



150a Bligh Street, Warrane

Ph: 6244 6346

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Web: www.wmnc.org.au

Manager's Note:

The first warm days certainly brighten the spirits, and there is plenty of energy here at the Centre and Community Garden. All our regular activities are motoring along nicely, and we would love to welcome new participants to the garden, yoga, lunch, exercise, parents' group, and other activities. So have a look and see what you might enjoy. Come in say hello.

Two exciting projects for us are 'More Than a Free Lunch' at the Centre which is a fortnightly cooking session and shared lunch. A bag of ingredients to duplicate the meal is provided to participants to take home! Please contact us to book in for cooking or even just the lunch and get involved.

Preparations for 'Springfest 2022' at the Community Garden are in full swing and it is going to be bigger and better than ever this year on the morning of Saturday 12th November.

Come and enjoy this wonderful community space on the corner of Heemskirk and Zeehan Streets in the lead up and on the day.

We always welcome new faces and look forward to seeing old friends and new soon.

~ 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

More Than a Free Lunch

On Wednesday 31st of August we launched the More Than a Free Lunch program and what a success it was! We had 15 participants in the kitchen helping with the cooking and had an amazing attendance of 40-50 guests.

Everyone gathered over lunch to enjoy some hot soup and coordinated food bags containing the lunch ingredients were handed out for participants to take home and cook again.

Funded by the Tasmanian Government and the Sidney Meyer Fund, this program will continue fortnightly into late next year and we hope to engage and connect the community within this program and create capacity within the centre.

We thank everyone who attended the launch and hope to see some new faces in the coming weeks!



Above: L-R The Hon. Nic Street MP, WMNC Board President Griffin Blizzard & Manager Ben Cooper.

Below: Community members Anne, Andrew and Nalini preparing vegetables for the cook up.



Donation Appreciation ~ Lions Club

We are very grateful to all the wonderful community groups that continue giving support to help provide food assistance to the community.



Recently the Lions Club of Clarence dropped off an incredibly generous \$500 of pantry items. Special thanks to IGA Lindisfarne for both picking and packing the items and furthering the Lions' funds with a discount on this wonderful bulk buy.

Peter Arnott, Christine Tilyard & Stephen Smith from Lions Club of Clarence are pictured here with WMNC Manager Ben Cooper when they dropped off a generous donation of food items to help those in need of assistance. Find out more about the Lions Club of Clarence at clarence.tas.lions.org.au

Our regular food pack assistance is available Wednesday mornings from 8:30



Pictured above: Peter Arnott, Christine Tilyard & Stephen Smith from Lions Club of Clarence are pictured here with WMNC Manager Ben Cooper and Lions' generous donation supported by IGA Lindisfarne.

Food Donations & Reusable Bags

We welcome any in-date pantry items at home 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.

'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, 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, other digital devices 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.

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

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 month 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) to check it out. Grab a cuppa and chat with the friendly volunteers to find out more.



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!

Centre Timetable

Mon	Tue	Wed	Thu	Fri	Sat
8:30am Yoga	10am Food & Fun	8:30am onward Food Assistance	9:30am Families Tas Sessions:	10:00am Wellness Workout	2pm Eastside Repair Cafe
9:45am Yoga	6:10pm-6:30pm Loui's Van	9am Yoga	Nov 17 - Stretch & Sing	10:00am Garden Muster at 18 Heemskirk St	Oct 29 & Nov 27
11am Digital Literacy		10am More than a Free Lunch program (fortnightly)	Dec 1 - Mindfulness		
3pm Youth Rec Drop In		11:45am Community Lunch (alternate fortnight)	Dec 15 - TBA		

Everyday

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

Meet our Volunteers – Nicki

How long have you volunteered at the Centre and how did you get involved?

I am a Wellways participant and asked about opportunities to help out at the Centre as I'm local. I've been volunteering here for 4 months. I'm part of the food bank distribution of parcels to those in the community needing food assistance. And I also cook for the community lunch on Wednesdays fortnightly which is fun.



What do you enjoy about volunteering? What has been a highlight?

The people at the Centre make you feel very welcome and valued. I enjoy giving back to the community and meeting others.

When cooking a meal for over twenty people and then they appreciate your cooking with lots of "thank you". Learning how to use the coffee machine was also a highlight for me. And working with dedicated people!

What would you say to someone who was thinking about volunteering?

Do it! It's so worthwhile. It makes you feel good knowing you are participating in a great cause. Meeting like minded people is a huge plus too.

To CELEBRATE SENIORS WEEK
join the fun at WMNC's

Mad Hatter's High Tea Party

Wednesday 19 October at 12 Midday

All welcome - Seniors Free

Guests: \$5 suggested donation

Hats & RSVPs essential!

RSVP by Wednesday 12 October
info@wmnc.org.au / 6244 6346



Get Tax Help your way

Free help with your tax return – online, in person
or by phone. There have never been so many ways
to talk to a Tax Help volunteer.

Find out if you're eligible.
ato.gov.au/taxhelp | 13 28 61

CONNECT WITH US ONLINE

Keep up to date with news and activities



www.wmnc.org.au



www.facebook.com/warranemornington



[instagram.com/warranemornington_nc](https://www.instagram.com/warranemornington_nc)



Important Dates

- 9 Oct – Garden Working Bee
- 17 Oct – School returns
- 19 Oct – Seniors Week Celebration
- 20 Oct – PUBLIC HOLIDAY
- 27 Oct – Picnic & Play at Garden
- 12 Nov – Springfest
- 23 Nov – Volunteers Xmas BBQ
- 14 Dec – Community Xmas Lunch
- 23 Dec – Centre close for 2022



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

Hello Spring! September's working bee and weekly musters have kicked some big September goals in the garden.



Life can prevent people from regularly coming to our monthly working bees. Whether other commitments clash or an illness occurs, we often field apologies in the week before. And it usually gets me thinking we will surely have a small turnout that month. But it never is. Touch wood.

Every month this year, we have been joined by new faces or our more occasional volunteer legends inevitably forming a winning team for the day. It's Like magic. So if **you**'ve been thinking about coming along to a muster or a bee, we'd love to meet you this term.

Term 4 has us all looking forward to a busy season in the garden. Along with our regular Friday morning musters and monthly working bees, you can also join in with these opportunities:

- **Families Tas** will be hosting a **Picnic & Play** in the garden for Children's Week (27 Oct)
- School groups can enter a Scarecrow in our **Springfest 2022 Scarecrow Exhibition**
- Help make our Spring Festival event the best one yet by volunteering or visiting on the day
- The community is invited to join us as we celebrate our Garden & Centre Volunteers with a **Thank You Xmas BBQ** (23 Nov)

Happy growing everyone,

Katie K

ELC Flag & Foundation Planting

It was a delight to welcome students from Eastside Lutheran College's Foundation Class to plant out Kangaroo Grass (*Themeda triandra*) in our developing native plants patch.

A fun morning of planting, exploring, tasting and drawing was topped off by the presentation of a gift. Students created another bottle top art piece made especially for our new patch faithfully reproducing the correct dimensions of the Aboriginal Flag. Thank you ELC for this thoughtful gift and a wonderful productive day of planting and learning.



Above: Eastside Lutheran College's Foundation Class present the garden with a framed Aboriginal Flag created from upcycled plastic bottle tops.

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 we now gather and garden on. 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.

National Tree Day



L:
We
celebrated
National Tree
Day by
planting
Eucalypts in
the Native
Garden.

At the Garden



Above : Jess and daughters weeding their adopted plum tree at the September working bee.

Below: Testing the pH of the orchard soils



Above: Lots of weeding, feeding and mulching in the orchard

Below: Our Sunday working bee morning teas are always great for a cuppa, snacks and a yarn.



Volunteer Call Out SPRINGFEST 2022

WARRANE COMMUNITY GARDEN - 18 HEEMSKIRK ST

Can you help make this event our best yet?

Please contact katie@wmnc.org.au / 0499 078 490 if you might be able to lend a hand on **Saturday 12 November** at any of the times below.

- 8:00am - 9:30am set up from
- 9:30am - 11:30am help provide information/directions to visitors & assist with activities or stall holder support
- 11:30am - 1:00pm pack down



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 katie@wmnc.org.au

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.

Term 4 Monthly Working Bees

9am - 12 noon



Sunday 9 October
Sunday 13 November
Sunday 11 December



Working Bees

The garden's regular working bee is the second Sunday of each month 9am-12pm, until the end of 2022.

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 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!

Nature play
Treasure hunt
Songs & stories!

FAMILIES
Tasmania

Warrane Mornington
Neighbourhood Centre Inc

Picnic & Play
in the Garden

Come and join with other families to explore and enjoy the Warrane Mornington Community Garden in the springtime.

18 Heemskirk St, Warrane
Thursday 27th October, 10am
www.familiestasmania.org.au

SPRINGFEST 2022
SATURDAY 12 NOV
9:30 - 11:30 AM
WARRANE COMMUNITY GARDEN
18 HEEMSKIRK ST

PLANTS & PRODUCE | MARKET STALLS | FRESH FLOWERS
WORKSHOPS | CHILDREN'S ACTIVITIES
COFFEE | MOBILE KNIFE SHARPENER
BBQ | RAFFLE & MORE...

FREE ENTRY

Clarence... a brighter place
Warrane Mornington Neighbourhood Centre Inc

WARRANE MORNINGTON
NEIGHBOURHOOD CENTRE
INVITES YOU TO JOIN US FOR A

**CELEBRATION
BBQ**

to thank our volunteers for their valuable contributions
in 2022

THURSDAY 23 NOVEMBER
12 - 1PM

WARRANE COMMUNITY GARDEN
18 HEEMSKIRK STREET

RSVP BY 15TH NOVEMBER
6244 6346 INFO@WMNC.ORG.AU