



Newsletter Term 3, 2019



Kingston Neighbourhood House

Kingston Neighbourhood House

24 Hawthorn Drive
Kingston, Tasmania
Phone: 03 6229 4066

Email:

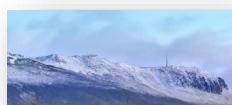
manager@kingstonnh.org.au
admin@kingstonnh.org.au

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Welcome to Term 3, 2019

Welcome to winter in Tassie.



Our Op/Swap Shoppe may have some winter woollies awaiting to be adopted by you to help you keep war. Please feel free to browse our Op Shoppe to purchase items, or if you have any clean clothing items in good condition chat to one of our staff or volunteers about swapping them.

Now is the time to get involved with your local Neighbourhood House as we start to prepare for our **Annual General Meeting** in September and **Neighbourhood Houses Tasmanian Annual Conference** in Devonport in September. We are also keen to have as many people involved in our **KNH Planning Day** in October to help set the direction for KNH for 2020 - 2023.

KNH is very pleased to welcome **headspace** to the house. **headspace** will provide fortnightly appointments for young people aged 12-25 who are experiencing mental health concerns. Please see

Page 7 for further information.

Our **school holiday** excursions to Woodys Skate and Play last week was a great success with over 60 children and parents attending. Everyone had a great time and a special thanks to Linda and Drew, our Volunteer Team Leaders for their efforts. We also had the opportunity to try out our new mobile pizza oven which was a great success. Drew is offering Pizza Making training.

KNH Volunteers have been recognised through the **2019 Tasmanian Volunteering Awards** for the *outstanding contribution* made to the community through volunteering. Our volunteers are our lifeblood and we have conservatively estimated their contribution to our community as, in excess, of \$675,000 (**Volunteering Tasmania's Value of Volunteering Calculator**). A sincere thank you.

David Morse
Manager



You can find our page 'Kingston Neighbourhood House' on Facebook

<https://www.facebook.com/Kingstonnh/>



Find our photo stories on Instagram
https://www.instagram.com/Kingston_Neighbourhoodhouse



Check out our website for weekly updates

<http://kingstonnh.org.au>

If you would like to receive our newsletter by email, or update your contact

details, please phone 6229 4066

or email us at admin@kingstonnh.org.au



We appreciate the support of:
TASMANIAN GOVERNMENT & NEIGHBOURHOOD HOUSES TASMANIA



Food Programs at Kingston Neighbourhood House

Loaves & Fishes Food Bag

Every Monday, pick up 1.30pm - 4pm.

Our team of volunteers pack bags of groceries from the Loaves and Fishes Tasmania for people who need assistance with food.



Please talk to us to sign up for a Loaves and Fishes food assistance.

Short Term Food Relief

Do you need assistance with food?

If you are experiencing financial hardship, we can provide you with short term food relief.

Please talk to staff if you need this assistance. We are required to sight ID documents, and proof of hardship to provide short term food relief.

We have free bread everyday.

Feel free to come and collect free bread available at KNH everyday. Thank you to Banjo's in Kingston and Blackmans Bay and Woolworths Kingston Town for the donations of excess bread.

We occasionally receive donations of veggies and fruits available for community members.

Please bring your own shopping bags when you collect food to help reduce plastic waste.



Eating with Friends Community Lunch First Friday of the month

2nd August, 6th September and 4th October 2019



Enjoy a quality meal in friendly and relaxed atmosphere. It only costs \$6 for two course lunch. That's great value!

Stay tune to our Facebook page for the announcement of menu for each month, We can cater for most dietary needs and regularly provide gluten free and vegan options.



Our Community Lunch is also a great place to meet new people from our community and make friends and sharing some stories and information about our community.

Please call us on 6229 4066 for bookings and enquiries.

Services available at Kingston Neighbourhood House



**Room Hire available
Private and
Commercial**



**Access to computers, photocopying,
scanning documents and printing**



**Advise, support,
information and
referral**



**Help with resume writing and
job interview skill (By appointment)**



**Drop in for Friendly chat with staff
and volunteers over tea & coffee**

SW-OP Shop at KNH

Kingston Neighbourhood House has an OP shop called "SW-OP shop" stocks clothing, accessories, bedding and linen. All those pre-loved items are donations from community members.

Everything is \$2.00 unless marked otherwise.

We also have a Swap Option. You can swap your good condition items for similar items. The swap needs to be done on the spot - sorry, we don't take credits.



We also appreciate your donations to our SW-OP shop.

We accept;

- Clean, undamaged, good condition clothes, accessories, bags, shoes, bedding and linen.
- Limited number of kitchen ware, toys and books due to restricted storage space.

We don't accept Electrical items due to safety regulations.

Please talk to our staff or volunteer if you need any assistance with shopping at our SW-OP shop.

Volunteering at Kingston Neighbourhood House

A Day in the life of a KNH Volunteer

We are lucky to have a dedicated team of volunteers. Our volunteers bring in their individual skills, experience, passions and work together for the community. They often work behind the scenes but everyday they make a huge contribution to our operations.

Below is a typical day at KNH, although no two days are the same, our volunteers always work hard to meet the needs of our community.

8:45am

Setting up rooms and getting ready for today's programs and events.

9:15am

Packing bread collected from Banjos the night before and placing on the shelves.



9:30am - 11:30am

Five volunteers working to sort food donation received

from the Loaves and Fishes and packing in individual bags for the clients.

10:30am

Two volunteer leaders were in a meeting with the Manager to share information and plan our resources and tasks for the coming week.

1:00pm - 4:00pm

Assisting people collecting their Loaves and Fishes food bags. 20 food bags were made and collected this week.



With all of above, the volunteers on duty this day were also engaged in general maintenance inside and outside the House, washing, gardening, reception work and having a friendly chat with community members over tea and coffee.

A magnificent day, made all the more rewarding through an excellent team effort. Well done, KNH.

KNH Board of Management Seeking Nominations



We are seeking nominations for the KNH Board of Management for 2019-20.

The Board of Management is responsible for governance of KNH, providing a clear strategic direction, ensuring financial accountability and that KNH operates as a fair and responsible employer. The Board also supports the Manager to maintain consistency of service provision through resourcing and to help ensure we are achieving goals that support our Strategic Plan.

KNH Board of Management positions are volunteer roles. The committee members are required to attend monthly committee meetings to discuss governance issues and impacts. We are looking for individuals who are passionate about community development, have strong focus on community issues in Kingborough area and are prepared to work with staff and volunteers to make positive difference in the community.

The Office Bearer positions (President, Vice-President, Secretary and Treasurer) require increased time commitment as well as skill and experience relevant to the positions to carry out their role responsibilities.

If you have any enquiries about nominating to be on the KNH Board, our Vice President, Eddie Rodgers, is more than happy to assist you. Feel free to call Eddie on 0488 384 107 or call in on Wednesdays to talk to him.

Become a 2019-20 Financial Member!

We are accepting applications for 2019-20 Financial Membership

KNH Financial Membership is open to people who are willing to be nominated and have completed a Financial Membership Form which will be supported by two members and forwarded to the Board for approval. Membership costs \$2 annually and Financial Members will receive quarterly KNH newsletters and information of programs and events at KNH.

The Financial Members will be invited to attend the Annual General Meeting in September to vote on the election of the Board of Management and our office bearers, whom are responsible for the governance of KNH, you may also nominate yourselves for the Board of Management. By becoming a financial member, you can support community representation in the management of KNH.

Please talk to office staff if you have any questions about the KNH Financial Membership. Application forms are available at the office.

Programs at Kingston Neighbourhood House

Child Care Centre and Playgroup at KNH

Childcare

Every Wednesday from 9.00am to 12 noon during school terms we provide child care at our licensed Child Care Centre. Parents use this time for shopping, study, appointments or simply to enjoy a well earned break! We accept children 0-5 years old and booking is essential for a baby under 12 months old.

We also provide child care during some of our classes. If you require childcare to attend a class, please phone or drop in and have a chat with our Childcare Manager, Lesley.

We have vacancies in our Wednesday morning childcare.
The cost for 3 hours care is \$15, or \$10 concession.

Playgroup

On Thursdays at 9.30am during school terms, parents and their pre-school children meet for playgroup. While our childcare staff leads some organised play for children, parents enjoy a chat and sharing information about parenting. Morning tea is provided and the cost is a gold coin donation.

Please contact the House on 62249 4066 for more information about our Children's services.



New Program Our Community Walks

Free 10 week program of Our Community Walks walking group is starting around mid August .

Two hour weekly session will consist with not only walking but also other physical activities and group discussions to benefit health and wellbeing of people in our community.



This program has been made possible by the provision of a grant from Womensport and Recreation TAS Inc.

Please call KNH on 6229 4066 for expression of interest and further information.

Therapeutic Arts with Rick Pfeiffer Fridays 10:00 am - 11:00 am

Join Therapeutic Arts with Ricky Pfeiffer. Weekly sessions are run by Ricky, a qualified Therapeutic Art Coach.

He guides people to design and create Mandala for guided meditation, design your own tattoo flash and use art to express yourself.

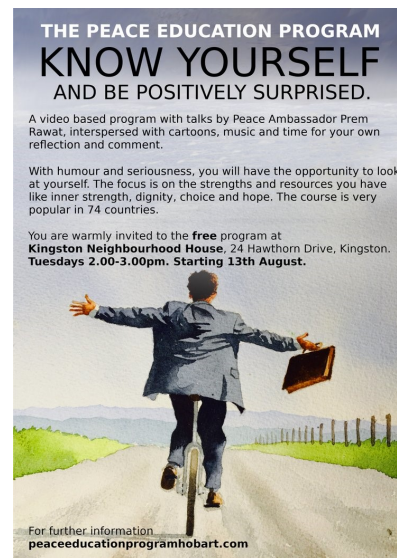


Peace Education Program Tuesdays 2:00 pm - 3:00pm Starts 13th August

Join the Peace Education Program and discover innate strengths and understand the possibility of attaining personal peace.

Developed by the Prem Rawat Foundation, these customised workshops are non-religious and non-sectarian.

Please refer to <http://peaceeducationprogramhobart.com/> or call 6229 8141 for more information.



The Therapeutic Arts sessions are designed to reduce stress, anxiety and create connection.

We appreciate a gold coin donation for the sessions.

Please call us on 6229 4066 for booking and further information.

Partnership Programs at KNH

Following services are now available at your local Neighbourhood House!
Please call on 6229 4066 for enquiries and appointments of these outreach services.

APM Disability Employment Service

Tuesdays and Wednesdays 9am - 4pm

**Fridays 9am - 12:30pm
with appointment**

APM is the Australia's largest provider of Disability Employment Services with a proven track record of helping people with an injury, illness or disability to find work.

APM delivers job seeker, disability, workplace health, NDIS support and home assessment services to thousands of Australians every year.

KNH is a proud partner of APM Job Search

Please call APM Employment Services on 1800 276 276.



Salvation Army Doorways

Every Friday 9am - 4pm

If you need support Doorways exists for you.

Salvation Army Doorways can help you at a time of crisis.

- Do you need help to get food?
- Are you having trouble paying your electricity and water?
- Do you need help to develop a budget?

Katrina from the Salvation Army will talk it through with you and see what they can do to help you and work through the issues with you to come up with some suggested solutions.



Advocacy Tasmania Popup Office

APPOINTMENT IS AVAILABLE

MONDAY FORTNIGHTLY, 11am - 12:30pm

Advocacy Tasmania supports people with a disability, older people, people with mental illness and people who use alcohol or other drugs.

You can find more information about the services of Advocacy Tasmania through the link below.

<https://advocacytasmania.org.au/>



Mates4Mates Coffee Club

**THE LAST MONDAY OF EACH MONTH,
2:00pm - 4:00pm**

Mates4Mates is a not-for-profit organisation which provides treatment programs for current and ex-serving ADF members who have suffered physical and /or psychological wounds, injuries and illnesses as a result of their service, and their families.



Join us monthly for a free informal coffee and afternoon tea!

Please contact tasmania@mates4mates.org

Anglicare Financial Counselling Service

**APPOINTMENT IS AVAILABLE WEDNESDAY
ONCE A MONTH 9:30am - 1:30pm**

If you have financial problems, talk to a Financial Counsellor from Anglicare Tasmania. The Counsellor can explain your options, provide information to help you to organise your budget, manage debt, reduce power bills, so you can find a way forward. The service is free, independent and confidential.

The Centre is allocated with a 12:30pm appointment time for every month. Please call on 6229 4066 to make an appointment.

<https://www.anglicare-tas.org.au/fcs>



NDIS Local Area Coordination

Every 2nd Thursday 9am - 2:00pm

Baptcare is an NDIS Partner in the Community in various locations in South Australia and Tasmania delivering Local Area Coordination (LAC).

Local Area Coordinator, Adele will be at Kingston Neighbourhood House every 2nd Thursday. LAC will support people in the community, including people with disability and their families and carers, to understand, navigate and access the NDIS.

For any query on Local Area Coordination, please call 1800 290 555.



Partnership Programs at Kingston Neighbourhood House

atWork Disability Employment Service

Monday 9am - 4pm with appointment

atWork Australia will work together to meet your goals with a truly individual approach, putting your needs front and centre, and be your Job Coach, your advocate and your partner as you find the right job for you.

atWork Australia is commencing an outreach service from Kingston Neighbourhood House starting soon. Please refer to web link below to find out about services atWork offers, and to make enquiries.

[https://](https://www.atworkaustralia.com.au/disability-employment-services/)

www.atworkaustralia.com.au/disability-employment-services/



headspace

Every Thursday 9am - 4pm

headspace Hobart will be providing fortnightly, psychological support sessions at Kingston Neighbourhood House from 18/07/2019.

This service is appointment based.



headspace is a free youth focussed health service for young people aged 12- 25 years old, experiencing mental health difficulties.

If you are interested in this service you will need to contact headspace Hobart on 6231 2927 or visit their website for more details www.headspace.org.au

Please be aware this is not a crisis service. If you require immediate support please call 000.

NILS Loans at Kingston Neighbourhood House Tuesdays & Thursdays

We can assist you with applying for NILS Loans by appointment. NILS helps low income Tasmanians get safe, fair and affordable loans.

- NO interest
- NO credit checks
- NO fees or charges
- NO worries!



Essentials Loans are available for car repairs, fridges, computers, medical and dental services, etc. There are also other loans available for different purposes. To qualify for NILS Loans, you need:

- A Health Care Card, Veterans' Affair card or Pension Card
- Have lived in stable accommodation for 3 months
- Capacity to pay a loan

Please call the House on 6229 4066 for further information and to make an appointment.

You can also find more information on NILS Loans and their specials on <http://www.nilstasmania.org.au/>

Upcoming Events at Kingston Neighbourhood House

JOIN US FOR THE STAFF, VOLUNTEER AND COMMUNITY MEMBERS MEETING!

First Monday of the Month 12 - 1pm

**Meeting dates in Term 3
5th August, 2nd September and 07th October**

The Staff, Volunteer and Community Members Meeting is held on the first Monday of the month.

Join us for the discussion on service improvement, ideas for the new programs and finding out what's happening in our community. All welcome! We look forward to seeing you there.

Please email to admin@kingstonnh.org.au if you would like to obtain the agenda prior to the meeting.

KNH PLANNING DAY October 2019 (Date to be announced)

Kingston Neighbourhood House will be holding 'Planning Day' in October (quite possibly on a Saturday) to hear your feedback, ideas about 'What you would like to see at KNH'. This community consultation process will be a very important aspect of development of our Strategic Plan for 2019-22.

We also would like to use this opportunity for 'Community get together' and are planning to have something fun for everyone.

Please stay tune on our Facebook page for further announcement of the event.

Classes, activities and programs in Term 3, 2019

Monday

atWork
Disability job
services
By appointment
9.00am - 4pm



Coffee, Craft and Chat.

9.30am-12pm
\$2.50
Enq. 6229 4066

Advocacy Tas
Popup office
Every 2nd
Monday
from 5th August

11.00am -12.30am
Free
Enq. 6169 3474

Loaves & Fishes
Food Relief
Program
Vegetables available
after 1.30pm.
Enq. 6229 4066



MATES4MATES
Coffee Club
Last Monday of
each month
2pm-3:30pm
Free
Enq. 6242 8940



Ons Genoegen
Cards Group
7pm-10.30pm
Gold coin donation

Tuesday

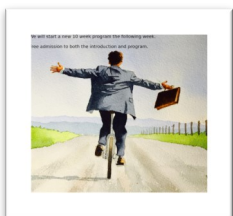
APM
Employment /
Disability job
services
counselling
By appointment
9:00am - 4pm
Enq. 6283 5900



NILS Loans
By appointment
10:00am-3:00pm
Enq. 6229 4066



Peace Education
Program
Starts 13 August
for 10 weeks
Free
2:00pm - 3:00pm



Scrabble Club
7.30 -10pm
\$2.00
Enq. 0402 857 995



Wednesday

Childcare for
Children 0 – 5 yrs
9am-12noon
\$15.00 / \$10.00
concession



Yoga -
intermediate
9.45-10.45am
\$15 .00 / \$10.00
concession
Enq. 0429 504 995
Childcare available
\$3.00

Yoga - beginners
11.00am-12.00pm
\$15.00 / \$10.00
concession
Enq. 0429 504 995
Childcare available
\$3.00



APM
Employment /
Disability job
services
counselling
By appointment
9:00am - 4pm
Enq. 6283 5900

Anglicare Financial
Counselling
By appointment
Wednesday once a
month
10am-12.30pm
Enq. 6229 4066

Kingston Knitting
Club
1-3.30 pm
\$2.50
Enq. 6229 9265

Thursday

Play Group
9.30am-11.30am
Gold coin donation
New families
welcome!



headspace Hobart
Every 2nd Thursday
from 18th July
9.00am - 4.00pm
Enq. 6231 2927



NDIS local Area
Coordinaiton
Every 2nd Thursday
9.00am - 2.00pm
Enq. Adele Frederick
0437 692 349

NILS Loans
By appointment
10:00 am-3:00 pm
Enq. 6229 4066

Grow Mental
Wellness Program
Mental Health peer
support group
Free
7.00-9.30pm
Enq. 1800 558 268



Friday

Salvation Army
Door way
9am - 3.30pm
Enq. 0437 404 264



Life's Little
Treasures (Peer
support group for
families with pre-
mature & sick-born
babies)
1st Friday of the
month
9:30-11:30 am
Enq. 0404 246 038

APM Employment /
Disability job
services counselling
By appointment
9:00am - 12.30pm
Enq. 6283 5900

Therapeutic Arts
with Ricky Pfeiffer
10.00am-11.30am
Gold coin donation
Enq. 6229 4066

Eating with Friends
1st Friday of the
month
12noon-1.30pm
\$6.00
Enq. 6229 4066



Puzzle Club
12:30pm-3pm
\$2.50
Enq. 6229 4066

Schedules of classes and activities may
change due to unforeseeable reasons.
Please call the centre on 6229 4066 to
confirm schedules and to make booking.