. The bottom left section, titled 'ENQUIRE ONLINE OR CONTACT THE CENTRE' in orange, lists three contact methods: a phone icon with '(07) 3354 2555', an email icon with 'info@picabeen.org.au', and a globe icon with 'https://picabeen.org.au'. On the bottom right, there is a logo for 'Picabeen' featuring a green cloud with a palm tree and the word 'Picabeen' inside, with 'supporting community' written below it. A large, stylized orange hand is shown at the bottom right, reaching upwards towards the logo.

PICABEEN NEWSLETTER – SEPTEMBER 2026

What's happening at Picabeen Community Centre

Activity	Time	Cost	Description	Booking
Monday				
Playgroup	9:30 am – 11:30 am	Free	For children aged 0-5. Connect with other parents and caregivers.	Walk in
Tuesday				
Beginners English	9:30 am – 11:30 am	Free	English Class for beginner and intermediate English Learners.	Walk in
Free BBQ Lunch	12:00 pm – 1:00 pm	Free	Connect with the community and meet new friends at Picabeen Community Centre BBQ.	Walk in
Social Connections	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
Suicide Bereavement Support Group	6:00 pm – 8:00 pm	Free	Occurs on the 2 nd and 4 th Tuesday of each month. A welcoming, non-clinical space for Brisbane North individuals 18 years and older bereaved by suicide.	Please email us at info@picabeen.org.au or phone 3354 2555
Wednesday				
No Interest Loans (NILS)	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 Picabeen.org.au or phone 3354 2555
Safe Space	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
Thursday				
Form Filling Assistance (Contact centre if alternative day/time is required)	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
Board games group	10:00 am - 12:00 pm	Free	Board games group for all ages and skill levels.	Walk in
Card Game Group	1.00 pm – 3.00 pm	Free	All welcome – whether a seasoned player or just a beginner.	Walk in
Friday				
Conversational English	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
Craft Group	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

Email: info@picabeen.org.au – picabeen.org.au