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GeCo Gazette

A NEWSLETTER FROM THE
SOUTHERNMOST NEIGHBOURHOOD
HOUSE IN AUSTRALIA!



Robert Jackson's Art Classes

MARCH 2024 @ GECO

Trish Tinkler - Newsletter Editor

March kinda snuck up on us, didn't it? We had a fantastic February at GeCo. We're back in the swing of all our activities and the shine of the new year has been buffed off. It was lovely to see all our regular groups back at the centre, like QiGong, Age well, MahJong, Phoenix Art Group Stitch and Giggle and Youth Club!

March is always a hive of activity at GeCo, Especially for the Women Working with Wood who are on display with their Women maker's exhibit, "Making Me",

Our Annual International Women's Day Lunch is on again on the 8th of March and the Women Working with Wood are also hosting a private screening of "Women of Steel" for the Eight-hour-day public holiday.

Robert Jackson is back with his Art Classes from the 14th of March too, doing a special 4-week look at Perspective.

Don't forget we have Loaves and Fishes each Thursday from 11am,



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



26Ten
Get the tools for life

TASMANIA READS 17-23 MARCH

Lucy Whitehead - 26TEN Coordinator

Tasmania Reads is an annual week-long celebration filled with fun reading inspired events and activities for all ages across libraries and businesses statewide. This year we invite you to try something new. That might be reading a new genre, a different author or trying a new library program.



ENGLISH CONVERSATIONS

Tricia Clark

Every Thursday from 2:30pm, Tricia meets with a group of learners from non-english speaking backgrounds for a cuppa and some general conversations. English can be quite a challenge! Tricia helps navigate things like slang, forms, and cultural differences you might find here in Australia. Plus it's a chance to chat to people in the same stage of learning. Give us a call on 6297 1616 - we'd love to chat with you!

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 or call on 6297 1616

Lucy

CANVA WORKSHOP

HUONVILLE LIBRARY

Learn to design, edit and print professional or fun flyers, invitations, or posters.

Wednesdays | 15th May - 5th June | 10AM-12PM



Book with the QR code or at:
<https://events.humanitix.com/canva-workshop-huonville-library>
 Call Huonville Library 6121 7010 for enquiries.

CANVA WORKSHOP

CYGNET COMMUNITY HEALTH CENTRE

Learn to design, edit and print professional or fun flyers, invitations, or posters.

Wednesdays | 15th May - 5th June | 1PM-3PM



Book with the QR code or at:
<https://events.humanitix.com/canva-workshop-cygnet-community-health-centre>

CarbSmart

Register now for FREE diabetes education

GEEVESTON

| | |
|---------------------|---|
| Date | Monday 8 April 2024 |
| Time | 9:30: AM - 12:30 PM |
| Location | Geeveston Community Centre, 9b School Road, Geeveston |
| Cost | FREE for people registered with the NDSS |
| Suitable for | ✓ type 2 diabetes or gestational diabetes |

CarbSmart will help you enjoy quality carbohydrates in a way that suits you and your diabetes.

CarbSmart covers:

- Where carbohydrates come from and which foods have them
- Why some carbohydrates can be more useful than others
- Recommended amounts of carbohydrates as per the Australian Dietary Guidelines
- What the glycaemic index (GI) means and how to use it to choose quality carbohydrates
- The concept of carbohydrate 'exchanges'.

By the end of this program, you will have the confidence to include carbohydrates into your diet, without missing out on the foods you enjoy.

Bookings are essential. Book online or call the NDSS Helpline and have your NDSS card ready.

NDSS Helpline 1800 637 700
events.ndss.com.au

Scan this QR code to find out more and book online

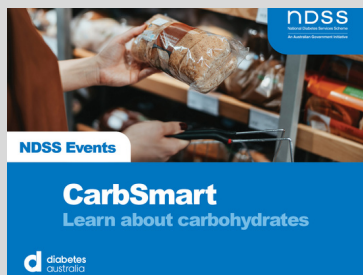
Get Things in Perspective

4-week drawing and painting course in Perspective

Geeveston Community Centre
Thursdays at Noon
from the 14th March 2024
\$60

CARBSMART WORKSHOP

Fiona Horwood - Diabetes Australia



On Monday the 8th of April, Diabetes Australia will be at GeCo to deliver their CarbSmart Workshop. CarbSmart is suitable for people living with type 2 diabetes or gestational diabetes. It helps people enjoy quality carbohydrates in a way that suits them and their diabetes.

CarbSmart covers:

- Where carbohydrates come from and which foods have them
- Why some carbohydrates can be more useful than others
- Recommended amounts of carbohydrates as per the Australian Dietary Guidelines
- What the glycaemic index (GI) means and how to use it to choose quality carbohydrates
- The concept of carbohydrate 'exchanges'.

By the end of this program, you will have the confidence to include carbohydrates into your diet, without missing out on the foods you enjoy.



Share the Dignity has launched its second Bloody Big Survey and needs our help to make the 2024 Bloody Big Survey even bigger. The survey will be open from March 1 to May 31 and questions surround period pain, affordability, period shame and period poverty. Your voice counts, so fill out the survey by May 31 to have your experience included. For the first 100,000 completed surveys U By Kotex will donate one period product to Share the Dignity to help end period poverty.

<https://www.sharethedignity.org.au/end-period-poverty/bloody-big-survey-2024>

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.

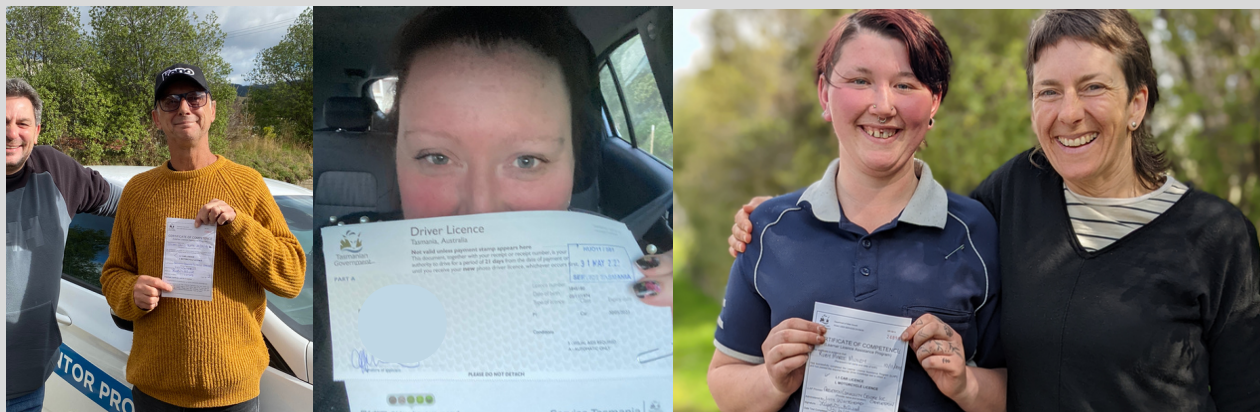
It takes a whopping **80 hours** of mentoring over a 12 month period for a new driver to get to the point where they can sit for their P test. Our mentors are all Police-checked and have a WWVP and come from a wide range of backgrounds. The thing they have in common is a spare 2 hours per week to help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



Did you know we can help with your L test as well? Stuart, Trish and Ruby all got their Learners through the 26TEN programme.

INTRODUCING TONY

Tony Cooper - Jumpstart Mentor



Tony and Rhys - Success!

*Congratulations to
Angus who also
passed his test this
month!*

Tony - Mentor

Hi, my name is Tony Cooper and I joined the Jumpstart Program in 2023.

I wish to thank Gené for the opportunity to be a mentor driver. This is a free service enabling learner drivers to get the required driving experience and hours necessary for P Plate licence approval.

After completing the necessary paperwork and requirements, mentor induction and training, I look forward to the everyday ongoing challenges and support from Gené, Program Co-Ordinator.

Gené matches me with a suitable learner and I have access to a program approved vehicle for driving experience.

As a mentor, I am very proud of my achievements and especially of Rhys who after only three support lessons, passed his P Plate driving test.

Congratulations Rhys, now go get that job, good luck!

I am also proud to give back to the community as a volunteer in the Geeveston community.

Tony

DEMENTIA SUPPORT GROUP

Julie Orr - Pensioner's Association of Tasmania Inc

The Pensioners Association Tasmania Inc recently held a meeting to see what interest there was in establishing a support group for those caring for partners or family members living with dementia.

Encouraged by the interest in this, we have planned our first meeting - 11.00am Wednesday February 28, 2024 at the Hub in Huonville. A light lunch will be provided.

Sometimes care at home for those living with dementia is not available while their carer attends the support meeting. To enable the carers to attend, we are hoping to find some willing volunteers to help out by being with those living with dementia at the Hub while the meeting is on.

If you can help in this, please call Julie on 0480 668 561.

Julie

YOUTH CLUB

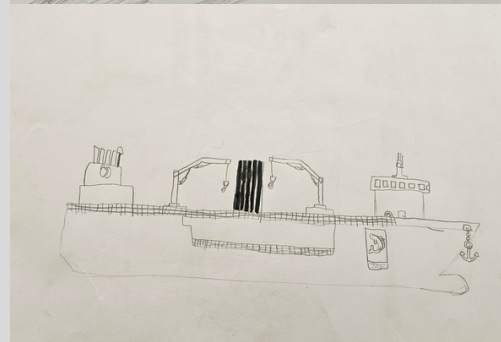
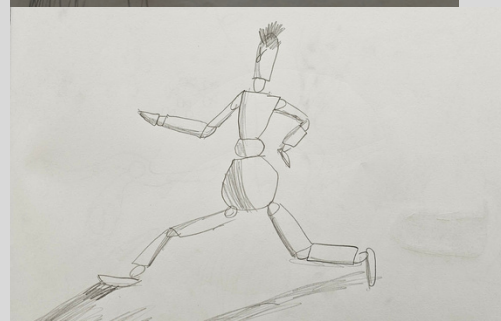
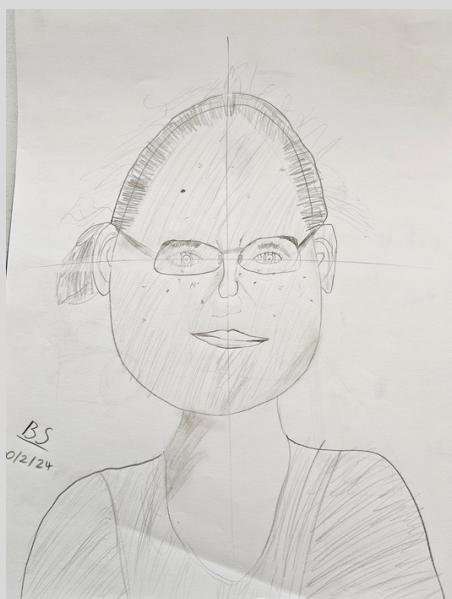
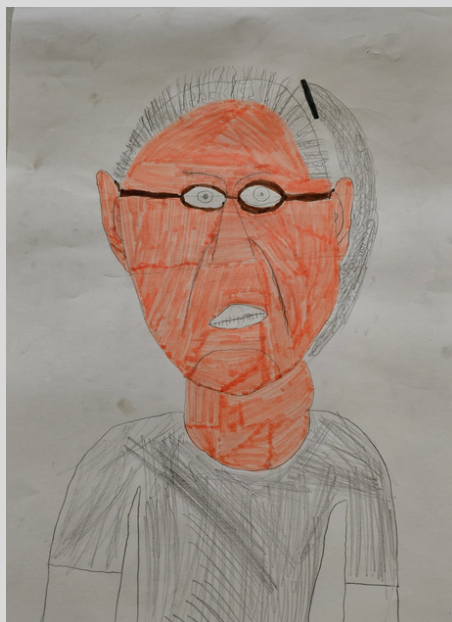
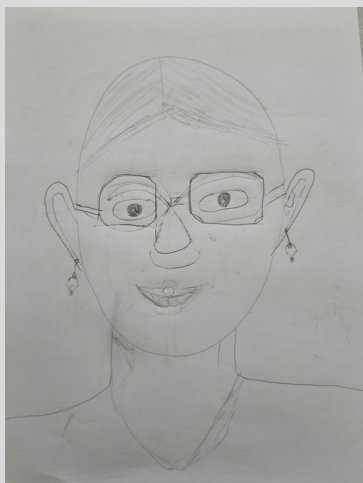
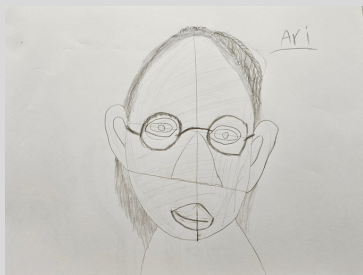
Michelle Studley - Community Connector

The GeCo Youth Club is on the move!! From the 14th of march, GeCo Youth Club will be held on Thursdays between 3-5pm. Michelle hosts a range of after-school activities and we're super excited to welcome Robert Jackson back to Youth Club to do Art classes!

Spaces are available for primary school children between 6-12 years. Please get in touch with Michelle to have a chat about your child joining the fun! Michelle is on 6297 1616 / 0472 900 686 or you can email her on michelle@geevestoncommunitycentre.com.

To the left and below are pictures the Youth Club drew of Michelle in their last art class.

Michelle



GEEVSTON COMMUNITY WORKSHOP

Trish Tinkler - Workshop Manager

We had a shaky start to February with our biggest fundraiser for the year; Wheels in the Park being rained out. This led to a massive loss so we're busy planning a Bunnings BBQ for later in the year to hopefully recoup some of our losses. We're particularly keen to raise enough money to fix our door and cladding, which is all well past it's maintenance dates!

For those that came to support us in the pouring rain at **Wheels**, we're incredibly thankful for your support. We also want to thank **Cripps Master Bakers** for donating the bread, and the **Geeveston Progress Association** for giving us the chance to participate in a great Community event. We've got our fingers crossed for some sunshine for next year's BBQ!

Now March is a super-busy tie at the shed, particularly for the women! March is Maker's Month and we run our women Maker's Exhibition with the theme this year "Making Me". The exhibit is matched with a stool making workshop, an International Women' Day Lunch on Friday the 8th of March, and a Private Movie Screening on Monday 11th March (8-hour day).

I'd like to give a shout-out to Brian Robins who is one of our Supervisors. Brian has been managing our Tuesday sessions while Laurie has been on leave and has done a load of inductions and weekend work as well. Brian's specialty is axe work and he's producing some beautiful works of art for all the local art shows. Brian has decided to step back from his Supervisor role to focus on his health and we wish him all the very best of luck! Brian's had a great influence on our little shed and we hope to see him pop in to share a cuppa in the future. Thanks Brian!

Make sure you book into our next induction session to take place on Saturday the 30th of March. Tickets are on Humanitix and you can also book via the Front Desk.

Workshop Schedule

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



Trish



International Women's Day Lunch

\$10

Hosted by the
Geeveston Community Workshop
Friday 8th of March 2024 from Noon
Geeveston Community Hall
Brady Street, Geeveston

Franklin Ukelele Group
Lunch and Cakes
Guest Speakers





WOMEN WORKING WITH WOOD
W W W W

Geeveston COMMUNITY CENTRE

‘making me’
celebrating women makers

exhibition March 2nd-12th 2024

‘First Step’ 1-day stool workshop 9.30-4pm
Sat 2nd March or Sun 3rd of March
\$50 beginners welcome!




Venue: Geeveston Community Workshop Ph 6279 1616
Booking online Humanitix



Geeveston COMMUNITY CENTRE

WOMEN OF STEEL

“A fist-bumping, fired-up feminist treat” Time Out

They took on a giant...

CELEBRATING OUR HISTORY, INTERNATIONAL WOMEN'S DAY
SUNDAY, MARCH 10th, 2 - 4PM
HALF WAY SOUTH, Church St, Geeveston
BYO camp chair, drinks & nibbles to share
\$5 or gold coin donation





WOMEN WORKING WITH WOOD
W W W W

Geeveston COMMUNITY CENTRE

EXHIBITION

Women Working with Wood
March is Makers Month!
Join us for the **“Making Me”** Exhibition
at **Halfway South Gallery** in Geeveston.

Our Women Makers are showing their
works from 2-12th of March,
from 10-4 daily.

We're also hosting an IWD Lunch, a
movie screening and running a Stool
Making Workshop. Questions?
Call GeCo on 6297 1616

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.



We're excited to welcome Kev Conlin to the team, He starts on Friday the 8th of March, Kev has been training people in IT for many years and we can't wait to have him as part of our Huon Valley Support team!

This month we're seeing a lot of people upgrade their phones due to the upcoming decommissioning of the 3G network. Why don't you pop in to chat to us? We can give you an unbiased assessment of what you need in a phone and how to use it.



Or maybe you'd like some help with taking photos, scanning QR codes or any general technical query? We can offer you a one-on-one session geared at your comfort level. Best of all - it's completely FREE.

Contact GeCo on 6297 1616 to make an appointment. We look forward to helping you out!

Trish





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



New Playing Board Games too!

Want to Learn

MAHJONG AT GECCO?

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 ✓

\$3.50 per week

Call us!
6297 1616



LEARN MORE



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**



LEARNER / DRIVER MENTOR PROGRAMME

JUMPSTART



 **Geeveston 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
geeveston.org.au

We can help you get your Learner's too!

HOSPICE VOLUNTEERS

What's it got to do with you? Rachel Foster



We provide caring support to people in the community who have a life limiting illness and to their families. A life-limiting illness can be cancer or advanced heart, liver, kidney, lung diseases and others like Multiple Sclerosis and Motor Neurone Disease. So, it cannot be cured & will probably mean that it will shorten the life of the person but doesn't mean that they are at the end of their life by any means. People with a life-limiting illness receive all sorts of care and medical treatment that will reduce their symptoms and improve their life; this is called Palliative Care. It's about living your best life and Hospice Volunteers is an important part of that.

For many people living with something like this or caring for someone you love who does is just what we do, but there are times when some help & support is really needed; you don't have to do it all by yourself. Our volunteers know about these health conditions and have experience of giving that helping hand when times are tough, and when it's not so tough. They meet and get to know you so that it grows into a real friendship, visiting you at home to spend time chatting about any old thing, maybe going for a short walk, perhaps with you & the dog or sharing activities that you like to do in the home such as puzzles, cards, reading. We can also take you out for a drive or a coffee or an appointment that is hard to get to because of transport.

We are not allowed to do any hands-on care or give medications, but we can be there for you when you need some company or maybe your carer needs a break for a bit or to do something outside the home.

We are a charity, and all our services to the community are completely free. We are funded by the Tasmanian Health Service and visit people receiving palliative care in the hospitals too. If it sounds like we could help you or someone you know and love, why not give us a call on 03 6231 9249 to see how we can help?



Rachel

MATHS SKILLS FOR LIFE

> Greater than garlic!



IMPROVE YOUR EVERYDAY MATHS IN A FUN GARDENING GROUP!

Measure, research, and plant garlic in Geeveston.

This is a free 6 week program to help you improve your maths skills in a supportive and fun environment!

Geeveston Community Centre

Weekly 2 hour session starting

Wednesday 1 May – Wednesday 5 June

10:00 am – 12:00 pm



For more info call Lucy on 0459 219 620

Book via Humanitix:

<https://events.humanitix.com/gardening-and-maths-geeveston>



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y z 0 1 2 3
4 5 6 7 8 9

26Ten
Get the tools for life

libraries.tas.gov.au



**LIBRARIES
TASMANIA**



Tasmanian
Government

March Highlights

Women Working with Wood!

March
1st
11am

Women Makers exhibition runs from the 1st of March to the 11th of March and showcases woodworking from Women around the Valley. 10 - 4pm daily, at the Halfway South Gallery in Church Street, Geeveston



Get Things in Perspective

March
14th
Noon

Robert Jackson's new art class looking at perspective in drawing and painting. Held weekly for 4 weeks at GeCo. \$60, and bookable through Humanitix or the front office 6297 1616 .



GeCo Youth Club - New Day!

March
14th
3pm

GeCo's Youth Club is run by our Community Connector Michelle, and is now running on a Thursday! Limited places available for priary school children between 6 and 12 years. Contact Michelle on 6297 1616 to register your interest.



Induction Day

March
30th
10am

The Geeveston Community Workshop runs a monthly induction session for anyone wishing to use the workshop. Book through Humanitix to secure your spot, places are limited but bookable in advance for every last Saturday of the month.



Program Summary - March 2024

Rural Strength

A prescriptive training program for over 50s 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 & Gigggle

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 11am.

Writers Group

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

QiGong (pronounced Chi-gong)

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 & Board Games

Held weekly on a Monday afternoon. Starting at 12pm-4pm, straight after Rural Strength. Cost is \$3.50 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 - 4:00pm Thursdays 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 1st Friday of every month. This month will be on 1 March, 4pm to 6pm. Trish in on Weekly on Wednesdays at 10am.

Jumpstart Program - Learner Driver Mentor Program

The learner driver program helps learner driver's who do not have access to a supervisor and can't pay for professional lessons to get a driver licence. Like to know more? Give Gené a call at GeCo on 6297 1616.



One of our recent Jumpstart learners after passing their P test - Congrats Rhys and mentor Tony!

Shark Cage

A 7-week supportive and informative group program for women who have experienced abuse in their lives. Please call Huon Domestic Violence Service on 6264 2222 to register or find out more.

The Men's Table

A monthly gathering here at GeCo. Held normally on the 4th Tuesday evening of every month. Contact David Puls on 0412 126 006.

"Making Me" Foot Stool Workshop

Join us for a workshop where you will make a foot stool as part of the Women Maker's Exhibition run by the Geeveston Community Workshop. Bookings via Humanitix.

Information Women's Day Lunch

The celebration of the United Nations' International Women's Day (IWD) on the 8th of March, focusses on investing in women and accelerating change. Starting at 12pm, Lunch and dessert included for \$10. Bookings via Humanitix.

Women of Steel

On Monday 11th March (Labour Day Holiday) for a private viewing of Women of Steel, with guest speaker Robynne Murphy (Director of the film). \$5 or gold coin donation. Bookings via Humanitix.

Centrelink - Services Australia

Services Australia will be at GeCo to provide support on Monday 4 March from 12-2pm.

NDIS/Baptcare

Provides assistance to people wanting support and referrals to programs and services in your local communities. NDIS will be visiting the 2nd Thursday of each month from 10.30am-12.30pm. This month will be on Thursday 7 March 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: March 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|---|
| 31 | Women Working with Wood The Women Makers Exhibition launches Friday evening on the 1 st March The theme "Making Me" showcases female woodworkers from the valley. Come and see our Women Makers showcase their work from 2 nd -12 th of March. The exhibition, will be held at Halfway South Gallery (Church Street Geeveston) free entry daily from 10am-4pm. | | | | | 01 |
| 03 | 04 | 05 | 06 | 07 | 08 | 09 |
| 10am-4pm 'Making Me' Foot Stool Workshop | 9:30am New Rural Strength 10:45am Rural Strength 12pm Mahjong 12-2pm Centrelink – Services Australia | 10am Stitch and Giggle 10am Phoenix Art Group 3pm GeCo Youth Club | 10:30am Shark Cage 10am Trish on Huon FM | 11am NDIS/Bapticare 11am QiGong 11am Leaves & Fishes 2-3pm English Conversations | 9:30am Rural Strength 10am Hospice Volunteers 12pm International Women's Day Lunch | 10am-4pm 'Making Me' Foot Stool Workshop |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | Public Holiday 12pm Women of Steel | 10am Phoenix Art Group | 10:30am Shark Cage 10am Trish on Huon FM | 11am QiGong 11am Leaves & Fishes 2-3pm English Conversations 3pm GeCo Youth Club | 9:30am Rural Strength 10am Relationships Australia Tasmania | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | 9:30am New Rural Strength 10:45am Rural Strength 12pm Mahjong | 10am Phoenix Art Group 3pm GeCo Youth Club 6pm The Mens Table | 10:30am Shark Cage 10am Trish on Huon FM | 11am QiGong 11am Leaves & Fishes 2-3pm English Conversations 3pm GeCo Youth Club 4pm GeCo Writers Group | Public Holiday | 10:30am Workshop Induction |