



NEWSLETTER #79



Welcome to issue N° 79 of the GeCo Newsletter! We've been blessed with some gorgeous sunshine over the last few weeks, we're finally all thawing out after that epic winter and early spring snow! What a month we had in October. Our fundraiser BBQ at Bunnings for the Geeveston Community Workshop, the GeCo High Tea for National Carer's Week and Seniors Week, and plenty of visits from service providers! We saw the official launch of FTTP here in Geeveston, we hosted the judges from the Keep Australia Beautiful campaign (good luck Geeveston!), and had Hobart's ABC radio broadcast from the main street. School Holidays, the Health and Wellbeing Expo, launch of the Dover Action Plan, Health checks at the centre... it's been non-stop! 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 and we keep printed newsletters at the centre.

Ed



26TEN Home Hill Business Evening

On Friday 20 th October, 2023, 46 people gathered at Home Hill Winery to talk about all things related to adult literacy, numeracy and digital skills.

This year, 26TEN would like to congratulate Mitchell Plastic Welding for their recent 26TEN workplace grant aiming to support staff with skills development and improve workplace documents.

As Michiel Curtis elaborated in the panel discussion, "It's never too late to improve your reading, and don't be afraid to ask for help." That goes for employers too, Michiel urges everyone to remember that, "26TEN is here to help anyone with skills support, and if you offer it to your worker, they might say yes!"

If you, or someone you know, would like to improve their skills to make work or home life easier, get in touch with Lucy at the Geeveston Community Centre or call 1300 00 2610.



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 September we were delighted to host NBN Co, Telstra and Ventia - partners behind the extensive internet infrastructure upgrades that mean Geeveston now has Fibre to the Premises, or **FTTP**.

Sally Doyle, Mayor of the Huon Valley, and Jordan Cripps from Julie Collins office were also on hand to celebrate the launch, which was followed by a Digital Literacy Session run by Devansh Sharma - a GeCo regular. And the support doesn't stop there! A number of our community have had Telstra follow up on upgrades and mobile plans.

Julie Collins said of the upgrades, "It is wonderful to see the completion of NBN's work to upgrade Geeveston to full fibre internet, made possible by a \$1 million grant from the Federal Government. Fast, reliable internet is a vital tool in helping regional communities like Geeveston stay connected to essential services like telehealth and education opportunities. Labor designed and built the NBN with the intention of giving everyone access to high quality and reliable internet - I am proud to be in Government again and working hard to deliver the NBN that Tasmanians deserve."

For those who missed out, Telstra and NBN will be back at GeCo in November on the 7th and 8th. Keep a lookout for the Telstra van parked out the front! We also have Devansh from nbn Co coming in to do a VR demonatration, Wednesday the 8th at 11, followed by an afternoon tea with Julie Collins from 2pm!



FTTP Launch (L-R) Trish Tinkler (GeCo), Glenn Craft (Ventia), Joel Wierzbicki (nbn Field Area Manager), Jordan Cripps (Julie Collins MP), Christopher Cusack (nbn Local GM), Sally Doyle (Mayor), Devansh Sharma (nbn Community Ambassador), Sam Marshal (nbn Community Engagement Manager)

Mahjong at GeCo

We're delighted to announce Mahjong at GeCo from Monday the 6th of November!!

Ever been curious about Mahjong? Or are you looking for a new activity to keep your mind active? Come along to Mahjong, even if you don't know how to play.

Marianne and her team would love to teach you! Weekly on Mondays from noon, in the GeCo Annexe (right after Rural Strength!), Noon- 4pm.



Want to Learn

MAHJONG AT GECO?

Join us on Mondays at Noon until 4pm to play Mahjong! We have a small group of experienced players who are all too willing to tutor you!

DID YOU KNOW THAT MAHJONG:

- Keeps Dementia at bay ✓
- Decreases chance of depression ✓
- Improves Hand-eye coordination ✓
- Improves concentration & pattern recognition ✓
- Exercises short-term memory ✓
- Remedies Social Isolation ✓

\$2 *per week*

Call us!
6297 1616



NOVEMBER
8TH
2PM

SPOTLIGHT ON
GEEVESTON

AFTERNOON TEA

with **JULIE COLLINS**

Julie would love to discuss:

- How Geeveston's recent NBN internet upgrade can improve essential services like telehealth and education.
- Any other thoughts and concerns on local or national issues.

Please RSVP by Nov 3rd to 6244 1222 or email Julie.Collins.MP@aph.gov.au



Geeveston
COMMUNITY
CENTRE

Hopefully you've received a letter from Julie Collin's office inviting you to afternoon tea at GeCo on Wednesday, November 8th at 2pm.

This is in response to Geeveston's recent upgrade to full fibre internet through \$1 million of funding from the Federal Government. Fast, reliable internet is so important for regional communities like Geeveston, and Julie is particularly interested to talk about the capacity for improvement in essential services such as telehealth, remote education, and entertainment.

Come along to afternoon tea to discuss these new upgrades as well as any local or national issues or concerns you'd like to discuss with Julie.

Tea, coffee and light refreshments will be provided. For catering purposes, please RSVP by Friday 3 November on 6244 1222 or emailing Julie.Collins.MP@aph.gov.au

NBN @ GeCo

Devansh returns to us for the very last time this month before he's off on his new adventures on the mainland!

Please come down to say your farewells to Devansh as he offers another demonstration on VR technology and talks about Smart Technology.

We're so sad to see Devansh go; he has been a constant delight here at GeCo and we wish him the very best of success in his new role. Devansh's replacement will start in the new year so stay tuned to see when the next NBN skills sessions take place!

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 9b School Rd, Geeveston.

Topic	Date	Time
Virtual Reality and Smart Technology	08 November 2023	11:00am



FAR SOUTH MOBILE COMMUNITY HUB

Dover and South Action Group, in collaboration with Geeveston Community Centre and Community Bank Huon Valley (Bendigo Bank), is proud to announce the establishment of their new community facility on wheels, bringing essential services, information, and opportunities to the Far South and Huon Valley areas. With the additional partnership of Health Consumers Tasmania, the Hub will be attended by a qualified Community Connector to provide a safe and convenient early support system for community members of all ages who may be seeking access to health information or specialist support services or who may be experiencing difficulty navigating the service system, may require access to emergency food relief or assistance, or just want to drop in for a cuppa and a chat.

Numerous service providers have already put their hands up to utilise this space, allowing physical access to services and assistance in a way that hasn't been seen in Far South Tasmania previously. Construction of the Far South Mobile Community Hub is already underway and is expected to be completed in March 2024.

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.

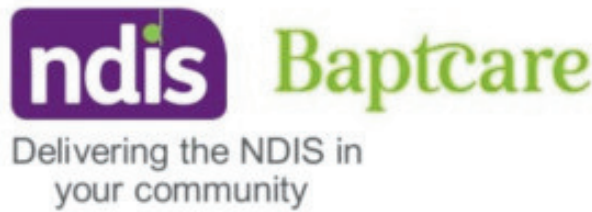
Baptcare/NDIS

Baptcare are the NDIS partners in the Southwest of Tasmania. As the Local Area Coordinator in the Huon, Jess Miller provides assistance to people wanting support and referral to programs and services in local communities. She can assist with support to apply to the NDIS and with understanding and using your NDIS plan.

Coordinators also network within the community to assist with enabling the co-creation of more inclusive and accessible communities. If you have any ideas about gaps in services in the Huon, Jess would like to hear them.

Jess is passionate about the Huon – she grew up in Cygnet and still considers the valley her home, even though she has moved to the big smoke and she regularly pops up in different locations throughout the Huon.

Jess will be at GeCo AT 11am on the first Thursday of each month. Come and see her – and you can stay for Loaves and Fishes!.



Baptcare/NDIS

Colocations.....



Finally, a warm welcome to Anthony who has just joined the team as a new driving **mentor!**

We're so pleased to have you onboard!

National Carer's Week 2023

We had an amazing turnout for our National Carer's Week and National Seniors Week afternoon tea! We had 55 people join us to talk with Service Providers and network with other seniors and other carers over a lovely cuppa and sandwiches, scones and cake!



The event was made possible by the generous funding of the Department of Premier and Cabinet. There were also a host of fantastic door prizes donated by Senator Catryna Bilyk, David O'Byrne MP, Dean Winter MP, and the delightful Anne-Maree Lomas of Franklin Haircuts and Beauty. We're so grateful for the support of our community leaders!



Congratulations to Rosie Gorman, Michael Anning, Rose Adler and Kathryn Webb for winning the door prizes.

We can't wait to do it all again next year!

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!

Our Bunnings sausage sizzle went very well and we raised almost \$1000 to go towards shed repairs! We will also be the BBQ provider for Geeveston's Wheels in the Park on the 4th of February so please come and support us there too! We're determined to raise enough money to get our entryway fixed & rebuilt!

- **Jan** is in for Machine-free Mondays!
- Tuesdays Lad's Day with **Laurie** and occasionally **Brian**!
- **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**.
- Saturdays we welcome **Brian** as a new supervisor who will be joined by **Shirley** and **Tink** on occasion, for all those who can't get to the shed during the week

Yes - you saw correctly! Saturdays are now in the mix from Saturday the 11th of November! Come down and see Brian and Shirley to talk about getting some Christmas Presents started, or last minute repairs before the family descends...

And finally, Michael is running an Introductory workshop over 2 x Sundays on Woodturning! The first day will focus on Spindle turning, and the second day will be bowl turning.

This workshop is for inexperienced turners. It is the VERY BASICS of turning, such as Safety, Technique, Simple Cuts, Mounting.

Sunday 26th November 10am - 4pm
Sunday 3rd December 10am - 4pm

We're open 10 - 3pm Monday to Thursday
9:30 - 2:30pm on Fridays.
10:00am - 2pm Saturdays

Christmas 2023

Each year GeCo organises hampers for those struggling a bit in our community and we're delighted to launch this year's appeal. We generally ask for long-life foodstuffs to go in the hampers, and then closer to pickup date we have community donations of fresh fruit and veg, eggs and baked goods. We don't do 'presents' as it's very hard to manage but some of our clever community will sometimes donate crochet dishcloths or homemade soaps etc. Isn't it a magical time of year?

So how do I donate?

- Drop off at GeCo, 9B School Road Geeveston
- Place an order for delivery to GeCo (let us know to expect it!)
- Make a cash donation
- Keep an eye on the socials for other options!

Any question can be directed to Trish!

12 DAYS OF CHRISTMAS
GECO HAMPER DONATIONS
for community in need

1 COFFEE, HOT CHOCOLATE OR TEA		2 PACKET DESSERTS		3 PASTA AND RICE
	4 BAKED BEANS, SPAGHETTI		5 CHRISTMAS HAM	
6 TINS OF TOMATOES		7 CONDIMENTS AND SAUCES		8 TINNED AND PACKET SOUP
	9 CHOCY TREATS AND BISCUITS		10 STIR IN SAUCE & NOODLES	
11 CEREALS AND PORRIDGE		12 JAMS AND PRESERVES		

Physical Donations are welcome at the Geeveston Community Centre, 9B School Road Geeveston or use the QR Code to donate online



Musculoskeletal Australia

Musculoskeletal Australia (MSK), the Australian Rheumatology Association and PainAustralia have partnered on the 2023 National Musculoskeletal Consumer Survey, which was launched on Tuesday, 31 October 2023.

The survey aims to provide insight into the lives and issues impacting people with muscle, bone and joint conditions, like arthritis, back pain and gout, to name a few. It builds on MSK’s baseline survey (2020) and will explore one of the most significant issues highlighted by respondents at that time - the financial impacts of these conditions on people's lives.

The knowledge gathered will enable MSK and key stakeholders to respond to the needs of people living with muscle, bone, and joint conditions.

Should you have any inquiries or require additional information, please don't hesitate to contact the Survey Team by email at survey@msk.org.au or by calling +613 8531 8000.

RATTLE YA BONES DAY

A national day of awareness for all muscle, bone and joint conditions

TUESDAY
31 OCTOBER 2023

Rattle Ya Bones Day
A National Day of Awareness for all muscle, bone and joint conditions
October 31

10 am
National Musculoskeletal Consumer Survey Launch

7 pm
Koadlow Community Lecture
Presenter: Liam Mannix
Award-winning National Science Journalist

For more information
Reserve your tickets or for more information got to
<https://msk.org.au/events-calendar/>

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

Beth is having a knee replaced so we're taking a short break for the Gallivanting GeCo's and will return in 2024! In the meantime, let us know were you'd like to visit next! Call on 6297 1616 or email Beth at beth@geevestoncommunitycentre.com.

Dover Fun Run

Sunday 5th November sees the 5th annual Dover Fun Run, an event raising funds for Hobart's Paediatric ICU. With 10km and 5km options (plus a 2km run for the kids) this scenic run or walk is becoming popular with serious and casual runner.

Online registrations close at 11pm on 3rd November. If running isn't your thing, consider volunteering (contact Lydia 0400134388 / doversouth@gmail.com) or grab a coffee on site and cheer on the participants.

Everyone is welcome to help celebrate afterwards at the Port Esperance Sailing Club from 3pm with live music and a sausage sizzle. also have a Bunnings Sausage Sizzle on Sunday the 15th of October.

CELEBRATING 5 YEARS OF FUNDRAISING

DOVER FUN RUN

SUNDAY, NOVEMBER 5, 2023
DOVER ESPLANADE

Tassal Ten - 10 km: 9am
Bendigo Five - 5 km: 9.05am
Annabelle's Run - 2 km: 10.30am

MORE INFO/REGISTER: doverfunrun.org

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



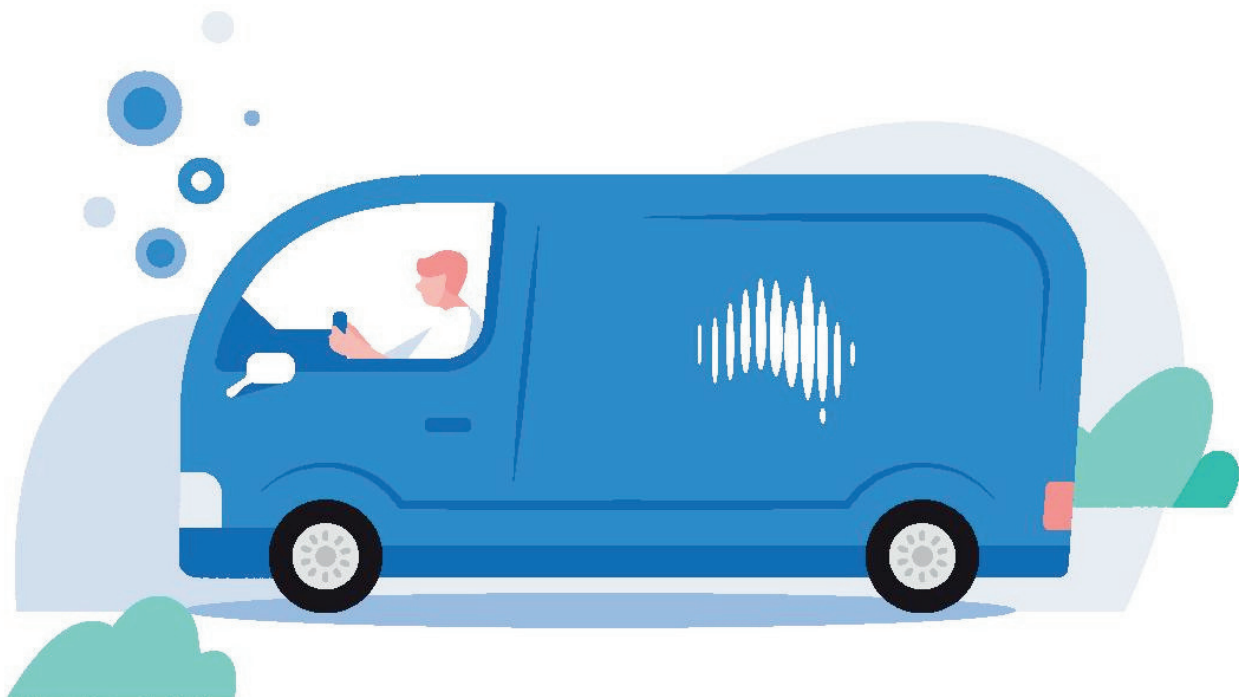
You can improve your reading, writing and maths as an adult

**Call 1300 00 2610 or
Lucy at GeCo on 0459 219 620**



hearing.com.au

Hearing Australia is coming to you



Hop aboard for a free* hearing check

Geeveston Community Centre
Date 23/11/2023, Time 10:00am - 2:00pm
9b School Road
Geeveston TAS 7116
(03) 6297 1616



*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program.
A hearing check is a screening that helps identify people that may have hearing loss.

Health Appointments

Call us on 6297 1616 to book in for Hearing Check, Hepatitis B or C testing or to inquire about anything else we may be able to refer you to!

HEPATITIS C TESTING DAY

November 30th, 10:30 - 2pm
Geeveston Community Centre
Come and see a nurse for testing -
FREE and CONFIDENTIAL clinic

Things that put you at risk of Hep C

- ☒ Backyard Tattoos
- ☒ Blood Transfusions prior to 1990
- ☒ If you have been to prison
- ☒ Drug use
- ☒ Fights

Please bring your Medicare Card
Hep C is curable,
so come and have a test!

6297 1616 for appointments