



Welcome to the last GeCo newsletter for the year! What a whirlwind 12 months it's been. I'm so proud of how GeCo has evolved in 2023, and how our little team has grown into a family. We're so lucky to have had Gene, Tricia and Michelle join us. We've got new supervisors in the shed, new mentors in the Jumpstart Vehicles and new volunteers in all our other programmes and it seems to be go-go-go all the time. 2023 has seen us strengthen our ties with Service Providers and the long-term benefits mean we are being 'seen' by a much wider audience now. Fingers crossed this means more support for the Huon Valley Community in 2024!

From our little GeCo Family to yours, we'd like to wish you a happy and healthy break over the festive season.

Ed



GeCo Open Dates

As our staff head toward a well-deserved break, we'd like to make sure everyone is covered for their needs while the centre is closed.

GeCo will close at Noon on Friday the 22nd of December. We will reopen on Monday the 8th of January.

Please plan ahead for your supports!

2023 Final Dates:

NDIS Baptcare	Thursday 14th December
Hospice Volunteers	Friday 15th December
NILS Loans (finalised)	Monday 18th of December
Mahjong	Monday 18th December
GeCo Youth Club	Tuesday 19th December
Loaves and Fishes	Thursday 21st December
Emergency Food Relief	Thursday 21st December
QiGong	Thursday 21st December
Relationships Australia	Friday 22nd December
Rural Strength	Friday 22nd December
Community Workshop	Friday 22nd December

Your GeCo Team wishes you all the best!
Nicole, Trish, Lucy, Michelle, Gene and Tricia!



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

Tasmanian Government
26TEN
Geeveston Community Centre

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.

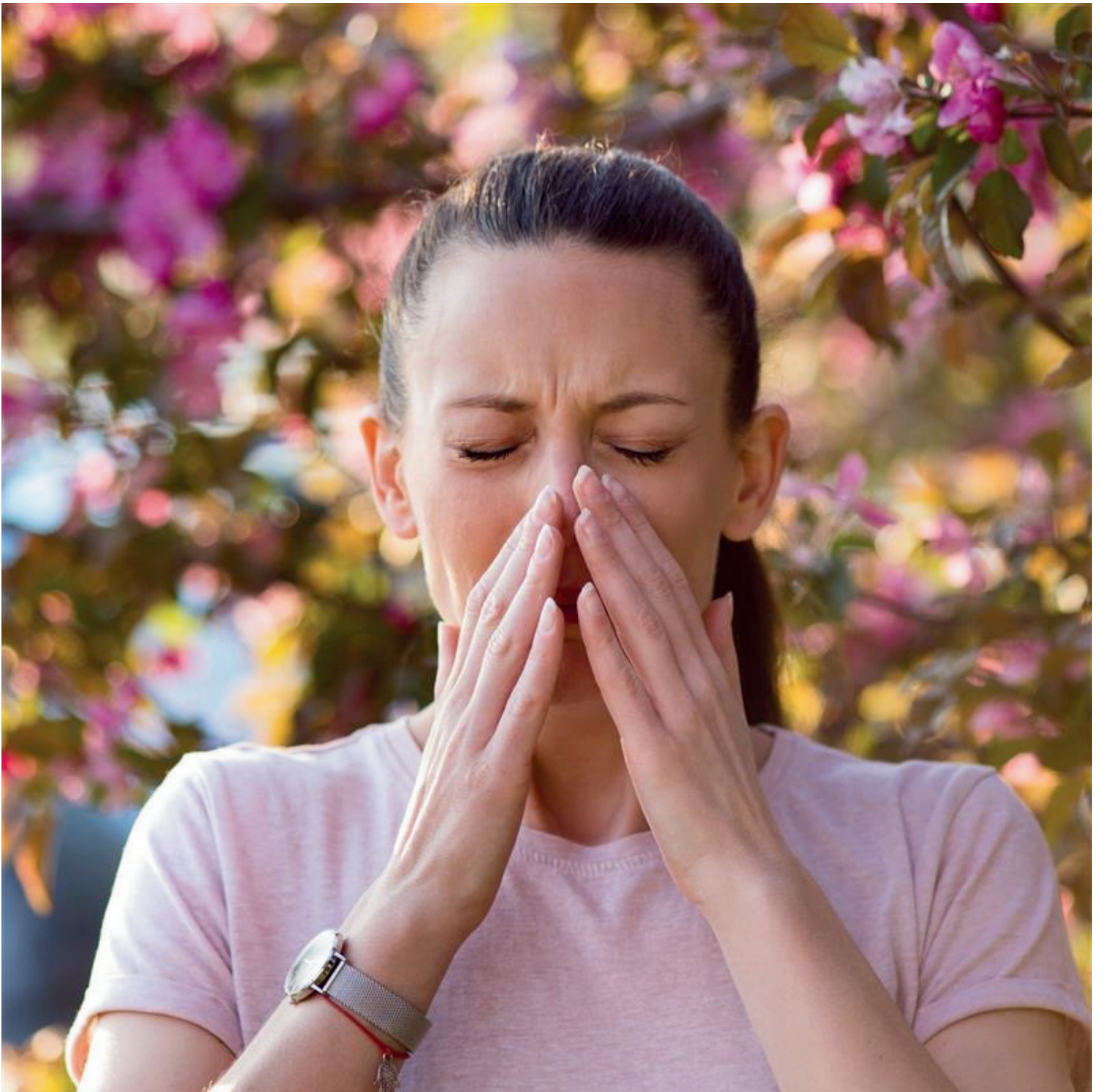
Asthma Triple Whammy: getting prepared this season

With the arrival of peak pollen season, increased risk of Thunderstorm Asthma and predictions of a hot summer with potential for bushfires and poor air quality, Asthma Australia is urging people with asthma to prepare their asthma plans now to proactively manage their condition.

With this triple whammy asthma season ahead, people with asthma who haven't already prepared or updated their asthma plans should act as soon as possible. It's also important for people to control their asthma or hay fever symptoms with preventer medication.

People with hay fever or allergic rhinitis are also being urged to visit their doctor to discuss treatment options as having hay fever worsens asthma control for many people with asthma. This can be particularly bad during high pollen seasons, where the threat of thunderstorms can lead to severe asthma attacks..

Find out more at: <https://asthma.org.au/about-us/media/asthma-triple-whammy-looms-people-with-asthma-urged-to-prepare-asthma-plans/>. To speak with an Asthma Educator about getting prepared this season, call 1800 278 462 or visit www.asthma.org.au



Christmas Hamper Donations

We're in need of contributions toward Christmas Hampers for people in need.

This year we have 30 hampers under construction for families who are struggling. Consider having a spring clean of your pantry, or maybe picking up something on special the next time you're shopping for groceries. Whether it's a single tin of soup, or multiple packets of Tim-Tams, we're grateful for anything you can contribute.

On Wednesday the 20th of December, we'd be particularly grateful for any fresh produce you may want to donate. Extras from your garden - tomatoes, lettuce, eggs, or maybe you made too many shortbread and want to share the love, we'll put the fresh produce into the hampers too.

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



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

Any questions can be directed to Trish!

A GeCo Death Cafe

DYING TO KNOW

Death Literacy: Language, Stories and Planning

In this 2hr workshop we will take an in-depth look at the language of death, the choices and options available when planning your own end of life and ceremony. This session is broken up into: Language of dying and death, having difficult conversations, stories, legacies and eulogies.

Led by Bec Lyons of Solace End of Life Services

December 6th
1pm - 3:30pm
Afternoon Tea Provided

GeCo Death Cafe

We're really excited to bring to you our latest in the GeCo Death Cafe Series, Dying to Know; a workshop of Death Literacy, Language, Stories and Planning.

Bec Lyons is a Death Doula who runs Solace End of Life Services. Bec will take us on a journey to demystify everything that happens at the end, and better yet - help you plan to do it your way.

Book through Humanitix or contact us via the front desk on 6297 1616. Afternoon Tea will be provided.

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**

LEARN MORE

Keep Australia Beautiful Awards

Congratulations to Geeveston for being a finalist in the Keep Australia Beautiful Tidy Towns Awards!

GeCo were delighted to win not 1, but 2 Certificates of Excellence at the Tasmanian awards ceremony in November, along with Geeveston Fire Brigade, Huon & Kingston FM, JV Drysdale's Reuse Shed, Geeveston Town Hall, Heritage Park, Geeveston Rail Trail and the Geeveston Art Show.

Geeveston won the overall Presentation and Amenities Award against some pretty tough competition.

Congratulations to everyone involved, and a massive thank-you to Geoff and Lona from Keep Australia Beautiful who took time out to tour our lovely little slice of heaven!



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.

Geeveston Community Workshop

The Workshop has had a stellar month, selling at the Huon Show, running a Woodturning Workshop, opening up on Saturdays and we had a full induction group at the end of November too.

We will be the BBQ provider for Geeveston's Wheels in the Park on the 4th of February so please come and support us there!

Geeveston Community Church

4886 Huon Highway, Geeveston
(Opposite Huon Bowls Club)

Do You Enjoy Singing Carols?

Come and join us for **Christmas Eve Carols**

Sunday 24th of December at 7pm

Christmas Eve Service is followed by Supper

Christmas Day Service

Monday 25th of December at 10am

All Welcome

'Tis the reason for season

Bring your friends



- **Jan** is in for Machine-free Mondays from 10-7pm
- Tuesdays we have **Brian** (filling in for Laurie)!
- **Geoff** is in every 2nd and 4th Wednesday of the month (from January).
- **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 from 10-2 with Shirley (and sometimes **Tink**)

Please give us a call before travelling any big distances to use the shed, just to make sure your chosen supervisor is on that day. Remember, our Supervisors are Volunteers too and occasionally have another commitments (particularly at this time of year!).