



Wynyard Community Newsletter

February 2024



Live Well Digital Storytelling workshop

Photo: Robin Krabbe

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Welcome!

We are transitioning to a new newsletter format, hence this newsletter is shorter in preparation for the new format. There is still plenty going on though! We are excited to announce a new project for 2024, being a free Community Lunch & Connection Program, see below for further details. And keep an eye out for Live Well's Digital Storytelling Project, running throughout 2024. We are also planning other activities such as regular film and discussion nights, starting with a showing of Rachel's Farm on the 23rd of February. Everyone welcome!

Congratulations to Kelly Milikins, Community Development Officer at the Waratah-Wynyard Council (and President of Live Well) for receiving the Keep Australia Beautiful, Community Citizen of the Year Award! Also well done to the Australia Day Award winners!



Kelly Milikins receives her award
Photo: courtesy Council

Events

1st February, 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

2nd, 9th, 16th, 23rd February, 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 February, 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.

7th, 14th, 21st February, 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

9th February, 10am – 12.30pm, Self-care and mental wellbeing workshop, Frederick St Reserve, Lowe St, Wynyard. Develop an individualised self-care and mental wellbeing plan to enhance physical, mental, emotional, social and spiritual health on a daily basis. Cost \$25, participants will get a \$20 e-gift card upon completion. Enquiries to Natalie, 6491 1552. Bookings at <https://eventshumantix.com/self-care-wynyard>

9th, 23rd February, 3pm to 5pm, Pick up for Tasmanian Produce Collective, 28 Saunders Street, Wynyard. See <https://tasmanian-produce-collective.mailchimpsites.com/shop>

23rd February, 6pm, Film and Discussion night, Live Well Tasmania, 28 Saunders Street, Wynyard. See the great film Rachel's Farm, bring a plate, film at 7pm. Contact Robin for further details on 0421 461 724. RSVP preferred by the 20th February.

Other events

15th February, 10.30am to 12.30pm, (6 sessions), Bringing up Great Kids, Burnie Library, 30 Alexander Street, Burnie. Developed by the Australian Childhood Foundation, the focus is on building positive and nurturing relationships between caregivers and their children. This is free, but bookings are essential, to register or find out more information contact Anglicare on 1800 243 232

16th February via Zoom from 12:00pm – 1:30pm. The Health Promotion NW Networking Meeting. Find out how you can tackle climate change and improve health for our local communities. Contact Michelle Towle at

1st March, 9.30am – 4.30pm, Suicide prevention training, Frederick St Reserve, Lowe Street, Wynyard. This training is designed to provide individual's and communities with the essential skills



and resources required to identify and respond to a person at risk of suicide and build on a community's capacity to eliminate suicide. Cost \$25, participants will receive a \$20 e-gift card upon completion. Contact Natalie on 6491 1552, book via Humantix: <https://events.humantix.com/cores-wynyard>

21st March Harmony Day – Live Well Tasmania Community Centre, in partnership with Libraries Tasmania, featuring Rees Campbell

31st March Neighbour Day - stay tuned for further details

6th April, Ecofest – Camp Clayton, for further details see <https://www.ecofesttas.com.au/>, come and see Live Well Tasmania's stall!

Live Well Tasmania update

We had two main events during January, a series of Digital Storytelling workshops and a planning day. Digital Storytelling is a powerful way to engage imagination and creativity, and a great tool for a variety of different aims, such as communicating with specific audiences.

Everyone really enjoyed the chance to explore their creative side, and the ease with which we could put together a compelling digital story.

We discussed a range of initiatives for 2024 during our planning day, these are to be confirmed, but we are looking at film and discussion nights, makers and repair café's, preserving sessions and community breakfasts. Stay tuned for further details!

We confirmed our vision as 'Contribute to a sustainable world where people and place are both thriving' and our mission as 'Increase social connectedness and promote other sources of health and wellbeing and build community capacity and resilience'. We look forward to making further progress on these during 2024 and beyond.

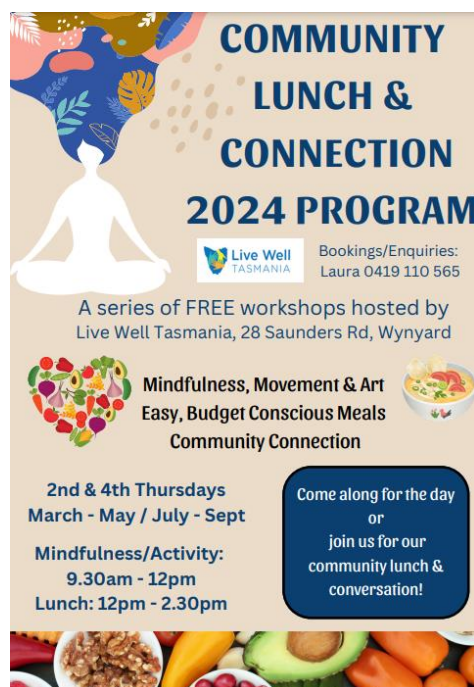
Community Lunch & Connection Program

This free program will occur fortnightly between March and May and July to September during 2024. The program focuses on fun and engaging activities, each session will start with some gentle mindful movement (all capabilities welcome) and then an easy and relaxing activity over which we can catch-up and share some conversation and laughs. We will then prepare a community lunch, focused on seasonal produce based on quick and easy to prepare recipes, and which are cost effective.

We will then prepare a community lunch, focused on seasonal produce (to encourage growing your own vegies) quick and easy to prepare (minimal tidy up) and on a budget (something we all need with the cost of living pressures).

The aim is to help our community create new connections and friends, fostering these relationships through food and conversation. Come along and bring a friend or two or three or four. The more the merrier. We would love to see everyone along for the whole day (9.30am to 2.30pm) but if you just have time for lunch, you are more than welcome!. Contact Laura 0419 110 565.

We will also include some digital storytelling, after completing our initial workshop the Live Well Community Centre will be open on Thursdays, if you would like to continue with your personal digital story, which you could choose to be included in our 'Festival of Stories' exhibit at the 2024 WWC Spring Loaded Festival.



Update Community Based Income campaign

A very productive workshop was held with the Waratah-Wynyard Councillors regarding the project this week. A focus was to explain the difference between Community Based Income (CBI), that is people, in the first instance unemployed people, being paid an income in return for a contribution to their community, and a Universal Basic Income, which is an income paid with no expectation of contribution. We also discussed how the CBI could help achieve the Council's Health and Wellbeing, Youth, and Age Friendly Plans. The next steps are to engage with the other Councils in the Cradle Coast region, and continue seeking support from all other relevant organisations, before approaching the Federal Government for funding for the trial.

[Sea Eagle Spinners](#)

This amazing group meets at the Live Well Tasmania Community Centre every Friday from 10am to 3pm. They are a friendly group of fibre lovers who spin, weave, dye, felt, knit and crochet... anything to do with fibre. They are not a teaching group but they do offer help and support to get newbies underway. If you are interested in anything to do with fibre then join them each Friday. Cost is \$3, bring your own lunch, tea and coffee is free.

[Waratah-Wynyard Council update](#)

Australia Day Awards

Michelle Williamson has been awarded Citizen of the Year for her outstanding leadership and contribution to the community group, Farm it Forward. The group is a local and sustainable food movement that supports a community-based food system, offering a range of free or low-cost classes to enhance skills and promote sustainable living. Paityn Samain-Daley has been named Young Citizen of the Year. Her participation in the Great Cycle Challenge, a nationwide event organised by the Children's Medical Research Institute for Childhood Cancer Research, saw her ride over 400km and raise over \$2000 for the charity. Her achievement a testament to her determination and altruistic spirit.



The Australian Hansa Class Championships, held at the Wynyard Yacht Club, has been recognised as the Community Event of the Year. The event was held in April 2023 and saw strong participation as well as a remarkable age and ability diversity among participants.

Well done Award Winners

Waratah Falls viewing platform

Work is underway at the Waratah Falls. Footings for the new viewing platform are currently being poured. Incredible shots capture the use of a helicopter to bring in the concrete to the platform.

Waratah Meals On Wheels

Meals On Wheels is now operating in Waratah!

Meals on Wheels plays a crucial role in supporting the health and wellbeing of thousands of Tasmanians each year, delivering meals to homebound seniors. For further information about the service and eligibility, please call Red Cross, 1300 663 291.



Tasmania Carriage Driving Society

The Tasmania Carriage Driving Society has received a cheque of \$1,857 from the Council's Community Activation Grant to provide handsfree communication for their drivers. The club is the only nationally registered carriage driving club in Tasmania with an aim to provide an equestrian outlet for those who want to preserve the art of carriage drivers for both its historical value and for the horse contact it provides for its audience.

If you are in a not-for-profit community organisation or association that benefits the Waratah-Wynyard Local Government Area please visit our website for this year's application dates.

<https://www.warwyn.tas.gov.au/get-involved/community-grants/>

Have you visited the Athenaeum Hall in Waratah?

The impressive 1886 building is filled with historic photographs and fascinating mining and pioneering stories of Waratah. Located next to the Stamper Mill and the stunning Waratah waterfalls, it is a great FREE family activity to be enjoyed over the summer! Opening hours are from 1pm - 5pm, Saturdays and Sundays from Jan13 through to the end of the Easter holidays. For more information call Council's Waratah Office on 03 6439 7100.



Tasmanian Tiger art sculpture

The Thylacine, also known as the Tasmanian Tiger

Located at Whyte Hills lookout in Waratah is the large bronze Western Wilds public art sculpture by talented Tasmanian artist Matt Calvert.

The sculpture was inspired by the infamous 1869 photograph which features Mr Weaver and a Tasmanian Tiger hung by its legs. The Thylacine has been officially extinct since 1986. This powerful artwork is a reminder the importance to look after and preserve our wildlife.

If you are looking for something to do over the summer period, we highly recommend visiting!

Kelly Milikins- recipient of the Keep Australia Beautiful, Community Citizen of the Year Award

Congratulations to Council's very own Kelly Milikins for receiving the Keep Australia Beautiful, Community Citizen of the Year Award.

The town of Waratah was also a big winner at the recent awards, with Mayor Mary Duniam presenting proud Waratah community members with the Winner (Population under 500) award, as well as a fistful of Certificates of Excellence for an array of Council and Community-based initiatives.

Well done to all involved!

Recreation news

The summer school holiday swim program at Wynfit is coming to a close, funded by Council. The program is it is always very well received.

Council is currently in the process of replacing and upgrading their perimeter fencing at the Somerset Tennis club.

Recent motions – Council Annual General Meeting

Two of the successful motions at the AGM were that negotiate with Sustainable Timber Tasmania to develop an Oldina Reserve Restoration & Maintenance Plan with costings in cooperation and consultation with the community; and invite discussions with local State and Federal representatives and election candidates about the community vision to restore facilities and maintenance of the Oldina Reserve. This motion however was lost at the January council meeting. The second motion passed at the AGM was for the formation of a Social/Community Activation Panel – stay tuned for further details.



Community notices

We Belong Club

St Stephen's is committed to seeing all people, especially those who are regularly overlooked, grow and flourish. As we have listened to our community, we have heard of the great need to create spaces for inclusion and engagement for people living with disabilities. We know that people living with disability experience almost double the rate of social isolation as their counterparts not currently living with disability. To respond to this need we are about to launch We Belong Club in February 2024. The first meeting will be 8/2/2024.



We Belong Club aims to be a place to build friendships, increase social engagement and have fun. It's a social activity run on a Thursday lunch time between 12 and 2pm during the school term. Each week will involve sharing food, bible stories, games, music, and various craft activities. There is a cost of \$5 which covers food and supplies for both the participant and their support worker or carer. For more information contact Alastair Crouch, alastair@ststephenswynyard.com, 0404 266 036.

Laps for life

Laps for Life is where participants dive in to save young lives from suicide. Participants can set their own swimming challenge for the month of March, and they will be set up with their very own fundraising page to raise critical funds for youth mental health through ReachOut.

Participants won't only help improve the mental health and wellbeing of young people throughout Australia, but they will notice the benefits for their own wellbeing, too.

Sign up to swim 2 or 20km (or a goal that suits you) throughout the month of March, for the 1 young person in Australia who takes their own life each day.

You can swim anywhere, and any time you like, and you can join individually, or sign up as a team to smash your swimming goals together. For every lap you swim and every dollar you raise, you'll be helping to save young lives from suicide.



Gone Nuts

Gone Nuts Running event is set to take place again this year Saturday March 2nd. Race lengths 25km, 50km, 75km and 101km (Stanley to Wynyard). Finish line is at the Wynyard Yacht Club where they will be running a BBQ as well as having a coffee and ice-cream van.

Burnie and Wynyard Library events

6th February, 4.30pm to 5.30pm, Burnie Seed Library is a free community seed-sharing group that aims to encourage a love of growing & gardening, promote sustainability, improve seed diversity & build food resilience & self-reliance in our community. Chat all about gardening – share and learn about growing plants from seeds, what to plant now and much more. Take home free seeds to get started!

Lego Club at Burnie Library

12th February, 3:30 pm - 4:30 pm Lego Club is facilitated every Monday during School Terms from 3:30pm-4:30pm (excluding public holidays).

Come along and be adventurous, experiment and build new ideas.

You can bring your own Lego or use what we have at Burnie Library.

For more information contact Burnie Library on 6477 7400 or burnie.library@libraries.tas.gov.au

13th February, 10:00 am - 12:00 pm, Knitting for Charity

Unleash Your Creativity at the Library! Are you ready to make a difference in the world while indulging in your passion for knitting? Join us at the Burnie library for an incredible knitting / crochet experience that combines artistry, compassion, and community.

Introducing “Knitting for Charity,” brings together crafting enthusiasts of all skill levels to create beautiful handmade items that will warm hearts and make a positive impact. From beanies and cozy blankets to adorable baby booties, your creations will touch lives and bring smiles to the faces of individuals in need.

14th February, 3:30 pm - 4:30 pm. Board Gamers Club at Burnie Library. Do you love board games? Test your skills with some well-known games and other gamers and learn how to play some new games too. For ages 8+

16th February, 1:30 pm - 3:00 pm, Zoom Basics at Burnie Library. Learn how you can set yourself up on Zoom and start connecting with friends safely. Please bring your own device to this session if possible

16th February, 1:30 pm - 3:00 pm, Digital Skills – 6 Week Series at Burnie Library. Expand your digital skills with some fascinating topics. Book for the topics of your choice or come to all six sessions. Bring your own device or borrow one of ours

21st February, 10:30 am - 1:00 pm. Chatty Café at Burnie Library. Connect and chat with someone new or come with a friend or two. Chatty Café is for anyone wanting to chat and pass on their experiences!

5th February, 11:00 am - 11:30 am. Rock and Rhyme at Wynyard Library. Rock & Rhyme is a free weekly session for preschoolers that includes stories, songs, rhymes and actions. Rock & Rhyme is a fun, free 30 minute lap-sit session for parents, carers

5th February at 11:20 am - 11:50 am, Storytime at Wynyard Library, a free weekly session for preschoolers reading and sharing stories. Storytime is a 1/2 hour session of reading stories. Sessions are aimed at pre-schoolers aged 2-5 years

14th February, 3:30 pm - 4:30 pm, Young Story Seekers at Wynyard Library, this is a fun and interactive book club where young minds can discover the library collection through fun activities! Embark on a fantastic journey of library exploration with exciting activities, lively discussions, and brain-teasing puzzles! Ages 8 – 14, with an interest in the weird and wonderful things that can be found in the library. Kids will dive into the library’s treasure trove in the most enjoyable way imaginable. Imagine sleuthing out the ship your mischievous ancestors sailed in, creating your own “shelf talkers” to inspire fellow young readers and even mastering the art of the Dewey Decimal System while forming fantastic friendships along the way.



That list of New Year resolutions you made last year can be used again. It's as good as new
William George Plunkett



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