



150a Bligh Street, Warrane

Ph: 6244 6346

Email: [info@wmnc.org.au](mailto:info@wmnc.org.au)

Web: [www.wmnc.org.au](http://www.wmnc.org.au)

## Manager's Note:

As we gallop into the last part of our year at the House and Community Garden, there is much to look forward to and plenty to reflect on. We have had a great year with our community full of highlights and challenges. Through it all, everyone has been supportive and caring of one another, with many stories of generosity, kindness and individuals achieving wonderful things. Throughout 2023, we have enjoyed strong participation in all activities from yoga and exercise, a repair café and playgroup, through to community lunch, breakfasts and garden musters. We have worked with many great community partners delivering programs and activities in areas such as digital literacy, food preparation, parents and children workshops and no-interest loans.

As always, we welcome new activities and participants to share the House and Garden with us and encourage you to connect with us with a call, call in for a coffee or even email us suggestions of things we might do together.

I would like to thank all our volunteers for their tireless work, our community partners, and agencies for working with us and most importantly our community members who have connected with us and participated with great energy and care. Have a wonderful remainder of 2023, connect and care for those around you and please feel very welcome to join our activities and visit our centre and garden.

~ Ben



## Acknowledgment of Country

In the spirit of reconciliation, the Warrane Mornington Neighbourhood Centre acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community.

We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

## Connect With Us Online

Keep up to date with news and activities



[www.wmnc.org.au](http://www.wmnc.org.au)



[www.facebook.com/warranemornington](https://www.facebook.com/warranemornington)



[instagram.com/warranemornington\\_nc](https://instagram.com/warranemornington_nc)

## OPENING HOURS

Monday 8:30am-3:30pm   Tuesday 8:30am-3:30pm   Wednesday 8:30am-3:30pm  
Thursday 8:30am-3:30pm   Friday 9:00am-3:00pm

# AROUND THE HOUSE



Women's Health Week 2023



Intro to Computers Graduation



Volunteer Thank You Breakfast



Seniors Week 'Splash of Colour High Tea'





## \*NEW\* Frozen Meals – \$6 each

Frozen meals are now available from the Centre with our new affordable frozen meals program. A changing menu of frozen meals will be available for those needing extra support, to purchase at low cost.

Frozen meals, including a vegetarian option will be available for \$6 a container. Ask our staff or Food Assistance volunteers for more information next time you are at the Centre. Cash and EPTPOS accepted.



### Meals currently available include:

#### Soups:

Pumpkin  
Sweet Potato & Pumpkin  
Curried Coconut Pumpkin  
Chicken Noodle  
Roasted Carrot  
Minestrone  
Broccoli

#### Main Meals:

Lasagna  
Vegetable Pasta  
Vegetable Curry  
Vegetable Lasagna  
Sweet & Sour Chicken Meatballs  
Vegetable Curry & Rice  
Potato Gem Casserole  
San Choy Pao  
One Pot Pasta Bolognese  
Quiche Lorraine



### Card Payments Now Available

Warrane Mornington Neighbourhood Centre are well and truly stepping into the 21st Century – we now have a card payment terminal! This can be used to pay for frozen meals, photocopying/printing costs, hire fees etc.

## More Than a Free Lunch

The More Than a Free Lunch program continues to be a success here at the Centre. With many participants enjoying cooking new recipes, building new skills and making new friends.

The program will continue until the end of 2023 and will include the creation of a cookbook complete with all the recipes used throughout the course.

If this sounds like something you would like to get involved with, please contact us on 6244 6346 – bookings are essential.



Above: Participants cooking up a storm!

### 'MORE THAN A FREE LUNCH'

Learn to cook simple recipes and/or pick up some extra tips and tricks in the kitchen at these regular demonstrations and hands-on skill shares. Each session will finish with a shared meal of your own creations. And take home ingredients packs to recreate your successful meals at home!

**10:00 AM Wednesday fortnightly**

Be sure to book your spot at least one week prior:

**03 6244 6346 info@wmnc.org.au**

This program is free of charge  
thanks to support & funding from:



## Food Donations & Reusable Bags

We welcome any in-date pantry items that you no longer require. Along with clean reusable bags we often need staple pantry items to keep our Food Assistance pantry topped up.

We seek items such as:

- Flour, Rice, Noodles, Pasta
- Pasta Sauces
- Canned Vegetables, Legumes,
- Soups
- Canned Spaghetti/Baked Beans
- UHT milk, Cereal
- Clean reusable bags



All donations are greatly appreciated and can be dropped at the Centre during opening hours.

# CENTRE TIMETABLE

MON	TUE	WED	THU	FRI	SAT
8:30am Yoga 9:45am Yoga *last Monday of month, only 1 session 9-10:30am From 12:30pm Tax Help - ends 30/10 3pm Youth Rec Drop In	10am Food & Fun NILS Appointments available 6:10pm-6:30pm Loui's Van	9am onwards Food Assistance 10am 'More than a Free Lunch' program (fortnightly) 11:45am Community Lunch (alternate fortnight)	NILS Appointments available	10:00am Garden Muster at Community Garden 18 Heemskirk St 10:30am Wellness Workout	2pm Eastside Repair Cafe: 4 November

## Everyday

Drop in & Chat | Computer Use | Printing | Photocopying  
 Book Library | \$2 Coffee | Community Garden (18 Heemskirk St)



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 Neighbourhood Centre Inc

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## 'Seriously Good' Coffee!

Are you a coffee lover? Ben, our Manager, has declared our coffee to be 'seriously good' and would like to invite you to come join us at the Centre and indulge in a coffee for only \$2. Not only will you get to meet us and learn about who we are and what we do, you will also be supporting the centre. Everybody welcome!



## Centre Facilities

Do you need to access a computer? Need to print or scan something? We can help! We have computers, a printer, scanner and laminators (A4 & A3) available for use.  
 Printing pricing: 10c per A4 page in B&W  
 50c per A4 page in Colour



## No Interest Loan Scheme

The No Interest Loans Scheme (NILS) is a service that supports people on low incomes to purchase essential household items and services. We can support you to make your loan application here at the Centre. Please call NILS directly on 1300 301 650 to begin your loan application prior to calling us to book in your appointment.

## Room Hire

If you are seeking a room to meet a client, host a meeting/forum or a gathering, we may be able to assist you (restrictions do apply). The Centre has a large indoor space, an outdoor space (including an undercover deck), private counselling room and kitchen facilities. If you are looking for somewhere and think our centre might meet your needs, please give us a call on 6244 6346 to make further enquiries.



## Shower & Washing Facilities

The Centre has a shower and clothes washing facilities available for those who need support with these services. Please call us for further details.

## Drop In Rec Program

Do you have a young person looking for something to do on a Monday afternoon? Well this program might be just what you are looking for! Run on Mondays during school terms, aimed at young people in grades 5 to 8 - a drop in space for young people to enjoy food, games, music and craft activities.

For more information call 6244 6346



## Food & Fun

Held every Tuesday, come along and enjoy the friendly atmosphere. There's morning tea among friends and you can participate in a fun game to win grocery prizes. It doesn't matter if you've never played before, there will be people around who will help you out on the day. All very welcome to come along and join the fun! Cost \$20

## Wellness Workout

Looking for an exercise class that focuses on strength, flexibility and balance in a fun and relaxed environment? Then this class is for you!

Wellness Workout runs every Friday at 10:30am and costs \$5 per class. Please bring a water bottle and hand towel.

If you are thinking of joining the class, please give us a call on 6244 6346.



## Yoga - final class 11th December 2023

Join Rhiannon and a community of like-minded yoga students on Mondays:

**Mondays:** 8:30am Gentle Flow Yoga & 9:45am Vinyasa Flow on Mondays. On the last Monday of each month Rhiannon runs a 90 minute Yin Yoga session from 9am.

To book into a class, follow the below link:  
<https://sunflower-yoga-and-pilates.au3.cliniko.com/bookings>



Rhiannon



## Food Assistance

Each week we receive a limited amount of food from providers which include items such as bread, milk, fruit and vegetables to distribute to those who need some assistance. These items are available for pickup from 9am each Wednesday and are offered on a first come first serve basis (no holds available). Please note that only one food parcel is available per household. Please follow the signage for direction on where to collect at the Centre.

The Centre also greatly appreciates food donations from the community to help support this program.

## Loui's Van

Loui's Van is at the Centre every Tuesday evening from 6:10-6:30pm. All are welcome!

The Loui's Van volunteers provide food (including soup and sandwiches), hot and cold drinks, information about services, support and companionship.



## Community Lunch

Come join us for lunch!

Every 2nd Wednesday a two course meal is offered at the Centre and ALL community members are welcome and encouraged to join us for a social lunch! Bookings are required, so please call us on 6244 6346 to book in. We look forward to having you join us.

A donation of \$5 is appreciated to help cover the rising cost of ingredients and support the continuation of our great lunches for you and community members in need.



## Tell us your program idea!

Do you have a skill or area of knowledge you could share with others in the community? Is there an activity you are interested in that you would like to see happening locally on a regular basis? It could be a workshop/demo style gathering, a learn-how-together activity, a set time to work on individual projects with others, or something else entirely.

We're keen to explore new ideas that will connect people, build skills or improve wellbeing locally. Please call us on 6244 6346 or drop in to flag your idea!

## Eastside Repair Cafe

Toss it away? No way!

If you have a broken item in need of repair, a repairer with the skills and tools can advise on fixability and show you how to repair it at these FREE events.



A confirmation of repair skills available each event is shared through social media and Repair Cafe's emailing list in the week prior to events.

Email: [eastsiderepaircafe@gmail.com](mailto:eastsiderepaircafe@gmail.com)

Come along (with or without a broken item) and check it out. Grab a cuppa and chat with the friendly volunteers to find out more.



## TerraCycle Bins

Did you know you can drop off hard-to-recycle items like blister packs, milk bottle lids and oral care items, like toothpaste tubes, at the Warrane Mornington Neighbourhood Centre?

TerraCycle bins are bolstering the Center's sustainability initiatives. Drop off your used blister packs, oral care items, and milk bottle lids in the TerraCycle bins during the centre's opening hours and at the repair cafe. The bins are located in the little library space.



# REPAIR CAFE

## Eastside in 2023:

25 Feb	
25 March	(Big Weekend of Sustainable Ideas, Brighton Civic Centre)
13 May	
1 July	
12 Aug	
23 Sept	
4 Nov	

Warrane Mornington Neighbourhood Centre  
150A Bligh St, Warrane

2 - 4pm

www.repaircafe.org      0499 078 490  
eastsiderepaircafe@gmail.com

Eastside Repair Café is proudly supported by  
Clarence City Council's Community Grants Program  
& Clarence Climate Action

## Important Dates

- 21 October - Springfest @ Garden
- 26 October - Public Holiday
- 27 October - Centre Closed
- 4 November - Repair Cafe

- 25 November - Basket Making Workshop
- 6 December - Community Christmas Lunch
- 21 December - School Finishes
- 21 December - Centre Closed for Holidays
- 8 January 2024 - Centre Reopens



# Warrane Community Garden



Photo credit: Mel Thurling

18 Heemskirk Street, Warrane Ph: 6244 6346 Email: [garden@wmnc.org.au](mailto:garden@wmnc.org.au) [wmnc.org.au/community-garden](http://wmnc.org.au/community-garden)

## Garden News

Spring continues to bring new life to the garden in more ways than plants!

Warrane Primary's Prep/1 joined us for a class visit last term and enjoyed a nature treasure hunt, propagating seeds and nature weaving using all compostable materials.

In collaboration with Resource Co-op and Clarence Arts & Events we also ran our first school holidays activities with workshops learning about Nature's Recyclers and Bug B'n'Bs.

Our Resourceful Workshops also continue with a basket making session in November thanks to the support of Clarence City Council community grants and Australia Post.

Join special guest artist, maker, ecologist and science communicator, Bindi, for this skill sharing workshop into coiled basket making. Participants will learn the basics of processing non-native plants into usable fibres, and by using natural and reclaimed fibres, start making a basket to take home. This workshop is designed for adult participants or children aged 10 years and older.

This workshop is offered at great discounted rate of only \$5.00 but if you are keen to attend and this is not within your budget please get in touch!

More info <https://events.humanitix.com/basket-making-for-beginners-resourceful-workshops-series>

The Garden team have also been gearing up for Springfest over the last month and hope that despite the forecast rain, you can make it out to grab your tomato seedlings and check out a few other things of interest on Saturday.

*Katie K*



## Acknowledgment of Country

Warrane Community Garden acknowledges the Traditional Owners of this unceded land, the Mumirimina people of the Oyster Bay Nation. We recognise their continuing connection to the Country on which we now gather, garden and grow together. We pay respect to the Tasmanian Aboriginal community that continue to care for Country, to Elders past and present and to the many Aboriginal people that did not make elder status.



The Warrane Community Garden is an initiative of the Warrane Mornington Neighbourhood Centre.





# SPRINGFEST 2023

SATURDAY 21 OCT  
9:30AM - 12:30

WARRANE COMMUNITY GARDEN  
18 HEEMSKIRK ST

PLANTS & PRODUCE | MARKET STALLS | FRESH FLOWERS

WORKSHOPS | CHILDREN'S ACTIVITIES | LINE DANCING

BBQ | LIVE MUSIC | COFFEE

& MORE...

FREE ENTRY

Festival contact : [katie@wmnc.org.au](mailto:katie@wmnc.org.au)  
0499 078 490



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Bugs B'n'Bs - CCC Holiday Program



Warrane Primary School visit



Natures Recyclers Workshop

## A Hood in the Hood - Shed and Fundraising update

Warrane Community Garden is on a mission to provide comfortable shelter for our volunteer and participant activities in all weather! Springfest kicks off 12 months of fundraising for a new enclosed building to support more activity at the garden even in windy or rainy weather.

Our aim is to raise \$10 000 towards the building as we seek further funding through grants.

A huge thanks already goes out to Rotary Club of Bellerive and The Waterfront Hotel who have both pledged \$500 to our Springfest Fundraiser going towards this project.

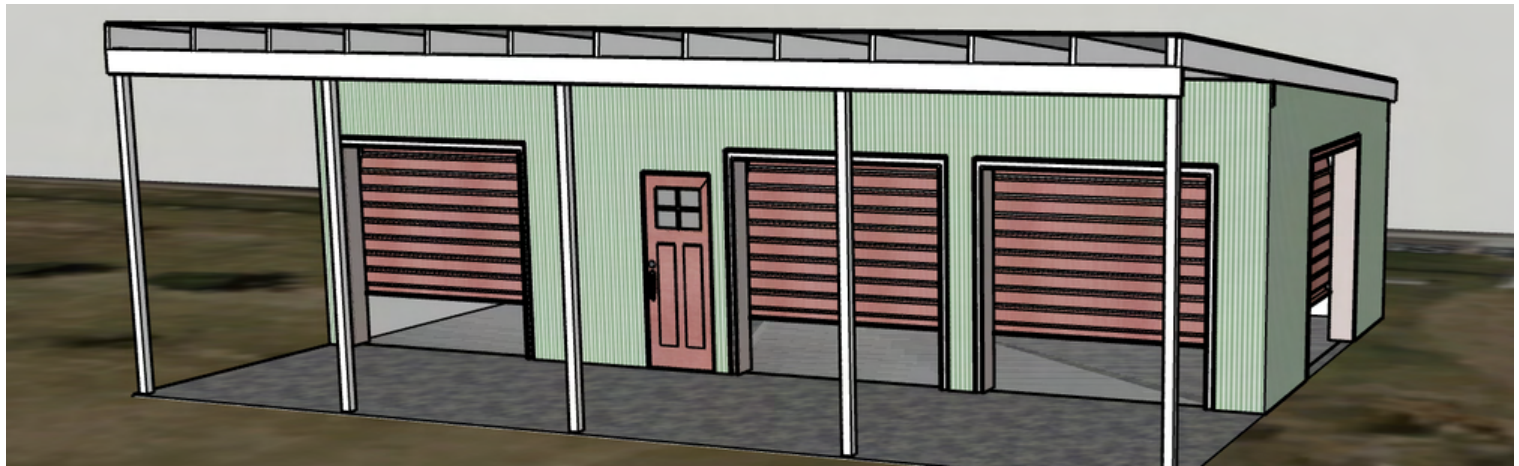
We're calling it a Hood in the Hood. This project will construct an accessible multipurpose space for gathering, learning & storage to:

- improve amenity and support access at Warrane Community Garden
- improve volunteer safety and confidence with better storage of equipment and resources
- increase comfort for all volunteers, participants and visitors.
- expand Centre and Garden capacity to support/offer educational and community programs
- provide an attractive small room hire option in Warrane that can generate income for the garden
- upgrade access pathways to meet DDA legislation compliance to proposed shed

We have some very early sketches to indicate the location and size of the proposed building.

Although the finalised shed design will look different to this sketch, the size and location will be unlikely to change by much.

Your feedback about this project is welcomed and you can share your thoughts with us by email [garden@wmnc.org.au](mailto:garden@wmnc.org.au) or contact Katie 0499 078 490 (Wed-Fri). Financial donations from businesses or organisations towards our fundraising goal also very welcome!



# Working Bees

The garden's regular monthly working bee is the third Sunday of each month 9am-12pm.

*We also meet weekly on Friday mornings between 10 -12 for a more casual morning muster.*

All hands are welcome no matter what your level of gardening experience. Come along and meet other volunteers contributing to the wellbeing of the garden and its visitors.

A few things that we ask you to bring are:

- your own reusable cup (tea/coffee/water are provided)
- your garden gloves
- favourite weeding tool - if you have one.

If you would like to get involved at other times or just on individual projects – like the orchard, the espalier trees, the grapevines, the native garden etc...please get in touch to find out more!

# Term 4 Monthly Working Bees

9am - 12 noon

Sunday 19 November

Sunday 17 December



## Garden Guidelines

To help everyone feel safe and welcome at the garden these guidelines have been developed in consultation with the community.

### Pets in the garden

Please ensure pets are on lead when walking through the garden and keep them off garden beds and the growing mounds (which also have food plants).

### Children in the garden

The garden is a working food garden. To keep them safe, children should be supervised by an adult when visiting.

### Care for all visitors

The garden is an alcohol, drug & smoke free zone.

You can read more about the guidelines process on our website.

# RESOURCEFUL WORKSHOPS

Learn new skills & have fun in nature through workshops from experts!



- Composting Demystified Monday 10 July, 2pm
- Natures Recyclers - Monday 9 October, 10am
- Basket making for beginners - Sat 25 Nov, 10am
- Natural Fabric Dying Nov 2023 & Jan 2024
- Hat Making for Harvest Festival - Friday 23 Feb, 2pm

Workshop locations: Warrane Mornington Neighbourhood Centre or Warrane Community Garden.

For more information:

info@wmnc.org.au or 0499 078 490



## Things to do at Warrane Community Garden

- Bring a picnic to enjoy
- Draw the flowers and plants
- Join our Summer watering roster
- Adopt a tree to take care of
- Pick some herbs for dinner
- Become a weed warrior
- Ask about using the BBQ
- Join in our weekly Friday muster
- Attend our monthly working bee
- Dance, sing, explore... & more

## Garden Share Stand

The garden stand has been installed to share free produce, plants, and seedlings with the community. If you have an excess of garden produce, please feel free to add them to the stall.



## Group Visits

If you would like to organise an activity with your group in the garden, please get in touch about access to facilities.

## BBQ Use

If you would like to use the BBQ for a family gathering please get in touch about access to facilities.

## Keeping In Touch

If you would like to get involved at the garden or learn more please visit:

<https://wmnc.org.au/community-garden>

Alternatively, contact Katie - Garden Coordinator  
6244 6346 garden@wmnc.org.au