

GEORGE TOWN NEIGHBOURHOOD HOUSE

Bi Monthly Newsletter June 2023- July 2023

187 Agnes Street GEORGE TOWN

Monday - Friday 8.30- 4pm

Phone: 63123019

email: reception@gtnh.org.au

www.gtnh.org.au

facebook: @georgetownhood



CONTACT US

House Closures

12th June- Public Holiday

17th-21st July- Annual Leave



Check out our
daily calender

Things change from
time to time make
sure to follow our
Socials and check
our website



Kindly Printed by Bridget Archer MP, Federal Member for Bass

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

We need Tasmanians aged 19 years and over to complete a survey about their diet.



We need people aged over 19 years in selected regions of Tasmania, to participate in a project looking at the foods you eat and what contributes to your ability to eat a healthy diet.

WHAT YOU NEED TO DO

This project will take around 4 hours of your time over a 6-month period.

You will be asked to complete a number of online surveys.

One survey will contain questions like:

- information about you (like your age, suburb, health conditions)
- the types and amounts of foods and drinks you usually eat

The other surveys will contain questions like:

- recording all the types and amounts of foods and drinks you had over the past 24 hours (once on a weekday and once on the weekend)

INTERESTED AND NEED MORE INFORMATION?

Contact Dr Matt Sharman or Rebekah Pullen.

matt.sharman@utas.edu.au
(03) 6324 5417

rebekah.pullen@utas.edu.au
Phone (03) 6220 8524



<https://redcap.utas.edu.au/surveys/?s=7CLRK9XHHW88P4WW>

Scan QR code above or see link to access the Survey

NEW YEARS EVE FUNDRAISER

TRIVIA

NIGHT

DO YOU
HAVE WHAT
IT TAKES?



TICKETS
\$10pp

Tables of 8
NO BYO Drinks

BYO Snacks: Chips and
Chocolates available

Silent Auction
Eftpos available

Book your Table 63123019



George Town
Neighbourhood
House

FRIDAY 28TH JULY

Graham Fairless Centre

6pm for 6.30pm start



Services
Australia

The Indigenous Services Officer Kerri, from Services Australia will be working from The Hood:

7th June

21st June

5th July

10am-12noon

If you would like Centrelink support please call and make a booking 63123019



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: June 13th, 26th. July 10th, 24th

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: June 6th, 20th. July 4th

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

Are you looking for a way to make a meaningful impact while also saving on your taxes?

Consider donating to The George Town Neighbourhood House! By making a tax-deductible donation, you not only contribute to a cause you care about, but you also have the opportunity to reduce your taxable income.

It's a win-win situation. Your generous contribution will directly support our efforts and with your support, we can make a tangible difference in the lives of those in need. Plus with tax season coming around, you can claim your donation as a deduction, potentially lowering your tax bill.

Join us in creating positive change while taking advantage of the tax benefits available to you.

Donate today and help us make a lasting impact!





FOOTY FEST 2023

ITS BACK

FRIDAY'S 3PM-4PM*

2ND JUNE, RND 6: INDOOR FOOTY GAMES

9TH JUNE, RND 7: MND BIG FREEZE

16TH JUNE, RND 8: FOOTY DRILLS AND GAMES WITH ANDY FROM LAUNCHPAD

23RD JUNE, RND 9: MINI COMP WEEK (HANDBALLS AND TARGET SHOTS)

30TH JUNE, RND 10: FOOTY SKILLS AND DRILLS WITH ALEC FROM GEORGE TOWN FOOTBALL CLUB

7TH JULY, RND 11: CREATE YOUR AFL NAME AND MAKE YOUR NAME BADGE

14TH JULY, RND 12: FRIDAY NIGHT GAME (7PM START)

21ST JULY, RND 13: NO ACTIVITY HOUSE IS CLOSED

28TH JULY, RND 14: AFL TAS FOOTY CLINIC



GEORGE TOWN NEIGHBOURHOOD HOUSE

187 AGNES STREET GEORGE TOWN

***ACTIVITIES ARE 3-4PM UNLESS OTHERWISE STATED ON THE ACTIVITY**



Self-Care and Mental Wellbeing Workshop

This two-hour self-care and mental wellbeing workshop will provide the skills and resources to develop an individualised self-care and mental wellbeing plan that encompasses activities to enhance physical, mental, emotional, social and spiritual health on a daily basis.

The workshop will explore the concept of self-care and mental wellbeing, how to identify personal signs of stress and simple strategies that can be used to manage individual stress levels on an everyday basis.

When: Wednesday 21st June, 2023

Where: George Town Neighbourhood House, 187 Agnes Street, George Town

Time: 10.30am – 12.30pm (registration from 10.15am)

Cost: Free due to grant from Bell Bay Aluminium

Enquiries: Natalie at admin@kentishrc.com.au or 6491 1552

RSVP: Please book via Eventbrite:

<https://www.eventbrite.com.au/e/568964146077>

BELL BAY ALUMINIUM

Part of the Rio Tinto Group

RioTinto



Social Sheila's

June 2: Scrap booking

June 9: No Activity

June 16: Token Bingo

**June 23: Crystal's with Blessed
by Crystal**

June 30: Movie Murder Mystery 2

**7th July: Low Head Community
Garden Tour**

Friday Afternoons @12.30pm-2pm

Ladies 18yrs plus

Strictly No Children



MENS MENTAL HEALTH WEEK COMMUNITY CHATS

at the George Town Neighbourhood House

Tues 13th June 9.30am: Healthy Relationships

Differences of passive aggressive and assertive conversations, communication styles, personal boundaries

Monday 19th June 11am: Stress

New strategies to identify stress loads, learning to share and talk about stress

Monday 26th June: Mental Health Stigma

What makes a good life, impacts of stigma on a good life, how to make a difference

wellways

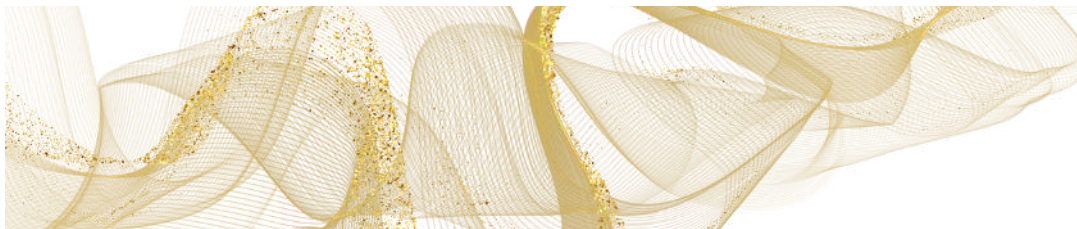
Small Groups hosted by Peri, to book in please call us on 63123019 or go to our facebook page



Did you miss our Sessions with Ben?

Some of our takeaways:  Taxmania

- Don't borrow from tomorrow for today.
- Value is different to cost.
- Kylie made a website from some of the information and ideas Ben gave:
www.aquafitnessgeorgetown.com.au



If you would like to be notified when we are having another session let us know and we will notify you when we have another one scheduled.

**If you would like some tax advice for your personal tax or business tax give Ben at Taxmania a call
0402 626 067**

FOOD PROGRAMS



Monday Frozen Food Box- [\(Free\)](#)

Contents vary weekly determined by what is available. Call Monday mornings to be put on the list, 20 spaces available. Collection at 10am



Wednesday Vegetable Bags - [\(Free\)](#)

Fresh fruit and vegetables from Loaves and Fishes, items vary. Call weekly to be put on the list, 25 spaces available, pickup 12noon Wednesdays

Continental Breakfast- [\(Free\)](#)

[Sponsored by Timberlink](#)

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



How can you support your local George Town Neighbourhood House

Convenience store: We have a small convenience store with heavily discounted food or other necessities Items nothing over \$5

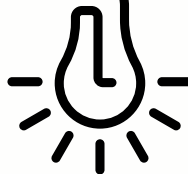
Plants and Veggies: Our Garden routinely puts out veggies and seedlings for sale, the funds from these go back into our garden.



Showbags: Kids show bags available from \$4-\$10



Small Op Shop: A scaled back version of our past op shop (due to having no space)



Trivia Night: Come to our trivia night on the 28th July, book your table on 63123019

Online Auction: Our next Online Auction will start 30th June and finish 3rd July. See the Facebook page for details



Hood Mega Raffle: Tickets \$2 each drawn 1st October: see our Facebook page or website for details.

Healthy Sheds

We're very excited to let you know that Healthy Tasmania will be partnering with The George Town Neighbourhood House bringing the Healthy Shed™ program to George Town.



HEALTHY
TASMANIA



Thanks to a very generous contribution from local organisation The Cape Hope Foundation. The Cape Hope Foundation is a small committee of passionate people striving create tangible change in the Northern Tasmanian community.

Healthy Shed™ is a free program bringing local health services and professionals to you. It's an opportunity to ask questions and get the information and connections you need to take care of yourself and those around you.

Over 10 weeks there will be a different health topic on show to improve your health and connect with your community services!

The program will be held on Monday mornings from 11am - 12noon from 31st July to 2nd of October (10 weeks).

There will be a free BBQ at the first and last sessions plus much more. Fancy one topic over another? No worries - you can come to one session or come to them all!

Keep an eye on the Healthy Tasmania Facebook page www.facebook.com/healthytasmania for a copy of the poster soon or you can contact Hayden Fox at Hayden.Fox@healthytasmania.com.au or ph: 0438 386 025 for more info.

Our New BBQ is up and running,
We have a free
BBQ every Friday
12noon



**Are you wanting to get
exercise in the winter but
don't want to be outside?**



Maybe Aqua Fitness is for you !

Classes available: Monday 6.30pm, Wednesday 6pm and Sunday 9.30am.
\$13 per class pay as you come, or pre pay \$100 for 10 classes.

To book for the pre paid 10 sessions call Kylie on 0427 560 034 or drop in to the session for casual sessions.

for more info go to www.aquafitnessgeorgetown.com.au





NEW YEARS EVE

EXPRESSION OF INTEREST

We're thrilled to be planning New Years Eve 2023, and we're seeking talented entertainers and enthusiastic stall holders to join us!"

31st December 5pm -9.30pm George Town

We're seeking musicians, bands, dancers, magicians, and other talented performers to captivate our audience.

We are also inviting food vendors, artisans, crafters, and local businesses to showcase their products and services.

To express your interest, please visit www.gtnh.org.au/new-years-eve and fill out our online form. Alternatively, you can email us at reception@gtnh.org.au

Meet Team Hood

Office

Simone Lowe- Manager
Kristy Fawdry
Cindy Johnson
Jessica Berger
Anne Cameron
Deb Smith

Board Of Management

Paul Gale- Chairperson
Pat Wilkinson- Vice Chair
Jill Holland- Treasurer
Diane Duggan- Secretary
Denise Fawdry
Anne Cameron
Nick Van Der Klugt
Vince Wilkinson

House Volunteers

Wayne Barry
Amanda Barry
Phil Worker
Will Chenery
Chanita Subhitabhorn
Nick Van Der Klugt
Peter Fawdry
Polly Benson
Richard McKenna
Kerry Whit
Ross Hayward

