



Wynyard Community Newsletter September 2020



Tania, Jo and Heather at the launch of the Live Well Seed Bank

Photo: Michelle Towle

Contents

Events	3
Update Live Well Tasmania	3
Update Waratah-Wynyard Council	5
Wynyard Community Hub (WCH).....	6
University of the Third Age (U3A) Wynyard	7
Burnie Health Information/Well-being Hub.....	7
2020 KABTAS Community Kindness Awards	8
What's on at Wynyard and Burnie Libraries	8
COVID19 assistance	9
R U OK?Day.....	9
Regional Women	9

Welcome!

What a fantastic place North-West Tasmania is! So full of potential! This month includes a big call out for volunteers to help reach that potential— there are opportunities for all sorts of skills to contribute to making our region a great place. You may not be attracted by the thought of meetings and seemingly endless discussions about plans and strategies, but being a volunteer can include working completely by yourself but still getting the satisfaction of knowing you are contributing to the big picture of improvement of our region. Live Well Tasmania, the Wynyard Community Hub (both have Annual General Meetings coming up where you can come along to see what opportunities are available) and the new Burnie Health Information/ Wellbeing Hub (they have a training session coming up for volunteers) are just three of the organisations currently seeking volunteers.

As well as volunteers it helps of course to have plans such as the Councils Environmental Plan (iCEP) which has just been endorsed by the Council, and their plan for Health and Wellbeing – both of these are crucial for our economic prosperity, but crucially identify that while wellbeing requires access to the basics of sufficient amounts of good food, decent housing, good transport systems and so on, for all these to happen we first need good social systems and an environment to support health and wellbeing. Perhaps one of the most crucial statements of the iCEP is that “the long-term success of the iCEP will depend on the strength of our collaboration with diverse stakeholders and community members.”

The vision of the iCEP is of Waratah-Wynyard as a place where the natural environment is shared and enhanced, where infrastructure is built to last and fit for purpose; where a sustainable economy delivers long-term regional and local benefits, and a place where all people are supported to enjoy improved health and wellbeing. The plan recognises that climate change poses one of the most significant challenges to that collective vision. The iCEP sets out our key priorities across five areas of Council and community life—Council-led sustainability; community adaptation and resilience; future-ready infrastructure; financial and economic sustainability; and environmental stewardship—so that our residents, workers and visitors alike can enjoy the benefits of a more secure future.

We welcome the commitment to supporting local food production in recognition of its capacity to reduce emissions, and increase human health and wellbeing. So now we have a good plan, it's time to start taking small but persistent steps to implement the plan! During COVID19 there has been a significant increase in growing food, for which our just launched Community Seed Bank will be a great resource to help people get started. As per the article below, currently there is a Community Seed Bank in Penguin, we will launch one later in the year in Wynyard at the Live Well Tasmania Community Centre.

It's interesting that there seems to be increased interest in promoting kindness and compassion. We were thrilled a few weeks ago to receive the Community Organisation section of the Compassionate Communities Cradle Coast Kindness and Compassion Awards. And this year the Keep Australia Beautiful Tasmanian Awards have a change of focus to acknowledge kindness with their 2020 Community Kindness Awards. See below for details on nominating yourself, your organisation or someone else.



The Brookes family making lots of seed packets for the Community Seed Bank Photo: Tania Brookes

Events

7th September, 10:30 am to 2:00 pm Regional Women, Wilmot Memorial Hall, Main Street, Wilmot. Guest speaker Mandy Cooper, Chair of Women in Agriculture, includes CENTs stall.

10th September, RUOK?Day, Learn what to say after R U OK? and download the free resources for tips and ideas to help you share the message in your community at www.ruok.org.au/join-r-u-ok-day

29th September, 4pm, Live Well Tasmania Annual General Meeting, 28 Saunders Street, Wynyard.

All of September - Liptember is a campaign dedicated to raising funds and awareness for women's mental health. Funds raised during the month are donated to the Centre for Women's Mental Health, Lifeline, Batyr, The Jean Hailes Foundation, The Pretty Foundation and The Magpie Nest Women's Program.

Update Live Well Tasmania

Live Well Tasmania Community Seed Bank Launch

On Saturday 22nd August we launched the first Community Seed Bank for the northwest coast at the RESEED Centre in Penguin. Twenty five enthusiastic seed savers and growers came along to swap seed and learn about the new Seed Bank and how it works.

The establishment of a Seed Bank for the northwest region empowers our community to take responsibility and control for maintaining genetic diversity of seed and food sovereignty across the coast. Every seed tells a story, in particular heritage and heirloom seeds which have entwined themselves throughout generations of farmers and gardeners in our region. We each have a responsibility to protect those varieties which have been grown for generations across our region by saving and sharing seed to continue it's survival.

The Seed Bank has three core elements:

1. *Heritage Seed* = available to buy a small quantity enough to feed a family for a gold coin donation.
2. *Community Seed* = donated seed received from members of the community and then offered in exchange for any viable, clean and dried seed.
3. *Mystery Seed* = pot luck of seed available for free with our compliments to appeal to beginners who do not have skills yet in growing to use as a "tester". Who knows what will pop up in your garden.

Full instructions are available on how to use the Seed Bank.

The RESEED Seed Bank is open when events are scheduled at the centre. Check for opening times at www.reseed.net.au Join our Seed Bank Users Group on Facebook at Live Well Tasmania Community Seed Bank Users NOTE: the Wynyard Seed Bank is coming in late 2020.

Kindness & Compassionate Award

We were thrilled to not only be nominated but also the win the Community Organisation section of the Compassionate Communities Cradle Coast Kindness and Compassion Awards. Congratulations to the other winners - Judi Prince, West Ulverstone Primary School, and Mandala Therapies. We loved the book "Grace Has A Secret" donated by Anahita Farmden, and thank the Cradle Coast Authority for sponsoring and hosting the Awards.

Wild Walkers launch

An inspiring night was enjoyed by all when Darvis Walker from Wild Walkers and Nolan Fox from Adapt-a-Pods launched the Wild Walker Youtube series. We were treated to an hour of stunning Tarkine scenery based on an epic six day mission of Wild Walker founder Darvis Walker, photographer Nick Kennedy and film maker Brendan Kays to capture footage for the Wild Walkers video series. The film introduced the key concepts of Wild Walkers, while following the three on their journey as they shared their experiences on



Tania and Julie in front of the Community Seed Bank Photo: Michelle Towle



Live Well Tasmania's Kindness and Compassionate Award Photo: Caroline Smith

the wild Tarkine Coast. Wild Walkers is a global movement of people who wish to harness wild/ natural wisdom so that we can weave the beauty of nature into culture. Wild Walkers, a not for profit organisation, started in Tasmania to reconnect people back to wild places. Wild Walkers operates 8 day base camp style journeys in Tasmania's Tarkine region. They have a fundraising goal of \$8,000 to support an administration person to manage the trips, bookings and marketing over the walking season. By raising this money, it means the money they make on the walking trips can be prioritised towards the \$60,000 needed to raise for their kids at risk project which is the Tarkine Wild School. Search Wild Walkers Go FundMe campaign.

"Oldina Dreaming"

We want to thank Nolan for providing some wonderful shelter for us when we went to Oldina to do some visioning for the Live Well property. His Adapt-a-pods are designed on the concept of a geodesic dome, which are one of the strongest structures found in nature. The main struts are made from anodised aluminium tube and it is covered in high tech polyester breathable light weight fabric. So we had a very inspiring structure for our visioning process! Brainstorming is a very energising process, where you don't have to worry about the feasibility of the idea's, you just toss ideas around about "wouldn't it be great if we did" During our brainstorming/visioning session we talked about a range of ideas from supporting local food production and providing local jobs, expanding the Live Well Veggie boxes, community health and wellbeing, the permaculture principles of earth care/people care/fair share, and transferring wisdom via the sharing of knowledge, skills and resources. We also talked about establishing walking and bike trails, building adventure playgrounds and establishing a community cafe. It was a great start to developing the potential of this great space, we would love more people to get involved, however little time you might have to contribute, we value all types of input. Likewise for our Community Centre in Wynyard, we have our Annual General Meeting coming up on the 29th of September, we would love to see some new faces, everyone welcome!



Adapt-a-pod in the background, lots of enthusiastic people visioning great things in the foreground!
Photo: Robin Krabbe

Live Well Tasmania

Annual General Meeting

3.30 for 4pm, 29th September 2020
28 Saunders Street, Wynyard

Join us in discussing the next exciting stage of our journey, check out our new community space, tell us your idea's for making our community a better place!

Our current projects include: Sewing Hub, Art sessions, Seed Bank, CENTs trading days, growing seedlings... Anything's possible, plenty of opportunities to get involved!

RSVP to Robin at info@lwt.org.au
or 0421 461 724



**Live Well
TASMANIA**
Helping youth achieve wellbeing

Our planning is continuing for the expansion of the Live Well Veggie Boxes, get your order in now! Cabe and Johnny were featured recently on the front page of The Advocate in a great article on the boxes.

We are continuing to enjoy our Art classes – we welcome more people to join in the fun every Monday at 4pm to 6pm, most of us are zooming (maybe when the weather warms up we'll go back face to face, but it works well via zoom!). We hope to resume our sewing sessions soon due to popular demand, stay tuned for further details.

Update Waratah-Wynyard Council

Spring Loaded - a month of fun!

Since the Tulip Festival has had to be cancelled, Spring Loaded is the replacement to be held in Wynyard during October. Calling all artists! Photograph your artwork and share the image via email (see below). The photos will then be projected onto a screen and displayed in the large Council atrium windows of an evening as part of Spring Loaded, from late September until mid October. Also get creative with your wool scraps to contribute to our yarn bombing of Council's garden. We will sew them together. Contributions in no later than September 18.

Also calling for someone in the community in Waratah who may enjoy organising a similar event for Waratah, you will be supported to organise it. Lastly the program includes the creation of "dioramas" (or fairy doors, or other such magical things) that can be displayed in business windows and hidey holes to create a little magic over the Spring Loaded month. Dioramas can be displayed in Wynyard, but also in Boat Harbour, Sister's Beach, Yolla, Waratah and Somerset, we just need to get enough contributions. Please feel free to share away through your networks. Email bfolden@warwyn.tas.gov.au for further information.



At the Council meeting held on Monday, August 17, Council determined to:

- adopt the Integrated Council Environmental Plan (iCEP) 2020-2030 and endorse the delivery plan contained within
- adopt the Cam River Reserve Master Plan and endorse the action plan contained within
- note the progress of implementation of the Boat Harbour Beach Master Plan
- note the parenting facilities available in Wynyard and Somerset CBD locations
- adopt a change to the Waste Transfer Station (WTS) fee structure removing the distinction between 'non-commercial' and 'commercial' for WWC Residents
- adopt revised Capital Expenditure Estimates, recognising actual expenditure for projects in progress as at June 30
- adopt the Digital Recording of Council Meetings Policy.

Integrated Council Environmental Plan (iCEP) final plan

The Council has adopted the Integrated Council Environmental Plan (iCEP) 2020-2030 and endorsed the delivery plan whereby a list of actions has been specified for the next ten years. Council's vision for Waratah-Wynyard is a place where 'blue meets green', where the natural environment is shared and enhanced. A place where infrastructure is built to last and fit for purpose; and where a sustainable economy delivers long-term regional and local benefits. A place where all people are supported to enjoy improved health and wellbeing. Today, climate change poses one of the most significant challenges to that collective vision. In June 2019, Waratah-Wynyard Council joined with many other local governments around Australia to develop a strategic response to climate change. Our goal was to show leadership in reducing the risks associated with climate change to help 'future proof' a range of local social, economic and environmental values.

The iCEP sets out our key priorities across five areas of Council and community life—Council-led sustainability; community adaptation and resilience; future-ready infrastructure; financial and economic sustainability; and environmental stewardship—so that our residents, workers and visitors alike can enjoy the benefits of a more secure future.



Design of the iCEP has embraced the four principles of mitigation, management, adaptation and integration: Mitigation describes human actions— technologies, processes, behaviours and decisions—that intervene in the processes of climate change, for example, by reducing emissions or enhancing carbon storage. Mitigation is about recognising that if human action has contributed to the problem of climate change, then human action can be part of the solution.

Effective environmental management at the local government level can help preserve biodiversity, enhance community health and wellbeing, enable economic development, contribute to local identity and reputation, and enable natural and human adaptation and support biosecurity.

The actions identified in the plan have been categorised as either essential (nominally to be commenced within the first four years of the plan, important (nominally to be commenced in years five to seven of the plan (or sooner, as resources allow) or desirable (nominally to be commenced in years seven to ten of the plan (or sooner, as resources allow).



Wynyard Community Hub (WCH)

The Wynyard Community Hub is seeking new members! The WCH is the culmination of a lot of work conducted over at least the last five years. It began with interest in the establishment of a Community House in Wynyard and two subsequent reports by The Smith Family in 2015, and the Waratah-Wynyard Council in 2017. Both reports concluded that there was significant support for a model of a community house in Wynyard that was owned and operated by the Wynyard community, that had a focus on the dissemination of information regarding the community services available in Wynyard; and the integration of and collaboration between providers of community services in Wynyard.

The Council together with other local's helped to establish the WCH in 2019, which included developing a constitution: this states that one of the main objects and purposes of the WCH is to work with its members and associated providers of community services to strengthen its communities to alleviate poverty and distress suffered by economically and socially disadvantaged communities in the Waratah-Wynyard municipality.

Other purposes are: to facilitate the collaboration of providers of community services in the Waratah-Wynyard municipality and surrounding districts, including identify emerging needs in the community and work with others to find solutions; to provide a venue for providers of community services in the Waratah-Wynyard municipality to see clients, to hold meetings; conduct training courses; and, consult with community members, and to connect individuals and community groups through the provision of information and resources to the services and support they required.

Waratah-Wynyard like many other areas in Tasmania and in the rest of Australia suffers from many health and wellbeing issues, many of which are related to socio-economic disadvantage. There are problematic statistics for a range of indicators: our vulnerable groups such as youth and the elderly particularly suffer from problems such as social isolation and resulting poor mental health And Improving the capacity and capability of the Wynyard community to respond to changes in community needs

Some specific actions we have identified are:

- Increased attention on early intervention and prevention- this includes both greater use of clinical services, and greater availability of and participation in community activities that assist physical and mental health
- Support for pregnant and new born's/young families (the provision of a Parents Lounge is currently being explored)
- Clarify the need for a venue for providers of health and wellbeing related services
- Convene Service Providers & Community Group (could be called WE CAN – Wynyard & Environs Community Action Network- who is doing what, where are the gaps)
- Start a bi-monthly Wynyard Community Newsletter
- Expand the current information database of service providers, community groups etc

We are seeking Board members, as well as those who want to be involved on an occasional, irregular or semi-regular basis. The prime requirement is having a focus on the needs of the Wynyard community, it would also help to have existing knowledge of the Waratah-Wynyard community. A Board member must work well in a group, listen well, be tactful and be able to communicate with a diverse range of people, and be able to adopt a flexible approach to change. We also welcome other skills such as business knowledge and being able to understand complex information. Perhaps most of all you enjoy achieving outcomes working with other people. An Annual General Meeting is being held towards the end of September, we would love to see lots of people along even if you just want to find out more about our activities. Contact Richard Muir-Wilson on 6443 8333 for further information.

University of the Third Age (U3A) Wynyard

U3AWynyard second semester's program is planned to start on Monday October 12th at the Wynyard Showground Reception Centre in Jackson St. Memberships will be taken a few weeks prior. But in the meantime, our fabulous tutors are still offering a variety of sessions by zoom to our members... which are available to guests. More details are available on request.

Zoom sessions

10-11.30am Wednesday September 2 *Roderick Murchison: the good, the bad and the legacy Part 2* Presenter: Jo Crothers

10-11.30am Wednesday September 9 *In conversation with Edna Frost* Presenter: Rees Campbell

10-11.30am Wednesday September 16 *Words, words, quirky words* Presenter: Danny Crothers

Please confirm your interest in Zoom sessions by return email.

1. To take part in the Zoom session, you need a computer, iPad or laptop with a camera.
2. You must confirm your interest by return email.
3. If you don't feel confident with technology, help is at hand. Contact Rees reescampbell1@gmail.com and she will guide you through the process.

Note: If you have trouble connecting to a zoom session on the day, please text Rees on 0409006170 or email to reescampbell1@gmail.com .That way the solution can be found quickly.

Burnie Health Information/Well-being Hub

This new hub is a resource centre (to be located at 10 Wilson Street in Burnie), staffed by well-trained volunteers, who provide a friendly face-to-face service to members of the public on the following:-

- information on the full range of health services available in the community, utilising a computer database and printed material prepared by the various Government departments and other health agencies
- where requested, and appropriate, referrals and/or appointments will be made via computer or, in some cases, by telephone with the health agency
- information on social /activity clubs and groups operating in the Burnie area, again utilising a computer database and material published by the groups
- where a group offers a personal contact option, that may include transport if required, this linkage will be facilitated as appropriate
- a display point for current relevant posters and promotional material relevant to health and community engagement.

There is clear evidence that many consumers are confused about how to access services not provided by a Hospital, Health Centre or G.P. Likewise, many funded services are under-utilised because of a lack of awareness of their existence. Websites are often difficult to navigate when, and if, they can be located. The most vulnerable members of the community sometimes require supported access in order to utilise services and miss out when this is not available. A face-to-face service for the provision of health information that is comprehensive and empowering does not presently exist in Tasmania. Social isolation of the elderly has been identified as the major issue impacting their mental health and well-being. Many groups actively seek more members and the Hub provides a linkage for information, personal contact and transport to increase participation. A friendly, face-to-face service will provide additional motivation for engagement.

A presentation is being held for volunteers in the week commencing the 28th of September, contact Tim McCarthy for further information via email - timothymc1951@hotmail.com. Opportunities to offer some of these services are currently being investigated at the Live Well Tasmania Community Centre.

2020 KABTAS Community Kindness Awards

Keep Australia Beautiful Tasmania (KABTAS) has been acknowledging the kind and caring communities and individuals of Tasmania for over 30 years through its various awards programs. Keep Australia Beautiful Tasmania is a non-government, non-political community organisation and is proud to be sponsored by the Tasmanian State Government. Although our primary mission is environmental education and the promotion of sustainability, our mission for 2020 is to acknowledge kindness.

KABTAS are seeking nominations for acts of kindness however small or large. From one off acts of spontaneous giving to organised campaigns supporting people, charitable causes, animals, the environment etc on an ongoing basis, we want to hear about them all. If you know of an individual or organisation, including yourself, fitting any of the criteria below, your nomination is warmly invited and entry is completely free.

- A kind act by individual. All ages from children to the elderly are eligible
- A pivot made by a business or organisation inspired by caring for community
- An individual, organisation or business going above and beyond the call of duty
- Random acts of neighbourly consideration
- Compassionate giving to strangers
- Thoughtful caring for the most vulnerable.

You can nominate yourself or the organisation or business you belong to or you can nominate someone else. Contact the KABTAS Community Programs Coordinator Lesley. Email: lesleygardner@kabtass.com.au or call on 0421913474.

What's on at Wynyard and Burnie Libraries

Wynyard library regular programs - Rock & Rhyme—for babies aged 0—3 & Storytime—for children aged 3—5, 11:00am—11:30am Thursdays in term time.

Burnie Library - National Indigenous Literacy Day Wednesday 2 September 12:30pm—1:30pm, Adult Learner's Week—3D Printing Wednesday 2 September, Thursday 3 September 10:00am—12:30pm, 10:00am—12:30pm, Adult Learner's Week—Make a Book Nook Diorama, Friday 4 September, Saturday 5 September, 10.00am—1.00pm, 9.30am—12.30pm, National eSmart Week, September 6—12, School Holiday Program 28 September—9 October.

Regular programs - Rock & Rhyme—for babies aged 0—3 & Storytime—for children aged 3—5 10:30am—11:00am Wednesdays in term time.

Adult Literacy Services are being re-introduced in stages with safe distancing and public health guidelines in place. If you need help with reading, writing and numbers you can contact Rosemary for an interview. Contact Rosemary by phone on 6477 7406 or email rosemary.smith@education.tas.gov.au

Certificate I in Information, Digital Media & Technology Course begins on enrolment, this is a Free TasTAFE online course covering word processing, spreadsheets and more. Contact Burnie Library 6477 7400. Face to face support at Burnie Library Wednesdays 9.30am-12pm.

Book via Burnie Library Eventbrite page: <https://www.eventbrite.com.au/o/burnie-library-7778560423>.



COVID19 assistance

The Tasmanian Government has announced a further \$20 million COVID-19 Small Business Sustainability and Recovery Assistance Package to help small businesses recover, re-open, build capacity and innovate. The new Package includes up to \$17 million in grants that will go straight into the pockets of local operators and \$3 million to enhance existing small business support programs. It includes further small business support grants for:

- an additional \$2 million for a second round of the Small Business Continuity Grant program, which will close at 12 noon 7 September 2020, or when available funding is exhausted, whichever comes first.

Further details are available on the Business Tasmania website www.business.tas.gov.au, or call 1800 440 026 or via email at ask@business.tas.gov.au

R U OK?Day

R U OK?Day is Thursday 10 September 2020. It's a national day of action to remind us that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs. This year's message is 'There's more to say after R U OK?' You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a really positive difference to their life.

In the lead-up to R U OK?Day national suicide prevention charity R U OK? are helping Australians learn what to say when someone says they're not OK and guiding them through how they can have a conversation that could change a life.

Learn what to say after R U OK? and download the FREE resources for tips and ideas to help you share the message in your community at www.ruok.org.au/join-r-u-ok-day

Regional Women

An informative and inspirational gathering to share, connect and learn - guest speaker Mandy Cooper, Chair of Women in Agriculture.

The gathering on this day is to speak and share about what types of information and resources are needed to support, assist and educate ourselves in our every-day lives as regional women. We hope to conduct further gatherings as a spin-off from this day.

Come and join us to listen, learn and connect; ask for what you need; and support one another as women do. Enjoy the displays from our local creative women; and bring your own lunch to share

Our own Tania Brookes will be there with a stall promoting the CENTs project (Community Exchange Network Tasmania). See Eventbrite to book.



Only when we are brave enough to explore the darkness will we discover the infinite power of our light.

Brene Brown

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