

GEORGE TOWN NEIGHBOURHOOD HOUSE

Bi Monthly Newsletter April 2022- May 2022



CONTACT US

187 Agnes Street GEORGE TOWN

Monday - Friday 8.30- 4pm

Phone: 63123019

email: reception@gtnh.org.au

www.gtnh.org.au

facebook: @georgetownhood



George Town
Neighbourhood
House

NEIGHBOURHOOD HOUSE WEEK GARDEN PARTY

*Thursday 12th May
10am-1pm*

Come and help us celebrate
Neighbourhood house week.

Garden workshops

Live music

Free Sausage sizzle @ 12noon

Garden produce for sale

BYO Chairs and Blankets

187 Agnes Street

RSVP YOUR INTEREST ON 63123019 OR VIA FACEBOOK MESSENGER

GEORGE TOWN NEIGHBOURHOOD HOUSE IS TURNING

40

Come join us for our open house
share a bit of cake to celebrate.

10am-12noon

Monday 9th May 2022



George Town
Neighbourhood
House



Shark Cage



What is shark cage you ask?

This is an eight week supportive and informative group for women who have experienced family violence or sexual abuse in their lives. It is based on a human rights approach of education, empowerment and healing for women who are at risk of family/domestic violence or sexual assault.

When: Tuesday 10th May for 8 weeks

Time: 9.30am- 12noon

Where: George Town Neighbourhood House

Who: Run by Yemaya

register your interest today

63123019 www.gtnh.org.au

Come and see the launch of
our new recycle project on
13th April 3pm.



Please note this newsletter is a snapshot of what we offer please see our website for more services.



**George Town
Neighbourhood
House**



George Town Neighbourhood House Childrens University in a nutshell

Children aged 7 – 14 years earn a minimum of 30 hours in their passport by participating in fun learning activities.

Children with 30 hours graduate from University with a cap and gown ceremony.

Children get a “Passport to learning” which gets stamped by participating agencies to build up your hours.

There are 5 ways to get stamps and hours in your passport:

- Attend a weekly activity at Neighbourhood House (Wednesdays after school)
- Attend Childrens University Learning Zone at Neighbourhood House any day after school and use the online or printed activities
- Log on to the CU portal at home and participate in online activities
- Visit a learning destination such as the Launceston Museum
- Participate in after school activities such as football, dancing, parkrun etc

To register your child and get a passport, ask us for the link to the form or fill out a paper one at the House.

You will get an online log in to the portal where activities can be completed, you will pop into Neighbourhood House to collect your passport and check out the Childrens Learning Zone pop up zone.

Week 1: Wednesday 6 th April	Week 2: Wednesday 13 th April	Week 3: Wednesday 20 th April	Week 4: Wednesday 27 th April
<p>Scavenger Hunt 3.10pm-4pm</p> 	<p>The Incredible Journey of Stuff 3.30pm-4.30pm</p> <p>Join Trish from Tamar NRM and Plastic free Launceston for an interactive recycling workshop.</p> 	<p>Science Week- Make Bio Plastics 1.00pm-2.00pm</p> 	<p>Gardening With Richard 1.00pm-2.00pm</p> 

If your Child doesn't like the scheduled activity for Children's University they can still attend and access the learning portal on our devices or complete paper based activities.

VISITING LEGAL SERVICES

Launceston Community Legal Centre (LCLC)- Book a free legal appointment with them directly on 6334 1577. Ask for outreach at George Town they are here on the following dates: April 4th, 20th May 2nd, 16th, 30th

Ross Hart- Practices out of the house fortnightly on a Tuesday, this is not a free service. To book an appointment with him please call his office on 6388 9230. Dates in the house: April 12th, 26th May 10th, 24th

Women's Legal Service Tasmania- Willing to do outreach when needed call for appointments 6349 1943, at The CFC Monthly

Legal Aid Tasmania- Are willing to do outreach when needed call for appointments 63284000



George Town Neighbourhood Houses Great Giveaway

MONTHLY

18TH FEBRUARY
18TH MARCH
14TH APRIL
20TH MAY
17TH JUNE
15th JULY
19TH AUGUST
16TH SEPTEMBER
21ST OCTOBER
18TH NOVEMBER
16TH DECEMBER

9.00AM-2.00PM

FIRM ON TIMES GATES WILL BE SHUT UNTIL EXACTLY 9.00AM
WE ARE TAKING DONATIONS FOR OUR NEXT GREAT GIVEAWAY EVERY WEEKDAY 9AM-4PM

FOR MORE INFORMATION EMAIL RECEPTION@GTNH.ORG.AU OR CALL 63123019





HEY THERE! ←

HAVE YOU HEARD ABOUT THE SUPPORTS AND SERVICES PROVIDED BY NEBHUB (NORTHERN EMPLOYMENT BUSINESS HUB)? COME AND FIND OUT HOW DELAINE CAN SUPPORT YOU

RETRAIN OR UPSKILL

GET A NEW JOB

MENTORING

OUTDOOR GYM

Open daily when the weather is good 9am-4pm



Social Darts

Wednesday 12.30

Starting May 4th

NO Experience required, come along and have some fun

COOKING WITH FRIENDS



Every Thursday from 9am until 12:30 pm

As a group we discover a recipe for the day, go shop for our ingredients for our dish. We then cook and eat together to finish off the program. This program is not suitable for young children. Program runs in line with school terms.

Thank you to Bell Bay Aluminum for their grant of \$3000 towards our new freezers and Cement Australia for their grant of \$2000. These grants in addition to some fundraising have allowed us to purchase these new commercial freezers. These freezers make it safer for our volunteers to continue our food relief programs. They also ensure we are able to see and circulate the food better to ensure we are minimising waste.



smalltalk
Giving your kids a great start

- ~ Join in a free, fun, informal smalltalk playgroup ~
- ~ Meet other families and make new friends ~
- ~ Get great parenting tips on easy ways you can support your child's learning and development at home ~

Enrol in our smalltalk playgroup and enjoy a welcome pack, lunch, tip sheets and other fun and useful resources.

Join the next smalltalk playgroup:
Who for? Families with children to 5 years

Where: George Town Neighbourhood House
187 Agnes St. George Town

When: Beginning Monday 2nd May
12.30 - 2.00, weekly

For more information or to enrol please contact:
Bec Hughes 0458 751 716
rebecca.hughes@playgrouptas.org.au

Playgroup Tasmania

The Communities for Children initiative is funded by the Australian Government of Social Services

care2serve
YOU'RE ALWAYS FIRST
START OF THE LIVING TOGETHER MOVIE

Tasmanian Government

George Town Neighbourhood House

HEALTHY LIVING ON A BUDGET

The FREE program is open to all

Care2Cook | caring for your diet, healthy meals on a budget using seasonal produce - **and enjoy a free meal with other carers.**

Care2Grow | caring for your food, edible gardens, seasonal produce, connections to home and community production supports.

Join in us at George Town Neighbourhood House
2 May from 10am - 2pm

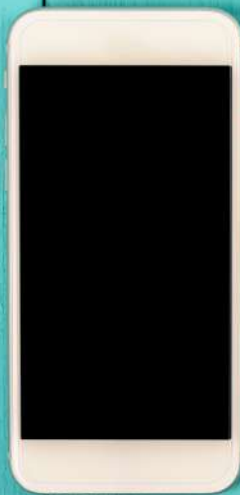
RSVP to: events@care2serve.com.au | 6144 3700
Address: 187 Agnes St, George Town TAS 7253

FOOTY FEST 2022



Footy fest 2.0
Starts Friday May 6th
3-4.30pm
Come and join our footy fun
and get the schedule of
events

New Partnership with NBN Co.



Do you need
help to set up
your mobile
phone?

We can help with this,
come in and make an
appointment today
available daily



OP Shop

We have a small op shop set up
inside the house, funds raised
from the shop go back into The
House activities so come have a
look grab yourself a bargain and
help us in the process

HEALTHY QUIT™

SUPPORT TO HELP YOU QUIT FOR GOOD!

WHY?

"Every cigarette you DON'T smoke is doing you good. Think about what your life as a non-smoker would be like: **more money, more time, better health.**"

More money: Smoking is expensive! With the money you save you could buy yourself something you've been wanting, pay off your credit card or go on a holiday.

More time: Every packet of cigarettes you smoke takes around 2½ hours of your time. Imagine what else you could do with that time?

Smell better: You won't smell of cigarettes and your sense of smell will improve.

Feel healthier: Your health will start improving as soon as you stop smoking" (QUIT TASMANIA)



WHAT?

HEALTHY QUIT is an evidence-based and highly successful QUIT smoking program. HEALTHY QUIT will be coordinated by Healthy Tasmania in partnership with a number of highly experienced health professionals!

SMALL GROUP SESSIONS (7 X 1.5 HR SESSIONS)

- 'Quit Chat' training - Brief intervention conversations
- Understanding nicotine addiction
- Physical activity & quitting
- Stress management & quitting
- Respectful relationships & quitting
- Healthy eating & quitting
- Mindfulness/relaxation & quitting

INDIVIDUAL QUIT SMOKING STRATEGIES

- Carbon monoxide monitoring
- \$100 counselling voucher
- \$100 nicotine replacement therapy or quitting medication
- \$100 gift voucher as a reward for program completion

WHEN AND WHERE?

- 1:00pm - 2:30pm on Thursdays over a seven week period
- 19, 26 May & 2, 9, 16, 23, 30 June
- George Town Neighbourhood House, 187 Agnes Street

FOR MORE INFORMATION OR TO BOOK YOUR SPOT CONTACT
HEALTHY TASMANIA TODAY.
STRICTLY LIMITED SPOTS AVAILABLE!

Hayden Fox
0438 386 025 or hayden.fox@healthytasmania.com.au



FREE for
residents of the
George Town
Council area!



This program has been funded by the George Town Council through the Healthy George Town project.

Financial counselling services

FREE SERVICE

Outreach to
George Town
Neighbourhood House

Take the first step

If you have financial problems, talk to us. We can explain your options so you can find a way forward. This service is free, independent and confidential.

A financial counsellor can help you to:

- organise your budget
- manage debt
- reduce your power bills
- understand bankruptcy and its alternatives
- know your legal rights and responsibilities
- get access to your superannuation
- negotiate with creditors
- contact other useful services.

Call us

Financial counsellors are available on our telephone helpline.

Weekdays: 9.30 am to 4.30 pm



That conversation with a financial counsellor changed my life. They gave me the strength and confidence to organise my money differently.



AnglicareTAS
Choice, support and hope

1800 007 007
anglicare-tas.org.au

f @HEALTHYTASMANIA

ig @HEALTHYTASMANIA

tw @HEALTHYTAS

www.healthytasmania.com.au

Royal Flying Doctor Service

YOUTH MENTAL HEALTH



Royal Flying Doctor Service

The Royal Flying Doctor's have their youth mental health team here weekly

MONDAY OR TUESDAYS

For a referral please call us 03 63123019



LAUNCESTON COMMUNITY LEGAL CENTRE

Community Information Session

Wills and Power of Attorney
10am-11am
Monday 16th May
187 Agnes Street



Come and join a Lawyer from the Launceston Community Legal Centre and learn abouts wills and power of attorney. This is a free information session and questions are welcome.

To RSVP call 63123019, but walk ins also welcome



POP UP SHOP

26th April 10am-2pm
30th May 10am-2pm
Come and find out more information today

Carers Tasmania's vision is for an Australia that values and supports carers.

Our mission is to work to improve the health, well being, resilience and financial security of carers and to ensure that caring is a shared responsibility of family, community and the government.

We are the voice of carers, so that their contribution to the Tasmanian community and economy is recognised.

Carers Tasmania encourages partnership with government and the health and community sectors to enhance service provision and improve the conditions for family carers through policy development, research and advocacy.



WOMENS GET ACTIVE PROGRAM

WHERE: GEORGE TOWN NEIGHBOURHOOD HOUSE
WHEN: THURSDAYS FOR 10 WEEKS STARTING MAY 5TH 12.30PM-2.30PM
WHO: WOMEN OF ALL AGES
COST: FREE
OTHER: 1 HOUR WORKSHOP ON WELNESS AND FOOD AND 1 HOUR FITNESS SESSION SUITABLE FOR ALL FITNESS LEVELS

BOOK IN NOW

The Get Active Program (GAP) is a statewide initiative that promotes involvement in physical activity and supports participants to improve their health and wellbeing. GAP is proudly owned by Womensport & Recreation Tasmania Inc and is delivered with support from the Department of Health Tasmania and in partnership with many organisations across the state.



For more information visit: www.wsr.org.au or Like us on Facebook



FOOD PROGRAMS

Monday Frozen Food Box- (Free)

Contents vary weekly but generally include some frozen meals and other frozen food items. Call Monday mornings to be put on the list, 20 spaces available. Collection at 11am

Wednesday Vegetable Bags (Fortnightly) - (Free)

Fresh fruit and vegetables from Loaves and Fishes, items vary fortnightly. Call Wednesday morning to be put on the list, 20 spaces available, pickup at 12noon

Daily Heat and Eat- (Free)

Come between 12-1.30pm and get a meal from our fridge, heat it up and eat it on site.

Continental Breakfast- (Free)

Available daily and help your self to our continental breakfast, consisting of a range of cereals, bread for toast with a range of condiments.

Pantry Hampers- (\$15)

Pantry hampers are available everyday for \$15, contents vary but include many pantry staples (contents generally worth around \$80)

Community Pantry- (Free)

We have a community pantry out the front, that will have our excess food available after hours, this pantry is free for anyone in the community to take what they need.



SECRETARY SERVICES

Photo Copies/ Printing **A4** (black and white) 20c per page

A3 40cents per page

Photo Copies/Printing **A4** (Colour) \$1 per page

A3 \$2 per page

Laminating **A4** \$1 **A3** \$2

Scan and Email: No charge

Resume Printing : 5 copies for free



Meet Team Hood

Office

Simone Lowe- Manager
Kristy Fawdry
Cindy Johnson
Jessica Berger
Kerry Daniels
Jack Taylor
Cynthia Lowe
Anne Cameron

Board Of Management

Paul Gale- Chairperson
Jacqui Smart- Vice Chair
Jill Holland- Treasurer
Diane Duggan- Secretary
Denise Fawdry
Michael Berger
Greg Kieser
Vince Wilkinson
Pat Wilkinson

House Volunteers

Wayne Barry
Amanda Barry
Sarah Louise
Phil Worker
Will Chenery
Chanita Subhitabhorn
Lucas Weston
Rachae Fawdry
Nick Van Der Klugt
Peter Fawdry
Polly Benson
Richard McKenna
Lorraine McKenna
Wade Martin
Mariana Jorja



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YOURSELF

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\$10 1/4 PAGE