



Wynyard Community Newsletter

May 2020



Wynyard Fitness kayak session on the Inglis River

Photo: Shaun Molley

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Welcome!

We hope you are all going OK adapting to our new conditions, and are managing to respond to new opportunities rather than being overwhelmed by losses of jobs, home schooling, and the difficulties of social isolation. While the latter problems for some of us can currently dominate our day to day life, when looking at the big picture of where we are going as a society, this could be a time of huge changes towards creating environments to enable much greater levels of health and wellbeing. We certainly hope so, and are keen to make greater connections to promote this happening.

A great example of positive responses is the initiatives of the Waratah-Wynyard Council (see below)-they are exemplifying the spirit of The World Health Organization who stated -“the amazing spirit of human solidarity must become even more infectious than the coronavirus itself. Although we may have to be physically apart from each other for a while, we can come together in ways we never have before. We’re all in this together. And we can only succeed together.”

Another great initiative is Inglis Media -in this edition we highlight this as a great initiative for promoting people discussing together what is important for making our place a better place to live. Their aims include inviting people to contribute their stories and their conversations, capturing and sharing stories in and around the Waratah-Wynyard municipality thereby strengthening the community information network. Inglis Media is a platform for local people with stories, podcasts, films, blogs, artworks, songs, history, culture and events. Their approach is rather than just seeing the problems, controversies or divisiveness, brainstorming the solutions within the community and communicating with individuals, groups, departments, and organisations.

We report on the completion of our two Healthy Tasmania projects – although we had to cancel the final events for both we were lucky with the timing that they were not unduly impacted by COVID19. We are keen to continue the benefits of both projects, in terms of promoting skills regarding healthy eating and physical exercise in partnership with RESEED, and via our partnership with Wynyard Fitness, promoting multi-sports particularly for kids but also adults, utilising the mountain bikes and kayaks that were a major focus of the project.

There continues to be more and more additions to the amazing amount of online resources for those who want to upgrade their skills, learn about a new topic etc University of Tasmania for example is offering

It’s also great to see the University of Tasmania stepping up by offering the free course “The Wellbeing Toolkit” – part of their aim is to help develop skills which are critical to community advancement and social cohesion – especially in our current environment. This free course is part of meeting the University’s broader community obligation, to support a more confident and resilient community.

The university is also conducting a survey as part of the Tasmania Project to give you a voice and to gather important information during and beyond the pandemic. They are interested in our experiences and how we are adapting to life in the time of COVID-19, and what we need and want now, and for the future.

Thanks to Michelle Towle and the NW Health Promotion newsletter for some great COVID19 jokes, in fact their latest newsletter has a huge amount of free online resources including beginner Yoga/ Tai Chi sessions, Breath of Fresh Air Festival films, Breakfast Online Blokes Club, twice-weekly Virtual Haven sessions via Zoom covering parenting topics, songs, games, health information and more. Contact Michelle at michelle.towle@ths.tas.gov.au for a copy of this great resource.



Shaun from Wynyard Fitness talks about bike riding skills Photo: Wynyard Fitness

COVID19 humour

As above, thanks to Michelle Towle and the NW Health Promotion newsletter for these:

☹️ To go to the grocery store, they said a mask and gloves were enough – they lied – everybody else had clothes on!

☹️ It was a quiet Monday morning in September 2053, when John awoke with a need to go to the bathroom. To John, this wasn't just any ordinary day. This was the day he would open the last package of toilet paper his parents bought in the year 2020.

☹️ Just be careful because people are going crazy from being in lock down! Actually I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. 🤨 The front door said I was unhinged and so the curtains told me toyes, you guessed it ☹️pull myself together.

Update from Live Well Tasmania

Our veggies boxes in the last couple of weeks have had chestnuts from Ashleigh in Preolenna who has taken on Colleen Dibleys Chestnut Farm. Experimenting with chestnuts is a great chance to practice some creativity. Margaret for example used tahini with the chestnuts to make humus, and also caramelised them with butter and sugar. She also made chestnut, bacon, onion and pumpkin soup served with a little hot chilli sauce and a dollop of yoghurt. Very incentive! While the produce is starting to slow down as we move towards winter, there is still up to 15 different varieties of fruit and vegetables such as potatoes (three different varieties), Oca (or New Zealand Yam), Jerusalem Artichoke, apples, carrots, pumpkin, kale (two varieties- great for making kale chips!), lettuce (loose leaf and salad mix), chestnuts, daikon radish, garlic, shallots, myrtus berries, sweet corn and tomatoes. Unfortunately by the end of May we won't have enough variety to continue the boxes, but aim to still have some way people can access our fresh organically grown produce.



Most of our members have not had myrtus berries before, but loved them! Photo: Pinterest

Healthy Tasmania partnership with Wynyard Fitness

This project aimed at providing opportunities for our youth to be involved in engaging activities delivered a variety of events based on multi-sport activities of bike riding, swimming, kayaking and running. An Aquathon and Duathlon was one example of the innovative ways of engaging. Other activities during term – building kayaking skills – both indoor and outdoors (3 sessions), building confidence in swimming (indoors), Duathlon (running and bike riding), Talk given to St Brigids class regarding good nutrition,

Once restrictions are lifted from COVID19 some further events will be held for example mountain bike events, kayak sessions in the pool, and another multisport race. The aim is to have some free activities during school holidays on an ongoing basis such as mountain bike, swimming and kayak activity, or throughout the term depending in weather. We are also keen to working with the Council to hold an annual multisport race with both an adults section and a children's section (involving kayak mountain bike, and run). We aim to engage local business and sporting teams to enter teams into this event, as well as promote it through schools.

Healthy Tasmania partnership with RESEED

Live Well Tasmania partnered with The RESEED Centre (Renewable Energy, Sustainability Education and Enterprise Development) based in Penguin, to deliver five workshops each in Wynyard and Penguin. The workshops created connections amongst the participants, presenters, LWT and RESEED people., while giving great ideas for new and healthier ways to feed ourselves and for a range of health and wellbeing activities, foods and groups that are available to us in our local area. The events helped empower participants to start and maintain projects, such as growing vegetables, fixing bikes, preserving excess produce, cooking, growing and sourcing local healthy foods and so on.

As a result the participants have been excited to tell us about how they are growing more native plants, more veggies in pots and therefore eating more fresh veggies, how they are making their own bread and feeling better from eating fresh and fermented foods.

Our last event was going to be our Local Long Table Lunch and our grand celebration for all our events where we would have been celebrating and thanking all of the people involved in all our events. We were working with numerous community groups who were providing volunteers for the lunch, the Wynyard High School Hospitality Class and Music classes where assisting with the menu, catering, service and pack up and the entertainment. As we could not go ahead with this due to COVID19, the Wynyard High School Hospitality Teacher suggested we make up 30-40 large apple crumbles for the School Representative Council to deliver out to disadvantaged families that could not leave their homes. We did this and the



An attentive audience at RESEED Photo: Kelly Milikins

school presented the deserts to the local Grow Gather Give (formally Produce to the People) who delivered them out to these families. This was a fantastic outcome with lots of people helping to make it happen.

We hope to continue building on the success of this project such as holding an annual Open Garden Tour, holding fermenting, sourdough, propagation, Native food workshops.

We have a lot of interest from the Wynyard Community to collect the excess fruit and vegetables and hold produce preserving workshops.

We are very grateful to Healthy Tasmania and the Tasmania State Government for providing the funds for running these two projects.

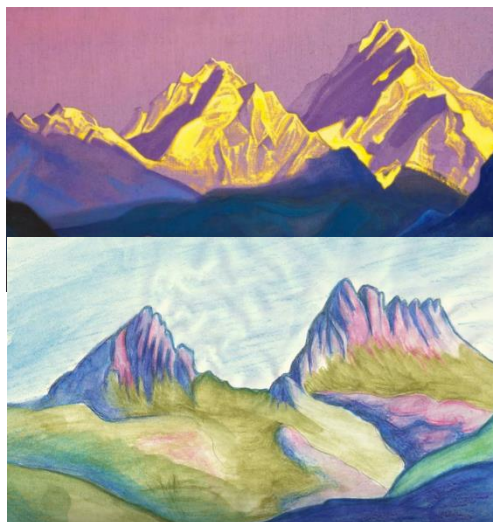
Live Well Tasmania and Down the Road Farm have joined together to provide beautiful weekly spray free seasonal veggie and fruit boxes at a reasonable price, the wider LWT email list receive a newsletter dedicated to this collaborated project and with great healthy recipes, ideas and information

Art classes

Our experiment with holding Art classes via Zoom (videoconferencing) is a great success!

In the words of our great teacher, Cat for the first class the topic was the wonderful art of Nicholas Roerich, the Russian painter who painted over 500 paintings of the Himalayan mountain range (pictured right), whose artwork is characterised by a strong use of contrasting colour and bold stylised surrealism. Then we used this technique to create pictures of Tasmania's famous Cradle Mountain, but in the style of Roerich.(see right for Cat's painting).

In the next class, we looked at the artwork of Gustav Klimt, from the symbolism movement. Symbolism was a backlash against the realism movement, that created artwork that was not only realistic in application, but addressed realistic subject matter in all its grittiness. Symbolism was more interested in spirituality



and the imagination and was portrayed in an abstract fashion. We each drew a range of pictures representing our current thoughts – COVID19 featured quite prominently in some of those drawings! Personally I get a lot out of the Cat's approach of using Art as a way of thinking more critically about a range of topics from our feelings through to what is happening at the global level. We are very happy to have more people join us, contact Cat on 0467 725 127 if you are interested. You absolutely do not have to have any prior artistic experience- you will be pleasantly surprised at how this brings out your creative side!

Update from Waratah-Wynyard Council

Some of the things Council has been doing recently:

- Setup of window display in the upstairs atrium, as a well as a floral wreath display in the downstairs foyer as a Covid 19 sensitive tribute to our ANZACs
- Launched Instagram page, and will be using this social media outlet to help keep communities connected and updated
- Announcement of Financial Hardship Policy which includes:
 - \$0 gate fees to the Wynyard Waste Transfer Station for local residents' disposal of domestic waste for cars/station wagons and wheelie bins. 0% increase to the general rate in 20/21 (Residents are reminded they are still required to stay home and only leave their house for essential purposes.
 - 0% increase to the fees and charges schedule in 20/21
 - A dedicated community assistance grants package that aims to stimulate activity in a targeted area, likely to total \$100,000 in the 20/21 financial year
 - Waive all food licence fees to applicable businesses in 20/21
 - An extension of the early payment discount period for the 2020/21 rating year to 31 October 2020.
- Dispose of playground equipment from the East Wynyard Rotary Park via a conditional expression of interest process
- Work has started on the CBD Plaza on Goldie St, Wynyard. Along with a purpose-built social space between French Sticks Bakery and Noah's Coffee Lounge & Take Away, the new project also includes public toilets. It is expected the project will be completed prior to the end of June 2020.
- Focus on establishing and connecting an online community, as well as fostering creativity. Activity appropriate for all members of the community, with multiple benefits to participation and viewing. Four of these are as follows:

Bin isolation outing

These days the bin goes out more than we do, so let's dress up for the occasion!

Fancy dress, make up ... be as creative as you'd like.

Post your photos to cheer us up - after all laughter is the best medicine. Plus, there are great prizes to be won!

Don't forget to tag your photos using the hashtag

#binisolationoutingwarwyn so we can find you and pick some winners

Wynyard Skate Park Art Board

See your artwork come to life on one of the four new Art Boards that will be installed at the Wynyard Skate Park.

Get creating and try your luck at winning some of the great prizes on offer. This is your chance to see your artwork come to life while working with a professional artist.

The four categories are Primary School-age, Grades 7-8, Grades 9-10 and Grades 11-12.

Send your completed entry to the options listed on the poster (the image attached).

For any other questions, please call Chantelle on 6443 8320.

The Boards will be painted once the COVID-19 restrictions have been lifted.

Create, build, share and win!

Beat the stuck-at-home blues by building with LEGO.

Snap a picture and share for a chance to win!

Send all entries to Chantelle at cfrench@warwyn.tas.gov.au



Chalk Your Walk Warwyn



Get creative with chalk, photograph your efforts and upload to social media with the hashtag #chalkyourwalkwarwyn

Other activities – this month the Council's civil works crew will be working on these projects in the following areas:

- Maintenance grading in the Lyons Road area
- Carting chips to Port Latta
- Re-sheeting of Scotts Road
- Footpath works in Bridge Street, Sisters Beach
- Asphalt repairs (football club, Myalla Rd)
- Prep works on Jackson Street wall
- Somerset Esplanade outfall works
- Frenchs Road (clean up of debris to be completed)
- Maintenance grading (Back Cam Rd area)

Council apologises in advance for any inconvenience this may cause and appreciates your patience.

Inglis Media

Inglis Media is a community project. Their basic aims are simple and involve capturing and sharing stories in and around the Waratah-Wynyard municipality, by inviting people to contribute their stories and conversations. Inglis Media is a platform for local people with stories, podcasts, films, blogs, artworks, songs, history, culture, and events. It is a volunteer, grassroots affiliation. There is no formal organisation, just a mutual agreement to cooperate towards giving local people an independent voice to share what is important to them for the benefit of the community.

Other goals:

- Strengthening the community information network - this involves regular face to face story sharing and keeping pace with digital media. Seeing news not as something produced from the top down, instead communities taking ownership over the stories that we have and know and sharing them.
- Citizen journalism – You are the storyteller for the story that interests you and you are the expert – you do not need a reporter to tell your story. You advise how you want to share your story and we will assist in the process.
- Solutions Journalism – Not just seeing the problems with controversial or divisive issues, but brainstorming the solutions within the community and communicating with individuals, groups, departments, and organisations.



Inglis Media has encouraged discussion about possible uses of the slide after the Council seeking expressions of interest

Ongoing Projects

- *Council Watch (monthly)* – Waratah Wynyard Council meeting report of important community information.
- *In-Depth Articles (quarterly)* – A deeper look at stories and issues impacting the community.
- *Local Artist Spotlights (irregular)* – sharing and promoting creators who are based in Wynyard or who have come from our municipality and made it onto the big stage in their artistic domain.
- *Surveys & Discussion starters (fortnightly/monthly)* – Wynyard Tasmania Noticeboard Facebook group has 4,700+ members, and growing. Inglis Media now has access to posting directly in this group about information and issues that is relevant to the Wynyard community. We have discovered that residents are more than happy to engage in surveys and ‘what do you think about this’ interviews at public events.

Become involved by:

- Sharing your ideas about what Inglis Media could do, what it could share, how it could operate
- Contributing a story – a written story, a personal audio recording or video that details a story, opinion, report, analysis, or anything else. We will publish your material on our various platforms **or** link to your website or social media
- Having an interview with us – and we will focus on your skill/artwork/local issue/local story
- Coming to an event – local events will be facilitated at some point in the future (if & when we're allowed!). Please let us know if you would like to stay informed by Inglis Media via email – we will add you to our Email list. inglis10media@gmail.com or call 0476 249 373. Thanks for being part of this new journey into discovering the Waratah-Wynyard community in a deeper way. From Codie, Nick, & Susie.

Street art says thanks to our frontline heroes

Just one of the many positive responses to COVID19 is a Melbourne mural publicly recognising the work of our medical workers during the pandemic. The artwork has gone ‘viral’ since it was completed over the weekend. The iconic image shows a medical worker with angel wings holding the world in their hands.

It was created by @melbournesmurals, who said on an instagram post: “THANK YOU to all medics who are out there fighting the fight.”

The creator urged people to share the image with any friends working on the frontline helping fight COVID-19.



Mural on a Black Rock newsagency Photo credit: @melbournesmurals

UTAS survey

The University of Tasmania has established The Tasmania Project to give people a voice and to gather important information during and beyond the pandemic. It is seeking responses to questions such as how are you experiencing and adapting to life in the time of COVID-19? What do you need and want now, and for the future? The first survey in The Tasmania Project is open until midnight Sunday 10 May. Please help to share the survey link: https://www.surveymonkey.com/r/TheTasmaniaProject_1

The Tasmania Project aims to understand how Tasmanians are experiencing and adapting to life in the time of COVID-19; what we need and want now, and for the future. Results will begin to be released shortly, and will be shared through a mailing list and other public channels. The results will be shared with the Premier's Economic and Social Recovery Advisory Council. In the first week 850 responses were received to the survey. We want to capture a wide range of Tasmanian voices and at this stage need to encourage more responses from men, regional areas, younger people, small business operators and trades. We would greatly appreciate your help to reach these groups. Follow The Tasmania Project on Twitter using the handle @ISC_UTAS

The information gathered will be summarised and published weekly as a resource for those making critical decisions in response to the pandemic. By completing the expression of interest form on the website, you'll receive an email to participate in the study through online surveys and/or interviews. See <https://www.utas.edu.au/tasmania-project> or phone 6226 7542.

Save the date- What do I say, what do I do workshops

The hope is this workshop can be held face to face in Wynyard, if that is not possible it will be held via videoconferencing. This workshop is for half a day duration and is aimed at members of the community, family members and supporters, as well as people involved in providing services. We describe the service that we provide but also provide information about suicide bereavement – why it can be different to other losses and the challenges that it throws up. The main focus however is encouraging people to not shy away from supporting someone going through this very difficult time. We provide strategies for giving this support – both in practical assistance and verbal support. The takeaway message is that we can help people navigate their loss and move toward healing by being present with them, not trying to fix the unfixable but offering respect, understanding and enabling them to find their own way forward



WWW.STANDBYSUPPORT.COM.AU



Free University of Tasmania Wellbeing Toolkit

The Wellbeing Toolkit is aimed at assisting Tasmanians as we face the challenges of COVID-19 to develop a unique set of skills, techniques and strategies to apply to both your personal life and career. All Tasmanians are eligible to enrol without paying any fees. The program is offered fully online, with flexible options to suit your lifestyle and commitments. You will need to have access to a computer and a reliable internet connection. The current offering of *The Wellbeing Toolkit* will begin on 4 May 2020 and run through to 10 July 2020. It is highly recommended you apply by 18 May 2020. There are no formal requirements for *The Wellbeing Toolkit*. To complete *The Wellbeing Toolkit*, you will need to undertake four modules from a larger list, that you can select as you progress through. You should expect to spend approximately 10 hours/week undertaking *The Wellbeing Toolkit*, overall it should take you about 100-120 hours. There are no exams.

The course will offer a number of modules, from which you can choose four. These will cover a range of topics such as mental health and resilience, financial planning and budgeting, design, healthy eating, sustainable living, gardening and creativity.

The skills and techniques you will come away with, depending upon the modules you complete, include:

- Developing skills in self-awareness and understanding emotional intelligence, diversity, empathy, communication styles and culture
- Exploring, documenting and re-imagining the interior and outside spaces of your home
- Financial planning, personal budgeting, investing and protection



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- New approaches to stress management including mindfulness, meditation, positive psychology, exercise and creativity
- How people cope in extreme environments and circumstances
- Learning the roles that food, nutrition and healthy eating play in health outcomes
- Overcoming common barriers to healthy eating, both for yourself and your family
- Learning how the arts can be used to promote better wellbeing
- Uncovering the science behind what makes your garden grow
- Learning practical skills, tools, knowledge and techniques to become a self-directed learner, including goal setting, motivation and time management

The Wellbeing Toolkit will also be offered later in 2020, if there is demand so you will be able to undertake it then if you miss the first offering.

If you are having any difficulties with applying or for any enquires, please contact: Emma Young, Course.Info@utas.edu.au, 1300 363 864 or go to <https://www.utas.edu.au/short-courses/wellbeing-toolkit>



Update from the Smith Family

Helping with Digital Access and The Learning for Life Scholarship program is still open for referrals until the end of June 2020 and if a family of school aged children has a health care or pension concession card then they are eligible to receive a scholarship to the value of \$450 per year to use for education expenses. At this time, that can be put towards education resources such as a digital device to access online learning materials. Interested families can contact Lucy on 0448386251 or Karina on 0466850989 to sign up over the phone!



National volunteer week

Volunteers have always been a vital part of supporting the health and wellbeing of our communities. According to Help Guide (see <https://www.helpguide.org>), volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

In summary there are four particular benefits of volunteering:

- Volunteering connects you to others
- Volunteering is good for your mind and body
- Volunteering can advance your career
- Volunteering brings fun and fulfillment to your life

Volunteers are more important than ever at the current time. Therefore in March this year Volunteering Tasmania undertook a survey of 118 organisations to gain feedback from their members to understand the impact of the COVID -19 pandemic on their volunteering programs.

One important finding was that there are less people currently volunteering, but that there is at least as much demand as previously, leading to the danger of those who do volunteer being overworked.

Respondents to the survey mentioned the importance of the need to find a way to balance the needs of those who are vulnerable through isolation and the measures put in place to manage COVID 19 e.g. Strike a clear balance between lives that will be lost to novel coronavirus vs. lives that will be lost to family violence, mental illness and suicide, inactivity and heart disease, etc

With regards to possible restrictions on volunteering and the need to conform to specific laws, volunteers are considered as 'workers' under Work Health and Safety (WHS) Laws. The current stipulation is that both work and volunteering can continue preferably at home if possible, but if it cannot be done at home you can travel if needed. Physical distancing and precautions against any possible spread of course should be paramount considerations.

National Volunteer Week is from the 18th of May to the 24th May, being an annual celebration to acknowledge the generous contribution of volunteers.



Photo credit – www.helpguide.org

Update from Community Exchange network Tasmania (CENTs)

Being involved in CENTs can be seen in one way as similar to volunteering, by learning new skills and making new contacts:

- CENTs connects you to others
- CENTs is good for your mind and body
- CENTs can advance your career
- CENTs brings fun and fulfillment to your life

Some of the recent offerings are sunflower seeds, organic apples, and aloe vera plants. The map on the right shows official drop off points to facilitate getting goods from one location to another. Obviously trading of goods and services is affected by COVID19, particularly our social trading days, but please have a look at the website and consider joining if you haven't already.



Go to www.cent.net.au to find out more and explore what is being offered and what goods and services people are seeking in Tasmania.

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go...
— Dr. Seuss, Oh, the Places You'll Go!

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28 Saunders Street, Wynyard TAS 7325
lwt.org.au
info@lwt.org.au

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