



Wynyard Community Newsletter April 2021



Live Well Die Well Mini-Expo and Neighbour Day great discussions, great music!

Photo's: Bob Segrave

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Welcome!

As the weather starts to turn colder a number of us are enjoying lots of Tai Chi and Qigong, which although ideally are done outdoors, it is also great to do indoors, and is immensely beneficial for both mind and body. One of the great benefits of these practices are in helping to heal injuries – we are finding that pre-existing injuries markedly improve after doing Tai Chi and Qigong for a few weeks. We are completing a course to learn how to teach Tai Chi and Qigong to people in our community, thanks to the Waratah-Wynyard Council’s Healthy Tasmania funded project “Breathe, Eat, Move, Relax” and Jay McGough. In addition, World Tai Chi and Qigong Day, which occurs in April each year, involving hundreds of cities from over 80 nations is being celebrated by a free event in Wynyard at Gutteridge Gardens on the 24th of April, 9.30am to 10.30am, catering for both beginners and those with experience.



Also being held during April as part of the Council “Breathe, Eat, Move, Relax” project are mountain biking, kayaking and “On Your Bike” sessions, see below for further details.

The Live Well Connections project continues to focus on re-connecting people, and providing opportunities for ‘time out’ to reduce stress levels. In addition we have had a couple of other courses recently, being mental health in the workplace, and The Accidental Counsellor. For the latter we had nine attendee’s who learnt how to ‘recognise, respond and refer’ with regards to people suffering emotional distress. This course is not only extremely helpful for how to respond to someone in distress, it is also great for improving everyday communication, whether at home or at work, or out in the community.

We also have an eight week course planned which somewhat follows on from The Accidental Counsellor Course, starting on the 11th of May. It will include talking about active listening skills, confidence tips and tricks, building rapport, dealing with difficult people, and ideas on relaxation as the gateway to inspiration. You don’t have to come to all of the session, it is aimed at being informal, and interactive.

And on the 4th of May, Dr Michelle Towle will talking on the topic of “If not dieting, then what?”. It is aimed at those wanting to achieve and maintain a healthy, comfortable weight for you, without being deprived of food or quality of life.

On the 22nd of April we are celebrating “Mother Earth” Day which was established in 2009 by the United Nations General Assembly, and reflects the interdependence that exists among human beings, other living species and the planet that is our home. It aims to foster shared responsibilities to rebuild our troubled relationship with nature as a cause that is uniting people around the world. We are celebrating the day by holding a special sewing workshop on upcycling clothes. Heather who has significant experience in refashioning clothes will be leading the workshop (see right for just one creative idea of what you could make!).



The Wynyard Community Hub is also going momentum towards the prevention of mental and physical illhealth in an effort to minimise distress levels. We are seeking more people to be involved, anyone with an interest in building capacity towards improving health and wellbeing is very welcome, including helping put together a community directory of all service providers and all community groups who provide opportunities for social interaction and more generally can help increase health and wellbeing.

Events

7th April, Allied Mates Forum - World Health Day, Gnomon Pavilion, Ulverstone 9:45am - 1pm

The Allied Mates Forum will feature snapshot presentations highlighting a number of local services and grassroots initiatives aimed at working with men Registration essential (no cost) via - <https://bit.ly/2Yjko3B>

10th April, Kayaking sessions, Waratah-Wynyard Council "Move, Eat, Relax, contact Shaun at Wynyard Fitness, ph 6442 3844

10th April, 10am to 4pm, Ecofest, 'Seeing a positive future', Ulverston Wharf Pavilion, range of stalls, technology information, live music, local food, gold coin entry, more information at www.ecofesttas.com.au

14th April, 10.30 to 12.30pm, Waratah-Wynyard Council Community Conversations, The Mushroom Café, contact the Council for further information.

16th April, 5.30pm to 7.30pm, Rural Health Tasmania, 73-75 Mount Street, Burnie, Self Care workshop, identify personal signs of stress and simple strategies to address them, \$25, enquires Natalie at admin@kentishrc.com.au

17th April, Mountain Bike session, Waratah-Wynyard Council "Move, Eat, Relax, contact Shaun at Wynyard Fitness, ph 6442 3844

18th April, 1pm – 3pm, On Your Bike, Ride Confidence Program, Bike checks, basic bike maintenance, bike introduction and safety, correct riding position, delivered by Alison Hugo, Basic AustCycle Instructor, Contact Kelly for further information on 0429 186 532

22nd April, 1.30pm to 3.30pm, Mother Earth Day and Clothes Upcycling, Live Well Tasmania, 28 Saunders St, Wynyard, numbers are limited so get in quick! RSVP to Robin on 0421 461 724 or Kelly on 0429 186 532

24th April, 9.30am to 10.30am World Tai Chi & Qigong Day, Wynyard Gutteridge Gardens, Free event, beginners and more experienced people welcome, if the weather is bad it will be moved to the Seniors Citizens. Enquiries contact Catherine Fernon on 64451484 or cafernon@gmail.com

Also 11am to 4pm, Qigong workshop, Wynyard Senior Citizens Club, for bookings contact Jay at zenji.jay@gmail.com or 0456 547 035. Please book by 14th April 2021

24th April, 10.30am to 12.30pm, RESEED, 30 King William Street, Penguin, Seed Saving with Plant Families, \$20 includes seeds to take home, contact Elspeth, Bookings essential, email shinrin.yoku.nw@gmail.com, or ph 0438440942.

25th April, 3pm to 5pm, Music Connections, Live Well Tasmania, 28 Saunders Street, Wynyard, contact Chris at www.chrisokunbar.net

25th April, 2-4pm, Repair café, RESEED, 30 King Edward Street, Penguin – last Sunday of every month from Feb to Nov, 2-4pm. Sewing repairs, sharpening tools and knives, bicycle tube repairs, general household repairs. Learn to repair things yourself. Donation \$5 – 10 dollars or use Community Exchange Network Tasmania (CENTs) currency (see www.cent.net.au).



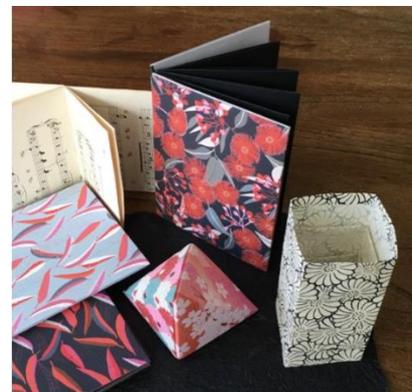
Update Live Well Tasmania

We thank the Waratah-Wynyard Council for providing us with a Survive and Thrive grant of \$1,950 to go towards floor mats to cover our concrete floor in our workshop area, which will allow us to use the space for a variety of activities.

Connections Project

The twice weekly sessions have been going well, recently we have enjoyed Jan Marinos showing us how to make beautiful and useful paper objects (see right for some of them), and we have made a vision board – before you manifest something in your life it makes a big difference to visualise it first! We had a stall at the Live Well Die Well Mini-Expo, showing some of our artwork, and promoting the sewing sessions (which have been very well attended).

We will also be adding some self care activities, great for relaxation and inspiration! On the 22nd of April for International Mother Earth Day you can get extra creative while making something useful in our clothes upcycling workshop.



Our plans for the next couple of months include an extra session on Tuesday mornings. The first of these sessions will be delivered by Dr Michelle Towle, who has an enormous wealth of knowledge in relation to health and wellbeing. Her topic is “If not dieting then what?”. This builds on a book by the same name, written by Dr Rick Krausman. The workshops aims to help you look at food in a more positive way, forget the “no pain no gain” approach, enjoy food without feeling guilty, increase your eating awareness, improve how you feel about yourself, and most of all help you to achieve and maintain a healthy, comfortable weight for you, without being deprived of food or quality of life.

For Dr Krausman, the general stigma of perceptions of excess body weight causes significant shame and anxiety. He notes that the abundance of different diets that are promoted generally do not work because they fail to address the underlying causes of eating problems. Instead he advocates avoiding making people feel guilty about their weight, and using understanding and practical information not necessarily directed at eating and exercise behaviour, but levels of motivation.

Then we have Sharon talking about active listening skills, confidence tips and tricks, build rapport: Body Language Tips, dealing with difficult people, and relaxation as the gateway to inspiration. These ideas are not ‘soft and fluffy’, they actually help enormously with getting more out of your life, having more energy, improving your communication and hence increasing your capacity to work collaboratively, which it can be argued is the key to making the world a better place!

This builds on our recent Accidental Counsellor training.

The Accidental Counsellor/Learning to listen

We were extremely grateful to have David from Ozehelp/Lifeline deliver a very engaging and eye opening workshop called “The Accidental Counsellor”. He began by saying a better name for the name could be “Accidental Conversations” and that one of the main messages was of the importance of non-judgemental listening. He pointed out that the letters of the word ‘listen’ also make the word ‘silent’. The first necessity is to listen to ourselves, and ask ourselves if we are in a calm enough state to be fully present with someone else who needs an empathetic ear. The most important things then are to avoid judgement, opinions and advice. A good tip for active listening is to visualise peoples story as they are telling it to you, this has a number of benefits, firstly it makes your more present and stops the chatter in your head, including thinking of how you are going to reply, and secondly makes it easier to remember the other persons story. You’re job is 90% done just by being silent and listening actively to them. The other 10% is mostly validating their feelings.

Live Well Die Well Mini-Expo

A small but enthusiastic group of people got together at the Railway Institute Hall for the Mini-Expo, and also to celebrate Neighbour Day. We had some great displays from the Waratah-Wynyard Palliative Care Group, Survivors of Suicide, Tender Funerals and Wani Burt who supplied some wonderful massage! Maureen and Chris entertained us with some great music, and we are very grateful for receiving a grant from Relationships Australia and Healthy Tasmania to help us celebrate Neighbour Day. This allowed us to have five luck door prizes, which included three Live Well Vegie boxes. Save the Date for the 27th of March 2022 for a much bigger and better event!



Music Connections

The first Music Connections gathering happened on Sunday, at “Live Well” in Wynyard, with local musicians turning up to share their songs and instrumentals together. This monthly session welcomes all acoustic instruments, voices, and styles, and is a safe way to start sharing music with others. We listened to folks playing original songs, Romanian harp melodies, Irish songs, a bit of glam pop from Berlin, roots rhythms, and a good sprinkling of blues.

The group meets again at 28 Saunders Street, Wynyard, on Sunday April 25th from 3pm. We’d love to have some brass, woodwind, or pipers join us. Let us know if you’d like to come along via the contact page on Chris’s website:

www.chrisokunbor.net or take a chance and show up on the day (the group size is 15 maximum).



The first Music Connections session produced some great music!
Photo: Chris O

Update Waratah-Wynyard Council

Seeking Tasmanian Artists!

Waratah-Wynyard Council is seeking an illustrated map to be created by a Tasmanian artist to communicate information about the Wynyard location. The resulting product is intended to be reproduced and used to guide and educate as well as enjoyed as an attractive keepsake. The scope of map should be limited to the Wynyard ‘coastal and riverine walks’ which could include from Flowerdale Bass Hwy bridge to Alexandria House, Freestone Cove and Fossil Bluff to Gutteridge Gardens out past to Nurses Pines to Doctor’s Rocks. Please refer to the link for more information. <http://ow.ly/Y1PM50DVQAY>

They are also seeking an illustrated information board to be designed and fabricated by a Tasmanian artist. It will be installed in a prominent location in the town. The scope of the area covered on the illustrated information board should be limited to the area close to the town centre linked with existing walking paths, including Gutteridge Gardens and the river walk to Fossils Bluff, the Wynyard Wharf and foreshore area, Camp Creek, “Nurses Retreat”, Old Bass Highway to Bruce’s Café/Doctor’s Rocks. Please refer to the website link for more details. <http://ow.ly/IZw250DVQyL>

COVID-19 vaccination roll out

Phase 1B of the Government’s COVID-19 vaccination program will see 11 GPs across the North-West Coast delivering vaccines for the elderly and immunocompromised. People will be able to book their vaccine appointments directly at a participating general practice. As the rollout moves into Phase two, additional general practices and pharmacists will also participate in the program. In Wynyard, the Saunders Street Clinic is the participating GP, those eligible can access the vaccine from Monday, March 22. You can also use the Government’s Eligibility Checker, which will also help you find your nearest provider. <http://ow.ly/crp650E0SAAt>

Some of the outcomes from the March Council meeting:

- note the Yolla Public Toilet Block Options Review Report; proceed with detailed design and planning for upgrades of the Yolla Recreation Ground amenities, including consultation with the relevant stakeholders; and allocate \$100,000 funding for the provision of a Public Toilet at Yolla through the Local Roads and Community Infrastructure Program (Round 2)
- note the addendum to the submission to the proposed decommissioning of the Waratah Reservoir and a submission to the draft Waste and Recovery Bill
- note the Sustainable Murchison 2040 Community Plan update
- endorse the allocation of funding to successful applications for Thrive & Survive Minor Grant Round
- note the Sisters Beach Community Centre Consultation Report and determine, at this time, not to proceed further with the provision or construction of a community centre at Sisters Beach

Thrive & Survive Minor Grant Round recipients

Waratah-Wynyard Council has assisted an additional 11 businesses and community groups in the municipality through its Thrive & Survive Grants Program. The Thrive & Survive grants were launched by Council in October 2020 in response to COVID-19, with an initial \$80,000 distributed to organisations and businesses.

Waratah-Wynyard Mayor Robby Walsh said “In this minor grant round Council has enabled several worthy recipients to fund their innovative plans. From a finance business – which will use the money to relocate to a shop front in Wynyard’s main street, and realise its plans to assist the community to better understand personal finance – to Building Somerset’s Future community group’s plans for a Greenspace Project, where trees will be planted in designated greenspace corridors and the development of “pause points” in Somerset.”

Brenton Hosking, who is the treasurer of Building Somerset’s Future, was thrilled to receive funding.

“As a group (Building Somerset’s Future), Waratah-Wynyard’s Council’s draft Settlement Strategy resonated with us and we wanted to support that in some way,” Brenton Hosking said.

“And when we saw the idea of green corridors (in the strategy) we thought ‘let’s see if we can make that happen sooner than later’.”

Additionally, Yolla Memorial Hall will get a freshen-up with internal painting.

Mayor Walsh said. “with the onset of the pandemic, it has been impossible to hold functions to supplement the upkeep and use of the Yolla Hall, so this is a way Council can assist the volunteers who take care of the facility to get back on their feet.

The Waratah Food Bank is another recipient of our Thrive & Survive Grants Program.

The program was designed to assist business and community groups to thrive and innovate to lessen the effects of COVID-19. Michael and Raelene Groenewegen are volunteers with ADRA (Adventist Development & Relief Agency) and set up the food bank at the Waratah Community Hub every Wednesday, which services about 25 people.

For the past two years they have loaded up their car with fresh produce and supplies and made the trip from Boat Harbour. A Coles delivery truck delivers additional supplies for the food bank, and a small opportunity shop operates from within the Community Hub.



Michael & Raelene prepare to pack up after another busy day in Waratah. Photo Facebook

Thrive & Survive Minor Grant Round recipients

- Coastal Finance (TAS) Pty Ltd
- Domus – Domus Crafters
- RedJaf IGA X-Press
- Building Somerset’s Future Community Group
- Live Well Tasmania
- Kentish Regional Clinic Inc.
- Rotary Club of Wynyard
- Yolla Memorial Hall
- Waratah 7321 Men’s Shed
- Somerset Strikers Cricket Club Inc.
- Somerset Amateur Basketball Association

Changed arrangements for waste collection over Easter

Recycling and garbage bin collection for those properties usually collected in Friday 2nd of April will occur on Thursday 1st April. The Wynyard Waste Transfer Station will be closed on Friday the 2nd of April and Sunday the 25th of April (Anzac Day).

Easter & ANZAC Day
waste collection arrangements

Update Wynyard Community Hub

A meeting was held recently to progress the Hub. One outcome of the meeting was to clarify the role of the Hub, being to raise awareness of and promote the prevention of mental and physical illhealth in an effort to minimise distress levels. The major means to achieve this is to provide information, and to help identify gaps in supports for preventing physical and mental illhealth. We discussed the process of putting together a community directory of all service providers and all community groups. This will link to other projects, particularly the Councils Breathe, Eat, Move, Relax project, and Live Well Connections project. Both of these include components of connecting people to non-clinical sources of improving health and wellbeing. We are very keen for other people to join us, either as a Board member (meeting bi-monthly) or as an ordinary member. You need above all to have an interest in building community, and to improving health and wellbeing.



WYNYARD
COMMUNITY
HUB

Community initiative of the month- North West Coast Dads

Chris Malloch had the great idea of starting a support group for men with children along the North West Coast. The group is designed for any male figures in a child’s life whether it be an expecting dad, a new dad, an experienced dad, step dad, grandfather or guardian living on the North West Coast interested in meeting and chatting with other like minded males for advice and/or regular playgroup catch up’s.

Chris and his partner moved to Wynyard four years ago, and were lucky enough to be blessed with the birth of their son a year and a half after their move. Since then, Chris found it difficult



Chris (left) with his son Hudson, Mark and daughter Daisy and on the right is Peter with his daughter Jessica. Photo supplied by Chris

meeting new people and creating new friendships while also trying to spend quality time with his son. Other blokes he talked to also had similar struggles themselves and have become a bit isolated which isn't good for anyone's mental health. He decided starting a group for men that enables them to meet and seek advice/support when needed was something our community would greatly benefit from. At this stage he is proposing a scheduled play date/catch up at least once a month along the North West Coast between Smithton and Latrobe for anyone that would like to attend with or without their child/ren. The photo at right shows the first 'date' in Wynyard recently. He would like to invite other blokes that would be interested in attending for either a play date or a much needed break. Contact Chris at cmalloch@outlook.com.au

University of the Third Age (U3A)

The U3A had their Annual General Meeting recently, during which a new committee (pretty much the same as before) was elected and a new constitution adopted that better reflects their aims. Their statement of purpose is very inspiring, as they aim to be a community learning organisation providing a range of learning opportunities for older adults and managed by volunteers. They promote learning is for its own sake, with enjoyment being the prime motive. No educational entry levels are required for eligibility to U3A Wynyard Inc membership, no examinations are set, and no awards or qualifications are given. More specifically the aims and objectives are 1. to promote and encourage membership of U3A Wynyard Inc. within the broader Waratah-Wynyard and neighbouring municipalities. 2. To provide learning opportunities for older people who are not in full time employment. 3. To encourage all members to contribute their time and talents to ensure the sustainability of U3A Wynyard Inc by volunteering as tutors, or in any other roles. 4. To operate as an affordable learning co-operative to offer lifelong learning opportunities and promote healthy ageing in a friendly, safe and enjoyable environment. 5. To create a learning culture that is free from discrimination. See their website for the great courses and sessions they offer: www.wynyard.u3anet.org.au



Social and nature prescribing

For some people their General Practitioner is the only person they can go to when they are not feeling well but they don't have a condition that the GP can prescribe medication for. For these people, research shows that regularly exercising or taking an Art class with other people can greatly improve their health. Of course the idea is not to discourage people from going to their GP or other health professionals if they are not well. Social prescribing (SP) is "a mechanism for linking patients with non-medical sources of support within the community". Social prescribing on its own is not enough; it has got to be part of a bigger system, which connects the community and the assets to the services and support. Research indicates that we tend to underestimate the relevance of social factors such as loneliness and social isolation and other social, economic and environmental determinants of health. Social prescribing (sometimes referred to as non-medical prescribing or community referral) is a relatively new concept, developed as an innovative way to move beyond the medical model and address the broader things that affect our health. This could greatly reduce the burden on the health system, freeing up much needed resources for addressing the causes not just the symptoms. See <https://chf.org.au/social-prescribing>



Hugging tree's is great for your health, like our Grandmother tree at Oldina!

Volunteers wanted!

Ambulance Tasmania is always looking for committed, caring people join our team of Volunteer Ambulance Officers, especially in rural communities, no experience required, training provided, 1300 303 196



SEED SAVING WITH PLANT FAMILIES

Explore the basic botany of vegetable plant families and how this is useful for saving seeds.

SATURDAY 24TH APRIL, 10:30-12:30
RESEED CENTRE, PENGUIN
\$20 (INCLUDES TAKE HOME SEEDS)

Contact Elspeth: shinrin.yoku.nw@gmail.com,
or ph 0438440942.

Morale is when your hands and feet keep on working when your head says it can't be



Live Well
TASMANIA

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

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100s of Cities in Over 80 Nations participate every year in World Tai Chi and Qigong Day

<http://www.worldtaichiday.org>



**YOU ARE INVITED
TO BE A PART OF THIS
WORLD-WIDE EVENT**

***Come and join us at Wynyard's Gutteridge Gardens*
on Saturday 24th April 2021 from 9.30am to 10.30am**

THIS IS A FREE EVENT

Beginners and more experienced people are all welcome.

This will be a very easy to follow introductory session.

The event will be led by local Qigong and Tai Chi Teachers

*If weather is bad we will move to the Senior Citizens Centre
On the corner of Dodgin and Jackson St (please enter by side door)*



This event will be followed by an optional
Qigong Workshop at the Senior Citizens Centre.

Enquiries phone Catherine Fernon on 64 451 484 or email cafernon@gmail.com

done

Admiral Ben Moreell

28 Saunders Street, Wynyard TAS 7325

lwt.org.au

info@lwt.org.au