

## NEWSLETTER

Term 3 2021



150a Bligh Street, Warrane 7018 6244 6346 info@wmnc.org.au

#### **OPENING HOURS**

Monday: 8:30am - 4:00pm Tuesday: 8:30am - 3:30pm Wednesday: 8:30am - 3:30pm Thursday: 8:30am - 4:00pm Friday: 9:00am - 3:00pm

#### **CENTRE FACILITIES**

Computer Access bookings essential

Photocopying, Scanning & Laminating charges may apply bookings essential

Local Calls

NILS Applications by appointment

Book & Magazine Swap

Community Garden 18 Heemskirk Street, Warrane

Wheelchair Accessible

Supported by the Crown through the Department of Communities Tasmania

### So Long...Farewell

After 16 years at the Warrane Mornington Neighbourhood Centre Inc. I am hanging up my apron. I have enjoyed my time at the centre and with the community. I have seen many come and go and all the good times outweigh any not so good times. Working in a community is always interesting and it's amazing what people are doing out there. I want to thank all those I have worked with, Board, staff, volunteers, organisations, and community members. I wish the new manager well in the position. It's a great community and it's always treated us well.

~ Leanne Doherty - Retired Manager

On behalf of the Board of Management, Staff and Volunteers, we congratulate and thank Leanne for her 16 years of service to the Centre and our community. We wish her well in her retirement.





#### 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.

#### Welcome Ben!

After several years of wonderful management service by Leanne Doherty, Warrane Mornington Neighbourhood Centre welcomes a new Manager, Ben Cooper. Ben has recently returned home from 13 years living in Victoria with extensive experience leading organisations in the not-for-profit social sector working with young people and communities across Australia. Through regional, state, and National roles, Ben has engaged with communities from metropolitan, as well as regional and remote communities across the country delivering programs and community development initiatives to strengthen community connections and build capacity for people and their communities to thrive. Ben is very much looking forward to continuing the work of the centre and exploring new ideas with you all, so please make yourself known to Ben when visiting the centre.





#### Warrane **Community Garden**

Have you seen our Garden Share Stand yet? This is a space for locally grown produce, plants, seedlings and labelled seeds to be shared with the community. And remember, if you would like to get involved with our regular working bees our next one is Sunday September 12 from 9am - 12pm.



Thank you Mornington Bunnings Warehouse for the ongoing support through donations to the Centre, Community Garden and Garden Share Stand. We greatly appreciate your contribution.

Warrane Mornington Neighbourhood Centre Inc WEDNESDAY 25TH AUGUST 2021 AT 6PM **150A BLIGH STREET, WARRANE RSVP 23rd August** 6244 6346 or info@wmnc.org.au

#### **Community Mental Health** Training

In July, the Centre supported local community stakeholders to attend mental health training that was tailored to assist them to meet the needs of the local community.

This training provided opportunities to learn about and reflect on understanding mental health, depression and anxiety, trauma, understanding when someone needs help, referral information and processes, communicating with community members in need of support and self care.

This training was provided by Andrew Nolan from Southern Beaches Counselling and was partially funded through generous community fundraising.



"a greater understanding of anxiety and depression and the resources available to us."

"self care is so important" - Participant





Families are invited to share in our chat and play sessions. A great way to meet people in your local area!

2nd & 4th Thursday of the month Drop into the Centre anytime between 9-11 am. Coffee and tea provided.

150a Bligh Street, Warrane For more info please call 62446346. In partnership with Families Tasmania.

FRMILIES

# yoga de sessions

BYO mat. Cost \$5 Warrane Mornington Neighbourhood Centre Every Monday 8.30am-9.15am or 9.15am-10.00am Classes are suitable for beginners through to those with more experience. For more info phone 0438 639 404.

Warrane Mornington

## COMMUNIT Lunch

#### EVERY WEDNESDAY 11:45AM AT 150A BLIGH ST, WARRANE

Join us for a free two course lunch at the Warrane Mornington Neighbourhood Centre. Please call to book a place.

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A bus service is also available for pick up and drop off. Bookings required. Phone 6244 6346.

### Available Tuesdays @ the Centre

Australian Taxation Office



### Get free help with your tax return from a Tax Help volunteer

Are your tax affairs simple?
Do you earn around \$60,000 or less?
To find out more, contact the ATO on **13 28 61**



#### Call 6244 6346 for an appointment

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### wellness workout~

This class is suitable for anyone who is seeking an activity that focuses on strength, flexibility and balance.

When: Every Friday Time: 11-12 Cost \$5 per class Where: 150a Bligh Street, Warrane.

Please bring a water bottle and hand towel.

#### Everyone is welcome!

## MEERLY PROGRAMS

Everyday			
By Appointment	No Interest Loans Scheme (NILS)	Free	No Interest Loans to help Low Income Tasmanians purchase essential household items and services. Please call NILS on 1300 301 650 to register before making your appointment.
	Book & Magazine Exchange	Free	Books and magazines for everyone! Borrow, share, return or donate!
Mondays			
8:30am – 9:15am 9:15am – 10am	Yoga	\$5 per class	We currently have two yoga classes run on a Monday morning. Both classes are suitable for beginners and beyond. Please bring own mat.
10:15am – 11:15am	Computers for Beginners	Free	This program provides access to and training in using computers and the internet. Bookings are essential.
Tuesdays			
10am – 3pm	Tax Help	Free	A Tax Help Volunteer is available at the Centre each Tuesday to assist low-income earners to prepare and lodge personal tax returns. Bookings are essential. Please call 6244 6346 to discuss your eligibility and to make an appointment
6:15pm	Louis Van	Free	Loui's Van assists the community by providing food (hot soup, sandwiches, bakery items, fruit, hot drinks etc), information about services, support and companionship.
Wednesdays			
8:30am onwards	Food Assistance	Free	Each week we receive a limited amount of food from Food Bank which includes items such as bread, fruit and vegetables. The Centre greatly appreciates food donations from the community to help support this program.
11:45am	Community Lunch (all ages)	Free	Each week a free two course lunch is offered here at the Centre. All are welcome; however, numbers are limited so <b>please call to book a place.</b> A bus service is available for pick up and drop off to assist those requiring transport, however bus numbers are limited so please contact the Centre on 6244 6346 if you require transport assistance.
Thursdays			
9am - 11am (2 <sup>nd</sup> & 4 <sup>th</sup> Thurs each month)	Chat & Play	Free	Families are invited to share in our Chat & Play sessions that are a great way to meet people in your local area. Tea and Coffee are provided. All families are welcome.
Fridays			
11am – 12noon	Wellness Workout	\$5 per class	This exercise class is suitable for anyone who is seeking an activity that focuses on strength, flexibility and balance. Please bring a water bottle and hand towel.

## JOIN US ONLINE

Keep up to date with centre news and activities by checking out our website www.warranemorningtonneighbourhoodcentreinc.org

> or follow us on Facebook www.facebook.com/warranemornington



### Important Dates

- 25th August WMNC AGM
- 12th September Garden Working Bee
- 25th Sept -10th Oct School Holidays
- 10th October Garden Working Bee
- 13th October Seniors Week Lunch
- 21st October Public Holiday