

GEORGE TOWN NEIGHBOURHOOD HOUSE

Bi Monthly Newsletter October 2022- November 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](https://www.facebook.com/georgetownhood)



Garden Open Day Saturday 12th November

Tamar NRM garden trail initiative

10 am-3 pm

More information to be released
closer to the event.

Register your interest for our
upcoming programs:
Mosaics and Terrariums
via Facebook or calling us on
63123019



**The House will be closed Thursday 6th October
for Launceston show day and Monday
November 7th for recreation day**

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.



What we learnt at conference

We had an excellent conference and came back with some great ideas the house can use to bring more programs to George Town that are informative and useful. The main focus of the conference was sustainability, so you will see some extra added focus on our garden .

One amazing tip is to check if the energy plan you are on is the best option for you.

Head to **www.energymadeeasy.gov.au** and it will compare all the energy plans that are available to you and tell you what each would cost you approximately per year based on your current usage. You would need a power bill handy to do this. If you would like help to look at this book an appointment with one of our staff.





HAIRCUTS FOR THE HOMELESS

Watch this space more information to come

187 Agnes street George Town
03 63123019

This program was made possible by donations from Rotary George Town and Diane Duggan



COMMUNITY SHED



The George Town Neighbourhood House is seeking support from the community to build a Community Shed. If you are interested in seeing a Community Shed please help us with our petition to find funding by following the QR code and filling out the survey. Please only fill it out once.

Do you and your mate have an addiction?

Come together

Get Help together

No judgement

Next date 17th October



Passionate - Resilient



Burnout



Compassion Fatigue

Choosing you!

As a Carer "choosing you" can feel almost impossible. Buy booking for this event your taking the the first step to choose you.

You :

- we will discuss the benefits of harmony/balance when it comes to burn-out, compassion fatigue and long stress.
- Learn to set acheivable goals
- Learn to overcome obstacles
- Form community
- Find your balance/harmony
- Learn how simple changes that can make a big difference

"Your Happiness is within you"

FREE SESSION
WHERE: Neighbour Hood House
WHEN: 14th of October
TIME: 10am-12pm

Bookings are essential:
email: explorewellnesswithbec@gmail.com
or
call 0448 063 499

Zoe and Me



Phone: 0448 063 499

email:

explorewellnesswithbec@gmail.com



Anglicare Drug and Alcohol Treatment and support Services





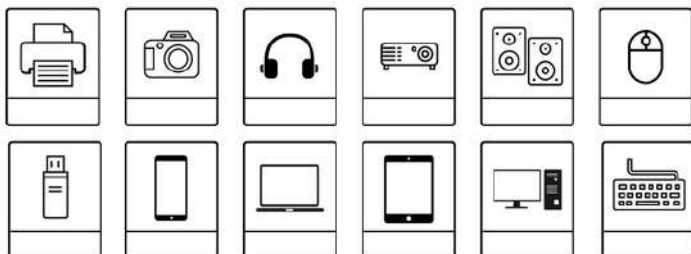
TIMBER LINK
AUSTRALIA

Our daily continental breakfast is being proudly sponsored by Timberlink



Tech Talks!

With NBN Local and The George Town Neighbourhood House



PRINTER	KEYBOARD	MOBILE PHONE	DESKTOP	CAMERA	MOUSE
LAPTOP	PROJECTOR	HEADPHONES	MEMORY STICK	SPEAKERS	TABLET

Find a session and book in or drop in

Free

FRIDAY 7TH OCTOBER: 2PM-3PM: LEARN HOW TO MAKE THE MOST OF YOUR HOME INTERNET EXPERIENCE (ALSO COME ALONG FOR SOME FREE TECH SUPPORT USING YOUR DEVICES)

WEDNESDAY 2ND NOVEMBER : 2-3PM ALL ABOUT APPS! EXPLORE VARIOUS APPS AND GET ORGANISED ON YOUR PHONE

FRIDAY 2ND DECEMBER INTERNET SCAVENGER HUNT (PUT YOUR DIGITAL SKILLS TO THE TEST AND SOLVE THIS SCAVENGER HUNT!)

ALL SESSIONS HELD AT THE NEIGHBOURHOOD HOUSE - 187 AGNES STREET - 05 122 019



Kentish Regional Clinic Inc

Bi+ Australia
Support • Education • Research

Providing an Inclusive Practice and Community for Lesbian, Gay, Bisexual, Transgender, Intersex, Queer/Questioning and Asexual (LGBTIQ+) People

When: Thursday 1st December 2022

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

Time: 9.30am to 4.30pm - registration from 9.15am

Cost: \$135 - Community Members, \$165 - Service Providers and Professionals

Limited sponsorship available for Community Members - see contact details below

RSVP: Please book and pay by 28th November via Eventbrite:

<https://www.eventbrite.com.au/e/430501330067>

Please bring your own lunch.

This training is for community members, service providers and professionals.
Topics covered within this training include:

- Knowledge to assist individuals and organisations to offer an inclusive and welcoming service for LGBTIQ+ people.
- To provide a deeper understanding and confidence in working with LGBTIQ+ people.
- Information from the 'Who I am' study by Dr. Julia Taylor and Bi+ Australia on bisexuality and pansexuality.
- A screening of INTERSEXION to help participants understand the specific needs of Intersex people

Sharon Corvinus-Jones is the Chief Executive Officer for Kentish Regional Clinic Inc.

Sharon has been working in LGBTIQ+ training and education since 2008. Over this time, she has won 3 awards for her work with LGBTIQ+ suicide prevention and social inclusion strategies.

Sharon developed this training in 2017 to educate people in providing an inclusive practice and a supportive community for LGBTIQ+ people.



Venue supplied by George Town Neighbourhood House

For further information, please contact Natalie at admin@kentishrc.com.au or 6491 1552



Got any ideas about other topics that you would like to see? Come along and share your thoughts.



Casual Conversation

CONNECT AND BE SAFE

Fridays starting 7th October
12.30-2pm

Drop in and have a chat, no focus just whatever is needed. Casual conversation over coffee with Darryn and Simone

please note this is not a counselling session

187 Agnes Street George Town 63123019



PARTNERING WITH AUSTIN'S LEGACY



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: October 3rd, 17th 31st November 14th, 28th

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: October 11th, 25th November 8th, 22nd

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

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



A special online Tasmanian Carers Week event
Hosted by Peter Gee



Jean Kittson

Jean Kittson. Australian icon. Comedian, actress, author – and carer.

In this special event, Jean will talk with Peter Gee about her journey of caring for her parents & what lead her to write a book about it. Jean will also answer your questions.

Join the conversation.

Date: 17 Oct
Day: Monday
Time: 2pm

RSVP



misbah.s@care2serve.com.au



Crystals with Sarah

7 week program
Learn about Crystals and how to incorporate them as tools
for improving mental health.
Monday's 1-2pm

Week 1: 10th October
Week 2: 17th October
Week 3: 24th October
Week 4: 31st October
(no 7th as public holiday)
Week 5: 14th November
Week 6: 21st November
Week 7: 28th November

10 participants each week so register for the weeks you
would like to attend. Can come to one or all, they will all
be different and looking at different crystals and their
properties



register 63123019 or via
Facebook messenger



Hood Cinema
Presents



**FRIDAY 25TH NOVEMBER
STARTS @12.30
FREE POPCORN PROVIDED**

Hood Cinema runs on the last Friday of the month @187 Agnes Street George Town
for more info call 63123019 or email reception@gtnh.org.au

Social Sheilas

21st October - Card Games

28th October - Hood Cinema - The Hangover

4th November - Obon Lantern Making

11th November - Bingo

18th November - Terrariums

25th November - Hood Cinema - Chicago

2nd December - Bingo

9th December - Cards Against Humanity

16th December - Christmas Break Up

Fridays 12:30 pm @
The Neighbourhood House
Ladies 18+

Come along and enjoy some
light-hearted conversation.



Hood Cinema
Presents



**FRIDAY 28TH OCTOBER
STARTS @12.30
FREE POPCORN PROVIDED**

Hood Cinema runs on the last Friday of the month @187 Agnes Street George Town
for more info call 63123019 or email reception@gtnh.org.au

CHILDREN'S UNIVERSITY SCHOOL HOLIDAY ACTIVITY

**HAVE YOU EVER
WONDERED ABOUT THE
LIFE CYCLE OF AN APPLE?**

**COME ALONG AND SEE CLAIRE
FROM THE CHILDRENS UNIVERSITY**

**APPLE TASTING,
LIFECYCLE CRAFTS
AND EXPERIMENTS**
WEDNESDAY 12TH OCTOBER 2PM - 3PM

THIS ACTIVITY IS FOR CHILDREN
ENROLLED IN CHILDRENS UNIVERSITY
ONLY

GEORGE TOWN
NEIGHBOURHOOD HOUSE
187 AGNES STREET GEORGE TOWN



CWA - COUNTRY WOMENS
ASSOCIATION

George Town



Advancing the rights and equity of women, families
and communities in Australia.

WE ARE LOOKING FOR NEW
MEMBERS TO JOIN OUR
ORGANISATION- WE WILL BE AT THE
NEIGHBOURHOOD HOUSE AT THE
GREAT GIVEAWAY ON FRIDAY 21ST
OF OCTOBER 9AM TO 11AM TO
ANSWER ANY QUESTIONS YOU MAY
HAVE.

A chance to meet new people and make new friends



Great Giveaway

OCTOBER GREAT GIVEAWAY
FRIDAY 21ST 9AM - 2PM

NOVEMBER GREAT GIVEAWAY
FRIDAY 18TH 9AM - 2PM



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 5/10, 19/10, 02/11, 16/11, 30/11

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
Jack Taylor
Anne Cameron

Board Of Management

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

House Volunteers

Wayne Barry
Amanda Barry
Phil Worker
Will Chenery
Chanita Subhitabhorn
Lucas Weston
Rachae Fawdry
Nick Van Der Klugt
Peter Fawdry
Polly Benson
Richard McKenna
Darryl Conway
Mariana Jorja
Kerry Whit

