



Kingston Neighbourhood House
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KNH UPDATE – TERM 1 2022

CONTENTS

- **Manager's welcome to 2022**
- **KNH News – What's happening?**
- **Kingston Childcare Centre & Playgroup**
- **Upcoming events**
- **Partnership programs & services**
- **Food Relief Program**
- **Services available at KNH**
- **Term 1 Activities and Classes Timetable**

Manager's welcome to 2022

Welcome to our first newsletter of 2022.

2022 promises great things as we continue to manage the impact of the pandemic and, in the coming months, look forward to seeing a gradual return to life as normal.

Our community is nothing if not resilient and caring. People are continuing to support others, offer their support and assistance and a kind word. It is a privilege to witness, support and be a part of these conversations.

Rest assured, KNH is doing everything practical to ensure we provide a safe environment for people including increased surface cleaning, mask wearing and increasing ventilation where possible. We are also placing more donations outside the entrance for people to browse.

If you know of anyone self-isolating who may need a kind word, a phone call or some assistance, we may be able to help, let us know. We are all feeling a little bit exhausted by the continuing impact of COVID. It is a consideration when we see friends and family, when we go shopping or think about going out for the evening. Thank you for your consideration. Please monitor your own health and wellbeing and let us know if we can help.

We are very excited to welcome Occasional Care and playgroup back for 2022, commencing on Wednesday February 9th. We are delighted to have Lucy and James return and coupled with volunteers Bianca and Ebony, we are really, really excited about providing quality child care in a great local environment. Check out our updated website for the weekly activities and you can even make a booking online.

We are very pleased to be able to welcome our new Community Care Advisor, Katie, to KNH. Katie will be working from KNH 5 days per fortnight and will be available to work with you and connect you to services, advice and support.



We are looking forward to launching our updated website in the coming weeks which, amongst other things, will allow you to book in for Occasional Care and Playgroup in our Child Care Centre through the new website.

Our programs and activities planned for 2022 may fluctuate with some services unsure of how they can operate during the pandemic but please check our Facebook page regularly to see what is coming up. As always we welcome any suggestions, ideas or thoughts on activities, programs or workshops that may be of interest to our community.

Take care, be safe and keep in touch.

David Morse

KNH News – What’s happening?

COVID-19 safety measures at KNH – current requirements

KNH is complying with the Tasmanian government’s requirements to mitigate risk of spreading the virus. We have reviewed our COVID-19 Safety Plan in line with the requirements from the government due to the opening of our borders in December 2021.

When you at KNH, we would like to ask you to do;

1. Check in with Check-In TAS App.

QR Code is displayed on the front table as you enter KNH. It is a requirement for all people aged 16 years or older to register their attendance at KNH regardless of the time you spend at KNH. If you don’t have a smart phone, our volunteers will check you in with our device. If you would prefer not to register your details we can still assist by bringing items to the front door.



2. Wear a face mask

We ask all visitors aged 12 years and over to wear a mask which is a requirement from the Government. While cloth masks are still acceptable, we recommend surgical level masks for better protection. Please make sure a mask fits well on your face and covers your nose and mouth properly. Please talk to staff if you have a medical exemption from mask wearing.



3. Sanitise your hands

Hand sanitising station is located in a foyer. Please sanitise your hands as you come in. Bottled hand sanitiser and antibacterial wipes are available in each room.



4. Stay at home if you are unwell

Please stay at home if you are unwell with cold or flu symptoms, or if you are ordered by the Public Health to isolate at home for being diagnosed as COVID positive, being a close contact of positive case or while you are waiting for a COVID test result.



You can find further information about the COVID Safe requirements from the Tasmanian Government on their [Coronavirus Tasmania](https://www.tas.gov.au/coronavirus-tasmania) website.

Thank you for helping us to keep our community safe.

Welcome Katie – newly appointed Community Care Advisor for KNH

We are excited to introduce Katie who joined the KNH team from middle of December 2021.

Katie is a newly appointed Community Care Advisor who is employed by the peak body of Neighbourhood House network, Neighbourhood Houses Tasmania. Her role is to engage with the community and assist with their support needs, especially mental health support due to impacts from the pandemic.

Katie is appointed to work with Geeveston Community Centre and Kingston Neighbourhood House and she will be based KNH five days over fortnight. Here is the self-introduction from Katie.

My name is Katie. I like to cook, garden, swing dance, share language and traditions, and dress up as a superhero for various events and charities.

I am passionate about people and communities! My best moments have been living and working in REAL communities; sharing and supporting through our experiences. In the future, I would like to continue to support mental health and create spaces for diverse people to feel welcome and supported. I will be acting in the role of Community Care Advisor for Neighbourhood Houses in Kingston and Geeveston for the next year.

I look forward to working in and alongside the existing programs and exploring what our community needs moving forward. I am able to provide counselling support, assisted referrals, information on services, education, complex case management and support, mental health support, and will be seeking input from our community for new ideas. Come and say hi, I can't wait to meet you!

Please say hi to Katie when you see her at KNH. She is looking forward to meeting you and have a chat with you.



Katie

AGM 2021 and introduction to KNH Board 2021-22

We held the Annual General Meeting on 30th November 2021 where we shared our achievement in the last twelve months with KNH financial members, elected and welcomed a new KNH Management Board for 2021-22 and farewelled outgoing members.

We farewelled three outgoing Board members, Lynden Leppard (former President), Allyson Ekin (former Vice President) and Noreen Ahamad (former Treasurer). We greatly appreciate their contributions to KNH governance and strategic direction in the last 12 months with using their rich knowledge and expertise.

We are pleased to introduce you to nine members of KNH Management Board 2021-22:

- Lynne Moran (President)
- Dr. Katrena Stephenson (Vice President)
- Simon Duigan (Treasurer)
- Laraine Ludwig (Public Officer)
- Justine Barwick
- Dr. Graham Bury
- Kate Crawford
- Sue Goldstone



KNH Board meets once a month at their ordinary meetings. They take responsibilities of monitoring financial viability and performance of KNH, developing strategic and policy framework and ensuring compliance to all legislative responsibilities. They volunteer their time, skill and knowledge to work collaboratively with the Manager to archive our mission of “Making a difference with our community.”

“Good Shoes for Good Feet” 21st December 2021

Kingston Neighbourhood House hosted "Good Shoes for Good Feet"- Pre-loved shoes and clothes day on Tuesday 21 December.

Event idea was developed from the concept of sustainable community. We constantly receive generous donations of good quality used clothes, household items, etc from community members. We either sell them in our OP shop or place them on “Give away table” at front for people to take home. We are pleased that KNH is taking a role of “Recycling and Sharing Hub” in our community and contributing in becoming more sustainable and environmentally friendly community.

Types of shoes on offer were sneakers, sandals and gumboots, etc. and are for children, teenagers and adults. Those shoes are all cleaned and in good condition, ready to be worn by a new pair of feet! 🧦
They were especially well catered for parents who were in needs of pairs of school shoes for their children for the new school year. We also gave away stock of winter clothing from our OP shop for clearance, some toys and pencil cases.

We gratefully acknowledge and appreciate the support of [The Friends' School](#), Morris (Primary Years) Council and Morris Community for their effort of collecting **350 pairs of good quality shoes** as a donation for this event. We also appreciate generous support from our volunteers and community members who volunteered to launder donated shoes.

Finally, special mention goes to our volunteer, Fiona Maclachlan who planned the event and organised the donation of shoes from the Friends School. She did an awesome job!



Kingston Childcare Centre & Playgroup

Reopening 9th February

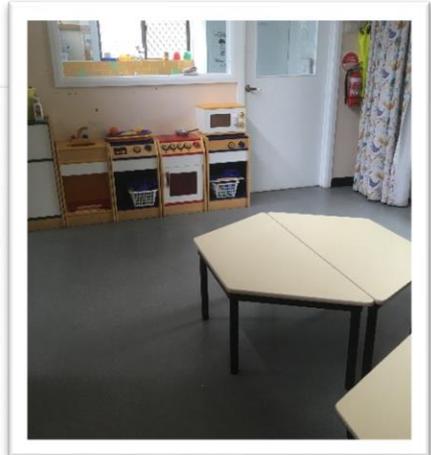
Childcare

Every Wednesday from 9am to 12 noon during school terms, we provide occasional childcare at our licensed Child Care Centre at affordable price. 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. Session will be run with structured activities which are planned for each month and free play. If you require childcare to attend a class, please phone or drop in and have a chat with our Childcare staff, Lucy and James.

Playgroup

On Thursdays at 9:30am during school terms, parents and their pre-school children meet for playgroup. While the playgroup leaders, Bianca and Eboney lead 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 us on 6299 4066 for more information about our Children's services



Upcoming Events

Home Care Information session by One Care – Tuesday 15 February, 2 pm – 3 pm

Are you or a loved one or someone you know just starting out on your aged care journey, then this is the first step?



Come and find out how to remain independent and stay in your own home for longer. Find out the different options, how to organise them and how much it might cost. Louise Graham who is Home Care Navigator at OneCare will deliver this FREE information session. Please call 0439 473 776 for RSVP which is essential due to COVID safety requirements.

SETAC (South East Tasmanian Aboriginal Corporation) Community Lunch

We are delighted to have a partnership with South East Tasmanian Aboriginal Corporation (SETAC).

SETAC works to improve the health, wellbeing and connectedness of aboriginal and wider community in South East Tasmania by delivering a range of services, including primary health care. Since SETAC has extended its operations by opening a new primary health care centre in Kingston Beach in October last year, Aboriginal community in Kingborough are benefited by more accessible primary care services specially designed to meet their needs.

KNH supports SETAC community programs by offering a venue for their community lunch and Men's and Women's groups. We are looking forward to developing further collaborations with SETAC to support Aboriginal community in Kingston and surrounds.

Kingston Neighbourhood House hosts SETAC "Tugrah Mabyle" (Eat together) Community Lunch

Please contact SETAC reception 6295 1125 for enquiries



Defence Health & Soldier On - Pop up office – Tuesday 8th March, 10 am – 1 pm

KNH is pleased to welcome Defence Health and Soldier On outreach services to the House. We will have a number of sessions throughout the year aimed at supporting our veteran community.

Defence Health has worked to service the health of those who protect our country. Since 1953, we've remained true to our purpose to protect the health of those who protect our country. Defence Health is here to support the families of those who defend our country. And care for those who once served. Defence health is also here for their supporters – the parents, brothers and sisters who are part of the Defence community too.



Soldier On has been supporting the veteran community since 2012. Through the delivery of holistic services, Soldier On enables veterans and their families to thrive. Soldier On has provided support to veterans and their families, including those who have served and continue to serve in the Australian Defence Force.

Their services aim to help individuals build resilience, and create and expand meaningful connections with family, community and employers through our Health and Wellbeing services, Employment programs, Learning opportunities, and Participation activities.



Please call Amanda Carson on 0490 496 049 for enquiries or making appointment.

Mindfulness – Tuesdays 15th March & Tuesday 12th April, 10 am – 11:30 am

Care2Serve is the Carer Gateway service provider (a part of the Integrated Carer Support Service) for all of Tasmania. Care2Serve also provides community support to carers through the Tasmanian Government's Home and Community Care (HACC) program.

Care2Serve delivers a variety of workshops from Kingston Neighbourhood House that help carers in our community to teach skills to care for their own wellbeing.

A series of Care2Serve Mindfulness sessions are delivered by Andy Roberts, from Breathe Australia. You can join the sessions face to face at KNH or online via Zoom. In each 90 min session, Andy will work with you to develop mindfulness behaviour which is beneficial for handling stress, building focus and being aware of your emotions.

Please RSVP by calling 6144 3700 or emailing to events@care2serve.com.au to attend this FREE workshop.



Wellways Understanding Mental Health Illness – Thursday 21st April, 1 pm – 4 pm

The Understanding Mental Illness Workshop is designed to provide an understanding of mental health, mental illness, including symptoms, associated behaviours and helpful strategies and interventions in being alongside people who live with mental illness.



Wellways Tasmania delivers this FREE 3 hour session and is open to anyone who would like to:

- increase their understanding of mental health and mental illness
- increase their understanding of symptoms and helpful interventions

Please register your attendance by calling 6229 4066 or emailing to admin@kingstonnh.org.au

Partnership Programs at KNH

Following services are now available at your local Neighbourhood House!
Please make enquiries or appointments directly with these outreach services.



Anglicare Tasmania Financial Counselling Service

Wednesday 9:30 am – 2:30 pm once a month by appointment
Enquiry: 1800 007 007 anglicare-tas.org.au/financial-counselling/



Maxima Joblink Disability Employment Service

Thursday 1 pm - 4 pm walk-in or by appointment
Enquiry: 1300 629 462 maxima.com.au



Kingston Carers Support Group Monthly Meeting

Tuesday 12 pm – 1:30 pm (Meeting every 4 weeks)
Enquiry: 0438 090 128 carerstas.org



Kingston Primary School Launching into Learning (LiL) Playgroup session

Tuesday during school term, 10 am – 11:30 am
Enquiry: 6229 5728

LiL is a free program where you and your child can get to know your local school, Child and Family Centre and other families. It is for families with children from birth – 4 years of age and is available in all Tasmanian Government schools and Child and Family Centres. LiL Provides opportunities for you to be involved in your child's learning in a supportive environment, helping you give your child a great start.
Please contact Anita on 6229 5728 for further information.



Kingston Library Literacy & Numeracy support

Friday fortnightly 11 am – 1 pm

Enquiry: 6165 6210 / 0427 972 490

Do you need help with learning reading, writing & maths for adults, resumes, applications, letters and form filling? Free services to help you with your learning.

Orange Sky Free laundry

Service resumes Friday 4th February

Friday 11 am – 1 pm

Enquiry: 6229 4066 **NO BOOKING REQUIRED**

Orange Sky Australia is the world's first free mobile laundry service for people experiencing homelessness. Their mission is to positively connect those doing it tough who are too often feel disconnected from communities through free laundry, and genuine chats.



Food Relief Program

We have FREE BREAD every day.

You are welcome to come in and collect free bread available at KNH every day. Thank you to Banjo's in Kingston and Blackmans Bay and Woolworths Kingston Town for the donations of excess bread.

We occasionally have donations of veggies and fruits available for community members. Please bring your own shopping bags when you collect food.



Loui's van – coming to KNH every Thursday nights 7:30 pm – 8:30 pm.

Kingborough Helping Hands operates Loui's Van in Kingston offering bread, fruit & Veggies and hot meals. This is a FREE service and anyone in need can come along.

Kingborough Helping Hands also support people in hardship by Emergency food hampers. Please call 0449 110 895 for further information.



Loaves and Fishes – every Monday 1 pm to 4 pm (except Public Holidays)

We receive approx. 340 kilo grams of donation of food from Loaves and Fishes Tasmania every Monday morning and we distribute them by dividing them and packing into a bag for families and individuals who are on the program.

Please talk to staff if you wish to join the program – a waiting list may apply.



Nutritional Food Security Program – Kingborough Community Missions

Helping Feed the Families in Kingborough - Peter and Patricia Harvey have been serving the Kingborough Community for the past 6 years coordinating various food programs.

They provide nutritious frozen cooked meals, vegetables and emergency food relief hampers through local community support organisations for distribution. KNH is one of their distribution points. Please contact us if you require nutritional food relief.



Do you need assistance with food?

If you are experiencing hardship, we can provide you with short term food relief. Please talk to staff if you need this assistance.



Services at KNH

NILS Loans – appointments available on Tuesdays and 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 (exceptions may apply)
- Capacity to pay a loan

Please call us 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/>

SW-OP SHOP – everything is \$2! *We have temporarily stop accepting donations.*

Kingston Neighbourhood House has an OP shop called “ SW-OP shop” stocking 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 do not take credits.

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

NOTE: With generous donations from the community, our OP SHOP is overstocked at the moment and not accepting donations of clothes, however, we may accept particular items. Please talk to our staff for further details about OP SHOP donations.



Roza's Bits N' Pieces – small alteration service in conjunction with OP SHOP

Our volunteer Roza, who has amazing sewing and knitting skills, offers clothes repairs and small alterations to community members. If you have any beloved clothes but a bit worn out and need mending, bring them to Roza and see what kind of magic she can do to fix it!

It is a free service, however, you may be charged for material fees depending on what is required for repairs. Roza will be at KNH Tuesday and Wednesday mornings to see you, or you can leave your items to the office with your contact details. Please call 6229 4066 for further information.



Other services at KNH



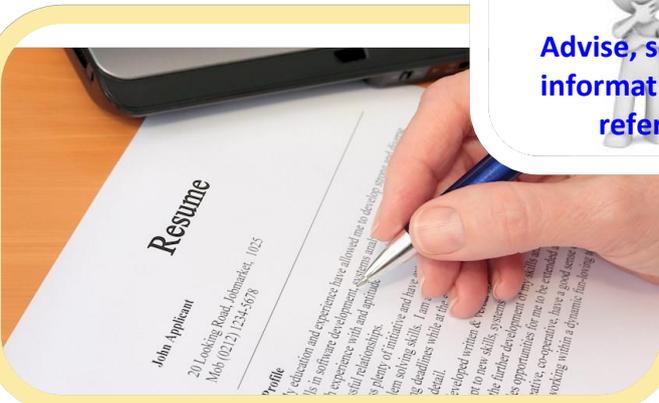
**Room Hire available
Private and Commercial**



**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**

Term 4 2021

Classes, activities and programs in Term 1 2022

Monday

Coffee, Craft and Chat.
9.30am - 12pm
\$2.50
Enq. 6229 4066



Loaves & Fishes Food Relief Program
Collection time
1pm - 4pm
Enq. 6229 4066



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



Tuesday

Kingston Primary School
Launching into Learning
Playgroup Session
10am - 11:30am
Free
Enq. 6229 5728



OP Shop & Roza's bits and pieces (small alteration service)
9:30 am - 12:30 pm
\$ 2 per item for purchase at OP shop
Enq. 6229 4066



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
Enq. 6229 4066



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



Capoeira - Afro Brazilian Art Form
7pm - 9 pm
Gold coin donation
Enq. 0487 319 806



Thursday

Play Group
9.30am - 11.30am
Gold coin donation
Enq. 6229 4066
New families welcome!



Maxima Joblink Disability job services
1 pm - 4 pm
Enq. 1300 629 462



Loui's Van Visits
7:30pm - 8pm
In front of KNH
Free hot food, bread and veggies.
Enq. Kingborough Helping Hands
0449 110 895



Kingborough Helping Hands Inc.

Friday

Orange Sky Mobile Laundry
11am - 1 pm
Free
Enq. & Booking
6229 4066



Kingston Library Literacy & Numeracy support
Fortnightly
11am - 1pm
Free
Enq. 6229 4066



Puzzle Club
12:30pm - 3pm
\$2.50
Enq. 6229 4066
New members welcome!



NILS Loans by appointment - Tuesdays & Thursdays

Please call us on 6229 4066 and talk to the staff for further information and to make an appointment.



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