



Welcome to issue N° 77 of the GeCo Newsletter! We've had a full-on month. August saw the last of Soup with Soul until next June. The Workshop has been crazy-busy with courses and inductions. 26TEN has been chatting with EVERYONE about Lutruwita Love Stories and your ways to save money – keep an eye out for those posts on the socials! Michelle did a month-long workshop on creating your Advanced Care Directive. Michelle's Youth Group is full and the kids are loving the variety of activities from Lego to music-making! So what do we think Geeveston – is winter over? That gorgeous sunshine has my garden ever-so confused. It means our outdoor spaces are lovely to come and sit and chat over a cuppa. Enjoy the Newsletter, and feel free to pop in for a chat or a cuppa anytime, or email feedback to [trish@geeverstoncommunitycentre.com](mailto:trish@geeverstoncommunitycentre.com).

Ed

# Lunch Time

**Roast Pork Lunch**  
September Eating  
with Friends

### Eating with Friends

Don't forget to book in for Eating with Friends and remember from this month onwards it is a sit-down event. Connect with your community and share a meal with GeCo Staff and participants! For \$10 we will be serving Succulent Roast Pork with Crackling, Roast Veg, Homemade Apple Sauce and Rich Gravy. And for dessert? You can't go past an Apple Crumble!

**All for just \$10 per person.**

Awesome value, great company and I'll even throw in a mini-quiz. So mark it in your diary - Wednesday September the 13th. RSVP is by the 8th of September and you can book by calling us on 6297 1616 or dropping in to the centre.

We can't wait to see you!

### COTA Birdbox Competition

Congratulations to the awesome participants in our shed, who placed THIRD in the COTA (Council of the Ageing) Birdbox Competition. We took our gorgeous Birdcote (Picture in the newsletter header) to Campbelltown for the Tasmanian Men's Shed Association AGM and had tremendous feedback from everyone about the project. In particular, the fact that it was a group project rather than individuals was very much in line with the community feel that Carbatec and COTA (The sponsors) were looking for. Amazing work from Catherine, Debra, Flick, Michael, Del, Charlie, Jo, Peter, Belle and Shirley. The Geeveston Community Workshop is open daily. Give us a call to see where you fit! 6297 1616.

Pic - Craig from COTA and Trish at the TMSA



**Geeveston Community Centre** is part of Neighbourhood Houses Tasmania inc. NHT have 35 community houses throughout Tasmania, and represent us at local, state and federal levels of government through advocacy, lobbying and funding. GeCo is dedicated to working with the community to address local needs, provide or promote quality opportunities for learning and growth and to continue our support of this vibrant sustainable community.

**GeCo** acknowledges the mellukerdee people of the South East Nation as the Traditional Owners of the land on which our community centre stands. We respectfully recognise Elders past and present as the Traditional Custodians of lands across Australia. lutruwita milaythina pakana - Tasmania is Aboriginal Land.

Geeveston Community Centre is Funded by the Crown, through the Department of Premier and Cabinet





# Phoenix Art Group

The Phoenix Art Group meet every Tuesday at GeCo to explore their Art, keep their skills fresh and support each other through technique, critique and encouragement.



The group has their first exhibition in the Geeveston Town Hall's Upstairs Gallery running for the duration of September, and everyone is welcome to take a look and hopefully find a piece of art to treasure!



They are all so talented! And such a wide variety of mediums and styles.



The Geeveston Visitor Centre is open from 10am – 4pm daily, and the Phoenix Art Group will be on hand to answer any of your questions in the Upstairs Gallery!



## NBN Co

Ever wondered what happens to our information online once we're gone? Come along to this hands-on workshop with Devansh from NBN Co and learn how to prepare a plan for your digital legacy. What an awesome addition to the GeCo Death Café series!

Feel more confident online

Expand what you can do online at our free online skills sessions, run by nbn in partnership with GeCo.

Classes will be held at Geeveston Community Centre.

Topic	Date	Time
Preparing a plan for your digital legacy	29 September 2023	11:00am





## Death Café

This month's Death Café workshops were all about Advanced Care Directives and our very own Michelle worked for 4 weeks with a group of participants to breakdown what that means, and how to write your own. It's not so simple, but Michelle started some brilliant discussions about what choices you can make, and how much planning you apply to these life events.

Well done to Michelle and all our participants for making their plans. It's something we don't talk about a lot, but our Death Café series is really about demystifying what happens towards the end of life. Talking about it really does make it less scary!

## Digital Ready for Daily Life

GeCo is now a hub for the Digital Ready for Daily Life programme, funded by the Department of State Growth. Trish will be running workshops, doing outreach throughout the Huon Valley and offering one on one technical support for just about anything! This Digital Ready for Daily Life programme is all about ensuring you have the tools to do anything technical, from getting onto MyGov or learning how to use a new app. Keep your eyes peeled for workshops – they will be advertised on the socials. There is even the opportunity for volunteer groups to access Trish for upskilling. Maybe you're part of a committee that want to learn to collaborate on meeting minutes? Or want to start selling event tickets online?

And in the meantime if you have an IT query? Well – Trish is available on Thursdays and Fridays so call through to secure an appointment with her to talk about anything technical! Doesn't matter if you're on an iPhone or Samsung, a Windows machine or Apple we can work out a solution.

Trish is supporting Digital Ready for Daily Life from 8:30 – 4pm on Thursday and 8:30 – 3pm on Fridays.

## Soup with Soul



We've come to the end of winter, which means Soup with Soul is on hiatus until June 2024!! I know that feels like forever away but Paula, Trish and Bree are already hard at work planning next year's seasonal soups menu!



We want to say a HUGE thank you again to **Cripps Master Baker**, who donated bread and breadrolls to our Soup with Soul events. Emma and her team have been so generous and we are incredibly grateful!



A huge thank you also goes out to Paula and Bree who took over from Linda and Trish as primary Soupmakers this winter.



For those of you who can't wait until next year for an awesome community meal, remember that Eating with Friends is on the 13th of September and our menu of Roast Pork and Apple Crumble for afters is hard to say no to!

We welcome any feedback about Soup with Soul, so if you haven't had a chance to fill out a feedback form, you could always call, pop in and have a chat or send an email to [trish@geevestoncommunitycentre.com](mailto:trish@geevestoncommunitycentre.com).



# AGE WELL

Did you know that GeCo is an AGE WELL partner? We work closely with this Huon Valley Council programme to offer activities and advocacy for seniors. The next AGE WELL excursion is on the 13th of September to Tahune Airwalk. The bus is free, as is the entry to Tahune for all Age Well members. You just need to bring your lunch. Age Well will swing by GeCo to pick up the Geeveston contingent if there is enough demand, so please make sure you register on 6264 0300 or email at [agewell@huonvalley.tas.gov.au](mailto:agewell@huonvalley.tas.gov.au)

Join our walk to remember those lost to suicide.

**Where: Geeveston Heritage Park**  
**When: 10am to 12noon, Sunday September 10**  
**Who: Anyone that wishes to for any distance that suits.**  
**Bonus: Sausage sizzle lunch at noon**





## Out of the Shadows Walk

Join us on Sunday , September the 10th to support Michelle who will be walking 9KM for World Suicide Prevention Day. Why 9km? Well there are 9 Australians who die every day by suicide. If you would like to come and walk with Michelle, we're meeting at Heritage Park at 10am, and will have a sausage sizzle to finish. Join in for 1km or 9 – it doesn't matter, but your support does! If you aren't able to make but would like to donate to Michelle, her link via Lifeline Australia is at <https://www.outoftheshadowswalk.org.au/fundraisers/michellestudley/out-of-the-shadows-2023>

Lifeline is one of many resources available for anyone who is struggling. Lifeline is available 24-hours a day, and seven days a week on 13 11 14. You can also utilise their sms service by texting 0477 13 11 14.

# National Carer's Week 2023

Join us on Tuesday October the 17th from 2pm for a free afternoon tea for anyone in our community who is a carer in any capacity! We hope to have a heap of Service Providers here, plus plenty of cakes and sandwiches. Remember you don't need to be registered as a Carer to be considered one! Maybe a spouse or parent has deteriorated in their health and you do a lot more than you used to. Or you help a neighbour with small errands to make their life a little simpler.



GEEVESTON COMMUNITY CENTRE PRESENTS...

**High Tea** *for*  
**National Carer's Week 2023**



TUESDAY, OCTOBER 17TH FROM 2PM

This afternoon tea is to celebrate YOU so please encourage as many people as you can to have the afternoon off and celebrate with us. Remember it is FREE and we would love to see you. Register at the desk or via Humanitix.

**Adult Learner's Week**

*Join us on Monday the 4th of September for a FREE afternoon Tea to celebrate Adult Learner's Week. 12:30 - 2:30pm.*

**#ALW2023**

**[www.adultlearnersweek.org](http://www.adultlearnersweek.org)**





# Geeveston Community Workshop

Everyone in the Workshop has been extra busy this month. New Supervisor **Jan** has hit the ground running and is offering Machine-free Mondays! Anyone having issues with their hearing, or sensory sensitivities, this is the day to go and try your hand and whittling, carving or any other handcraft without the distraction of machinery running. It's a great concept and we can't wait to see people taking advantage of it.

**Laurie** is in on Tuesdays for Lad's Day – men only! It's a day where men can be in a safe space to discuss anything they like, judgement free and a focus on mental health and wellbeing.

**Geoff and Aga** ran another of our most awesome induction sessions where participants made a tealight holder. These induction sessions are great for building confidence in using the machinery and to let the participant get a feel for what they would like to do when they start to woodwork. This teardrop holder allows the participant to use most of the machinery in the shed, consequently allowing signoff on safety and good practice.

We've had **Michael** running a Traditional Woodworking with Handtools Course which ran for 3 weeks and talked about maintenance, what to look for when shopping second-hand, joints and myriad other topics for the hand-tool aficionado!

**Shirley** has been doing MOUNTAINS of work in the background getting all of our paperwork up to date and compliant. When she isn't neck-deep in forms, she has found the time to run a DIY workshop for the LGBT++ Community, as well as crafting these awesome little membership fobs for financial members of the Shed.

**Flick** has been focussed on Christmas and will be running a workshop in October, making various Christmas Ornaments and Gifts, with Shirley. It's a cracking activity and a practical way to use up little offcuts of wood. Let's face it – everyone loves a handmade gift!

All our supervisors are here to support the participants of the shed, and are well versed in referring people on to the centre, should anyone need more specific or acute support. We'd like to do a shoutout to all the champions who support the Geeveston Community Shed. In particular, **Matt, Jim and Cara** who have all made sizeable donations recently of timber and offcuts that make a HUGE difference to our shed. Even offcuts can be turned into an induction project and we're just so grateful for the donations we receive.

So for anyone who would like to get involved in the Geeveston Community Workshop, you should head over to Humanitix and join up for one of our FREE induction sessions. You should also feel free to pop in and have a chat or call Trish, the Workshop Manager about what day might be right for you! We're open from 8:30 – 3pm from Monday to Thursday and from 8:30 – 2pm on Fridays.

- Mondays:** Machine Free Mondays with Jan
- Tuesdays:** Lads Day with Laurie (Men Only)
- Wednesdays:** Big Projects with Geoff (every second Wednesday)
- Thursdays:** Michael and Aga
- Fridays:** Shirley and Flick, Women working with Wood (Women Only)
- Weekends:** By Appointment or Workshop!





# Jumpstart

Our Learner Driver Mentor program is called Jumpstart, and it allows us to provide free driver mentoring to people who are on their L's. Learner drivers need 80 hours of instruction and practice, including 15 hours at night, over a 12 month period before they can sit for their P Plates. GeCo has an amazing group of Mentors – members of the community who volunteer their time to be the passenger while a learner driver gets their hours up. Our Mentors also help with theory and test preparation. We provide training for the mentoring in the car, and also other areas, like mental health and communication. Congratulations to **Judy** and to **Bryony** who have just passed their test! Thanks as well to the mentors who helped them get there.



If you would like help to get your license, or you would like to be a mentor then I'd love to hear from you. GeCo is registered for Mutual Obligation so it can make up your hours for reporting too. Please give Gene a call on 6297 1616 or drop in for a chat. The Jumpstart program is important to the community, and invaluable to those who are learning to drive, free of charge.



# My Digital Legacy

Tricia Clark recently attended one of Devansh Sharma's (NBN Co) sessions on Digital Legacy and wrote the following review:  
I attended the NBN Digital Legacy workshop last week at GeCo. I had never really thought about how much of my digital information is stored online and what would happen to it when I pass away. The course covered a letter template to my chosen executor, who would oversee my accounts and manage/close down my online presence. Details of my username, email address, digital assests and action required. This would be useful for anyone to keep track of emails/ passwords etc, which would certainly be good for me!  
The hour-long course finished with 'my money online' and 'my other online accounts and subscriptions' plus how to keep all this information safe which is something we all need to understand. It was well worth an hour of my time and the peace of mind to know how to keep my information safe. GeCo's next 'My Digital Legacy' workshop is at 11.00am on Friday 29th September.

# Conversational English

26TEN has an English Conversation group at GeCo every Thursday from 2.00-3.00pm. Come along and practice speaking conversational English with a lovely group of people, have a cuppa and learn more about the intricacies of the English language. For more information, contact Tricia by email: [tricia@geevestoncommunitycentre.com](mailto:tricia@geevestoncommunitycentre.com).

## INDUCTION Workshop

Want to use the Geeveston Community Workshop?

### 1 DAY INDUCTION

LEARN ALL ABOUT OUR MACHINERY AND TOOLS

saws | morticer | thicknesser | sanders | hand drills | jointer | drill press | *and more!*

[geeveston.org.au](http://geeveston.org.au) (03) 6297 1616

 Geeveston COMMUNITY CENTRE



# GeCo Gardens

You may be aware that we have a dedicated team of gardeners that are at GeCo weekly, maintaining and developing some pretty special spaces for participants. Sandra leads our team of greenthumbs, and they have recently finished the primary garden between the main building and the annexe. It's now a delightfully manicured space where you can sit and enjoy the sunshine among the greenery.



We're delighted that we've been able to keep Myles Vanston's serpent in the mix and it has pride of place in the garden.

Our carpark refurbishment left a bit of mess so we now have 4 new green spaces – the area next to the walkway is purely grass, and there are baby plants on either side of the disabled parking spot. Additionally we have planted up the verge on the driveway that leads to the rear carpark.



Sandra also has a wicking bed project on the go and we are hoping to have enough vegetables next year to support some of our projects like Eating with Friends or Soup with Soul. As many of you know, we use the Apples from our orchard already for Eating with Friends!

On the opposite side of the road, Tom has transformed the area between the fire station and radio station, and down to the creek. These beds are brimming with Garlic from our Greater than Garlic Project run by 26TEN. The hothouse has been rejuvenated and is awaiting planting too.

Let us know if you'd ever like a tour or a chat about our gardens. We're incredibly proud of the work our volunteers have done and we hope to bring you some workshops in the very near future!

# Are you Drought ready?

It's that time of year again where we should all be assessing our preparedness for drought and associated risks. Join this online session to prepare your family and property.



## Drought Ready Regional Sessions

Join the conversation and hear about Tasmania's regional drought risk and resilience study and meet your local drought resilience planning coordinator.

**Where:** Online

**When:**

- Northern Region - 19 September at 10:30am
- Northwest Region - 20 September at 10:30am
- Southern Region - 21 September at 10:30am

Register at the 'What's On' section of [www.droughtready.tas.gov.au](http://www.droughtready.tas.gov.au)



The Regional Drought Resilience Planning Program is jointly funded through the Australian Government's Future Drought Fund and the Tasmanian Government.



# Relationships Australia

RA offers free and confidential support slots for women once a fortnight at GeCo (Fridays). Please get in touch if you would like an appointment time.



## WOMEN'S SUPPORT SERVICE

**Free counselling and group support to help women achieve their goals**

Call **1300 364 277** or email [womenssupport@reltas.com.au](mailto:womenssupport@reltas.com.au) for more information



# Want to Contribute?

Contact the editor if you have feedback or would like to advertise community events in the Geeveston Community Centre Newsletter. Space is free when it benefits the whole community!

Editor – Trish Tinker (03) 6297 1616  
[trish@geevestoncommuntiycentre.com](mailto:trish@geevestoncommuntiycentre.com)





Geeveston  
COMMUNITY  
CENTRE

# QUIZ Night

**\$10 PER PERSON**  
**TABLES OF EIGHT**

SATURDAY  
**SEPT 16**

DOORS OPEN  
**AT : 5PM**

GEEVESTON EX-SERVICEMEN AND  
WOMEN'S CLUB



**SALES CLOSE SEPT 10**  
*No tickets on the door*

