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# GeCo Gazette

A NEWSLETTER FROM THE  
SOUTHERNMOST NEIGHBOURHOOD  
HOUSE IN AUSTRALIA!



L-R: Nicole, Tricia, Lucy, Trish, Michelle, Gené

## WELCOME TO 2024!

**Trish Tinkler - Newsletter Editor**

January is traditionally very quiet. It allows us to get some planning done and catch up from the break we had over the Christmas Period. That being said, we did so much throughout this month! We had Bec from You 'n' Taboo come for another of her fabulous Death Café workshops talking about how a Doula can help when you're planning end of life. We have seen Anne and Lucy return for Rural Strength, and Jenny has started QiGong again. Gene's fabulous driving mentors didn't stop over the break! Phoenix Art Group is working hard and we've had our first Induction session for 2024 for the Geeveston Community Workshop.

And... I've taken editor's prerogative and spent some time on a new-look newsletter. What do you think? I'd love to hear your feedback. Remember, this is a Community Newsletter so any community events can advertise for free and Community submissions and photos are always welcome. As always, GeCo is a warm and inviting safe space. Please come in and have a cuppa sometime. We'd love to see you!



**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.

**Iutruwita milaythina pakana - Tasmania is Aboriginal Land.**

GeCo is Funded by the Crown, through the Department of Premier and Cabinet



Neighbourhood Houses  
Tasmania

a b c d e f  
g h i j k l  
m n o p q r  
s t u v w x  
y z 0 1 2 3  
4 5 6 7 8 9

**26Ten**  
Get the tools for life

## STORYBOOK WORKSHOP

**Lucy Whitehead - 26TEN Coordinator**

Starting mid-February, parents at wayraparattee will be making story books over eight weeks with the support of literacy coordinators, Lucy & Toni, and digital media guru, Kati. Know someone who might like to join? Call wayraparattee: 62 97 0052



## MEMBER FOCUS

**Lucy Whitehead - 26TEN Coordinator**

Mitchell Plastic Welding are currently running a 26Ten Workplace Grant to improve work documents and support staff skills. Pictured here is Mick Curtis who spoke so inspiringly at the 26Ten Business Evening about his experiences learning better reading and writing skills.

## GET INVOLVED

**26TEN wants to hear from you!**

Volunteer as a Literacy or Numeracy Tutor, get help with your reading, writing and maths, or take part in our English Conversation Group! Contact Lucy: [literacygeco@gmail.com](mailto:literacygeco@gmail.com) or call on 6297 1616

*Lucy*

# JUMPSTART

**Gené Lovell - Jumpstart Coordinator**

GeCo's Jumpstart Programme is a mentor driving initiative fully funded by the Department of State Growth and administered by Driver Mentoring Tasmania. GeCo provides a vehicle, driver mentor, and pays for all the associated costs (like petrol and insurance) of someone learning to drive.

GeCo is a designated tester for L plates through the 26TEN programme; Lucy can administer L tests right here at GeCo which is a low-stress alternative to Service Tas, particularly for learners with sensory issues and anxiety.

It takes a whopping **80 hours** of mentoring over a 12 month period for a new driver to get to the point where they can sit for their P test. Our mentors are all Police-checked and have a WWVP and come from a wide range of backgrounds. The thing they have in common is a spare 2 hours per week to help someone build their hours up.

GeCo can take mutual obligation as well. So if you or someone you know has a couple of hours up their sleeve and an open drivers licence, we'd love to hear from them. 6297 1616.

*Gené*

*"Jumpstart gave me the freedom of choice. With my licence I can choose where I work, where I live and where I shop. It's has released me from my economic shackles!"*

—Jumpstart Learner



L-R: Abi, Liv & Josh are all new driver s from the Jumpstart Programme!



# COMMUNITY CONNECTOR

**Michelle Studley - Community Connector**



The Community Connector programme is a community-led preventative health program aimed at reducing social isolation, improving mental health outcomes, and building individual and family resilience through the provision of information, consultation, support, and referral on-site.



The Community Connector provides a non-clinical gateway for individuals and families in the Huon Valley to access the support they need. The support provided is very client-led and strengths based.

If you're looking for access to Service Providers, referrals to services, assistance navigating paperwork or looking for some counselling, then the best way to start is a conversation. We can figure out the best path for you and your family.



You'll see me at Loaves and Fishes on a Thursday, and I also run the GeCo Youth Programme. Youth Club runs Weekly during the school terms and we also offer a school holiday programme for 8-14 year olds.

Listeners of Hun and Kingston FM can also tune into my radio show "Mixed Tape" where I invite the Youth Club to learn and try something new.

I'm a strong advocate for death literacy. In 2023, I ran a series of workshops as part of the GeCo Death Cafés, where we worked on our Power of Attorney and Enduring Guardianship paperwork. I encourage everyone to come to our next Death Café on Wednesday the 21st of February.

Book in for a cuppa with me, Monday to Thursdays.

*Michelle*

**literacy&numeracy**

social connection

agency support **food provision**  
material aid

**mental health support**

financial counselling

community **advocacy**

accomodation



# GEEVSTON COMMUNITY WORKSHOP

**Trish Tinkler - Workshop Manager**

I'm so incredibly grateful for the supervisors that work in our Community Workshop. The shed is a fantastic place to come and learn, or just revel in your hobby. These champions didn't slow down over the festive break, with participants asking for extra days to work on their projects even while the centre was closed!

Geoff and Brian ran the first induction session of the year on Saturday the 27th of January and we have four new woodwork enthusiasts to add to our stable of students and artisans.

Supervisors and participants alike are joining us on Sunday the 4th of February as we run a fundraising barbecue at Wheels in the Park (Heritage Park). We will be providing a Tassie-made feast of gourmet sausages and baked potatoes. We wanted to make special mention of **Cripps Master Baker** who have donated bread for the event.

I wanted to make special mention of one of our Supervisors **Shirley Smith**, who ran the Christmas Day Lunch at the Geeveston Ex-Servicemen and Women's Club. Shirley is the first one to say she had loads of help and we thank all the sponsors and volunteers who made it happen, but I wanted to make special mention of Shirley who took Christmas Lunch from an idea through to an incredibly successful event. It meant so much to the 107 people who had lunch! Please give Shirley a big thumbs up the next time you see her!!

Shirley's next project is the Women Maker's Exhibition coming up in March, to celebrate International Women's Day. We can't wait!

Make sure you book into our next induction session to take place on Saturday the 24th of February. Tickets are on Humanitix and you can also book via the Front Desk.

## Workshop Schedule

- Machine-free Mondays with Jan
- Tuesdays with Brian
- Every 2nd and 4th Wednesday with Geoff
- Thursdays with Michael
- Fridays is Women Working with Wood with Shirley and Flick.
- Saturdays by negotiation!

Looking forward to seeing you in the Workshop!

Trish

*"GeCo's workshop is my happy place. There are no expectations, It's full of supportive people and the chance to create without judgement."*

Workshop Participant



# DIGITAL READY FOR DAILY LIFE

**Trish Tinkler - Technical Wiz**



Digital Ready for Daily Life helps you get online safely and confidently so you can enjoy all of the opportunities digital tools and devices have to offer.

It doesn't matter if you need to figure out how to use your phone, or want some help accessing government services or maybe shopping online for the first time! My job is to support everyone in the Huon Valley, free of charge. This is thanks to the funding from the Department of State Growth, who fund the Digital Ready for Daily Life Programme.

In the last 3 months I've seen the highest number of people in my entire career who have been caught by a scammer. They are getting harder to distinguish and better at pulling the wool over our eyes. My top tips for avoiding the traps are:

- NEVER click a link on your phone or computer. If a request is legit, you will be able to access it through your account settings.
- NEVER listen to someone telling you there is a problem with your computer. Microsoft will not call you. Your bank has no idea if you even have a computer. These are both **red flags**.
- NEVER share your password
- If in doubt, disconnect your computer and come and talk to me.

The other service I offer is coming to talk to groups - either about something specific, or as a pop-up. So far I've talked with U3A, the Pensioners Association of Tasmania, Home Schooling groups but to name a few. Please get in touch if you think I can help you!

*Trish*



# GECO STAFF LOOKING FORWARD

## **Nicole Watt - Centre Manager**

I am looking forward to the Southern Regional Managers Meeting I have at Risdonvale Neighbourhood Centre. I have never been to that Neighbourhood House and I am excited to see other centres within the network, to learn and experience what they are offering to their community.



## **Trish Tinkler - Programme Manager**

I'm really excited to be planning the workshops for music, art and the shed over the next few weeks. We're going to have a great selection of activities for everyone to participate in, and of course I'm already writing the questions for the next GeCo Quiz!



## **Lucy Whitehead - 26TEN Coordinator**

I'm spending February planning a heap of new workshops starting in March. I'm stoked to be organising Welcome Kinder packs for some of the local primary schools, encouraging parents and children to read together. Ask your school to get involved in 26Ten! I'm also excited about the new Rural Strength class starting Monday 5th of Feb!



## **Michelle Studley - Community Connector**

I feel very refreshed after having a nice break and I'm excited to get the youth programme up and running again which starts in February. I missed the last Death Cafe so I'm really looking forward to seeing Bec in action in the Dying to DIY Death Cafe on the 21st of Feb.



## **Gene Lovell - Operations Coordinator**

I'm so proud of my learner drivers. Four graduates and we've got another almost ready to sit their tests too! I'm madly recruiting for more mentor drivers throughout February and I really enjoy making good matches between my mentors and learner drivers!



## **Tricia Clark - 26TEN Programme**

I'm excited about the English Conversation Group starting up again for 2024, and also planning for the upcoming Day of Delight in March. I love sharing my love of reading with Children and really look forward to wayrapattee's activities!







A GECO DEATH CAFE

## Dying to DIY



FEBRUARY 21ST 2024 - 11-1:30PM

In this 2hr workshop we will be looking at family led funerals and home death care and how families and communities can take a lead role in the care of their dying and dead in a home environment. This session is broken up into: family led funerals, death care at home and a photographic journey of home funerals.

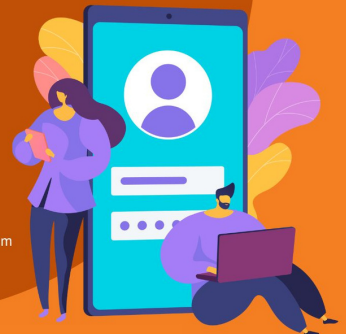
Led by Bec Lyons of Solace End of Life Services

## Geeveston Community Centre Inc

9B School Road  
Geeveston

Monday, Wed-Fri  
10:00am - 2:00pm

Bookings required.  
Phone 6297 1616  
Email [trish@geevestoncommunitycentre.com](mailto: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](https://digitalready.tas.gov.au/dailylife)

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



### The Huon Domestic Violence Service will be hosting the popular Shark Cage Program At GECO (Geeveston Community Centre)

In working through the 5 steps in the Shark Cage framework, you will learn about the impacts of trauma, how to manage strong emotions and develop assertiveness skills and build your sense of empowerment



This free and engaging program is open to any women in the community.

The group sessions will be held each Wednesday Starting Wednesday 14th of February and finishing on Wednesday 27th of March.

Time: 10.30 am-12.30 pm \*light refreshments provided.

We take great care to ensure our group programs are well matched to the needs of participants. To find out if this is the right program for you please either phone

The Huon Domestic Violence Service on 62 642 222.

Or email [huondv@netspace.net.au](mailto:huondv@netspace.net.au) to book in.

Bookings are essential.

Registrations to attend this program close Tuesday 6 February 2024

## Rural Strength

New class starts Feb 5, 2024!

9.30 a.m.

### Exercise programme for over-50's

- Gentle, prescriptive programme
- Qualified Instructors
- Free!

Book on 6297 1616



Geeveston  
COMMUNITY  
CENTRE







Geeston  
COMMUNITY  
CENTRE

want to be part of

## EATING WITH FRIENDS?

- MONTHLY LUNCH MENU
- 2 HALF DAYS PER MONTH
- COMMUNITY VOLUNTEER
- MUTUAL OBLIGATION WELCOME

If you have experience in a commercial kitchen, or cooking for large groups we'd love to speak with you!

**CONTACT TRISH**  
6297 1616



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**



Geeston  
COMMUNITY  
CENTRE

PLEASE JOIN US FOR A

## Gourmet BBQ

SUNDAY 4/2/24 11AM - 2PM

Heritage Park

GEEVESTON WHEELS IN THE PARK

**TASSIE ingredients**

In support of the  
**Geeveston Community Workshop**



LEARNER / DRIVER MENTOR PROGRAMME

## JUMPSTART

Geeston  
COMMUNITY  
CENTRE

Our Learner Driver / Mentor programme assists people on their L plates to get their confidence, hours and skills up in preparation for getting their license

**AT NO COST**

**TO BE ELIGIBLE:**

- You must live in the Huon Valley
- You're financially unable to cover the costs of petrol/insurance
- You have no access to a suitable vehicle
- You have no-one suitable to help mentor



**CONTACT US**  
03 6297 1616  
geeston.org.au

*We can help you get your Learner's too!*



# February Highlights

## Wheels in the Park!

Feb  
**4th**  
11am

The Geeveston Community Workshop is running a Gourmet BBQ for Wheels in the Park (Heritage Park), so come and grab a snag, a hot potato and a drink to help us fundraise for the Workshop.



## New Rural Strength Class!

Feb  
**5th**  
9:30am

Join Lucy and Anne for a gentle, prescriptive exercise class for participants over the age of 50, or with chronic health issues.

Contact the Front Desk to register! 6297 1616



## Shark Cage Programme

Feb  
**14th**  
10:30am

A seven-week supportive and informative group for women who have experienced family violence or sexual abuse in their lives.

Contact Huon Domestic Violence Service on 6264 2222 to register your interest.



## Dying to DIY

Feb  
**21st**  
11am

In this 2hr workshop we will be looking at family led funerals, home death care and how families and communities can take a lead role in the care of their dying and dead in a home environment. This session is broken up into: family led funerals, death care at home and a photographic journey of home funerals.

Led by Bec Lyons of Solace End of Life Services





# Program Summary - February 2024

## Rural Strength

A prescriptive training program for over 50's or people with chronic health issues. Every Monday & Friday. Monday 9:30am is a class for newbies, 10:45am and Friday at 9:30am are for our regulars. Call Lucy to enquire or find out more on 6297 1616.

## Stitch & Giggle

A fortnightly craft group who gets together to socialise & explore their crafty talents, including crochet, knitting & everything in between. Please contact Cheryle on 6297 1629 to find out more.

## Phoenix Art Group

Meet weekly on Tuesday's from 10am in the annexe to draw, paint & support each other's creative endeavours. Call GeCo on 6297 1616.

## Loaves & Fishes

A weekly food drop on Thursdays. Including fresh fruit, vegetables & bread. Thursdays from 11:15am.

## Writers Group

GeCo Writers Group meets on the last Thursday of the month at 4pm. Contact Trish on 6297 1616.

## QiGong

QiGong teaches you balance, breathing, body conditioning & is known to promote positive mental health benefits. Thursdays 11am-12pm. \$10 per session. Call GeCo to register 6297 1616.

## Mahjong

Held weekly on a Monday afternoon. Starting at 12pm-4pm, straight after Rural Strength. Cost is \$2 per week. Call GeCo on 6297 1616 to find out more.

## English Conversations Group

A weekly group that likes to chat! If you would like to join a friendly group to improve your English conversational skills, then please come along to GeCo on a Thursday afternoon, or call Tricia on 0473 186 519 for more details.

## GeCo Youth Club

GeCo Youth Club runs 3pm - 4:30pm every Thursday during school term. Ages 6 - 13 years. Please contact Michelle at GeCo to find out more.

## Huon & Kingston FM Program

Monthly Mixed Tape with Michelle & Co on the 1<sup>st</sup> Friday of every month. This month will be on 1 February, 4pm to 6pm.

## Jumpstart Program – Learner Driver Mentor Program

The learner driver program helps learner drivers who do not have access to a supervisor and can't pay for professional lessons to get a driver licence.



## One of our recent Jumpstart learners after passing their P test – Congratulations Josh!

If you would like to know more about our Jumpstart program or volunteering as a mentor, please give Gené a call at GeCo on 6297 1616.

## The Men's Table

A monthly gathering here at GeCo. Held normally on the 4th Tuesday evening of every month, however, there won't be a gathering in December. Contact David Puls on 0412 126 006.

## Death Café – Dying to DIY

This is the third of the Free 2hr Death Café workshops. This will be on Wednesday 21 February from 11am-1:30pm. In this workshop we will be looking at family led funerals and home death care and how families and communities can take a lead role in the care of their dying and dead in a home environment. This session is broken up into: family led funerals, death care at home and a photographic journey of home funerals. Bookings through Humanitix.

## Centrelink – Services Australia

Services Australia will be at GeCo to provide support on Monday 5 February from 12-2pm.

## NDIS/Bapticare

Provides assistance to people wanting support and referrals to programs and services in your local communities. NDIS will be visiting the 2<sup>nd</sup> Thursday of each month from 10:30am-12:30pm. This month will be on Thursday 1 February 2024.

## Relationships Australia Tasmania (RA)

Relationships Australia Tasmania's Women's Support Service will be providing a free counselling service every fortnight on a Friday at GeCo. Please call 1300 364 277 to book in a time.

## Hospice Volunteers South

Hospice Volunteers visits GeCo fortnightly on a Friday at 10am.

# What's On @GeCo: February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Wheels in the Park</b> Geeveston Community Workshop will be providing the BBQ for the 2024 Wheels in the Park, at Heritage Park on Sunday the 4 <sup>th</sup> of February. Live music, hundreds of cars, and a chance to chat with GeCo staff and volunteers about the Workshop and Jumpstart Programme!						
<b>04</b> <b>Wheels in the Park</b>	<b>05</b> 9:30am New Rural Strength 10:45am Rural Strength 12pm Mahjong 12-2pm Centelink – Services Australia	<b>06</b> 10am Stitch and Giggle 10am Phoenix Art Group	<b>07</b>	<b>08</b> 11am QiGong 11:15am Loaves & Fishes 2-3pm English Conversations	<b>09</b> 9:30am Rural Strength 10am Hospice Volunteers	<b>10</b>
<b>11</b>	<b>12</b> 9:30am New Rural Strength 10:45am Rural Strength 12pm Mahjong	<b>13</b> 10am Phoenix Art Group	<b>14</b> 9:30am Shark Cage	<b>15</b> 11am QiGong 11:15am Loaves & Fishes 2-3pm English Conversations	<b>16</b> 9:30am Rural Strength 10am Relationships Australia Tasmania	<b>17</b>
<b>18</b>	<b>19</b> 9:30am New Rural Strength 10:45am Rural Strength 12pm Mahjong	<b>20</b> 10am Stitch and Giggle 10am Phoenix Art Group	<b>21</b> 11am Death Café – Dying To DYI	<b>22</b> 11am QiGong 11:15am Loaves & Fishes 2-3pm English Conversations 4pm GeCo Writers Group	<b>23</b> 9:30am Rural Strength 10am Hospice Volunteers	<b>24</b> 10:30am Workshop Induction
<b>25</b>	<b>26</b> 9:30am New Rural Strength 10:45am Rural Strength 12pm Mahjong	<b>27</b> 10am Phoenix Art Group 6pm The Mens Table	<b>28</b>	<b>29</b> 11am QiGong 11:15am Loaves & Fishes 2-3pm English Conversations	<b>New Rural Strength Class</b> Starting on 5 <sup>th</sup> February. Rural Strength is a prescriptive training program for over 50's or people with chronic health issues. Contact Lucy at GeCo to find out more.	