



## Kingston Neighbourhood House

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We appreciate the support of:  
**TASMANIAN GOVERNMENT**



**NEIGHBOURHOOD HOUSES TASMANIA**



## Welcome to Term 4, 2019

Welcome to Term 4. We are very excited about wrapping up the year in style, lead by our upcoming Saturday Nov. 30th **Planning Day**.



Further details on Page 9.

Our **AGM** was held in September and we welcomed 8 new Management Committee Members. We are privileged to have some very passionate and community minded folk to continue the great work of the departing Management Committee. We would like to thank Penny Brewer, Eddie Rodgers, Lorraine Walker, Shirley McCarron, Sandy Muir, Anne Bewsher and Isla New. We are grateful for your stewardship.

Drew and Linda attended the Annual **NHT Conference** -

Community Development Together in Devonport in September. Asset Based Community Development (ABCD) was the keynote speech from Cormac Russell. KNH is excited about sharing these ideas.

Our Get Active Program (GAP) kicks off on Thursday 31st October. Di and Lynette are keen to get our community moving. Please see page 5.

Chris Burrows from Huon & Kingston FM has offered KNH the opportunity to present a program segment on the House, our activities and programs. New volunteer, Bruno Curci, will manage our broadcast. Bruno comes to KNH with a background in broadcasting and media. Please welcome him on board.

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](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](mailto:admin@kingstonnh.org.au)

## End of Year / New Year Closure 2019-20

Last business day in 2019  
**Friday 20 December**

Closed for Holidays  
**Monday 23 December - Friday 3rd January**

Return to business for 2020  
**Monday 6th January**



## 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

1st November and  
6th December (Christmas luncheon)



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

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.

We will have a community Christmas Luncheon for December with a traditional Christmas fare and celebration.

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)**



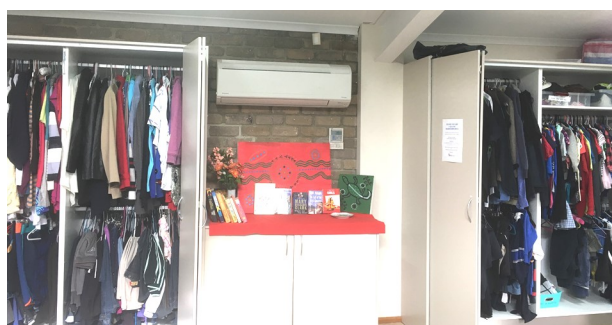
**Drop in for Friendly chat with staff  
and volunteers over tea & coffee**

### 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

Did you know that a lot of our programs are facilitated and run by volunteers?

As well as general volunteer duties to deal with day to day operation of the Kingston Neighbourhood House, this is what our volunteers do to make significant contribution to the community, by directly interact with community members and share their skills and knowledges and create learning opportunities for others.

Here are some of the programs at KNH facilitated by volunteers;

- Peace Education Program
- Mateship - support program for ADF veterans
- Social Scrabble Club
- Therapeutic Arts
- Get Active Program
- Personal Safety Awareness Program

to name but a few. Also, there are some new programs on planning in progress at the moment.

KNH always welcomes your ideas for new programs and assist you in a process of turning those ideas into programs. We believe community knows their needs and interests the best and community run programs work to empower individuals and a whole community.

So why don't you bring in exciting new ideas of programs haven't been seen at KNH before that would benefit yourself and the community?



## Annual General Meeting 18 September 2019



Kingston Neighbourhood House hold an Annual General Meeting on 18 September. It was well attended by our Financial Members and guests.

2018-19 Annual Report which highlighted our achievements and challenges with the community in the last twelve months was presented and accepted by the Members. The Financial Report was presented by our auditor, Richard Jolly from the Crowe Australia and also accepted.

At the AGM this year, we saw substantial number of members retired from the Management Committee. We farewelled Penny Brewer, Eddie Rodgers, Isla New, Shirley McCarron, Anne Bewsher, Lorraine Walker and Sandy Muir.

Our seven retired members have combined nearly 50 years experience at KNH. They were presented with the Plaques of Appreciation from KNH to recognise their commitment to serve the community and tireless work over the years.



Left to right : Sandy Muir, Shirley McCarron, Lorraine Walker, Eddie Rodgers, Anne Bewsher, Penny Brewer, Isla New

We welcomed following eleven Management Committee Members for 2019-20 at the AGM.

Drew Underwood (President)  
 Stephen Miller (Vice President)  
 Elizabeth Bertenshaw (Treasurer)  
 Lynette Johnson (Secretary)  
 Linda Hill (General Member)  
 Salva Dara (General Member)  
 Murray Forbes (General Member)  
 Kim Marshall (General Member)  
 Jackie Organ (General Member)  
 Helen Pitt (General Member)  
 Rachael Walton (General Member)

We wish new Committee Members all the best in their roles and for busy twelve months ahead of them.

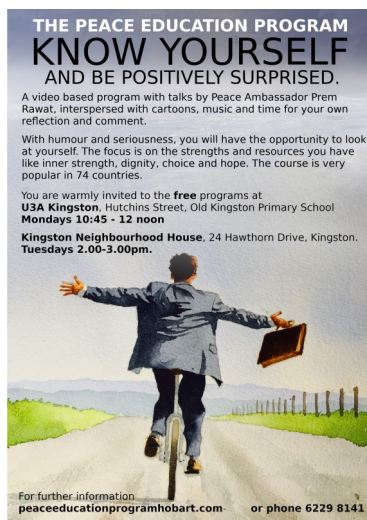


## Programs at Kingston Neighbourhood House

### Peace Education Program Tuesdays 2pm - 3pm

The greatest adventure is looking within and getting to know the real you. The one that never changes, even as your body ages. Peace is not the absence of war. Peace is a fundamental human need that needs to be felt within.

This free program is video based with talks by Peace Ambassador, Prem Rawat interspersed with cartoons, music and time



for your own reflection and comment. With humour and seriousness you will have the opportunity to look at yourself. The focus is on strengths you already have like inner strength, dignity, choice and hope. The course is very popular in a wide range of settings, in 81 countries.

You can see where programs are and recently have been, around Hobart at

[www.peaceeducationprogramhobart.com](http://www.peaceeducationprogramhobart.com)

You can watch two video clips about the Peace Education Program.

The Peace Education Program

<https://youtu.be/pNerks2SGO4>

And also a recent clip - Who Are You?

<https://youtu.be/Wb7JGPQZpyg>

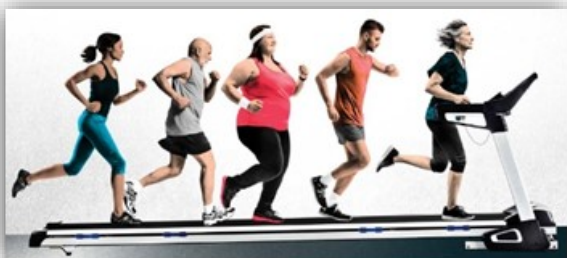
### New Program Get Active Program Thursdays 10am - 12pm Starting 31st October

Healthy isn't a goal, it's a way of life. Come join us for a fun 9-week program, one day a week to learn about creating a healthy and active lifestyle.

The 2-hour program consists with 1 hour of healthy lifestyle education session and 1 hour of physical activity. Enjoy a variety of activities and sessions each week which are delivered by Get Active Program trained facilitators.

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

If you are interested in the program, please call us on 6229 4066 for expression of interest. We appreciate gold coin donations.



### Would you like to play games of Scrabble? Tuesdays 7:30pm - 10pm

We all know playing Scrabble will teach you to build and expand your vocabulary. Also, there have been researches that point out playing word games also aid in developing the cognitive capacity of people.

It is a brain board game but also fun to play with family members or friends and easily kill boredom!

Our long running 'Scrabble Club' meets every Tuesday night at 7:30 pm to 10:00 pm and welcomes new members. Although some of the members play competitive games in the National Championship, it is a social Scrabble club with relaxed and friendly environment. The members are happy to help you learn how to play Scrabble if you are a beginner.

Please contact Khen on 0402 857 995 or Martin on 0427 664 342 for enquiries.



## Programs at Kingston Neighbourhood House

### Child Care Centre and Playgroup at KNH

#### Childcare

Every Wednesday from 9am 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.**

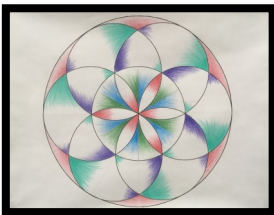
#### Playgroup

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.



### Therapeutic Arts with Ricky Pfeiffer Fridays 10am - 11:30am



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

We appreciate a gold coin donation for the sessions. Please call on 6229 4066 for enquiries.



ALL WELCOME  
EVERY FRIDAY FROM 10AM

Therapeutic Art Program at **Kingston Neighbourhood House** - 24 Hawthorn Drive Kingston TAS  
Ph: 6229 4066

Workshops run by Photographer & Certified Therapeutic Art Life Coach, Ricky Pfeiffer

**CERTIFIED THERAPEUTIC ART LIFE COACH**

**Kingston Neighbourhood House**

### New Program **MATESHIP** Last Monday of the month 2pm - 4pm

'MATESHIP' is a newly established peer support group for ADF veterans and their families.

The group meets on the last Monday of each month from 2 pm to 4 pm. Join monthly catch up over tea and coffee and enjoy the company of others and friendly chat.

Please call us on 6229 4066 for further information.



### Youth Activities Program for Term 4 Starts Tuesday 12 November!

Youth Activities Program at KNH will be back on Tuesday 12 November for Term 4 2019. It is a popular after school program for youth age 10-17 years old, with arts and craft based activities each week. Activities timetable will be posted to our Facebook page soon.

Please contact Sarah - Kingborough Council Youth Services on 6211 8138 for enquiries.



## 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**

**4th & 18th November, 2nd December  
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/>



### Grow Mental Wellness Programs

**Every Thursday 7pm - 9pm**

Grow is a community based organisation that has developed a unique program for improving and maintaining mental wellbeing.



Joining a Grow Group gives you the opportunity to meet once a week for around two hours to share and find solutions to life's many challenges with people going through similar experiences. The meetings are run by recovering and trained Grow members who have gone through the program and have volunteered to lead the groups. Contact Grow on 1800 558 268 for enquiry. [www.grow.org.au](http://www.grow.org.au)

### 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 - 2pm**

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 job coach, Charlie is at KNH every Monday with appointment to help even more people in Kingborough municipal find good, meaningful work! He looks forward to meeting and working with you.



Please refer to web link below to find out about services atWork offers, and to make enquiries.

<https://www.atworkaustralia.com.au/disability->

### 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](http://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' Affairs 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

### Metro Tasmania Greencard Workshop

**Tuesday, 19 November at 11am - 1pm**

Metro Tasmania will hold a FREE workshop to familiarise community members with their services, and Greencard and Greencard fare system.



Workshop covers;

- Discover more about Metros bus network
- Learn how to read a timetable
- Use Metro App and Journey Planner
- Understand the current Greencard system

Metro will waive the \$5.00 Greencard issue fee for new Greencard applicants (to a maximum of 50 cards) Please call 6229 4066 for expression of interest.

### End of Year Community Celebration (December - Date to be announced)



Kingston Neighbourhood House thanks your support in 2019 and will hold an End of Year Community Celebration. It will be a free event and all welcome!



Stay tune on our Facebook page for announcement of the date and time and further information of the event.



## Connect Community



## Support People



## Create Opportunity



## Local Leadership



# Kingston Neighbourhood House Planning Day

Date: Saturday, 30 November 2019

Time: 10am - 3pm

Light lunch will be provided



Join us to take a part in creating the direction of  
KNH for the next three years.

Planning Day session will be facilitated by Jonathan  
Bedloe from Neighbourhood Houses Tasmania.  
It is a exciting community consultation process to shape  
the three year picture of KNH and our community.

Please call 6299 4066 or stay tuned to our Facebook page,  
website and Instagram for further information.

We will send out a community survey to you soon.

## Classes, activities and programs in Term 4, 2019

### Monday

**atWork  
Disability job  
services**  
By appointment  
9am - 4pm



**Coffee, Craft and  
Chat.**

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

**Advocacy Tas  
Popup office**  
4, 18 Nov & 2 Dec  
11am - 12.30am  
Enq. 6169 3474

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



**MATESHIP**  
Last Monday of  
the month  
2pm - 4pm  
Free  
Enq. 6299 4066



**Ons Genoegen  
Cards Group**  
7pm - 10.30pm  
Gold coin donation  
Enq. 0403 282 023

### Tuesday

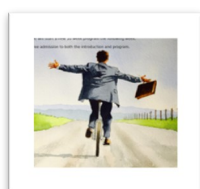
**APM  
Employment /  
Disability job  
services  
counselling**  
By appointment  
9am - 4pm  
Enq. 6283 5900



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



**Peace Education  
Program**  
Free  
2pm - 3pm



**Youth Activity  
Program**  
Starting 12 Nov.  
for 6 weeks  
Free  
3:30pm - 4:30pm  
Enq. 6211 8138



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



### Wednesday

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



**Yoga -  
intermediate**  
9.45am - 10.45am  
\$15.00 / \$10.00  
concession  
Enq. 0429 504 995  
Childcare available  
\$3.00

**Yoga - beginners**  
11am - 12pm  
\$15.00 / \$10.00  
concession  
Enq. 0429 504 995  
Childcare available  
\$3.00



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

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

**Kingston Knitting  
Club**  
1pm - 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  
9am - 4pm  
Enq. 6231 2927



**Get Active Program**  
Starting 31 October  
for 9 weeks  
Gold coin donation  
10am - 12pm  
Enq. 6229 4066

**NDIS local Area  
Coordination**  
Every 2nd Thursday  
9am - 2pm  
Enq. Adele Frederick  
0437 692 349

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

**Grow Mental  
Wellness Program**  
Mental Health peer  
support group  
Free  
7pm - 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  
9:30am - 11:30am  
Enq. 0404 246 038

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

**Therapeutic Arts  
with Ricky Pfeiffer**  
10am - 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.