

Wynyard Community Newsletter November 2019



Some of the great morning tea at the U3A Mental Health Week event
– “Strike A Chord” Photo: Mal Kearney

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Welcome!

While our farmers badly need some rain, the rest of us are enjoying some lovely weather, great for getting out and about! Hopefully there is good weather for the annual Walking Wynyard event on the 17th of November, apparently this event started in 2006 when 170 walkers attended! Maybe this year we can have even more... Also this month Wynyard Fitness are holding a free community event, sponsored by Healthy Tasmania, a mini- Triathlon for children aged 4 to 15 years old on the 15th of November. Shaun is also planning a similar event for adults, but all indoors, stay tuned!

This is a time of partnership building for Live Well Tasmania. Firstly we are thrilled to announce a partnership with Down the Road Farm to provide fresh, organically grown and local vegetable boxes. You will be thrilled by the quality of our vegetables, as well as the great variety, see further information below.

Secondly we supported U3A recently who ran a very successful event as part of Mental Health Week, called "Strike A Chord", based on mentoring people to play the ukulele, attended by 63 people! Also related to the topic of mental health, this month includes Survivors of Suicide Loss Day, which also recognises that mental health is important for dealing with grief and loss, see below for a free community event being held at the Railway Hall to support this day. Thirdly we have teamed up with the Primary Health Tasmania project "Greater Choice for Palliative Care" to run a "Live Well Die Well" Mini-expo at the Wynyard Showgrounds on the 10th of November. We will be launching our vegetable boxes then, with give away's of a vegetable box, cookbooks, mindfulness colouring books, and plants. Come and find out the latest information on the amazing things that are happening in the end of life care area, to ensure huge improvements in the end of life experience for all concerned.

Fourthly Live Well Tasmania in partnership with Warawyn Early Learning was excited to recently receive a small grant titled "Bee Literate" which aims to raise awareness of the vital work that bee's do for us. This will involve establishing small bee attracting gardens at the Warawyn Early Learning Centre and at Live Well Tasmania, and working with the Wynyard Community Garden to build recycled bee hotels for the children to take home. Finally we have another Community and Business Breakfast in Somerset on the 20th of November, working with Building Somerset's Future group, to explore how community resilience can be increased in Somerset. Everyone is welcome!

Also this month Rees Campbell will host a "Wild Food Garden Tour and Tastings" as part of our collaboration with RESEED and Healthy Tasmania. This is a great opportunity to learn all about edible native Tasmanian plants as the garden features over 110 species of edible native Tasmanian plants. This will be a very popular event so book early to avoid missing out (details below).

I spoke to Mishca Linden recently (there will be a longer report in the next newsletter) after the extremely well attended School Climate Strike in Wynyard that she initiated, and was struck by her genuine belief that it's not a case of "Us versus Them", just "Us"; and that she sees herself as an "activator" rather than an activist.

She noted that in some of the climate protests there is a sense of people being against the government and people in power, rather than focusing on everyone working together to start finding solutions. It's a lot about respecting that there are a number of different priorities that people have, of what they think is most important in the short, medium and long term. It is not effective to be antagonistic about people who think differently, rather finding common ground is an effective way forward.

Apparently there will be another but different type of event on the 29th of November, this will be a spontaneous event to raise awareness, so stay tuned!



The Wynyard School Climate Change was attended by a range of ages Photo Tania Linden

What's on

2 nd November	8am – 2pm
<p>Wynyard Foreshore Market The market showcases local produce and crafts, including jams, cakes, preserves, second-hand goods, plants, bric-a-brac and more. For more information contact the Waratah-Wynyard Council on 6443 8320</p>	
6 th November	11am – 1pm
<p>WynMatters Eat for Life – How to eat better as you age. What type of food do you need more of? Maintaining muscle strength. Why you shouldn't diet as you get older. St Stephens Anglican Hall, 6 Dodgin St, Wynyard. \$2 donation to cover lunch and hall hire, you are welcome to bring along a plate of food to share. For further information contact: 0408 454 407 or 0488 614 754</p>	
7 th November	1.30pm & 3pm
<p>Live Well Tasmania Sewing Hub– bring your own project or join in with one of ours – sewing machines provided. Working bee starting 3pm– afternoon tea provided Contact Carol 0448 451 000 or Robin 0421 461 724</p>	
10 th November	10am – 12.30pm
<p>Live Well Die Well Mini-Expo, Wynyard Showgrounds, Jackson Street, Wynyard Join in for a FREE day of information and interaction aimed at helping you to access information and resources to help you both live, and die, well. Find out about community and social groups; self care; weekly veg box program; speak with the North West Community Legal Centre on any issue requiring legal advice from 12 noon until 2pm. For more information contact: Lynne Ph: 0457 247 610 (weekdays) or email palliativecare@primaryhealthtas.com.au</p>	
13 th November	11am- 1pm
<p>WynMatters Sing a song / sing-along. We play the music and provide the song book. Bring along your voice or just come along for a listen. Songs from the past. St Stephens Anglican Hall, 6 Dodgin St, Wynyard \$2 donation to cover lunch and hall hire, you are welcome to bring along a plate of food to share For further information contact: 0408 454 407 or 0488 614 754</p>	
15 th November	5pm
<p>Wynyard Fitness Kids Taster Triathlon, 4 to 15 year olds Swim in the heated pool (30 metres to 100 metres), use the mountain bikes (up to 2 kms), 500 metre run. Contact Shaun for further information on 6442 3844</p>	
17 th November	2.30pm
<p>Walking Wynyard, starts at Gutteridge Gardens, Wynyard Participants go into a draw for 20 vouchers, healthy snacks at the end of the walk, LINX van in attendance, No need to register</p>	

20 th November	11am- 1pm
WynMatters - "Guess Who?" Young photos & pictures from the past. You have to guess who they are. Prizes for best guesses. Free luncheon St Stephens Anglican Hall, 6 Dodgin St, Wynyard, \$2 donation to cover lunch and hall hire, you are welcome to bring along a plate of food to share, For further information contact: 0408 454 407 or 0488 614 754	
20 th November	7.45am to 9.30am
Live Well Tasmania Community and Business Breakfast, Best Western Murchison Lodge Motor Inn. Discuss how community resilience can be increased in Somerset. Everyone is welcome! Funded by the Australia Government Building Our Future program. Cost \$8 includes continental and cooked breakfast. RSVP to Robin by the 18 th of November on 0421 461 724 or email info@lwt.org.au	
21 st November	1.30pm & 3pm
Live Well Tasmania Sewing Hub– bring your own project or join in with one of ours – sewing machines provided. Afternoon tea provided Contact Carol 0448 451 000 or Robin 0421 461 724	
23 rd November	11am - 2pm
Survivors of Suicide Loss Day, free community event, Railway Institute Hall, Wynyard Jumping castle, face painting, family friendly/children's activities, information about support services available. Sponsored by the Sudden Loss and Suicide Support Tasmania, Family based Care Tasmania, Standby, Lifeline and Wynyard Lions.	
25 th November	TBA
Waratah-Wynyard Council Community Conversations- Yolla Join Councillors and key staff to hear information on some of the key Council activities and projects of relevance to that town and have your say on matters of local importance to community members. Contact the Council for further details on 6443 8333	
26 th November	1.30pm – 3.30pm
Rees Campbell Wild Food Garden Tour and Tastings- learn all about edible native Tasmanian plants Live Well Tasmania event sponsored by Healthy Tasmania Bookings essential – contact Kelly 0429 186 532 or email Kelly.23@live.com	
27 th November	11am- 1pm
WynMatters Secret Photo Business – How to save photos from your phone to your computer. How to attach pics to emails, delete photos or store photos etc St Stephens Anglican Hall, 6 Dodgin St, Wynyard, \$2 donation to cover lunch and hall hire, you are welcome to bring along a plate of food to share, For further information contact: 0408 454 407 or 0488 614 754	

Other events

21st November, 9.45am, Cradle Coast Campus University of Tasmania, 16-20 , Mooreville Rd, Burnie, There's no PlanetB! Burnie 2019 Kids4Kids Conference- Inviting students and teachers involved in an environmental inquiry focussed on water, waste, energy or biodiversity. Share your stories and be inspired by others advocating to help the health of our planet. Book at trybooking.com/book/event?

27th November, 4.30 pm to 6.30 pm, Braddon Hall, Burnie Arts and Function Centre, Wilmot Street, Burnie. Burnie City Council invites residents of Burnie to a planning day to learn about and provide suggestions on the proposed development of a Community Health and Well-being Information Hub in Burnie. If you have any queries in relation to this planning session please contact Allison Daley on 64305706 or adaley@burnie.net.

29th November, 11.30am, Platypus room, Burnie Library, 30 Alexander Street, Burnie. Find Cancer Early- Learn about the early signs and symptoms of cancer, when to seek medical help, and the latest information about national cancer screening programs. Everyone welcome. RSVP: Ashlee Walker awalker@cancertas.org.au or call 6779 1100, see www.findcancerearly.com.au

5th December, 4.30pm, Live Well Tasmania, 28 Saunders Street, Wynyard, monthly Committee meeting, 6pm - End of year celebration dinner – All welcome, contact Robin on 0421 461 724 to RSVP.

7th December, 10am to 4pm, RESEED Active Hope in Challenging Times – how can we respond to problems such as climate change without burning out, numbing or losing heart? This workshop is based on an innovative set of processes developed by Joanna Macy – author, eco-philosopher and activist, designed to nourish us, foster resilience and strengthen our commitment. Student/youth – by donation, concession \$40, full \$60. This is a not-for-profit event, proceeds towards forest protection. Register and book tickets for this workshop. Questions to Liz: 0415 308 041 melyantree@gmail.com Cash at door or buy tickets through RESEED – <https://www.reseed.net.au/shop/>

8th December, 1.30pm to 7pm, RESEED, 30 King Edward St, Penguin, 1.30pm Transition workshop, join with others to plan for increasing community resilience, 3.30pm CENTs trading, personal training on how to use CENTs website, 5.30pm Shared dinner (bring a plate). Enquiries – Tania 0458 078 455 or Robin 0421 461 724

9th November, 12 – 2pm. Lunch with Barnesy- free lunch at the East Devonport Football Club, John St. Jimmy Barnes has a story to tell – about drugs and alcohol abuse, poor mental health and suicide. Bring a mate and hear his answers to our questions. This is a Men only event. To book a seat phone Jenny 6478 4337 / 0408 997 413. Let her know if you need a lift.

Social Circus Tasmania - Available for NW bookings with a reduced rate for travel on any of the following dates: Saturday 16 November, Monday 18 November, Friday 6 December, morning of Saturday 7 December (near Devonport), Sunday 9 December - For full details please see the website www.socialcircustasmania.com.au Contact Christian christian@socialcircustasmania.com.au 0415 220 034

Persistent Pain Self-Management Programs –NW- This small group program is for people living with ongoing pain. 2 ½ hour session per week for 6 weeks. No cost to attend, but we do ask for a gold coin contribution towards tea/ coffee. When there is 10 people listed in an area we'll deliver a program! Smithton: call 6452 1266: Burnie, 6477 7347 or email michelle.towle@ths.tas.gov.au: Devonport, 6478 6175 or email julie.milnes@ths.tas.gov.au

Active Hope in Challenging Times



"If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear." Joanna Macy

We live in challenging times. The words 'climate emergency' and 'biodiversity crisis' have hit mainstream.

So we're facing this, as students, activists, health professionals, family members, community builders, earth lovers. At times it's not easy. We may experience difficult emotions such as grief, despair and overwhelm, which can make it a challenge to keep on doing what we do.

So how can we respond and continue our work without burning out, numbing out or losing heart? We can practice "Active Hope".

Based on the innovative set of processes developed by Joanna Macy - author, eco-philosopher and activist - this workshop is designed to nourish us, foster resilience and strengthen our commitment.

Through connecting to ourselves, others and the web of life, we can pull forth creativity, inspiration and strength.

**Saturday 7 December 2019, 10am – 4pm
@ the RESEED Centre
30 King Edward St Penguin**

Cost: Student / youth: donation
Concession: \$40
Full: \$60

This is a not-for-profit event. Proceeds will go towards forest protection. Cash at door or buy tickets through RESEED: <https://www.reseed.net.au/shop/>

Bring something to share for lunch and comfortable clothes for moving around. Questions? Contact Liz: 0415 308 041 melyantree@gmail.com

Update from Live Well Tasmania

Growing Veggies in Pots – Live Well Tas & The RESEED Centre

With the funding from the Healthy Tasmania Community Grant we held two workshops, one at the RESEED Centre, Penguin and the other at the Live Well Tasmania Centre in Wynyard, these were run by an experienced grower of Veggies in Pots scientist from Hobart, Jonah Gouldthorpe. Jonah showed us colour pictures of his successes with growing a variety of veggies and flowers in pots. Jonah's demonstrated with us the best recipe to enrich our potting medium to provide plenty of nutrients for the plants to thrive in pots. He also provided a detailed and easy to follow handout for the participants to take home. Jonah delivered an entertaining and very informative program during which he encouraged and answered all types of questions. After the verbal information and demonstration all of the participants were invited to make up the potting mix with added nutrients, then potted up their chosen seedlings and/or seeds. All of the participants were totally engaged in the process and expressed how much they enjoyed the workshop. They were all excited to take their pots of healthy veggies seedlings and/or seeds home to look after and eventually eat. Another great event for our communities!



Lots of great information at the growing in pots workshops! Photos: Kelly Millikins

Launch of Live Well Veggie Boxes

Live Well Tasmania is very excited to announce a partnership with Down the Road Farm to provide fresh, organically grown vegetables via a "Community Supported Agriculture" model, which aims to connect people with the source of their produce. Down the Road farm is based at Lapoinya, and you can find Cabe at the Wynyard Foreshore market. We will be launching the veg boxes on the 10th of November at the Live Well Die Well Mini-Expo, and a veggie box will be given away as a lucky door prize (plus other give away's) There are a number of huge advantages to getting a veggie box of locally grown vegetables, the first one being the quality and variety of the vegetables. Probably tomatoes are the classic example of a huge difference between supermarket tomatoes and home grown tomatoes. The main differences are in the varieties that are grown – supermarket varieties tend to be chosen for their ability to be stored and transported long distances, they are also picked before they are ripe for the same reason. Finally herbicides, pesticides and fungicides must be used (unless they are certified organic) to try and maximise yield and minimise costs. Hence tomatoes grown in this way have a far inferior taste to our local tomatoes grown without chemicals and that do not have to be stored and transported large distances. Secondly the variety of vegetables we offer, also because we do not have transport them over long distances, is much greater than offered through conventional channels. For example we will offer Jerusalem artichokes – which is a great vegetable for those trying to reduce the GI content in their diet. Kohlrabi is another vegetable not obtainable through normal channels, but which is a very tasty vegetable that can be cooked in a number of ways or eaten raw such as in salads. The boxes will be able to be picked up from our Centre in Saunders Street, or for \$5 you can have your box delivered to your door. To express your interest in either signing up for the season (for which you get a 5% discount), or just ordering a box to try it out first, contact Robin on 0421 461 724, or info@lwt.org.au We are taking orders for boxes now - the main produce available now is potatoes, raddish's, purple sprouting broccoli, loose leaf /Asian green lettuce mix plus lettuce heads, rhubarb, silver beet, beetroot, swedes, various herbs. As always you can get fresh veggies from the New Life Church, Tuesday to Friday, 9.30am to 4.15pm.

HEALTHY, TASTY & NUTRITIOUS

LIVE WELL VEGGIE BOXES

A community supported agriculture partnership between Live Well Tasmania and Down The Road Farm.

VEGGIE BOX	PRICE
Small 1-2 person(s)	\$35/\$30*
Medium 2-3 persons	\$50/\$45*
Large 4-6 persons	\$65/\$60*
*Weekly subscriber	
Local delivery available \$5	

Our range of veggies are organically grown without chemicals. Subscribe today to our CSA program to enjoy regular vegetable boxes direct from the grower to you and enjoy the health benefits of eating seasonally while supporting local farmers.

Order with Robin on 0421 461 724



Live Well Die Well Mini-Expo

It is said that the measure of a well functioning society is how well we treat our most vulnerable people including the elderly. On Sunday 10th November, Live Well Tasmania and the Consultative Committee for the Greater Choice for At Home Palliative Care Waratah-Wynyard and Circular Head municipalities, are holding a Live Well - Die Well, mini expo. The event will run from 10am until 2pm at the Members Shed, Wynyard Showgrounds. It is a free event for both stall holders and the community. Chris from the Community Legal Centre will be present to answer any legal questions from across the lifespan (12noon until 2pm) and Rees Campbell will be doing a talk, with a tasting table of her wild and natural foods.

Live Well Tasmania will be launching our "Live Well Boxes" of vegetables at the Expo, with a box available for a door prize, plus give away's of cookbooks and plants. A qualified massage therapist will be present also to provide 10 or 15 minute neck/shoulder massages for \$10 or \$15 respectively. For more information contact: Lynne Ph: 0457 247 610 (weekdays)

palliativecare@primaryhealthtas.com.au

Care Beyond Cure Inc has launched a 2020 Community Coffin Club Death Literacy Calendar. It sells for \$25 plus postage if needed. All proceeds aid in the establishment of Tender Funerals Tasmania, a not-for-profit family led funeral home, here on the North West Coast. Keep an eye out on their facebook pages for details. Contact email carebeyondcure2@gmail.com

Bee Literate Project

This will involve establishing small bee attracting gardens at the Wararwyn Early Learning Centre and at Live Well Tasmania, and working with the Wynyard Community Garden to build recycled bee hotels for the children to take home, and providing information about what they are for and where to put them. We will have a bee sign to show the public what these gardens are for and the children will be involved in all aspects of these gardens. The Bee Literate project started in 2017 following the death of Mr Fred House, who had been a beekeeper for 93 of his 99 years. This project developed as a way to remember Fred and carry on his legacy, and has brought together children from the Goodwood community to learn about bees and to create a book. "The Bee Book" was created for children to learn about the importance of bees, funds raised through sales of the book will be put towards safeguarding the survival of bees and pollinators. Bee Literate Tasmania is a partnership between Beautiful Girls Honey, Goodwood Community Centre, the Tasmanian Junior Beekeepers and Story Island Project.

We are very grateful to receive funds for our own plantings of bee attracting plants in Wynyard.



Live Well, Die Well Mini-Expo

10am-2pm Sunday 10 November 2019

Wynyard Showgrounds Hall

Join Live Well Tasmania and the Greater Choice for At Home Palliative Care Waratah-Wynyard and Circular Head Consultative Committee, for a FREE day of information and interaction aimed at helping you to access information and resources to help you both live, and die, well.

Community & social groups to explore



Speak with Chris from the North West Community Legal Centre on any issue requiring legal advice from 12 noon until 2pm.



LAUNCH of the LIVE WELL BOXES:
A social enterprise initiative of LWT. One lucky person will win a box of fresh vegetables via the lucky door prize.



Come have a chat and find out about LWT's weekly vegetable box program

SELF CARE

Information also available on

Grief and Loss, Advance Care Planning, Compassionate Communities, Persistent Pain Workshops, Palliative Care, Coffins, Natural Burial and so much more in the dying, death and after death care space.

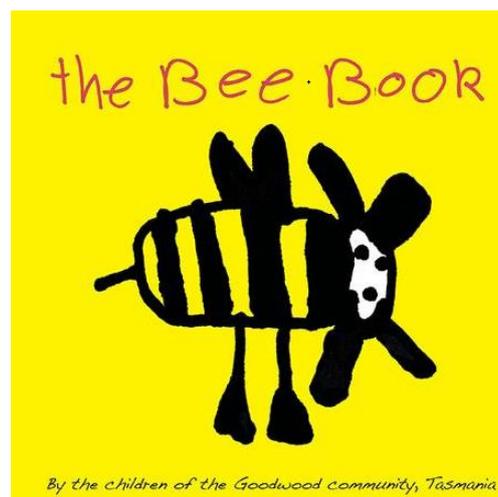
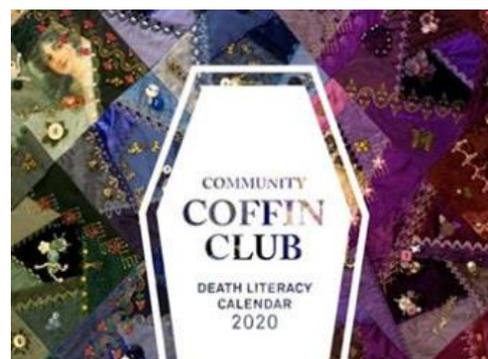
For more information contact:

Lynne Ph: 0467 247 610 (weekdays)

Email: palliativecare@primaryhealthtas.com.au

www.primaryhealthtas.com.au

www.lwt.org.au or www.facebook.com/livewelltasmania/



News from Waratah-Wynyard Council

Waratah-Wynyard iCEP—Integrated Council Environmental Plan

Waratah-Wynyard Council is committed to open, accountable and responsive decision-making, informed by effective community consultation. Council is seeking community input for the development of Waratah-Wynyard's first iCEP—Integrated Council Environmental Plan.

Waratah-Wynyard Council area is home to a diverse range of natural assets which are critical to our economic, social and environmental wellbeing. These assets may be at risk in a changing climate.

When complete in mid-2020, the Waratah-Wynyard iCEP will be a shared vision for the future, an evidence-based strategy and a platform for policy development.

We anticipate that the iCEP will address five themes:

- Council Sustainability—Aligning our corporate practices with the principles of sustainability;
- Environmental Management—Managing our natural resources and our carbon footprint;
- Community Resilience—Enabling our communities to transition and adapt to a changing climate;
- Economic Future-Proofing—Anticipating opportunities and mitigating risks for our local economy; and
- Community Asset Management—Planning for and mitigating climate impacts on our built environment.

To help make sure the iCEP reflects local perspectives and priorities, everyone who lives, studies, works or owns property in Waratah-Wynyard is invited to complete this survey (see link below).

Have your say for the chance to win one of three prizes to the value of \$50 each.

Feedback on the iCEP closes 5pm 15th November 2019.

SURVEY LINK:<http://sgiz.mobi/s3/Waratah-Wynyard-iCEP-Survey>

For questions about this survey or the iCEP project, please email us at projects@warwyn.tas.gov.au.

For other ways to comment: Complete and submit an iCEP postcard, available from Council, in libraries, schools and some post offices.

Australia day awards - Council advises that nominations from organisations or individuals will be received until 5pm on Friday 13th December 2019 for the following awards: **Citizen of the Year**- persons over the age of 30 years on Australia Day, 2020, **Junior Citizen of the Year**, persons aged 16 to 30 years on Australia Day, 2020, **Community Event of the Year**.

Council set to live stream meetings

With social media driving community expectations for greater connectedness, access and visibility, Waratah-Wynyard Council has voted in favour of live streaming Council meetings. At the September meeting Councillors voted to implement live streaming by January 2020, pending a successful trial of equipment prior to the end of the year. Live streaming is expected to increase the community's access to meetings and connection with Council decision-making processes. It will enable access to meetings by people in the community that may not otherwise be able to physically attend. It is understood four other Tasmanian councils have adopted live streaming: Hobart City, Launceston City, Clarence City and Glamorgan Spring Bay councils, however not all these four provide both video and audio.

Don't forget Walking Wynyard on the 17th of November, if you haven't walked along the Inglis River track you will be delighted by how beautiful it is!



The first Walking Wynyard event in 2006 Photo courtesy Richard Muir-Wilson

Mental Health Week – U3A event

Live Well Tasmania sponsored a successful application by U3A for a Mental Health week grant, to run an event called 'Strike a Chord'. This involved "a magic morning of fun, friends and music", specifically learning to play and then playing songs on the ukulele. Twelve people were involved in organising the event, and 63 people participated, which was a great outcome. Mentor players were teamed up with beginners, so everyone had a 1:1 experience. Morning tea was a great opportunity to meet new people. The feedback included "It was a very successful event, congratulations". It was a most successful, enjoyable day for all participants", "I've never held a stringed instrument before, but within the hour I was able to play my two chords, thanks to the way we were mentored with a player" "What a fun day! Everyone had a great time, and I couldn't believe how much fun I had with the singing". Thanks to U3A for putting this on!



Lots of smiling faces and harmonious melodies!
Photo: Mal Kearney

Survivors of Suicide Loss Day

In 1999, US Senator Harry Reid, who lost his father to suicide, filed a resolution to the United States Senate that led to the creation of the International Survivors of Suicide Loss Day. The day was designated under the United States Congress as a day on which those affected by suicide can join together for healing and support. Since then every year, the American Foundation for Suicide Prevention supports hundreds of large and small Survivor Day events around the world. During these events, suicide loss survivors come together to find connection, understanding and hope through their shared experience. In 2018, 370 total events took place, including 32 international sites in 19 countries.

Suicide is still the leading cause of death for Australians aged 15-44. In 2015, the overall suicide rate was 12.6 per 100,000 Australian, which is the highest in 10-plus years. This resulted to over 3,000 deaths due to suicide, which is around 8 deaths per day. Suicide rate amongst Aboriginal and Torres Strait Islander peoples is more than double the national rate.

Though one of the most common cause of death, suicide is also one of most preventable. There are a lot of ways to prevent losing someone due to suicide, such as: social intervention, medication, counselling, coping and planning. To learn more about Survivor Day, visit afsp.org. See flyer (right) for the Wynyard event.

SURVIVORS OF SUICIDE LOSS DAY
23rd NOVEMBER 2019.

Join us on Saturday
from 11.00 am to 2.00 pm
At the Railway Institute Hall,
Station Street, Wynyard.

A FREE COMMUNITY EVENT **JUMPING CASTLE**
FACE PAINTING
FAMILY FRIENDLY, INTERACTIVE CHILDREN'S ACTIVITIES.
FOOD AND REFRESHMENTS AVAILABLE.
INFORMATION FROM SUPPORT SERVICES IN ATTENDANCE.
OR JUST HAVE A COFFEE AND A CHAT.
EVERYONE WELCOME.

THIS EVENT IS A CELEBRATION OF YOUR LIFE
A SHOW OF STRENGTH
A COMMITMENT TO LIFE. A DAY OF INSPIRATION AND HOPE GIVING.
A CHANCE TO SHARE YOUR JOURNEY, YOUR COPING SKILLS,
YOUR THOUGHTS.
TO HOLD OUT A HELPING HAND TO OTHERS.

Sponsored by : Sudden Loss and Suicide Support Group Tasmania,
Family Based Care Tasmania, Standby, Lifeline and Wynyard Lions.

Funding for this event has been via the North West Suicide Prevention Trial Site
Doing Better Together Community Grant Scheme
The North West Tasmanian Suicide Trial Site is sponsored by funding from the Australian Government through
Primary Health Tasmania (Tasmania PHN).

Energy retail law protections

The Australian Energy Regulator (AER) is an independent statutory authority that works to make all Australian energy consumers better off. Earlier this year, the AER released a revised Customer Hardship Policy Guideline, which strengthens the protections available to customers having trouble paying their energy bills due to hardship. The guideline requires retailers to ensure hardship programs are easily accessible to customers, places an onus on retailers to better identify consumers who may need help, and introduces minimum standards of assistance. We have developed a range of materials to help consumers understand the protections available to them if they are experiencing hardship. The newsletter article, consumer fact sheet and social media graphics can be found attached. The consumer flyers are also available on our website, at <https://www.aer.gov.au/consumers/my-energy-bill/help-for-customers-in-hardship>.

Update from Community Exchange Network Tasmania

We look forward to seeing lots of you at our final CENTs event for the year on the 8th of December, starting at 1.30pm at RESEED, 30 King Edward St, Penguin. We will begin with a workshop on community initiatives for social, economic and environmental sustainability, then there will then be CENTs trading, and personal training on how to use CENTs website (including skype for those not able to attend in person), followed by a shared dinner (bring a plate). Enquiries – Tania 0458 078 455 or Robin 0421 461 724. We also welcome everyone to our final 2019 gathering at the Live Well Community Centre on the 5th of December, meeting at 4.30pm and catered dinner at 6pm.

Some of the latest offerings via CENTs:

Devonport - fresh organic home grown herbs available - oregano, sage, rosemary, mint

Devonport - Compost worms (Red Wrigglers)

Waratah - Window charms - many different colours and patterns, make nice gifts or add to your home. Packaged in a giftbag. Short beeswax candles, handmade from rolled beeswax sheeting.

Somerset - Brand New Tupperware Drink Bottles BPA free- assorted sizes.

Burnie - Outside Furniture Set, small glass topped table and two folding timber chairs, Mens boots – hardly used – 3 pairs size 8/9

Rocky Cape - carpentry, turning & welding- carpentry large and small, stools, cupboards, shelves. Repairs and customer designs welcomed,



Live Well TASMANIA

STITCHES IN COMMON SEWING REPAIRS

SESSION TIMES

Thursday 7 Nov
Thursday 21 Nov
Thursday 5 Dec

All sessions from 130pm - 330pm

BRING YOUR OWN PROJECTS OR COME AND LEARN - MACHINES AVAILABLE

More information call Carol 0458 451 000



Feisty Tasmanian presents

Rees Campbell's Tasmanian Wild Food Garden Tour and Tastings

Where: Murnong Wild Food Garden
19 George Street Wynyard

Date: Tuesday 26th November

Time: 1.30 - 3.30

Free Event
Bookings essential contact Kelly
0429186532 - kelly.23@live.com.au

Live Well TASMANIA
helping you achieve wellbeing

health Tasmania
"This Project is funded by the Healthy Tasmania Community Economic Growth through the Tasmanian Government"



SOMERSET COMMUNITY & BUSINESS BREAKFAST

COST \$8

Australian Government
BUILDING OUR FUTURE

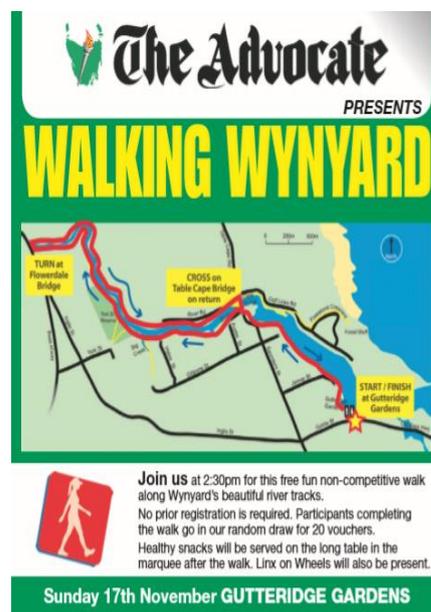
WARATAH WYNYARD

A COMMUNITY CONVERSATION AROUND HOW TO HELP BUILD RESILIENCE IN SOMERSET

20 Nov
745AM - 9AM

BOOKINGS
ROBIN 0421 461 724

Live Well TASMANIA



The Advocate PRESENTS

WALKING WYNYARD

TURN at Flowerdale Bridge
CROSS on Table Cape Bridge on return
START / FINISH at Gutteridge Gardens

Join us at 2:30pm for this free fun non-competitive walk along Wynyard's beautiful river tracks. No prior registration is required. Participants completing the walk go in our random draw for 20 vouchers. Healthy snacks will be served on the long table in the marquee after the walk. Lrx on Wheels will also be present.

Sunday 17th November GUTTERIDGE GARDENS

What lies behind us and what lies before us are tiny matters, compared to what lies within us

Ralph Waldo Emerson

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