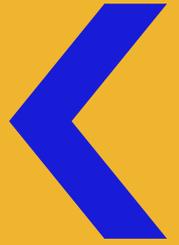


KING ST



'Offering'

Graphite Pencil on Paper

Paula Prentice, Artist, The Green

King Street Community News

Keeping Connected in Isolation

Ideas from our friends at
Relationships Australia

KING STREET/ APRIL 2020

Public Art on your doorstep

Your map to discover more

Community Grants

Coming soon to the King Street community!



BRISBANE
SHOW
GROUNDS®



lendlease

WELCOME

Welcome to the very first edition of the King Street Community News. We're looking forward to catching up with you in person at one of our Meet Your Neighbour events when it's safe to do so. In the meantime we've put together this newsletter, full with ideas to keep you positive at home, what's on offer from King Street retailers and a message from your local GP. You'll meet one of your neighbours from The Green and learn a little more about Lendlease's Public Art Strategy for the Brisbane Showgrounds.

If you have any ideas for the precinct please get in touch, we'd love to explore them with you.

Our cover artwork was kindly contributed by The Green resident and artist Paula Prentice. Titled, 'Offering', the artwork is the perfect metaphor for what has never been more important - community connection, support and kindness.



Connect in ISO

Our partners at Relationships Australia (Neighbour Day) have been busy sharing creative connection ideas that will help us get through this current period of uncertainty together with kindness:

Leave a friendly calling card for your neighbour (print out/cut out template below). Include your phone number and offer of support. Remember to practice social distancing and safe hygiene in accordance with the latest health advice.

- Adopt a healthcare worker. If you know someone who works in healthcare, you can make a commitment now to look after them. Working on the front line is going to take its toll - be there to support them!
- Catch up with a friend or neighbour - whilst in different places. Swap scenic stories on your smartphone as you (and they!) walk.
- Host a virtual morning tea or dinner party. Make a delicious meal. Invite your friends and neighbours to do the same. Get together virtually to enjoy your meal and conversations.

For more social connection in isolation ideas, sign up to Relationships Australia's monthly newsletter [Verandah by Neighbour Day enews](#) or join the Neighbour Day [Facebook page](#).



HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

Share this calling card with your Neighbours. Remember to practice safe hygiene in accordance with the latest health advice.

Source: Creative Commons, produced by Becky Wass in the UK

Watch this Space!

The King Street Community Grants Program will be launching soon. The program aims to fund projects and activities that offer clear benefit for the King Street community, contributing to its development in building community cohesion, community welfare, environmental, health or cultural initiatives.

If there's a group, club, program or event you would you love to see in your community - the grants program could be the perfect opportunity to seed fund your initiative.

Get your thinking caps on and watch this space for more information on how to apply in the coming months.



A message from your local GP - Dr Beatrice Dantoc

We understand these uncertain times can cause anxiety and extra stress and encourage everyone to follow a few simple steps.

- Keep active even if it is just a walk around the block or dancing around in your lounge room
- Try to keep to a routine, this will help you to feel in control and still have structure when things are uncertain
- Stay in contact with your loved ones whether by phone or video chats - there are many apps available to allow you to have a safe social gathering from your home!
- Read a book, colour in, do puzzles, try a new recipe



Dr Beatrice Dantoc,
Myhealth Brisbane Showgrounds

In accordance with Australian Public Health advice, if you have had contact with someone diagnosed with COVID19 OR Flu like symptoms (cough, shortness of breath, fever), please stay at home and contact the [Myhealth Brisbane Showgrounds](#) clinic on **07 3180 4768** to organise a Telehealth consult.

Address: Y07 The Yards, 9/30 King St, Bowen Hills QLD

Competition: The World Looks Different Now.

Suddenly have more time, why not try your hand at creative writing? We're inviting residents of The Green and The Yards to submit a piece of creative writing that reflects on our current reality living in a pandemic. Submissions should be up to 500 words responding to the theme, "the world looks different now." Writing can take any form - poetry, short stories, personal essay, play or tv script, song lyrics. We ask submissions are sent to julia.wood@lendlease.com before 31 May 2020. The winner will receive a \$50 King Street Gift voucher and will be published in the next edition of the King Street Community News.

Emergency Food Relief

Wesley Mission QLD's Emergency Relief Service and Community Meals are continuing to be offered for people facing adversity now with strict physical distancing measures in place.

Two-course 'Collect and Go' meals are available for pickup four times a week from the St Paul's Terrace Relief Hub.

Food Hampers can be accessed via a brief phone conversation and contain a range of basic essentials including dry goods, fresh produce, milk, meat and ready made meals (subject to availability).

Wesley Mission has been offering this service to people in need since 1907. Food is sourced from a number of suppliers including Foodbank, Ozharvest and public donations.

If your circumstances have changed in the past few months, and you're in need of support contact Wesley Mission QLD for more information on 3216 1579.



Contents of food hampers (subject to availability)

Brisbane Showgrounds Public Art Collection

The Brisbane Showgrounds is gaining a reputation as one of Brisbane's most notable art precincts. It has been Lendlease's strategy to incorporate artworks that enhance the place experience and cultural heritage of the precinct by engaging an eclectic mix of artists across a range of platforms. When strolling through the precinct you will find murals, neon art with iconic imagery, punch metal art, and light projections on the footpath and heritage Fig tree. You will discover our Machinery Street Galleries, curated by [Gilimbaa](#) and QLD College of Art (Griffith University), and artworks from well known Australian artists such as Anthony Lister and Reko Rennie

Next time you're exercising around the precinct refer to the public art map on the last page of this newsletter to discover the many vibrant artworks on your doorstep.



Kookaburras by Reko Rennie



Support Local

Restaurants and cafés are now closed for dining, but you can still support your favourite local retailer. A number of King Street retailers have transformed the way they serve the community by offering specials, online ordering and deliveries:

[Xin Chao](#), [Fat Dumpling Bar](#), [The Lamb Shop](#), [SuperCombo Burgers](#), [IlVerde](#), [Sushi & Nori](#), [Montrachet](#), [The King Street Bakery](#), and [Musette](#) are open for takeaway. Need a post Easter tidy up? [The Emporium Barber](#) is open for appointments. Pick up a gift for someone special from [Fiera Boutique](#).

Visit retailer Facebook pages for more detail on opening times, special offers and delivery options.

Meet... Chekara, The Green

Your favourite thing about living on King Street?

I love the community feel, like I'm living in Melbourne.

How have you turned your home into you happy and healthy haven now?

I've been trying to keep things as normal as possible. I'm working from home and the office which is different. I use the 'Sweat It to Shred It' home work outs which don't require equipment and I try and go for a couple of long walks a week to get some fresh air and clear the mind. I've stopped watching the news and the hysteria surrounding that.

Top tips for keeping busy and positive during the pandemic

Do the things you love and are passionate about. For me, I've always loved doing puzzles, cooking (especially baking) and gardening.

Those are my go to mental escapes.

What nice gestures of community support have put a smile on your face the past few months?

The community spirit that has come to life on the "The Green Apartments Social" Facebook Group has been really inspiring and I really hope it continues after the pandemic.

Which platforms are you using to keep connected with family and friends?

My family are old school so we keep it simple by calling. I use Instagram and Facebook to stay connected with my friends.

Your go to online resource for entertainment in isolation?

Netflix & Youtube

First thing you're going to do locally when restrictions have been lifted?

Go out for dinner with my friends. It's been too long!

Get in touch if you'd like to share your experience living in ISO via julia.wood@lendlease.com.



Chekara Smith,
Resident, The Green

What's on(line)



Art & Culture

- Become a Couch Curator with [Queensland Museum online](#). Follow their online site to discover learning resources, engaging video content, online tours and more.
- Become the next Picasso from the comfort of your living room with Cork & Chroma's [paint and sip classes online](#).
- Learn the four clay basics: pinching, coiling, soft slab and hard slab, with [Mas & Miek Ceramic House's](#) pottery classes online.
- Enhance your performance skills with [Sofa Shakespeare](#). Watch and perform til your hearts content while meeting other like-minded creatives.
- Play your favourite board games online with family and friends via [POKI games](#).

Environment & Sustainability

- [Lone Pine Sanctuary](#) is providing 24/7 live footage of their koalas and dingo puppies. Check-in with their wildlife at any hour of the day through their live webcams.
- Green up your home with one of Brisbane's plant delivery services. Urban List Brisbane has put together a [handy list here](#).

Be connected

For more happenings in and around your community, LIKE the King St [Facebook](#) and [Instagram](#) pages for events, news and community updates.

To keep connected with your Neighbours at The Green or The Yards, join one of the community Facebook pages.

[The Green Apartments Social](#)

[The Yards - Bowen Hills](#)



Music

- Feeling a little frayed around the edges? Music can help! Triple J has put together a [2 hour anti-anxiety playlist](#) to help you clear your head and find a little clarity.
- Communal singing lives on through [Pub Choir's Couch Choir project](#). Record yourself singing along to one of the posted videos and submit it to the pub/couch choir. They'll edit the videos together to create an engaging performance for the world to see.
- Follow [Brisbane's Jazz Music Institute Facebook](#) to catch live-streamed jazz every week. Support local artists, and keep the music coming!
- QMusic has put together a local, live streaming gig guide. Browse their [Keep listening Gig Guide](#) to find out who's playing in your living room this week.

Health & Wellbeing

- For all the cyclists out there, CAMS Cycling Collective is still open on King Street for nutrition, spares, accessories, arm warmers and lights. Plus, you can join CAMS FREE live Pilates class online with Keely at 8am every Wednesday. Register in advance for these sessions [here](#).
- Although temporarily closed, follow [9Round Bowen Hills on Facebook](#) for online training options that may be delivered across the next couple of months.
- [Nike Training Club](#) provides free workouts that can be done in your living room. Everything from bodyweight-only sessions, invigorating yoga classes, targeted training programs, and full-equipment home workouts for all fitness levels.
- [The Australian Ballet](#) is offering a series of free adult ballet classes to do at home under the guidance of some of Australia's best ballet professionals.





Public Artworks

Next time you're exercising around the precinct, discover some of these vibrant public artworks on your doorstep.

- 01** 'Aggregate' by Caroline Austin
- 02** Kookaburras by Rekko Reni
- 03** Machinery Street Gallery Windows (Varied Artists)
- 04** Historic EKKA Photo Punched Metal Art
- 05** Fig Tree Sculpture and Poem by Ross Annels & Tasmin Kerr
- 06** Horse Shoe Road Threshold
- 07** Fig Tree Light Projections and Drivers with their Dog by Brisbane City Council
- 08** Strawberry Sundae Neon by QUT Students
- 09** Mural by Anthony Lister
- 10** Car Park Facade Pixel Art 'Travel Together' by Tom Emmit
- 11** Heritage Tree Grates Conveying thirteen stories along both sides of King Street
- 12** Mural by Allan Wrath

Contact us

Julia Wood
 Social Sustainability Coordinator
julia.wood@lendlease.com
kingstreetbrisbane.com