

# National Seniors

Australia

## ***Cairns Tropical Branch September 2025***

Branch No 999996

President: -Owain Froud

Email: cairnstropical.nsa@gmail.com

**Our Branch meets on the 3<sup>rd</sup> Thursday of each month at Cominos House**

27 Greenslopes Street at 2.00pm - \$2.00 levy per person

Raffles: 3 tickets for \$5.00

2.00 – 2.10 pm. Sign in. 2.10pm Guest Speaker 3.00pm members meeting

-----Activities-----

**Thursday 18 September    Members Meeting 2.00 pm**  
**Guest Speaker**  
**James Keightley (ADA) Aged/Disability Advocacy**  
**Older Persons Advocacy (OPAN)**  
**Barni Norton (COTA) Energy Champion/Smart Meter Concessions**

**Sunday 5 October            Lunch 12.00 pm**  
**Hidden**  
**Simms Esplanade Yorkeys Knob**  
**Located in Golden Sands Resort**

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***The Cairns Tropical Branch Annual General Meeting was held Thursday 21 November 2024***

President: **Owain Froud**

Vice-President: **Vacant**

Secretary: **Judy Powell**

Treasurer: **Denise Neumann**

Activities: **Margo Mackenzie 0427 739 070**

Committee: **Shirley Arrowsmith**

**Members meet 2.00pm 3rd Thursday each month**

**Committee meets 3.00pm 1st Thursday most months @ Cairns RSL**

**ACTIVITIES & EVENTS! COME ALONG, RELAX, ENJOY**

**Join Now NSA 1300 76 50 50**

**JOINT MEMBERSHIP as at December 2023**

- |                           |   |       |
|---------------------------|---|-------|
| • 1 Year Joint Membership | = | \$80  |
| • 2 Year Joint Membership | = | \$143 |
| • 3 Year Joint Membership | = | \$325 |
| • 5 Year Joint Membership | = | \$325 |

**SINGLE MEMBERSHIP**

- |                            |   |         |
|----------------------------|---|---------|
| • 1 Year Single Membership | = | \$49.50 |
| • 2 Year Single Membership | = | \$88    |
| • 3 Year Single Membership | = | \$120   |
| • 5Year Single Membership  | = | \$220   |

**Who is responsible for the dissemination of information regarding services available and is it all available at the one point?**

There are many services that provide information on health, aged care and community services. You may consider contacting the following organisations or asking others within your community about where they get their information from.

- **Seniors Enquiry Line** is a statewide information and referral service for Queensland seniors, families, friends, grandparents and carers. Anyone can call the Seniors Enquiry Line – you don't have to be a senior. One call can put you in touch with a person who can provide information and referrals around a broad range of topics. View [seniorsenquiryline.com.au](http://seniorsenquiryline.com.au) or call 1300 135 500.
- **My Aged Care** – This is the Australian Government's starting point on your aged care journey. View [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or call 1800 200 422.
- **Carer Gateway** - This is the Australian Government's starting point for assisting carers. View [www.carergateway.gov.au](http://www.carergateway.gov.au) or call 1800 422 737.
- **Queensland Government Support for Seniors** - To access support provided by the Queensland Government, view [www.qld.gov.au/seniors](http://www.qld.gov.au/seniors) or call 13 74 68.
- **Your local Neighbourhood or Community Centre** – You can search for your closest Neighbourhood or Community Centre or Community Group at [www.qld.gov.au/community/your-home-community/groups-in-your-community/groups](http://www.qld.gov.au/community/your-home-community/groups-in-your-community/groups) or by calling 13 74 68.
- **Your Local Council** – Your Local Council may have a senior's program, or their phone line may be able to provide you with information on who to contact. The library can also be a good source of information.

**Queensland Government**

**Seniors Enquiry Line**

**1300 135 500**

[www.seniorsenquiryline.com.au](http://www.seniorsenquiryline.com.au)