



## Wynyard Community Newsletter June 2021



Nick Tebbey and Michael Kelly of Relationships Australia, Geoff Blackburn and Robin Krabbe of Live Well Tasmania.  
Photo: Brodie Weeding, The Advocate

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Welcome!

As the weather turns colder some of us find it hard to still keep active. We are trying to help that problem by developing facilities to encourage physical exercise and that are also good for our mental health at our Oldina Community Park (interim name only, we would love suggestions for a permanent name!). We have finished the initial stage of our first walking track, which includes an outdoor classroom area, and a side trip to the Grandmother tree, which we estimate is about 400 years old, and measures 12.5 metres around the base. The track was designed and built by local experienced conservation company, New Gen Environmental Services, who put a lot of their own time into the project. We are having an Open Day to showcase the track on the 5<sup>th</sup> of June, and we would also like to get community input into what other facilities the community would like to see at the park, in return for your idea's we will give you a free lunch! The possibilities for this 63 hectare property are numerous: more walking tracks and Art Trails, mountain bike tracks, adventure playgrounds, treetop adventures, gardens of all types etc. See below for further details of the Open Day.

An important rationale for the Oldina Community Park is indicated in the article in this edition on the importance of free play which is vital for kids to develop into healthy adults. Of course there are many reasons for why our kids today tend to engage in much lower levels of free play than in the past. Increasing concerns about the safety of the environment for kids, increasing attraction to screens (both kids and adults!), parents having less available time, for example when both parents are working, and a reduction in environments suitable for free play are some of these reasons. While some of these require changes at the federal government level, we can do something about some of them at the local level. Our Oldina Community Park is one example of providing environments for free play opportunities such as outdoor recreation.

We were thrilled to recently receive a national award from Relationships Australia for our activities to promote sustainable connections and bring people together. Relationships Australia executive officer Nick Tebbey came from Canberra recently to present us with the prize, a new LG entertainment system. During the presentation Nick recognised the passion of our group "who want to make a difference." The Award was in recognition of our projects to strengthen relationships within the community and improve mental and physical health. Relationships Australia recognises that social isolation is a serious problem in all communities, which COVID-19 has not helped. We would love suggestions from the community for getting the best use out of the 'infotainment' system. So far the idea's include movie nights and having "Youtube" guided classes. The Waratah Wynyard Youth Leaders group has a great initiative this winter, the "Winter Warm Up" donation drive. This is a great chance to also declutter your house, to find all those winter items such as coats, jackets, blankets, gloves and scarves at the back of the cupboard and put them to a good use. Take all your spare items to the Waratah-Wynyard Council or the Wynyard High School by the end of June, they will be given to local charities for distribution.

Volunteer Week was celebrated recently, with the themes of "recognise, reconnect and reimagine". We know the benefits of volunteering, of helping with the huge number of worthwhile projects out there.

In particular volunteering in terms of working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Another amazing group of volunteers, the Wynyard Community Garden had an inspiring event recently, a sweet potato harvest! The yield was amazing, who would have thought in our climate we could grow such abundance!



**Winter Warm Up**  
DONATION DRIVE

COATS  
JACKETS & JUMPERS  
BLANKETS  
GLOVES & SCARVES  
BEANIES  
HEALTHY/HYGIENE PRODUCTS

ALL DONATIONS WILL BE PASSED ON TO LOCAL CHARITIES TO BE DISTRIBUTED

Drop off locations:  
WARATAH-WYNYARD COUNCIL  
WYNYARD HIGH SCHOOL

WYWL  
WARATAH-WYNYARD YOUTH LEADERS GROUP  
WARATAH WYNYARD COUNCIL



Eagerly awaiting the digging of the sweet potatoes at the Wynyard Community Garden  
Photo: Pam Rodwell

## Events

2<sup>nd</sup> June, 6pm to 8pm, Harnessing Your Ideal Audience, Switch Tasmania. This free online zoom event is for any Business owner who is ready to discover how to use social media & the web to target their unique audience. Register at <https://switchtasmania.com.au/events/>

3<sup>rd</sup> June, 1.30pm to 3.30pm, Sewing Connections, Live Well Tasmania. How to care for and get the best from your sewing machine, 28 Saunders Street, Wynyard. Either bring your machine or use one of ours. Contact Kelly for further information on 0429 186 532.

4<sup>th</sup> June, 6pm, Just Blokes Pizza night, a special evening with Bob Bramley who broke a solo flying record, he will talk about youth mental health, ROC, 34 Hogg Street, Wynyard.

5<sup>th</sup> June, Live Well Tasmania Oldina Community Park Open Day, 1000 Oldina Road, Oldina, celebrating World Environment Day. Guided tour of new walking track, activities for kids, RSVP to Robin by 4<sup>th</sup> of June on 0421 461 724, or [info@lwt.org.au](mailto:info@lwt.org.au)

5<sup>th</sup> June, 11am – 4pm – Tasmanian Strings Reception Centre, Wynyard Showgrounds. Display of guitars, violins, harps, ukuleles, mandolins, made by professionals or amateurs, musicians will demonstrate instruments. Music from 3 – 4pm. Further information 6442 1923.

5<sup>th</sup> June, 6pm to 7pm, Join us for a free evening of live music, video and image at The Don, 26 Hogg Street, Wynyard. This showing has been created in collaboration with young people at Wynyard High School Tasmania and other young people across the coast. Reserve your free ticket at: <https://www.eventbrite.com.au/.../when-water-falls...>



16<sup>th</sup> June, 10.30am to 12.30pm, Waratah-Wynyard Council Community conversations, Somerset Surf Club, see <https://www.warwyn.tas.gov.au> for further details

17<sup>th</sup> June, 10am to 2pm, Free Accidental Counsellor Training via webinar, for those who may find themselves in conversations with customers / clients, but they are not a trained counsellor and don't know what to do. Great for reception staff, massage therapists etc. and any workplace where people may pour out their lives to staff. Delivered by OzHelp Tasmania / Lifeline. See <https://www.ozhelptasmania.org.au/>

18<sup>th</sup> June, 10am – 12pm at Rural Health Tasmania, Level 2, 73-75 Mount Street, Burnie. Free Self-Care and Mental Wellbeing Workshop. 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. Any enquiries email [admin@kentishrc.com.au](mailto:admin@kentishrc.com.au)

19<sup>th</sup> June, 12.30pm – 1.30pm free lunch, 1.30-4.30pm LGBTIQA+ Community Forum, Penguin Surf Club, 68 Preservation Drive, Preservation Bay. Guest speakers sharing research and lived experiences with a focus on self-care- how and why it's important. Contact Garry Wakefield on 0418 439 734

27<sup>th</sup> June, 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)).

### *After School Activities*

Wednesdays, 3pm – 4:45pm. Arvos at the Junction Burnie, ages 12 – 20 years. 129 Wilson St Burnie. All welcome. Activities to do and people to talk to. Contact Jonathan 0418787126 or email jonathanc@yfcc.com.au

### *Persistent Pain Self-Management Programs*

Wynyard – Tues 17 Aug – 21 Sept. 6 weeks, 2.5 hours each week. For anyone with ongoing pain. Partners / carers / friends welcome. The cost is a gold coin each week to cover refreshments. <https://www.selfmanagementresource.com/programs/small-group/chronic-pain-self-management/>  
Contact Michelle -email michelle.towle@ths.gov.au

### *Autism Information Sessions for Parents and Unpaid Carers*

Sessions aim to give encouragement and trustworthy information to children to grow into confident and empowered adults. All sessions occur at the Burnie Arts & Function Centre, Bass & Flinders Hall. Sessions: Planning for Successful Transitions – Wed, 5 May, 10am – 1pm Building a Partnership with your child's school – Wed, 23 June, 10am – 12pm Navigating the Autism therapy maze – Wed, 28 July, 10am – 12pm Autism and Puberty: Managing common challenges – Wed, 15 Sept, 10am – 12pm

### *Don't miss the BreastScreen Bus!*

BreastScreen is a free service. To make an appointment call 13 20 50. Burnie – Mon, 31 May to Fri, 16 July at Burnie Civic Centre Car Park, Wilmot St. Contact Bernie: bernice.james@ths.tas.gov.au

## Update Live Well Tasmania

### *Creative Connections*

While our Art on Tuesday afternoons and sewing on Thursday are still continuing to engage people, we have also had some extra sessions on Tuesday mornings. The first of these was delivered by Dr Michelle Towle, who conducted a fascinating workshop called "If Not Dieting, Then What?". One of the main responses was "Mindful Eating". The approach uses compassion for ourselves in realising we often eat for many other reasons apart from hunger: such as boredom, to relieve stress, to be social, and sometimes just plain habit! However mindful eating involves not being judgemental about eating for these other reasons, rather to gradually get back in touch with whether or not you are really feeling hungry (these days we tend to lose touch with what our body is trying to tell us). With practice you can slow down your eating, and stop before you become overfull, or even do something else like go for a walk if you feel the need to eat, for example maybe feeling low on energy, but suspect it may not be because your body needs calories.

The next two sessions were conducted by Sharon who delivered two equally enjoyable, interesting and informative sessions on how to get more out of social relationships. The first one focussed on tips and tricks to be more confident in social interactions.

The second one was aimed at how to build rapport, particularly the use of body language. The great thing about Sharon's



Practising our 'building rapport' skills with Sharon

Photo: Robin Krabbe

workshops is that after learning about why particular skills are helpful for particular purposes, such as reducing conflict, Sharon gets us practicing the new skills: there's nothing like actually doing something so that it can gradually replace other less helpful habits. She also provides a lot of variety using different techniques to keep it interesting and engaging.

The next session on the 8<sup>th</sup> of June is on active listening skills. Have you ever felt that sometimes people are not really listening but just waiting for you to stop talking so they can talk? Maybe you do this yourself? Come along and learn about active listening - where the speaker is at the centre of the conversation. Learn about the gift of truly listening and having the speaker really feel that you are listening to them. It's about what you say, how you say it and what you don't say. We will learn about the skills and then practice them. Come and join the fun!

Then on the 22<sup>nd</sup> of June the session is "Relaxing - the gateway to inspiration". In this session Sharon will look at the neurobiology of stress and anxiety and how this affects the system in the body - and shuts down the ability to think. Through a series of fun activities we will look at different techniques for relaxing and opening up creative pathways. Again come and join the fun!

Our facilitator, Dr Sharon Condon has a PhD in Work/Life Balance and Wellbeing and has worked and taught for nearly 10 years with Griffith University (eg teaching about communication), University of Tasmania, Victoria University, and the Peking University in Shenzhen, China. She is a registered VET Teacher and a registered Hypnotherapist.

### *Music Connections*

Music Connections is going from strength to strength as we welcomed four new musicians this month, taking the group to 12. The group enjoyed sharing a variety of genres and listening to flute, guitars, cigar box guitar, banjo, harp, mandolin, harmonica, Irish whistle, and voices, that filled the Live Well space with sound. At a "Round Robin" style gathering the folks go round and round the circle performing their tune or song, and sometimes we can join in on a song or tune, if invited by the musician. There's a limit of 15 people, so if you'd like to come along for the next session on Sunday 27<sup>th</sup> June from 3pm to 5pm, please book in: [mcorbett8888@gmail.com](mailto:mcorbett8888@gmail.com)



### *Survive and Thrive grant*

We are very grateful to receive a "Survive and Thrive" grant from the Waratah-Wynyard Council which will help pay for some of our new 'anti-fatigue' flooring for our Centre. This will allow us to do some movement activities, including Tai Chi, Qigong and Yoga. We have taken delivery of the mats and will be laying them soon.

### *Oldina Community Park Open Day*

On June the 5<sup>th</sup> we have our Open Day celebrating World Environment Day, as well as the completion of the initial stage of our walking track, aimed at improving mental health (thanks to grant from the Mental Health Council of Tasmania). Everyone is welcome, free lunch (maybe bring your wellingtons, there might be a bit of rain!).

### *Update Waratah-Wynyard Council*

#### *Community conversations*

The next round of Community Conversations will begin with Boat Harbour on July 26, 2021. Venues TBC see <https://www.warwyn.tas.gov.au>. All events will begin at 5 or 5.30pm and go for 1.5 hours.

### *Waratah-Wynyard Council and On Your Bike Tours 'Confident Riding Program'*

We have completed the Confident Riding program by 'On Your Bike Tas', we were successful in delivering excellent knowledge of how to care for and ride safely on your bike.

We had an elderly woman fulfill her dream of riding a bike for the first time! Wonders of Wynyard lent us a three wheeler for the sessions, so easy to ride and comfortable. We ventured out onto the roads and bike trails on our last two sessions successfully and safely. Sessions are designed by Cycling Australia and delivered by Alison Hugo Basic AustCycle instructor.



For those who don't know that Wonders of Wynyard loan bikes to the public, they have three different types: the adult trikes are easy to ride for all ages and abilities, the retro ladies bikes are fun and nostalgic, and the mountain bikes will suit the more active members of the family. You will be provided with a map highlighting two options for exploring - both providing about an hour of relaxed riding time. There are opportunities to stop half way, explore Fossil Bluff, grab some fish and chips by the Wharf, or a coffee or lunch at a local cafe en route. Mountain bikes and Retro ladies bikes: \$10 for up to 2 hours (minimum charge) Extra time charged at \$6 per hour (or part thereof). Adult Trikes: \$15 for up to 2 hours (minimum charge) Extra time charged at \$8 per hour (or part thereof).



Eager bike riders learning the basics.  
Photos courtesy Kelly Milikins.

### *Waratah Men's Shed Bowling Team new indoor mats*

Members of the Waratah Men's Shed Bowling Team give Waratah-Wynyard Council's Acting Mayor Mary Duniam a quick demo before she tries her hand at indoor bias bowls.

The team successfully applied for minor grant funding, as part of Council's Thrive & Survive Grants Program, to purchase a new indoor bowls mat, which was "christened" yesterday. The primary purpose of the grants is to help Waratah-Wynyard-based businesses and community groups thrive and innovate to mitigate the effects of COVID-19.

The Waratah Men's Shed Bowling Team attest to the community spirit the game provides, with increasing numbers gathering to have a bowl, a cuppa and a laugh.



Enjoying indoor bowls in Waratah.  
Photo: Courtesy Waratah-Wynyard Council

## Innovative idea- Design Your Own Park

The following is from David Sloan Wilson's article "The Design Your Own Park Competition Empowering Neighborhoods and Restoring Outdoor Play on a Citywide Scale".

As the opportunities for free play have declined in most western countries over the past fifty years, the lives of children have become increasingly structured by adults. During this same period, psychologists and medical researchers have documented a continual and dramatic rise in childhood anxiety, depression, obesity, and other mental and physical disorders, and a continual decline in young people's perception of the control they have over their own lives. Traditionally, play has been the primary means by which children practice and exert control over their own actions and by which they develop fit bodies. Although correlation does not prove causation, a causal link between the decline in free social play and the declines in the mental and physical health of young people seems fully plausible.

Neighbourhoods typically are not well suited for people to join together to achieve meaningful goals, in particular most people scarcely know their neighbours. But there is nothing like a common goal such as creating a neighbourhood park to bring people together. This article describes the thinking behind and the implementation of the Design Your Own Park (DYOP) Competition, a collaborative project of a university, a city, and a fund-raising organization in the United States of America to empower neighbourhoods and restore outdoor play citywide in Binghamton, New York. The city makes vacant lots and other neglected spaces available for neighbourhoods to turn into parks that residents design and build with the assistance of faculty and students from Binghamton University's Binghamton Neighbourhood Project. The United Way of Broome County assists with funding required for implementation. Neighbourhood groups help maintain their parks, which increases ongoing interactions among neighbours and reduces city maintenance costs. The fact that neighbourhood groups are expected to keep up their own parks as much as possible presents another win-win situation by relieving the city of maintenance costs while providing a basis for ongoing relations among the neighbours.

When people are forced to live in barren places, they become physiologically and psychologically stressed. People find joy in water, in lush vegetation, in flowers and fruit, in non-dangerous animals, and in structures that afford protection and safety. Our habitat-seeking instincts evolved over many millions of years in natural environments, and we cannot turn them off, of course, when we move into cities. Extensive research shows that barren urban landscapes cause stress and that providing natural surroundings substantially improve mental, physical, and social health.



## Tasmanian Stringed Instruments Exhibition.

Saturday 5<sup>th</sup> June at the Reception Centre, Wynyard Showgrounds. Open to the public from 11am – 4pm. A unique experience not to be missed. The Showground Reception Centre will be filled with exhibitors displaying guitars, violins, harps, ukuleles, mandolins, made by professionals or amateurs, all craftspeople of extraordinary, beautiful, (and sometimes eccentric!) musical instruments. Musicians will be present throughout the day for demonstrating the qualities of the instruments, and, from 3 – 4pm there will be music! Prepared or spontaneous short performances will entertain visitors. This event, organised with the support of the Wynyard Agricultural and Pastoral Society and of U3A Wynyard, is curated by U3A member, Mary Kille. Further information 6442 1923.



## Somerset Community Hub

St.Vincent De Paul open's their Hub from Monday to Friday, 10am – 4pm at 43 Wragg St. Free room hire available for not-for-profit organisation and community groups. Dining with Friends - Thurs, 12pm – 2pm fortnightly.

Vinnes Van – offering food, hot drinks, information about other services, support, and companionship.

Tues 6.00pm – 6.25pm St Brigids Church Carpark, Wynyard

6.30pm – 7.00pm Saunders St Carpark, Wynyard

Wed 6.00pm – 6.25pm St Brigids Church Carpark, Wynyard

6.30pm – 7.00pm Beamish Avenue, Wynyard

Sun 6.00pm – 6.25pm St Brigids Church Carpark, Wynyard

6.30pm – 6.55pm Bowick and Martin Streets, Wynyard

To hire a room, reserve your space for the Dining with Friends program, or emergency relief assistance contact the Youth and Community Services Officer on 6435 2323 or 0447 788 441.

## The 2021 Mission Australia Youth Survey

The largest [online youth survey](https://www.missionaustralia.com.au/what-we-do/research-impact-policy-advocacy/youth-survey) online youth survey, providing a platform for young people aged 15 to 19 to 'speak up' about the issues that really concern them.

<https://www.missionaustralia.com.au/what-we-do/research-impact-policy-advocacy/youth-survey>

The survey closes 9 Aug, with results to be analysed and released before the end of the year. In

2020, 25,800 young people participated in the Youth Survey. For the first time equity and discrimination was identified as the top national issue for young people, increasing by more than 60 per cent since 2019. More than one quarter of young people reported being treated unfairly, most commonly due to their gender and race/cultural background. The Youth Survey 2020 results also

confirmed that COVID-19 has been affecting young people across several life domains. COVID-19 was identified as the second most frequently cited issue of national importance and concerns raised in relation to the impacts of COVID-19 and the associated lockdowns included education, isolation and mental health.



## COVID-19 Vaccine information

For all of the latest news and information about COVID-19 vaccines in Australia see

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines>

Some information from the website:

The COVID-19 vaccine is free for everyone in Australia, you cannot be charged for the vaccine or the appointment. Vaccination is the most effective way to protect against infectious diseases. Vaccines strengthen your immune system by training it to recognise and fight against specific viruses. When enough people in the community are vaccinated, it slows down the spread of disease. Achieving herd immunity is a long-term goal. Studies will monitor the impact of COVID-19 vaccines in Australia and whether herd immunity is developing over time. Public health practices will stay in place until evidence shows that vaccination prevents transmission and herd immunity is achieved in Australia.

If you don't have a Medicare card, or are not eligible for Medicare, you can still get a COVID-19 vaccine. Using the Eligibility Checker, you can find out which phase of the rollout you are in.

If you are eligible, you will be able to view vaccination locations and book an appointment.

The Pfizer vaccine will be provided to adults under the age of 50 through state and territory clinics.

From 3 May 2021, the AstraZeneca vaccine will become available to all people aged 50 and over through selected clinics. It will become available to people aged 50 and over through all participating general practices from 17 May 2021.



Join us for a work-in-progress evening of live music, video and image. This rehearsed showing is part of Big hART's latest Tasmanian project - When Water Falls - created in collaboration with young people across the coast. We'd love feedback from you, as someone close to the company, as we prepare to premier a full length version in Sheffield at the end of June.

**SATURDAY 5TH JUNE  
6PM-7PM**

The Don  
26 Goldie Street,  
Wynyard

RSVP is essential

[CLICK HERE TO RSVP](#)



**WINTER  
women of the moon  
SOLSTICE**

A NIGHT OF MUSIC AND DANCING  
PRESENTED BY WOMEN FOR EVERYBODY  
11 PIECE BAND PLUS BURLESQUE

Friday 18 June '21 8-11 pm  
Wharf Hotel Theatre, Wynyard

Licensed gig - \$20 door sales from 7.30pm  
online tickets through eventbrite (+ booking fee)



**Live Well Tasmania Oldina Community Park  
Open Day**

Help celebrate **World Environment Day!**

**Free lunch!**

**Where: 1000 Oldina Road**

**When: Sat 5th June**

**Time: 11 am - 2 pm**

- New walking track
- Featuring a 12.5 diameter Grandmother Tree
- Learn about the Permaculture Ethics  
- Care of people, Care of planet, Fair share
- Contribute to our :  
permaculture design of our Community Park
- Tree planting
- Kids activities

**Bookings Essential RSVP by 4th June**

**Contact : Robin 0421 461 724**

**rkrabbe@westnet.com.au**



\*This grant program is supported by Primary Health Tasmania (Tasmania PHT) under the Australian Government's primary health networks program and Checkin logo as above.



**A great many open minds should be closed for repairs**

**Toledo Blade**



28 Saunders Street, Wynyard TAS 7325

[lwt.org.au](http://lwt.org.au)

[info@lwt.org.au](mailto:info@lwt.org.au)

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