



Welcome to issue N° 78 of the GeCo Newsletter! Now that the sun is out our attentions have turned to the garden! We've already seen an uptick in donations for the Loaves and Fishes table on a Thursday; eggs and rainbow chard, silverbeet and garden herbs. Anything you have surplus to requirements is welcome in our community food fridge and we're so grateful to those who can donate. Thank you! We've got workshops and activities galore and also starting to prep for Christmas so keep an eye on socials for callouts for those activities too! I've spoken to a number of people in the last month who are new to the area, or new to GeCo. Please share the love and encourage anyone who hasn't been before to come to GeCo, and have a cuppa to see what services and activities we have available. The kettle is always on! Enjoy the Newsletter!

Ed



Eating with Friends

We're taking a short break from Eating with Friends until we find a couple more champions to help out in the kitchen! **Maureen** and **Liz** have now both finished Eating with Friends - Liz has a sparkling new job, and Maureen is working towards a shiny new knee replacement! We want to thank you both from the bottom of our hearts for your hard work running Eating with Friends for the last year or so, and we look forward to welcoming you back as patrons sometime in the near future!

We also want to thank **Bree** for helping out in the kitchen too, she's about to have a baby imminently! Bree has been a Superstar in the kitchen for Soup with Soul and Eating with Friends and we wish her all the very best in her newest challenge as a Mum! Good Luck Bree!!

So what does that mean in the kitchen? Well the lovely **Paula** and **Val** remain as the foundations of our new Eating with Friends team, and we're looking for new **volunteers** to come and help us out! Eating with Friends is 2 half-days every month plus an occasional planning meeting. We cook a nutritious 2-course (main and dessert) meal for approximately 50 people every month. Our patrons dine-in and it's a very social event, with a little quiz and lots of friendly banter! If you'd like to come and have a look at our setup (commercial kitchen) and meet some of the crew, please get in touch. We are also happy to take Mutual Obligation participants and have other tasks to make up those 15 hours if needed! Eating with Friends is a wonderful programme and it's an enriching activity for all involved. Volunteering is a great way to give back to the community, keep you active and is shown to increase mental acuity, physical health and overall wellbeing. Come down for a cuppa to find out more!

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



Digital Ready for Daily Life

GeCo is hosting a new program from the Department of State Growth called Digital Ready for Daily Life. The aim is to make technology accessible for all Tasmanians. Those of you familiar with our Let's Get Digital Courses and Trish's regular IT support slots won't see much of a difference. Trish now has 3 days a week allocated to the kind of technical support that can help you with things like:

- Apps on your Smart Phone
- Online forms
- Equipment queries
- Digital Safety

Geeveston Community Centre Inc
9B School Road
Geeveston

Monday, Wed-Fri
10:00am - 2:00pm
Bookings required.
Phone 6297 1616
Email trish@geevestoncommunitycentre.com

Digital Ready / FOR DAILY LIFE

GeCo Drop-Ins

All those niggly technology issues can be obstacles in your day-to-day

Come and have a chat with Trish about your IT problems, no matter how simple or complex! Digital Ready for Daily Life helps Huon Valley Residents with free technology advice and training.

Visit the Digital Ready for Daily Life website
digitalready.tas.gov.au/dailylife

Digital Ready for Daily Life is a partnership program between 26TEN and the Department of State Growth

Bookings are essential and you can call on 6297 1616 for one on one sessions with Trish at GeCo.

Group bookings

Trish also has a day per week doing outreach all over the Huon Valley, and can come and talk to your community group, volunteers or committee members who might be looking at new ways of doing things. Maybe you have a new committee who want to share minutes or event budgets? Or a group who would like to learn about a specific topic like online shopping and digital safety?

Give us a call on 6297 1616 or pop in for a cuppa to discuss your ideas with Trish. The service is 100% free of charge and aims to support all Tasmanians with their Digital Literacy requirements.

NBN Co Launches FTTP

In 2021 NBN Co partnered with the Huon Valley Council to apply for funding under the Regional Connectivity Program to upgrade the nbn technology for the community of Geeveston to Fibre to the Premise.

The application was successful and so for the last 18 months NBN Co's Delivery Partner, Ventia have been working to install the necessary infrastructure. Installation works are now complete, and residents can now order an nbn FTTP product.

Agenda:

- Midday: Guests arrive
- 12.15 pm: Opening of the event and speech by the mayor - Sally Doyle
- 12: 30 pm: nbn Guest Speaker – General Manager nbn Local – Chris Cusack
- 12:45 pm: Light refreshments
- 1:00 pm: Digital Literacy Session - Connecting to the nbn, and tips and tricks on online safety (with scams bingo) by Devansh Sharma

nbn® Fibre to the Premises Launch Event

You are cordially invited to the launch of the **nbn®** Fibre to the Premise (FTTP) technology for Geeveston.

Agenda:

Midday: Guests arrive

12.15 pm: Opening of the event and speech by the Mayor Sally Doyle

12: 30 pm: **nbn®** Guest Speaker – General Manager **nbn®** Local – Chris Cusack

12:45 pm: Light refreshments

1:00 pm: Digital Literacy Workshop: Connecting to the **nbn®** & Tips and tricks on online safety

Date: 11 October 2023

Location: Geeveston Community Centre (9 School Road, Geeveston Tasmania 7116) Light refreshments will be provided.

Regular subscribers and participants know that Devansh is one of our favourite workshop presenters here at GeCo, so please take this opportunity to come along and show Devansh some support.

Booking are not necessary but make sure you're early enough to take advantage of the afternoon tea that NBN Co are providing!

See you on the 11th at 12:15!!

AGE WELL Walk and Talk

Age Well team member Sophie will be doing a short walk in a different town each Wednesday. Join in the fun & bring a thermos to enjoy a hot drink afterwards. Everyone is welcome! Call the Age Well team to register your interest!

October Dates & Locations:

Oct 4th – Waterfall Track, Mt Misery- Ranelagh
Oct 11th – Burtons Reserve to Yacht Club, Cygnet
Oct 18th – No Walk
Oct 25th- Kermadie Boardwalk, Port Huon Sports Centre

Meet at 9:30am
Look out for the Age Well Flag!

6264 0300 or email
agewell@huonvalley.tas.gov.au



GET ACTIVE AND GET SOCIAL!

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. Take advantage of their weekly walks around the Huon Valley and beyond for social connection and exploring amazing activities with like-minded seniors. To find out more about the AGE WELL program, call 6264 0300 or email Chelsea and Sophie on agewell@huonvalley.tas.gov.au

Working It Out - Better Lives Training

This week we had Simone-Lisa from Working It Out come down to talk to GeCo staff about Intersex individuals. These are people with naturally occurring biological variations that are diverse as my eyes being green and yours blue. The variations described in an intersex individual can be hormone based through to physical sexual characteristics.

It was a fascinating and highly recommended overview on the genetic diversities in our population and it feels like an hour was only scratching the surface!

We are gauging interest for a public workshop to understand these diversities and the challenges facing that particular group of people.



Would you have an interest in a workshop to hear more? Let us know!

Contact Trish on 6297 1616

Health & Wellbeing Expo

Huon Valley Council are having a Health and Wellbeing Expo on Thursday the 12th of October from 10am and GeCo will be there as a stallholder! You can come and speak to us about Digital Ready for Daily Life, 26TEN, Jumpstart and any number of our art/craft/music or exercise programmes. We'd love to see you. Lucy, Tricia and Trish will be there to chat with you about just what GeCo has on offer, and loads of other service providers are looking forward to welcoming you too.



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 **Seth** who passed his test a few weeks ago and well done to **Paul** who was his primary mentor!

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. There are lucky door prizes and who can resist a free afternoon tea!?!?

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.

Gallivanting GeCo's

The next trip with the Gallivanting GeCo's is out to Tahune Airwalk. What an adventure! You can book in with Beth on 6297 1616 or email her at beth@geevestoncommunitycentre.com.

Please remember, if the cost of any activity is stopping you from attending we want to know - we can help!

Geeveston Community Workshop

We've all been busy in the workshop making bits and peices that will be on sale when we exhibit at the **Huon Show** on the 18th of November. We're so excited to showcase the workshop so please come and see us while you're at the show!

We also have a Bunnings Sausage Sizzle on Sunday the 15th of October. Please show your support for the Workshop and buy a sausage or a drink at **Bunning Kingston!** We're fundraising to do some repairwork on the shed so every sausage will make a difference! A reminder of our schedule in the Shed:

- **Jan** is in for Machine-free Mondays!
- Tuesdays Lad's Day with **Laurie** is on hold for a little bit – but we can accommodate you on other days, just give us a call!
- **Geoff** is in every other Wednesday and has a wealth of experience in all areas.
- **Michael** runs Thursdays and **Heather** and **Aga** are often in the background to help too on our busiest day!
- Fridays is Women Working with Wood under the expert guidance of the lovely **Shirley** and **Flick**.

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.

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.

We can't wait to see you in the Workshop!

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

