

## Wynyard Community Newsletter May 2021



An attentive audience at Heather's recent Upcycling workshop at Live Well Community Centre

Photo: Robin Krabbe

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Welcome!

April was a big month for health and wellbeing, with twelve participants from Circular Head and Waratah-Wynyard completing teacher training in Tai Chi for Health and Qigong. World Tai Chi and Qigong Day was also held during April, for which Jay McGough provided a free session in Gutteridge Gardens. Many people would have heard of Tai Chi but less people will have heard of Qigong, which is often described as the 'art and science of refining and cultivating internal energy', as well as having significant relaxation and mind-body integration benefits.

It is International No Diet Day on the 6<sup>th</sup> of May, which aims to end weight discrimination among other related aims. One suggestion to celebrate the day is to cook something indulgent- just remember to enjoy it mindfully! We look forward to celebrating the concept via a workshop on the 4<sup>th</sup> of May with Dr Michelle Towle titled "If Not Dieting, Then What?". One important aim is to take the stress out of everything to do with food, particularly feelings of guilt that we should be eating more healthy foods. Most of us can probably eat a more healthy diet, but until we reduce our feelings of overall stress, it is very difficult to change our eating habits, since a lot of unhealthy eating is caused by "Stress Eating". That is, we unconsciously do it to relieve stress from our busy lives, from frustrating work environments etc. Exercise is a fantastic way of course to reduce stress, as a better alternative to stress eating, but often there is a vicious circle (often related to lack of social support) – the more stress we feel the less we feel like exercising. The workshop will talk about a way to break this cycle via social support, in particular it can be much more motivating to exercise with others and do enjoyable things like arts and crafts to increase relaxation which reduces feelings of stress. Come to the workshop and be inspired to look at what you eat in a different way!

We also have Sharon commencing a series of sessions on the 11<sup>th</sup> of May who focuses on another common cause of stress of stressful relationships with others. Learn how to build rapport, how to deal with conflict, tips to increase self-confidence and much more. Two other events this month with a direct focus on reducing stress and increasing wellbeing are the Self care workshop and Mental Wellbeing Workshop's being held at Live Well Tasmania and the Somerset Lifesaving Club. These aim to provide skills and resources to develop an individualised self-care plan to enhance physical, emotional and mental health on a daily basis.

The Wynyard Community Garden is partnering with the Council for a free compost workshop, and they are also having a sweet potato harvest session, see below for details.

National Reconciliation Week (NRW) (27<sup>th</sup> of May to 3<sup>rd</sup> June) is an opportunity for all Australians to learn about Australian history, more specifically our shared histories, cultures and achievements, and to explore how we can all contribute to achieving reconciliation in Australia. The need for reconciliation is related to our unconscious bias of automatically judging people who are different from us as inferior in some way. It is a survival instinct, but can have far reaching negative consequences. See below for local NRW events.

We attended Ecofest last month in Ulverstone, see photo (right) and report below. Also note our Permaculture Design Day on the 8<sup>th</sup> of May, everyone welcome to learn about sustainable design, whether you have a small backyard, or large property, and to help us design our Community Farm at Oldina, see below for details.



After eight weeks of training, it was great to get our certificates! Photo Courtesy Jay McGough



Tania demonstrating the Live Well Seed Library at Ecofest Photo: Courtesy Tania Brookes

## Events

1-2<sup>nd</sup> May, 10am – 3pm, Urban Food Growing, RESEED Centre, 30 King Edward St, Penguin, learn how to maximise the potential of your backyard for growing nutritious food bookings essential email [projectmanager@lwt.org.au](mailto:projectmanager@lwt.org.au)

4th May, 10am to 11.30am, “If not Dieting, Then What”. Live Well Tasmania Community Centre, 28 Saunders Street. Learn how to maintain a comfortable body weight. Contact Robin 0421 461 724, or Kelly on 0429 186 532

4th May, 10am to noon, Civic Park, Wynyard, Composting workshop, Waratah-Wynyard Council,

6th May, 10.30am to 12.30pm, Free Self-Care and Mental Wellbeing Workshop, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Provides skills and resources to develop an individualised self-care plan to enhance physical, emotional and mental health on a daily basis. Morning tea provided. Enquiries [rmuirwilson@warwyn.tas.gov.au](mailto:rmuirwilson@warwyn.tas.gov.au) or 6443 8636. Book via Eventbrite.

6th May, 2.30pm to 4.30pm, Free Self-Care and Mental Wellbeing Workshop, Somerset Surf Lifesaving Club, ANZAC Park, 1 Bells Parade, Somerset. Enquiries [rmuirwilson@warwyn.tas.gov.au](mailto:rmuirwilson@warwyn.tas.gov.au) or 6443 8636

6th May, 9am to 4.30pm, CORES Suicide Prevention Training, Rural Health Tasmania, 73-75 Mount Street, Burnie. Aims to provide essential skills and resources required to identify and respond to a person at risk of suicide. Enquiries Yvonna 0407 056 293, email [ymzuydam59@gmail.com](mailto:ymzuydam59@gmail.com)

8th May, 9am to 4pm, Introduction to Permaculture, Oldina. Contact Robin to RSVP and for enquiries, 0421 461 724.

11th May, 10am to 11.30am, Life Skills, Live Well Tasmania Community Centre, how to build rapport, dealing with conflict. Morning Tea provided. Contact Kelly Kelly.23@live.com.au or 0429 186 532.

12th May, 10.30am to 12.30pm, Community conversations - Wynyard – May 12 – Waratah-Wynyard Council Chambers. See <https://www.warwyn.tas.gov.au>

14th May, 11am to noon, Sweet Potato Harvest, Wynyard Community Garden, Johnson Place, off Austin Street (behind Basketball stadium).

18<sup>th</sup> to 20<sup>th</sup> May, from 9.30am, National Families Week Anglicare and East Devonport Child and Family Centre at East Devonport Child and Family Centre Variety of sessions, to book into a session, please call Sue on 03 6478 4336

23<sup>rd</sup> May, 3pm to 5pm, Music Connections, Live Well Tasmania, 28 Saunders Street, Wynyard, contact Chris at [www.chrisokunbar.net](http://www.chrisokunbar.net)

30th May 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](http://www.cent.net.au)).

31st May, 7am to 9am, National Reconciliation Week Breakfast, Paranple Convention Centre, 145 Rookie Street, Devonport

31st May, 1pm to 2pm, National Reconciliation Week Free Lunchtime Lecture, Paranple Centre, 145 Rookie Street, Devonport. Numbers limited, bookings essential at <https://rectas.com.au/events-2>

## “MORE THAN A WORD RECONCILIATION TAKES ACTION”



### Update Live Well Tasmania

#### *If Not Dieting Then What...*

Join Michelle

on the 4th of May to talk about why we eat what we eat and other related topics. Some facts in relation to dieting in Australia is that up to 92 percent of young women and 44 percent of middle aged women diet to lose weight. Michelle will be drawing on the book of the same name by Dr Rick Kausman who is recognised as the Australian pioneer of the person-centred approach to food, eating behaviour, weight and health. He aims to help people be the healthiest they can be, and as a result of that, achieve and maintain a healthy, comfortable weight for them without being deprived of food or losing quality of life, to generally enjoy food without feeling guilty. One topic Michelle will talk about is mindful eating, which can have significant benefits for health eating. Everyone welcome to this free workshop.

#### *Upcycling workshop*

We had a great upcycling workshop with Heather who pointed out the enormous amount of clothing that goes to landfill, which could be recycled or upcycled (made into something better than the original clothing). Heather also showed a fantastic way to recycle old t-shirts, of making a bag for example that can be used a shopping bag instead of plastic bags, which doesn't require any sewing. Heather has kindly agreed to share her considerable skills and experience in the Fashion Industry during monthly workshops. Don't forget our Art, Craft and movement classes on Tuesdays and Sewing on Thursday afternoons.

### Mindless Eating

- 1 Eating past full and ignoring your body's signals
- 2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3 Eating alone, at random times and places
- 4 Eating foods that are emotionally comforting
- 5 Eating and multitasking
- 6 Considering a meal an end product

### Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from



Heather showing up some great tips for upcycling clothes that would otherwise go to landfill. Photo: Robin Krabbe

### *Ecofest*

The blustery weather conditions did not dissuade the committed festival patrons from attending the annual Northwest Ecofest on Saturday April, 10. Organised by the North West Environment Centre at The Wharf in Ulverstone, our Live Well Tasmania volunteers had a steady flow of patrons curious about our various offerings. The stall was busy with promotion of the Community Exchange Network Tasmania, Community Seed Banks, Veggie Box Community Supported Agriculture, Sewing Circle and our upcoming Permaculture Design Day for our Oldina Farm and the Creative Connections activities and life skills program. The Seed Bank was hectic handing out free seeds to the community encouraging growing of food in backyards across our region.

The CENTS program always generates much interest in community currency and meeting needs by tapping into the abundance of goods, skills and services in our communities available to trade without money. A great local event promoting sustainable living initiatives. We are keen for next year already!



Geoff, Kirsten and Family enjoying the activities Photo: courtesy Tania Brookes

### *Building Better Regions Project and the Wynyard Community Hub*

Live Well Tasmania is grateful for some funding from Building Better Regions fund firstly to complete a strategic plan for the Wynyard Community Hub, and secondly to run ten Community and Business events (we actually ran eleven – five breakfasts before COVID-19, and six events post COVID). Meetings have been held and investigation has occurred towards one of the current priorities of the Hub of a Community Database. Some promising software has been identified (called Made Open) which was developed in the United Kingdom and is now used by groups such as Launceston Together as a networking tool and connecting users and service providers.

This project builds on many years of research on why most attempts at socio-economic development fail to achieve their objectives. The main reason is that there is not enough investment in people, to facilitate the building of skills either required by employers, or necessary for self-employment. While it can be difficult to see immediate results from investment in building people's skills, change does time, and in the long run this is the only way to achieve enough creation of jobs to allow regions to flourish. Creative and innovative people can be counted on to have the perseverance and entrepreneurship to satisfy real human needs. The capacity to collaborate is also a vital aspect of motivated people crucial for employment development.

In analysing the employment statistics for North-West Tasmania, there are three opportunities in particular for socio-economic development. Firstly there is enormous opportunity due to Health and Social Assistance area, and Education and Training being our top two industries for employment levels. Within these two industries is a wide variety of employment opportunities.

Secondly the opportunity to engage more people in education, with 40.9% of Tasmanians in our region not having any formal qualifications. Thirdly there is an opportunity with regards to the low participation rate, whereby over 35,000 people aged 15 and over in North-West Tasmania (Cradle Coast Region) are not in the labour force versus approximately 48,000 who are participating in the labour market.

We believe the project had a positive effect on two key aims of the Building Better Regions program of enhancing leadership capacity, and encouraging community cohesion and sense of identity. The project also aimed to build capacity to have a positive impact on economic activity. Social Enterprise for example has the potential to provide jobs, including for youth, such as the Live Well Veggie Boxes.

## Update Waratah-Wynyard Council

### *Compost workshop*

Did you know there is an International Compost Awareness Week Australia? The week runs from Sunday, May 2 to Saturday May 8. International Compost Awareness Week Australia (ICAW), is a week of activities, events and publicity to improve awareness of the importance of compost, a valuable organic resource and to promote compost use, knowledge and products.

Tuesday, May 4th, from 10am-noon in Civic Park ("Cow Park"), Goldie St, Wynyard, to learn more about this valuable "waste" resource.



### *Progress on Waterfront plan*

Wynyard's new waterfront community facility is due for completion by September this year, providing a new home for Wynyard's award-winning Yacht Club and attracting more people to enjoy this area, where the river meets the sea. There are plans for a new launching ramp and floating pontoon and making the the southern seawall safer for fishers and spectators.

### *Somerset All-abilities Playground*

Waratah-Wynyard Council in partnership with local charitable organisation The Fairy Godmothers will create a destination playground at Somerset's ANZAC Park that will realise the vision for a playground that is fun, inclusive and accessible for everyone.

Creating a destination accessible playground – designed to offer the largest range of activities and sensory play experiences in a custom-designed setting for people of all ages and abilities – is one of the key recommendations of Waratah-Wynyard Council's Open Space, Sport and Recreation Plan (OSSR) 2017-2027 and Waratah-Wynyard's Destination Action Plan.

"Together with developments along the Wynyard Waterfront and future Coastal Pathway project, Waratah-Wynyard Council is planning and creating modern and vibrant public spaces that encourage active, healthy communities." Waratah-Wynyard Mayor Robby Walsh said.

Waratah-Wynyard Council welcomes public input into the project via [www.warwyn.tas.gov.au/have-your-say/anzacpark/](http://www.warwyn.tas.gov.au/have-your-say/anzacpark/)

The \$2.55-million-dollar staged project has secured \$1.365 million from the Federal Government's Community Development Grants Programme and a further \$635,000 has been allocated by Council.

### *National Families Week*

The aim of National Families Week is to celebrate the vital role that families play in Australian society. It is a time to celebrate with your family, make contact with your extended family and friends, and share in the enjoyment of family activities within the wider community. It is a time to celebrate the meaning of family and to make the most of family life. Let's take the time to reflect on the critical role that families play in teaching, supporting and nurturing children especially as they grow.

To celebrate Families Week this year Anglicare's KIDS Parenting Support Program and East Devonport Child and Family Centre are holding a mini conference. Sessions include music therapy, bonding and



Concept design of the Somerset All Abilities Playground Courtesy of Waratah-Wynyard Council

attachment, speech and hearing, safe internet usage, toilet training, autism, drumming, alcohol and other drugs and teens, where you can go for help, sleep matters and information about the Strong Families, Safe kids initiative. There will also be a Financial Counsellor on site Tuesday, 18th May and Family Violence Counsellor on site on Wednesday, 19th May

On the 20<sup>th</sup> of May there will be a Keynote speaker, Karen Young who will be talking on the topic of *"Strengthening Children and Teens Against Anxiety"*. Karen has worked as a psychologist in private practice and organisational and educational settings. She is a sought after speaker, educator and consultant both at home in Australia and overseas. Karen is the founder of "Hey Sigmund," an internationally popular online resource that provides contemporary, research driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling "Hey Warrior" and "Hey Awesome" which creatively assist children to understand and manage anxiety.

### National Reconciliation Week

Reconciliation is a journey for all Australians – as individuals, families, communities, organisations and importantly as a nation. At the heart of this journey are relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples.

We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures 2021 marks twenty years of Reconciliation Australia and almost three decades of Australia's formal reconciliation process.

## Breakfasts

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**Devonport** - Monday 31st of May 2021

**Time:** 7:00am to 9:00am

**Venue for Breakfast:** Paranaple Convention Centre, Rooke Street, Devonport

## Free Lunchtime Lectures

In addition to the three ticketed breakfasts, Professor Langton will deliver a free public lecture focused on Reconciliation Week issues in each of the three cities, as follows;

For the **Free Lunchtime Lecture Bookings** please visit:

<https://rectas.com.au/events-2>

Numbers limited, bookings essential (free of charge) to meet Covid requirements

**RSVP** as soon as possible as numbers for all seats are Covid limited and available, places will be quickly taken. For more information regarding booking availability, pricing and covid restrictions, please contact [info@rectas.com.au](mailto:info@rectas.com.au)



### World Tai Chi and Qigong Day – Jay McGough

There were about 40 people at the event and we were lucky enough to have great weather. Standing on the banks of the river, surrounded by lovely trees, was the perfect place to celebrate World Tai Chi and Qigong Day. The participants joined in the Wudang Longevity Qigong and the Lotus. Those who were familiar with Tai Chi went through the Sun Style Short Form Tai Chi, while beginners had the chance to experience a simple Tai Chi Form. The event was led by local teachers and everyone had a great time.



Participants getting a double dose of 'feel good' chemicals from the lovely environment at Gutteridge Gardens, and from the practices of Tai Chi and Qigong. Photo courtesy of Jay McGough

### International No Diet Day

In May 1992, Mary Evans

Young, who had been struggling with anorexia, bullying, and body image issues introduced the first No Diet Day. From the 18<sup>th</sup> Century people have used specific eating habits to become healthier or make their bodies fit a certain societal ideal. Since then over 1000 weight-loss diets have emerged, with most focusing on consuming a low amount of either calories, fat, carbohydrates, or sugars.

With an increasing amount of accessible media, from television to ads to the internet, marketers promoted body standards and ideals that were difficult for many people to attain. In many cases, photo editing and plastic surgery made these figures physically impossible to naturally attain, yet many feel the social pressure and turned to diets to lose weight. Today, the stated purpose of International No Diet Day (INDD) is body acceptance and body shape diversity and is symbolized by a light blue ribbon. INDD is a feminist landmark and a crucial reminder to focus on health at any size, as well as an important way of exposing the dangers of dieting in terms of the unlikelihood of dieting success. And to increase awareness of some of the negative impacts of the diet industry, emphasizing the inefficacy of commercial diets and to honour the victims of eating disorders and weight-loss surgery.



Some of the suggestions for INDD is firstly to cook something indulgent. No one should deprive themselves of the joy of cooking just because of a diet. Get creative and whip up something that

feels a little bit naughty. If you can't break your diet alone, recruit a friend to help. Just remember to enjoy it mindfully - food doesn't have to be a battle.

Secondly for those social media users, post your food (and show self-love). Instead of posting the four almonds, your diet allows you to eat for breakfast, get yourself a stack of waffles and proudly share them with the hashtag #NoDietDay. Even if it leaves you feeling vulnerable to criticism, you're working towards accepting yourself more fully - and you never know who you might inspire. Thirdly, appreciate your body, as it is. Even though you promised you'd lose 10 kilograms before you put on that adorable sundress, wearing it out and celebrating your form as you are will make a positive impact on you and others. Remember, self-love is all mental and not physical, so today start removing thoughts that you're too fat or aren't good enough and start appreciating yourself as you are.

# PERMACULTURE DESIGN DAY

an Introduction to Permaculture Ethics & Principles



**Live Well  
TASMANIA**

Interested in finding out more about permaculture? Want to help design Live Well Tasmania's farm at Oldina?

**Cost: \$5**

**MAY 8, 2021 | 9AM-4PM**  
**OLDINA COMMUNITY FARM**  
**1022 OLDINA ROAD, OLDINA**





**Bookings essential: Robin 0421 461 724**  
**rkrabbe@westnet.com.au**



**Live Well  
TASMANIA**

*1/2 May 2021  
10am - 3pm*

*Cost: By donation  
Pay what you can afford*

Bookings essential by email to [projectmanager@lwt.org.au](mailto:projectmanager@lwt.org.au)

## Urban Food Growing

Maximise the growing potential of your backyard. Understanding how the sun, water, soil and integration of small animals inform your design and make all the difference to productivity and harvests. Get your garden primed and soon you will be pumping out nutritious healthy food for your family. This workshop is presented @ RESEED Centre - 30 King Edward St, Penguin



**LIVE WELL TASMANIA**  
**CREATIVE CONNECTIONS PROGRAM**

**If Not Dieting..... Then What?**  
Enjoy food without feeling guilty, increase eating awareness and feel good moving. **FREE.** Bookings Essential  
**WHEN: Tuesday 4 May TIME: 10am -11.30am**

**Life Skills**  
Build rapport : Body Language Tips : Dealing with difficult people : Relaxing-the gateway to inspiration : Reclaim your Power and MORE. **FREE.** Bookings Essential  
**WHEN : Tues 11 May - 6wk Program - 10am - 12 Noon**

**Arts, Crafts & Movement**  
Connecting you to fun activities, supportive people, and to services. **FREE.** Bookings Essential  
**WHEN : Tuesdays - 1pm to 3pm**

**Sewing Connections**  
Learn how to sew, mend, create, recycle & more, all welcome. **FREE.** Bookings Essential  
**WHEN : Thursdays - 1.30pm to 3.30pm**

**Music Connections**  
Do you play music? Come & share a few tunes with other friendly amateur musos, Donation, Must book  
**WHEN : 4th Sunday of the month - 3 pm to 5 pm**

**Contact - Kelly : kelly.23@live.com.au**  
**or Ph/Txt 0429 186 532**  
**WHERE : Live Well Tasmania,**  
**28 Saunders St, Wynyard**

 

**CORES™ Burnie/Wynyard**  
Community Response to Eliminating Suicide

**Self-Care and Mental Wellbeing Workshop**



This two-hour self-care and mental wellbeing workshop is designed to provide community members with the skills and resources to develop an individualised self-care plan that encompasses activities to enhance their physical, emotional and mental health on a daily basis.

The workshop will explore the concept of self-care, how to identify personal signs of stress and simple strategies that can be used to manage individual stress levels on an everyday basis. Each participant will leave with their own individual self-care plan.

**Location:** Live Well Tasmania, 28 Saunders Street Wynyard  
**Date:** Thursday 6<sup>th</sup> May 2021  
**Time:** 10.30am - 12.30pm (registration from 10.15am)  
**Cost:** Free  
**Enquiries:** Richard: [rmuirwilson@warwyn.tas.gov.au](mailto:rmuirwilson@warwyn.tas.gov.au) or 6443 8363  
**RSVP:** Please book by the 3<sup>rd</sup> May via Eventbrite:  
<https://www.eventbrite.com.au/e/14433392061>

 This grant program is supported by Primary Health Tasmania (Tasmania PHT) under the Australian Government's primary health networks program.

**WYNYARD COMMUNITY GARDEN**

**2021 Upcoming Events**

**4<sup>th</sup> May** **WWC Composting at Civic Park 10am-12pm**  
An example of low cost worm farming and all the advice you will need to get started. Free worms to give away.

**14<sup>th</sup> May** **Sweet Potato Harvest at the Garden 11am-12pm**  
Come along and participate in our first sweet potato harvest. Free instructions and advice on how to grow your own, along with sweet potato recipes. Morning tea will be provided. Address: Johnson Place, off Austin Street (behind Basketball stadium).

**June** **Mosaic Classes at the Garden**  
Starting in June, mosaic classes will be held at the garden. Participants can learn to make their own mosaic (plant pot, bird bath, house number, etc) or contribute to our 2021 Tulip Festival display. Small fee will apply. Days and times to be confirmed.

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small steps

David Lloyd George



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info@lwt.org.au

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

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