



Wynyard Community Newsletter December 2020



Wynyard High School Climate Awareness Day – great to see the whole school engaged with all the great activities
Photo: Kelly Milikins

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Welcome!

We will miss our beloved Wynyard Christmas Parade this year, but there are still other opportunities to get into the Community Festive Spirit! The Lions Club of Wynyard and the Waratah-Wynyard Council are encouraging business owners, community groups and residents to put up Christmas lights and decorations by offering prizes for entrants. See below for other Council initiatives to brighten up your Christmas.

The Oldina Landcare group has been celebrating already with the hosting of the annual Oldina Community Christmas Party. This year it was great to see an especially big turn up, and big thanks to Kristy for organising some live music. If you are interested in working with others to improve the local environment, the Oldina Landcare Group meets bi-monthly, contact Ian at ian.blucher@bigpond.com for more information.

Our Get Active Program is over the half way mark, so far we have enjoyed Yoga, Qigong and Tai Chi, Mindfulness in Nature, a Gym introduction, Aqua-aerobics, Petanque, and Lawn Bowls. We still have kayaking to go. Our discussion topics have included motivation, nutrition, self-esteem, goal setting, body comfort and stress management. Speaking of stress management, see the Snoopy cartoon at right and substitute your favourite stress management technique for lying with your head in a water dish...

We are also planning a few more sessions that earlier this year and last year were called Community and Business Breakfasts which got interrupted by COVID-19. One that we are planning for early next year will focus on starting a small Business, and looking at local employment opportunities.

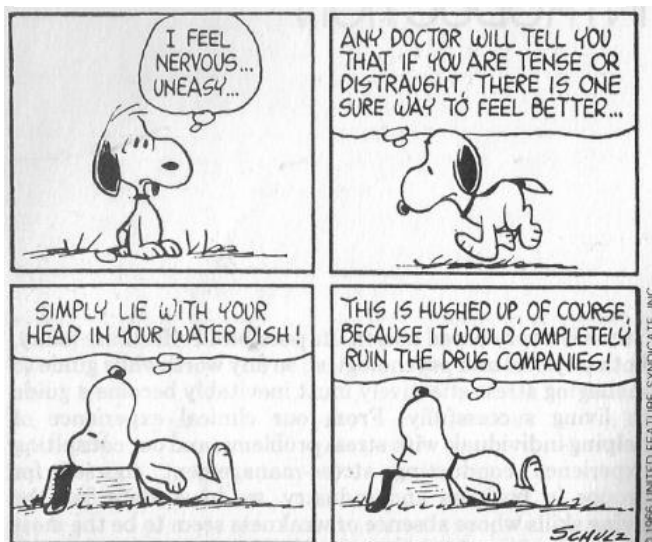
There is a great opportunity for skill building via the Women's Leadership and Development grants which are currently available (closes 9th December). Contact us if you are interested in any aspect of this, eg helping women (including young women) to start a small business – we think there are lots of opportunities but sometimes people just need some help and support which this grant could provide. We are planning a big year for 2021, both for our Community Centre in Wynyard and our property in Oldina, stay tuned for further details. And if you want to get involved, please get in touch!

We would like to highlight a great initiative by Lifeline who are offering free mental health training, via their Minding Your Business program for small businesses. Not only can this help your staff with their mental health, you can also increase the effectiveness of your business by for example promoting greater customer service. Part of it is being a better listener, and trying to understand peoples different experiences and needs, rather than judging them. See below for further details.

This month the Wynyard High School had their very successful Climate Awareness Day, read below for some of the great things they got up to.



The Oldina community getting into the Christmas spirit!
Photo: Robin Krabbe



Events

Mental Health Family & Friends Tasmania - monthly peer support sessions – First Thursday of each month, Burnie Health Information & Wellbeing Hub, 10 Wilson St, Burnie. Further information 6228 7448, admin@mhnfamiliesfirendstas.org.au

19th December, 11am- noon, Wynyard Chorale, Civic Park, Christmas Carols & Busking, proceeds to Vinnies Food Van.

Update from Live Well Tasmania

Get Active Program

We are now in week eight of our ten week Get Active Program. Of all the activities we have done, the least well known is petanque, a French game similar to Lawn Bowls. In pétanque the objective is to score points by rolling a metal ball (called a boule) closer to the target (a jack) than your opponent after all boules have been thrown. Players throw while standing in a circle. Traditionally, the circle was simply scratched in the dirt, but now red plastic circles are widely used in formal games. The game is normally and best played on hard dirt or gravel but it can also be played on grass such as in parks. Pétanque is played by two teams, where each team consists of one, two, or three players. We thank St Brigid's Primary School and the Wynyard Catholic Church for use of their grass area. And huge thanks to Merlene, Dot and Bert for organising and assisting us with our session. For anyone who wants to give it a go (we thoroughly recommend it), there are two opportunities every week on Tuesday's 1-30pm - 3-30pm and Thursday's Summer Twilight 5-30pm - 7pm, at the Les Clark Drive entry via Fidler Street Cooe next to the Burnie Bowls carpark.



The Get Active participants enjoying Zumba and Petanque
Photo's: Robin Krabbe

Live Well Veggie Boxes are back!

Our members from last season are very happy now that the veggie boxes have recommenced. We will be offering the boxes to more people from the 6th of January next year, so get your order in for a small (feeds 2 to 3 people), medium (feeds 3 to 4 people) or large box (feeds 5 to 6 people). All the produce is grown locally and using organic production techniques, you can get any fresher or more nutritious veggies! We are also offering some 'working shares', where you get a free box in return for helping to pack the boxes or other jobs. Contact Robin on 0421 461 724 for further information.

Update from Waratah-Wynyard Council

Launch of Healthy Tasmania project: Breathe, Eat, Move, Relax

Waratah-Wynyard Council and Circular Head Council recently officially launched the Breathe. Eat. Move. Relax. Program. The councils' shared project was funded by a Healthy Tasmania Fund Grant through the Tasmanian Government and collaboration with local community groups and businesses will be key to delivering programs over both communities. "This program will increase the health and wellbeing of our communities from this funding," Waratah-Wynyard Mayor Robby Walsh said. "The program aims to decrease the number of smokers in Circular Head, encourage people to

A partnership between Waratah-Wynyard Council Circular Head Council & the State Government

- Smoking Cessation – Breath Well, Live Better
- Community Demonstration Gardens
- Social Prescribing
- Tai Chi & Qi Gong
- Kayaking & Bike Riding
- Bike Riding Training
- On Your Bike program
- Yoga



eat healthier, relax more, become more active and participate in on our many funded events.” Smoking cessation program Breath Well, Live Better will be a key project, along with opportunities to increase fitness through cycling, kayaking, and relaxation via yoga, tai chi and qigong. Participants also have the chance to increase their knowledge of growing their own food through the Smithton Community Garden. “Enhancing the health and wellbeing of our communities is what led to the development of the Healthy Tasmania Fund Grant program,” said Tracey Bradley, Waratah-Wynyard Council’s Director, Community & Engagement. “It is people that create communities and we want to give ours every opportunity to be healthy and happy.”

It will be particularly exciting that Jay McGough will be teaching local instructors Qigong and Tai Chi to allow those instructors to deliver classes to the community. With our very busy lifestyles these days, stress often takes its toll on our health. Tai Chi and Qigong are great ways of reducing stress, including via engaging in positive social interaction.

Christmas initiatives

As well as giving prizes for businesses, community groups and residents for Christmas decorations (note to enter the competition download a form from the Council website, pick up a form at Council, or from a selection of businesses across the municipality), Council have resources they would like to share with the Yolla, Somerset, Sisters Beach, Boat Harbour and Waratah communities to enable existing community groups to deliver Christmas cheer. There is a deluxe Santa suit available, and Council have purchased quality, individually wrapped treats for each community to share. Consideration has been given to make sure that there are gluten free, dairy free, nut free, artificial colour free and sugar free options in every Santa sack. Additionally Council have filled a bag with Christmas decorations, including colourful tinsel, small and large baubles and a tree topping star. Council hope that each community group will locate a Christmas like tree or public space within their civic area that they can decorate. The decorations are colourful and fun, likely to last the season, but are suitably priced to reflect that they may be damaged by weather or vandals (bah humbug!). Please coordinate with Chantelle French (cfrench@warwyn.tas.gov.au) to coordinate the pickup of the costume, treats and decorations.

Finally businesses in Somerset, Yolla, Waratah, Boat Harbour, Sisters beach and Wynyard have been provided with an “Elf on the Shelf” to place in their window for children (and the young at heart) to look for. Elves can be moved every few days, if the business wishes to help amp up the fun!

Council has launched its seventh annual Community Christmas Collection at the Wonders of Wynyard. With support from the St Vincent de Paul Society, the Lions Club of Wynyard, Coast FM, APEX and the Rotary Club of Wynyard, to make Christmas a bit better for local families who are doing it tough. If you would like to make a donation, please take unwrapped non-perishable food items, new clothing and/or toys to the Wonders of Wynyard.



Waratah-Wynyard Deputy Mayor, Mary Duniam launches the “Breathe, Eat, Move, Relax” program Photo: Bronwyn Folden



Waratah-Wynyard Mayor Robby Walsh, St Vincent de Paul Society's Youth and Community Services Manager, Melissa White and the Lions Club of Wynyard's Tony Allen at the launch of the 2020 Community Christmas Collection. Photo: Courtesy Facebook

Christmas excess doesn't just effect the waistline!

Check out the facts below and think again about ways you might be able to cut waste and cut costs during the festive season.

Christmas waste facts



Australians are now spending around \$11 billion a year on Christmas gifts.

Aussies receive over 20 million unwanted gifts at Christmas.

386% of Aussies find Christmas puts a strain on their finances, with buying gifts reported as the major cause of this pressure.

Australians use more than 150,000km of wrapping paper during Christmas – enough to wrap around the equator 4 times.

In Australia, more than 5 million tonnes of food ends up as landfill each year – enough to fill 9,000 Olympic-sized swimming pools.

590% of Aussies usually discard more than 25% of their food during the festive period (December 1 – January 1).



Declared Dog Areas and Dog Management Policy

Regulation of the 2019 Declared Dog Areas and Dog Management Policy commence once signage has been installed. Installation of the signs along the foreshore from Somerset to Sisters Beach will begin Tuesday, December 8 and is expected to take about two weeks. In December 2019, Council adopted a Dog Management Policy that removed seasonal expectations, instead replacing it with a "traffic light" system. Beaches will be classified as:

- off-lead dog exercise (green)
- on-lead between 10am-6pm (yellow)
- prohibited (red)

While users become accustomed to the system, Council will take an educative approach to implementing the Policy.

November Council Meeting

At the November 16 Council Meeting, Council:

- Noted there were no applications received from the Sisters Beach Public Camping expression process to develop and operate a public camping site in Sisters Beach
- Noted the Destination Action Plan and Tourism annual update
- Determined to revisit the Wynyard Waste Transfer Station opening hours in 2023/24 or after progression of other Waste Strategy actions which may influence community beliefs towards a change in hours
- Noted a Food Organics and Garden Organics (FOGO) Feasibility Study and determined to reject at this time implementation of a Waratah-Wynyard FOGO kerbside collection service and rather promote alternative methods to encourage the diversion of FOGO materials from landfill.

Wynyard BMX Park Upgrade

The Wynyard BMX Park can now host elite-level events and training thanks to a \$343,000 upgrade. The newly upgraded track will now be the top facility in the State. The Wynyard BMX Park Inc's vision was for a track that would allow riders to train, then compete on the mainland where there were often much better facilities. Key features include a five-metre-high start hill that accords with BMX Australia standards, a shelter and a drum starting gate. The track has been realigned and covered with synthetic material and the berms asphalted. Other upgrades include the installation of safety fencing and a storage shed.

Along with funds raised from BMX Park Inc (\$13,000), the Tasmanian Community Fund (almost \$74,000) and the Australian Government (\$200,000), the Waratah-Wynyard Council contributed \$74,000 towards the upgrades. Waratah-Wynyard Council took ownership of the site in 2012 and has since developed a partnership with Wynyard BMX Park Inc. Waratah-Wynyard mayor Robby Walsh said he was inspired by the hard work of volunteers to restore the BMX facility. "So many volunteer hours have helped accomplish this project. We're just so pleased to work with people who want to help themselves."

Award's for Saunders Street Clinic

Congratulations to the Berryman's and their staff for picking up awards at the Royal Australian College of General Practitioners National Awards! Jim Berryman is the practice principal and co-owner, with his wife Rebecca, of the Saunders Street Clinic at Wynyard. Recently the clinic took home two significant awards at the Royal Australian College of General Practitioners National Awards. The clinic was awarded the prestigious general practice of the year award after taking out the state round in October. And Dr Berryman himself was awarded GP supervisor of the year for his work training and mentoring younger doctors.

Dr Berryman said it was a privilege to win the state round, which the practice had won before in 2017, but said he was honoured to have picked up the national award as well in 2020. "Our philosophy is that we don't want people to feel like they are at a medical centre," Dr Berryman said. "People do not like going to the doctor so when we were designing the practice we wanted to look at it from the patient's point of view." The waiting room of the clinic feels more akin to the set of a bombastic Broadway musical or someone's eccentric grandparents' living room than a doctor's surgery, and that is intentional. Dr Berryman also said that it was the employment and retention of locals as clinic staff who were able to provide a "continuity of care" which helped his practice excel.



Saunders Street Clinic staff very proud of their award
Photo and story courtesy The Advocate

Women's Leadership and Development grant opportunity

Grants are being offered that aim to promote the following outcomes (see www.communitygrants.gov.au for more information and contact Robin at info@lwt.org.au if you have an idea but need to some help to put in for a grant):

1. Create jobs for women and help equip women for jobs of the future, particularly in non-traditional and/or male-dominated industries.

The types of projects that may be funded include but are not limited to projects that address women's unemployment and set up women for the future, especially in non-traditional and/or male-dominated industries, and projects that complement existing initiatives under the government's JobMaker Plan, such as the JobTrainer Fund, supporting job seekers and young people, including school

leavers, to maintain labour market connections, to train and upskill and to move into employment as the economy recovers from the COVID-19 pandemic.

2. Improve women's Economic Security

Projects might include mitigating the impacts of COVID-19 on women, such as providing online support during the crisis to improve financial literacy skills and supporting women through the recovery phase of the crisis, and initiatives that reduce women's homelessness such as helping women accumulate retirement savings in the future, including pay equity, financial capability and superannuation.

3. Increase Women's Workforce Participation and reduce barriers

Projects might maximise women's participation in the paid workforce by increasing women's work choices and addressing barriers to women working in the paid workplace; including access to flexible work arrangements, preventing and responding to sexual harassment and access to women leaders, deliver job-focused skills training or support and encourage entrepreneurship.

4. Increase women's representation on boards and in other leadership positions

Projects might include providing scholarships, programs or events, which promote women's leadership, including participation and leadership in sport.

5. Increase women's safety in their homes and communities.

Projects might include initiatives which seek to support women who have experienced domestic, family and sexual violence to participate at work, particularly those seeking to enter, return to or retain work, which seek to address forms of violence against women and provide services to women affected by violence.

Wynyard High School Climate Awareness Day

On the 18th of November 2020, the Wynyard High School held their Climate Awareness Day. Due to COVID restrictions it was not possible to invite other schools, but in the future it is hoped to involve the wider community.

Scarecrow making was one feature, which is a great way of showing how waste materials (old clothes) can be made into something useful, involving lots of fun and creativity! It also highlighted as Kelly Milikins in her role with the Council's Healthy Tasmania Project mentioned about the importance of having your own garden and sourcing locally grown food.



Lots of activity for the scarecrow competition

Photo: Tania Linen

Likewise the furniture and the fashion upcycling competition's produced some great creations. It was great to see Nel Smit there facilitating a display of electric vehicles, including bikes lent by Live Well. Nel is the Education Manager at Greening Australia, and has been nominated for the 2021 Tasmania Senior Australian of the Year. Nel facilitated the Tasmanian Youth Climate Leaders Program that was nominated Australian winner of the Energy Globe Award 2020.

The day aimed to build on the efforts of the school "Green Team" who since 2019 has been implementing actions to make sure the school is waste clever, saves energy and is always increasing its understanding about the actions that can be taken to have a positive impact on climate change. Well done to all, it was a very inspiring day!

Minding Your Business – Free Mental Health Training

Struggling to keep your head above water? Feeling overwhelmed? Not sure how to look after your own mental health, or that of your team? Lifeline Tasmania's Minding Your Business program provides free mental health training and support for Small Businesses in Tasmania.

This is for small businesses (that employ under 19 full time staff members) that would benefit from Mental Health and Wellbeing Training and one on one coaching support. Non-profit organisations are also eligible. The program has been designed to be flexible to meet the varying needs of Tasmanian Small Businesses and is currently offering the following training courses:

Accidental Counsellor: Ideal for staff who find they have accidental deeper conversations with client.

Crisis Communications: Ideal for staff who work with clients in distress. Mental Health First Aid: Ideal for staff who may have to assist a client who has a mental health problem or crisis

The training can be delivered face to face or online. Minding Your Business can provide outreach support services to small businesses, such as mental health mentoring, coaching and/or counselling, by request. See www.lifelinetasmania.org.au/minding-your-business for further information.

Wynyard University of The Third Age

There are only a few classes left for 2020, see the website <https://wynyard.u3anet.org.au/> for details. A couple of the classes being offered during December:

Skits - 'a brief satirical theatrical sketch', an opportunity to discuss, write, direct and possibly act, in brief skits of our own making should be fun! Presenter: Gerri Lyell

Thursday December 3rd and 10th, 10am – noon, (2 sessions), Wynyard Showground Reception Centre

Talking the Topic book group -each member brings a book (or two) relating to the chosen topic and gives us an idea of its content. Particular aspects of each topic will be discussed so that we all extend our understanding at each session. Presenter: Heather Ebbott.

December 18th, 2pm – 4pm (3rd session), Poultry Clubroom, Wynyard Showgrounds

Update on the North West Coastal Pathway

In 2009, The Cradle Coast Authority, in conjunction with Safer Roads for Cyclists Tasmania, the co-operating local councils and the State Government, initiated the North West Coastal Pathway Project



with the North West Coastal Pathway Plan being released in 2010. 2010-2018 has seen the development of key sections of this plan. Construction for Sulphur Creek to Penguin; West Ulverstone; Leith to Don; and Ambleside to Latrobe are due to be completed in May 2022. In addition to these, a key link connecting Turners Beach to Leith will also be constructed in 2020. Covering approximately 110km, this continuous shared pathway once complete will provide outstanding infrastructure for our region and connect more than 85,000 residents between Wynyard and Latrobe. In addition to the continuous length there will be approximately 24km of additional shorter connecting links.

The State Government has now committed \$12 million over two years for the construction of the Burnie to Wynyard section of the coastal pathway, which includes future erosion protection measures. Burnie City Council Mayor Steve Kons said "In addition to the good news surrounding the coastal pathway funding, the Minister for Infrastructure and Transport Michael Ferguson MP has also confirmed the establishment of a strategic infrastructure corridor on the Western Line between Wynyard and Burnie Port. This is required for the coastal pathway project to proceed, as well as facilitate access to the West Park Precinct. The State Government, Burnie City Council and Waratah-Wynyard Council are now in a position to work together to ensure the project is completed.



The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away.
David Viscott

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

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