



## Wynyard Community Newsletter September 2018



Some of the action at the Music and Movement event – St Brigid’s Hall Photo: Bob Segrave

### Contents

What’s Happening this Month? .....	2
Other events.....	3
Good news report .....	3
Update Live Well Tasmania .....	4
News from Waratah-Wynyard Council Meetings .....	6
Kommunity Kids and Sen. Constable Ian Edwards.....	7
Local Spotlight - Shaun Mulloy .....	8
Tips for Parents.....	9
News from Community Exchange Network Tasmania (CENTs) .....	10
Quote of the Month .....	10

## Welcome!

Our newsletter continues to evolve as we experiment with different ideas. In this edition we have two new sections. The first is a good news section, to try and counteract all the bad news in the media!

The second section is a brief report from the monthly Waratah-Wynyard Council meeting. This is held every third Monday evening of the month. Since it is difficult for many people to get to that meeting and hear what's going on, we are introducing a section of a summary of the main items that are presented in the agenda. Also Council elections are also being held in October, and nominations close on the 24th September – please consider nominating yourself for this important role!

One significant recent council project has been the rebuilding of the Inglis River Walking Track and construction of the new Pedestrian Bridge, this was officially re-opened recently, followed by a 6km walk and a free barbecue. For anyone who has not walked this track before, it is highly recommended!

A public meeting was held at the end of August in Ulverstone regarding the National Compassionate Communities Practice Forum which was well attended by a range of community groups. This is described as “a bold new project with the sole purpose of building capacity across health and community involved in end of life care”. North-West Tasmania has been chosen as one of eight sites around Australia who will be supported to develop new practices around compassionate end of life care. Our aim at Live Well Tasmania of course is for everyone to receive compassionate care, but we are thrilled about this initiative as a great start towards broader compassionate communities. A report on this forum will be concluded in next month's newsletter.

We have our second last event, an Open Garden Tour, of the Healthy Tasmania series on the 11th of September. We will keep you posted on the grand finale/celebration in November!

## What's Happening this Month?

5 <sup>th</sup> September	9am to 4.30pm
Have you ever been worried about family, friends, neighbours or work colleagues? Are you concerned someone is having troubling thoughts? Would you know how to help or what to do? If so this training is for you - CORES (Community Response to Eliminating Suicide), Burnie Hospital, Rural Clinical School, cost \$50, contact Yvonna 0407 056 293	
10 <sup>th</sup> September	9.00am to 12.15pm
Open Garden Day – Three great gardens Healthy Tasmania/Wynyard Year of Wellbeing No cost, great morning tea provided - Contact Kelly to RSVP – <a href="mailto:Kelly.23@live.com.au">Kelly.23@live.com.au</a> , or 0429 186 532	
11 <sup>th</sup> September	10am – 12pm
Women's Health Expo, Free child friendly event, lots of speakers/providers Are you interested in mental health, contraception, lifestyle needs and gaining support networks? Rural Health, 33 Goldie Street Contact Calita – 0499 339 225	

11 <sup>th</sup> September	5.30pm – 6.30pm
<p>Community discussion – what sort of community do we want to live in? What is important to you in improving the Wynyard area?  Lady Bug Café, 8 Inglis Street, Wynyard  Focus on those without children, free dinner included  Contact Robin on 0421 461 724, or <a href="mailto:info@lwt.org.au">info@lwt.org.au</a></p>	
20 <sup>th</sup> September	5.30pm – 6.30pm
<p>Community discussion – what sort of community do we want to live in? What is important to you in improving the Wynyard area?  Lady Bug Café, 8 Inglis Street, Wynyard  Focus on parents, free dinner included  Contact Robin on 0421 461 724, or <a href="mailto:info@lwt.org.au">info@lwt.org.au</a></p>	
20, 21 <sup>st</sup> September	9am
<p>Trauma Training, particularly for services or organizations working with children who may have experienced or witnessed family violence.  Contact Gen at Big hArt, 0403 362 778, <a href="mailto:gen@bighart.org">gen@bighart.org</a>, <a href="http://bighart.org">bighart.org</a></p>	
25 <sup>th</sup> September	4.30pm
<p>Live Well Tasmania management meeting (includes Annual General Meeting)  All welcome  28 Saunders Street, opposite Council  Free Supper!</p>	

## Other events

13<sup>th</sup> September, 7.30pm to 9.30pm, Womens Adventure Film Tour – Women’s Health Week, Wharf Hotel, Wynyard, Adults \$20, This film festival is a celebration of the fantastic women around us who are doing extraordinary things. Join us for a series of inspiring short films with a focus on adventure, the environment and heart warming stories. Presented by: Aspire Outdoor and She Went Wild.

## Good news report

Do you feel depressed as opposed to inspired listening to the daily news reports on television or radio? We think there should be much more highlighting of the good things that are happening that are commonly not given much airplay. We highlight some recent initiatives mainly sourced from The Advocate:

- CafeSmart is a national initiative by StreetSmart Australia, which targets local services – cafes such as The Crowded Lounge at Latrobe and The Chapel in Burnie are donating \$1 from every coffee sold to services for homeless youth
- East Ulverstone Primary School students have been conducting a project looking at the benefits of public art, and have designed artwork for Devonport’s silos
- Glenhaven Family Care received funds to deliver a program called “Step Back Think” aimed at reducing violence to nine North-West schools.
- Shorewell Park (Upper Burnie) Master Plan redevelopment process, facilitated by Housing Choices – the planning process for this project has included the following ideas

- Street-by-street working bees – an opportunity for people to tidy their front and back yards and work together.
- Roll out of a street tree planting project
- Tap into existing art and craft programs to bring colour and life to the streets
- Annual competition for Polytech students to design and construct public art, public seating, and public shelter
- Ensure new subdivisions includes great streetscapes
- Install football and soccer goals that people can use for informal kick-to-kick
- Investigate the opportunity for park run/running track
- Work with Kommunity Kids to improve biking infrastructure
- Explore funding options for the draft concept plan for a cycling network from Mooreville Road to the coastal pathway
- Provide activities for youth engagement and provide cross-generational facilities such as a Men’s Shed, workshop or lawn mower library

Great ideas!

## Update Live Well Tasmania

A small but enthusiastic crowd gathered at St Brigids Community Hall in Wynyard Saturday 11th August to explore, experiment and have fun with a range of musical instruments in this “All-ages Music and Movement” event. Organised in conjunction with Live well Tasmania, Healthy Tas and Waratah-Wynyard council, Kristy Russell from Moovers n Shakers Music hosted the event with a focus on Music being a fantastic way to promote positive health and wellbeing on all levels, particularly mental health.

Participants were invited to explore several “music stations” at their own leisure and were able to experiment with xylophones, marimbas, Congo drums, keyboard, hand bells, and maracas. Posters and information boards provided examples from research of the positive impact of music on the brain and body.

Kristy then facilitated some group singalongs with the ukelele, and encouraged each member of the audience to sing and play along to the beat with a percussion instrument. The giant coloured parachute, a game of Musical Statues, and the Hokey Pokey encouraged the youngest and the oldest to get Moovin n Shakin along with the music.

Kristy finished with narrating “We’re going on a Bear Hunt” on the keyboard while audience members joined in to create sound effects using different percussion instruments. Bubbles and the majestic sound of classical piano piece “Gymnopédie” ensured a joyful and calming end to a stimulating morning. Then we engaged in the scrumptious morning tea provided by Kelly, lots of healthy fruit and vegetables, egg slices and other yummy treats. We thank Kristy, Healthy Tasmania and the Waratah-Wynyard Council for their support.



Lots of engagement happening! Photo: Bob Segrave

### *Building Better Regions and Better Neighbourhoods*

As mentioned last month, The Waratah-Wynyard and Circular Head Councils, together with LWT were successful in applying for a grant from the Building Better Regions Fund for a ten month project aimed at developing a strategy to improve health, education and employment/participation in the Nth West. Two opportunities have been planned for you to have a say in the sort of community you want for yourself and your family.

Join us on either the 11<sup>th</sup> of September or the 20<sup>th</sup> of September, 5.30 to 6.30pm at Lady Bug Café in Wynyard.

The focus for the 11<sup>th</sup> will be anyone other than parents of younger children, the focus for the 20<sup>th</sup> of September will be parents of infants and primary and secondary students. Enjoy some lovely food while discussing what is important to you, what things are going well in Wynyard and what we could create in the future.

Please RSVP to Robin by the 8<sup>th</sup> of September for the first event, and the 17<sup>th</sup> of September for the second event on 0421 461 724, or [info@lwt.org.au](mailto:info@lwt.org.au)

## Seeking New Members

Do you want to be part of a group committed to a good life for all? Live Well Tasmania aims to improve the wellbeing of youth via a whole of community wellbeing approach. We are developing a ten year plan towards achieving this. Note you can be paid CENTS for your contribution. Please join us! Contact Robin for further information – 0421 461 724, [info@lwt.org.au](mailto:info@lwt.org.au) or Tania – 0458 078 455 [projectmanager@lwt.org.au](mailto:projectmanager@lwt.org.au)

Live Well Tasmania  
Annual General Meeting  
25<sup>th</sup> September 2018,

### ***After school activities- Healthy Tasmania/Wynyard Year of Wellbeing:***

Where: Wynyard High School

When: 3.05 to 4.05pm

Activities may include handball, basketball, games in the gym, volley ball, Frisbee golf. Includes yummy food! Contact Kelly for further information



And finally happy birthday to our wonderful supervisor at the New Life Church garden, Phil Jones! One thing we love about our garden program is the people who stay in touch with us after they have moved on to other things. This cake is a great example, made by the wife of one our ex-participants. The detail is exquisite – complete with potatoes, carrots and lettuces, and a great likeness to Phil!

**WELCOME**

**FREE FAMILY EVENT  
OPEN GARDENS  
WYNYARD**

**MON 10<sup>TH</sup> SEPTEMBER**

"Learn Some Great Gardening Tips, Enjoy the Company of Like-Minded People and Some Great Food"

- Give Aways – Steve Solomon Gardening Books
- Seed Swap – Bring and Swap Surplus Seeds

**FREE Morning tea – Hot & Cold dishes!**

WARATAH WYNYARD  
WYNYARD COMMUNITY GARDEN  
LIVE WELL TASMANIA

**CAR POOLING AVAILABLE**

- **9am-9.45am**  
Richard's Garden of Diversity in town  
8 Hales St Wynyard
- **10am-10.45**  
New Life Church, Community Garden  
38-44 Frederick St Wynyard
- **11am-12.15**  
Wynyard Community Garden  
Austin St Wynyard

Morning Tea provided at the Wynyard Community Garden from 11.45 – 12.15

RSVP & Contact  
Kelly.23@tvo.com.au  
0429 186 532

Join us for our Healthy Tasmanian Open Garden Tour. We are visiting three great local gardens. As a great example of what you can grow on a town block, the first garden features an amazing variety such as an edible hedge of Fejoas, other fruit trees include various citrus, apricot, fig, myrtus berries, lemon verbena, kafir lime, berries, black passion fruit, quince, prune plum, nashi, 3 apples, 2 green gauges, nectarine, peach, thorn less blackberry, pomegranate, kiwi fruit, olive, asparagus, blueberries, hazel nuts, chestnut, and almond trees. There is also a polytunnel for early and late vegies including tomatoes, egg plants, capsicum and chilies plus flower seedlings

Discussions will include what grows well where, and what can be propagated from cuttings. We will also visit two other great community gardens and morning tea – all free!

## News from Waratah-Wynyard Council Meetings

Why is local government important? Should you get involved, if so how, why and when? I like this very simple response - Local government is important for maintaining local law and order. Local governments can effectively solve the problems faced by the people in a locality. It may not be possible for a central government to solve all problems of the local people. We need local government to provide us services whether we live in the Countryside, city, or town.

One important basic principle supporting your contribution and involvement is that each of us has some part of the truth, and no one has all of it. Further, to affirm respect for all, everyone should have an opportunity to contribute to decisions. Ideally this would be accompanied by debate, where by hearing another person's point of view we might rethink our own.

Council elections are being held in October, so please consider nominating for this important role. See <http://www.lgat.tas.gov.au/page.aspx?u=229> for further information.

The following are the main items on the agenda. These are mainly excerpts taken from the Councils Agenda which can be found on the website at [www.warwyn.tas.gov.au](http://www.warwyn.tas.gov.au).

### *Closure of Oldina Road/Wilkinson Street Junction*

A question was asked regarding the anticipated timelines associated with the closure of Oldina Road/Wilkinson Street Junction? Apparently the timeline is October for this work. It was also noted that there was opposition to this work expressed at one of the public meetings, but the Department of State Growth did not change their original position on closing Wilkinson Road.

### *CCTV camera's*

Federal funding has been granted to the Council to install CCTV cameras in Wynyard, Somerset and other relevant areas. At the Council meeting in March 2018, Council considered a report on CCTV which indicated that Council should proceed with CCTV. A question was asked regarding the anticipated ongoing operational costs per annum associated with the CCTV installations and how is it anticipated these costs will be met (a minimum of \$23,200 per annum). It would need to come from the Council's operating budget, however some businesses have indicated a willingness to consider contributing to ongoing costs of the cameras and discussions will now need to take place to ascertain that level of support.

Reduced costs of repairs to vandalised facilities may cover a portion of the costs and operational efficiencies will ensure that Council's overall operational budget is maintained within surplus parameters agreed by Council to incorporate this service.

A further question was about community liaison regarding this project, to for example, make them aware of the ongoing costs and implications associated with the installations. However It is not general practice for the broad community to be consulted on a project of this nature as a stand-alone item. It is Council's obligation to consider the project against all other projects and determine whether to proceed taking into account the financial implications, both capital and operational, and the community benefit.

### *Waste management charges*

A motion was put that the Council conduct a review of its waste management charges across the municipality seeking to provide a level of consistency between serviced areas with kerbside collection and those areas that do not have available kerbside collection

It appears Council's original intent of providing tip tickets to those in the community that do not have access to a kerbside collection to enable the disposal of waste has expanded across all properties in the municipality. It appears that there is some inconsistency with the pricing of ten tip tickets in our rates against the gate price at the waste transfer station. These anomalies need to be reviewed and reconfirm Council's policy on the issue. However a service review is planned to begin this year and conclude by April 2019.

Please note the formal minutes were not available at the time of publication for this newsletter, however these will be available shortly on the Council website at [warayn.tas.gov.au](http://warayn.tas.gov.au)

## **Kommunity Kids and Sen. Constable Ian Edwards**

Senior Constable Ian Edwards has a great story to tell about the unbeatable combination of perseverance and passion, and how this resulted in the community initiative, Kommunity Kids. Ian grew up in the Sydney suburbs but didn't come from an advantaged family who were able to give him a good start, instead he made his own way from a young age. He finished school in Year 10, and after being an auto-electrician for 10 years, he was encouraged to attend adult education to allow him to follow his passion of joining the Fire Service. However he ended up joining the Police Service instead, which he has never regretted during his almost 22 years with the Police Service (including just short of 10 years in Wynyard). Ian still however volunteered for the Fire Service for almost 20 years. Also during this time he has completed a Certificate 4 in Youth Work, and a Bachelor of Social Science (Police Studies), plus numerous other short courses – truly the mark of a lifelong learner! Ian's service to the community has included ten years on the board of the Burnie Community House, serving on the

Somerset Neighbourhood Watch Committee, being a White Lion Mentor plus in numerous other ways tried to help youth to reach their full potential.

But it is Shorewell Park Kommunity Kids that Ian has particularly invested a lot of his time in, which he was instrumental in helping to start ten years ago. Kommunity Kids is a three way partnership between the Tasmanian Police, the Burnie Community House and City Mission. Free activities including bike riding and other outdoor activities and a free BBQ is held every Thursday afternoon after school. In 2011 he was awarded the National Australia Day Council Tasmanian Local Hero for this work.

Ian has been very influenced by work such as Father Riley, (and his organisation Youth Off the Streets) and the evidence of how trauma, abuse and neglect affects the brain. He believes this is necessary for understanding why so many youth have “fight, flight or freeze” reactions to police and other authority figures. Our final discussion was about the lack of safe places for youth to go, Ian believes all youth should have access to somewhere as a drop in venue, where they can also learn new life skills.



Senior Constable Ian with donated two pedal cars in front of the amazing mural on the Kommunity Kids Container

## Local Spotlight - Shaun Mulloy

We talked to our local hero this month in conjunction with his visit to the Wynyard High School and the Smith Family Homework Club. This group meets every Thursday at the High School, which includes kids from Table Cape Primary School. The aim for the Club is to provide a safe and supportive out-of-school learning environment where primary or secondary students can participate in activities to enhance their learning and development skills, including numeracy and literacy.

Shaun clearly has a few passions, after doing well in athletics at school he became involved in motorcross in his teen years which lead him to competing and winning many events, including the opportunity to race overseas. Shaun’s passion for health and fitness has led him to many opportunities including becoming a personal trainer, owning a gym and now competing in Iron Man events.

However the road has been a bit rocky for Shaun, with numerous broken bones and injuries causing major challenges throughout his life. He has had 26 years of racing motorcross, during which he has been the Tasmanian Motorcross Champion ten times. The cost of that success however included three breakages of his tailbone, spine fractures, and serious knee injuries. A determination to keep going despite all the injuries however has sustained him into his new perhaps less hazardous sport of Iron Man competitions. Shaun recently competed in Cairns, where he did a 1900 metre swim, 90 kilometre bike ride and 21km. There were approximately 2,500 fellow competitors. Other events he has coming up are in Sydney, Geelong in Victoria and Port Macquarie in New South Wales.



Shaun is very at home amongst his beloved gym equipment!  
Photo: Bob Segrave

We salute Shaun for being such a great role model showing the value of hard work, courage and determination in pursuing his passion for sport and fitness. Shaun and Hollie are also providing a great service to the community via Wynyard Fitness, which has a 15 metre heated pool, Gymnasium fully equipped with fitness equipment, and an area for classes ranging from pilates to cross fit classes. They both clearly have a passion for giving back to the community and trying to help others to reap the substantial benefits from engaging in an active lifestyle.

## Tips for Parents

This month's contribution introduces the idea of a Parenting Book Club, a sort of a self-help support group for parents. There are at least two options in organising a Parents Book Club, a free self-organising group, or pay a fee for a facilitated group.

An example of the first type is the Shell Parenting Group in London. They meet to discuss one or two chapters of the book "How to talk so kids will listen & listen so kids will talk" each month, to share thoughts on the book's recommendations and discuss their own experiences in trying to nurture positive, supportive relationships with their children. Areas of priority include listening and responding helpfully to their teenager's concerns, Express their own anger or irritation honestly but not hurtfully, Use positive alternatives to punishment, Help their teens to believe in themselves, Solve problems by inviting teens to become part of the solution, Take advantage of small opportunities to talk with their teens about drugs and sex without preaching and alienating

One example of the latter is called A Simplicity Parenting Group© offered by a trained Coach meets weekly, bi-monthly, or monthly for 2-3 hours. There is a fee for each group session or for the group course in its entirety. The group course includes hand-outs for each session or a Handbook for the full course. Participants learn new tools of communication that are practiced each session that are applicable for use with their partner or spouse and their children, ways of creating or tweaking daily/weekly rhythm and schedules, processing and developing plans to live with less clutter and information as it fits each participant's family. Leaders are skillful in group process, in supporting families when changes "fail" or don't work, and in allowing families to individualize their simplicity plans so that change and transformation are both practical and sustainable. The group course is about processing the material and then implementing and taking action based on what you want for your family.

As always, if enough people express interest in either of these two formats, we would love to facilitate the formation of a group or groups. Parenting can be a quite isolating experience when you/your partner feel like you are carrying a burden by yourself – support groups can be great for helping with that.

## News from Community Exchange Network Tasmania (CENTs)

We aim to have an annual get together of our Local Area Coordinators (LAC), who are the wonderful people who help anyone who needs assistance as a CENTs member, whether that is trying to find someone who can provide a service for them, or identifying what good or service they can provide to others. A presentation was given about Live Well Tasmania's ten year plan to reduce social problems and increase positive outcomes in the areas of health, education and employment/participation. Other discussions included the possibility of regular 'Happy Hours' at the Burnie Community House . we are currently putting the proposal to the Burnie Community House and hope we get a green light to go ahead! We combined the get together this year with a trading event and potluck dinner – the things people brought along to trade included clothes, plants, herbs, hemp seed, herbs, plants, books, jewellery, a CPR mannequin, flowers, soap, seeds, naturopathy consultation, potatoes, herb boxes, second hand goods, rucksack, eggs, hemp seeds, room hire, there was also free apples, free vegetable seeds. More generally being offered in CENTs at the moment are a few interesting items: Bath tea bags, worm juice, brand new CFL light globes, graphics calculator and a workshop in glass blowing.

A reminder that we will showcase the old time skills and services available to the Burnie and northwest community. Old time skills, including knitting, carpentry, dressmaking, candle making, spinning and handyman work, are so needed to live more self sufficiently and in greater harmony with nature – we invite you to meet some of our Makers and Repairers, and to consider offering your Old Time Skills on CENTs. Join us for a shared lunch (bring a plate) talks and CENTs trading at Burnie Community House. For more information contact Diana on 0456358083

This is a free community event as part of Burnie Shines 2018 - <http://www.burnieshines.com/home>



An example of one of the great things you can get via CENTs – Anne is a glassblower who makes lots of wonderful things like these Wildflower Perfume bottles

## Quote of the Month

Do not protect yourself by a fence, but rather by your friends

*Czech proverb*

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