

## Term 3 Newsletter July to October 2016

# Maranoa Heights Community Centre

### Maranoa Heights Community Centre

**24 Hawthorn Drive  
Kingston, Tasmania**

**Phone: 03 62294066**  
**maranoacc@bigpond.**  
**com**

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### WELCOME TO TERM 3!

The last 3 months have been extremely busy and it looks like Term 3 will be even more eventful! Here is a brief list of what we are up to at the Centre this term.

#### **Neighbourhood House Tasmania 2016 — New Funding**

Minister for Human Services Jacqui Petrusma MP announced in May, that the State Government was committing an extra \$15,000 in funding per year over 2 years for each DHHS funded Neighbourhood House. This is an addition to the recurrent funding. This was very welcome news and the extra funding will assist the Centre to keep supporting the growing needs of our community.

#### **2016 – 2018 Strategic Plan**

The Board members have been busy working on reviewing the strategic plan for the centre during the last few months. This plan will determine the direction of the

management of the Centre for the next three years. We have conducted surveys of centre users and the information is used in developing the Strategic Plan. We thank the people who responded to the surveys.

#### **Built-in Cupboards**

Built-in cupboards will soon be installed in the large room in the Centre thanks to a grant from the Department of Infrastructure and Regional Development, Stronger Communities Programme. They will be used to store and display our Op shop items.

#### **Pizza Oven**

The project of building a pizza oven in the courtyard of the Centre is progressing well. This project is funded through a grant from the Kingborough Council.

#### **AGM**

We will hold our Annual General Meeting in late September. Prior to this, we are currently accepting applications for

You can find our page 'Maranoa Heights Community Centre' on Facebook to keep up with events between newsletters!



[https://  
www.facebook.com/  
maranoa.heights.cc](https://www.facebook.com/maranoa.heights.cc)

If you would like to be added to our contact list to receive this newsletter by email please phone 6229 4066 or email [maranoacc@bigpond.com](mailto:maranoacc@bigpond.com)

financial membership of the Centre for 2016-17.

Financial members are eligible to nominate for a position on the Board. Election of general members and the board occurs at the AGM. You are invited to attend the AGM.

Application for Membership is available at the Centre and the annual membership fee is \$2.



**Please give this newsletter to  
a friend or neighbour when  
you finish reading it!**

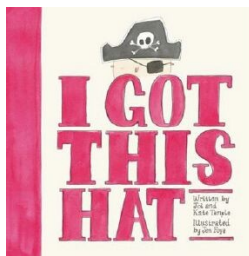


## Highlights of Term 2 at the Centre...

The Centre has been a hive of activity over the past three months. Here are some snippets of the events that happened at the centre during April.

### Story Time ...

It was great to see so many children's faces at our *National Simultaneous Story Time* event in May this year.



This year's Story was "I GOT THIS HAT" by Jol and Kate Temple.

Some children were feeling inspired by the story and wore their favourite hat to the Storytime.

Local MP, Julie Collins and Senator Catryna Bilyk joined us for the fun and also read stories to the children.

We enjoyed BBQ sausages in bread for lunch after story time.

Thanks to Peter for cooking the BBQ and the Centre volunteers for the meal preparations.

All the children received a free book to take home.

### Australia's Biggest Morning Tea

Once again, we hosted the Australia's Biggest Morning Tea which this year was held on 16 June. This is an annual



fundraiser for the Cancer Council of Australia.

We were overwhelmed by the community support of this event.



Morning tea was held in the large room and it was totally packed with people! It was great to see so many come to show their support of this great cause.

All enjoyed themselves with delicious food, chatting with other community members and joining in the fun games.

We raised \$345 through donations and raffle ticket sales which was well over our target amount.

We thank everyone involved in



the morning tea - especially our fantastic volunteers who put a lot of effort into preparation and organization of the event and worked hard on the day.

Laurie (our newly started Art Class teacher) drew the raffle tickets for this beautiful picture frames as a prize.



Wendy our co-ordinator won the raffle and has kindly donated the picture back to the Centre.

### Support Maranoa Community Centre fundraising by purchasing the NEW 2016 | 2017 Entertainment™ Membership.

Your 'investment' of only \$65 will give you hundreds of valuable up to 50% OFF and 2-for-1 offers for some of the best local restaurants, cafés, attractions, hotel accommodation, travel and more. So, whatever plan you have during any time of the year, you'll get a great return on your investment! Plus, these offers can be used up until 1 June 2017.

Whether you purchase the Entertainment™ Book, or new Entertainment™ Digital Membership for your

Smartphone, 20% of the proceeds of your purchase contributes to our fundraising cause.

Please contact us for more information about our fundraising, or how to get your Entertainment™ Membership.

Maranoa Community Centre  
24 Hawthorn Drive, Kingston 7050  
03 6229 4066

Support our fundraising, and you'll enjoy benefits all year long....





## Farewell, Sandy...

Term 2 saw the Centre sadly farewell the lovely Sandy at the end of May.

Sandy joined MHCC in March 2014 as a Healthy Families worker to run the Thriving Communities Healthy Families' project at the Centre. She planned and delivered the 'Eat, Play, Lead' program which encouraged vulnerable families in our community to connect with each other and work together to explore ways of strengthening relationships in the community. As the families



enjoyed this 'Friday playgroup' and Sandy's company so much, some

of them decided to keep the group going after the end of 8-week program and they took over the initiative of planning the program.

Sandy also led the project of the 'Community Grocer' in collaboration with Kingborough Council earlier this year. Some of you might still be able to picture her at the front of the Centre selling fresh veggies and fruits with a huge big smile on her face!

Sandy's naturally caring personality and ability to listen to others without judgement saw many people enjoying her company at the Centre, not just those involved in her projects and programs. Sandy's empathy and common sense approach made her a pleasure to work with and the Centre staff, volunteers and community members were delighted to have her as part of the MHCC team. Photos are from Sandy's farewell party organised by lovely Ebony and Bec.



Sandy was so happy to be surrounded and farewelled by the children who she loved. Of course, we didn't forget to give her some surprise gifts before she left the building...

Thank you Sandy, for the great things you did at the centre and all the people you have supported.



We miss you heaps!

We hope you are enjoying your new adventure!

## NILS Loans at Maranoa Heights Community Centre

We can assist you with applying for NILS loans by appointment.



Essentials Loans are available for car repairs, fridges, computers, medical and dental services, etc. There are also other loans available for different purposes.

To qualify for NILS Loans, you need:

- To be 18 years or older
- A Health Care Card or Pension Card
- Live in stable accommodation

Please call the Centre on 6229 4066 for further information and to make an appointment.

You can also find more information on NILS Loans and their specials on <http://www.nilstasmania.org.au/>



### Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Nicole Hacker, your local Saver Plus Worker:  
(03) 6223 7264 / 0448 428 043  
or [nicole.hacker@thesmithfamily.com.au](mailto:nicole.hacker@thesmithfamily.com.au)

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Southern Tasmania by The Smith Family. The program is funded by ANZ and the Australian Government.

## Child Care Centre and Playgroups

### Childcare

Every Wednesday from 9.30am to 12 noon during school terms we provide child care at our licensed Child Care Centre. Parents use this time for shopping, study, appointments or simply to enjoy a well earned break!

We also provide child care during some of our classes. If you require childcare to attend a class, please phone or drop in and have a chat with our Coordinator.

### Playgroup

On Thursdays at 9.30am parents and their pre-school children meet for playgroup. Morning tea is provided and the cost is a gold coin donation.

### Mums and Bubs

A group of mums and young babies meet at the centre every Tuesday morning from 10am to 12noon.

**We have vacancies in our Wednesday morning childcare. The cost for 3 hours care is \$12, or \$9 concession.**

## New in Term 3 Cooking Group

Cooking group starts here at the Centre in Term 3!

Share your favourite recipe or learn new recipes from others. Everyone is welcome to join the fun.

When: Thursdays, 11:00am—1:30pm  
(Starting 1st September)

Fee: \$5 including all the ingredients and tasting

Childcare (\$2 per child) is available 11:00am—12:30pm.

We are planning to have a cultural cooking day once a month to share recipes with people from culturally diverse backgrounds in our community.

Please give us a call on 6229 4066 for further information and an expression of your interest.

## Peace Education Program Mondays 2-3pm

# DISCOVER

## YOUR INNER RESOURCES

### PEACE EDUCATION PROGRAM

The purpose of the Peace Education Program (PEP) is to help participants discover their own inner resources —innate tools for living such as inner strength, choice, and hope— and the possibility of personal peace.

This is a 10 week innovative educational program, facilitated by volunteers, with a curriculum that consists of weekly videos, each focusing on a particular theme.

You are warmly invited to the program at  
MARANOA HEIGHTS COMMUNITY CENTRE  
24 Hawthorn Drive  
Kingston

MONDAYS 2 - 3pm  
Starting on September 5th

Please phone 6229 8141 to register your interest so we can print enough workbooks for everyone.



## New in Term 3 Art Class

Brighten up your winter!

We have a new art class starting at the beginning of Term 3.

"Painting Flowers and Fruit" is the 10 week class to teach you basics of how to draw still life and paint with Watercolour paint.

Anyone with any level of drawing & painting experience is welcome including beginners.

When: Fridays, 11:30am - 12:30pm  
(10 sessions)

Fee: \$6.00 per session

Please contact us for booking and further information.



## Centre classes, activities and programs in Term 3, 2016

### Monday

**\*Coffee, craft and chat.**  
9.30am, \$2.50



**\*Second Bite**  
Vegetables available after 1.30pm.



**\*PEACE Education Program**  
(5th Sep - 10 weeks)  
2pm - 3pm

### Tuesday

**\*Mums and Bubs Group**  
10am-12noon  
Donation

**\*Tai Chi**  
10am - 11am  
\$10 / \$6 concession

**\*Anglicare: Family Mental Health Support**  
10am-12 noon  
by appointment

**\*Eating with Friends**  
1st Tuesday of the month  
12noon—2pm

**\*Scrabble Club**  
7.30-10pm

### Wednesday

**\*Child Care for children 0 – 5**  
9am – 12noon  
\$12 / \$9 concession

**\*Yoga, Intermediate**  
9.45am  
\$12 / \$6 concession  
Childcare available \$2

**\*Yoga - beginners**  
11.00am  
\$12 / \$6 concession  
Childcare available \$2

**\*Colony 47 Partners in Recovery**  
By appointment  
12 noon—2pm

**\*Probus Men's Lunch**  
1pm-3pm  
Every 3rd wed of the month  
Membership required

### Thursday

**\*Play Group**  
9.30am—11.30am  
(gold coin contribution)

**\*Cooking Group**  
**New**  
(Starting 1st September)  
11am-1:30pm  
\$5  
Childcare available \$2

**\*Probus Card Group**  
1.30-4pm  
Membership required

### Friday

**\*Zumba**  
9.30am  
\$10 / \$6 concession



**\*Painting Flowers and Fruit** **New**  
(10 weeks)  
11.30am-12.30pm  
\$6

**\*Computer Lessons**  
by appointment  
9.30am—4pm

**\*Puzzle Club**  
1pm – 3.30pm  
\$2

**\*Foster Care Association Tasmania Group**  
Last Friday of the month  
10am-12pm

### Literacy support by Kingston LINC

Need help with reading, writing or filling in forms?  
Want to improve your skills or chances of getting work?

Kingston LINC literacy coordinator Allyson or Sonya attend the Centre every Monday from 11:00am to 12:00pm to help you with reading and writing.

They can also help you with resume or letter writing, filling in forms, reading instruction books and contracts, etc.

Please contact us on 6229 4066 for further information.

**LINC** Tasmania  
learn discover access

*Enriching the lives of Tasmanians by linking them to learning, information, their cultures and communities*



### Free private computer lessons available at the centre

Free computer lessons available at the Centre every Fridays.

Our volunteer will help you individually with general computing, email, internet, smart phones and tablets. It is very friendly and gentle learning environment.

Please call on 6229 4066 to make an appointment.



## Mental Health Support Services at the Centre

### Anglicare Personal Helpers and Mentors (PHaMS)

**PHaMS offers you the opportunity to improve your relationships with family and friends and to get involved with your local community.**

Tuesdays fortnightly between 10am and 12pm. You can drop in or phone 1800 243 232 to make an appointment.



### MI Care by Baptcare

**The MI care program us recovery-based program, offers individualised packages of care to people with severe and sustained mental illness.**

Bob visits the centre between 10-12pm on Wednesdays fortnightly



### Partners in Recovery (PIR)

**Partners in Recovery (PIR) provides Outreach to people in the Kingborough municipality living with Mental Illness.**

Chris Burgess is at the Centre on Wednesdays, 12-2pm you can drop in and meet him. You can also make an appointment or refer someone else (with their consent) by phoning 1300 827 747.



## Mental Health First Aid Training by Partners in Recovery (PIR) in Kingston area

The Mental Health First Aid course is an opportunity for everyone who provides a service to people of your area, local businesses, community members and community groups such as clubs, churches, and others to learn more about initial support to people who are developing a mental illness or experiencing a mental health crisis. This training is funded by PiR.

**When & Where:** Day 1: Wednesday 26 October, 9.30am – 4.30pm  
Kingston LINC Adult Education (B Block)

Day 2: Thursday 27 October, 9.30am – 4.30pm  
Kingborough Civic Centre (Council Chambers)

**Instructors:** Rod Lambert

**Who for:** Local businesses, community members, community groups and everyone who provides a service to people in the area.

**Cost:** Free

**Info:** [www.mhfa.com.au](http://www.mhfa.com.au)

**Contact:** Melissa Staples on 03 6211 8228  
or email [mstaples@kingborough.tas.gov.au](mailto:mstaples@kingborough.tas.gov.au)

**RSVP date:** by 20/10/2016



MI Fellowship





### Do you require assistance with food?

Every Monday a team of volunteers pack bags of groceries for people who need assistance with food.

You can drop a bag to the centre marked with your name and pick it up after 1.30 pm on Mondays.

We occasionally have groceries available for collection on Wednesday afternoon as well.

### We have free bread available every day.

Thanks to Second Bite, Foodbank, Banjos Kingston and Blackmans Bay, Woolworths and local churches.



## Come and be a part of our Centre!

Do you know that Maranoa Heights Community Centre is a community managed organisation? Would you like to be a part of our Centre and give something back to your community? Here is how you can be a part of it.

### Volunteer opportunities

Volunteers are a vital part of our Centre and we cannot operate our day to day services without them. We have a variety of roles and duties you can volunteer for. Some require regular commitment and some are more flexible. We are happy to discuss with you to choose the day/time/duty to suit you. Here are some examples of duties available.

- Meet and Greet
- General maintenance
- Kitchen cleaning,
- Helping with monthly community lunch
- Food and bread packing
- Op shop stock sorting
- Assisting in childcare and playgroup
- Community event and fundraising event coordination
- Gardening



Volunteering is also a great way to meet people, work with others and have fun together. Join the team of our friendly volunteers!  
Call Wendy on 6229 4066 if you are interested in volunteering at the centre.

### Application for Financial Membership of the Maranoa Heights Community Centre 2016-17 is now open

#### Only \$2 for annual membership!

Becoming a financial member is a practical way you can support the work of the Centre. Membership is open to people who live, work or study in the Kingborough area, or who have an interest in the work of the Community Centre, or whose knowledge and skills would benefit the Centre.

Membership also means you are entitled to vote at the Annual General Meeting (AGM) and nominate for membership of the Centre's Board of Management Committee.

The Maranoa Heights Community Centre is overseen by a Management Committee made up of community members from diverse backgrounds. The Management Board Committee works closely with centre staff to deliver a wide range of programs and services.

### Every day at the centre ....

- Free Bread
- Access to computers, photocopying, scanning documents and printing
- Use of phone for contacting Centrelink or other similar agencies
- No Interest Loans (NILS) by appointment
- SwOP Shop
- Drop in for advice, support, information, referral or a friendly chat



## Eating with Friends Community Lunch 1st Tuesday of every month at 12 noon—1:30pm

Please join us for Community Lunch. The cost of the meal is just \$5.00 for two courses. We can cater for most dietary needs, and regularly make gluten free and vegan options.

To assist with catering please call 6229 4066 to book in and bring your friends with you!



## WHAT'S HAPPENING IN OUR GARDENS???

Although winter is not the season to get out and work enthusiastically in the garden, our garden volunteer, Loretta is still busy working in our garden, putting plenty of mulch in to the garden to improve the soil condition and preparing for the warmer weather, getting ready to plant for Spring and Summer.

At the moment, we have silverbeet and parsley from our veggie patch and

soon we will be growing and harvesting strawberries, herbs, potatoes and leafy greens for people to take home.

If you have some ideas about next season's plantings? We would love to hear from you. Also, If you would like to join Loretta to volunteer in our garden, please let Wendy know your interest.



### End of Term 3 School Holiday Programs We need Volunteers!

We are looking for volunteers to help organise End of Term 3 School Holiday programs.

If you are interested in planning and leading some fun activities with primary school age children, we would appreciate your help.

School holiday programs are dependant on how many volunteers we have to assist to run. Volunteers need to have a working with vulnerable people check, so come in and organise one now.

Please contact Wendy on 6229 4066 ASAP if you would like to volunteer. We will post further information about

School Holiday Programs on our Facebook page, so please stay tuned!

### Youth Activities Program @ MHCC in Term 4

Kingborough Council's Youth Service will be running Tuesday afternoon youth activities for kids aged 10-17 **during Term 4 beginning mid October.**

Activities will include cooking, Yoga, outdoor activities, art and more... Watch out for the new program in schools, public notice boards and the community centre when it's released in September.

For further information, please contact council's youth officer on 6211 8138 or email to [msjohns@kingborough.tas](mailto:msjohns@kingborough.tas).



**Neighbourhood Houses  
Tasmania**