



Wynyard Community Newsletter July 2020



Combining four face to face participants with five on-line participants for our Doing Better Together Mental Health was an interesting experience!

Photo: Bob Segrave

Contents

Update from Live Well Tasmania	3
News from the Waratah-Wynyard Council	3
Death Literacy with Dr Kerrie Noonan	5
Thriving Tasmania.....	6
Streets for people Lessons from a return to local living	6
Inclusive Sport survey.....	6
Upcoming grants and other opportunities.....	7
For all fruit tree lovers!.....	9
Pandemic Gardening Survey.....	9

Welcome!

We do live in interesting times! Some of us are reflecting on the impact of COVID19, while others are keen for life to get to 'normal'. We live in times however where what is 'normal' can change quite quickly.

There is always some uncertainty – will there be a second wave of COVID19? When will all the borders be open to allow the resumption of travel? And there is substantial evidence that uncertainty does affect our mental health, our ability to have hope for the future and so on.

There have indeed been many reports of COVID19 affecting mental health where fear and anxiety about what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Mental health is increasingly being discussed in the media, including its importance and the recognition that COVID19 has had on mental health is reflected by an increase in the grants available to improve mental health. For example, Australia Post currently has grants available to improve mental health, and the Foundation for Rural and Regional Renewal also has targeted mental health funding, recognising that good health is so crucial for our rural and regional areas. We at Live Well Tasmania are submitting proposals for both of those grants, which may involve training people in the community about mental health, and/or running horticultural and other types of therapeutic programs which improve mental health, particularly by reducing stress levels.

We have a particular focus on good mental health which not only provides the foundation for good physical health, but also enables us to work more effectively with others to help address the many 'wicked problems' of our time. Both social and environmental problems require collaborative solutions; good mental health can inspire us to join with others to address these problems.

With the aim of increasing capacity to improve mental health in the Waratah-Wynyard Municipality we held two sessions during June funded by the Doing Better Together grants, a project aimed at men over 45 and men and women over 65 as part of the North-West Suicide Prevention Trial, managed by Relationships Australia. After having a previous event at the Live Well Community Centre with a presentation from TANA (Trauma Awareness Network Australia), there was some interest in a Community of Practice in Wynyard to increase awareness of mental health, and increase connections between people in the community and service providers. The event was to explore who is doing what in our community towards improving mental health, and what opportunities there might be for further action (such as a Community of Practice). Both sessions achieved the preliminary goal of increasing connections between people and organisations interested in mental health.

We also report in this edition that sadly we are no longer able to continue the garden at the New Life Church. It has been a great partnership with the Church, but unfortunately we have run out of funding to keep it going, and it is difficult to find enough volunteers with the time to commit to maintain. We are part way through our renovation at our Community Centre in Saunders Street, and are commencing the process of planning and designing our Oldina property which gives us very little time to also commit volunteer time to the Church. We are very grateful for the time we have had there; many people have benefited from the partnership with the Church. One great event the Church runs is the annual Christmas dinner for those not fortunate enough to have the resources and family to have their own Christmas dinner, we were very happy to supply resources such as vegetables from the garden for the dinners. We look forward to continuing our partnership and hope there will be opportunities in the future for further collaborations.

Finally, we applaud the recent decision by the Waratah-Wynyard Council to waive the tip fee's for non-commercial residents. Also the council has released its draft budget for 2020/21, while this may not seem that interesting, how spending occurs is a reflection of values – what basic infrastructure needs are there, how much do we put towards capacity building etc? Some countries have participative budgeting, where residents help make decisions about the budget – an idea for the future perhaps...

Update from Live Well Tasmania

New Life Church and Live Well Tasmania Community garden

In 2016 we commenced a partnership with the New Life Church to start a garden on their grounds as a work for the dole project. While for some people work for the dole projects do not achieve enough beneficial outcomes, we have had great experiences with our work for dole projects. It would be good to rename work for the dole to something like Community Projects, as this is the aim of the projects, to both benefit the community, while also helping with the intra-personal and inter-personal skills of job seekers. The social interaction and increases to self-esteem are just two of the benefits.

The projects at the New Life Church included putting up a polytunnel, establishing a herb mandala, planting fruit trees, and building a pizza oven (almost complete!), as well maintain the garden itself. The last project involved building 200 bee homes and distributing them to the community, however unfortunately when COVID19 occurred this project had to be stopped.

We also gained a project via the Regional Jobs Innovation Package to teach eight subjects of the Horticulture Certificate 3, in partnership with GlobalNet as our Registered Training Provider. Being based at the Church provided a great mix of theory and hands on practice for the participants.

Unfortunately we have not been able to gain any information as to when work for the dole may be able to be re-started. Even before COVID19 there were messages that funding was being wound back for work for the dole projects.

It would be great nevertheless if the Church garden continued. However Live Well Tasmania already has a number of other projects we have to focus on; we are all predominantly volunteers and have a limit to the hours we can volunteer for. Hence it is with great sadness that the garden is being discontinued.

We are currently preparing submissions for a few grants, some focussing on improving mental health (including building on the Doing Better Together project), others to complete our renovation at our Community Centre and for infrastructure for our Oldina property. We welcome any volunteers who want to help with our projects; we are planning to have our Annual General Meeting in September and will in particular be seeking people interested in being on our Committee to help guide these projects.



Part of the herb garden at the New Life Church Photo: Kelly Milikins

News from the Waratah-Wynyard Council

The following is from the Council website:

General waste fees waived for WWC residents

Council has listened to comments about the current system, the financial pressures of the community and also recognises the need to proactively introduce measures to prevent illegal dumping. As of 1st July 2020, general (non-commercial) waste can now be delivered free of charge to the Wynyard Transfer Station (aka tip) therefore tip tickets will no longer be issued. Evidence showing proof of Waratah-Wynyard residency will need to be provided upon entry. Charges will still apply for trucks, commercial waste, tyres, uncertified refrigerators/freezers and for all non residents.

Annual Plan and Budget Estimates for 2020/21

The draft budget contains several measures to support the community over the next 12 months without increasing rates and charges nor reducing service levels. Measures include:

- 0% increase rates and charges and all user fees and charges
- Community recovery grants of \$0.100m
- Continuation of Financial Hardship Policy

- An extension of early payment discount period of 60 days (to 31 October)
- Continuation of free entry to the waste transfer station for non-commercial residents
- Waiving food licence fees for 2020/21

“Council’s operating income and expenses will be more volatile than usual as it supports stimulus measures whilst also endeavouring to retain as many employees as possible during a very challenging period,” General Manager Shane Crawford said. “Council is expected to show an underlying deficit of \$0.801m in 2020/21. Council’s return to surplus is expected to be manageable, with much of the deficit being attributable to one-off impacts of COVID-19 and stimulus measures”, Mr Crawford said. Council has adopted a range of master plans and strategies in consultation with the community outlining aspirations which require a capital investment of approximately \$58m over the next 10 years. Economic development opportunities will be boosted from the ambitious program. The 2020/21 capital program of \$16.230m includes \$9.644m in new construction projects and brings forward several projects to support the use of local employment and resources. Council’s Integrated Council Environmental Plan (iCEP), developed in consultation with the community, is Council’s roadmap for managing the natural environment and climate change, which will commence in 2020/21. Council will undertake several coastal erosion assessments which will inform future actions and spending requirements to protect the region’s natural assets and Council assets.

The budget includes a \$2.4m investment in stormwater development projects which will not only provide increased flood protection to our community but will also make way for new property development. The 2020/21 financial year will see several key projects from Council’s Open Space, Sport and Recreation Plan (OSSR) 2017/27 come to life. The Yacht Club multi-use facility is scheduled for completion in 2020/21 and the long-awaited commencement of the coastal pathway is expected to be well underway. The ANZAC Park All Abilities Playground development will also commence in partnership with The Fairy Godmothers. The new playground will provide the community with a destination play-space that will be fun, inclusive and accessible for everyone of all ages and abilities. The community continues to use its voice to shape its future alongside a strong Council willing to listen. Council will continue its commitment to community engagement throughout 2020/21.



Wynyard Yacht Club associates Photo Courtesy The Advocate

Some of the outcomes from the last Council meeting (note there were many more points, go to the following website for a detailed list):

<https://www.warwyn.tas.gov.au/our-council/agendas-minutes/>

- Noted and endorsed changes to the Open Space, Sport and Recreation 2017-2027 (OSSR) Plan recommendations for the Somerset Recreation Precinct and endorsed a Somerset Soccer Masterplan
- Noted feedback from the Sisters Beach public camping discussion paper and agreed to commence an expression of interest process for an interested party to develop and operate a public camping site in Sisters Beach
- Endorsed Clare Spillman, Lara Hardy, Christine Lilas Matthews, Svetla Gula, Alex Downes, Max Cowin, Jen Lawes and Councillor Edwards to join the Public Art Advisory Committee
- Noted the Reimaging the Region report and endorsed the development of a business case for the Loo with a View concept
- Noted the Communication and Engagement Strategy annual review and determined to continue with Community Conversations in 20/21

Cam River Reserve, Somerset

The Council is planning for the future of the Cam River Reserve by developing a five-year Master Plan. We heard from the community that the existing park needed updating and that the reserve was favoured for its natural beauty and opportunities to relax and undertake leisurely activities like swimming and walking.

The vision for the Master Plan captures input from the community and shows how the reserve will be transformed whilst continuing to be a social space that celebrates the natural qualities of the area. Council will continue to connect with local clubs and organisations associated with the reserve throughout the life of the Master Plan and beyond.

The main objectives of the plan are to:

1. Improve pedestrian safety in the reserve and enhance pedestrian access to the reserve.
2. Improve the landscape character of the reserve and its presentation as the eastern entry to the municipality.
3. Protect and enhance the visual amenity and natural values of the reserve.
4. Develop guidelines for the type and style of infrastructure and landscaping for the Cam River Reserve.

The feedback received from the community at the end of 2019 was used to develop the draft Master Plan for the area that builds upon the Cam River Reserve Landscape Development Plan. Although there are many special qualities about the reserve, some of the existing infrastructure is beginning to age. As with all infrastructure, the boat is now showing signs of its age. Council has made all efforts to maintain the boat to meet the Australian Standards for playground safety, however its internal structures are now rotting and are not able to be repaired. There are also several activities being carried out within the reserve and Council is obligated to review its infrastructure provision to ensure users can enjoy the space safely.



The Tasmanian Government's State Growth Department have reviewed the Cam River bridge, and any changes made are the responsibility of the State Government. Changes made will be factored into the Cam River Master Plan's final design, however Council are not responsible for the final decisions relating to the design of the highways or bridge.

While comments have now closed on the plan, go to <https://www.warwyn.tas.gov.au/.../cam-river-masterplan-draft.../> for further information.

With regards to the draft Integrated Council Environment Plan (iCEP) Inglis Media report on their Facebook page that some ideas inspired by the plan include solar panels on council buildings and a fleet of electric vehicles for use by Council staff. Some comments by the public are as follows:

I never understood why the council didn't start replacing street lights with solar powered ones especially in parks.

(Regarding electric vehicles) Brilliant step forward, in the long run will save on council costs so more money will be put back into the community

Keep the great idea's coming!



Death Literacy with Dr Kerrie Noonan

On the 3rd of August 2020, 1:30 pm – 2:30 pm, the Waratah/Wynyard and Circular Head Communities for Greater Choice for At Home Palliative Care presents "An hour with Kerrie - Death Literacy: what is it, how do I increase mine and what's the DLI all about?". Over the past 25 years Kerrie has been working to create a more death literate society, one where people and communities have the practical know-how needed to plan well and respond to dying death and grief. Kerrie has a long-standing interest in community capacity building approaches to death, dying and bereavement, palliative care and how people can build their death literacy.

Go to <https://www.eventbrite.com.au/e/death-literacy-with-dr-kerrie-noonan-tickets-112574966756>

Thriving Tasmania

COVID-19 has disrupted our way of life, forced rapid change and new ways of doing things. We have a choice: to go back to 'business as usual' or to boldly create a stronger, thriving Tasmania.

72% of Tasmanians have identified they want a different Tasmania to emerge from the current crisis.

Thriving Tasmania will bring together Tasmanians in a virtual conversation to reflect on what this situation has shown us and what is important for you to emerge and thrive.

This online event is free and open to Tasmanians from all ages and backgrounds. Registration is essential.

Thursday, July 9, 10am to noon <https://www.tasmanianway.org/thrivingtasmania>

There will be a summary document from this process which will inform the Tasmanian Way process to facilitate a Tasmanian response to the UN2030 Sustainable Development Goals, and to provide as input into the Premier's Economic and Social Recovery Advisory Council consultation process.

Streets for people Lessons from a return to local living

The coronavirus lockdown dramatically changed daily life. Unprecedented numbers of people working and learning from home, an obligation to stay local, and exercise one of the few reasons people were permitted to leave their homes resulted in more people using local streets and parks for walking, cycling and exercise. While there is limited data available, media and Twitter reports suggested bustling local paths, streets and parks and high levels of cycling, with soaring bicycle sales said to be the 'new toilet paper'.

A report using data from the Victorian Bicycle Network showed 138- 778% increases in bike riders using just eight Melbourne trails on a single Saturday in March 2020 compared with November 2019. As sticking close to home became the 'new normal', levels of traffic plummeted over March.

Indeed, imagery from NASA and the European Space Agency showed that across the world there were dramatic decreases in harmful air pollution due to decreases in road and air traffic and industry emissions. A return to local living has highlighted just how important it is to create 20-minute neighbourhoods where residents have access to everything they need for daily living: shops, services, amenities and high quality parks.



In a national survey conducted in May 2020 by Deakin University's Institute for Physical Activity and Nutrition (IPAN), we asked respondents whether they walked for leisure or exercise as a family in a usual week in February 2020 and in a usual week over the previous month. Preliminary results show increases in the proportion of adult respondents reporting walking as a family compared to February, and in the amount of time spent walking as a family, especially among those with a child aged 5-17 years.

A chance to make it stick -as children have returned to school and people begin to move around more with the easing of restrictions, maintaining the positive aspects of the coronavirus lockdown is critical. By way of example, in Australia, just three in 10 children aged 5-11 years do sufficient physical activity to benefit their health. Continuing to walk and cycle rather than use cars for local travel is one of the most obvious ways to incorporate physical activity into a child's day.

Walking and cycling to school has declined substantially since the 70s and is so low Australia received a grade of D+ for active transport in the latest Report Card for Physical Activity for Children and Young People. Hopefully the increases in physical activity are maintained as restrictions ease!

Inclusive Sport survey

Sport should be a place where everyone feels welcome; a place to feel safe to be yourself whilst having fun and getting fit. Unfortunately this is not always the case, and research shows that up to 80% of people have experienced or witnessed behaviours and attitudes that make sport less welcoming or less fun for lesbian, gay, bisexual, transgender and intersex people. You can help build a picture of what the Tasmanian sporting environment is like, and what (if anything) needs to be done to change it to help LGBTIQ+ people feel more welcome and more safe to enjoy sport in Tasmania. Follow the link below to complete the survey.

Survey link: <https://tinyurl.com/LGBTIQSportTas>

Upcoming grants and other opportunities

Grant Rounds through FRRR (Foundation for Rural and Regional Renewal)

In a Good Place - opens 7 July, closes 11 August - for community-driven initiatives that reduce social isolation, increase social participation and connectedness, and encourage people in rural, regional and remote communities who are at risk of, or are experiencing, mental health issues to seek help.

ANZ Seeds of Renewal - opens 14 July, closes 19 August – focus on Improving environmental sustainability; Improving financial wellbeing within the community; or Improving access to housing.

Strengthening Rural Communities (Round 6) - opens mid July.

Rapid Response Skills Initiative (RRSI)

RRSI provides up to \$3000 towards the cost of training for people who have lost their jobs because they have been made redundant, the place they worked has closed, or the employer had to let staff go. The focus of this program is to support people to gain the skills and support needed to get a job. For more information, including eligibility, go

to https://www.skills.tas.gov.au/learners/support_for_retrenched_and_redundant_workers

Working with young people in the NW?

Get in contact with North-West Action for Youth (NWAY), a network of youth workers.

nway@burnie.net

School holiday program for ages 12 – 20 with YFCC – Burnie and Devonport

Activities Tues – Wed – Thursday both weeks. Bookings essential. Contact Jonathan 0418 787 126 jonathanc@yfcc.com.au

School holiday program at 7UP Youth Centre Wynyard

DIY pizzas, movie day, and a free first aid course for young people (grades 7 – 12). All questions and bookings to Bella Williams, Rural Health Tas – Wynyard. 0428 534 641 / 64114720

lwilliams@ruralhealthtas.com.au

Arvos at the Junction Burnie – term 3

Ages 12 – 20 years. 129 Wilson St Burnie, Wednesdays 3 – 4:45pm. All welcome. Activities to do and people to talk to. Contact Jonathan 0418 787 126 jonathanc@yfcc.com.au

Windeward Bound - Youth Leadership Challenge

The Windeward Bound uses adventure on a traditional square-rigged tall ship to develop self-confidence, life skills, and community spirit in the youth of Tasmania, with an emphasis on those in need. 20 young people (aged 15 – 18) of vastly different backgrounds (10 refugee youth, 10 mainstream Tasmanian youth) come together for a ten-day youth development voyage.

Contact: Fiona Gow, Phone: 0438 120

599 Office@windewardbound.com.au Applications close end of August.



Burnie City Council Youth Strategy

Inviting submissions from young people, parents, services, organisations and the broader community. Aged from 12 to 25? Parents or caregivers, service providers and anyone with an interest also welcome. Do and share the online survey or write your ideas down or talk to Dave. To complete the survey or make a submission, visit www.burnie.net/2020youthstrategy For more information please contact the Youth Development Officer Dave Fregon on 6430 5774 or dfregon@burnie.net

Have you signed up for Dry July?

Dry July is a national fundraiser that encourages people to go alcohol-free in July to raise funds for people affected by cancer. Taking a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So you're not only helping others, you're helping yourself. It's a win-win! Log onto www.dryjuly.com to find out more or to sign up.

Discord – a new way to connect with young people in NW Tasmania

The Discord server has 134 members. 'Chill out' sessions have started, with regular bi-weekly Friday get togethers on Discord from 3pm to 5pm to encourage young people to come together, and hopefully join and organise projects. There are two Moderators with Vulnerable Peoples Cards from local services (NDIS related and Education Department IT staff). Services are invited to use the space to host events, publicise events or updates about their services. Questions, contact Dave Fregon dfregon@burnie.net

Rapid Relief Team - Family Food Boxes

Available across the NW for families in crisis (or in self-isolation and needing support). Each food box has enough supplies to feed a family of four for around a week. To ask for a food box, contact your local council. Questions about the program, contact the Office of Gavin Pearce MP, Burnie (03) 6431 1333 linda.roland@aph.gov.au

Travel Free on Metro buses and get a free Greencard

Travel is free until 5 July 2020! After fares return, you can board easier, faster, and cheaper by using a contactless Greencard instead of cash. Get a Greencard for free online or from one of our Greencard Agents around the state.

We Eat Local

Check out the We Eat Local app. It's free, easy to download and helps connect Tasmanians with local businesses (producers and retailers) that sell fresh food for cooking up a storm at home. Look on social media @eatwelltasmania – and share your stories. Questions to Leah Galvin Eat Well Tasmania 0425 723 409.

Free Massive Open Online Courses

Food and Mood : Improving Mental Health Through Diet and Nutrition

Explore how food, nutrition, mental and brain health, and how to make optimal dietary changes.

Deakin University. 3 weeks, 3 hours / week, starts 14 Sept

Infant Nutrition: from Breastfeeding to Baby's First Solids

It's well known that good early nutrition is vital to the development, health and wellbeing of children, but what does this mean? Deakin University. 2 weeks, 3 hours / week, starts 27 July, or 26 Oct

Teaching Students Who Have Suffered Complex Trauma

Find out what complex trauma is, how it affects children and adolescents, and what can be done to help. Queensland University of Technology. 2 weeks, 1 hour / week, starts 13 July

Food as Medicine

Explore the role of food in health. Apply nutrition science to guide you on using food as medicine for you and your family. Monash University. 3 weeks, 4 hours / week, available now

Mindfulness for Wellbeing and Peak Performance

Learn mindfulness techniques to reduce stress and improve your wellbeing and work/study performance in this online course. Monash University. 4 weeks, 3 hours / week, available now

COVID-19: Psychological First Aid

Get psychological first aid (PFA) training and help people with different needs to cope with the emotional impact of COVID-19. Public Health England. 3 weeks, 1 hour / week, available now.



For all fruit tree lovers!

Do you know someone who would like to join a group to learn about caring for fruit trees and vines? And who likes to eat local organic fruit? The RESEED Centre is offering a limited number of places to people who are keen to commit to the Orchard Collective group for 12 months.

We will be learning and pruning and eating together over several workshops and working bees.

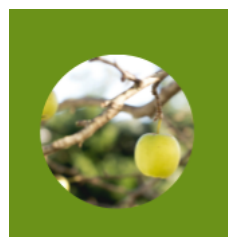
All levels of experience welcome, from beginners to advances. Bring your knowledge and your questions.

We will start on the weekend of 11 / 12 July, picking the best weather day closer to the time.

We'll be keen to know whether other members of your household are keen to be involved, what experience you have with pruning (if any), what you'd like to learn, how close to Penguin you are, and what skills or interests you'd like to bring to the group.

We're excited to be trialling this way of learning and practicing together.

Please circulate this information and poster to others who might be interested. Please express your interest to hello@reseed.net.au or contact Nick with questions nj_towle@iinet.net.au 0428 834 748



ORCHARD COLLECTIVE

@ RESEED CENTRE, PENGUIN

Pandemic Gardening Survey

Community Gardens Australia, together with Sustain: The Australian Food Network and the other members of the 3rd national Urban Agriculture Forum Steering Committee have launched a national survey about gardening during the pandemic. The aim is to gauge the extent, impact and meaning of edible gardening across Australia, as well as what people and organisations need in order to continue and expand these vital activities. We anticipate the release of the survey results will attract substantial public interest, as overwhelmingly the responses so far are delivering clear messages such as:

- Australians have spent substantial amounts of time in edible gardening activities during COVID19
- Australians derive substantial mental health benefits from being able to spend time growing food and gardening
- 99% of respondents intend to continue and / or increase their edible gardening activities in the next 12 months
- 40% of them are looking for varying forms of assistance to do so, in particular access to land, inputs, training and mentoring
- A large number of respondents have identified an important role for governments, and especially local governments, to support them to grow more of their own food, in order to attain greater levels of nutritional and mental health as well as contribute to key sustainability and climate change goals

If you are interested in a snapshot of what people are saying visit the Sustain Facebook page. We'd be very grateful if you could share the survey with friends, family and wider network.

<https://uaf.org.au/covid19-urban-agriculture-and-community-gardening-survey/>

Spencer Park – affordable accommodation for over 55.

Spencer Park is a non-profit community association managed by volunteers. They own and rent 59 units in Wynyard and Somerset. Four new units have just been completed on the former Spencer Hospital site. Residents must be in receipt of a Commonwealth benefit or pension, must be capable of living independently and be aged over 55. Rents are very reasonable. Partially refundable contributions are also required for the newer units. Enquiries from prospective tenants can be directed to Mrs Bev Baker on 0456 696 322 Hawley Court overlooking Camp Creek. To be eligible



The original Spencer Park units Photo: courtesy Richard Muir-Wilson



Vinnies

good works

St Brigid's Vinnie's Food Van

The van is an anonymous service and is available for anyone to use.
If you are interested in volunteering please contact Sam Johnstone
Samuel.johnstone@catholic.tas.edu.au

St Brigid's Church Car Park

Tuesday 6pm - 6.25pm
Wednesday 6pm - 6.25pm

East Wynyard Foreshore Car Park

Tuesday 6.30pm - 7pm
Wednesday 6.30pm - 7pm

Regional Office - Ph. 6435 2323 Mon-Fri



TICKET TO PLAY

Get your
ticket to
play and
join a club!

Vouchers to help with the cost of sporting club registration are available for children aged 5-17 on Centrelink Health Care, Pensioner Concession Cards or In Out of Home Care. For more information, go to communities.tas.gov.au/ticket-to-play or call 1800 252 476



Department of Communities Tasmania



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

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



28 Saunders Street, Wynyard TAS 7325
lwt.org.au
info@lwt.org.au

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