



150a Bligh Street, Warrane

Ph: 6244 6346

Email: info@wmnc.org.au

Web: www.wmnc.org.au

Manager's Note:

Welcome to 2024! After a lovely break for everyone, we are enjoying welcoming back our regular groups and friends, meeting new community members and exploring potential new activities for this year. The staff team are reinvigorated after a much-needed break and look forward to connecting with you all.

Last year we enjoyed a growing list of activities and increased participation which was fantastic. Events in the garden were a great success, even in torrential downpours and programs like Intro to Computing, yoga and More Than a Free Lunch enjoyed strong participation and created friendship and connection.

This year, our priorities are to continue connecting our community and building skills and capacity around several areas of interest including, well-being, education and food. We are seeking more opportunities to speak with our community and identify activities and support that you would like to see here at the Centre and garden.

We have yoga, pilates and a fun Friday exercise session; Wednesday community breakfast and community lunch as always and a fortnightly program Gather, Cook, Grow

where you can build your cooking skills, share knowledge, and experience and enjoy a meal. The community garden Friday morning muster is a great chance to enjoy a morning with our garden team working in that wonderful space.

As always, I must acknowledge the great work of our volunteer team here at both the centre and the garden. We are very fortunate to have such a great group of people connected with us and if you are interested in getting involved, please don't hesitate to let us know. Some skills that would be helpful for us include gardening and mowing, digital literacy and teaching, cooking and food preparation and digital marketing and communications.

As always, we welcome you all to visit both the centre and garden, find out more about what we do and connect with us and our network of community members and organisations. Don't hesitate to be in touch and visit us for a cup of tea or barista style coffee (it's good and only \$2) and see what we can do together.

~ 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.

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

Supported by the Crown through the Department of Communities Tasmania

Parenting / Play Group - Expression of Interest

Following the closure of Families Tas in late 2023, many families have contacted us to ask whether we will continue to run a parenting or playgroup here at the Centre in 2024. We are currently seeking feedback from the community to see if this is something you are interested in. We would appreciate you taking the time to let us know your thoughts!



<https://www.surveymonkey.com/r/2S7XJKC>

or scan the QR code with your mobile phone camera and follow the link



Craft Group - Expression of Interest

We are keen to offer a space for the crafters in our community and would love to hear from you! If a regular craft group is something you are interested in, please complete our survey to let us know!



Scan the QR code with your mobile phone camera and follow the link

<https://www.surveymonkey.com/r/38PXVD3>



We want your ideas!

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 email info@wmnc.org.au or drop in to flag your idea!

Plasticus Tasmania

Warrane Mornington Neighbourhood Centre is a collection point for plastic lids for Plasticus Tasmania. See below to identify what lids are accepted.

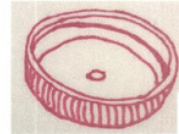


Collecting for Plasticus Tasmania

Plasticus Tasmania collects type 2, 4, and 5 plastics. The type should be indicated by a number from 1-7 within the recycling symbol located somewhere on the item. If the item is unmarked, Plasticus Tasmania cannot take it at this stage.



Marked with type of plastic.



Not marked with type of plastic

Once collected, the plastic is sorted and washed by hand to be then shredded into a ready to use material. We ask that you remove as much residues as possible. This helps cut down water usage and processing time

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

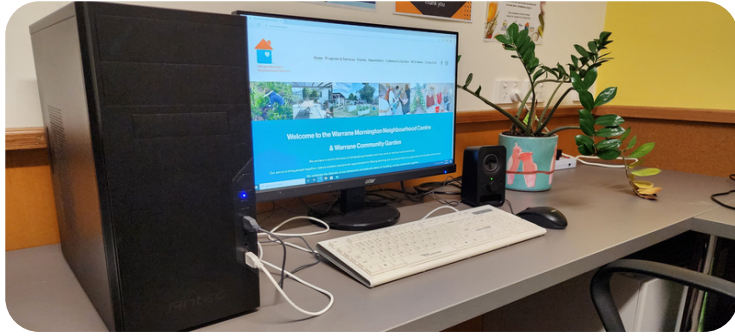
All donations are greatly appreciated and can be dropped at the Centre during opening hours.



CENTRE RESOURCES

'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



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.

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. The Centre has a large indoor space, an undercover weatherproof outdoor space (with heater available), private counselling room and kitchen facilities available. We offer awesome tasting coffee too! If you are looking for somewhere and think our centre might meet your needs, please give us a call on 6244 6346 or email info@wmnc.org.au to make further enquiries.



Frozen Meals - \$6 each

Frozen meals are available from the Centre with our 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:

- Curried Sausages
- Veggie Quiche
- Pork San Choy Bao
- Sweet and Sour Chicken



Card Payments Now Available

We now have card payment facilities! This can be used to pay for frozen meals, photocopying/printing costs, hire fees etc.



No Interest Loan Scheme (NILS)

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.



Term 1: Program Timetable

MON

8:30AM - 9:30AM
Gentle Flow
Yoga

9:45AM - 10:45AM
Intermediate
Yoga

LAST MONDAY
OF MONTH
9AM - 10:30AM
Yin Yoga

3PM - 4:30PM
Youth
Drop In

TUES

MORNINGS
NILS
Appointments

10AM - 12 NOON
Food and Fun

5PM - 5:45PM
Pilates - Mat

6PM - 6:45PM
Pilates -
Mat/Stretch

WED

8:30AM - 9:30AM
Community
Breakfast

9AM ONWARDS
Food
Assistance

11:45AM
Community Lunch
(Fortnightly)

10AM - 2PM
Gather Cook Grow
(Fortnightly)

THURS

10AM - 10:50AM
Pilates - Mat

AFTERNOONS
NILS
Appointments

FRI

10AM - 12 NOON
Garden Muster
@ Community Garden

10:30AM - 11:30AM
Wellness Workout

SAT

2PM
Eastside Repair Cafe
Dates: 24 Feb & 6 April

SUN

8:35AM - 9:30AM
Pilates -
Barre/Fitness

9AM - 12 NOON
EVERY 3RD SUNDAY
Monthly Working Bee
@ Community Garden

EVERYDAY

Drop in & Chat
\$2 Coffee
Computer Use

Printing / Photocopying
Community Garden
Book Library



scan for more details



Warrane Mornington Neighbourhood Centre
150a Bligh Street, Warrane
6244 6346 | info@wmnc.org.au | www.wmnc.org.au

Yoga – Finding Joy Yoga

Contact Tina for more information:

Ph: 0417 106 620 Email: tischramm@gmail.com



W & M Neighbourhood Centre

MONDAY YOGA

8.30am - 9.30 Gentle Flow &
9.45am - 10.45 Intermediate

Last Monday of the month
Yin/Restorative & Yoga Nidra
9am - 10.30

Small class sizes, friendly, welcoming & community orientated. Beginners welcome

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 CCC Youth Services 6247 1230



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 \$25

Pilates – with Alison



Scan QR Code for more information



Mat Pilates and Group Fitness Classes

Warrane Mornington Neighbourhood Centre

Professional classes in a relaxed and friendly community atmosphere.

For info contact
steptotherighttas@gmail.com

Community Breakfast

PLEASE JOIN US FOR A **FREE** BREAKFAST AND COFFEE

WEEKLY WEDNESDAY'S
STARTING 10TH JANUARY 2024
BETWEEN 8.30AM – 9.30AM

WARRANE MORNINGTON
NEIGHBOURHOOD CENTRE
150A BLIGH STREET, WARRANE



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.



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. Follow the signage for direction on where to collect at the Centre.

We also greatly appreciate food donations from the community to help support this program.

Community Lunch

Come join us for lunch!

Every 2nd Wednesday at 11:45am 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.



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.



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

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.



GATHER COOK GROW

CONNECTING COMMUNITIES TO BE FOOD RESILIENT

Join Dietitian Danae at Warrane Mornington Neighbourhood Centre for a nutrition and cooking program to connect, gain knowledge and skills and socialise over a meal together!

We gather together, we cook together, we learn and grow together.



Dates and Times

February 28th 10am-2pm

March 13th 10am-2pm

March 27th 10am-2pm

April 10th 10am-2pm

April 24th 10am-2pm

May 8th 10am - 2pm

Location: 150A Bligh Street, Warrane

Book for one or book for all dates. Different topics and menu each week.

Everyone welcome, bookings required 7 days prior. Please call 6244 6346 or email info@wmnc.org.au. Please share any dietary requirements upon booking.

Connect With Us Online

Keep up to date with news and activities



www.wmnc.org.au



www.facebook.com/warranemornington



instagram.com/warranemornington_nc



Important Dates

- 12 February – CLOSED Public Holiday
- 18 February – Garden Working Bee
- 24 February – Repair Cafe
- 11 March – CLOSED Public Holiday
- 17 March – Garden Working Bee

- 23 March – Harvest Festival
- 29 March – CLOSED Good Friday
- 1 April – CLOSED Easter Monday
- 2 April – CLOSED Easter Tuesday
- 6 April – Repair Cafe

- 6 April – Repair Cafe
- 13 April – School Holidays Start
- 21 April – Garden Working Bee
- 29 April – School Returns



Warrane Community Garden



Photo credit: Mel Thurling

18 Heemskirk Street, Warrane Ph: 6244 6346 Email: garden@wmnc.org.au wmnc.org.au/community-garden

Garden News

Welcome to the Community Garden for 2024! Summer's heat has supported beautiful growth in the garden over the past few months! Huge thanks must go out especially to our watering roster volunteers for keeping up the hydration to our unirrigated areas over these warmer drier times.

Drop by to see the garden at its most bountiful soon and be sure to keep an eye:

- on our Garden Share Stand for harvested produce shared with the community
- in the garden, look for the "pick me" signs (especially on the beans)
- and please always harvest with consideration for others.

With our seasonal Festival approaching, our Harvest Heads competition also returns. Join us at a workshop with Resource Co-op in February for headwear decorating items and inspiration for a creative garden headwear competition entry. Put your thinking cap on and consider what headwear includes ... a cap, perhaps a tiara, maybe a fascinator, headband, beanie or simply your classic hat; all can be created or decorated with an eye to using what we already have access to rather than buying new.

Funds raised from this event will go towards our 10k goal for constructing an all weather building at the garden. See the update in this newsletter for further information.

Katie K



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

Basil Basil Basil!



Basil is abundant in the garden at the moment - here is an idea for using it if you're pestoed out! From the cookbook "Use it all" by Alex Elliot-Howery and Jaimee Edwards.

BASIL SYRUP - combine 1 cup of water and 1/2 cup caster sugar and the stems of basil left over from making pesto or salad and 1 tsp of black peppercorns. Bring to the boil and simmer gently for about 15 minutes. Strain into a clean jar. Pour over ice cream or fruit salads or into drinks.



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.

Springfest

Springfest 2023 event included our second annual Scarecrow Exhibition. This year the Warrane Community Garden Team collaborated with Clarence Arts & Events, Bunnings Mornington and Oomph Coffee, to provide packs & prizes for participating schools and entertainment for all who visited.

Congratulations to all of the 2023 entries. We loved all your efforts!

The People's Vote:

Robocrow (Cambridge Road's Play & Learn) #1 Crowd favourite.

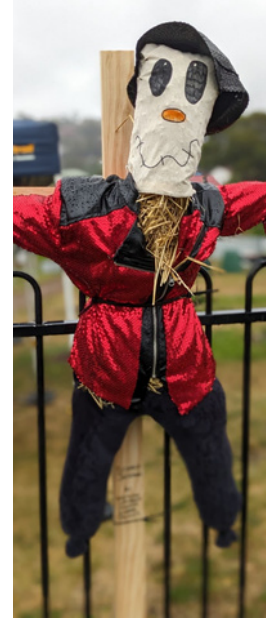
Special Mentions:

Summer (Clarendon Vale Primary School) Feeling the garden joy!

Scary Christie (Corpus Christi Catholic School) That creative hair.

Scareo Jackson (Eastside Lutheran College) That creative chest hair.

Bobby (Warrane Primary School) Ready for the garden, sports field or class.



Hood in the Hub - Shed and Fundraising update

Warrane Community Garden's mission to provide comfortable shelter for our volunteer and participant activities in all weather continues! Join us at Harvest Festival to view the latest floor plan 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.

After Springfest and thanks to Rotary Club of Bellerive and The Waterfront Hotel who have both pledged \$500, we are already a third of the way towards this goal!

We're calling it the Hood in the Hub. This space for gathering and learning will:

- improve amenity and support access at Warrane Community Garden for volunteers, participants and visitors
- improve volunteer safety and confidence with better storage of equipment and resources
- 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

Share your thoughts with us in person at Harvest Festival, by email garden@wmnc.org.au, or contact Katie 0499 078 490 (wed-fri).

Financial donations or in kind support from businesses or organisations towards our fundraising goal also very welcome!



HARVEST FESTIVAL

SATURDAY 23 MARCH
9:30 AM - 12:30 PM

WARRANE COMMUNITY GARDEN
18 HEEMSKIRK ST

PLANT & PRODUCE STALLS | PRESERVES | FRESH FLOWERS

WORKSHOPS | CHILDREN'S ACTIVITIES

HARVEST HEADWEAR COMPETITION

COFFEE | LINE DANCING | BBQ & MORE

FREE ENTRY

Contact : garden@wmnc.org.au
or 0499 078 490



Warrane Mornington
Neighbourhood Centre Inc



Seasonal Planting

From: Peter Cundall's year-round planting and sowing guide for vegetables

FEBRUARY

PLANT OUT: Seedlings of broccoli, winter cabbage, kale, cauliflower, celery, leek, lettuce, silverbeet and spring onion.

SOW INTO PUNNETS: Broccoli, carrot, cabbage, cauliflower, leek, turnip, late swede (risky), beetroot, Chinese brassicas, Asian roots, parsnip, and silverbeet.

MARCH

PLANT OUT: Garlic cloves and seedlings of celery, kale, cabbage, cauliflower, broccoli, winter lettuce, silverbeet, spring and salad onion, chives and leeks.

SOW INTO PUNNETS: Beetroot, carrot and parsnip early in March only. Then turnip, English spinach, broadbeans, peas (frost-free districts only), Asian leaf and root vegetables, spring and salad onions, lettuce and into vacant beds, green manure crops.



Resourceful Workshops

Thanks to the support of Clarence City Council and Australia Post's community grants, we hosted three more creative skill share workshops in the last few months:

- Basketmaking for Beginners session was an informative and fun waste reduction workshop facilitated by Resource Work Cooperative.
- Natural fabric dyeing & printmaking facilitated by Inspired by Nature was an enjoyable introduction to another age old skill.



RESOURCEFUL WORKSHOPS

Hat Making Workshop
Friday 23 Feb, 2pm

Join Resource Coop in the Garden to create a fun upcycled hat for Harvest Festival. Get some inspo and tips to complete a compostable entry closer to the day or walk away with a completed entry ready to wear at Festival!

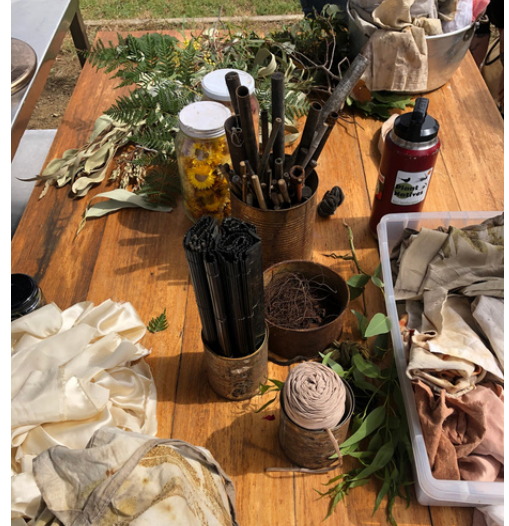
Warrane Community Garden
18 Heemskirk St

Limited numbers so RSVPs essential.

Register via humanitix or:

garden@wmnc.org.au or 0499 078 490

GET READY FOR
HARVEST HEADS!



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!

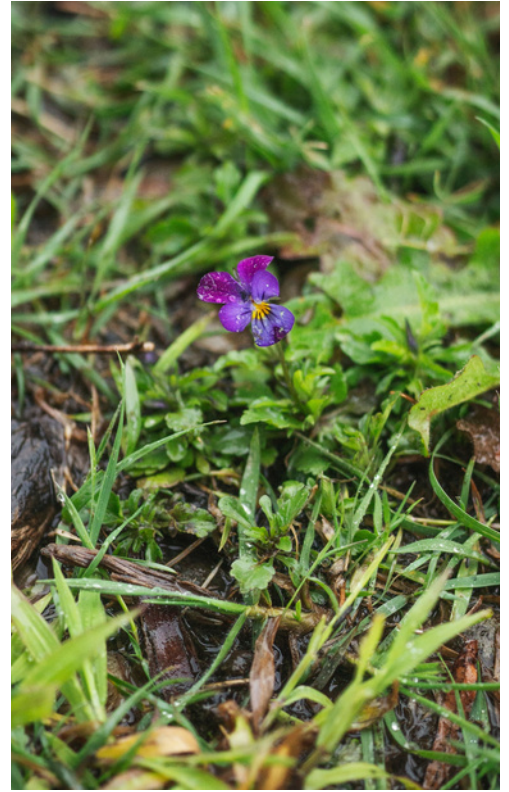
Term 1 Monthly Working Bees

9am - 12 noon

Sunday 18th February

Sunday 17th March

Sunday 21st April





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.



CARROT CAKE BLISS BALLS

- Makes roughly 20 balls
- Can be frozen
- Prep time: 5mins

What you need

- 1 cup of rolled oats
- ¾ cup sultanas
- ¾ cup dates, chopped
- 1 large carrot, washed and grated
- 1 tsp mixed spice
- 1 cup dessicated coconut

How to make

- Place oats, sultanas, dates, carrot and spice into the bowl of a food processor and blend for 30–60 seconds until combined into a sticky texture.
- Shape mixture into balls and roll in the dessicated coconut.

familiasmania.org.au

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