

Wynyard Community Newsletter October 2020



Some of the ladies 'Yarn Bombing' for the Spring Loaded festival Photo: Robin Krabbe

Contents

Events	3
Mental Health Week events	3
Anti-Poverty Week 2020	3
Update Live Well Tasmania	4
Spring Loaded	5
Update Waratah-Wynyard Council	5
Wynyard High School Climate Awareness.....	7
Update Wynyard Community Hub	8
University of the Third Age (U3A) Wynyard	8
Borders and Community Health Survey	9
Rhodry's Run for Rhys.....	9

Welcome!

It is mental health week from the 5th to the 11th of October, and we are pleased to join with Elspeth from Shinrin Yoku to offer a free Forest Therapy walk, funded by the Mental Health Council of Tasmania. This is a great way to experience how nature connections can help us to alleviate stress, improve mental health and benefit immune function. Unfortunately there are no places left but you can go on the wait list, see details below. There is also a mental health week morning tea in Waratah, involving quilting, and a Wellways Dog Walk in Somerset. Also this month is National Children's Week (24th October to 1st November) and Anti-poverty week (11th October to 17th October).

We are holding our Wynyard Seed Bank launch on the 31st of October, which includes a seedling swap and Community Exchange Network Tasmania (CENTs) trading at our Community Centre in Saunders Street. You can also check out our new kitchen and the renovation of our new community space! Please bring along cleaned seeds to exchange for community seed, gold coins to purchase heritage seed, a plate of finger food to share, and seedlings to swap. We are very grateful that Rees Campbell is coming as our guest speaker, she will be talking about the endangered and extinct (in the wild) edible native plants.

We are commencing a Get Active Program designed for those who would like some encouragement to increase their physical exercise and healthy eating. This involves ten two hour sessions, with the first hour having a discussion about a range of topics relating to health and wellbeing, then for the second hour you get to try a physical activity you might not have done before, as part of a support small group. See below for more details.

This program will lead on nicely to the Council's *Breathe, Eat, Move & Relax for a Healthy Lifestyle* program, funded by the Healthy Tasmania Fund. It is being delivered in both Waratah-Wynyard and Circular Head Council areas and aims to promote lifelong healthy lifestyle choices in relation to diet, exercise and tobacco cessation. This includes more people eating more nutritious food, particularly having access to seasonal, affordable produce and growing their own produce. The project will establish demonstration gardens, promote enjoyable ways to exercise and aims to increase the numbers of local instructors trained and supported to lead sessions in group exercises such as Tai Chi, Qigong, yoga, cycling and walking. One particular innovation it includes is promoting "Social Prescribing", whereby instead of prescribing medication, where appropriate General Practitioners give a prescription to connect people to different types of community support, including social events, fitness classes, and social services.

We are very pleased to be able to support via a small sponsorship the 'Green Team' at Wynyard High School who are planning a Climate Awareness day once school resumes in term four. The day is being organised to engage the whole school community to learn more about the effects of climate change in North-West Tasmania and the actions that each of us can take individually to have a positive impact.

We are also thrilled to hear that the lower house of the Tasmanian parliament recently passed a motion committing to investigating a Jobs Guarantee program, partly to strengthen our COVID-19 recovery and support economic transition to tackle climate change. This is particularly important for our youth, so we fully support this potentially 'game changing' initiative.

There is a lot going on with Council projects as can be seen from this edition, ranging from the Spring Loaded program to the announcement of a number of construction projects. Read on!



There are 446 of these Tasrocks hidden in Wynyard, Boat Harbour, Sisters Beach, Somerset and Waratah as part of the Spring Loaded festival.

Events

16th October, 10am to noon, Open Day, Wynyard Community Garden, morning tea, working and static displays, seedlings and strawberry planters for sale, raffle, lots of prizes.

6th October, 1-3pm, YFCC School holiday program, swimming at Burnie Aquatic Centre, contact jonathanc@yfcc.com.au, 0418787126

9th October, 1-3pm, YFCC School holiday program, indoor rock climbing at Camp Clayton, contact jonathanc@yfcc.com.au, 0418787126

21st October, 11am, Bruce's Café, Wynyard, Cuppa and chat - the Australian Breastfeeding Association Burnie Wynyard Group holds regular meetings where we share experiences, learn from each other & have fun. Bring along your children and join us for a cuppa and chat. You are welcome in our group no matter how you feed your baby.

24 October – 1 November, National Children's Week, this year's theme: "Children have the right to choose their own friends and safely connect with others." In Tasmania there is a focus on smaller, local activities and events. See the Children's Week Activity Guide at <https://playgrouptas.org.au/>

27th October, 4.30pm, Live Well Tasmania monthly meeting, 28 Saunders Street, Wynyard

31st October, 11am, Live Well Tasmania Seed Bank Launch, 28 Saunders Street, Wynyard

You(th) Got This, Tassie! Check out the Youth Network of Tasmania's new Instagram campaign. This aims to be a positive and energising source of support and information for young people during COVID-19.



Mental Health Week events

7th October 10am - 3pm, Artworks of Hope – Studio2Eleven, 211 Mount Street, Burnie. Wellways is hosting free art workshops for community members, which aim to create mixed media art pieces based on messages of hope, to raise awareness of mental health issues in our community. Any queries, please contact Wellways Burnie on 6419 7010

7th October 11 am - 12:30 pm The Forget-Me-Not Day Morning Tea, Athenaeum Hall, Smith Street, Waratah. Bringing the community together to have conversations and doing our two activities (felt hearts and preparing and making squares for the memory quilt) whilst having morning tea.

9th October, 11am - 2pm, Dog Walk, Anzac Park Somerset, Wellways will be celebrating our four legged friends and the support and unconditional love they give us. Join us for a dog walk at 11:00am, followed by a BBQ. If you don't have a dog, come and enjoy a sausage sizzle and have a chat with other community members. Phone 6419 7010 to RSVP or register at www.eventbrite.com/e/dog-walk-for-mental-health-week-tickets-119358623857



10th October -10am to 12:30pm University of the Third Age -Strike a chord – strike accord ... making connections, music and fun together by participating in an informal ukulele playing choir. Ukulele and singing mentors will be there for you. Contact Rees Campbell -0409 006 170.

Anti-Poverty Week 2020

This year, Anti-Poverty Week (11-17 October 2020) are supporting Affordable Housing For All as the best solution to reducing poverty and partnering with the [Everybody's Home](#) campaign. Anti Poverty-Week are also continuing to support the [Raise the Rate for Good](#) campaign led by the Australian Council of Social Service.

The Waratah Wynyard Council will be lighting up its Wynyard office's main entrance during Anti-Poverty Week. They will also be sharing information on social media to highlight concerns around people living in poverty.

12th October, 10 am, Information and promotion of NILS Loans. (No Interest Loan), handing out of gift bags with relative information on NILS, The Salvation Army hub, 103 Wilson Street, Burnie
Contact Jo : 64304100

World Homelessness Day is coming up on Saturday October 10, which is the same day as World Mental Health Day. Did you know that on any given night in Australia, 1 in 200 people are experiencing homelessness with 22,000 of them being teenagers? Homelessness is not just the result of there being too few houses available. It is often a number of complex issues and situations: a shortage of affordable housing can be one factor, but so are things like domestic violence, unemployment, mental illness, family breakdown, financial hardship, leaving state care or prison and drug and alcohol abuse.

Update Live Well Tasmania

We encourage everyone to attend our seedling swap and Community Exchange Network Tasmania (CENTs) trading at our Seed Bank launch on the 31st of October from 11am at our Community Centre in Saunders Street. You can also check out our new kitchen and renovation of our new community space! Please bring along cleaned seeds to exchange for community seed, gold coins to purchase heritage seed, a plate of finger food to share and seedlings to swap. We are very grateful that Rees Campbell is coming as our guest speaker, she will be talking about the endangered and extinct (in the wild) edible native plants.

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. 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 its 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. Join our Seed Bank Users Group on Facebook at Live Well Tasmania Community Seed Bank.

Get Active

We were very pleased to obtain a small amount of funding to run a "Get Active Program" (GAP), which is one of the flagship programs for Womensport & Recreation Tasmania. It is a state-wide initiative that aims to enhance the health and wellbeing of women, men and children through involvement in physical activity, and to encourage healthy eating habits. Participants take part in a 10-week series of 2-hour workshops, the first hour of which covers issues such as nutrition, motivation, stress management, self-esteem, and goal setting. The second hour is spent on fun physical activities which the group itself chooses. Activities such as Tai Chi, aqua aerobics, bush walking, boxing, yoga, cycling, kayaking, Nordic Walking & Zumba have all been incorporated in GAP's, just to name a few! GAP specifically seeks to



engage adults of all ages who are not currently physically active, and who may have experienced barriers to physical activity such as lack of confidence and motivation, negative body image, concerns about personal safety and who may lack knowledge about the benefits of healthy eating. GAP also promotes connections particularly meeting new people with similar interests. The 10 week timeframe allows the participants to feel the benefits of consistent participation in physical activity and recreation.

We are having a meeting on the 19th of October, 5.30pm at 28 Saunders Street, Wynyard for all those wanting to participate in the program. One of the aims of this meeting is to finalise a list of activities that will be held for the remaining nine sessions, and to decide what days and times they will be held. There are only ten places available so you need to get in quick! To register or for queries contact Robin on 0421 461 724 or email info@lwt.org.au

Spring Loaded

7th October, Mental Health Week morning tea and quilting, Athenaeum Hall, Waratah, contact Anne 0438 371 787

8-11th October, 10am to 3pm, – The Lobster Ponds Haven, Devonshire teas, \$10 per person, Half price entry - \$5 adults, \$4 concession

9th October, 11am – Gopher race, buskers, street performers.

10th October, 7pm – Providence Farm Stall – the music of Ella Fitzgerald & Nina Simone, bookings essential, 0449 091 457

14th October, 11am-noon, Country cycling from Wonders of Wynyard to Deep Creek Road, enquiries Richard 0408 179 396

16th October, 10am to noon, Wynyard Community Garden “Garden Conversations”, morning tea.

17th October, 10am and 2pm, Tulip Cup Yacht race, Wynyard Yacht Club

17th October, 2.30pm, Walking Wynyard, 10 km walk along Inglis River circuit, enquiries Richard 0408 179 396

Update Waratah-Wynyard Council

Native wildlife virtual fencing

Virtual fencing to protect Tasmanian Devils and other native wildlife is one of the new projects on the drawing board for Waratah-Wynyard, as Council plans to inject more than half a million dollars into the municipality. The Council has secured funding from the Federal Government’s Local Roads and Community Infrastructure Program, including \$29,000 for the installation of virtual fencing to stop Tasmanian Devils (among other animals eg Quolls) crossing the road in the Rocky Cape National Park environmentally sensitive area.

Get Active Program



Waratah-Wynyard

Would you like to try a variety of physical activities?
Would you like to meet new people and make friends?
Learn how to set goals and achieve them?
Would you like to do something for you?
Want to have some fun?

If your answer is YES - then come along and join us
Come to an introductory meeting and have your say on what activities you would like to do, and hear about what is available.

What: Only 10 places for 10 sessions, to be completed before Xmas

Where: Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard

When: Monday, 19th October, 5.30pm – 7pm.

DON'T MISS OUT – BOOK NOW!

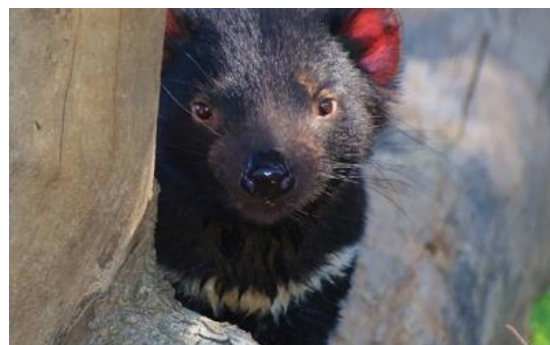


For more information or to register contact:
Robin 0421 461 724, info@lwt.org.au



The project had been identified as a priority of the Integrated Council Environmental Plan (iCEP) and has been championed by the Sisters Beach Community Association. Sisters Beach resident Fiona Loughran was thrilled to receive the news. “Over the years, our community has noticed an alarming spike in Devil road kills and we decided to do something about it. Ms Loughran said.

The Virtual Fencing device is activated by approaching headlights, which causes it to emit a combination of sound and light stimuli that alert and repel animals from the road side. This alert system of audible alert and blue and yellow strobe-type LED lights are an innovative concept based on proven technologies. The devices are placed at 25-metre intervals on alternating sides of the road. They are triggered in sequence by the vehicle headlight as a car approaches along the road, forming a virtual fence.



Other projects

More than \$500,000 has been secured for the Waratah-Wynyard Council to complete four projects by mid-2021 through the Australian Government's Local Roads and Community Infrastructure Program. The amenities at the Wynyard Indoor Sports Centre will be improved as the biggest investment with a \$400,000 grant of the \$564,684 total. A \$101,185 grant will fund upgrades to the car park to support the proposed Anzac Park All-Ability Playground at Somerset. And \$34,055 will fund the construction of a pedestrian refuge across the Murchison Highway to give residents safe access to the Cam River Recreation Reserve.

Following a Notice of Motion from Cr Fairbrother, funding is being allocated to remove weeds and plant out and beautify the area immediately adjacent to the walkway and Port Rd, Boat Harbour Beach between Cumming Street and the local surf club.

Council is excited to welcome the team from Day Tours Tasmania as the new operator of the Table Cape Lighthouse tours. Day Tours Tasmania's Craig Parsey and Lelle Buchanan also run Cape Bruny Lighthouse Tours and Bruny Island Safaris and are looking forward to adding Table Cape's iconic lighthouse to their tourism offerings.

Sisters Beach Community Centre stakeholder group

Council aims to deliver a feasibility study to identify whether there is a demand for a community centre and what linkages this might have to improving health, wellbeing and community connectedness. As part of the process, Waratah-Wynyard Council is seeking Expressions of Interest (EOI) for interested individuals to participate in a series of collaborative workshops to help determine if a community centre at Sisters Beach is viable.

It is anticipated that the community stakeholder group would participate in 3-4, one hour long workshops commencing in early October 2020. The information obtained from the community stakeholder group will inform the Sisters Beach Community Centre Feasibility Study which will be presented to the Council for a decision in approximately March 2021. Expressions of Interest to participate in the stakeholder group can be made by completing the form below prior to the 25th September 2020.

<https://www.warwyn.tas.gov.au/have-your-say/sisters-beach-community-centre-feasibility-study/>

The Council is also inviting Expressions of Interest from individuals or community groups interested in operating a public camping site at Sisters Beach. After a consultation process with the Sisters Beach community to determine need, identifying site requirements and considering appropriate management



Idyllic Sisters Beach! Photo: courtesy Waratah-Wynyard Council

models, Council adopted a motion to commence an expression of interest process to find an operator for a public camping site in Sisters Beach at the July 2020 meeting. Expressions of Interest will be open from September 9 to October 9.

Interested parties can learn more by going to Council's website www.warwyn.tas.gov.au/publicnotices

New Yacht Club to sail ahead as works begin

The completion of Waratah-Wynyard Council's multi-million-dollar waterfront upgrade is one step closer after Stubbs Construction began preliminary works at the site this week. The new multi-use events space, community building and club house is designed to be an event hub for the community with a function space, meeting rooms, club rooms, catering areas and toilet and shower facilities. The construction contract with Stubbs is for \$3,950,686 and is expected to take 10 months.

The building will be used year-round by the Wynyard Yacht Club, Tasmanian Canoe Club, Marine Rescue and other groups. "... as a community facility, the club is looking forward to sharing the venue for local community building projects and events" said Commodore of Wynyard Yacht Club, Neal Rodwell.



Image of the new Yacht Club Courtesy of Waratah-Wynyard Council

The club will continue organising competitive sailing including future State and National regattas from the new venue, as well as host events such as Surf Lifesaving Tasmania's Volunteer Marine Rescue Unit and Sailability Tasmania programs. The Wynyard Waterfront & Environs Masterplan is being delivered through a combination of Council, State and Federal funding.

Waratah walking tracks, Rail Bridge project

The Tasmanian Liberal Government is contributing \$300,000 to Waratah-Wynyard Council to improve walking tracks at the Waratah Falls and revitalise the Waratah Rail Bridge as a tourism experience. Both projects are seen as community priorities, identified in the Waratah Community Plan being progressed by the Waratah Community Board. The announcement follows notification by TasWater that the expression of interest process to identify a new owner for the Waratah Dam has been unsuccessful, leading to likely decommissioning of the dam.

The Government worked in conjunction with Waratah-Wynyard Council and TasWater to find a solution that would allow a new owner to take over the dam, but despite all three parties working together collaboratively, a financially viable outcome could not be achieved.

Wynyard High School Climate Awareness

This day is building on efforts the Green Team have been making at Wynyard High since 2019 to make the school waste clever, save energy and increase our understanding about the actions we can take to have a positive impact on climate change. Examples of these workshops include 'There is No Away' : a short 20 minute session on waste and recycling which includes a bin relay and longer workshops include an fashion upcycling competition and 'There's No Music on a Dead Planet' in which students write music to original lyrics about our changing environment and perform their song. Just this week they found out they were successful in their application to get a free Climate Clever app school subscription which they found out about through the ABC series Fight for Planet A- well done!

Some of the workshops planning to be held are:

Clean Transport – they are hoping to get some people with electric vehicles/transport methods in to show students what the options are and how they work.

Short film - We will show a couple short films and have time for responses and discussion.

There is No Away - Workshop focused on waste and recycling. Includes a bin relay learning about the types of recycling and look at the journey certain items take from production to waste.

Making Changes: following inspiration from the Fight For Planet A series involves small challenges around Australia's carbon emissions per person for example getting students to sort them from smallest to largest.

Update Wynyard Community Hub

The inaugural Annual General Meeting of the newly formed Wynyard Community Hub was held recently and went well, with ten people attending. The Hub aims to work with its members and associated providers of community services to strengthen our community 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.

During the meeting we had a presentation from Tim McCarthy who has founded the Burnie Health Information/Well-being Hub. This 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.

We were offered support from the Burnie Hub if we wanted to replicate the program in Wynyard. We are always keen for more people to be involved the Wynyard Community Hub, contact Robin on 0421 461 724 for more information.

University of the Third Age (U3A) Wynyard

Semester Two is now underway, but you can still become a member - fees are \$50 a year for individuals and \$75 for couples, or \$30 and \$50 respectively for a semester. Membership entitles you to as many classes as you want and you are welcome to bring a guest to uncapped classes. There is a huge variety of classes on offer, some of them are as follows (there's definitely something for everyone!):



Book Club, Clogging, Harmonica Jam, Tai Chi for Beginners, NW Legal Centre talk, Ukulele and Singers Jam, Botanical Art, Rural Alive and Well talk, Excursion: Remnant Vegetation of Wynyard – a botanical walk, Excursion: Macro Photography, Personality Type and You, The Future for Feeding the World, Wynyard Pictorial History, Armchair Travel: Cruising from Darwin to Broome, Gravitational Waves, Introduction to Qigong, Armchair Travel: Ireland, Fire in the Tasmanian Landscape.

One example is an excursion to a robotic dairy at Flowerdale - imagine 225 cows going into the dairy and milking themselves, there is no set starting or finishing time for milking. Join this excursion to learn about yet another innovative business in the Wynyard Municipality. Contact Rees Campbell for further information about the U3A on 0409 006 170.

Borders and Community Health Survey

The Tasmanian Government is looking to lift restrictions on entry to the State from safe jurisdictions if monitoring and preparedness suggests it is safe to do so. In preparation for this, the State Control Centre's Public Information Unit is supporting the University of Tasmania to deliver a survey, which aims to understand community's attitudes and concerns in relation to border management and compliance measures.

This survey is part of a series that is being conducted as Tasmania progresses through the phases of the COVID-19 crisis to recovery and beyond. The findings will help to inform Public Information Unit's work on longer-term community behavioural change for COVID-19 safety. The survey will take approximately 10 minutes to complete and can be accessed via: www.surveymonkey.com/r/TTP_borders

Rhodry's Run for Rhys

Sixteen year olds, Rhodry Robinson and Wynyard's Rhys Linden were the best of mates. Sharing a love of music, (girls), science, running and getting on with life they had a lot of adventures together. Rhys' body was affected by cerebral palsy which made it tricky for him to do all the things he loved. Some of Rhodry's favourite memories of Rhys include them running the Burnie 10 and winning the Year 7-9 Best Physics project at the PICSE Science awards.

Sadly, Rhys passed away in June and he is sorely missed in our community. Rhodry wanted to find a way to combine two of the things that he loves: running and Rhys. By morphing these two passions, Rhodry has almost raised \$10,000 to donate to CPEC (The Cerebral Palsy Education Centre) by committing to run 40km. We are hoping that on Sunday October 4th you can find a space along the route Rhodry is running for Rhys to support him, Rhys and a friendship we love.



As part of Spring Loaded, there are 100 Halloween themed rocks, 186 spring themed rocks and 161 normal designed rocks awaiting to be taken home and loved or re-hidden for another adventure. Post as many pictures as you can on the Wynyard Community Noticeboard Facebook page or the Tas rocks Facebook page.

Joy comes to us in ordinary moments. We risk missing out when we get too busy
chasing down the extraordinary
Brene Brown

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

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