

GEORGETOWN NEIGHBOURHOOD HOUSE

Bi Monthly Newsletter February 2022- March 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

13th February - Anniversary of the National Apology to Australia's Indigenous Peoples: We have copies of the National Apology to giveaway and on display.



EMERGENCY RELIEF

We know that sometimes the unforeseeable happens and that may make things difficult. We have an emergency relief program that runs 5 days a week. If you require assistance please come in and fill out a form and it will be processed and you will be sent a text message with the outcome. There is some criteria and each application is based on individual circumstances.

Do you want to go for a bike ride?

Come and book one of our free loan bikes



Please note this newsletter is a snapshot of what we offer please see our website



Massage Chair

Come and relax and recharge at The Neighbourhood House.

Available from 8.30-4pm this chair was purchased from a healthy living grant.



HEALTHY LIVING ON A BUDGET

The FREE program is open to all

Thursday 17th March

10.00am-12.00pm

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

12.00pm-2.00pm

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

Join in us at George Town Neighbourhood House



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

Care 2 Serve Pop up shop



If you are a carer or provide care to someone please pop in and meet Tim to find out how The Carer Gateway can support, you.

Tim will be at The George Town Neighbourhood House between 10am and 2pm on the follow dates:

28th March

26 April

30 May

27 June.

Please contact the Neighbourhood House if you would like to book in a specific time. Otherwise pop on in and have a cuppa with Tim and find out all about Carers Support.

WELLNESS. DELIVERED.

We deliver free information about mental health to your front door.



The ACDC team will be visiting your home to let you know about the services and support available in your community. We look forward to meeting you!



#wellnessdelivered | ACDC.ORG.AU

The Assisting Communities through Direct Connections Project acknowledges the Traditional Custodians of this land. We pay our respects to Elders past, present and emerging.



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.



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

VISITING LEGAL SERVICES

Launceston Community Legal Center (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: Feb 7th, 21st March 7th 21st

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: Feb 1st, 15th March 1st, 15th, 29th

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



No Interest Essentials Loans

- ▶ Car repairs
- ▶ Fridges & freezers
- ▶ Computers & tablets
- ▶ Home furniture
- ▶ Medical & dental services
- ▶ Ask us!

No interest loans up to \$1500

No credit checks

Minimum repayment \$20 per fortnight

GEORGE TOWN NEIGHBOURHOOD HOUSE

ASSISTANCE FOR SENIORS

WE OFFER ASSISTANCE WITH THE FOLLOWING:

- CENTRELINK
- MY AGED CARE
- APPLICATIONS - SENIORS CARD, COMMONWEALTH SENIORS HEALTH CARE CARD, NO INTEREST LOAN (NILS)
- BEREAVMENT ISSUES- WHAT TO DO WHEN SOME ONE PASSES AWAY
- EMERGENCY FOOD RELIEF
- GRIEF COUNSELLING
- SOCIAL SUPPORT INCLUDING WEEKLY CHECK IN PHONE CALLS
- COMPUTER AND PHONE ASSISTANCE
- ONLINE SHOPPING ASSISTANCE
- REFERRALS- COTA, ADVOCACY TAs, FREE LEGAL ADVICE, WILLS, POWER OF ATTORNEY, GUARDIANSHIP, ELDER ABUSE AND MORE

(ASK FOR OUR INFORMATION BOOKLET)



George Town Neighbourhood House

For more information please call us on 63123019 or pop into 187 Agnes Street.

The George Town Neighbourhood House Chain Gang!

Do you have some spare time, enjoy helping others, like working with your hands? We have got the job for you! Well, we have many jobs for you 😊



What does the chain gang do?

The Neighbourhood House identifies community projects that need to be completed and then a group of volunteers roll up their sleeves and get the job done.

How do you sign up?

You simply give us your name and number and we add you to the list. You only become inducted when you arrive at your first volunteer site.

What type of work will be done?

Beautification work (i.e., front yard clean ups and rubbish removal)

Working Bees in Community Garden and Neighbourhood House

Community clean up days such as Clean up Australia Day and Catch in in the Catchment

Other jobs that have been identified to help individuals and families

When will it all begin?

We have a yard clean-up project that has partially been completed. We are seeking volunteers for Wednesday 20th October 9:30am – if you are free inbox us your name and number 😊

This is an opportunity for people to volunteer to help us with project that we would typically undertake. This is not a business!

ROYAL FLYING DOCTORS

The Royal Flying Doctor Service
The RFDS Mental Health Worker Kate will be working from the house
Tuesday- Friday 8.30-4pm
RFDS provides a range of mental health and wellbeing services, Their dedicated RFDS mental health professional visits remote towns and properties to provide further treatment, support, as well as education about mental health issues for individuals and communities.



Royal Flying Doctor Service

GTNH Social Sheilas

Ladies only

18+ New Members

Welcome

11th of Feb
Welcome back

18th of Feb
Games

25th of Feb
Bingo

4th of March
Paper Games

11th March
Cards against
humanity

15th of March
Family history

25th of March
Diamond art

1st of April
Movie

8th of April
Easter craft

12:30pm - 2pm
Friday

FOR THE YOUTH



Bringing Up Great Kids

Be the parent you want to be.

George Town Neighborhood House Ph 6312 3019

- Six sessions 12noon - 2.30pm
- Thursdays 3, 10, 17, 24, 31 March and 7 April
- Childcare available by arrangement
- Light lunch provided (please advise any dietary requirements on booking)



Connect

Play Connect

PlayConnect is a free, safe and supported playgroup program for children birth- 6 years on the Autism Spectrum, or with developmental delays or behavioral concerns, and their families.

The Playgroup is back for Term 1 from 2nd March on Wednesdays during school term, 10am-11.30am

Contact Bec- 0458 751 716 for more info.



Parents,

Come and join these fun, small group drumming sessions-

NO experience necessary!

Venue: George Town Neighbourhood House

Commencing: Tuesday 15th February, 2022 from 11am

- Drumming can have positive effects on our health and may assist to support emotional health, wellbeing & reduce stress, anxiety and depression.
- Drumming can improve social skills, listening, problem solving & communication.
- Learn skills to strengthen relationships with family members, friends and others.
- Build confidence, self-belief and experience personal growth.
- Facilitators to support you through each session.

Discover Relationships using Music Beliefs Emotions Attitudes and Thoughts

For more information about DRUMBEAT sessions, please call Megan on 0427 119 983 or speak to a member of the Neighbourhood House



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



Parent-Child Mother Goose Group sessions

Parent-Child Mother Goose:

- Enhance your child's language development
- Learn interactive songs, rhymes, lullaby's and stories
- Strengthen relationships with your child
- Increase confidence in social situations
- Connect with parents in your community

9 sessions | Begins Tuesday, 15th February 2022

Time: 1:00pm

Venue: George Town Neighbourhood House

For more information about these sessions or to register, please contact:

Megan 0427 119 983

DennisMe@missionaustralia.com.au

Or

Sharon 0476 802 389

JonesSha@missionaustralia.com.au



Parent-Child Mother Goose combines songs, rhymes and stories shared between a group of parents and their children.

P-CMG supports the development of secure parent-child attachment, promotes children's speech and language development and enhances community inclusion.

This program is suitable for children aged Birth-5 years.

Acknowledgement The Communities for Children Initiative is funded by the Australian Government Department of Social Services.

Confidential

New Years Eve Wrap Up



New Years Eve 2021 was a fantastic event, despite a few hiccups with the land, attractions, toilets, volunteers and Covid. The event was a chilled laid back atmosphere which saw Bee Bop Dance Studio kick off the event with a dance display, this was followed by the smooth sounds of Jack Taylor, Smoking Elmores saw us bring in the new year with another spectacular fireworks display.

The Baby Baa's animal sanctuary and pony rides made sure there were lots of smiles on faces. Speaking of things on faces, we had kids lining up for their faces to be created. We continued the art theme with some amazing art was created with Lis Johnson's Art Party.

The result of the art party is on show at Neighbourhood House. The WSM Freestyle motocross display was a highlight with their back flips and extreme stunts. You may have also seen Batman and Marcell the balloon artist engaging with the families. We had a beautiful array of food stalls to ensure people could kick back and relax until the fireworks displays.

We appreciate the support from our major event sponsor The George Town Council, our partner The Crazy Duck and our silver tier sponsor Monsons Logistics. We are also thankful for all the Business and individuals that donated prizes for our fundraising events and for those who came along and supported our events for the 12 months prior. For an extensive list of these business, please see our website. www.gtnh.org.au

We have enjoyed the last 3 years of running the event, however the effort and fundraising of the \$40,000+ takes away time and opportunity for Neighbourhood House team from doing other good works in the community. We have not been able to attract sponsorship nor significant funding for the previous events resulting in the decision not to continue to host the event in 2022. We are seeking sponsorship and industry support for 2023.

Please talk to us about partnering with us.



WEEKLY HOUSE SNAPSHOT

Regular visiting services and programs, this is not all the services we can specifically offer. Unless specified these require appointments.

Monday: LCLC (Fortnightly)

Maxima (Fortnightly)

RFDS Youth Mental Health

Worker(Fortnightly)

Guitar Group (no appointment required)

Frozen Food Bags

Aqua Access

Aqua Fitness

Youth Zone (no appointments required)

Tuesday: Ross Hart (Fortnightly)

Windsor Psychology (Fortnightly)

Salvation Army Bridge Program

Play Group (no appointment)

RFDS Youth Mental Health Worker (Fortnightly)

RFDS Adult Mental Health Worker

Life without Barriers

Youth Zone

Aqua Fitness

Wednesday: Housing Connect

Housing Connect Social Worker

Wheels for work

RFDS Adult Mental Health Worker

Vegetable Bags

Aqua Access

HR Plus Pop Up Shop

Youth Zone (no appointments required)

Thursday: Cooking with Friends

RFDS Adult Mental Health Worker

Yoga

Anglicare Financial Counsellor (Monthly)

Aqua Fitness

PCYC with a city Mission BBQ for Youth (2nd and 4th of the month no appointment)

Youth Zone (no appointments required)

Friday: Great Giveaway (Monthly)

Bingo

Baptcare

Friday BBQ (no appointments)

Social Sheila's (no appointments)

Youth Zone (no appointments required)

Baptcare

HR

 **Anglicare**TAS
Choice, support and hope



Royal Flying Doctor Service

LAUNCESTON
PCYC
Police and Community Youth Club

 **City**
mission

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- (Free)

Fresh fruit and vegetables from Loaves and Fishes, items vary weekly. 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-

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
Tommy Lowe
Rachae Fawdry
Nick Van Der Klugt
Peter Fawdry
Polly Benson



HELP US AND
YOURSELF

Advertise

Here

\$10 1/4 PAGE