



150a Bligh Street, Warrane

Ph: 6244 6346

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Manager's Note:

Here we are around Mid-winter, all rugged up, working on staying healthy and looking out for one another. Sure, it's cold, and maybe I'm a dreamer, but I reckon that if you close your eyes and dig around in your imagination, it almost feels as though you can glimpse the warm sunshine on the other side. (Well, I keep telling myself that).

We are enjoying plenty of activity at both the centre and garden, with the usual fantastic contribution from our volunteers, enjoying the company of regular and new community members visiting, and our work with partners on activities and projects.

Our programs and activities are enjoying great attendance, even with the odd disruption for people. There is always room for more, so please feel very welcome to connect with us and get involved in the garden or centre activity.

A challenge for many, as we are aware, is the impact of the current rising cost of living. We are working hard to support people, together with our community partners, and seeing increasing demand for food assistance to people in need. We have been supported by generous community members donations.

We continue to ask, where possible, for any donations of non-perishable goods to assist in filling our pantry. Canned goods, cereals, rice, pasta and so on all assists us.

In the coming month we are launching 'More Than a Free Lunch' cooking collaborations, which will run fortnightly and provide shared cooking experiences, community lunches for all, and food parcels for those in need. Please ask about this exciting new program that we can't wait to share with you.

See you soon in the garden for our regular Friday working bee or maybe the centre for our Wednesday community lunches!

~ 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

Mon 8:30am - 4:00pm, Tues 8:30am - 3:30pm, Wed 8:30am - 3:30pm, Thurs 8:30am - 4:00pm, Fri 9am - 1pm

New staff member



In July we welcomed Sam to the team. Sam has joined us in the role of Community Care Advisor. Sam shall be working between the Warrane Mornington and Rokeby Neighbourhood Centres providing individual, family and community-support and advice.

Sam will be building on existing relationships with current partners, and seeking out new connections, to better enable people's access to a range of social and other support services, with the aim of increasing personal capacity and strengths.

Our **More than a Free Lunch** Launch event on Wednesday 31 August will be a great opportunity for you to meet Sam and find out more about her role with the Neighbourhood Centre.

Eastside Repair Cafe

Toss it away? No way!



WMNC are pleased to be hosting the Eastside Repair Cafe's monthly repair & skill share events on the last Saturday of each month (except September & December). This initiative seeks to reduce waste, share skills and provide an opportunity to meet others in your community.

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 events. A confirmation of repair skills available each month 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) to check it out. Grab a cuppa and chat with the friendly volunteers to find out more.



Pictured above: A darning repair demonstration at Eastside Repair Cafe

CWA Lindisfarne & Online Branches



Collaboration with the wonderful Country Women's Association (CWA) Tasmania has been ongoing this year.

We have received amazing preserves donated by the CWA Online branch as well as substantial top-ups of pantry items collected by the CWA Lindisfarne branch. All gratefully received to pass on to those in need of food assistance in these increasingly tough times. We look forward to continuing with this collaboration that is a great help in meeting the ongoing needs of our community.



Pictured above: Community Care Advisor Sam and volunteer Mary welcome generous food donations collected by CWA Lindisfarne

Pictured top right : A selection of donated preserves from CWA Online Branch

Food Donations & Reusable Bags

Do you have any in-date pantry items at home that you no longer require? We are in urgent need of staple pantry items to keep our Food Assistance pantry topped up. We are seeing an increase in demand for food assistance and we need your help to support those who need it.

We are seeking items such as:

- Flour
- Rice
- Noodles
- Pasta
- Pasta Sauces
- Canned Vegetables and Legumes
- Soup
- Cereal
- Canned Spaghetti/Baked Beans
- UHT milk

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



'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!



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 (COVID density restrictions apply), an outdoor space (including an undercover deck) 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.

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: 20c for 10x A4 pages in B&W
50c per A4 page for Colour
Laminating costs: 50c per A4 sheet / \$1 per A3 sheet
Bookings are preferred - call on 6244 6346



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.



Digital Literacy Class

This class provides basic training in using computers and the internet. It is suitable for those who wish to further develop their knowledge and skills at a beginners level. Places are limited and bookings are essential. For enquiries, please call 6244 6346.

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.

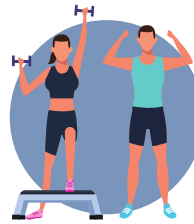
A donation of \$5 is requested to help cover the rising cost of ingredients and support the continuation of our great lunches for you and community members in need.



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 10:00am 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

Join Rhiannon and a community of like-minded yoga students at the Warrane Mornington Neighbourhood Centre for Gentle Flow Yoga on Mondays at 8:30. For a stronger class, Vinyasa Flow is on Mondays at 9:45, and Wednesdays at 9am.

Beginners Welcome!

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



Rhiannon

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 8:30am each Wednesday and are offered on a first come first serve basis (no holds available). 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.

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!

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 every Monday 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

Centre Timetable

Mon	Tue	Wed	Thu	Fri
8:30am Yoga	10am Food & Fun	8:30am onward Food Assistance	9:30am Peaceful Parenting Families Tas	10:00am Wellness Workout
9:45am Yoga	6:10pm-6:30pm Loui's Van	9am Yoga	Aug 4,11,18,25 then fortnightly	10:00am Garden Muster at 18 Heemskirk St
11am Digital Literacy		10am More than a Free Lunch program (fortnightly)		
3pm Youth REC Drop In		11:45am Community Lunch (alternate fortnight)		

Everyday Day

NILS appointments | Computer Use | Printing | Photocopying
Book Library | \$2 Coffee | Community Garden (18 Heemskirk St)



Warrane Mornington
Neighbourhood Centre Inc

JOIN US TO CELEBRATE THE
LAUNCH OF OUR NEW PROGRAM:

'MORE THAN A FREE LUNCH'

WEDNESDAY 31 AUGUST 2022

Program runs fortnightly.

Program participants join us from 10am

12 -1pm Lunch and Program Launch

Participants: Learn about cooking basics, tips and tricks
& then share in a meal of your own creation.
Take home ingredients to recreate the meal.

Everyone: Bring a favourite recipe to exchange

Launch also includes: WMNC volunteer recognition & thank you

RSVP for launch by 24th August 2022

03 6244 6346 INFO@WMNC.ORG.AU



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

- 14 Aug - Garden Working Bee
- 31 Aug - More Than a Free Lunch Launch
- 11 Sep - Garden Working Bee
- 1 Oct - School Holidays Start
- 9 Oct - Garden Working Bee
- 17 Oct - School returns
- 19 Oct - Seniors Week Celebration
- 20 Oct - PUBLIC HOLIDAY
- 12 Nov - Springfest



Warrane Community Garden



Photo credit with thanks: Lily Winzil

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

Garden News



Welcome back to the garden!

Last term has given us a lot more than produce to share with you this term!

Our Friday Muster group was treated to a tour of the Hazara Community garden which we share more about in this update. We also shared some great skills with the community both formally, at our fruit tree pruning and berry bush workshops, and informally at our monthly working bees & weekly garden musters.

We've been delighted to meet and welcome new faces at the garden too. So if you have been thinking of getting involved, please get in touch!

Always, the biggest of thanks goes out to our volunteers and supporters for all the wonderful contributions and enthusiasm received to care for the space and the people that visit.

~ **Katie**

Springfest - Save the Date

Our 2022 Spring community & fundraising event will be held on **Saturday 12 November 9:30 - 11:30**.

Are you able to help us make this our best yet?

We'd love help to share the event, deliver flyers, sell raffle tickets in the lead up, and/or help with activities & general assistance on the day. Please contact Katie for more details!

Hazara Community Garden Visit

A big thank you to Habibi, Parvana and Kirsten at Zafira Fine Foods in Moonah for welcoming our Friday Morning Muster group in a visit this term. Habibi showed us around the Hazara Community Garden and generously answered our many questions. The team look forward to returning the favour in future! After the tour we had a delicious lunch in the restaurant where the bolani (potato and greens stuffed bread) was a clear favourite amongst our volunteer group.

It was wonderful to have Masooma with us to translate some of our more in depth questions about the plants and the garden. Masooma was doing her final placement for work experience at the Centre last term. We wish Masooma all the best now her studies are complete and she has found work in her area of interest.



Acknowledgment of Country

Warrane Community Garden acknowledges the Traditional Owners of this land, the mumirimina people of the Oyster Bay Nation. We recognise their continuing connection to Country on which we now gather and garden. We pay respect to and 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.



Warrane Mornington
Neighbourhood Centre Inc

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

Working Bees

The garden's regular working bee is the second Sunday of each month, 9am-12pm. *We also meet weekly on Friday mornings between 10 -12 for a more casual mini-bee.*

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 couple of 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 3 Monthly Working Bees

9am - 12 noon

Sunday 14 August
Sunday 11 September
Sunday 9 October



At our June working bee Ailsa shared skills for pruning joostaberries, currants and blueberries. We put ABC's Ryk Goddard to work too. Ryk joined us as part of the #ABC90for90 campaign.

Cooking from the Garden

One of the great things about community gardening is the chance to experiment and learn about new and different food plants.

Last spring, we acquired some Yacon plants. Yacon is a South American perennial daisy with large edible tubers. It is particularly suited to Southern Australia in places where frosts occur. It grows easily from either stem cuttings or the purple rhizomes at the base of the stem.

We put two plants into our food forest in early spring and I took one for my home garden. It grew tall through the summer but I waited in vain for it to flower. Finally last week, after the leaves had died back, I decided to dig it up and have a look. I was excited to find 5 good-sized tubers!

The tubers are delicious raw – as sweet and crunchy as apples. According to Wikipedia they can also be eaten boiled, dehydrated, roasted or processed into beverages, jams, syrup, vinegar, flour, chips and juice.

Best of all, the Yacon is known for its anti-diabetic properties and is used in Andean folk medicine against liver and kidney diseases.

At our last Sunday working bee, we harvested and sampled one of the Yacon plants from the Food Forest and declared the experiment a great success! ~ Anna



Far Left:
Yacon tubers waiting to be peeled & grated then combined with other ingredients to make a delicious salad.

Left:
Flower of the Yacon plant

Below: The developing food forest. We're seeking donations of up to 40 squarish pavers (at least 190-200mm wide) to complete the edging!



Thank you Sam

Our amazing Sam finished in his official Gardener role with us part way through Term 2. Since November last year, Sam brought his awesome skills to the garden every Friday for a few hours. Having his practical support to progress some great projects and assist with maintenance was fantastic for the garden to keep moving forward. Luckily it's not goodbye, Sam remains on the team as a volunteer and we are so pleased to have had extra hours of his energy and insight while we could.



Above : Sam (far right) on his last day in official Gardener role with Ailsa, Kathy and Karen. The crew are standing at a bed with Eat Well's educational sign for brussels sprouts.



Above: Fruit tree pruning workshop



Above: Friday morning muster crew gather for morning tea

Below: That time our Sunday working bee morning tea resembled brunch rather than just a cuppa thanks to everyone's contributions!



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.

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.

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 katie@wmnc.org.au