



# Wynyard Community Newsletter

## March 2024



Deb enjoying our newly renovated Community Centre space, contact us to hire our spaces for meetings, workshops etc  
 Photo's: Tania Brookes

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Welcome!

We are making progress on finding a new newsletter format as well as a new format for our website (thanks to Mike and Dave), but of course these things take time! In the meantime we are commencing our Community Connections and Community Lunch program on the 11<sup>th</sup> of March (yes on a public holiday), we invite all to come along each Monday to slow down and take some time out of the day to focus on yourself. Then we invite people to share a communal meal: food has always been known as a way to people's hearts and that is exactly what we hope to support with the Community Lunch, focused on simple, easy and budget conscious meals, with a seasonal element. Nourishing and nurturing our community!

We are also very pleased to announce we have gained another lot of funding, thanks to Primary Health Tasmania, through the Australian Government's Primary Health Networks Program, to implement The Right Place initiative. The Right Place is about connecting people with health and community services, based on the philosophy that no door is the wrong door, and people seeking services are always in 'the right place'. It helps people find out what services are available, gives them easy-to-understand information, and helps them get to the right services. It's also about culture change, about recognising the power of language, and building social capital, which is basically about how people interact with each other.

Our inaugural film night went well, we had 24 people attending which was more than we were expecting, and everyone enjoyed the inspiring film, Rachel's Farm, which covered addressing climate change via regenerative agriculture. Our next film on the 29<sup>th</sup> of March is The Power of Community. The film tells of the hardships and struggles as well as the community and creativity of the Cuban people as they adapted to the dramatic decline of Cuba's economy when the Soviet Union collapsed in 1990 via organic farming and local, urban gardens. Everyone welcome!

We also have three one off events during March. The first is a community conversation and afternoon tea being run by Laurel House. The second is Harmony



Day: in conjunction with Libraries Tasmania and the Migrant Resource Centre, and supported by the Waratah-Wynyard Council, which aims to celebrate multiculturalism, with a focus on multicultural food. We are excited that Rees Campbell, author of 'Eat Wild Tasmania', and 'Brazenly Pure – the truth and beauty of Tasmania' will deliver a presentation (and free food tastings!) of Australian bush foods. The Migrant Resource Centre will also be attending and will show the film 'Scatter People', story of restitution and hope, of shared humanity and the role music can play in forging bonds of friendship and respect and giving voice to otherwise unsung heroes. It features interviews with music icons including Missy Higgins, John Butler, Archie Roach, Michael Franti, Katie Noonan, Dan Sultan, Baker Boy, Harry James Angus and more.

We also have a Neighbour Day grant, thanks to (Healthy Tasmania/Relationships Aust??) where we will be helping our elderly people look after their backyards combined with a social event. Also look out for us at the Wynyard Show, there you can hear all about our Community Based Income and other projects.

There are International Women's day events in Wynyard, Smithton and Penguin, for example the Waratah-Wynyard Council has an event on the 7<sup>th</sup> of March, details below.

## Events

1<sup>st</sup> March, 9.30am – 4.30pm, Suicide prevention training, Frederick St Reserve, Lowe Street, Wynyard. Cost \$25, participants will receive a \$20 e-gift card upon completion. Contact Natalie on 6491 1552, book via Humantix: <https://events.humantix.com/cores-wynyard>

1<sup>st</sup> March, 3:00 pm to Sat 2<sup>nd</sup> March, 4:00 pm, Introducing Skate of Mind sessions; Regular skate Jams at the watershed in Wynyard. Skating the new portable skate ramp, welcoming new and old Skaters.

1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> March, 10am to 2pm, Spinning class, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Beginners are welcome, however this is not a teaching group. Friendly support and encouragement, advice and help on getting old wheels up and running. Contact Raven to book on 0402 466 534

5<sup>th</sup> March, 3.30pm to 5pm, The Waratah Wynyard Youth Leaders are holding a Clean Up Australia Event on the Wynyard Beach, from East to West. Meet at the Wynyard Watershed/Yacht Club at 3.30pm and proceed to the Wynyard Beach to clean up. This is the link to register to this event <https://register.cleanup.org.au/fundraisers/kellymilikins/east-wynyard-beach>

7<sup>th</sup> March, International Women's Day Morning Tea, Waratah-Wynyard Council, 21 Saunders St, Wynyard, Wear purple if you can! RSVP [bfolden@warwyn.tas.gov.au](mailto:bfolden@warwyn.tas.gov.au) by 4<sup>th</sup> March

11<sup>th</sup> March, 9.30am to 2pm, Community Connections and Community lunch, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Learn some tips and tools for creating stronger connections and supporting a healthy mind, mixed in with some fun physical activities (including guest presenters) to support a healthy body.

Help cook and then enjoy and contribute to a shared community meal, focused on simple, easy, nutritious and budget conscious. Meals will follow a seasonal menu, with encouragement and support to grow your own at home. We can also help people connect to local food resources. Everyone welcome! Contact Laura on 0419 110 565

11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> March, 2pm to 4pm, Community Drop In, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Robin on 0421 461 724

14<sup>th</sup> March, 10.30am – 12pm, Community Bike Ride, Live Well Tasmania Community Centre, 28 Saunders street, Wynyard, to Bruce's Café return, Contact Laura on 0419 110 565

16<sup>th</sup> March, 9am to 4pm, Wynyard Show, Wynyard Showgrounds, Jackson Street, Wynyard. Marvel at the magnificent livestock, horses, poultry and cage birds on display. See popular Woodchopping events and watch carriage driving on the main oval. Youngsters will enjoy Side

Show Alley attractions, live music and food to taste. The Industrial Hall displays local produce and crafts, entered by young and old alike. Contact Chris 0438 249 865, [wynyardshow@gmail.com](mailto:wynyardshow@gmail.com)

19<sup>th</sup> March, 2pm to 3.30pm, Laurel House Community Conversation, Live Well Tasmania Community Centre, 28 Saunders St, Wynyard. Discussing sex, consent, and preventing harm is challenging but crucial for everyone's wellbeing, especially our children. Topics include the impact of trauma, how to respond to disclosure of sexual abuse and more. Afternoon tea provided, RSVP to Robin on 0421 461 724 by the 15<sup>th</sup> of March.

7<sup>th</sup>, 21<sup>st</sup> March, 3pm to 5pm, Pick up for Tasmanian Produce Collective, 28 Saunders Street, Wynyard. See <https://tasmanian-produce-collective.mailchimpsites.com/shop>



21<sup>st</sup> March, 11am to 2pm, Harmony Day Celebration, Live Well Tasmania Community Centre, 28 Saunders St, Wynyard. Hear all about Libraries Tasmania services, Live Well Tas projects, and participate in a talk by Rees Campbell about indigenous edible foods. Book via Eventbrite

29<sup>th</sup> March, 6pm, Film and Discussion night, Live Well Tasmania, 28 Saunders Street, Wynyard. We are showing 'The Power of Community': when the Soviet Union collapsed in 1990, Cuba's economy went into a tailspin. With imports of oil cut by more than half and food imports cut by 80 percent, people were desperate. This fascinating and empowering film shows how communities pulled together, created solutions, and ultimately thrived in spite of their decreased dependence on imported energy. 6pm Bring a plate for shared dinner, film at 7pm. Contact Robin for further details on 0421 461 724. RSVP preferred by the 27<sup>th</sup> March.



### Other events

3<sup>rd</sup> March, Film screening: 'Rachel's Farm' – International Women's Day celebration - Penguin 3.30pm for afternoon tea, movie starts 4pm. RESEED Centre, 30 King Edward St Penguin. Tickets \$10 via Humanitix

8<sup>th</sup> March, 10.30am, International Women's Day, Burnie Library, Alexander Street, Burnie. Enjoy a movie screening with morning tea from the Library Bean café and a gift pack. Bookings essential, ring 6477 7400 or book on Eventbrite. 6pm Join in the jubilation of International Women's Day alongside two remarkable women from Burnie. Embark on a voyage through their tales of inspiration, partake in a delectable supper and revel in games, rewards and prizes.

8<sup>th</sup> March, 7am - 8:30 am, International Women's Day Breakfast – Smithton Circular Head Community & Recreation Centre, 72-98 Nelson St, Smithton  
Enjoy a hot breakfast while listening to our incredible guest speakers. Book here for \$15 +BF Circular Head Community Connections Health and Wellbeing Roadshow.  
Chat to the team about what's available for health and wellbeing and what you'd like to see in the local community. Free health checks and meals, 5:30pm – 7:30pm each day (all during March): 4th Marrawah, 6th Smithton, 12th Irishtown, 15th Forest, 18th Mawbanna, 20th Rocky Cape, 25th Stanley. Questions to Jodie jsaville@circularhead.tas.gov.au 6452 4803.

Youth Week 2024 - stallholder registrations - Burnie & Devonport  
YFCC are inviting service providers with youth specific programs, activities or services to join us in Burnie on Tuesday 9 April and Devonport on Thursday 11 April. These events are run every Youth Week and have attracted up to 500 grade 9 students each in previous years. Ask for a registration form and RSVP by 22 March with: jonathanc@yfcc.com.au or lucyp@yfcc.com.au or 6423 6635.

Thurs 21 March 10am – 2pm NW Carers Expo at Burnie Town Hall (77 Wilmot St)  
A free public community event for carers and their families and friends.  
Exhibitors will be those who offer free support and services only.  
Exhibitory queries to Kylie Dobson at Care2Serve kylie.d@Care2serve.com.au or 0448 051 265

24th April 10am to 1pm: Generations Connect Fun Day at Ulverstone Sports & Leisure Centre, on Wednesday during Global Intergenerational Week. This event will be done in collaboration with Respect Aged Care and COTA.

## Live Well Tasmania update

### *Community Connection and Community Lunch program*

We thank the Tasmanian Gas Pipeline for funding for this project. Every Monday from the 11<sup>th</sup> of March come for the morning session, or for the lunch, including helping prepare the lunch, or hopefully both! In the morning, learn some tips and tools for creating stronger connections and supporting a healthy mind, mixed in with some fun physical activities (including guest presenters) to support a healthy body. Perfect for all members in the community especially for those who would like more social interaction. This includes mindfulness tools for creating a stronger connection with ourselves and others by asking the question: How best can I take care of myself?



The morning sessions will include art options, such as mandalas, decorate your own coffee cup, beads/jewellery, paper mâché, and vision boards. Through the Community Connection program participants will experience new tools and learn many new tips to help build and sustain kindness, both towards yourself and others, helping to create stronger connections and interpersonal skills.

Then from 12pm to 2.30pm is the Community Lunch, tell us your favourite dish and learn new recipes. Contribute to a shared community meal, focused on simple, easy, nutritious and budget conscious recipes. Meals will follow a seasonal menu, with encouragement and support to grow your own at home. We can also help people connect to local food resources. Everyone welcome!

The program is designed so that participants don't have to attend every week, although we hope to build strong connections amongst participants and aim to support them in an on-going capacity. The program also aims to support participants holistic health outcomes, such as growing their own food, going on to support others within the community or getting more active. We hope to build community and would love any and all of the participants to stay on as Live Well volunteers into the future. The program will run in two halves during March to May and then July to September. Whilst we believe there is something in the program for everybody, we understand that lives are busy and if a prepared meal would bring joy and a little ease into your day, we would love to see you at 12pm.

### *Harmony Day Potluck*

To celebrate Harmony Day and Tasmania Reads, bring along a dish from your home or ancestral country to share at our new Community Kitchen. Libraries Tasmania will provide a short presentation highlighting the free services they offer with we will talk about all the Live Well initiatives to increase health and wellbeing, community capacity and community resilience. Info-tainment for the afternoon will include local author Rees Campbell providing a talk on the bounty of nature's pantry and sparking conversations around sustainability, with a tasting included of her amazing creations using Tasmania edibles.

The Migrant Resource Centre will also be attending and will be showing the film *Scattered People*, which is an inspiring and thought-provoking documentary about our music and our humanity which paints a picture of life as a musician seeking asylum in an unwelcoming country. It is a story of restitution and hope, of shared humanity and the role music can play in forging bonds of friendship and respect and giving voice to otherwise unsung heroes. The Scattered People are a band of



kindred spirit musicians in Brisbane who play, write and record the music and stories of asylum seekers they encounter in detention and community centres, producing high quality albums. We follow their relationships, rehearsals and public performances and hear their heartfelt stories of courage and character as they create *Sugarmill Road*, their last album. Through the eyes and hearts of two Iranian musicians, *Scattered People* is a story about the healing power of music, bringing together people, cultures and countries while exploring Australians' attitudes towards people seeking asylum. *Scattered People* is about the power of music to create change and restore hope. This is a free event and all ages are welcome, but bookings are essential. For more information please contact Wynyard Library on 6477 7415 or [wynyard.library@libraries.tas.gov.au](mailto:wynyard.library@libraries.tas.gov.au) or Robin on 0421 461 724. Book at <https://www.eventbrite.com.au/e/847747655057?aff=oddtcreator>

#### *Laurel House Community Conversation*

Laurel House is committed to the belief that everyone has the right to live free from the violence of child sexual abuse, sexual assault and sexual harassment. They aim to drive change through counselling, education and advocacy. This community conversation on the 19<sup>th</sup> of March assumes that discussing sex, consent, and preventing harm is challenging but crucial for everyone's wellbeing, especially our children. Topics include the impact of trauma, how to respond to disclosure of sexual abuse and more. Free afternoon tea, book with Robin on 0421 461 724.

#### *Film night- The Power of Community*

When the Soviet Union collapsed in 1990, imports of oil were cut by more than half – and food by 80 percent in Cuba, and people were desperate. The film tells of the hardships and struggles as well as the community and creativity of the Cuban people during this difficult time. Cubans share how they transitioned from a highly mechanized, industrial agricultural system to one using organic methods of farming and local, urban gardens. It is an unusual look into the Cuban culture during this economic crisis, which they call "The Special Period." The film opens with a short history of Peak Oil, a term for the time in our history when world oil production will reach its all-time peak and begin to decline forever. Cuba, the only country that has faced such a crisis – the massive reduction of fossil fuels – is an example of options and hope. Come along to see this great film on the 29<sup>th</sup> of March, shared dinner at 6pm, film at 7pm followed by discussion.

The poster features a film camera on a tripod against an orange background. The text reads: **FILM & Discussion**. Below this, it states: **THE POWER OF COMMUNITY - How Cuba Survived Peak Oil** is an empowering film of how Cuban communities pulled together, created solutions and ultimately thrived post collapse of the Soviet Union where their imports of oil were cut by over 50% and food imports cut by 80%. A film strip shows three scenes: a group of people, a landscape with a sign that says 'the Power of Community How Cuba Survived Peak Oil', and a man in a hat. The event details are: **FRIDAY, 29 MARCH 2024 AT 7PM**, Live Well Tasmania 28 Saunders St, Wynyard. Cost: by donation, Pot luck dinner from 6pm. **RSVP BY TEXT** Robin 0421 461 724.

#### Waratah-Wynyard Council update

##### *Waratah Wynyard Youth Leaders Clean up Australia event*

The Waratah Wynyard Youth Leaders are holding a Clean Up Australia Event on Tuesday 5th March, 3.30 – 5PM – along the Wynyard Beach, from East to West. We will meet at the Wynyard Watershed/Yacht Club at 3.30 and proceed to the Wynyard Beach to clean up. This is the link to register to this event <https://register.cleanup.org.au/fundraisers/kellymilkins/east-wynyard-beach> Bill Walker our Natural Resources Officer will give a brief talk about our local Shore Birds and their nesting habits to the volunteers so to know what to look for, before they head out to clean up the beach. The National day for Clean Up Aust Day is on Sunday 3rd March this year.

### *International Women's Day Morning Tea*

7<sup>th</sup> March, International Women's Day Morning Tea, Waratah-Wynyard Council, 21 Saunders St, Wynyard, Wear purple if you can! RSVP [bfolden@warwyn.tas.gov.au](mailto:bfolden@warwyn.tas.gov.au) by 4<sup>th</sup> March

### *Pause Place Project*

"Pause Places" are compositions of locally sourced log seats, rocks and vegetation, carefully located in high profile places to provide attractive places to rest, break a journey, see and learn about nature, watch the world go by or for the young at heart to play. Pause Places is funded by a Healthy Focus Grant from the Department of Health, and undertaken by the Cradle Coast Authority and Waratah-Wynyard Council. The project will see the installation of five Pause Place locations in our community.



### *Boat ramp closure*

The public boat ramp adjacent to Wynyard's Yacht Club will be closed Saturday 2nd March 2024 due to the GONE NUTS event, re-opening on the 3rd March 2024. Boat owners, please plan ahead and use the Jenner Street boat ramp on the 2nd March.

### *Council meeting outcomes*

At the February meeting, Council determined to:

- Approve its latest submission to the Future of Local Government Review;
- Approve almost \$12,000 of funding to organisations under round two of Council's 2023-2024 Community Activation Grants program;
- Award a tender for a Somerset Stormwater Outfall Drain to Harding's Group;
- Award a tender for the demolition of the grandstand at the Wynyard Showgrounds to Demolition Tasmania;
- Note the Quarterly Information Report for the Infrastructure and Development Services Department as of end January 2024;
- Note the Financial Report for the period ended 31 January 2024;
- As a planning authority, approve a shop extension and boundary adjustment at 53-55, 57 & 59 Wragg Street, Somerset

### *Community events*

#### *Suicide Prevention Training workshop*

CORES will be hosting a Suicide Prevention Training workshop on the 1<sup>st</sup> of March from 9am at Fredrick St Reserve Centre, Lowe Street, Wynyard. The program is designed to provide individuals and communities with the essential skills and resources required to identify and respond to a person at risk or suicide and build on a community's capacity to eliminate suicide. This program is supported by a Waratah-Wynyard Council Community Activation Grant. For further information or to register, please contact Natalie, (03) 6491 1552 or [admin@kentishrc.com.au](mailto:admin@kentishrc.com.au)

#### *Skate of Mind @ The Watershed*

Fri 1st Mar 2024, 3:00 pm - Sat 2nd Mar 2024, 4:00 pm, 2A Old Bass Hwy, Wynyard

Introducing Skate of Mind sessions ; Regular skate Jams at the watershed in Wynyard. Skating the new portable skate ramp, welcoming new and old Skaters.

Register at <https://events.humanitix.com/skate-lesson-watershed-sessions> for beginner friendly skate lessons; Lessons start at 3pm and go for about an hour.

Free lessons for any age; skateboards can be supplied, BYO helmets and pads, space limited to 10.

You are also welcome to bring your own equipment.

Please note, Skate of Mind - Watershed Sessions is open to the public, only the skate lessons need reservations, everyone is welcome to come along.

*North West Driver Mentor Program - YFCC*

Do you need help getting those first 80 hours of driving done for you test?? If so we may be able to help, YFCC has a great new program starting in 2024, assisting young people with their Learners Licence to get their 80 hours driving time to take their provisional driving licence. For more information go to <https://yfcc.com.au/north-west-driver-mentor-program/>

*Men Care Too- MCT North West Mates*

Moving town, leaving a job, becoming a parent, there are many ways and speeds at which life can change and making new friends along the way can be difficult. The MCT North West Mates is a collective of local and national initiatives aimed at giving men in the North West of Tasmania a place to gather and build new connections. Weekly offerings include the Men Care Too Mates Coffee Club, Mr Perfect BBQ's and The Man Walk Australia walk and talk. With Mr Perfect BBQ's and The Man Walk locations all around the country there are plenty of opportunities wherever you are to meet new mates.

*Welcome Connect - Vinnies*

Newly retired? New to Tasmania? Looking for new friends?

A free community event that will be held at the Vinnies Community Hub (43 Wragg St, Somerset) on the last Friday of every month. There will be different local speakers and providers at each event as well as nibbles and laughs. For more information contact: Mikkayla Leckie; [Mikkayla.leckie@vinniestas.org.au](mailto:Mikkayla.leckie@vinniestas.org.au) or 6435 2323.

[University of the Third Age Wynyard](#)

Universities of the Third Age, known as U3A, are non-profit organisations which aim to offer older people low-cost educational opportunities in a pleasant, supportive social setting. U3A Wynyard has launched it's 1st semester for 2024. Classes include music (ukelele, singing, harmonica), art (painting), excursions (Wynyard Yacht Club, Live Well Tasmania, Fossil Bluff, Vincent Industries), politics, climate change resilience, travel stories, film appreciation, technology (online safety, 3D printing), pickleball, and nature (native bee's). If you are interested in joining or learning more about U3A Wynyard visit their website: <https://wynyard.u3anet.org.au/>

**Enthusiasm is the greatest asset in the world. It beats money, influence and power**

**Henry Chester**



28 Saunders Street, Wynyard TAS 7325

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[info@lwt.org.au](mailto:info@lwt.org.au)

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