

## Wynyard Community Newsletter November 2018



Students completing horticultural training with Live well attended a great workshop provided by VegNET. photo credit to VegNET Tasmania

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Welcome!

It seems so many people are busy at the moment, but the end of year is in sight! Then perhaps we can have time for a pause and reflect on our feelings of 'time stress'. It can be good to be occupied, but it's easy to let it get to a point of losing sight of things that are important for our health, like spending more time with loved one's. That will be one of my new year resolutions!

We are very excited this month to be having our final event in our Healthy Tasmania project. The State government has the aim of Tasmania becoming the healthiest state in Australia by 2025- we certainly want to contribute to that as much as possible. And likewise helping with the progression of the Council's Community Health and Wellbeing plan's, these will provide a great plan's for improved health and wellbeing into the future. By the way, if you get in soon your feedback on these plans (Community Health and Wellbeing, the Age Friendly Plan and the Youth Plan, to comment go to <http://www.warwyn.tas.gov.au/yoursay>.

One current grant coming up is for activities during Youth Week which will be from 10 April to 17<sup>th</sup> April in 2019. Up to \$2,000 can be applied for, to run any activity which showcases the talents and skills of young people; celebrates the contributions of young people in communities, in education and in the workforce; and/or builds the capacity of young people to engage with the broader community and develop practical skills through their involvement in planning and delivering Youth Week Tasmania events or activities. We have some idea's for this, but please get in touch with us if you have any ideas.

Congratulations to all those elected as councillors! We look forward to those elected forming a great team to help make our municipality an even better place than its already is. I very much enjoyed the campaigning, it was a very valuable process. The huge upside of not getting elected is that I will have more time to do community work! We are aiming firstly at starting up a school holiday program at the Live Well Tasmania Community centre. This will take some work to organise, so if anyone wants to help please get in touch. We want to encourage all adults who have had their working with vulnerable people check (and we will help those who want to get it), to also come along, bring your own project, be it craft, or some type of fix it project, help us with our projects, or just come for a chat. Light lunch provided. We aim to start in the last week of December, then continue throughout January (more details in the next newsletter).

In particular we welcome anyone who has skills in making baskets, we would like to make flower baskets, and while we can easily grow the flowers, we just need some baskets! We also want to start weekly art classes, if you are interested in this let us know.

We receive bread from the Woolworths supermarket for distribution to those who are finding it hard to make ends meet. Please come to the centre (28 Saunders Street, opposite the council) between 9.30am and 11.30am every Tuesday to collect it, it needs to be used so don't hesitate to come and get some.

Did you know that The Wonders of Wynyard hires out bikes? They have six available, two ladies bikes, two mountain bikes and two trikes. And if you ride them to Bruce's café you get a free coffee! And don't forget their amazing car collection..



An example of some of the amazing cars at Wonders of Wynyard Photo - <https://www.australias.guide/tas/attraction-tour/wonders-of-wynyard-the/>

## What's Happening this Month?

8 <sup>th</sup> November	10am – noon
University of the Third Age Community Garden Tour Wynyard Community Garden – Austin Street Live Well Tasmania/New Life Church Community garden – 38 Frederick Street	
14 <sup>th</sup> November	Noon to 2pm
Live Well Tasmania, Wynyard-Waratah Council working with Healthy Tasmania are holding a buffet lunch to say thank you for all those involved with any of our events though out this year. Come and talk to us about what ideas you have about things we can do in Wynyard such as creating activities and spaces for our youth. Free Activities, Music and Food! Please RSVP Kelly.23@live.com.au or 0429 186532 by Friday Nov 9 <sup>th</sup> for catering. Sound Shell, Gutheridge Gardens	
16 <sup>th</sup> November	4pm – 7pm
St Brigid's School Fair Mini jeeps, Zorb balls, jumping castle, creative mask art competition, food stalls, live music and more! Access via St Brigids Church car park or 40 Jackson St, Wynyard	
24 <sup>th</sup> November	9am to 1pm
Monster Flea Market- craft items, produce, books, toys, tools etc. Uniting Church, 9 Dodgin Street, Wynyard	
25 <sup>th</sup> November	2pm
Wynyard Concert Band – The Sounds of Stage and Screen Band Rooms, Johnson Place, Wynyard Tickets at the door - \$10 adults, \$5 concession Great afternoon tea included	
27 <sup>th</sup> November	4.30pm to 6pm
Live Well Tasmania Management Meeting – All Welcome! Come and have your say on what projects would be good for our community, especially for youth 28 Saunders Street, opposite Council Free Supper!	

## Other events

3rd and 4th November, Stanley Festival – Green Building, Stanley Wharf Shed (Ex: Marine Centre) Dockside, Stanley Wharf, Come and join in the celebrations as the Melbourne to Stanley Yacht Race concludes its dramatic race across the wild & spectacular Bass Strait and into Stanley port.

7<sup>th</sup> November, 7.30am, Burnie Chamber of Commerce Breakfast – Weller Inn, guest speaker Scott Rankin from Big hArt. To register and for more information -see website [www.bcci.net](http://www.bcci.net)

6<sup>th</sup> November, 11am to 1pm, Wellways to Health, Burnie Library see flyer below

5<sup>th</sup> December, 7pm, "From Little Things"- Short films, Big Stories from lutruwita / Tasmania, Wharf Hotel, see below for further information

## Live Well Tasmania update

We are currently organising our final event for our Healthy Tasmania project. This will be on the 14<sup>th</sup> of November at Gutteridge Gardens – absolutely everyone welcome! This project has involved Live Well Tasmania, and the Wynyard-Waratah Council working with Healthy Tasmania. The events we held throughout the year were:

- Bicycle Network Tas – stall at Wynyard Foreshore Market
- Local Long Table Lunch – Civic Square (Cow Park)
- Girls on the Ball – Wynyard Soccer club, Football Program
- Build your Own Herb Box – School Holiday Program in May
- Produce Innovation Workshop – Held at Live Well Tasmania Centre
- Walk to School Day –provision of yogurts and banana smoothies for the children and parents at Table Cape and St Brigid’s Primary schools that participated in walking to school
- Get Active – Wynyard High School (WHS) enabled us to hold several fun activities run by Table Cape and WHS Students
- Healthy Habits – Held at Live Well Tas, The why and how of Quitting Smoking and other Addictive Habits
- Music for Mental Health – Held at St Brigid’s Hall, facilitated by Kristy Russell and her Moovers and Shakers program
- Open Garden’s Day – A tour of 3 amazing and productive gardens in Wynyard
- After School Actives – Held on Thursday from 3 – 4 pm at the Wynyard High School
- Frisbee (Disk) Golf and Pizza making - School Holiday Program in October, we took 14 students to Burnie and played Frisbee Golf then went to Mumma Rosa’s to make, cook and eat their own Pizza’s.

Come along on the 14<sup>th</sup> to help us celebrate the end of the project, enjoy a buffet lunch, with the food sourced from our local cafes to say thank you for all those involved with any of our events though out this year. Come and talk to us about what ideas you have about things we can do in Wynyard such as creating activities and spaces for our youth.

Also the St Brigid “Brigid Factor” finalists will be providing some entertainment, as well as Kirsty Russell from “Moovers and Shakers”.

Jay Gough will also hold a brief session on Qigong.

We receive bread from the Woolworths supermarket for distribution to those who are doing it tough and can use some assistance with food. Please come to the centre between 9.30am and 11.30am every Tuesday to collect it.



We get all sorts of bread to suit lots of different tastes...Thanks to Woolly’s!

On Friday 26<sup>th</sup> October our Horticultural students attended a great workshop provided by VegNET. This workshop delivered practical, hands on training to irrigation operators in the vegetable industry. The comprehensive training covered: water-soil-crop relationships, understanding and managing the irrigation system, determining an irrigation schedule that matches crop water needs, measuring and interpretation of soil moisture monitoring information, strengths and weaknesses of soil, plant and weather based, approaches for irrigation decisions. We are grateful to VegNET - National Vegetable Extension Network - Tasmania for this training opportunity for our participants.

Our renovation at Saunders Street is almost finished, we just need to install our kitchenette which will complete making it a great space for youth and community initiatives. We are planning on starting a summer school holiday drop in program this year. We want to encourage all adults who have had their working with vulnerable people check (and we will help those who want to get it), to also come along, bring your own project, be it craft, or some type of fix it project, help us with our projects, or just come for a chat. Lunch provided. We aim to start in the last week of December, then throughout January. In particular we welcome anyone who has skills in making baskets, we would like to make flower baskets, we can easily grow the flowers, we just need baskets!

### Initial findings Building Better Regions project

While this collaboration between Live Well Tasmania, the Waratah-Wynyard Council and Circular Head Council will not be completed until mid November, we can now provide some initial findings. The first part of the project looked at finding a good framework on which to plan for improved outcomes for health, education and employment/participation. The first assumption was that these three are all highly inter-connected, in particular that having good employment outcomes depends on good health and education outcomes.

The second assumption is that health is highly related to our social support networks. Evidence shows this is true – people with better support networks tend to have better health. Similarly we all need to walk before we can run – if our mental health is not as good as it could be, it is hard for us to engage in learning and education. Increased social support is an obvious way to increase our mental health.

Hence when planning for improved health, education and employment/participation, the first priority is increasing social interaction. When people get together more, they come to know one another, and become more confident about doing things with others. We are a diverse lot of people so it helps to have diverse ways of encouraging social interaction.

This may seem like an obvious approach which has been tried before, however often with only very limited success. These attempts have tended to be short term projects, whereas it is increasingly obvious that longer term approaches are vital.

The Waratah-Wynyard Council, in conjunction with the Circular Head, has released their draft Community Health and Wellbeing plans which are very much about improved relationships between people. The main plan identifies eight priorities: reducing isolation, supporting mental wellness, valuing difference, reducing socioeconomic disadvantage, improving access to the basic, supporting those living with illness, reducing harms from alcohol, drugs and tobacco, and building resilience.



Simple plants in pots can transform a public space – maybe in Civic Square? Photo David Engwicht – 7 Day

One of the guiding principles of the plan is “collective impact”, where government, community and business all work together to tackle problems. The plan is a platform to help coordinate council efforts with others. So our first step at Live Well Tasmania is precisely this focus on providing as many diverse ways of increasing social interaction as possible. This is via a combination of initiatives that can be done without funding, via volunteers, as well as via funded projects for specific initiatives.

### News from Waratah-Wynyard Council Meetings

One great item at the October Council meeting was to announce the establishment of a Wynyard Youth Centre, called 7Up Wynyard. This is based on a partnership between Rural Health and the Council, replicating 7UP Smithton which has been running successfully for some time. 7UP Wynyard will be a social hub for young people enrolled in grades seven to twelve. The centre staff and committee aim to provide a safe, youth friendly space that respects young people; works with them to support their mental, emotional and physical health and encourages them to try new things and build new skills. It will be based at the Wynyard Community Centre in Little Goldie Street. The commencement date is to be advised. All councillors agreed to approve the establishment of the centre, and provide some funds for both capital works and for running costs for this financial year.

Another item was with regards to a recommendation that Council donate \$4,000 to the Red Cross Drought appeal in support of ongoing drought assistance in New South Wales and Queensland. This was also unanimously passed.

### From Little Things- Short films, Big Stories from lutruwita (Tasmania).

Come to the Wharf Hotel on the 5<sup>th</sup> of December to see these great films.

Hobart film company Rummin Productions presents "*From Little Things – Short films, Big Stories from lutruwita / Tasmania*". A collection of award winning short films about extraordinary Tasmanians. Included in the line up is the brand new documentary namanu rruni - Albatross Island (14 minutes). Albatross Island is a magical place. 18 hectares of conglomerate rock off the North-Western tip of Tasmania is home to 5200 breeding pairs of Shy Albatross. Harvested near to extinction in the 1800's, the population gradually recovered to half the estimated historical population size. Yet, in recent years the population has again started to decline. A long-term monitoring program is overseen by marine biologist Dr Rachael Aldermen, who has been visiting the island for a decade. The film provides the very rare opportunity to see this unique Island and the compelling scientific work being undertaken there. Winner best film and best story at Stories in September festival. Finalist Banff Mountain film festival 2018. Winner best conservation film World Conservation Festival New York 2018. Selected into the Environmental Film festival, Melbourne Nov 2018.

Two of the documentaries feature adventures of world renowned climber and author Paul Pritchard. In 1998 Paul Pritchard was abseiling in to climb the Totem Pole in southeast Tasmania when he dislodged a rock with his rope that hit him on the head, leaving him with a severe head injury that he was lucky to survive. The aftermath of the accident left him with hemiplegia, which means he has little feeling or movement in the right side of this body. Eighteen years on, Rummin filmed Paul return to the Totem Pole and captured his attempt to finish the climb. We are lucky to have Paul attending our screening for Q&A's and book signings of his award winning book 'The Totem Pole'.



Photo from film "Doing it Scared" From <http://rummin.com/little-things/>

Another of the film's involves an adventurous road trip about five friends with disabilities who undertake a human-powered 2,150km ride from Lake Eyre to the summit of Mount Kosciuszko. Through the boundless landscape of Australia, five friends attempt to be the first to cycle from the continent's lowest point, Kati Thanda - Lake Eyre, a vast salt lake in the desert at 15 metres below sea level, to the highest point, the snow-capped summit of Mount Kosciuszko. The 2150km journey would be hard enough for anyone but Duncan is blind, Walter can't breathe, Daniel can't walk, Conrad can't bend, and half of Paul's body doesn't work. Winner audience award Cliclismo Classico Bike Travel Film festival 2018, Official Selection Adventure Travel Film Festival 2018.

Last but not least is "Returning patrula / fire" covering Aboriginal patch burning. The first time Aboriginal people have been back on this country in the Northern Midlands of Tasmania to undertake the practice of burning since the early period of invasion. This is the result of true leadership from both the landowner and members of the Aboriginal and non-Aboriginal community. Official Selection Stories in September festival 2018.



Returning patrula –  
from [rummin.com/little-things](http://rummin.com/little-things/)

For enquiries, contact Catherine Pettman 0427 509 608 from Rummin productions, see their website from more information and to book go to : <http://rummin.com/little-things/>

## Why target mental health in secondary schools?

<https://www.mindmatters.edu.au/explore-modules/what-is-mental-health->

If you want to improve the mental health of a whole population, you need to find a place where you can engage enough people for enough time. School is one of the best places to do this. Almost all of us go to school, we're there for a number of years, and by the time we are reaching secondary school we are entering a sometimes challenging transition into adulthood, when extra support is most valuable

Families can support children's developing social and emotional skills by:

- being affectionate and warm
- providing security for children by being consistent and predictable
- having frequent face-to-face interactions, including making eye contact, smiling and laughing together
- responding to your child's signals and preferences (e.g., knowing when to stop playing when your baby turns away signalling they have had enough for now)
- talking with children about what is happening and what will happen next
- being comforting and helping children to manage their feelings
- encouraging children to explore, play and try new things
- using social and emotional skills yourself and showing children how they work (e.g., by talking with children about your own mistakes, saying sorry and trying to make things better for the child you show them that these are a part of life and can be learning opportunities for everyone)
- describing and labelling emotions (e.g., "I enjoyed doing the puzzle together with you. It was fun!"; or "Are you feeling sad today because your friend is not here?")
- storytelling, playing games, singing, dancing, and imaginary play
- supporting children to make choices and solve problems as appropriate for their developmental level (e.g., "Do you want to wear your red dress or your blue dress?")
- providing opportunities for interactions with others (e.g., going to play groups with other children, inviting a child to your home for a play, going to the park where there are other children playing).

## Innovative Idea No.1 Walking School Bus and Council Car Sharing

Yes we know this idea has been around for quite a while, but did you know that it started in Australia then spread to the world? In 1992 David Engwicht came up with the idea of having a free 'bus' of parents acting as 'drivers' who stop at particular stops to collect children to walk them to school. Its particularly popular now in New Zealand, where for example Auckland has 350 active walking school buses. It would be interesting to survey all parents in Wynyard to find out the barriers to their children walking to school – one solution for those who live too far away is to drop them off a walkable distance away.

The city of Sydney developed a car sharing policy in 2011 to encourage shared use of vehicles. Three organisations have been appointed to provide the car sharing services. It is now used by over 31,000 customers, and in 2012 saved users \$21 million a year, and contributed to decreased travel times, reduced traffic congestion and lower carbon emissions. Members can book a car online whenever they need one, and pick it up from one of close to 700 nearby parking spaces. Car share users are charged by time and distance, at a rate set by each operator. Of course we don't have anywhere near the same population as in Sydney, but it would still be good to have some sort of system to enable those who aren't able to afford a car to still access one when they need it.

See <https://www.cityofsydney.nsw.gov.au/live/residents/car-sharing>



Image courtesy of [stevegalloway.mycouncillor.org.uk](http://stevegalloway.mycouncillor.org.uk)

## Innovative Idea No. 2- National Education Service

The rationale for a National Education Service is that when education fails, it isn't just the individual that is held back, but all of us are. When we invest in people to develop their skills and capabilities, we all benefit from a stronger economy and society.

At a time when working lives and the skills our economy needs are changing rapidly, governments have the responsibility to make lifelong learning a reality by giving everyone the opportunity to access education throughout their lives. To meet this responsibility, in the UK there is a plan to create a unified National Education Service (NES) to move towards cradle-to-grave learning that is free at the point of use. The NES will be built on the principle that 'Every Child – and Adult Matters' and will incorporate all forms of education, from early years through to adult education. To aid attainment, the plan includes free school meals for all primary school children. For further information see <https://labourlist.org/2015/07/education-is-a-collective-good-its-time-for-a-national-education-service/>

This connects to another policy of a Job Guarantee, see <https://futuretofightfor.org.au/policies/01/> From their website "A Job Guarantee is a federally funded, locally administered initiative to directly end involuntary unemployment and underemployment. Anyone with the right to work in Australia, would be able to accept employment in a publicly funded position at a living wage. Crucially, these jobs are not a workfare program. They are paid at come with all the workplace rights of full-time employment: award wages, holiday leave, sick leave, and overtime.

In the same way people are entitled to a seat in a school until age 18, people should be entitled to a job after age 18. We don't want to waste people's potential and subject families and communities to the massive social, psychological, and economic damage unemployment brings.

Imagine living in a world where our transport network didn't run into constant delays due to understaffing. Or where you could call Centrelink and not have to wait hours for someone to answer. Or where aged care and childcare were offered as plentiful and affordable public services - and our parks and public spaces were kept clean. Imagine if registered charities could offer government-funded jobs to people, instead of relying on volunteers to do the important work feeding the hungry, restoring degraded land and rivers, and giving shelter to people fleeing family violence..

Everywhere you look there are opportunities to connect the untapped potential of people with the unmet needs of the community.



**COMPASSIONATE  
COMMUNITIES  
IDEAS & BBQ  
THURSDAY 11AM  
8TH NOVEMBER**

CENTRAL COAST  
COMMUNITY SHED  
ULVERSTONE

**BECAUSE EVERY LIFE  
& EVERY DEATH MATTERS**




**TWILIGHT FAIR**

FOOD, FUN & ENTERTAINMENT  
FOR THE WHOLE FAMILY

**LIVE MUSIC**  
-AMY FEGG-  
STUDENT PERFORMANCES & MORE

**FOOD STALLS & GAMES**

**MINI JEEPS  
ZORB BALLS  
JUMPING CASTLE  
& MORE**

**CREATIVE MASK ART  
COMPETITION**  
GREAT PRIZES TO BE WON

**NOV. 16 TH  
4 - 7 PM**

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BBQ SHOW BAGS REPTILE DISPLAY MINI JEEPS HOT DOGS HOT SPIDS FISHING 4 CASH BAKE STALL PARENTS ROOM ZORB BALLS HOT & COLD DRINKS JUMPING CASTLE LUCKY JARS GUESSING BOOTH LIVE MUSIC FACE PAINTING MARKET STALLS MASK ART COMPETITION GALLERY WINE SALES SPORT DEMOS WHITE ELEPHANT STALL SENSORY STALL



# wellways



## Wellways to Health

Feeling overwhelmed, anxious, stressed or alone?

Improving your health and sense of wellbeing can make a huge difference to your life and how you feel.

Come along to our information session, have a cuppa and see if this free 4 week program is for you.

Information Session: Tuesday 6 November 11am-1pm

For more information contact  
Burnie Library 6477 7402

[www.libraries.tas.gov.au](http://www.libraries.tas.gov.au)



The Wynyard Concert Band  
invites you to  
**THE SOUNDS OF  
STAGE & SCREEN**  
Sunday November 25th  
2pm  
**Band rooms Johnson Place**  
**Door Sales. \$10 adult**  
**\$5 concession**  
**Great afternoon tea included!**

RUMMIN PRODUCTIONS presents  
*from little things*  
Short films, big stories  
from Lutruwita/Tasmania

Wednesday 5th December 7PM  
The Wynyard Theatre - Wharf Hotel

Come along and enjoy a wonderful night of internationally award-winning films featuring stories about extraordinary Tasmanians. Meet the filmmakers and special guest, adventurer and author Paul Pritchard, for a Q&A and book signing after the screening.

Tickets \$20 Adults (Kids free) - Bookings through Eventbrite  
For more information visit [www.rummin.com](http://www.rummin.com)

### Quote of the Month

Great things are not done by impulse, but by a series of small things brought together

*Vincent Van Gogh*

If you do not wish to receive this monthly email, please reply 'unsubscribe' to this email



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