



Wynyard Community Newsletter April 2020



A reminder of more social times at the Long Table Lunch in 2018– it’s might be hard to imagine now but we will see them back again! Photo: Bob Segrave

Contents

- Update from Live Well Tasmania 3
- Update from Waratah-Wynyard Council..... 4
- U3AWynyard and the ability to pivot. 5
- Inglis Media 5
- Other COVID19 Community responses 5
- RESEED Centre Offerings 6
- Keeping your brain active..... 6
- Physical exercise and play 7
- Covid-19 Humour 8
- Couch Choir 8
- Mission Australia’s Youth Survey 2020 8
- Educational Resources..... 8
- Earth Day 9
- Community Exchange Network Tasmania..... 9

Welcome!

I guess we all are experiencing different feelings as a result of COVID19, but with some commonalities. It is said we need to first not be too hard on ourselves during an adjustment phase, when we are bound to feel disorientated from the changes to everyday life. Once things have settled down somewhat, some of us might be able to feel a sense of less pressure if previously we engaged in a lot of social interaction which is no longer possible. This may be an opportunity for getting into new habits to support health and wellbeing. It is even said that, in the long run, COVID19 could help us rediscover the better version of ourselves.

A number of phrases are emerging from COVID19, two are them are “Now is our chance to create a New Normal”, and “The new focus is finding new ways to connect with people”. The former I think refers largely to our opportunity to reflect on what is important in life, our values – often it’s when you can no longer do the things you previously took for granted that you realise how valuable they were. Connecting face to face with people is a significant example of that, as well as exercise. When we are out and about we get a lot of ‘incidental exercise’ the exercise we get doing other things, but which has been severely curtailed now, as well as other forms of exercise like going to the gym. So we have to be creative about finding new ways of both exercising and socialising, both of which are so vital for our health and wellbeing.

Of course being able to connect with each other digitally, and with other resources is a lifeline for helping us both stay physically and mentally fit. And for those with children at home from school there are some fantastic resources. For example the article “Suddenly We're All Homeschoolers! What? You Weren't Trained For This?” (at <https://www.ahaparenting.com/blog/were-all-suddenly-homeschoolers>) has some great ideas and advice.

For the Linden Family (including Mishca, who is involved in the Wynyard High School Green Team), the following are great resources:

- 1 Khan Academy -really good resource, for learning and interest
- 2 Cirque du Soleil are releasing free videos of their shows and lessons on how to do tricks
- 3 The Libraries Tasmania website has a link on it to RbDigital, where you can download free comic books
- 4 There’s an app called Libby where you can connect to the library and download eBooks and audiobooks (you need to be a library member for this one)

Another suggestion they have is to look through your wardrobes and give away any clothes you haven’t worn in the last six months/year.

However many people do not have access to a computer and/or the internet. But the number of community initiatives is very encouraging that are spreading throughout the world to help those without internet access and who lack other resources as well such as social support. These initiatives include Somerset Rotary (see below) and other mutual aid projects of neighbours helping each other, to friendship circles like the Wynyard University of the Third Age have initiated, the huge number of food initiatives like Grow, Gather, Give based at the Burnie High School who have worked with the Wynyard High School students, teddy bears in windows and so on.



Flowerdale Flowers are brightening up people’s days – photo from Facebook

In this edition there are some photo's from previous Live Well Tasmania projects (eg on the right from the Wynyard Community garden), just to remind us of the enjoyable times we have had together in the past, and will again in the future.

Update from Live Well Tasmania

Live Well and Down the Farm are continuing their partnership to provide weekly boxes of vegetables and fruit. The pick up day is Wednesday afternoon at the Live Well Community Centre in Wynyard, or pay an extra \$5 for delivery within the Wynyard area. There are three different sizes – small, medium and large boxes. Contact Robin for further information on 0421 461 724 or email info@lwt.org.au. There are generally a minimum of 12 different varieties of fruit and vegetables each week– for example this week there was potatoes, tomatoes, carrots, cucumber, parsley, kale, silverbeet, sweet corn, zucchini, Akane apples, Nashi's, hakarei turnips, garlic, Myrtus berries (taste like a cross between pineapple and strawberry) and pumpkin.

In a few weeks we will have Jerusalem Artichokes, Yacon (both great for diabetics) and Occa.

COVID19 reminds us about the logic of the 'localvore' food movement, which refers to eating what's in season and locally produced within a short radius of where we live. It not only supports and establishes local economies, but it also limits the susceptibility of the supply chain to abrupt stoppages from a crisis. Not to mention fresher and better-tasting food!

As our final Healthy Tasmania project we joined Wynyard High School students and Grow, Gather, Give for a "Random Act of Kindness" – 32 apple crumbles were made at the school and delivered to the elderly in the Burnie/Somerset/Wynyard areas by the Grow, Gather, Give group. They also collected almost 200 single serves of soup made by Marist Regional College (1000 serves of soup as part of their 1000 Random Acts of Kindness Project).

We are going to trial our weekly Art classes with Cat via Zoom, please contact Cat on 0467 725 127 if you are interested in joining in.

We are now beginning the process of looking at how we can contribute to helping our community directly or indirectly with COVID19, and/or whether we use this time to finish our renovations of our Community Centre – there is plenty to do there! As always if anyone has any ideas for partnerships and/or projects, let us know!

Doing Better Together Grants

Both Live Well Tasmania and RESEED gained small grants from 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).

Live Well Tasmania's grant is to hold three Community of Practice online forums during May and June to share best practice information, towards the identification of gaps in suicide prevention and improving mental health. If you are interested in these forums please contact Robin on 0421 461 724.



Cabe From Down the Road Farm being supervised from a distance Photo: Karen Ashworth

RESEED's grant is to run Mental Health First Aid courses, which teaches people how to assist others experiencing an acute mental health problem, until professional help arrives. These are free for men aged 40+ and for women aged 65+, and people who have a close relationship with someone in these groups. The cost is \$50 for all other people. (Usual cost is \$200). The course will be partly zoom conferencing, and partly self-paced learning. We'll help you with the zoom (it's easy). Please RSVP to hello@reseed.net.au Everyone in the community is welcome to attend this course.



Update from Waratah-Wynyard Council

Waratah-Wynyard Council takes part in twice daily state-wide meetings of all Tasmanian Councils and the Local Government Associate of Tasmania (LGAT). Council's Business Continuity Plan (BCP) has been enacted and Council's leadership team are meeting regularly. Artscape has closed and the Saunders Street Clinic has the option to convert it into a respiratory centre if required. Council has also provided marquees to this service for their new drive through clinic alternative.

The Wonders of Wynyard volunteers have been asked to take a break from the centre and not attend to minimise risk for those in high risk categories. Staff are still working, but it is not open to the public.

The Wynyard Foreshore Market will be suspended until further notice, and Council has closed all indoor sporting venues and public halls. All planned activities in any of Council's venues will no longer be allowed to continue.

Council will make contact again when this situation changes – however the closure at this point is until further notice. Users are reminded that it is a legal requirement to comply with this Government directive – no access to facilities will be exempt and penalties will apply for non-compliance.

We understand these and other measures our communities are facing do cause inconvenience and anxiety – however in the interest of public safety – we ask that everyone takes the advice and direction given by the Government seriously.

Wynyard Music Therapist, Allison Davies, has been viewed over 3 million times online following her recording herself singing a positive jingle about being well and happy. You can find her on Facebook. Allie has also been interviewed by Chanel 7 and BBC.

Community Transport are adapting to the changing needs of the community by stepping up to deliver food and medication, along with helping customers access medical care.

The area around Camp Creek is flattened out and ready to have grass sown and is looking a lot better. Somerset and Wynyard Communities have been involved in placing a teddy bear in the windows of their houses and businesses. When children/families/elderly/disabled go for walks or drive (in small family groups for exercise or to get essentials) they can have fun spotting them.

U3AWynyard and the ability to pivot.

Report from Rees Campbell, President of University of the Third Age Wynyard: All of a sudden there is new vocabulary on everyone's lips. Corona has stopped being a beer and become a disease. Self isolation and social distancing are now familiar terms – and actions. Another word being pronounced frequently is “pivot”, and no; its neither a dance move, nor a farm irrigator...but the ability to change the direction of your organisation.

Social interaction is as huge a part of U3AW's raison d'être as is lifelong learning; but the covid 19 virus has sent us scurrying back to our individual houses. So... we thought about options ...

We set up a friendship circle, where those members who wanted to could ring others for a chat; and in turn would be rung by someone else.

We modified a few presentations to be delivered by online video conferencing software. We selected Zoom on the advice of a remote communications specialist (who happens to be Rees Campbell, the presidents, brother 😊).

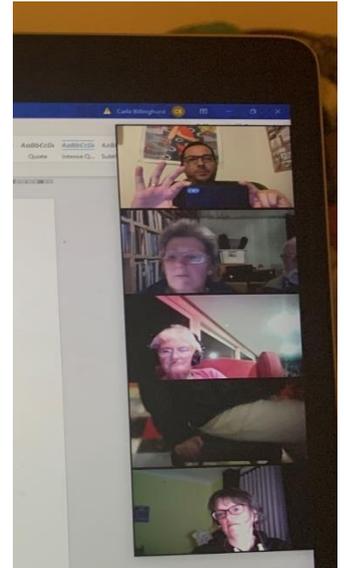
All members were given the opportunity to participate in either or both innovations – including the “dinosaurs” who don't have computers. Their survey paper was hand delivered to their letterbox. The members who want to be part of the friendship circle have been contacted; and that has commenced. The members who want to participate in the videoconferencing sessions have also been contacted. Many have wanted an induction session, which has been done individually...but without exception, they have then been enthused and ready for the new regime. Who said old dogs can't learn new tricks?

Inglis Media

What is Wynyard to you? What is happening? What are you doing? Where are your favourite places? What stories have yet to be told? In an age of many voices, Inglis Media has been created to give each of us a common platform to share what you are saying, creating, and doing - for the benefit of our local community. We are an independent, community based platform existing to discover the richness of the region we share.

Our network of commentators, writers, creators, and local producers is open to all. Inglis Media will also be creating some content (news articles, Council watch, interviews, public events +more!) and we hope to share and highlight all that is happening in our municipality.

Do you want to find out more? Contact us and discover if you'd like to be involved, or have us share what you are creating. Follow Inglis Media at <https://www.facebook.com/inglis.media.wynyard/> or even better, maybe you have some thoughts or something creative to share with the community?



Some U3A participants in a Zoom session Photo: Corey Speers

Other COVID19 Community responses

Wynmatters has suspended all weekly sessions until such time as it is safe to resume. At this stage they have cancelled all speakers and activities for the next 8 weeks, to be reviewed after this time. During this time, Wendy will be taking on the role of peer support and will be in contact with all members via email and messenger to pass along any updates on Covid 19 or links to any information that may be of benefit to them, as well as personal phone calls to ensure that they are all ok and to reduce social isolation.

Marist Regional College are running a charity food drive "1000 Acts of Kindness" for people in the community that have been affected by COVID 19 – such as via unemployment. They are cooking big batches of food and are making 1,000 individual containers. The Student Representative Council has introduced a Wellbeing Blog to deliver a daily dose of wellness, trivia, music, challenges and more! Plus, compete for house points.

And see the initiative of Somerset Rotary as per flyer – contact Karen on 0429 663 372 both if you want to offer help or need help.

RESEED Centre Offerings

Would you like to run a workshop, give a talk or have a meeting in the next couple of months? RESEED has a subscription to Zoom which allows you to talk face to face over the internet, and you are welcome to use it - we only ask for a donation. Contact Nick: nj_towle@iinet.net.au to discuss your ideas and needs.

Free Non-violent Communication group (Ongo) by Zoom.

Now is a good time to be listening deeply to each other and to be heard. An information session is being held on the 9th of April, 7pm- Zoom link: <https://zoom.us/j/412948630>

RSVP and questions to Michelle: michelle.towle@iinet.net.au ph 6435 4559

The benefits include:

- greater authenticity in your communication, increased understanding
- deepening connection with others, and
- skills for preventing and resolving conflict.

A taste of Active Hope for these Challenging Times

Active Hope is about finding, and offering, our best response to the crisis of sustainability unfolding in our world. It offers tools that help us face reality, as well as how to play a role in the transition to a life-sustaining society. 16th May 9am – 1pm Via Zoom. RSVP michelle.towle@iinet.net.au phone 6435 4559

Keeping your brain active

The Tasmanian Library has some great resources- You can access eBooks and stories, eMagazines, eComics, eNews and journals, eMusic, eFilm and eLanguages. You can also browse our online databases, historical newspapers, family history resources, research and reference material— among so many other things. It includes access to resources such as Good Reading's Hub for Book Lovers. You now have free and open access to all areas of our Hub for Book Lovers. Listen to our podcasts, keep up with the latest book news and find the best books for kids.

Mindfulness course online Applications are now open for a free 8 week course, delivered live-online for those who prefer to learn from home. Starting in April 2020 These courses provide practical, evidence-based strategies for managing difficult feelings, thoughts and situations, in a relaxed environment with qualified Mindfulness Teachers

Hello! If you are self-isolating, we may be able to help!

Rotary Club of Somerset Members & Friends

- As a community care service, we have people ready to assist where we can at this time

- Our initial contact is Karen on 0429 663 372

If you are self-isolating due to COVID-19, we may be able to help with:

| | |
|-----------------------|-------------------------|
| ✓ Picking up shopping | ✓ A friendly phone call |
| ✓ Posting mail | ✓ Urgent supplies |

Just call or text and we'll do our best to help you!



'Somerset Rotary – Action in our local community'

See <https://mailchi.mp/51cbae453981/free-8-week-mindfulness-course-in-devonport/>

Physical exercise and play

Play Australia is sharing the message that whilst playgrounds are closed, it's still okay to PLAY OUTSIDE! In fact, when we go outside, we are more physically active, we reduce our screen time, we sleep better and our immune system becomes more robust and it increases our defence against COVID-19.

Play Australia says that for children's health and wellbeing, it is crucial for children to get outside for physical and mental health, building resilience and independence. In these stressful times, now more than ever, kids need to play outside to let off steam and to gain the much needed health benefits of being outside.

Play at Home Soccer Challenge

Matches around Australia may have been postponed but you can keep football in your life with the #PlayAtHomeChallenge. While it is important to practice social distancing during this time of uncertainty, it has never been more important to be active, connect with each other and keep your skills sharp!

It works like this:

- Every week a new skill for you to master will be announced on the www.playfootball.com.au website
- Record yourself showing your best efforts
- Challenge three of your friends to match your moves
- Post your video on social media - and be sure to tag your three friends and include #PlayAtHomeChallenge and #StayAtHomeChallenge

The first skill challenge to master is keep-ups. Flick the ball up with your feet and juggle the ball 10 times, without allowing the ball to hit the ground. The record for the longest keepie-uppie is held by Englishman Dan Magness, who once juggled the ball for 26 hours using his feet, legs, shoulders and head.

For further information and a video introduction to the challenge, go to the Football Federation Australia <https://www.playfootball.com.au/>.



Covid-19 Humour

Very clever video Guaranteed to put a smile on your face “Coronavirus Rhapsody” –
<https://www.facebook.com/gert.snyers/videos/10218376613741012/>

Some COVID19 jokes:

Nail salons, hair salons, waxing centre and tanning places are closed. It's about to get ugly out there.

Finland just closed its borders. You know what that means. No one will be crossing the finish line.

What do you tell yourself when you wake up late for work and realize you have a fever? Self, I so late.

Did you hear the joke about the germ? Never mind, I don't want to spread it around.

Back in my day you would cough to cover up a fart. Now, with COVID-19, you fart to cover up a cough.

Yeah I have plans tonight. I'll probably hit the living room around 8 or 9.

Couch Choir

The evolution of Pub Choir for the age of coronavirus, Couch Choir, has drawn more than 1,000 videos from across the world as they strive to bring people together during social isolation. The social organisation Pub Choir began in Brisbane in 2017 drawing hundreds of people together to learn harmonies and record popular songs. For Couch Choir, singers were encouraged to visit the Pub Choir Facebook where three videos of different harmonies were published to encourage participants to record themselves singing at home.

Mission Australia's Youth Survey 2020

The survey is now open! In this rapidly changing world, young voices matter. Now more than ever before, we want to hear from young people about the issues affecting them. It's important during this period of unprecedented change, that young people still have meaningful opportunities like the Youth Survey to share their thoughts, concerns and aspirations to shape policy and service changes that are important to them.

In our Youth Survey 2019, less than one in 10 (7.2%) young people felt they had a voice all of the time in public affairs. We know the Youth Survey provides a significant platform for young people to have their voices heard, and in times of increasing uncertainty it is crucial we take the time to listen to what they have to say go to <https://www.missionaustralia.com.au>

Educational Resources

Check out this website <https://www.futurelearn.com> for great resources, for example courses on:

- an Introduction to Recreational Math: Fun, Games and Puzzles
- exploring the many Moons of our solar system
- learning How to Write your First Song, with instruction from established songwriters
- learning basic Java programming to Build your First Mobile Game.
- Courses on Mindfulness and Wellbeing experts to help you understand, adjust and incorporate ways to adjust to the present reality.

Playgroups –suspended until further notice but they have started an online Playgroup on Facebook called Playgroup Time Tasmania and are encouraging parents to connect there while they are maintaining physical distancing. Contact Felicity Harris on felicity.harris@playgrouptas.org.au or phone 0428 633 214 for more information.

People normally



People during quarantine



ABC Education brings you thousands of free, curriculum-linked resources for Primary and Secondary students and teachers. *Behind the News (BtN)* is a long-running news programme broadcast on the ABC aimed at school-aged children (8–13 years of age). *BtN* is aimed at upper primary and lower secondary students to help them understand issues and events outside their own lives. It explores news using the current language, trendy music and popular culture of youths. The programme explains the basic concepts that underpin the issues and events, while also providing background information in the hopes that children will take an interest. <https://education.abc.net.au/home#!/home>

Earth Day

Earth Day is on April the 22nd - If we're looking for positives right now there can be none more exciting than the speed with which the environment has responded to a lighter human footprint over these past few months. Images of pristine rivers and clear blue skies, in places once regarded as heavily polluted, are cause for hope for the wellbeing of our planet. Although many activities planned for Earth Day on April 22 this year won't go ahead, we can all play our part to help maintain the health of our most precious resource. See <https://www.earthday.org>

The theme for Earth Day 2020 is climate action. The enormous challenge — but also the vast opportunities — of action on climate change have distinguished the issue as the most pressing topic for the 50th anniversary.

Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable. There's so much you can do to help protect and restore our planet, from joining a cleanup or climate strike, to taking part in the world's largest citizen science initiative, to hosting an event in your own community!

Taking action in the face of a seemingly powerless situation, however, can fight these feelings. Climate activism reduces mental health symptoms among young people.

Community Exchange Network Tasmania

The Community Seed Bank needs your donations of seeds and empty medication and vitamin bottles. The launch of the Seed Bank was to be in May, however, we're not sure now. In the meantime, please save your seeds and bottles suitable for the bank, and we will keep you updated with where and when to drop them off. If you've got questions, please contact Tania at projectmanager@lwt.org.au



Permaculture groups like this one is one great way of helping address climate change Photo: Tania Brookes



Here is the world. Beautiful and terrible things will happen. Don't be afraid

Frederick Buechner

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



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Printed courtesy of Hon Ruth Forrest MLC, Independent Member for Murchison