



# Wynyard Community Newsletter February 2021



Very satisfied participants for the Small Business forum (our presenter Warren Moore is second from the left)  
Photo: Vasiliki Erophile

## Contents

- Events ..... 3
- Update Live Well Tasmania ..... 4
- Update Waratah Wynyard Council..... 5
- Live Well Die Well Expo ..... 6
- Community group of the Month – Grow, Gather, Give ..... 7
- Volunteer Opportunities ..... 8
- Tasmania’s first Child and Youth Wellbeing Strategy Consultation ..... 8
- Our Healthcare Future Consultation ..... 9

## Welcome!

We look forward to an important discussion in our series of Community Business Information and Networking sessions on the 9<sup>th</sup> of February. Dave Fregon (previous Youth Development Officer with the Burnie City Council, now has his own business, Hard Mode). Dave Fregon will talk about how young people are using the internet, what is different today in their social networks, and what has stayed the same. Young people today are growing up in a digitally connected world that is vastly different from that of their parents. From this discussion he hopes to enlighten us on young people's internet usage growing up in a connected world, giving you a perspective that may help understand young people's use of the internet. Dave will talk about digital literacy, sharing of personal information, addiction, bullying and identity: he doesn't claim he can provide all the answers, but he hopes to provide some tools to help better navigate the complexities. Vital for anyone who has an interest in the health and wellbeing of youth, including parents and teachers. Don't miss this very topical and important discussion (details below)!

We have had two great discussions this year so far as part of this series, firstly with Michelle Towle from the Tasmanian Health Service, who talked about the initiative "The Right Place", which aims to connect people to services, put people first, and improve our sense of community. Our second talk was by Warren Moore from the Braddon Business Centre, who gave us some great information about working for yourself by setting up a small business. He presented a very positive picture of the rewards of having your own business, and dispelled some myths about some of the perceived barriers.

Our second last session in the series is on Mental Health in the Workplace. We know a workforce with a healthy sense of self-esteem and wellbeing can help to minimise absenteeism and loss of productivity, as well as improve team cohesion and reduce costly mistakes. Mental health training is an equally important part of workplace health and safety as physical first aid training. Save the date of the 1<sup>st</sup> of March for this all important session, either join via zoom or attend at our Community Centre.

We are in the throes of organising our Live Well Come And Try (CAT) project, which will start this month and will run for most of this year. This will comprise of weekly Come And Try Arts and Crafts sessions, Come And Try Music, Come and Try Movement, Come and Try Gardening sessions etc. The aim is to increase health and wellbeing by doing things you find enjoyable, and in the process connecting with people who you feel safe with, and enjoy the company of.

This month we feature the community group Grow, Gather, Give who have set up two "Pantry hubs" for those doing it tough to access food. The fact that the visits to the Wynyard Hub have increased from 12 people when they first opened in mid January, to 91 people last week shows the amount of unmet need in the community. It's thanks both to the extraordinary generosity of the volunteers who make this initiative happen, and the generosity of the donors, ranging from supermarkets to back yard growers who donate a huge quantity and range of food. We are planning a community discussion about food security during March which has so many elements to it particularly relating to health – from nutrition and good physical health to the mental health benefits proven from being involved as a volunteer. There is something about being involved with a group of people who are working towards a goal of helping other people which is very satisfying and empowering! As well as the opportunity of volunteering with Grow, Gather, Give, we also highlight some other volunteer opportunities in this edition.

There are two very important consultations open at the moment; if you think there are things that could be improved with regards to Child and Youth Wellbeing, and Healthcare in Tasmania, please make sure you have your say – details below. If you don't want to make a submission but still have something you want to contribute, please get in touch with us and we might be able to incorporate it into our submissions.



Michelle and two committed Grow, Gather, Give volunteers Photo: Robin Krabbe

## Events

9<sup>th</sup> February, 2pm to 3.30pm, Live Well Tasmania Community Business Information and Networking, 28 Saunders Street, Wynyard. Young people are growing up in a digitally connected world that is vastly different from that of their parents. Dave Fregon will discuss the internet experience for young people and how their social networks differ from their parents. Topics include digital literacy, sharing of personal information, addiction, bullying and identity. RSVP by the 8<sup>th</sup> of February to Robin on 041 461 724, or email [info@lwt.org.au](mailto:info@lwt.org.au)

11<sup>th</sup> February, 9am to 5pm, Burnie Future Jobs & Skills Expo - Burnie Arts & Function Centre, 77 -79 Wilmot Street, Burnie. Provides an opportunity for job seekers to talk directly to industry and training providers and discover what qualifications are needed to transition to a new career pathway. There will be 3 sessions: 9am- 11am ages 25 years +, 12pm - 2pm ages 25 year +, 3pm -5pm ages 18- 24. Free event. Register by 5pm, 4<sup>th</sup> February at [https://www.stickytickets.com.au/2oi37/future\\_jobs\\_\\_skills\\_expo.aspx](https://www.stickytickets.com.au/2oi37/future_jobs__skills_expo.aspx)

12<sup>th</sup> February, 10am to noon, Self Care Workshop, Rural Health, 73-75 Mount Street, Burnie. Covers the concept of self-care, how to identify personal signs of stress and simple strategies to manage stress levels day to day. Each participant will leave with their own individual self-care plan. Cost \$25, Contact Natalie for enquiries – [admin@kentishrc.com.au](mailto:admin@kentishrc.com.au), book via eventbrite.

18<sup>th</sup> February, 9.30am to 4pm, Inclusion & LGBTIQ+, Rural Health, 73-75 Mount St, Burnie. Cost \$95. Covers how to offer an inclusive and welcoming service for LGBTIQ+ people, promotes a deeper understanding and confidence in working with LGBTIQ+ people. Book via Eventbrite.

20<sup>th</sup> February, 11am, Colour Dash Fun Run, Somerset Surf Club, Somerset Beach, Tickets · \$7 - \$25  
[www.eventbrite.com.au/e/colour-dash-fun-run-tickets-136586175929](http://www.eventbrite.com.au/e/colour-dash-fun-run-tickets-136586175929)

26<sup>th</sup> February, 1pm to 4pm, Join Kathleen for a Pastel Painting Animal workshop, Artscape, 45 Jackson Street, Wynyard, cost \$20 all materials supplied, \$15 if you bring your own pastel paper, soft pastels and pastel pencils. Bring a sketch pad for making notes and for practice drawings.



1<sup>st</sup> March 2021, 1pm to 2.30pm, Mental health in the workplace, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard, or via zoom, contact Robin to RSVP by the 26<sup>th</sup> of January, mob. 0421 461 724, or email [info@lwt.org.au](mailto:info@lwt.org.au)

14<sup>th</sup> March, 10am to 2pm, Live Well Die Well Expo, Railway Institute Hall, getting to know your community, self care, resources for the living and the dying, music, art activities. Contact Robin for further information.

18<sup>th</sup> March, 9am to 4.30pm, Suicide Prevention Training, Railway Institute Hall, Wynyard. Contact Yvonna for enquiries at [ymzuydam59@gmail.com](mailto:ymzuydam59@gmail.com) or 0407 056 293, book via Eventbrite by 15th March.

25<sup>th</sup> March, 5.30 to 9pm, LGBTIQ+ Community Forum, Paranaple Convention Centre, 137 Rooke St, Devonport. Discussion with guest speakers sharing research and lived experiences with a focus on self-care – how and why it's important. Free entry, register at Eventbrite.

7<sup>th</sup> April 9:45am - 1pm Allied Mates Forum - World Health Day, Gnomon Pavilion, Ulverstone. feature snapshot presentations highlighting a number of local services and grassroots initiatives aimed at working with men. Enquiries contact Greg at [mencaretoo.greg@gmail.com](mailto:mencaretoo.greg@gmail.com) or 0400 604 231.

16<sup>th</sup> February – 6<sup>th</sup> April, 5.30pm – 7.3pm YFCC Burnie, 129 Wilson St, Burnie: Circle of Security parenting workshop, For parents and caregivers. Cost: Free. To register contact: Melissa 0437 883 908 or [melissap@yfcc.com.au](mailto:melissap@yfcc.com.au)

Date to be advised: Wynyard Concert Band will have Come & Try out in March, age 10 years and upwards. See next newsletter for details.

## Update Live Well Tasmania

We welcome Vasiliki who has recently joined our team. Vasiliki has lived most of her adult life in Europe and was a practicing performance and physical theatre artist. She has qualifications in the healing arts including yoga, Thai yoga massage and has been a visual artist for the last 16 years creating unique work, currently working with paper and her own original designs. She has been an advocate for Tibetan and First Nations human rights. Interested in working with people in a practical way and to contribute skills to the community such as teaching people how to read and write, how to cook, how to use a sewing machine and using the Community Exchange Network Tasmania (CENTs) program as an alternative/complement to the monetary system. Vasiliki will be coordinating the veggie boxes, so if you would like to order a box of fresh, organically grown vegetables, contact Vasiliki on 0492 984 300. We have room for more subscribers, there is starting to be a huge variety of fresh produce grown just around the corner in Lapoinya; there is also grass fed beef available most Wednesdays at the box pick up time.



One of Vasiliki's art pieces

We are very grateful for Michelle Towle running a great session on The Right Place. We had nine participants who learnt about this initiative which aims to connect people to services, putting people first, and improving our sense of community. It recognises that often people do not know what services exist, or even if they do know, they may not be confident in contacting the service. It focuses on health, but also aims to help connect people to services in other areas, for example in relation to housing, Aged Care and disability services. The aim is not to be an expert in any of these areas, rather to connect people to others with the right expertise. Another aim is to assist where necessary with being a bridge to services for those who may not be confident in approaching a service they have not used before.

Our next Community and Business Information session was delivered by Warren Moore from the Braddon Business Centre in Burnie. Again we are very grateful for an extremely informative session on all the ins and outs of setting up a small business and being self employed. Warren mentioned that Tasmania has the highest rate of retention of small businesses after five years, something we can be very proud of! A staggering 97% of our business population is made up of small businesses in Tasmania. Warren covered topics such as strategies of high volume and low margins versus low volume and high margins (since Tasmania is a small market the latter strategy is often more successful), tips on insurance (for example it is worth engaging an insurance broker rather than an agent from a particular insurance company). Warren can give a two hour free consultation for anyone wanting small business advice including setting up a small business or growing an established business, which we thoroughly recommend.

Our second last session will be a session on 1<sup>st</sup> March 2021, 1pm to 2.30pm with Tracey from Lifeline who will be covering mental health in the workplace. Particularly as a result of COVID, mental health has become more challenging, being able to stay motivated to be our best, and to engage in our community is more challenging when there is more stress in our lives. The aim is to de-mystify mental health, to learn how to recognise the signs and symptoms of mental health concerns at work, and encourage open communication. In addition, tips will be also given of how to look after your own mental health.

For our last session we are hoping to have a follow up to our session on food security. There is a lot happening with emergency food relief, matching up supply, whether it's surplus from supermarkets, or people growing excess in their backyard, with demand for people who are finding it difficult to put any food, particularly good food, on the table. These sessions have been provided free thanks to the Federal Government "Building Our Future" Fund.

**WYNYARD  
COMMUNITY  
BUSINESS  
INFORMATION  
&  
NETWORKING**

Australian Government  
**BUILDING OUR FUTURE**

**Live Well  
TASMANIA**

**Mental Health in the Workplace**  
A free interactive session to de-mystify mental health. Learn how to recognise the signs and symptoms of mental health concerns in the workplace and how to encourage open communication. Gain valuable insights into looking after your own mental health. RSVP essential by 26 February

### *Live Well Come And Try (CAT) Project*

We are grateful for funding from the Foundation for Rural and Regional Renewal and Australia Post to support this project. Every week for the first month or two we will have a different activity to try relating to Arts and crafts. We will then focus on the most popular activities. We will also be organising different gardening projects to try, and Yoga, Tai Chi and Qigong. We are also considering music activities and movement to music. If you have any interest in helping to organise these, we would love to hear from you. Another Come And Try session will be a weekly sharing circle for people to have a greater feeling of social support. Partly it's just about reducing anxiety and stress levels – with uncertainty about COVID19, many people are finding it a bit more difficult than usual to handle the extra stress, and may feel a sense of isolation. Just interacting with people and doing enjoyable activities can help calm anxiety levels and provide a sense of security.

The third part of the project is a Drop In service, akin to The Right Place/One Stop Shop to help connect people to services, and to community groups. There are an amazing number of great community groups in Wynyard: being involved as a participant or as a volunteer is great for health and wellbeing.

We are also organising two lots of two hour sessions for the extremely useful course “The Accidental Counsellor”. This is aimed at those who would like to be able to safely and effectively support friends, family, colleagues, and strangers who are in distress or experiencing a crisis. The course provides basic skills and a structure to enable you to provide immediate support and assistance using the ‘Recognise, Respond, Refer’ model. The skills learnt in the Accidental Counsellor course can be applied in many contexts, and provide participants with skills in active listening, calming and effective gentle questioning. You will also learn how to ask openly about suicide risk and respond safely whatever the answer. We will provide the details for that once they are available. We are very grateful to Lifeline who are providing this to us free of cost.

We are keen to work with Rural Health, the Waratah-Wynyard Council, Wynyard High School, Yolla District School, and the Primary Schools and local businesses in this project.

Finally we had a magical kayak trip up Inglis River and Big Creek recently for our last Get Active Program activity. Huge thanks to Shaun Molloy from Wynyard Fitness for facilitating this. A highlight was seeing a friendly platypus in Big Creek – he or she made quite a few appearances and didn't seem fussed about us sharing his/her space! Shaun will be providing more kayaking opportunities later so watch out for more information about those.



We were very grateful for Shaun for facilitating such a great experience!  
Photo: very helpful unknown by stander!

### Update Waratah Wynyard Council

Council has been granted \$99, 520 via the Tasmanian Government's Improving the Playing Fields Grants Program, designed to assist recovery from the Covid-19 pandemic. These funds will be used to improve infrastructure at the Somerset Recreation Ground with a focus on improved car parking and ‘game day’ fencing and will build on recent improvements at the ground undertaken by Council.

The granted funds will be supplemented by an additional \$10,000 granted to the project by the Football Federation of Tasmania in support of the main beneficiaries of the work - the Somerset Soccer Club.

The East Wynyard Playground at Rotary Park will be closed on Monday, February 8 and Tuesday, February 9 between 7.30am and 4.30pm. The combination of the playground's popularity and recent strong winds means the soft-fall material requires topping up. The playground will be open outside the Council crew's work times. Council appreciates your cooperation and regret any inconvenience this may cause.

### *Waratah-Wynyard's Young Citizen of the Year*

Congratulations to Rhodry Robinson who was awarded Waratah-Wynyard's Young Citizen of the Year, recognised for his fundraising efforts for the Cerebral Palsy Education Centre and the respect he constantly displays to others. The award was presented by Australia Day ambassador Dr Graeme Stevens. A passionate local environmentalist and academic, he said it was an honour to be a part of the day. "... it's also about honouring our First Nations people - over 65,000 years as the oldest continuous civilisation.

### *Waratah-Wynyard Council and Circular Head Council 'Breathe Well' Quit Smoking Incentive Program*

Waratah-Wynyard Council and Circular Head Councils are partnering with the Circular Head Aboriginal Corporation (CHAC), Rural Health Tasmania, Drug Education Network, Circular Head Gift Cards and Smithton Wellbeing Indoor Recreation & Leisure (SWIRL) to provide an incentive based

Quit Smoking program, this is the 3<sup>rd</sup> of its kind, the past two were held on the East Coast of Tasmania with an up to 20% Quit rate. The Launch was held at Rural Health Tasmania's new King Street Building in Smithton on the Friday 29<sup>th</sup> January. Deb Mainwaring welcomed guests and acknowledged dignitaries; she then went onto explain the State Government funded HT program 'Breathe Eat Move Relax'.

The day was the worst wettest summer day for this season, however had 30 people attend. Ruth Forrest MP, Felix Ellis MP, Smithton's Mayor Daryl Quilliam, and Councillors attended with interested participants taking the big step to learn how they can benefit their health and wellbeing with our program. Dr Mai Fransen, the creator of this program, spoke about how the program will run, and gave some statistics about smoking and quitting smoking rates. Dr Fransen was interviewed by ABC Northern Tasmania Radio reporter Piia Wirsu spruiking our 'Breathe Well' program, link below, well worth the listen;

<https://www.abc.net.au/radio/northtas/programs/drive/mai-frandsen-smoking-health/13113364>

Smithton local businesses (Kathy from the CH Gift Cards and Barclay from SWIRL) spoke about the incentives that will be offered for the program. These incentives will make sure the money will stay in the Smithton community. After stopping smoking, you then record your CO2 reading in a Smokaliser Machine, if you blow between 0-4 you are eligible for a voucher, if you blow over you are not eligible and encouraged to have another go in 7 days time. You receive a \$10 voucher for signing up and potentially another 6 x \$50 vouchers for the 3-month duration of the program. We kicked off the program on Monday the 1<sup>st</sup> Feb. We have enrolled 6 people so far. It's FANTASTIC! If anyone is interested in this program please contact Kelly Milikins [kmilikins@warwyn.tas.gov.au](mailto:kmilikins@warwyn.tas.gov.au), Rural Health Smithton or the Deb or Amber at the Circular Head Council.

### *Live Well Die Well Expo*

We are pleased to join with Waratah Wynyard Circular Head Palliative Care Group once again for the Live Well Die Well Expo. It will be held this year on the 14<sup>th</sup> of March, at the Railway Institute Hall. There has been a taboo on the subject of death and funerals in our culture, but this is starting to change, including a vibrant discussion about alternatives to often expensive slightly impersonal funerals. Groups such as Care



Rhodry Robinson, Dr Graeme Stevenson and Deputy Major Mary Duniam  
Photo: Courtesy The Advocate



At the launch of the 'Breathe Well Quit Smoking Incentive Program' Photo: Kelly Milikins/Richard Muir-Wilson

Beyond Cure, Tender Funerals and Groundswell are helping to open up the conversation in Tasmania about alternatives.

Many people would not know for instance that you can buy cardboard coffins for \$200 from Ulverstone. As well as being economical, they are eco-friendly (no harmful chemicals are used and they are greenhouse friendly). They have natural cotton rope handles and a compulsory liner in the base, with a minimum carrying strength of 240kg. For further details:

phone 0417 713 291 (maybe check with the council first about using them). With

conventional funerals costing anywhere between

\$4k and \$20,000; paying \$120 for a coffin can reduce the costs considerably.



You can paint the coffin in whatever way you like, as shown on this cardboard coffin

#### Community group of the Month – Grow, Gather, Give

Grow Gather Give is a social enterprise that supports North-West Tasmanians through growing, gathering and giving fresh produce to those in need with an emphasis on nutrition and dignity for all.

Established in 2009, the predecessor Produce to the People Inc. was on a mission to create a healthy and sustainable food system that benefits us all. In 2020, they became Grow Gather Give so that they could continue with this same mission. They are currently considering several options for operating a diversified, four-season farm and an education centre that will hopefully host thousands of visitors each year.

The work they do includes:

- Providing fresh produce to the two free food hubs situated at Wynyard and Cooe, where the community can access locally grown produce that might otherwise have gone to waste
- Experiment with and improve sustainable farming practices.
- Training beginning farmers in resilient, regenerative farming techniques
- Help children discover the sources of their food while helping them to steward the land that provides it
- Increase public awareness of healthy, seasonal and sustainable food.

They will be applying for government funds to use to invest in our community, playing their part towards achieving better health and education outcomes that may lead to a brighter future for individuals and Tasmania

They now have two sites for the Grow Gather Give, Harvest and Healthy Pantry Hub- they are at the Wynyard Baptist Hall at 34 Hogg St, on Mondays and Fridays 10.30 to 12.30pm. The second site is the Uniting Church at 11 Fidler St Cooe, on Tuesdays 10.30 to 12.30PM. Both sites set up so that our community members can make their own selections. The need for their services is indicated by the numbers accessing food from the Wynyard Hub, which was 12 on the first day, then 47, then 55, and 91 last week.

They have started planting at the Wynyard High School, until that produce is available they are relying on the produce grown in a couple of their “farm it forward” gardens. They appreciate donations of any excess produce that you have grown in your gardens,

Ongoing donations they receive include pantry items, frozen quality meats, chicken and fish from Lane’s IGA and Wivenhoe IGA. Other very local donations have been 120 kilograms of potatoes straight from the paddock. We had a wonderful donation of cherries from the Flowerdale Cherry Farm

Grow, Gather, Give urgently need donations of jars for jam, preferably medium sized jars as used with honey, store bought jam etc. They also need clean containers such as butter, yoghurt, ice cream or

takeaway containers, for the berry seconds. Please ensure that they have been washed and the labels removed.

Recently they had approximately 340 kilos of strawberries and blackberries donated from the Costa Berries facility in Devonport which were packed in approximately 300 containers of varying sizes.

At the end of the day at the Cooe Food Hub each Tuesday, they will be donating the remainder of the produce to two of some of the other great local

organisations, specifically Burnie Safe Space homeless shelter and Mission City Kitchen. The produce that has been grown by the GGG gardeners and other local community growers will then be transformed into delicious and nutritious meals for those doing it tough in our community. No waste and a great outcome for others is a win win!



### Volunteer Opportunities

Vinnies Van is in desperate need of volunteers to assist in the Wynyard area on Tuesday, Wednesday and Sunday evenings and in the Burnie area for Thursday evenings. If you can help, please call Leah on 0447 788 441 or via email at: [leah.morrow@vinniestas.org.au](mailto:leah.morrow@vinniestas.org.au)

Grow Gather Give need assistance in their garden at the Wynyard High School garden, email [info@growgathergive.com.au](mailto:info@growgathergive.com.au)

Live Well Tasmania- if you like sharing your love of arts, crafts, gardening, woodworking, etc and would like to help with our "Come And Try" project please Kelly on 0429 186 532 or Robin on 0421 461 724, or email [info@lwt.org.au](mailto:info@lwt.org.au)

Learner Driver Mentoring Program – this matches learner drivers with volunteer mentors to gain supervised driving experience. Contact Gary on 0409 832 764.

City Mission Shop has opportunities for serving in their opportunity shop in Wynyard. See [www.citymission.org.au/volunteer](http://www.citymission.org.au/volunteer)

### Tasmania's first Child and Youth Wellbeing Strategy Consultation

Investing in the wellbeing of children and young Tasmanians is critical for our State's future and consultation is now open to deliver Tasmania's first ever comprehensive, long-term, whole of government Child and Youth Wellbeing Strategy. The Strategy will cover from 0 to 25 years old, with a specific focus on the first 1000 days because we know this time provides a critical foundation for the rest of a young person's life. Students who have greater wellbeing are more likely to have better educational outcomes, and a better quality of life, with the Strategy providing the blueprint for Tasmanian children to thrive.

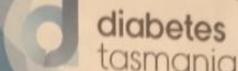
The consultation methods include:

- An interactive website where individuals and organisations are invited to share their contributions online through drawings, paintings, creative writing; by completing a survey; or by making a formal written submission to a discussion paper.
- Paper-based materials (e.g. postcard to the Premier)
- Face-to-face consultations being run statewide by the CCYP, Youth Network of Tasmania (YNOT), Mental Health Council Tasmania (MHCT) and Playgroup Tasmania, focussing on hard to reach and digitally excluded children and young people.

The consultation program will run from 19 January to 19 March. Go to '<https://wellbeing.tas.gov.au>' for further information.

## Our Healthcare Future Consultation

The “Our Healthcare Future Immediate Actions and Consultation Paper” highlights key issues impacting healthcare in Tasmania in 2020 and beyond, and proposes three key improvement areas, including immediate actions the Tasmanian Government will take now, and consultation questions to guide future planning, better community care, modernising Tasmania’s health system and planning for the future. Tasmanians are encouraged to have their say on what improvements can be made to our health system. Since 2015 (stage one reforms), over \$1.5 billion dollars has been committed to improving the health system. Despite this significant investment, demand for care continues to grow. Tasmania’s unique social and demographic factors, including an ageing population and high number of people living with co-morbid health conditions, are a major cause behind this increase in demand. Like other states and territories, we also have people being cared for in hospital because the Tasmanian health system does not have enough subacute, primary, community and home-based services. Care in the wrong place isn’t best for people and comes at a high cost. Around \$100 million is spent each year on care delivered in hospital that could have been delivered at a lower cost in the community. The closing date for submissions is 12 February 2021. Submissions can be forwarded to: [ourhealthcarefuture@health.tas.gov.au](mailto:ourhealthcarefuture@health.tas.gov.au)

**Do you or someone you know live with diabetes?**

Would you be interested in joining a **Wynyard Diabetes Support Group?**

To come together with others in the community, gain information, support and understanding.

If you would be interested please contact **Lew and Joan Hoek** on 0402 123 438 or [lew.hoek@gmail.com](mailto:lew.hoek@gmail.com)



**West Coast Yoga**

Come together to practice yoga,  
Learn basics – movement, body and breath

**Monday nights 6.00pm-7.30pm for 4 weeks**  
Starting 15 February  
Marawah Memorial Hall

**Free – Bookings essential – limited spaces**  
Contact Cassie 0428 144 439 for bookings or more info

This project was funded by the Healthy Tasmania Fund through the Tasmanian Government







**Life is an endurance test, so why be ashamed of your age?**

**P.K. Shaw**



28 Saunders Street, Wynyard TAS 7325  
[lwt.org.au](http://lwt.org.au)  
[info@lwt.org.au](mailto:info@lwt.org.au)

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

**If you do not wish to receive this monthly email, please reply ‘unsubscribe’ to this email**