

# GEORGE TOWN NEIGHBOURHOOD HOUSE

*Bi Monthly Newsletter October 2023- November 2023*



CONTACT US



187 Agnes Street GEORGE TOWN

Monday - Friday 8.30- 4pm

Phone: 63123019

email: [reception@gtnh.org.au](mailto:reception@gtnh.org.au)

[www.gtnh.org.au](http://www.gtnh.org.au)

facebook: @georgetownhood

## IMPORTANT DATES OCT/NOV

- |                |   |
|----------------|---|
| 1st October-   | Raffle Draw   |
| 12th October-  | Closed Launceston Show Day                                |
| 13th October-  | Great Giveaway and<br>Mental Health Week Expo at The Hood |
| 17th October-  | Seniors Week Expo @<br>Graham Fairless Centre             |
| 25th October-  | Garden Working Bee<br>George Town Neighbourhood House AGM |
| 3rd November-  | Great Giveaway  |
| 6th November-  | Closed Recreation Day                                     |
| 25th November- | Garden Working Bee  |

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.



George Town Neighbourhood House Presents:



GEORGE TOWN'S

# NEW YEARS EVE EXTRAVAGANZA

COMMUNITY STREET PARTY

FIREWORKS 9.30PM AND MIDNIGHT

WSM Freestyle Motocross

Super Silly Us Circus

Fire Twirlers

Markets

Live Music by Can Castle

Food and Drinks

and Plenty More Fun To Be Had

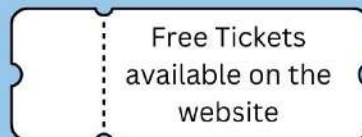
Supported By :



SUNDAY



31.12.2023



Major Sponsor:



START AT

5.00pm-midnight (kids attractions finish at 9.30pm)



Street Party Elizabeth and Macquarie Street George Town



Its not too late to join the fun, if you want to be a vendor contact us

[www.gtnh.org.au/new-years-eve](http://www.gtnh.org.au/new-years-eve)

If you are a  
service  
provider and  
would like to  
join us. Please  
contact the  
office

# MENTAL HEALTH WEEK

FRIDAY 13TH  
OCTOBER  
2023

187 Agnes Street  
From 9am - 2pm



## ACTIVITIES:

- Great Give Away
- Mental Health Services Stall Holders
- Well-being Services Stall Holders
- BBQ Lunch @ 12pm
- Spot Prizes

**FUNDED BY**  
MENTAL HEALTH  
COUNCIL  
TASMANIA



George Town  
Neighbourhood  
House

**FOR MORE INFO:** 63 123 019 | [www.gtnh.org.au](http://www.gtnh.org.au)

# 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- [\(Free\)](#)***

### **[Currently looking for a sponsor for this program](#)**

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.



## ***Community BBQ- [\(Free\)](#)***

Every Friday 12noon join us for a free community BBQ, everyone welcome.

# SECRETARY SERVICES

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

**A3** 40cents per page

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

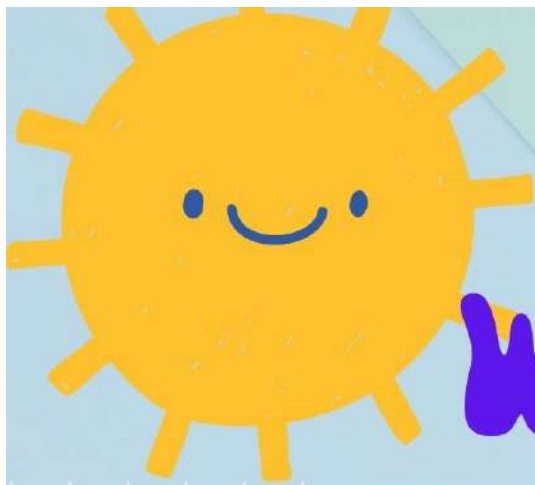
**A3** \$2 per page

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

Scan and Email: No charge

Resume Printing : 5 copies for free





# SENIORS WEEK EXPO

THE GRAHAM FAIRLESS CENTRE  
10AM - 2PM OCTOBER 17 2023

Don't miss this chance to explore a wealth of  
resources and enrich your golden years.

## Free Event

### FEATURING

- HEALTH & WELL-BEING PROVIDERS
- LEGAL SERVICES
- SOCIAL OPPORTUNITIES
- AGE CARE OPTIONS
- AND MORE!



George Town  
Neighbourhood  
House

Complimentary light morning tea provided by  
Soroptimist George Town



a global voice for women

# COMMUNITY GARDEN *Working Bees*

Wednesday 25th October 10am-12noon

Saturday 25th November 10am-1pm



Come and help our garden thrive and be rewarded with a free lunch

# MONDAYS

FROZEN FOOD: COLLECTION 10AM

HEALTHY SHEDS 11AM

AQUA FLOATERS 9.30am

AQUA FITNESS 6.30pm

LCLC- FORTNIGHTLY

RFDS YOUTH MENTAL HEALTH- FORTNIGHTLY

MAXIMA

STREETS TO HOME-FORTNIGHTLY

NILS- BY APPOINTMENT

ER- BY APPOINTMENT

CENTRELINK- BY APPOINTMENT

LLV- BY APPOINTMENT

L'S- BY APPOINTMENT

## ALL DAY:

MASSAGE CHAIR

NEWSPAPER

COMMUNITY PUZZLE

COMMUNITY DIAMOND ART

FREE BOOKS/ CLOTHES

COMMUNITY LIBRARY

BASKETBALL

GAMING CONSOLE

COMPUTERS

BREAKFAST

COFFEE/TEA

# TUESDAYS

LIFE WITHOUT BARRIERS  
INDOOR BOWLS/DARTS 10AM  
RFDS YOUTH MENTAL HEALTH- FORTNIGHTLY  
RFDS ADULT MENTAL HEALTH  
FAM BAM BINGO 3PM  
FINDEX- OCTOBER  
ROSS HART LAWYER- FORTNIGHTLY  
NILS- BY APPOINTMENT  
ER- BY APPOINTMENT  
CENTRELINK- BY APPOINTMENT  
LLV- BY APPOINTMENT  
L'S- BY APPOINTMENT

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COMPUTERS  
BREAKFAST  
COFFEE/TEA



# WEDNESDAYS

AQUA FLOATERS 9.30AM  
AQUA FITNESS 6.30PM  
CHILDREN'S UNIVERSITY 3PM  
ANGLICARE HOUSING CONNECT  
RFDS ADULT MENTAL HEALTH  
RFDS YOUTH MENTAL HEALTH- FORTNIGHTLY  
YEMAYA- FROM 12.30  
COMMUNITY GARDEN  
NILS- BY APPOINTMENT  
ER- BY APPOINTMENT  
CENTRELINK- BY APPOINTMENT  
LLV- BY APPOINTMENT  
L'S- BY APPOINTMENT

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COFFEE/TEA

# THURSDAYS

FITNESS FILLIES 1.30-3.30PM

BOARD GAMES FOR BLOKES 1.15PM-2.30

RFDS ADULT MENTAL HEALTH

COOKING WITH FRIENDS 10AM

AFTER SCHOOL ACTIVITIES 3PM

FINDEX- OCTOBER

ANGLICARE ADDICTIONS SPECIALIST

MAX EMPLOYMENT

MY PATHWAYS PARENTS NEXT

NILS- BY APPOINTMENT

ER- BY APPOINTMENT

CENTRELINK- BY APPOINTMENT

LLV- BY APPOINTMENT

L'S- BY APPOINTMENT

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BREAKFAST

COFFEE/TEA

# FRIDAYS

CVGT EMPLOYMENT

RFDS ADULT

BINGO 10.30AM

FOOTY FEST 3PM

GREAT GIVEAWAY 1ST FRIDAY OF THE MONTH 9AM-1PM

COMMUNITY GARDEN

BBQ 12NOON

SOCIAL SHEILAS 12.30-2PM

NILS- BY APPOINTMENT

ER- BY APPOINTMENT

CENTRELINK- BY APPOINTMENT

LLV- BY APPOINTMENT

L'S- BY APPOINTMENT

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COMMUNITY LIBRARY

BASKETBALL

GAMING CONSOLE

COMPUTERS

BREAKFAST

COFFEE/TEA

Aqua Fitness Sundays 10am

*Brand new time*



**BOARD GAMES**

**EVERYONE  
IS INVITED  
TO JOIN**

**FOR  
BLOKES**

*chat with the boys whilst  
keeping your hands busy*

Facilitated by Peri from Wellways Grassroots Mental Health

Mondays 11am-12noon  
For October and November

George Town Neighbourhood House  
187 Agnes Street GEORGE TOWN



63123 019 to book



# Footy Fest



Footy Fest is a free 20 week program that we co designed with our partners Reclink and last years Footy Fest participants.

Footy Fest included a range of activities from footy golf, footy themed bingo, balls skills with Alec from the George Town Footy Club, training drills with AFL Tas, fun session with Andy from Launchpad down to a footy card swap day, indigenous round, MND round and everything in between.

We run this program on \$0 and are grateful for the donations of footy themed prizes, merchandise and trophies. (The kids were stoked they didn't care that the medals were 2018 2019 Auskick medals, they were pleased as punch to get one) This year's we also received a grant from Anglicare Communities for Children for our own balls and equipment which will support us to run again next year.



This year our awards winners were:  
Brownlow Best and Fairest was Tom  
Runner up Best and Fairest was Macklin  
Most Improved was Savannah  
Most consistent was Makinley  
Adult Footy Tipper of the season was Crystal  
Child Footy tipper of the season was Makinley



# Beach to Bush

Children’s University and Surf Life Saving Tasmania are bringing beach to Bush education to George Town on Thursday 9th November.  
Book your child in with us now

**Beach to Bush** is designed to educate students about aquatic environments and promote safe and happy beach experiences.

During the program our lovely Life Savers will present a 1-hour session that will cover numerous topics on Aquatic Safety including the following:

- Identify and avoid dangers
- Who to go to for help
- How to get themselves out of trouble
- How to assist others in trouble safely.

(See program outline below for further details)

**Find the Red & Yellow Flags**  
What the red and yellow flags indicate and where to find them

**Look for safety signs**  
Where to locate beach safety signs and interpret hazards

**Ask a Lifesaver**  
Role of the life saver, how to identify via our uniform and how they can be of assistance

**Go swimming with an adult**  
Emphasising the importance of never swimming alone

**Signal for help**  
How to attract attention, stay calm and get yourself or others out of danger

# NHH Conference

The staff went along to the Neighbourhood Houses Tas conference that was held on the West Coast this year. It is a fantastic conference for the staff to go to so we can swap ideas with other Neighbourhood Houses and network with for future resources for our community. We are excited to implement our learnings



**We have the following volunteer opportunity available:**

# **VOLUNTEER JOB DESCRIPTION**

## **Hood cleaner**

This role can be split between two people if required. There is an opportunity to shadow our current cleaner to understand the role.

### **Duties include:**

- Clean, stock and supply designated facility areas: (dusting, sweeping, vacuuming, mopping, cleaning ceiling vents, restroom cleaning etc)
- Perform and document routine inspection and maintenance activities
- Carry out heavy cleansing tasks and special projects
- Notify management of occurring deficiencies or needs for repairs
- Stock and maintain supply rooms
- Cooperate with the rest of the staff
- Follow all health and safety regulations

**Working with Vulnerable People Card will be required**

# Meet Team Hood

## Office

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

## 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  
Judy Tyson  
Rob Frauenfelder  
Jacqui Smart

## 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  
Kylie Moore  
Ian Dick  
Crystal George  
Derik Scher

