

OCT/NOV 2023
ALWAYS **FREE** ISSUE NO. **65**

Loving
NUNDAH

lovingnundah.com.au

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@TheVillageSocial

we love

springtime

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WARM HEARTS

+ HELPING HANDS



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**NUNDAH
NOW!**

WE ♥ NUNDAH

THANKS FOR READING

YOUR LOCAL TEAM

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larni@lovingnundah.com.au

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gwynn-jonesphoto@aapt.net.au

IN PARTNERSHIP WITH



mozmo creative
mozmo.com.au

OUR NEXT ISSUE

#66 December/January 2024
Booking deadline: 4 November
Content deadline: 11 November
Distributed: 28 November
Phone: 3162 0802
Email: ben@lovingnundah.com.au

Local area content marketing + advertising



Multiple Channels

We reach people across print, web and social media:

- Facebook** 19,500+ followers
- Instagram** 5,100+ followers
- Email** 700+ subscribers
- Website** 10,000 impressions per month



Brisbane Inner North Locals

We deliver to the right people and serve the local community with relevant information



Frequency is Right

- Bimonthly Magazine printed and sent to letterboxes and locations
- Monthly E-News
- 24/7 Website
- 24/7 Instagram + Facebook



Proven Results

- Strong local following
- Massive social media growth
- Have printed over 24 million pages of positive local content over 10 years

If you would like an info pack
Email: ben@lovingnundah.com.au

news bites

The Rotary Club of Nundah celebrates 70 years

Nundah Rotary has recently celebrated 70 years of service to the community.

The club also took the opportunity to recognise over 50 years of service to Rotary by Tino Babao.

For membership enquiries, call Terry 0488 698 983.

nundahrotary.org.au | facebook.com/nundahrotary



Paul Roger, Tino Babao and Terry Ryan .



70 year celebration event



Rotary club of Nundah at the Nundah Festival

Thai Royal Orchid New Location

Paula and the team have moving their massage therapy business to a new location in Nundah Village... it is at 1A/1208 Sandgate Road – a short stroll from the current location.

Congratulations to Paula and the team on this new chapter!

www.thairoyalorchidmassage.com.au

f [thairoyalorchidm](https://facebook.com/thairoyalorchidm)



Loving Nundah and Nundah Community Enterprises Co-Operative Distribution Partnership



We have partnered with the Nundah Community Enterprises CoOp, our local social enterprise to deliver our Loving Nundah around the local area. It's one way we can work together with a local group that have pioneered supporting local people into work. **See more at www.communityliving.org.au**

Celebrating Pete's Garage

After servicing vehicles for Nundah and surrounds for 41 years, Pete's Garage closed its doors for the final time Friday, 29 September, 2023.

As a family-owned and operated business, Pete's has had many customers come through the workshop over the years.

Pete is looking forward to retirement and welcoming his first grandchild.

Well done to Pete and the team!



Nundah Festival Weekend

Celebrating the 21st Nundah Festival weekend.

The 21st Nundah Festival was finally celebrated on Sunday, 10 September 2023. Gorgeous weather welcomed the crowds that started forming before the official opening at 9am. It was clear that locals and visitors were eager to celebrate the Nundah Festival.

The Nundah Festival opened with the talented Nundah State School Marching Band, and the Nundah Town Crier.

Performances were held on two stages at the Festival, with local schools showcasing their finest singers, bands and sports acts.

The Movie in the Park and Fireworks run by BCC and Cr Adam Allan

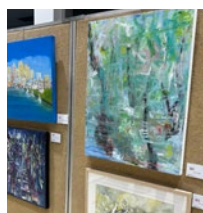


was held with record attendance on Friday 8th September.

The Nundah Art Show was a huge success, with the exhibition running on Saturday 9th and Sunday, 10th September. Over \$10,000 in prize money was awarded to entrants in the fields of landscape, contemporary, portraiture, still life and sculpture. The Grand Prize was awarded to John Brigden.

The Nundah Festival is organised and run by local volunteer group, Nundah Now. If you'd like to be involved in next year's event, please visit nundah.com.

Thank you to the Nundah Festival sponsors and supporters, including Brisbane Airport Corporation, Brisbane City Council, Gardner Vaughan Group, Karl Garufi Belle Property Ascot, Norris Motor Group, Councillor Adam Allan, Nundah Village Shopping Centre, Harcourts Local, Mozmo Creative, Nundah Village Dental, Leanne Linard MP, The Joint Nundah, Ian Mogridge Painters & Decorators, The Royal Nundah, Arlow Electrical, Schramm Group, St Patrick's College Shorncliffe, Aether Brewing, Northside First National Real Estate, Arthouse Northside, Signarama Nundah, Suzuki Nundah, Isuzu Nundah and Swarm Studios.



The Nundah Festival is a terrific community event to be involved with. If you would like to be involved in this special event please visit nundah.com.

For the latest information and updates on the Nundah Festival, make sure to follow Nundah Festival on Facebook and Instagram. [Facebook](https://www.facebook.com/nundahfestival) [Instagram](https://www.instagram.com/nundahfestival) [nundahfestival](https://www.facebook.com/nundahfestival)

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LEGAL MATTERS
*with Aaron Ball from
Shorestone Legal*

Recent legislative changes to DV laws

Recent changes to Queensland's Domestic and Family Violence legislation have changed the way Magistrates courts deal with cross-applications for domestic violence protection orders.



A cross-application is where an aggrieved (or the police on their behalf) applies for a protection order, and then the alleged perpetrator of domestic violence makes their own application against the first person. This can often happen where both spouses have committed violence or coercive behaviour against each other.

Under the new amendments, the court must now decide who is most in need of protection, and make an order accordingly. Some of the factors the court will consider when deciding who is most in need of protection include the behaviour of both parties, the history of the relationship, whether either party is particularly vulnerable, and the severity of the harm caused by each of the parties.

Allegations of domestic violence are, unfortunately, becoming much more common in our community as well as across Australia. Hopefully, these new laws will provide better protections for victims.

If you need urgent legal advice about a domestic violence matter, Shorestone Legal can provide you with a free, confidential telephone consult with one of our experienced solicitors.

Aaron Ball, Principal Solicitor | Shorestone Legal
shorestonelegal.com.au | Ph: 3266 4657 | [f](#) [@](#) shorestonelegal



FINANCE
*with Wayne Kennedy from
Loan Market*

5 things to keep in mind before refinancing

You may want to find the lowest rate, but there are number of other factors that could save you time and money.

Some areas lenders can vary greatly include:

1. Serviceability criteria. This can impact the amount it may be willing to lend you and whether you qualify for a loan in the first place.

2. Fee differences. Loans cost more than just the interest rate. Some charge annual fees, fees for features, and even things like lenders mortgage insurance (LMI).

3. Turnaround times. Save money or move ahead with that project quicker at some lenders.

4. Lending criteria. Some criteria vary depending on the lender, such as your employment (including if you are self-employed) and the details of the property (some may have restrictions on building types or locations).

5. Promotions. Depending on your situation, there may be promotions available that you could qualify for. For example, some lenders offer "green loans" if a home fulfils certain sustainable, energy-efficient criteria. Others offer special deals for people in certain professions including the medical industry.

Wayne Kennedy Loan Market | 13/24 Eton Street, Nundah | Ph: 3014 0303
loanmarket.com.au/wayne-kennedy | [f](#) [@](#) WayneKennedyLM



We are relocating at the end of October

Lumus Imaging Nundah will be relocating to our brand new premises at 20 Nellie St, Nundah at the end of October.

For all imaging around this time please call our friendly practice staff for bookings: P: 3115 1200 F: 3256 7578



X-Ray, Dental, Ultrasound, Ultra-Low Dose CT,
Echocardiography, BMD, Mammography,
Interventional Procedures.

*we will soon be adding MRI to our practice modalities




REAL ESTATE
with Karl Garufi from
Belle Property Ascot

Daunted by the buying and selling process?

We understand that buying and selling property can be daunting, so to show our support for you, we have created a few top tips and considerations for those looking to break into the market for a new property.

Tips to break into the market

- Aim to be debt-free
- Cut down on everyday expenses
- Know your brief
- Research grants and schemes
- Consider a guarantor home loan
- Consider a joint mortgage
- Enquire about mortgage and income protection insurance
- Enlist support

The Karl Garufi Team is so grateful for the Nundah community's unwavering support at the festival this year. Your enthusiasm fuelled our team! Thank you for making it a memorable event.

Belle Property Ascot | 127 Racecourse Road, Ascot | Ph: 0421 703 387
belleproperty.com/ascot | @karlgarufi_belleproperty




FITNESS
with Davina Donovan and
Rob Lloyd from Fitstop Nundah

Mindfulness in Exercise: A Holistic Approach to Fitness

In our busy lives, exercise can often feel like just another item to check off our to-do list. But what if we told you that you could transform your workout into a holistic experience through mindfulness?

Mindfulness is the practice of being fully present and engaged in the moment. When applied to exercise, it creates a powerful connection between your mind and body, enhancing the overall quality of your workout.

Exercises that incorporate mindfulness techniques help you focus on your breath, movements, and sensations, making each session more effective and enjoyable.

Why is this important?

Practicing mindfulness during exercise has been shown to reduce stress, improve mental clarity, and elevate mood. It also allows you to listen to your body, reducing the risk of injury.

So, the next time you hit the gym, don't just go through the motions. Be mindful, and elevate your workouts to enrich your mind and empower your life.

Fitstop Nundah | 5/1220 Sandgate Road, Nundah | Ph: 0413 106 643
www.fitstop.com/nundah | fitstopnundah | fitstop_nundah

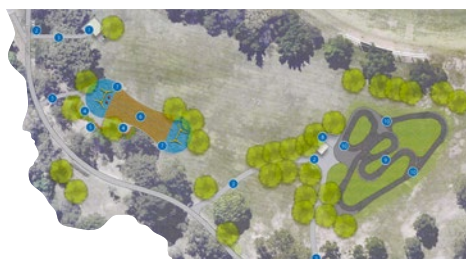
NORTHGATE WARD UPDATE

Start of Construction - Shaw Estate Park Family Hub and Mercer Park Pump Track

I am pleased to update the community on the start of works for the Shaw Estate Park Family Hub and Mercer Park BMX pump track. The project was initiated after the community approached me for a BMX facility.

We are committed to giving you more to see and do in your suburbs. As outlined in the design and concept plan, this facility will be a great addition for families to enjoy our sport and recreation spaces with the construction of a new asphalt BMX/pump track that has beginner, intermediate and advanced rider zones.

The Family Hub is a welcome addition to the BMX Pump Track and will include a new double cableway flying fox with safe fall zones, BBQ



and picnic shelter. The pathway from the corner of Fourteenth Avenue and along Benelong Street will feature new scooter-play elements and bike trick nodes, including a boulders section, ride-through rings, and a moguls slide.

I look forward to keeping the community updated as works progress. If you would like to find out more about the project, you can phone the project team on 1800 884 681 during business hours.

Thank you to the community for their interest in this project and patience while the opportunity has been progressed over the past few years.

Free Green Waste Tipping



Brisbane is a beautiful, clean and green city with fantastic weather. Unfortunately, this makes us vulnerable to severe weather threats, including storms and bushfires.

To help you prepare your yards ahead of the storm and bushfire season, the Schrinner Council is providing FREE green waste tipping weekends on 7-8 October and 11-12 November.

Follow
Councillor.Allan
for updates.



Kerbside Collection 2023

WEEK STARTING	SUBURBS
16 October 2023	Nudgee, Nudgee Beach, Virginia
23 October 2023	Banyo, Northgate
6 November 2023	Nundah, Wavell Heights
13 November 2023	Kedron
20 November 2023	Chermside

brisbane.qld.gov.au Kerbside Collection



Cr Adam Allan & Lord Mayor Adrian Schrinner

Kerbside Collection Mark your calendar!

Council's 2023 Kerbside Collection is coming to Northgate Ward during the months of October and November, helping residents dispose of large household items. Keep an eye out in your letterbox for the flyer.



Cr Adam ALLAN
Councillor for
Northgate Ward

3403 2210
northgate.ward@bcc.qld.gov.au
www.adamallan.com.au
Councillor.Allan



Brisbane City Council (24hr Contact Centre) 3403 8888

Majestic Church – a bright future in Nundah

In July, Majestic Church secured their long term lease at 5/2 Jenner St, Nundah to help facilitate their growth and future vision.

Pastors Sonny and Leisa founded Majestic Church seven years ago and say they are excited for the church to be a gift to the people of Nundah and surrounding areas.

“Our larger facility will help us help more people and engage with our community better. We are passionate about everything Nundah and so thrilled to be very present within our community. We are a church that’s is



focused on community engagement and staying relevant and on-topic with our message and mission to see people find hope, broken lives restored, and communities transformed.” Sonny said.

This building consists of state-of-the-art auditorium, sound and lighting, with training and counselling rooms, business suites and much more.

“Everyone is welcome here at Majestic and we would love to invite you to come and check it out,” Sonny said.

The official opening is Friday 13 Oct, 2023. Sunday services 10am.

5/2 Jenner Street, Nundah
majesticchurch.com.au
@majesticchurchbne
MajesticChurchBrisbane



What's Your Project?

“Fighting for consistency and momentum”

This is Moira.

A proud Gunggari woman and great grandmother who is respectfully and lovingly known as Auntie Moira. She is the president of the Noonga Reconciliation Group here in North Brisbane. One of eight children, she was born in Cherbourg, an ‘Aboriginal Settlement’ that her grandparents were relocated to. She tells me that, despite their history, her family did well so they have spent their lives giving back and helping others to rise. This has not always been easy – even with 34 years working in both state and federal level public service and sitting at the big tables, her voice on Aboriginal and Torres

Strait Islander Peoples issues was not heard. Watching the coming and going of funding and programs with the changes of government and staffing has been (and is) frustrating.

Moira was one of the Brisbane voices that contributed to the creation of the Uluru Statement from the Heart. “What we most need is a permanent body that can consistently focus on delivering the programs that we need to effectively close the gaps, regardless of who is in power at the time.”

Moira is the Community Education Counsellor at Wavell Heights High School where she supports the local Murri Kids with the full backing of the school. A tennis fan, Moira dreams of attending Wimbledon and, if it wasn’t for COVID, she would have already ticked this off her list.

To keep up to date with Moira and the team at Noonga Reconciliation here
<https://noongarg.org.au/>



What's Your Project focuses on inspiring locals, interviewed and photographed by local contributor Gaylia Lee. @thisismphotography_gaylialee



Compassion 4 Community - supporting local

Compassion 4 Community is a local not-for-profit that currently provides more than 400 healthy meals and social connection weekly to those doing it extremely tough in Nundah and surrounding areas.

With the increase of the cost of living, the financial pressure continues to climb for many. People are literally having to make decisions whether to pay rent, put fuel in the car to go to work, or buy groceries, many actually go hungry.

That’s where C4C makes a difference, helping save people

hundreds of dollars each week on groceries and provide them with a consistent place they can trust, alleviating a lot of stress for many.

Compassion 4 Community provide a safe place for everyone to come as they are to have a healthy meal, a good chat and a whole lot of love and hope to get through another day.

C4C rely mostly on the generous donations of our community and have been blown away by the local support.

There have been a lot of great things happening for C4C lately. They won the last years Leanne Linard community award, and Nundah Village Share the love campaign and now have been nominated in the top three

Westfield Chermisde’s Local Heroes Award which could see them win up to \$20,000 in much-needed funds.

“Our Nundah community keeps us going. We are in this together and this is what makes our community so special.”

To learn more about Compassion 4 Community follow us on Facebook.

Compassion4Community
15 Jenner Street, Nundah





Nundah Village Creative Lighting Project

Nundah Village has been enhanced with bud lighting on a prominent Kauri Pine tree at the corner of Sandgate Road and Boyd Street. In addition, there are three bespoke illuminated lightbox towers, with Aboriginal and Torres Strait Islander designs that depict stories and visual representations of Nundah.

"I'm pleased to deliver this Creative Lighting improvement to the Nundah Village Shopping area. This project will add to the Nundah Village vibrancy and buzz, supporting local business with its mix of cafes, restaurants and shops," Cr Adam Allan said.

The light towers have both a strong day-time and night-time presence and the hours of illumination are dusk to 10.30pm Sunday to Wednesday, and dusk to midnight Thursday to Saturday evenings.



Cr Adam Allan had the pleasure of turning the lights on for the Nundah Village Creative Lighting Project, with artwork installations by Urban Metal and Cre8tive Nations; Artwork and text by Luke Mallie; Yagara words, cultural information and editing by Auntie Kerry Charlton Yagarabul Elder 2023.

Cnr Boyd St and Sandgate Rd, Nundah Village.

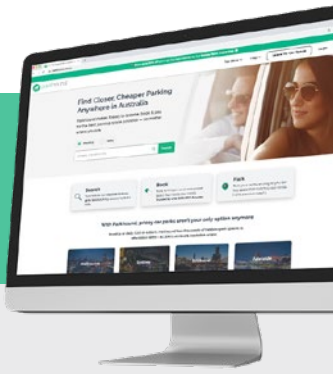


Looking for affordable parking in Nundah?

Monthly rental spaces are now available.

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LOCAL GUIDE

Best you ever

Get inspired to...

- Try a new activity
- Put your health first
- Look after yourself
- Get out of your comfort zone



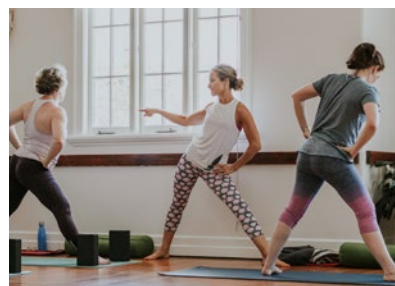
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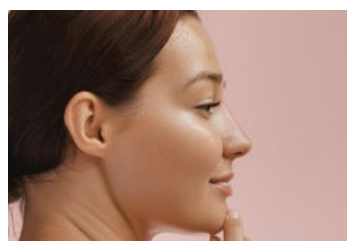
Irradiance Beauty Nundah

Irradiance Beauty Clinic specializes in anti-wrinkle injections and dermal fillers, offering bespoke treatments that cater to individual preferences and budgets.

Owner Kam has a 15-year background as a Registered Nurse. Kam's goal is to accompany you on a journey toward embracing a more beautiful, youthful, and radiant version of yourself.



"We're dedicated to ensuring that every customer's transformation amplifies their natural beauty." Kam said.

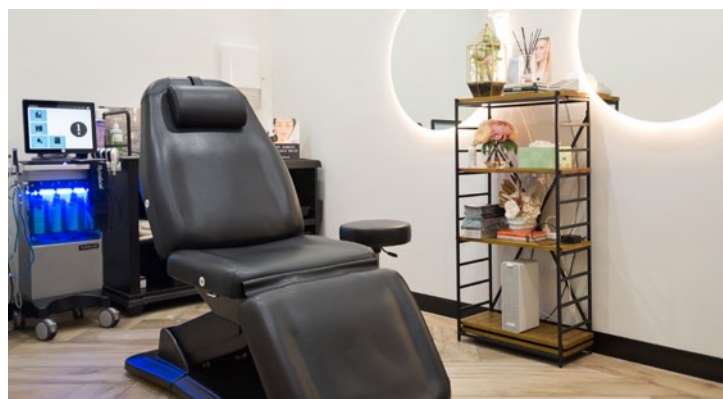


Anti-Wrinkle Treatment

The anti-wrinkle treatment involves the skillful administration injections to address bothersome wrinkles and facial creases. Once introduced into the muscle, it quietly intercepts nerve signals, effectively halting muscle contractions. This process results in the softening and relaxation wrinkles. Frequently treated areas include frown lines, crow's feet, and forehead lines.

Dermal Fillers

Dermal filler treatments, a non-surgical approach to cosmetic enhancement, are designed to rekindle a youthful visage and amplify your natural charm. These injections restore lost volume, plump lips and cheeks, and gracefully erase lines and wrinkles from your face.



Are you ready to embark on your radiant beauty journey? Contact Irradiance Beauty Clinic today to reserve your appointment.

Exclusively by appointment
Monday to Friday: 10 am–5:30 pm
Saturday: 10 am–2 pm

Irradiance Beauty
Freedom Suites - Suite 10, 29
Station Road, Nundah
info@irradiancebeautyclinic.com.au
Ph: 0487 969 487
irradiancebeautyclinic.com.au
 irradiancebeautyclinic

Getting Social at The Village Social

The Village Social was
buzzing with energy during
The Nundah Festival.



*Toni Yuburi Trio
playing live at The
Village Social*



Plan your next event or
function at The Village Social

@ [thevillagesocial](https://www.facebook.com/thevillagesocial)
1188 Sandgate Road, Nundah
thevillagesocial.com.au

DON'T LET YOUR LAUNDRY PILE UP ANY LONGER!

Spin Laundry Nundah has 8 large 20kg washers and 8 large 25kg dryers,
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Our state of the art European machines can help with:

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10/1 ASPINALL STREET, NUNDAH | [f](https://www.facebook.com/spinlaundrynundah) [i](https://www.instagram.com/spinlaundrynundah) [SPINLAUNDRYNUNDAH](https://www.facebook.com/spinlaundrynundah)

Making a life in Queensland - The Fords 1863s-1910s

From the early 1860s, Queensland's first government was anxious to have a large and industrious immigrant population and encouraged immigrants from England to settle here in Queensland.

In 1863, a total of 1,143 assisted immigrants came to Queensland from London, Scotland and Ireland. They sailed towards a place where their future was unknown.

In September that year on board the immigration sailing clipper



↑ Edwin Ford

ship the 'Sunda' were Edwin Ford, his wife Elizabeth and their five children. On arrival their sixth child was born. They came from Somerset, England to Moreton Bay, Queensland.

Edwin Ford and the family made their home, in Albion, and named their slab hut 'Palmville'. They farmed some fifteen acres of land on what is now prime residential land on the corner of Sandgate Road, and the Old Sandgate Road, now called Bonney Ave. Their children walked to the Brookes Street school in Fortitude Valley for their education. Their only other means of transport was on horseback or horse and dray. The mail run commenced in 1864 and passed through Old Sandgate Road to German Station, now Nundah, and on to Sandgate twice a week – a distance of 12 miles.

Trains weren't established until 1882 and Ford's house was not far from the Albion Railway Station. By 1899, following rapid growth, 76 trains ran daily!

Edwin was known for his beautiful garden, which was park-like to many, and his fruit garden the envy of all his neighbours. Edwin was one of a team of men who set up the first Botanical Gardens.

Visiting the Nundah Historic Cemetery, look to the right side of the pathway where you can see one of the taller monuments erected in their memory.



Train at Roma Street Station, Brisbane. ca. 1880-1890
John Oxley Library, State Library of Queensland. Neg 183736.



The Ford's home 'Palmville'



Nundah & Districts Historical Society Inc.
Ph: 0472 733 630 | 1A Bage Street, Nundah
nundahhistorical@gmail.com
f Nundah & Districts Historical Society Inc

Connect-Fest! Seniors Month 2023.

Seniors Month in October 2023 is a celebration and recognition of our seniors and their contribution to our community.



It is an extra special time of the year, an opportunity to strengthen social connections by providing interactive events that provide a sense of 'connection'.

Nundah Village have partnered with Cr Adam Allan - Northgate Ward, to host a special invitation only 'Swinging Seniors Morning Tea and Concert' with a live performance by Swingalicious Big Band on October 14.

Nundah Village are hosting a complimentary afternoon tea together with a live performance by duo sensation, ConChord A Cappella.

This will take place at Quality Coffee on October 28.

'Seniors Month is a time for us all to celebrate the contributions of our seniors to their family, friends, and the community and to connect through social activities.' ISPT Community Manager, Setty Ferdousian said.

For further updates about Seniors Month follow @nundahvillage on Facebook or visit our the website.

89 Buckland Road, Nundah Village
f NundahVillage
nundahvillage.com.au



Nundah Village Shopping Centre Lunch Options



Sushi Ho Ho
Nundah Village

Sushi Ho Ho offers a wide range of fresh, hand-rolled sushi made in store daily. Their menu boasts traditional Japanese rice and noodle dishes, including curries and karaage.



Subway
Nundah Village

Subway sandwiches are made-to-order the way you like it on freshly baked bread. Let the team craft your lunch using fresh produce and a wide assortment of meats and sauces.



Noodle Box
Nundah Village

Experience market fresh ingredients and vibrant sauces cooked-to-order at Noodle Box. Discover the best of South-East Asian cuisines, all cooked fresh by the experienced wok chefs.



Sunshine Kebabs
Nundah Village

Satisfy your hunger at Sunshine Kebabs. With a variety of kebab fillings, there are plenty of options to try! Make sure to try the snack packs and salad options too.

Nundah Festival – a great success

What a fantastic turnout for the Nundah Festival early in September, Gardner Vaughan Group would like to thank the organisers, stall operators, local businesses and everyone in attendance.

Director Sam Gardner, and Marketing Manager Claire O'Hara were in attendance, recording 60 additional registrations of interest and distributing 200 brochures on Danby Lane, and other GVG projects in Brisbane and the Sunshine Coast.



"We're thrilled by the level of support for our latest project, Danby Lane Nundah Village, with many wanting to know commencement, program, floor plans, pricing, commercial occupants, and of course release date," Claire said.

Also a huge congratulations to Daria who won the jelly bean guessing competition, walking away with 716 jellybeans and a \$50 Westfield Voucher! A great local event, with large turn-out, well supported by local businesses and community.



Danby Lane, Nundah Village – Update

Gardner Vaughan group are excited to announce that they are progressing with the DA submission and are ecstatic with the final images from all aspects of the building exterior!

These images highlight the stunning retail spaces that will enhance the Nundah Village landscape and once filled will be the hub of the village.

As both developer and builder, GVG have considered every detail to ensure they have ticked all the boxes. GVG staff are looking forward to making Danby Lane their new work home with the new offices planned for Level 1.

GVG's Zinc project on the Sunshine coast has locals buzzing about the prospect of new dining, cafe and deli options! Danby Lane will be no different, with GVG hoping to offer the locals many refreshed experiences and first class retailers!

As progress continues GVG aim to release the project early in the new year!

*Cnr Sandgate and
Buckland Road Frontage*



Apartment Living in Nundah Village never looked so good.



Danby Lane Nundah Village - Change Lanes in 2024

Development Details

- 84 Apartments
- 1,2, 3 & 4 Bedrooms including Penthouses
- Rooftop recreation with City Views and Outdoor Dining
- Level 1 will house Pool, Gym & Function Room
- Stunning Ground Floor Retail opportunities
- Pet friendly residences
- Solar compatible
- EV charging stations
- 682m2 of Landscaping onsite

**Proudly designed,
developed & built by
Gardner Vaughan Group**

Follow for updates at
f @ gardnervaghangroup

Senior Dental Care Essentials

Aging can be a journey filled with wisdom and experience, and ups and downs. It's essential to remember that good oral health plays a pivotal role in ensuring life is truly enjoyable. As we age, our dental needs change, making it crucial for seniors to adopt a tailored approach to dental care.

Talk to Nundah Dental about how you can live without dentures. Enjoy your food with confidence.

No person should go to bed at night with their teeth in a glass. Talk to the team about Implant dentistry and how it can change your life.

1. Regular Dental Check-Ups: Schedule biannual visits to your dentist for early detection of issues.

2. Proper Brushing and Flossing: Brush twice daily with fluoride toothpaste and a soft-bristle brush. Floss daily.



3. Denture Care: Clean dentures daily with a denture cleaner or mild soap and water. Remove them at night.

4. Adequate Hydration: Drink water throughout the day to prevent dry mouth, a common issue for seniors.

5. Balanced Diet: Eat fruits, vegetables, lean proteins, and dairy for strong teeth. Limit sugary snacks and acidic beverages.



6. Medication Awareness: Discuss your medications with your dentist to address potential oral health impacts.

Prioritising oral health is crucial for enjoying your golden years. These practices ensure your smile remains bright and healthy, contributing to an improved quality of life.

Nundah Village Dental
47a Nundah Street, Nundah. 07 3260 6200

Meet the Nundah Village Dental Team



Dr Marc Miller

Available Days:

Monday, Tuesday, Wednesday and alternate Fridays

Focus on:

- Cosmetic dentistry
- Same-day crowns and traditional crowns
- Implant placement for single teeth
- Wisdom teeth
- Sleep dentistry and snore guards



Dr Hanh Nguyen

Available Days:

Tuesday, Wednesday, Thursday, Friday and alternate Saturdays

Focus on:

- General family dentistry
- Same-day and traditional crowns
- Treatment planning for multiple concerns
- General cosmetic



Dr Ragheed Bashour

Available Days:

Monday, Tuesday, Thursday and alternate Fridays

Focus on:

- Cosmetic and implant dentistry
- Full mouth rehabilitations
- NNN and ceramic veneers
- Laser whitening



Dr Nermin Kanann

Available Days:

Monday, Tuesday, Wednesday, Thursday and alternate Fridays

Focus on:

- General dental
- Management of toothaches
- Same-day and traditional crowns



Dr Michael Clarke

Available Days:

Monday, Tuesday, Wednesday, Thursday and alternate Saturdays

Focus on:

- Root canal therapy
- Orthodontics with clear aligners
- Same-day and traditional crowns



Dr Siva Prakash

Available Days:

Monday, Wednesday, Thursday, Friday and alternate Saturdays

Focus on:

- General dental
- Management of toothaches
- Treatment for nervous or anxious patients



Shereen Pillay (Oral Health Therapist)

Available Days:

Tuesday, Wednesday, Thursday, Friday and alternate Saturdays

Focus on:

- Children's first dental visits
- Education for parents on caring for children's teeth
- Management of gum disease in adults
- Mouthguards and nightguards



Cahit (Jay) Ozbeyzli (Oral Health Therapist)

Available Days:

Monday, Tuesday, Thursday, Friday and alternate Saturdays

Focus on:

- Children's general dental
- Stainless steel crowns
- Management of gum disease in adults
- Mouthguards and nightguards



Abby McCahery (Dental Hygienist)

Available Days:

Monday, Wednesday and alternate Saturdays

Focus on:

- Management of gum disease
- Sensitive teeth cleaning
- General dental cleans



Phone: 3260 6200 | 47A Nundah Street, Nundah
[f](https://www.facebook.com/NundahVillageDental) NundahVillageDental | [ig](https://www.instagram.com/Nundah.Village.Dental) Nundah.Village.Dental
 Book Online: nundahdental.com.au

Scan to book your appointment now ►



What's on guide...

OCTOBER / NOVEMBER 2023

*Information correct at time of printing.



Do you have an event coming up?

Email the information to ben@lovingnundah.com.au



WEDNESDAY 4 OCTOBER

NUNDAH EVENING BOOK CLUB

In October read and discuss Horse by Geraldine Brooks.

TIME: 5:30pm

COST: Free

LOCATION: Nundah Library, 1 Bage Street (via Primrose Lane), Nundah



THURSDAYS AT THE ROYAL

LAUGH IT UP AT THE ROYAL QUARTERS!

Comedy is taking over Nundah every Thursday night with Laugh It Up!

Indulge in a guilt-free night of laughter and entertainment at the Royal Quarters in Nundah Brisbane. Join us for Laugh It Up! an electrifying live stand-up comedy pro show proudly presented by Guilt-Free Comedy. www.royalhotelnundah.com.au

TIME: Thursdays, from 7:30

COST: \$18.90

LOCATION: The Royal Hotel, Cnr Sandgate Rd and Station St in the 'Royal Quarters'.



FRIDAY 13 OCTOBER

OUTSHINED 90S GRUNGE SHOW

The band consists of seasoned musicians, who are passionate about the music of the era. Their authentic LIVE sound, high-energy performances, and attention to detail have earned the band a solid reputation.

www.royalhotelnundah.com.au

TIME: 8:00PM

COST: \$38.25

LOCATION: The Royal Hotel, Cnr Sandgate Rd and Station St in the 'Royal Quarters'.



FRIDAY 20 OCTOBER

RADIO LUXEMBOURG

Starring JOHN WATERS with Stewart D'Arrietta and The Chartbusters!

Iconic star of stage and screen John Waters celebrates the songs of the British Pop Invasion that changed the world of modern music forever. www.royalhotelnundah.com.au

TIME: 8:00PM

COST: \$55.10

LOCATION: The Royal Hotel, Cnr Sandgate Rd and Station St in the 'Royal Quarters'.



WEDNESDAYS FROM 7PM

KARAOKE NIGHT - WEDNESDAYS FROM 7PM

THURSDAYS FROM 7PM

OPEN MIC NIGHTS

LIVE MUSIC WEEKENDS

FRIDAY AND SATURDAY NIGHT
7:30 TIL LATE
SUNDAY SESSIONS FROM 4PM



@ [thevillagesocial](https://www.facebook.com/thevillagesocial)
1188 Sandgate Road, Nundah
thevillagesocial.com.au



THURSDAYS 9:30AM

FIRST 5 FOREVER BABIES, BOOKS AND RHYMES

Meet other parents and babies for a fun session of singing, clapping and dancing. Learn songs and action rhymes to nurture your baby's pre-literacy...

TIME: 9:30am

COST: Free

LOCATION: Nundah Library, 1 Bage Street (via Primrose Lane), Nundah



SATURDAY 11 NOVEMBER

BANYO RSL REMEMBRANCE DAY SERVICE

Morning tea will follow the service.

TIME: 10:30am

COST: FREE

LOCATION: At the RSL Memorial - cnr Royal Parade and St. Vincents Road Banyo



SATURDAY 28 OCTOBER

VEND HALLOWEEN POP UP

Attention all wizards, bohemians and witches! Join us for our Halloween pop up market! We will also have a free facepainter from 4pm-7pm, a jumping castle for the kids, and trick or treating at our cash register!

A best dressed competition for the kids - win a \$100 VEND voucher!

This event is friendly for all (kids, adults, dogs!) and a great place to come and be yourself! Better yet - this is a FREE Event!!

TIME: 4am-8pm

COST: Free

LOCATION: 1768 Sandgate Road Virginia



SATURDAY 11 NOVEMBER

VEND GLUTEN FREE MARKET

Coeliacs, Gluten intolerant people, or if you just enjoy eating Gluten Free - This is the place to you!

TIME: 10am-3pm

COST: Free

LOCATION: 1768 Sandgate Road Virginia



BY APPOINTMENT

FREE ONE-ON-ONE TECH HELP

Contact your library branch to enquire about one-on-one tech assistance to troubleshoot technical issues, develop digital skills and improve online confidence.

Phone Banyo Library on 07 3403 2200 to reserve your place.

TIME: Call to book in!

COST: Free

LOCATION: Banyo Library, 284 St Vincents Road, Banyo



Northside Connect | Phone: 3260 6820 | **Fax:** 3260 7127

Address: 14 Station Street, Nundah **Postal:** PO Box 386, Nundah 4012

Email: admin@northsideconnect.org.au

Website: www.northsideconnect.org.au  Northside Connect

Celebrating the Nundah Festival

What a day it was! Northside Connect once again set up in our carpark and joined in for Nundah Festival. With the giant slide and a mask making activity for Child Protection Week, a range of raffle prizes, handmade craft and second-hand clothes stall from our sewing group there was something for everyone.

We also had Boomerang Bags and Noonga Reconciliation Group join us on the day. The festival was an enormous success, with near perfect weather, huge crowds and great entertainment.

Thank you to all of our staff and volunteers for helping out on Sunday and to everyone who stopped by to purchase a raffle ticket or have a chat, it was lovely to catch up with so many people we already knew and introduce ourselves to those who are new to the community.

Thank you to our sponsors, Leanne Linard, Member for Nudgee, Child Protection Week grants, Cr Adam Allan, Northgate Ward, Anika Wells, Member for Lilley, Bushwakka and Synergy for your support and donations.



Mental Health Expo

Northside Connect will be hosting a mini-expo for Mental Health Awareness Week Tuesday 10th October from 10.30am. This year's theme is 'Awareness, Belonging, Connection,' and the expo will bring together our community to share in a community lunch, meet with local mental health support services and participate in mindfulness activities and yoga.

The event is free and open to everyone in the community, we all will either experience poor mental health in our lifetimes, or we will know someone needing support.



We are Seeking Library and Pantry Donations

Our centre library starting to run low, so we are seeking donations of books! Our library is situated at the front of our centre, and hosts a range of different books for keen readers. All donations are welcome.

Donation of non-perishable goods. The pantry is also a part of our food relief program, and we offer small hampers of non-perishable goods to people who present at the centre during our opening hours.

Donations of any long life, non-perishable or tinned goods that are in date, are welcome.

If you wish to donate, please drop into our centre Monday – Thursday 9am – 4.30pm, or call us on 3260 6820

Snuggly Bears gifted by Everton Park High School Students

Throughout the year, the Stitching Club has made 24 snuggly bears for young children at risk. Recently, Sharon Gingell, the Coordinator of the Northside Connect, accepted the bears at the school assembly.

The students wanted to develop their skills and make a difference to young lives. Each bear was given a name and a story from the maker.

The bears were handed out to families with young children attending the Centre for counselling and support bringing many smiles and words of appreciation.



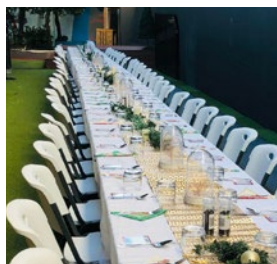
Event Space and Room Hire

At Northside Connect you can hire both indoor and outdoor spaces, invite up to 120 guests and have a great time knowing you're supporting your local community!

The space is family-friendly, suited for all ages and abilities, and is located in the heart of Nundah. You can choose to self-cater or take advantage of the many amazing local catering options!

You can get further information on the space and submit an online enquiry by going to <https://northsideconnect.org.au/venue-hire/>

So what are you waiting for? Email us now at admin@northsideconnect.org.au and start planning your best party yet!



English Language Class

Our ESL classes are a conversational English class that are open to beginners to advanced.

The classes occur 10am-12pm Monday and Thursday and are open to all. Volunteer run, the classes will support people who may speak little to no English or are looking to increase their proficiency.

If you know anyone that may be interested in the group, or you wish to volunteer to support our classes, please call our centre Monday – Thursday 9am – 4.30pm, or call us on 3260 6820

Barbie Cinema Fundraiser

Northside Connect would love to thank the community for all of your support at our recent Barbie Fundraiser!

On Friday the 1st of September Northside Connect hosted an event at the palace cinemas to raise funds to support survivors of domestic violence through the Christmas period. Guests enjoyed lucky door prizes, a best dressed competition, raffles, a snack and candy bar, great Kenner, and a private screening of the blockbuster Barbie movie to top it all off. We would like to thank all of our guests in

supporting us to raise over \$1500 towards a fantastic cause!

A special thanks to our staff, volunteers, and social work placement students who put in the extra work to make such an event possible.

Missed the event but would still like to offer support? You can make a donation through the Northside Connect website – just follow the donation tab at the top of the page.

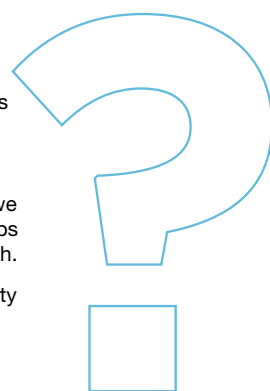
northsideconnect.org.au

Do you have an idea for a group? We want to help!

Northside Connect have a series of longstanding community-run groups such as our Sewing Group that has been happening at the centre every Wednesday morning for years. With the success of our playgroup, community lunch, and community garden, we are always open to hearing what other groups may want to utilise our space here in Nundah.

If you have a social group, community activity or an idea for a new initiative at the centre

tinyurl.com/nundahgroup



Northside Connect Program List Oct/Nov 2023*

For more information on attending daily activities and to book, please phone on **3260 6820** or email admin@northsideconnect.org.au.

*Planned programs and activities may change at short notice. Please contact the Centre for the latest information.

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY/ SATURDAY	SUNDAY
INFORMATION AND REFERRAL ASSISTANCE 9am-4.30pm	INFORMATION AND REFERRAL ASSISTANCE 9am-4.30pm	PLAYGROUP 0 to 5 Years Old 9.30am to 11.30am Gold coin donation and please bring a piece of fruit for morning tea. During school term.	INFORMATION AND REFERRAL ASSISTANCE 9am-4.30pm	INFORMATION AND REFERRAL ASSISTANCE 9am-4.30pm	CLOSED	NUNDAH COMMUNITY GARDEN 9am-10am
ENGLISH AS A SECOND LANGUAGE 10am-12pm Gold coin donation. During school term.	FRUIT AND VEG HANDOUT 10am-12pm Please phone Monday to book a time slot on 3260 6820.	SEWING GROUP 10am-12pm Donations greatly appreciated. During school term.	VINNIES VISIT 12.30pm-1.30pm Please phone Vinnies to make an appointment 1800 846 643.	ENGLISH AS A SECOND LANGUAGE 10am-12pm Gold coin donation. During school term.		
VINNIES VISIT 12.30pm-1.30pm Please phone Vinnies to make an appointment 1800 846 643.	COMMUNITY LUNCH 10am-11.30am			4 VOICES 1.30pm-3.40pm		

Northside Connect is closed every second Tuesday of the month from 2.30pm for a staff meeting.

FUNDING ACKNOWLEDGMENT: Northside Connect Inc (NCI) would like to acknowledge funding from the following sources: The Nundah Neighbourhood Centre Program receives funding from the Queensland Department of Communities, Housing and Digital Economy. The Domestic Violence Program receives funding from the Qld Department of Justice and Attorney General. The Brisbane North Community Legal Service is funded by Federal and State Government, distributed by the Attorney General of Qld under the National Partnership Agreement. NCI also receive additional assistance through one off grants from Government and Philanthropic sources and generous donations from community members, local businesses and other organisations.

DISCLAIMER: This publication contains general information only. Readers should not act on the basis of any material in this publication and obtain specific expert professional advice about their own particular situation. The NCI expressly disclaims any liability whatsoever caused to any persons with respect to any action taken in reliance on the contents of this publication.

DANBY LN

NUNDAH VILLAGE



Scan to find
out more



Pet Friendly



Solar Compatible



Charging Stations for Electric Cars



682m² of Landscaping on-site

Rooftop

Recreational entertaining spaces
Outdoor Dining & BBQ Facilities
complemented by City Views

Level 1

Pool & Gym + Function Room

1st Floor

Commercial

Ground

Retail Opulence



84 APARTMENTS ◆ COMMENCING 2024

Proudly Designed & Built by



GARDNER VAUGHAN
GROUP

Developer | Builder