



# Wynyard Community Newsletter December 2023



Lots to engage people at the Spring Loaded Live Well Open Day..

Photo's: Robin Krabbe

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Welcome all!

We have partnered with the Mental Health Council of Tasmania to do the 'Take a Minute' Challenge and recommend it for everyone to try. We often forget to appreciate the good things around us. Sometimes, we need to help our brains find some balance. It only takes a minute to refocus on the things that matter—things that bring us joy, make us stronger, and keep us going when times are tough. That's what the Take a Minute challenge is designed to do, to empower Tasmanians to take charge of their mental health and wellbeing. It's about understanding what good mental health and wellbeing looks like and the positive ways we can achieve it. See the website <https://takeaminute.com.au> to take the Challenge, gain more balance in your life and increase your health and wellbeing.

A huge thank you to Rotary who have donated a new Scanpan Commercial 5pc Stainless Steel Cookware Set to us, to use in our new kitchen when our renovation is completed (very soon!). Rotary by the way are keen for new members, they are a great bunch doing great things, so please consider joining them.

As part of our Healthy & Thriving Neighbourhood project, we are running a digital storytelling project, which helps people and communities to creatively tell stories about themselves, other people, their places and culture. The benefits of digital storytelling include enhancing creativity and imagination, boosting engagement and interaction, facilitating learning and development, creating space for meaningful listening, and persuading the head and the heart. Stay tuned for further details about digital story telling workshops in 2024.

St Vincent de Paul have Christmas Hampers for families and people struggling to put a meal on the table for Christmas. If you need assistance call the Burnie office on 6146 0524.



This newsletter includes the results of an exercise we did in imagining the projects arising after five years of having a Community Basic Income in the year 2030. One of our favourite projects was dog sharing, which included park playdates, reciprocal walking (take it in turns to walk your dog and a neighbour's), backyard sharing and weekend stays. Lots of human friendships resulted, as well as people not able to have a dog themselves being able to benefit from the companionship of someone's dog.



Another great project was Chatty Cafe, the aim of which is to help connect communities and increase social interactions by getting people chatting in their favourite local neighbourhood social venues. All sorts of social and hospitality venues such as cafes, restaurants, clubs, pubs, community centres, libraries, churches, schools, aged-care residences, retirement villages, neighbourhood houses, and art galleries can join in. A related project is Friendship Benches, which partly serve as a visual reminder to take a minute out of your day to sit and chat, and in some projects it is aimed at explicitly encouraging talking openly and honestly about mental health.



We also feature the results of the Spring Loaded Bloom Time Upcycling competition which involved upcycling objects into a new aesthetic as well as a practical object. First place was a chicken coop made in part from a repurposed trampoline, second was a water wheel, and third place was a chair garden. Honourable mentions were for a Pallet Seat and a Coffee Table/Drinks Trolley, The hope is that this will become an annual competition. If that goes well and there are enough entrants, there may be more categories added, including for school children.

## Events

1st, 8th, 15th December, 10am to 2pm, Spinning class, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Beginners are welcome, however this is not a teaching group. Friendly support and encouragement, advice and help on getting old wheels up and running. Contact Raven to book on 0402 466 534

5th and 12th December, 12pm – 3pm, Music and Songwriting Sessions, The Watershed 2a Old Bass Hwy, Wynyard. Learn songwriting hacks and how to apply music theory from a master guitarist.

6th, 13th, 20th December, 1.30pm to 3.30pm, Community Drop In and afternoon tea, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Robin on 0421 461 724

7th December, 10.30am – 12pm, Community Bike Ride, Live Well Tasmania Community Centre, 28 Saunders street, Wynyard, to Bruce's Café return, Contact Laura on 0419 110 565



14th December, 3pm to 5pm, Pick up for Tasmanian Produce Collective, 28 Saunders Street, Wynyard. See <https://tasmanian-produce-collective.mailchimpsites.com/shop>

15th December, 5pm – 7pm, Santa will be in Gutteridge Gardens, Wynyard. This has been organised by a community member to create an evening for families to come together and celebrate Christmas

21st December, 11am – 12pm, Wynyard Chorale, 'Cow Park', Wynyard. All money raised from this busking session will be donated to Wynyard Marine Rescue and the Roc Community Food Hub Wynyard.

22nd December, Somerset Fire Brigade Xmas Parade, leaving the Somerset Fire Station around 5.30pm. Lollies will be handed out by Santa. Thanks to the kind donations from Waratah/Wynyard Council, Somerset Christmas Pageant Committee.



## Live Well Tasmania update

### *Take a Minute*

As mentioned we are participating in the Menta Health Council of Tasmania's 7 Minute/Take A Minute challenge. Every day for seven days you take a minute to reflect on a different theme each day, and find a photo, take a photo, draw a picture or write down some words on the theme. It asks us to consider the simple things that we can (and often already) do to stay on top of and boost our mental wellbeing. We often think 'mental health' is about recognising when things aren't going well, and how to respond when that happens. Take a minute flips the script. It gives us the tools to prevent us from becoming unwell in the first place. Research shows us that taking a proactive, preventative approach to your mental health can help you live a happier, healthier, more productive and fulfilling life. Take a minute and the 7 minute challenge were developed by the Mental Health Council of Tasmania, in partnership with the South Australian Health and Medical Research Institute Be Well Co., with support from the Tasmanian Government.

Did you know your brain has a "negativity bias"? It loves to focus on the tough stuff in life—the challenges, the drama, the not-so-great things. There's no shortage of that in the world.

But it also means we often forget to appreciate the good things around us. Sometimes, we need to help our brains find some balance. The best part? It only takes a minute to refocus on the things that matter—things that bring us joy, make us stronger, and keep us going when times are tough. That's what the 7 minute challenge is here to help you with.

You can complete the challenge solo, in a group or in an organisation or workplace. Once you sign up you simply need to follow the daily prompts over 7 days.

### *Digital storytelling*

Also as mentioned we are running some digital storytelling workshops next year. No special knowledge is needed, it's designed to be fun and absorbing.

Digital storytelling can be more interesting, engaging and emotionally charged than traditional storytelling mediums and can have both an immediate and a long-lasting impact. The workshops are designed for anyone interested in telling a story from their own life in a creative group process to produce a simple, short video. Your video can be published and shared via social media, or kept as a memento.

Storytelling Topics can include:

**Your life:** Share a meaningful event from your life, like a significant trip, a challenging obstacle you overcame, or a moment of personal growth. Personal stories are relatable and can deeply resonate with the audience.

**Family History:** Explore your family's past, such as the story of your ancestors, a memorable family tradition, or a biography of a family member. This can be a beautiful way to preserve and share your heritage.

**Cultural Tales:** Share stories from your culture, including folklore, myths, legends, or cultural practices. This is a great way to celebrate and educate others about your cultural background.

**Educational Topics:** Create a story around a subject you are passionate about or have expertise in. This could be anything from a scientific concept, a historical event, to a literary analysis.

**Social Issues:** Highlight a social issue or cause you care about. Digital stories can be powerful tools for advocacy and raising awareness about environmental concerns, social injustices, health crises, and more.

**Creative Fiction:** Write a fictional story. This could be a fantasy tale, a science fiction story, a mystery, or any genre you enjoy. Fictional stories offer great freedom to explore imaginative worlds and characters.

**Travel and Adventure:** Share your travel experiences, adventures, or explorations. These stories can be about the places you've visited, the people you've met, or the lessons you've learned along the way.

**Career and Professional Experiences:** Tell the story of your career journey, including your successes, failures, and the insights you've gained. This can be particularly inspiring for people in similar fields or those starting their careers.

**Artistic Processes:** If you're an artist, create a story about your creative process, the development of an artwork, or the inspiration behind your work.

**Life Lessons:** Share your philosophies, life lessons, or wisdom gained through experience. These stories are introspective and thought-provoking.



### *Community Basic Income (CBI) Project*

Three CBI presentations were held recently, one in Canberra and two in Tasmania (Devonport and Burnie). Another one is scheduled for early December in Hobart. Part of the presentations were to talk about our "Imagine 2030" project, where we get creative and think what could happen after five years of having a Community Basic Income, that is, paying people to work on community projects to

replace the current unemployment benefits. A summary of the type of projects we imagined as being implemented over the five years are:

- Early Childhood: 3 projects (eg supporting caregivers with early socialisation)
- Primary/Secondary Education: 3 projects (eg helping students transition from primary to secondary school)
- Environmental projects: 5 projects (eg building permaculture & regenerative agriculture networks) & First Nations cultural burning (reduction of bushfire risk)
- Social projects: 6 projects (eg Chatty Cafes/kitchen conversations, matching those needing accommodation with those who have spare rooms)
- Neighbourhood development: 3 projects (eg planting food plants on road side verges, building Art trails).

To be continued!

## Waratah-Wynyard Council update

### *Santa in the Garden*

On Friday 15th December from 5pm - 7pm, Santa will be in Gutteridge Gardens, Wynyard. This has been organised by a community member to create an evening for families to come together and celebrate Christmas in our beautiful town.

### *The Wynyard Chorale Inc*

The choir will be singing Christmas carols and songs to the community. They will perform at 'Cow Park' on Thursday 21st December from 11am to 12 noon. All money raised from this busking session will be donated to Wynyard Marine Rescue and the Roc Community Food Hub Wynyard.

### *Waratah-Wynyard Australia Day Awards 2024*

- Nominations are now open for the Waratah-Wynyard Australia Day Awards 2024, closing 5.00pm Tuesday 13th December 2023. Nominate an organisation, individual or event that has caught your attention and made an impact on you:
- Citizen of the year – Persons over the age of 30 years on Australia Day 2024
- Young Citizen of the year – Persons aged 16 – 30 years on Australia Day 2024
- Event of the year

You can collect a nomination from Council's Offices at 21 Saunders Street, Wynyard. Alternatively, download the 'Australia Day Nomination Form 2024' and 'Australia Day Awards Policy Guidelines' below.

See <https://www.warwyn.tas.gov.au/australia-day-awards/>

### *Christmas Lights Competition*

Spread the holiday spirit by decorating your home or business. Applications close Thursday 7th December, judging Monday 11th to Friday 15th December, and winners announced by Tuesday 19th December. 1st Place \$250, 2nd Place \$150 and 3rd Place \$100. Forms available from Council, Wonders of Wynyard or Council website, and submit completed forms to [council@warwyn.tas.gov.au](mailto:council@warwyn.tas.gov.au) or to Council offices.



### *Community Christmas Collection*

Have you started your Christmas shopping yet?

Consider buying a little extra this year and donating to our Community Christmas Collection - helping our local families who are in need.

Donations can include:

- Non- perishable food items
- Gift vouchers
- Back to school items
- Toys

Donations can be delivered to the Wonders of Wynyard Exhibition & Information Centre until December 14th.



### *Weed of the week - Spanish Heath*

Spanish Heath (Erica) is commonly found on degraded pastures, neglected areas and roadsides.

When incorrectly managed, declared weeds like Erica can pose a serious threat to our region's primary production or natural environment. Help us weed out the right weeds. If you spot a weed infestation around the region, either on private or public land, please contact Council's customer service.

For more information on Council's Weed Management approach, visit: <https://www.warwyn.tas.gov.au/.../councils-weed.../>

### *Fire abatement*

Council is currently conducting fire abatement inspections around the municipality in preparation for the up-and-coming fire season.

In particular, we urge community members who own vacant land within the municipality to keep grass and vegetation short (under 100mm in height) for the entire summer. If you own a larger parcel of land that borders onto a residential area, you might be required to slash a firebreak along the adjoining property boundary to act as a barrier.

It is important that we all do our part to keep ourselves and other community members safe.

Follow Tasmania Fire Service for updates and tips on how to be fire ready this bushfire season.

For more information on Council's Emergency Management, visit: <https://www.warwyn.tas.gov.au/envir.../emergency-management/>

### *Feasibility study into extending the Coastal Pathway*

Waratah-Wynyard Council has received \$192,000 through Round One of the State Government's Better Active Transport in Tasmania Grant Program. The Grant will allow Waratah-Wynyard and Circular Head Councils to conduct a feasibility study into extending the Coastal Pathway from Wynyard, to Smithton and Stanley, a distance of approximately 100 kilometres. The study will consider utilising the disused Western rail corridor from Wynyard to Wiltshire, and also the construction of a new trail to Stanley and Smithton. The development of this section would create a continuous 175 km plus trail from Latrobe to Smithton, connecting towns across the northwest region, encouraging healthier lifestyles, and creating a significant tourism and recreational infrastructure project.

### *The Australian Government Mobile Service Centre*

The Mobile Service centre can help with:

- new claims for most Centrelink payments
- updating your information in our records



- confirming documents and supporting information, such as certifying copies of birth certificates
- access to a self service terminal
- using online accounts and Express Plus mobile apps
- registering for a Department of Veterans' Affairs (DVA) online account
- lodging DVA forms and supporting documents
- connecting with DVA and support services such as Open Arms.

We can also give you information about:

- Medicare transactions
- Medicare registrations
- how financial matters may impact your payments
- payment and service options to suit your needs
- rural payment entitlements for eligible farmers
- social work support and referrals.

Visit the service at the following times:

- Waratah, Tuesday 5th Dec 9:30am - 3:30pm
- Opposite the post office, Smith Street
- Wynyard, 6th Dec 9am - 4pm
- Opposite Woolworths, Goldie Street
- Sisters Beach, 11th Dec 9:30am - 3:30pm
- Sisters Beach Reserve, East Boulevard



For more information, go to [www.servicesaustralia.gov.au/mobile-service-centres](http://www.servicesaustralia.gov.au/mobile-service-centres)

## Bloom time upcycling competition

Council held a Bloom Time Upcycling Competition during Spring Loaded with \$500 in prizes. The contest consisted of the design and build of an object or garment made from recycled parts that enhances the items original use or improves and repurposes the item into a new use.

Submissions could be made up of anything from upcycled clothing or furniture to things that might end up in a recycle bin (plastics, metals, paper). At least 90% of all parts had to be recycled from some previous use. Glue, paint, screws, and other fastening devices are not included in the 10% that do not have to be recycled. We are pleased to announce the following winners:

- 1st prize went to N. Bryce for the chicken coop with laying box project made from an old trampoline, garden box and excess timber.
- 2nd prize went to D. Cornwall for the waterwheel and shed project made from an old industrial blower fan, second hand washing machine motors, timber, roofing and a pulley from a chaff cutter.
- 3rd prize went to A. Morrow for the succulent garden chair project made from a second-hand seat, succulent pups from the garden, shade cloth and soil.



## Chatty Café's

Community venues join the scheme to provide a shared Chatty Table at specified day/s and time/s, which is where customers can sit if they are happy to talk to other customers and "Have a Chat". Chatty Volunteers, if requested by the venue, can sit at the Chatty table to help introduce the concept to customers and chat to them. A simpler alternative for commercial venues to join the scheme, promote the Chatty Cafe mission and their concern for customer wellbeing, is via a "Sip, Chat, Share, Care" Window Sticker, inviting customers to come in

and provides the opportunity for Chatty customers to chat with staff and other customers at any available table in the venue during their operating hours.

Recent research found that just one quality conversation with a friend boosts your daily well-being. The study "Quality Conversation Can Increase Daily Well-Being" looked at different types of communication of 900 participant, namely catching up, meaningful talk, joking around, showing care, listening, valuing others and their opinions, and offering sincere compliments.

The participants from five university campuses -- before, during and after pandemic lockdowns -- were directed to engage in one of the seven communication behaviours on a single day, and then reported back that night about their feelings of stress, connection, anxiety, well-being, loneliness and the quality of their day.

As it turned out, Hall said, it didn't matter which of these quality conversations someone had.

The very act of intentionally reaching out to a friend in one of these ways was what mattered most.

"There's a lot of good research that says the number of interactions you have as well as the quality of interactions are both associated with being a less lonely, happier and more connected person," said Hall. This study found that once is enough, but more is better. Participants who chose to have more quality conversations had better days.



## Big hArt

December 2 @ 3:00 pm - 7:00 pm *Ulverstone Skate Park Beach Road, Ulverstone*

Skate of Mind is a free, all ages, beginner friendly skateboarding and arts event that promotes community, belonging and positive mental and physical well-being.

December 5<sup>th</sup> & 12<sup>th</sup> @ 12:00 pm - 3:00 pm *Music and Songwriting Sessions*

The Watershed 2a Old Bass Hwy, Wynyard

Join our music workshop to learn songwriting hacks and how to apply music theory from master guitarist Aaron Hopper. The sessions are also an opportunity to collaborate with other musicians from North West Tasmania and share songs. Over the past year participants of this workshop have received performance opportunities.

January 19, 2024 @ 6:00 pm - 8:00 pm

Free film screening of *Reviving Giants* and *Southern Blast*, presented by Great Southern Reef, Surfriider, Sea Forest and Environment Tasmania.

Mick Barren and Dr Karen Gowlett-Holmes have been running the Eaglehawk Dive Centre on the iconic Tasman Peninsula since 1991. Great Southern Reef's new incredible short 10-minute film, *Reviving Giants*, explores their personal reflections on the dramatic changes observed in the giant kelp forests within their lifetimes and their ongoing efforts to gain traction in the restoration of these reefs. *Southern Blast*, directed by award-winning director Matty Hannon, is a beautiful cinematic celebration of the wild landscapes, abundant marine life, and community that call the Southern Sea home. The film focuses on the imminent threat of seismic blasting on this region, and what we can do to stop it. The films will be complemented by an insightful panel Q and A. Free event, RSVP essential, go to <https://thewatershed.bighart.org/>



## Have your say – Tasmania Police Survey

Want to help make a difference in your community? Have your say through the Tasmania Police Survey 2023. Tasmania Police is undertaking its first community survey to help identify the issues and policing topics that matter most to the Tasmanian community. The survey is open now to all Tasmanians aged 16 or older, it's anonymous, and takes about 10 minutes to complete.



Answer questions on topics including:

Your community safety and crime concerns

How you think Tasmania Police is performing

How you would prefer to engage with police and receive information (if you need to).

Survey results will be made publicly available in 2024. Your responses will have a direct impact on how policing responses and resources are prioritised in the community. This is an opportunity to

help make a difference to the future of policing and safety of your community.

More information, including answers to frequently asked questions, can be found

on the Tasmania Police website. Learn

more and fill in the survey at

[www.police.tas.gov.au/survey](http://www.police.tas.gov.au/survey)

One idea that has been effective is community policing.

Community Policing

See <https://www.australianpolice.com.au/policing-programs/community-based-policing/>

Community Policing programs include:

- Protective Behaviours-teaching safe living skills to people at risk.
- Neighbourhood Watch, Rural Watch, Marine Watch and Business Watch-involving the community in helping each other to prevent crime.
- Safety Houses-providing a network of safe places for children.
- Youth Clubs-providing a positive community environment for youth to reduce anti-social and criminal behaviour.
- Blue Light Discos-providing an opportunity for youth to listen and dance to contemporary music in an environment free from alcohol, drugs and offensive behaviour.
- Constable Care-producing education materials for children.

Some New Developing Programs:

- Beat Policing-enabling police to develop a closer working relationship with their community.
- Community Aid Panels-providing opportunities for suitable first offenders to do community work which is used as part of their defence before being sentenced.
- Domestic Violence-a pilot program for early intervention with the Salvation Army.
- General Duties Youth Officers-working with young people in the local community.
- Operation Care Safe-a program aimed at reducing car theft.
- Witness Watch-community volunteers trained to support victims and witnesses during trials.

**Our greatest glory is not in never failing, but in rising every time we fall**  
Confucius



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